

Mushroom and leek breakfast frittata



When you're short on time in the morning buying breakfast can seem like a good idea, but this can be an unnecessary expense. Having a batch of these frittata muffins in the fridge to grab on the way out the door in the morning will help save you time and money, and they taste great!

Makes 6 muffins



Ingredients

- 25g butter
- 1 large leek, sliced
- 1 clove garlic, crushed
- 150g button mushrooms, sliced
- 30 g frozen peas
- 6 eggs
- 1/4 cup milk of choice (unsweetened)
- 150g fresh ricotta (can use feta for a stronger flavour)
- Salt & pepper to taste
- Shaved parmesan to top



Method

Pre-heat oven to 180°C (350°F) and lightly grease a muffin pan. Heat the butter in a large frypan over medium heat. Add the leeks and garlic and cook for a minute or so, then add the sliced mushrooms and cook, stirring occasionally to prevent burning, until the leeks are cooked and the mushrooms are browning. Add the frozen peas and remove from the heat.

In a bowl whisk the eggs and milk together. Pour a little of the egg mixture into each muffin cup. Divide the mushroom mixture between the cups and top with the ricotta (either spread or crumble it over depending on the texture) then pour over the remaining egg mixture. Top with shaved parmesan and bake in the oven for 15-20 minutes, or until the eggs are set. Season to taste.

*if using muffin cases you may need to brush with oil to prevent sticking.

Chicken stir-fry with courgette



Traditional noodles tend to be high in carbohydrates which can spike blood sugar levels. Using spiralised courgettes (courgetti) instead of noodles is a great way of reducing the amount of carbohydrates you eat, with the bonus of adding extra vegetables to your meal.

Serves 4



Ingredients

- 3 free-range chicken breasts, cut into thin strips
- 2 teaspoons Chinese five-spice
- 2 teaspoons sesame oil
- 1 tablespoon olive oil
- 1 small onion, finely sliced
- 2 cloves garlic, crushed
- 4cm piece ginger, grated
- 1 fresh red chilli, chopped
- 2 carrots, julienned
- 1 red pepper, finely sliced
- 150g tenderstem broccoli, sliced
- 100g mixed mushrooms, sliced
- 100g Chinese greens or kale, chopped
- 100g edamame beans
- 2 large courgettes, spiralised
- 2 tablespoons tamari soy sauce
- 2 tablespoons black bean sauce
- 1 tablespoon sesame seeds
- Fresh coriander to serve



Method

Place the chicken, five-spice and sesame oil in a bowl and set aside.

Place the olive oil in a wok or large frypan over medium-high heat and add the onion, garlic, ginger and chilli, then add the chicken and stir fry for 1-2 minutes until golden.

Add the remaining vegetables (except the courgettes) and stir-fry for 4-5 minutes until cooked, but still with some crunch. Then add the courgettes and cook for a further 1-2 minutes to heat through. Mix the tamari and black bean sauce together and pour over the mixture and mix well.

Divide onto serving plates and top with sesame seeds, fresh coriander and extra chilli to taste.

Vegetable traybake



Traybakes are a quick and easy way of cooking, and are perfect as leftovers during the week. When looking to make healthy changes, something as simple as having healthy leftovers in the fridge can make it so much easier to make healthy choices. Feel free to swap in vegetables of choice.

Serves 4



Ingredients

- 2 sweet potatoes, cut into slices or chunks
- 2 tbsp olive oil
- 2 peppers, cut into chunks
- 1 large onion, cut into wedges
- 1 tbsp balsamic vinegar
- 300g cherry tomatoes
- 3 tablespoon pesto
- 100g spinach, finely chopped
- 1 cup cooked basmati rice
- 225 g halloumi cheese, sliced



Method

1. Pre-heat the oven to 200°C (390°F). Lightly oil a baking dish or sheet and add the sweet potato. Brushing with olive oil before putting in the oven for 15-20 minutes or until starting to soften.
2. To the baking dish add the peppers, onion and cherry tomatoes and drizzle with the remaining olive oil and the balsamic vinegar.
3. Return to the oven for a further 25-30 minutes or until the vegetables are lovely and soft and the tomatoes have released their juices. Stir through the pesto and chopped spinach. The stir through the cooked rice and scatter over the halloumi cheese slices. Next place the dish under the grill to gently brown the halloumi.
4. You can serve this as is, or it makes a delicious accompaniment to meals during the week. Add to salad, serve as a side for a protein, add to pasta, with eggs for breakfast or even on toast.