

breakfast, lunch, dinner



change4life
food smart
recipes

Cheaper, easier, tastier...smarter!

change
4 life

it's easy being food smart

When it comes to our food, we all like it to be cheap, easy and tasty. And that often means ready-made foods, snacks and take aways.

But if you looked inside some of these foods, you'd discover lots of hidden nasties like salt, sugar and fat. Too much of which can increase cholesterol, block our arteries and even lead to heart attacks, strokes and diseases like type 2 diabetes and cancers.

The **Food Smart Recipe brochure** is packed with ideas for food smart breakfasts, lunches and evening meals that'll each feed 4 adults.

Get the family involved, have a flick through and choose what you'd like to eat. Pick one food smart recipe at breakfast lunch and dinner and you'll be on your way to a healthy, balanced diet!

be calorie smart

Counting calories doesn't mean you're on a diet! They're just a handy way of helping you choose balanced meals each day.

Remember, we don't all need to eat the same sized portions; 'me sized meals' are much better. For example, a five year old needs less than a ten year old. And a ten year old needs less than a grown up.

The calorie rule of thumb is simple:

Aim to have **400** calories at breakfast, **600** at lunch and another **600** for your evening meal. That leaves you with some left over for drinks and snacks.



hey big saver

Being food smart isn't just healthier, it can be cheaper, too. Here's how:

- Swapping takeaways for home cooking can save a staggering £800 a year. Try our healthier Food Smart recipes for delicious fish and chips, super stews and easy curries and start saving today!
- Always write a shopping list. Only buying what you really need can help bring your shopping bills right down.
- Want to save on fruit and veg? Try buying what's in season. It's usually cheaper and will be at its tastiest. Check out your local Food Coop: ruralregeneration.org.uk
- Make vegetables the main event! They tend to cost less than meat, so adding more veg to your meals can cut your food bills, as well as cutting back on fat.



food smart snacks



If your family raid the cupboards as soon as they get in, try these quick and simple snacks.

- Snacks don't have to be salty! Swap crisps for rice cakes or breadsticks, dunked in lower fat cream cheese
- Fancy something fizzy? Mix pure fruit juice with sparkling water for a great alternative to sugary colas
- Got a sweet tooth? Forget the cakes or biscuits; dried fruit like bananas, raisins and slices of fruit bread are great for munching on the go
- Pick cereals with no added sugar. You can always sweet it up with a bit of chopped fruit
- Swap white toast and honey for an energy-packed banana on wholegrain toast



not a part of change4life yet?

Register online and we'll send you a free copy of this Food Smart brochure. You could win a £100 cookery set too! You will also receive great stuff from us in the future including tips, recipes and competitions.



You can find even more tips and recipes online – just search **Change4Life Wales**

breakfast

english breakfast muffins

an easy way start your day the food smart way



tip:
try poaching the eggs in gently simmering water for 3-4 minutes. They'll be set, but still runny in the middle.

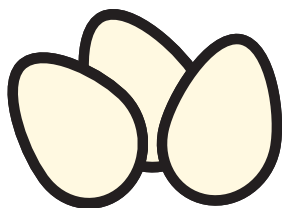
Serves 4

ingredients:

- 4 English muffins, sliced in half
- 4 eggs
- 2 tbsp semi-skimmed or 1% fat milk
- $\frac{1}{2}$ tsp vegetable oil
- 40g reduced-fat soft cheese
- 4 x 20g slices lean roast ham
- freshly ground black pepper

what to do:

1. Preheat the grill and toast the muffins, cut side up.
2. Beat the eggs and milk together. Heat the vegetable oil in a non-stick saucepan and add the eggs, stirring to scramble them.
3. Spread two of the toasted muffins with reduced-fat soft cheese and top with a slice of ham. Share the scrambled egg between them, season with black pepper, then top with the other muffin halves.



breakfast

potato and poached egg hash

a tasty way to use up leftover potatoes



tip:
a few drops of vinegar in the poaching water helps to keep the eggs together.

Serves 4

ingredients:

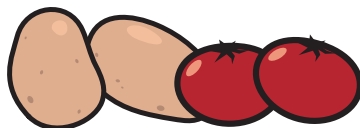
- 2 tsp vegetable oil
- 2 lean rashers back bacon, chopped
- 400g cold cooked potatoes, cut into chunks
- 4 spring onions, finely chopped
- 4 tomatoes, chopped
- 4 eggs
- freshly ground black pepper

what to do:

1. Heat the vegetable oil in a large non-stick frying pan. Add the bacon, cooking it for 1–2 minutes. Add the potatoes and cook over a medium heat for

12–15 minutes, turning occasionally, until browned.

2. Add the spring onions and tomatoes and cook over a low heat for another 4–5 minutes, while poaching the eggs.
3. Poach the eggs in simmering water for 3–4 minutes, until the whites are set and the yolks still runny. (Like them firmer? Poach them for longer.)
4. Share the potato hash between 4 warm plates and place a poached egg on top. Add a pinch of black pepper and serve.



breakfast

three bears breakfast

this fruit packed porridge tastes just right



tip:
try other berries,
dried fruit or bananas
instead of
raspberries.

Serves 4

ingredients:

- 200g high-fibre porridge oats
- 1 litre semi-skimmed or 1% fat milk
- 80ml water
- 4 tbsp low-fat natural yoghurt
- 1 apple, cored and thinly sliced
- 40g raspberries (thawed if frozen)

what to do:

1. Put the porridge oats, milk and water into a saucepan. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3–4 minutes, stirring all the time.
2. Share the porridge between 4 serving bowls and top with the yoghurt, apple and raspberries. Serve immediately.



breakfast

fruity french toast

berries and bananas taste just brilliant at breakfast!



tip:
try using lightly stale fruit bread, as the drier texture soaks up more of the liquid. Handy for using up a 2-3 day-old loaf.

Serves 4

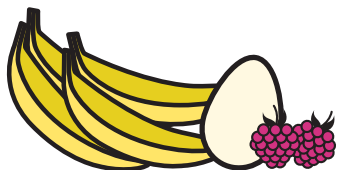
ingredients:

- 4 slices fruit bread
- 1 egg
- 150ml semi-skimmed or 1% fat milk
- 1 tsp vanilla extract
- 1/2 tsp vegetable oil
- 4 small bananas, sliced
- 200g thawed frozen berries

what to do:

1. Cut the slices of bread in half diagonally.

- In a large shallow dish, beat together the egg, milk and vanilla extract. Add the pieces of fruit bread and leave them for about 2-3 minutes, turning them over once so that each side is thoroughly soaked.
- Heat a large non-stick frying pan and add the vegetable oil. Add the soaked bread and cook it gently for about 1-2 minutes until it has set and turned golden brown. Turn over the pieces and cook them on the other side for another 1-2 minutes.
- Share the bread between 4 warm serving plates. Slice the bananas over the top and serve with the thawed berries.



breakfast



food smart bangers on toast

all the best bits of breakfast in one

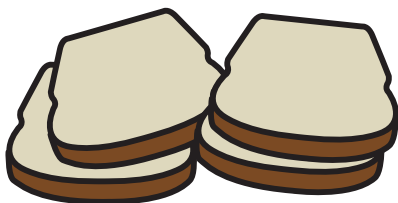


tip:
for a tasty change,
stuff the sausages,
mushrooms and
tomatoes into warmed
wholemeal
pitta breads.

Serves 4

ingredients:

- 4 reduced-fat sausages
- 12 cherry tomatoes, halved
- 200g mushrooms, sliced
- 100ml water
- pinch of dried mixed herbs (optional)
- 4 thick slices granary or wholemeal bread
- freshly ground black pepper



what to do:

1. Preheat the grill. Arrange the sausages on the grill rack and cook for 10 minutes, turning often until browned on all sides. Put the cherry tomatoes onto a piece of foil and grill them for 3–4 minutes alongside the sausages.
2. Meanwhile, simmer the mushrooms in the water for 3–4 minutes, adding the dried herbs (if using). Drain off any excess liquid.
3. Toast the slices of bread. Slice the sausages and mix with the mushrooms. Pile onto the toast and top with the grilled cherry tomatoes. Season with black pepper, then serve.

breakfast

forest fruit smoothie

a great part of your breakfast, and helps towards your 5 A DAY



tip:
if you haven't got a traditional blender, a hand-held stick blender works just as well.

Serves

ingredients:

1 large banana

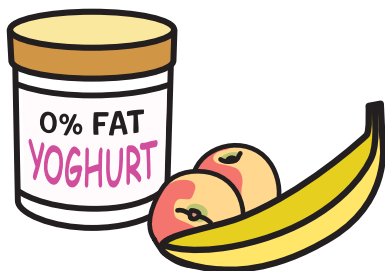
150g frozen forest fruits

150g low-fat natural yoghurt (optional)

750ml (1 1/4 pints) semi-skimmed or 1% fat milk

what to do:

1. Slice the banana into a blender and add the frozen fruit (no need to thaw it first).
2. Add the low-fat yoghurt and milk.
3. Blend together for 15–20 seconds, then pour into 4 glasses. Enjoy straightaway, with your cereal or wholemeal toast.



breakfast

pancakes with cherry tomatoes

these food smart pancakes are a great weekend treat



tip:
For a sweet version,
instead of the
mushrooms and
tomatoes, add fruit
and natural
yoghurt.

Serves 4

ingredients:

- 100g plain flour
- 1 large egg
- 3 tbsp low-fat natural yoghurt
- 250ml semi-skimmed or 1% fat milk
- 1 tsp vegetable oil
- 200g mushrooms, sliced
- 50ml reduced-salt vegetable stock
- 12 cherry tomatoes, halved
- 1 tsp mixed dried herbs
- freshly ground black pepper

what to do:

1. Put the flour into a large mixing bowl and add the egg, yoghurt and milk. Use a whisk or

hand-held electric beater on a slow speed to mix the ingredients into a smooth batter.

2. Heat a few drops of vegetable oil in a non-stick frying pan. Add $\frac{1}{4}$ of the batter, tilting the pan so that the batter flows over the surface. Cook until bubbles appear and the batter has set, then flip over to cook the other side. Repeat to make 4 pancakes, keeping them in a warm place.
3. Meanwhile, put the mushrooms and stock into a large frying pan and simmer for 5–6 minutes. Add the cherry tomatoes and herbs and cook for 2–3 more minutes.
4. Serve one pancake per person, topped with the mushrooms and tomatoes.

lunch

salmon and cucumber wraps

perfect for a packed lunch or a light evening meal



tip:
wholewheat flour tortillas are a great source of fibre. But plain or seeded wraps work well too.

Serves 4

Ingredients:

1 x 213g can red or pink salmon, drained

100g reduced-fat soft cheese

$\frac{1}{4}$ cucumber, finely chopped

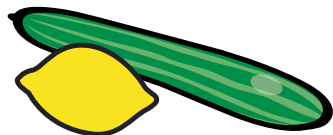
4 soft wholewheat flour tortillas (or white tortillas if you prefer)

a few crisp lettuce leaves, shredded

a few sprigs of watercress (optional)

juice of $\frac{1}{2}$ lemon

freshly ground black pepper



what to do:

1. Tip the salmon into a bowl and mash with a fork. Add the reduced-fat soft cheese and cucumber and mix together, seasoning with a little black pepper.
2. Lay the tortillas on a work surface and spread the salmon mixture over them. Top with shredded lettuce and watercress, sprinkle with lemon juice (if using), then roll up.
3. Slice in half and serve with extra salad, or wrap in cling film and pop in the fridge to eat later.

lunch

harvest vegetable soup

creamy, easy, tasty. what's not to love?



tip:
Cool it, cover it and keep it in the fridge for up to 3 days. Or up to 3 months in the freezer.

Serves 4

Ingredients:

- 1 onion, chopped finely
- 1 leek, trimmed and sliced
- 1 carrot, diced
- 200g swede or turnip, diced
- 1 medium potato, diced
- 400ml reduced-salt vegetable stock
- 1 level tbsp cornflour
- 600ml semi-skimmed or 1% fat milk
- 75g sweetcorn (frozen or canned in water)
- freshly ground black pepper
- 4 wholemeal rolls, to serve

what to do:

1. Put the onion, leek, carrot, swede or turnip, potato and stock into a large saucepan. Bring to the boil, then reduce the heat and simmer, partially covered, for 25 minutes, until the vegetables are tender.
2. Blend the cornflour to a smooth paste with 2–3 tablespoons of the milk. Add the remaining milk to the saucepan with the sweetcorn, then stir in the blended cornflour. Heat gently, stirring constantly, until the soup thickens and just begins to boil.
3. Season with black pepper and ladle into bowls. Serve each portion with a wholemeal roll.

lunch

super savoury rice

served this way, rice is so nice



tip:
Add left over cooked
meat to make this go
further.

Serves 4

Ingredients:

- 1 tsp oil
- 1 onion, finely chopped
- 100g mushrooms, sliced
- 150g long grain rice
- 300ml reduced-salt vegetable stock
- 75g frozen peas
- 100g baby sweetcorn, sliced
- 1 tsp curry powder
- 1 tomato, chopped



what to do:

1. Heat the oil in a saucepan and fry the onion for 2-3 minutes, then add the mushrooms and cook for a further 2 minutes.
2. Stir in the rice, then add the stock, peas, baby sweetcorn and curry powder. Stir well. Bring to the boil, turn down the heat and simmer for about 15–20 minutes, until the rice is tender, adding more water if necessary.
3. Serve the rice in bowls and sprinkle the tomato on top.

lunch

spiced chicken and vegetable soup

slurp your way towards 5 A DAY



tip:
for a Mediterranean flavour, swap the curry powder with 1 tbsp mixed dried herbs and use basil instead of mint.

Serves 4

Ingredients:

- 2 tsp vegetable oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 2 carrots, chopped
- 250g turnip or swede, chopped
- 1 eating apple, peeled, cored and chopped
- 1 tbsp medium curry powder
- 1 tsp cumin seeds (optional)
- 1 litre reduced-salt vegetable or chicken stock
- 400g can chopped tomatoes
- 200g cooked chicken, chopped (skin removed)
- 50g frozen peas
- 4 tbsp low-fat natural yoghurt
- fresh mint leaves, to garnish (optional)
- 4 wholemeal rolls, to serve

what to do:

1. Heat the vegetable oil in a large saucepan and gently fry the onion and garlic for 2–3 minutes, until soft. Add the carrots, turnip or swede and apple and cook for another 2 minutes.
2. Stir in the curry powder and cumin seeds (if using) and cook gently for a few seconds.
3. Pour in the stock and add the tomatoes. Bring to the boil, then reduce the heat and simmer, partially covered, for about 20 minutes, or until the vegetables are tender.
4. Add the cooked chicken and peas and simmer gently for another 3–4 minutes. Ladle the soup into warm bowls and serve each portion topped with 1 tablespoon of yoghurt and a few mint leaves (if using). Serve each portion with a wholemeal roll.

lunch

pasta salad on lettuce

easy to prepare and on the table in minutes

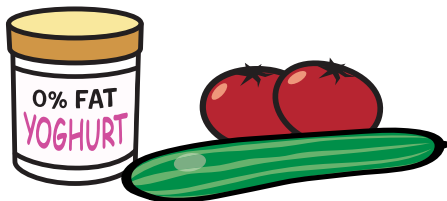


tip:
try using
wholegrain pasta
for extra fibre.

Serves 4

Ingredients:

- 250g dried pasta shapes
- 3 tbsp low-fat natural yoghurt
- 2 tbsp reduced-fat mayonnaise
- 2 tomatoes, chopped
- $\frac{1}{4}$ cucumber, chopped
- 1 tbsp raisins, sultanas or chopped grapes (optional)
- 4 large lettuce leaves
- 75g reduced-fat cheese, cut into small cubes
- 3 spring onions, sliced



what to do:

1. Cook the pasta following the instructions on the packet, then drain and rinse with cold water to cool it quickly. Drain well.
2. Mix together the yoghurt and mayonnaise in a salad bowl. Add the tomatoes, cucumber, raisins or sultanas, then stir in the pasta.
3. Serve each portion on a lettuce leaf and scatter with the cheese cubes and spring onions.

lunch

mediterranean medleys

these chicken and vegetable sandwiches are hard to beat



tip:
get ahead! Roast the vegetables in advance, then cool, cover and keep them in the fridge.

Serves 4

Ingredients:

1 red or yellow pepper, deseeded and chopped

1 courgette, sliced

1 red onion, chopped

8 cherry tomatoes, halved

2 tsp olive or vegetable oil

2 tsp chopped fresh rosemary (or 1 tsp dried)

8 slices wholemeal bread

3 tbsp reduced-fat hummus

100g cooked chicken (without skin), sliced

mixed salad leaves

freshly ground black pepper

what to do:

1. Preheat the oven to Gas Mark 6/200°C/fan oven 180°C.
2. Put the vegetables onto a baking sheet and sprinkle with the oil. Add the rosemary and season with black pepper. Roast for 20–25 minutes, until the vegetables are tender, then leave to cool.
3. Spread each slice of bread with hummus, then top 4 slices with the chicken. Share the cooled vegetables between them and add some salad leaves. Top with the remaining slices of bread, cut in half and serve.



lunch

tuna and bean jackets

being food smart's never been so satisfying



tip:
crispy baked potato
skin isn't just tasty,
it's high in
fibre too.

Serves 4

Ingredients:

4 large baking potatoes, scrubbed
410g can cannellini beans in water,
drained

200g can tuna in water, drained
and flaked

1 red or yellow pepper, deseeded
and chopped

2 tomatoes, chopped

4 spring onions, finely chopped

2 tsp red or white wine vinegar

2 tsp tomato puree

freshly ground black pepper

what to do:

1. Preheat the oven to Gas Mark 6/200°C/fan oven 180°C. Prick the potatoes and bake them in the top of the oven for 1 hour, or until tender.
2. While the potatoes are cooking, create a tasty salsa by mixing together the cannellini beans, tuna, pepper, tomatoes, spring onions, vinegar and tomato puree. Season with black pepper.
3. Split the baked potatoes open and fill with the salsa mixture. Serve at once.



evening meal



chip shop fish 'n' chips

all the taste of a takeaway... but healthier!



tip:
leaving the skin
on the spuds saves
time and gets more
fibre in your
diet, too.



Serves 4

ingredients:

4 baking potatoes, scrubbed,
each cut into 8 wedges

1 tbsp vegetable oil

75g dried breadcrumbs

1 egg, beaten with 2 tbsp cold
water

4 x 120g fillets skinless haddock
or cod (defrosted if frozen)

1 x 300g can mushy peas (or frozen
peas)

freshly ground black pepper

what to do:

1. Preheat the oven to Gas Mark 6/200°C/fan oven 180°C. Lightly grease a baking sheet with a little vegetable oil.
2. Put the potato wedges into a roasting tin. Add the remaining vegetable oil and toss to coat. Season with black pepper. Transfer to the oven to bake for 35–40 minutes, turning them over after 20 minutes.
3. Meanwhile, sprinkle the breadcrumbs onto a large plate. Season with a little pepper. Dip each fish fillet in the beaten egg, then coat in the breadcrumbs. Place on the baking sheet, and put in the oven when you turn the potatoes, so that it cooks for 15–20 minutes. The fish will flake easily with a fork when it's cooked.
4. Heat the mushy peas in a saucepan, then serve with the fish and chips.

evening meal

meat-free cottage pie

a vegetarian twist on an old favourite



tip:
For a meat version
use lean beef mince
or turkey.



Serves 4

ingredients:

600g potatoes, cut into chunks
500g prepared butternut squash, cut into chunks (or swede or carrots)
1 tsp vegetable oil
1 onion, chopped
2 garlic cloves, crushed
2 carrots, chopped
300g meat-free mince
400g can chopped tomatoes
150ml (1/4 pint) reduced-salt vegetable stock
2 tsp medium curry powder (optional)
100g closed cup mushrooms, sliced
1 courgette, grated (optional)
ground black pepper
2 tsp cornflour

what to do:

1. Cook the potatoes and butternut squash in a large saucepan of boiling water for about 20 minutes. Meanwhile, heat the vegetable oil in a large saucepan and gently fry the onion, garlic and carrots for 2–3 minutes, until soft.
2. Add the vegetarian mince, tomatoes and stock. Stir in the curry powder, then add the mushrooms and courgette. Bring to the boil, then reduce the heat and cook, stirring occasionally, for 15–20 minutes. Season with black pepper.
3. Preheat the grill. Drain and mash the potatoes and butternut squash with a bit of black pepper.
4. Blend the cornflour with 1 tbsp cold water and stir it into the mince mixture. Spoon the mince into a baking dish and spoon the vegetable mash on top. Grill for about 8–10 minutes, until browned. Serve.

evening meal

super stew and dumplings

it's what chilly evenings were made for



tip:
Serve with
thick crusty bread



Serves 4

ingredients:

- 2 tsp vegetable oil
- 280g lean braising steak, cut into chunks
- 450ml reduced-salt beef or vegetable stock
- 2 onions, chopped
- 2 garlic cloves, crushed
- 2 large carrots, cut into chunks
- 2 celery sticks, sliced
- 1 bay leaf (optional)
- 250g closed cup mushrooms, halved
- 100g self-raising flour
- 2 tablespoons chopped fresh parsley, or $\frac{1}{2}$ tsp mixed dried herbs
- 50g reduced fat spread
- freshly ground black pepper

what to do:

1. Heat the vegetable oil in a large casserole dish or saucepan.

Add the beef and cook for 2–3 minutes over a high heat until it's browned.

2. Pour the stock into the pan, adding the onions, garlic, carrots, celery, bay leaf and mushrooms. Bring to the boil, then reduce the heat. Cover and cook over a low heat for 1 hour. Add a little water if needed.
3. To make the dumplings, sift the flour into a bowl with the parsley and some black pepper. Add the reduced fat spread to the flour, then rub in with your fingertips until the mixture looks like fine crumbs. Add just enough cold water (about 2 tbsp) to make a soft dough. Knead the dough lightly for a moment, then form into 12 small dumplings.
4. Add the dumplings to the stew, letting them sit on the surface. Cover and cook for another 25–30 minutes, until the dumplings are light and fluffy.

evening meal



salmon with parsley mash

impress the family with this restaurant-style dish



tip:
Try to eat oily fish like salmon once a week

Serves 4

ingredients:

- 1kg potatoes, peeled and cut into chunks
- 6 spring onions, finely sliced
- 1 tsp vegetable oil
- 4 x 120g salmon fillets
- 4 tbsp semi-skimmed or 1% fat milk
- 2 tbsp chopped fresh parsley
- 1 head broccoli, broken into florets
- freshly ground black pepper

what to do:

1. Cook the potatoes in boiling water for 20 minutes until tender. Add the spring onions 5 minutes before the end of the cooking time.
2. When the potatoes have been cooking for 10 minutes, it's time to prepare the salmon. Heat the vegetable oil in a non-stick frying pan. Add the salmon, skin side down. Cook over a high heat for 2-3 minutes. Turn the salmon over, reduce the heat and cook for a further 3-4 minutes.
3. Cook the broccoli in a little boiling water for about 5-6 minutes. Rest the salmon for a few minutes while you make the mash.
4. Drain the potatoes and spring onions and mash thoroughly. Beat in the milk and parsley. Reheat on the hob for a minute, beating well. Share the mash between four plates and arrange the salmon fillets on top. Serve with the broccoli.

evening meal

vegetable jalfrezi

an easy curry that packs a punch



tip:
For a meat version
replace the chick
peas with cooked
chicken.



Serves 4

ingredients:

- 2 tsp vegetable oil
- 2 onions, chopped
- 1 eating apple, cored and chopped
- 1 garlic clove, crushed
- 2 tbsp Jalfrezi curry paste
- 1 large carrot, sliced
- 1 green pepper, deseeded and chopped
- 400g can chopped tomatoes
- 200g cauliflower, broken into florets
- 410g can chickpeas (canned in water), rinsed and drained
- 300ml (1½ pint) reduced-salt vegetable stock
- 180g wholegrain brown rice
- 50g frozen peas
- 2 tbsp chopped fresh coriander (optional)
- 4 tbsp low-fat plain yoghurt, to serve salt and freshly ground black pepper

what to do:

1. Heat the vegetable oil in a large saucepan. Add the onions, apple and garlic and cook, stirring, for 3–4 minutes. Stir in the curry paste and cook for a few seconds.
2. Add the carrot, pepper, tomatoes, cauliflower, chickpeas and stock. Simmer, partially covered, for 25–30 minutes, adding a little extra stock or water if needed. At the same time, cook the rice in a large pan of gently boiling water for about 30 minutes.
3. Add the peas and coriander (if using) and heat for 2–3 minutes. Check the seasoning, adding a little pepper if needed. Serve the curry and rice, topping each portion with 1 tbsp of low-fat yoghurt.

evening meal



vegetable chilli



warm up with a bowl of spicy goodness



tip:
brown rice is better
for you than white
as it contains
B vitamins and
fibre.

Serves 4

ingredients:

- 2 tsp vegetable oil
- 1 onion, chopped
- 1 carrot, finely chopped
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and finely chopped
- 2 peppers (red, green or yellow), deseeded and chopped
- 300g pack meat-free mince (or for a meat alternative use lean beef or turkey mince)
- 420g can red kidney beans in water
- 400g can chopped tomatoes
- 2 tbsp tomato puree
- 100ml reduced-salt vegetable stock
- 200g long grain brown rice
- freshly ground black pepper

what to do:

1. Heat the vegetable oil in a large saucepan and add the onion. Fry gently for 2–3 minutes, then add the carrot, garlic, chilli and peppers and fry for 2–3 more minutes, stirring often.
2. Add the meat-free mince, mix in the beans, tomatoes, tomato puree and stock. Bring to the boil, then reduce the heat and simmer, partially covered, for 25–30 minutes.
3. At the same time, cook the rice in plenty of gently boiling water – it will take 25–30 minutes.
4. Season the chilli with pepper, then serve in warm bowls with the cooked, drained rice.

evening meal

turkey stir-fry

turkey's low-fat and economical, too



tip:
try spooning the turkey stir-fry into wholemeal pittas or tortilla wraps.



Serves 4

ingredients:

- 200g wholegrain brown rice
- 1 tbsp sunflower oil
- 300g skinless turkey breast, sliced into strips
- 2 cloves garlic, crushed
- 2 red peppers, deseeded and sliced
- 2 green or yellow peppers, deseeded and sliced
- 1 bunch spring onions, sliced
- 2 tbsp reduced-salt soy sauce
- 4 tbsp orange juice
- 1 tsp ground ginger (optional)

what to do:

1. Put the rice on to cook in plenty of boiling water for 25–30 minutes, until tender.
2. When the rice has been cooking for 20 minutes, heat the oil in a wok or large frying pan and stir-fry the turkey over a medium-high heat for 5 minutes.
3. Add the garlic, peppers and spring onions and fry for another 2–3 minutes.
4. Add the soy sauce, orange juice and ground ginger (if using) to the turkey and cook for a further 2–3 minutes over a medium heat.
5. Drain the rice and serve with the turkey stir-fry.