29.05.2016

by Annemette Jepsen, MCSP

Chartered Physiotherapist and nutritionist

possible, than better farmed fish than canned.

Dinner:

- <u>DINNER</u>
 Choose some starchy foods; potatoes (boiled, mashed or roasted), postar boorles, rice, couscous, bulgur, wheat all wholegrain.
 Add beans or lentils to salads, stews, casseroles, are distributed.
 She could use and L could show her here to
- She could use and I could show her how to so oat bran to comfish or chicken
- Fill up by adding plenty of sala cardi or vigotables (raw, steamer, boile , sur-fried or roasted). ٠
- Protein: lean meat, poultringily isn, white fish, errs of peas, leans, lentils, seeds or nuts. ٠

Equiparties of the set As Miranda (201 Cor, these dishes(53) (20 9) easy to teach her few cooking skills to make these herself.

Dinner	1 st idea	2 nd idea	3 rd idea
Name of dish	Turkey & pepper stir-fry	Salmon with spring onion mash	Tasty tuna & sweetcorn pasta
Serves how many*	4 adults	4 adults	4 adults
Preparation time	15 minutes	20 minutes	10 minutes
Cooking time	30 minutes	25 minutes	20 minutes
Ingredients	 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 	 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 	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 puree***** 150g sweetcorn drained 2 tsp dried mixed herbs 2 cans tuna in water drained and flaked*****

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	4 tbsp orange juice 1 tsp ground ginger (optional)		
How to prepare	 20 minutes, indicated of the bold of the integral of	 Cook the potatoestin tolling water for 20 minutes, cocked until tender, adding the pring onions to the saucepan 5 minutes before the end of cooking time. This description would need to be altered for wiranda as the potatoes are already prepared when bought. When the potatoes have been cooking 	frying pan. Add the onion and garlic and cook gently until soft, about 4-5 minutes.
		 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 Add the tomatoes, tomato puree, sweetcorn, mixed herbs and cook for 5 minutes. Just before serving, add the tuna and stir through gently. When the pasta is cooked, drain well ar serve with the tuna and sweetcorn sauce. 	
	 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. 	 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	

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		minute, beating well.	
		5. Share the mash between four warmed plates and arrange the selmon fillets on top. Serve with the box on.	
Tips Previ	 For a vegetarian stir-fry, substitute the turkey withtofurnelentils. Wu could serve the stir-try with egg norther outened of rice. Use the turkey stir-fry as a filling for wholemeal pittas or tortilla wraps. 	 Use addock, coley or cod fillets basead of salmon, or try using trout fillet. Try using chopped chives or dill instead of parsley, or use a pinch of mixed dried herbs. 	 This recipe can be served cold as a salad, making it perfect for packed lunches. Fresh herbs add a delicious flavour, she can add a few torn-up basil leaves or some chopped fresh parsley.
Nutritional information per portion	Per portion (i.e. ¹ / ₄ recipe) 1431 kJ / 342kcal 24g protein 53g carbohydrate of which 11g sugars 5g fat of which 1g saturates 4g fibre 51mg sodium equivalent to 0.1g salt	Per portion (i.e. ¹ / ₄ recipe) 1904kJ / 445kcal 33g protein 46g carbohydrate of which 4g sugars 16g fat of which 3g saturates 7g fibre 110mg sodium equivalent to 0.3g salt	Per portion (i.e. ¼ recipe) 1774kJ / 406kcals 31g protein 3.6g fat of which 0.75g saturates 64g carbohydrate of which 10g sugars 9g dietary fibre 227mg sodium 0.5g salt

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