possible, than better farmed fish than canned.

DINNER

Dinner:
- Choose some starchy foods; potatoes (boiled, mashed or roasted), pasta, noodles, rice, couscous, bulgur, wheat all wholegrain.
- Add beans or lentils to salads, stews, casseroles, etc.
- She could use and I could show her how to coat fish or chicken with oats or oat bran to coat fish or chicken.
- Fill up by adding plenty of salads and vegetables (raw, steamed, boiled, stir-fried or roasted).
- Protein: lean meat, poultry, oily fish, white fish, eggs or peas, beans, lentils, seeds or nuts.

As Miranda can’t cook, these dishes can easily be adjusted to her not having to cook much herself, I have chosen them anyway as they are simple and healthy and it would be easy to teach her a few cooking skills to make these herself.

<table>
<thead>
<tr>
<th>Dinner</th>
<th>1st idea</th>
<th>2nd idea</th>
<th>3rd idea</th>
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</thead>
<tbody>
<tr>
<td>Name of dish</td>
<td>Turkey &amp; pepper stir-fry</td>
<td>Salmon with spring onion mash</td>
<td>Tasty tuna &amp; sweetcorn pasta</td>
</tr>
<tr>
<td>Serves how many*</td>
<td>4 adults</td>
<td>4 adults</td>
<td>4 adults</td>
</tr>
<tr>
<td>Preparation time</td>
<td>15 minutes</td>
<td>20 minutes</td>
<td>10 minutes</td>
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<tr>
<td>Cooking time</td>
<td>30 minutes</td>
<td>25 minutes</td>
<td>20 minutes</td>
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<tr>
<td>Ingredients</td>
<td>200g wholegrain brown rice 1 tbsp unsalted butter** 300g skinless turkey breast sliced into strips 2 garlic cloves crushed 2 red peppers deseeded and sliced 2 peppers, any colour deseeded and sliced 6 spring onions sliced 2 tbsp reduced salt soy sauce</td>
<td>1kg potato peeled and cut into chunks – these can be bought already prepared in chunks 6 spring onions finely sliced – these can be bought already sliced 1 tsp vegetable oil** 4 salmon fillets – these can be bought already prepared*** 4 tbsp full fat milk**** 2 tbsp fresh parsley chopped 250g broccoli broken into florets 1 pinch ground black pepper</td>
<td>300g wholemeal pasta shapes 1 tsp olive oil** 1 medium red onion chopped – can be bought like this 1 garlic clove crushed or finely chopped 400g chopped tomatoes***** 1 tsp tomato purée****** 150g sweetcorn drained 2 tsp dried mixed herbs 2 cans tuna in water drained and flaked*******</td>
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</tbody>
</table>
4 tbsp orange juice  
1 tsp ground ginger (optional)

### How to prepare

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 butter 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. Next, 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.

1. Cook the potatoes in boiling water for 20 minutes, cooled until tender, adding the spring onions to the saucepan 5 minutes before the end of cooking time. This description would need to be altered for Miranda as the potatoes are already prepared when bought.

2. When the potatoes have been cooking for 10 minutes, start to prepare the salmon. Heat the vegetable oil in a non-stick frying pan, brushing it over the surface. Add the salmon, skin side down. Cook over a high heat for 2-3 minutes, without moving the fillets. Turn the salmon over, reduce the heat and cook for a further 3-4 minutes. This section here also needs to be changed a bit as the salmon is already prepared.

3. At this point, put the broccoli on to cook in a little boiling water - it will take about 5-6 minutes. Let the salmon rest for a few minutes while making the mash.

4. Drain the potatoes and spring onions and mash thoroughly. Beat in the milk and parsley. Reheat on the hob for 1
minute, beating well.

5. Share the mash between four warmed plates and arrange the salmon fillets on top. Serve with the broccoli.

Tips

1. For a vegetarian stir-fry, substitute the turkey with tofu or lentils.

2. You could serve the stir-fry with egg noodles instead of rice.

3. Use the turkey stir-fry as a filling for wholemeal pittas or tortilla wraps.

1. Use haddock, coley or cod fillets instead of salmon, or try using trout fillets.

2. Try using chopped chives or dill instead of parsley, or use a pinch of mixed dried herbs.

1. This recipe can be served cold as a salad, making it perfect for packed lunches.

2. Fresh herbs add a delicious flavour, she can add a few torn-up basil leaves or some chopped fresh parsley.

Nutritional information

<table>
<thead>
<tr>
<th>Per portion (i.e. ¼ recipe)</th>
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<tbody>
<tr>
<td>1431 kJ / 342kcal</td>
<td>1904kJ / 445kcal</td>
<td>1774kJ / 406kcal</td>
</tr>
<tr>
<td>24g protein</td>
<td>33g protein</td>
<td>31g protein</td>
</tr>
<tr>
<td>53g carbohydrate of which 11g sugars</td>
<td>46g carbohydrate of which 4g sugars</td>
<td>3.6g fat of which 0.75g saturates</td>
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<tr>
<td>5g fat of which 1g saturates</td>
<td>16g fat of which 3g saturates</td>
<td>64g carbohydrate of which 10g sugars</td>
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<tr>
<td>4g fibre</td>
<td>7g fibre</td>
<td>9g dietary fibre</td>
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<tr>
<td>51mg sodium equivalent to 0.1g salt</td>
<td>110mg sodium equivalent to 0.3g salt</td>
<td>227mg sodium</td>
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<td></td>
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<td>0.5g salt</td>
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