

Pearl Barley and Butternut Squash Risotto

Recipe focus: Increase fibre, get at least 5-A-Day

Preparation time - less than 15mins . Cooking time - 30 mins. Serves 4



Ingredients

1 dessertspoon olive oil
250g pearl barley, rinsed
600g butternut squash (frozen works fine if you don't have time to peel and chop fresh)
1 teaspoon garlic puree
1 onion, diced or handful of frozen
2 teaspoons dried sage or couple of sprigs of fresh
1 litre of vegetable stock made up from stock cube
salt and pepper to taste

Preparation

1. Heat a large saucepan over a medium heat. Add the olive oil, onion, garlic and squash along with a pinch of salt.
2. In a separate pan, warm up the stock, adding in the sage.
3. Add the pearl barley and half the stock to the vegetables, and cook stirring occasionally to make sure it doesn't stick to the base of the pan. Once absorbed add the remaining stock in batches, and repeat until pearl barley is tender.
4. Once barley is cooked, take off the heat. Season to taste.
5. If using parmesan cheese stir through a handful at the end of the cooking time and top with a little more at the table if wished.

Optional Extras

Top with toasted pumpkin seeds
Top with some grated parmesan
Or serve with chicken or fish

Serve with a side or two of vegetables for even more fibre and contributing further to your 5-A-Day

Nutrient info: This recipe provides approximately 8g of fibre and 2 of your 5-A-Day per serving

Allergen info: Pearl Barley contains gluten. Check the labels of vegetable stock as they often contain gluten

Focus on fibre



For meals and snacks



Lentil and Tomato Soup

Recipe Focus: Get at least 5-A-Day, increase fibre, vary your protein

Preparation time - less than 15 mins . Cooking time - 25-30 mins. Serves 4



Ingredients

- 1 teaspoon olive oil
- 1 onion, peeled and roughly chopped or handful of frozen
- 1 teaspoon garlic puree
- 120g red lentils
- 1 tin (400g) chopped tomatoes
- 500-600ml stock made up from vegetable stock cube
- 1 teaspoon paprika
- 1 teaspoon dried thyme or couple of fresh sprigs
- pepper to taste
- chili flakes (optional) to taste
- season with salt to taste

Quick and easy recipe, ideal for doubling up and batch cooking for the freezer

Preparation

1. Heat the oil in a saucepan over a medium heat. Add the onion and garlic, cook for 2-3 minutes.
2. Add all the remaining ingredients, including pepper, and bring to the boil. Reduce the heat and simmer for 25 – 30 mins. Stir occasionally, adding more stock if needed to prevent it sticking to the base of the saucepan.
3. Check seasoning, adding more preferred.
4. This soup can be served as is or blended, if you prefer a smoother consistency.
5. Reduce food waste by freezing any leftovers. Reheat from frozen ensuring heated all the way through.

Nutrient info: This recipe provides 2 of your 5-A-Day , 5g of fibre and 10g of protein per serving

Allergen info: Check the labels of vegetable stock as they often contain gluten

Get at least 5 A DAY
Put plenty on your plate



Nutrition

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Chocolate Mousse (Silken Tofu)

Recipe Focus: Vary your protein, increase fibre

Preparation time - 5 mins. Chill for a couple of hours or ideally overnight. Serves 4



Ingredients

100g dark chocolate, roughly broken up
1 pack (349g) silken tofu - drained
1 teaspoon vanilla extract
1 dessertspoon, or to your taste maple syrup, honey or golden syrup

Optional toppings of your choice to serve

Preparation

1. Melt the chocolate in a microwave in 30 second intervals or alternatively place a heat proof bowl over a pan with a small amount of water in, bring the water to the boil and lower heat, add the chocolate to the bowl and slowly melt. Ensure that the water doesn't touch the base of the heat proof bowl and no water gets into the chocolate.
2. Meanwhile place the drained silken tofu, vanilla and maple syrup or alternative of your choice into a food processor and blend until smooth (1-2mins). This can be done by hand. Add the melted chocolate and blend until well combined.
3. Scoop the mixture into 4 individual dishes, and place in the fridge to chill.
4. To serve add your toppings of choice, tin mandarins (drained), berries or chocolate shavings work well.
5. Leftovers will keep in the fridge for up to 3-4 days.

This recipe is quick and easy and is suitable for anyone following a gluten free or egg free diet. Check the labels of the chocolate if you want to keep it vegan and dairy free

Nutrient info: This recipe provides approximately 8g protein and 4g fibre per serving

Allergen info: Tofu is made from soy beans which is one of the 14 common food allergens

Vary your protein



Be more creative



Nutrition

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