

super quick

super healthy

super meals

change4life

supermeals



change
4 life

Eat well Move more Live longer

your supermeal recipes

Here are 14 supermeal recipes with great ideas for low-cost, quick and easy healthier meals.

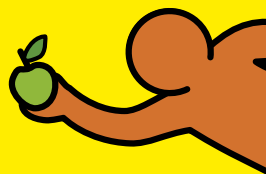
All the recipes can be prepared for around £5 and each one serves four adults (with the exception of the Sunday roast which serves six but costs a little more).

If you're feeding children too, remember that they don't need to eat as much as an adult and need kid-sized portions.

If you're cooking for fewer people you can simply reduce the quantities, or why not make the full amount and freeze the extra portions for another day?



save money,
save time
and be healthy...



quick and easy meals on a budget!

Planning and preparing tasty meals every day of the week can feel like a big job. Here's a super way to help you prepare healthier and tasty meals quickly, cheaply and easily. Use this booklet with 14 easy-to-make recipes (that's two whole weeks of evening meals). To make it even easier, there's also a shopping list you can take with you to the supermarket. By the way, you can find even more tips and recipe ideas online – simply search 'C4LWales'.

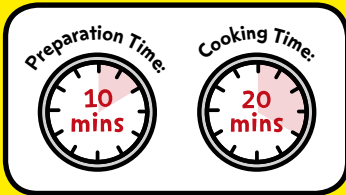


monday

tasty tuna and sweetcorn pasta

Ingredients:

- 300g wholemeal pasta shapes
- 1 tsp olive oil
- 1 medium red onion, chopped
- 1 garlic clove, crushed
- 400g tinned chopped tomatoes
- 1 tbsp tomato puree
- 150g sweetcorn, drained if tinned
- 2 tsp dried basil or dried mixed herbs
- 2 x 185g tinned tuna in water, drained and flaked



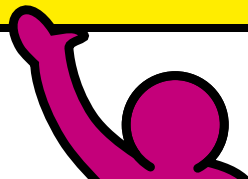
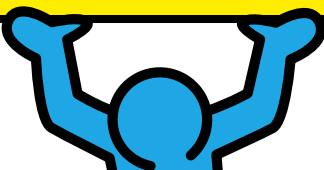
406kcal/1774kJ per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000



What to do:

1. Cook the pasta following the instructions on the packet.
2. While the pasta is cooking, heat the olive oil in a large non-stick frying pan. Add the onion and garlic and cook gently until soft, about 4-5 minutes.
3. Add the tomatoes, tomato puree, sweetcorn, basil or mixed herbs and cook for 5 minutes. Just before serving, add the tuna and stir through gently.
4. Drain the pasta well and serve with the tuna and sweetcorn sauce.





tuesday

quick pitta pizzas

Ingredients:

- 4 wholemeal pitta breads
- 4 tsp sun-dried or regular tomato puree
- 4 mushrooms, sliced
- 4 tomatoes, thinly sliced
- 125g ball reduced-fat or light mozzarella cheese, sliced
- 2 tsp dried mixed herbs
- Ground black pepper

Preparation Time:



Cooking Time:



218kcal/912kj per portion

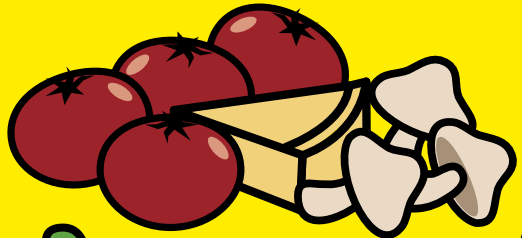
Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Add a few olives, slices of red or green pepper or red onion to get more of your 5 a day.

What to do:

1. Preheat the oven to 190°C/
Fan 170°C/Gas mark 5. Place the pitta breads on a baking sheet.
2. Spread 1 tsp of tomato puree onto each pitta, then top with the mushrooms, sliced tomatoes and cheese. Sprinkle with the mixed herbs and season with black pepper.
3. Bake for 10-12 minutes, or until the cheese is melted and bubbling. Serve with salad.





wednesday

10 minute chicken noodle dinner

Ingredients:

- 125g medium or fine dried egg noodles
- 1.2 litres reduced-salt chicken or vegetable stock
- 300g any combination of spring onions/red onions/mushrooms/carrots/pepper cut into bite sizes or strips
- 250g skinless, boneless roast chicken breasts, sliced
- Ground black pepper
- Few drops of reduced salt soy sauce



245kcal/1025kj per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000



What to do:

1. Put the noodles into a heatproof bowl and cover them with boiling water. Leave to soak for 6 minutes.
2. Meanwhile, pour the stock into a large saucepan and bring up to the boil. Add the vegetables and simmer for 5 minutes.
3. Drain the noodles, then add them to the saucepan with the sliced chicken. Season with pepper. Heat for 1-2 minutes, then ladle into bowls.
4. Serve each portion sprinkled with a few drops of soy sauce.



thursday

perfect pasta with tomato sauce

Ingredients:

- 1 tsp oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 400g tinned chopped tomatoes
- 2 tbsp tomato puree
- 2 tsp dried mixed herbs
- Ground black pepper
- 350g dried spaghetti
- Fresh basil or chopped herbs, to garnish (optional)



Suitable for freezing (sauce only)

343kcal/1435kj per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Preparation Time:



Cooking Time:



Super tip:

You can use this sauce as a pizza topping too, or pour over fish and bake in the oven.

What to do:

1. Heat the oil in a saucepan or frying pan. Add the onion and cook over a medium heat for 3-4 minutes, until soft.
 2. Add the garlic and cook gently for another minute. Add the chopped tomatoes, tomato puree and mixed herbs. Season with pepper.
 3. Meanwhile, cook the spaghetti according to pack instructions.
 4. Drain the spaghetti and serve with the sauce, topped with fresh basil or chopped herbs (if using).
- Simmer gently for 15 minutes until the sauce is thick and rich.



friday

the best chilli con carne

Ingredients:

300g extra lean minced beef
1 large onion, finely chopped
2 garlic cloves, finely chopped
400g tinned chopped tomatoes
2 tbsp tomato puree
1-2 tsp chilli powder
1/2 tsp ground cumin
1 red pepper, deseeded and chopped
150g mushrooms, sliced
410g tinned red kidney beans in water, drained
150ml reduced-salt, vegetable or beef stock
300g dried basmati or long grain rice
Ground black pepper

Preparation Time:



Cooking Time:



Suitable
for freezing

488kcal/2042kJ per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Turkey mince makes an excellent chilli - and it's lower in fat too. If you are a vegetarian, swap the mince for soya mince.



What to do:

1. Heat a large saucepan and add the minced beef, a handful at a time, and cook it until browned. Add the onion and garlic and cook for another 2-3 minutes.
2. Add the chopped tomatoes, tomato puree, spices, red pepper, mushrooms, kidney beans and stock.

Bring to the boil, then lower the heat and simmer gently for 15-20 minutes.

3. Meanwhile, cook the rice according to pack instructions.
4. Season the chilli with pepper and serve with boiled rice.



saturday

pork with apples and celery

Ingredients:

- 750g potatoes, peeled and cut into chunks
- 2 tsp vegetable oil
- 1 red apple, cored and thinly sliced (not peeled)
- 1/2 tsp caster sugar
- 400g lean pork, sliced (trim off any fat)
- 2 tsp dried sage or mixed herbs
- 1 onion, thinly sliced
- 2 celery sticks, thinly sliced
- 150ml reduced-salt chicken or vegetable stock
- 150ml unsweetened apple juice
- Ground black pepper
- 4 tbs semi-skimmed milk

Preparation Time:



Cooking Time:



327kcal/1368kj per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Another time, make this recipe with turkey breast steaks instead of pork.

What to do:

1. Cook the potatoes in simmering water, until tender. They will take about 20 minutes.
2. Meanwhile, heat 1 teaspoon of the oil in a large non-stick frying pan. Add the apple slices, cooking them over a medium-high heat for 2-3 minutes per side. Add the sugar and cook for another 1-2 minutes, until browned. Remove from the pan and set aside. Wipe out the pan with kitchen paper.
3. Roll the pieces of pork fillet in the dried sage or mixed herbs. Heat the remaining oil in the frying pan. Add the pork and cook over medium-high heat for 2-3 minutes, to brown.
4. Add the onion and celery, then pour in the stock and apple juice. Simmer for 10-15 minutes. The liquid should reduce down a little. Season with pepper.
5. Mash the potatoes and beat in the milk, then serve with the pork and apples, along with lightly cooked fresh or frozen vegetables.





sunday

sunday roast for six

Ingredients:

- 1 x 2kg whole chicken
- 6 medium potatoes, peeled and quartered
- 1 tbsp vegetable oil
- 4 large carrots, sliced
- 2 large leeks, sliced
- 1/2 Savoy cabbage, shredded
- 150g frozen peas
- 4 tsp reduced-salt gravy granules

Preparation Time:



20
mins

Cooking Time:



1 1/2
hours



525kcal/2197kJ per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Use the leftover chicken
in the 10 minute chicken
noodle dinner recipe.



What to do:

1. Preheat the oven to 190°C/Fan 170°C/
Gas mark 5. Put the chicken into a large
roasting tin and roast in the centre of
the oven for 1 1/2 hours.
2. Put the potatoes into a separate
roasting tin and add oil. Then roast on
the oven shelf above the chicken for 1
hour, turning after 30 minutes.
3. Start to cook the vegetables when the
chicken is almost done. The carrots will
take 10-15 minutes. The leeks, cabbage
and peas will take 5-8 minutes when
cooked together in a covered saucepan
with a small amount of boiling water.
4. Check that the chicken is cooked
completely by piercing the thickest part
of the leg with a sharp knife or skewer
- the juices should run clear. Transfer
to a carving board and cover with foil,
allowing it to rest for 10 minutes before
carving.
5. Make the gravy according to pack
instructions.
6. Serve 150g chicken per portion, without
skin. Serve with the roast potatoes,
vegetables and gravy.



monday

hearty vegetable soup

Ingredients:

- 1 tsp vegetable oil
- 1 medium onion, chopped
- 2 small carrots, chopped
- 1 small leek, sliced
- 2 celery sticks, sliced
- 400g tinned chopped tomatoes
- 1 litre reduced-salt vegetable stock
- 1 tbsp tomato puree
- 50g green beans, sliced
- 50g frozen peas
- 40g dried pasta shapes
- 1 tsp dried mixed herbs
- Ground black pepper

Preparation Time:



Cooking Time:



Suitable
for freezing

100kcal/418kJ per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Chill any soup that you don't
need and keep in the fridge
for up to 3 days, or freeze for
up to 3 months.

What to do:

1. Heat the oil in a large saucepan. Add the onion, carrots, leek and celery and fry gently for 3-4 minutes.
2. Add the tomatoes, stock, tomato puree, beans and frozen peas. Bring to the boil and add the pasta, herbs and pepper.
3. Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.





tuesday

sausage and bean stew

Ingredients:

- 2 reduced-fat sausages
- 2 tsp olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, peeled and chopped
- 400g passata (sieved tomatoes) or 1 x 400g tinned chopped tomatoes
- 410g tinned cannellini beans or butter beans in water, drained
- 2 medium potatoes, peeled and cut into small cubes
- 2 tsp dried basil or dried mixed herbs (optional)
- Ground black pepper

Preparation Time:



10 mins

Cooking Time:



25 mins



Suitable for freezing

229kcal/958kJ per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Try adding chopped courgettes or other vegetables with the potato to get more of your 5 a day.



What to do:

1. Preheat the grill. Grill the sausages for 8-10 minutes, turning occasionally, until they're thoroughly cooked.
2. While the sausages are cooking, heat the olive oil in a large saucepan and gently fry the onion and garlic for 2-3 minutes.

Add the passata or chopped tomatoes, cannellini beans or butter beans, potatoes and basil or mixed herbs. Simmer for 15-20 minutes until the potatoes are tender.

3. Slice the sausages and add them to the saucepan. Stir and cook for another 2-3 minutes.



wednesday

haddock with cheese and tomato topping

Ingredients:

- 1/2 tsp vegetable oil
- 4 x 150g haddock fillets, thawed if frozen
- 4 tsp sun-dried or regular tomato puree
- 4 medium tomatoes, thinly sliced
- Ground black pepper
- 40g reduced-fat hard cheese, grated

Preparation Time:



Cooking Time:



Suitable for freezing

172kcal/720kJ per portion

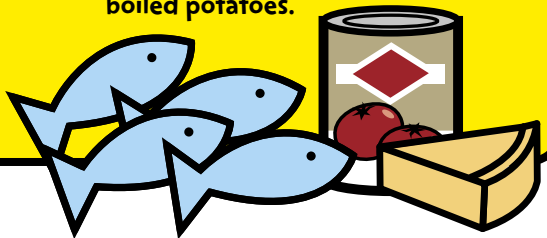
Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Try to eat fish at least twice a week to keep you healthy.

What to do:

1. Preheat the grill to medium-high. Grease a baking sheet with the vegetable oil.
2. Arrange the fish fillets on the baking sheet and spread 1 teaspoon of tomato puree over each one. Top with the tomatoes, season with a little pepper and scatter the grated cheese on top.
3. Grill for 6-8 minutes, until the fish is cooked. (The flesh should flake easily when tested with a fork).
4. Serve the fish with fresh green vegetables and cooked rice or boiled potatoes.





thursday

sensational spaghetti bolognese

Ingredients:

300g extra lean minced beef
1 large onion, finely chopped
2 garlic cloves, crushed
400g tinned chopped tomatoes
2 tbsp tomato puree
2 tsp dried mixed herbs
1 red pepper, deseeded and chopped
200g mushrooms, sliced
1 medium carrot, finely chopped
1 medium courgette, chopped
150ml reduced-salt stock
300g dried spaghetti
Ground black pepper

Preparation Time:



Cooking Time:



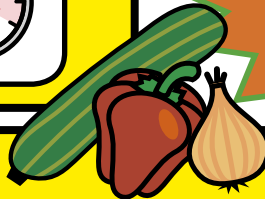
Suitable
for freezing

431kcal/1803kj per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Use any pasta shapes you like and swap any of the vegetables for your favourites.



What to do:

1. Heat a large saucepan and add the minced beef, a handful at a time, and cook it until browned. Add the onion and cook for another 2-3 minutes.
2. Add the remaining ingredients, apart from the spaghetti. Bring to the boil, then lower the heat and simmer gently for 15-20 minutes.
3. When the sauce has been cooking for 10 minutes, start to cook the spaghetti. Bring a large saucepan of water to the boil, add the spaghetti and bring back to the boil. Stir well and cook for about 8-10 minutes, until tender.
4. Season the bolognese sauce with pepper. Drain the spaghetti and serve with the sauce.



friday

sweet and sour chicken

Ingredients:

- 150g long grain brown or white rice
- 227g tinned pineapple rings in natural juice
- 1 tbsp cornflour
- 2 tbsp tomato puree
- 1 tbsp reduced-salt soy sauce
- 2 tsp vegetable oil
- 300g skinless chicken, cut into chunks
- 1 onion, thinly sliced
- 1 red or yellow pepper, deseeded and cut into chunks
- 3 celery sticks, sliced
- 2 tomatoes, sliced into wedges
- Ground black pepper

Preparation Time:



Cooking Time:



Suitable
for freezing

295kcal/1234kJ per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:
*Why not try making this recipe
with turkey or lean pork instead
of chicken.*

What to do:

1. Put the brown rice on to cook in plenty of boiling water for 30 minutes, or until tender. If using white rice, cook for just 12 minutes.
2. Meanwhile, drain the juice from the pineapples into a small bowl or jug. Cut the pineapple rings into chunks. Add the cornflour to the juice and stir until smooth, then mix in the tomato puree and soy sauce. Set to one side.
3. Ten minutes before the rice is cooked, heat the oil in a wok or very large frying pan. Add the chicken and stir-fry over a high heat for 3-4 minutes.
4. Add the onion, pepper and celery to the wok or frying pan. Stir-fry for another 3-4 minutes, then add the tomatoes and pineapples.
5. Stir the pineapple juice mixture, then add it to the wok, stirring until hot and thickened. Season with pepper, then serve with the drained rice.



saturday

easy vegetable curry

Ingredients:

2 tsp vegetable oil
1 large onion, chopped
1 eating apple, cored and chopped
1 garlic clove, crushed
2 tbsp Balti curry paste
2 carrots, sliced
400g tinned chopped tomatoes
150g cauliflower or broccoli, broken into florets
200g tinned chickpeas in water, drained
160g marinated tofu pieces
300ml reduced-salt vegetable stock
200g brown long grain rice (or use white long grain rice)
50g frozen peas, thawed
Ground black pepper

Preparation Time:



Cooking Time:



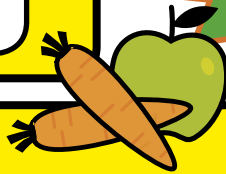
Suitable for freezing

453kcal/1895kj per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Use your favourite vegetables.
Another time, try adding
peppers, mushrooms or
courgettes.



What to do:

1. Heat the vegetable oil in a large saucepan. Add the onion, apple and garlic and stir-fry for 2-3 minutes. Stir in the curry paste and cook for a few seconds.
2. Add the carrots, tomatoes, cauliflower or broccoli, chickpeas, tofu and stock. Simmer, partially covered, for 25-30 minutes, adding a little extra stock or water if the curry looks like it is getting too dry. At the same time, cook the brown rice in gently boiling water for 25-30 minutes, or until tender.
3. Add the peas to the curry and heat for a few moments. Season with pepper, if needed. Drain the rice thoroughly and serve with the curry.



sunday

fabulous fish pie

Ingredients:

- 700g potatoes, peeled and diced
- 425ml 1% fat milk
- 25g low-fat spread
- 25g plain flour
- 2 tbsp chopped fresh parsley (optional)
- 100g frozen peas
- Ground black pepper
- 300g Coley fillet (thawed if frozen), skinned and cut into chunks
- 25g reduced-fat mature cheese, grated

Preparation Time:



Cooking Time:



Suitable for freezing

319kcal/1335kj per portion

Calories - guideline daily amounts:
A man needs around 2500
and a woman 2000

Super tip:

Use your choice of fish, Salmon is especially good. Look out for fish pie mix from the fresh fish counter which is cheap to buy.

What to do:


1. Preheat the oven to 200°C/Fan 180°C/ Gas mark 6.
2. Boil the potatoes for 15-20 minutes until tender, then drain them and mash with 2 tbsp of the milk.
3. Put the remaining milk, low-fat spread and flour into a saucepan and bring to the boil over a medium heat, stirring continuously with a small whisk or wooden spoon until the sauce bubbles and thickens. Stir in the parsley (if using) add the peas and season with pepper.
4. Place the chunks of fish in an ovenproof dish; pour the sauce over, then top with mashed potato. Sprinkle the cheese evenly over the surface.
5. Bake in the centre of the oven for 25-30 minutes, until the top is golden brown. Serve with steamed or boiled broccoli.




why not try





healthier breakfast ideas

- Cereal with no added sugar (sweeten it with a bit of chopped up fruit instead)
 - Low fat yoghurt as a tasty addition to a healthier breakfast
 - Banana on toast. It's a cheap, filling breakfast, plus it counts as one of your 5 a day
 - Fruit smoothies – they are delicious, full of vitamins, minerals and fibre and count towards your 5 a day
 - A toasted wholegrain English muffin or crumpet, with low fat spread. It's quick and tasty
- 



lunch tips

- Why not eat any leftovers from your evening meal the next day as a lunch too?
 - Making a packed lunch? Wholemeal, seeded or granary bread are a healthier choice for sandwiches
 - Eating out for lunch? More and more restaurants now show the calorie information on the menu. Look out for it and choose lower-calorie options. (A man needs around 2500 calories a day and a woman 2000)
- 
- 

For even more delicious recipe ideas, just search 'C4L Wales' online and check out our recipe section



fresh



frozen

people who
plan their shop
in advance and
take along a list
tend to save time
and money.



5 A DAY

It's easier than you think to get the right amount of fruit and veg – fresh, frozen, tinned, dried and juiced all count. One portion is roughly a handful (or a small glass if it's juice)

Keep an eye on salt

It's important not to eat too much salt. Three-quarters of the salt we eat is already in the food we buy, so you might be eating more salt than you realise

Next time you go shopping, compare the labels on different foods to help you choose those that are lower in salt

Sugar swaps

Go for no added sugar options whenever you can or look at the label and choose the option lower in sugar

Calories

Compare the labels on similar foods and choose the lower calorie options

Snack check

Cut down or swap unhealthy snacks for something like fruit or rice cakes

your shopping list

- Making a shopping list and sticking to it can save you time and money
- Take a look at the labels and choose lower calorie, salt, sugar and fat options



A large white rounded rectangular area with a red border, containing two columns of horizontal dotted lines for writing a shopping list.



A writing template for a notebook page. It features two columns of horizontal lines. Each column contains 20 lines, with a solid red line at the top and a dotted red line at the bottom of each row. The lines are evenly spaced and extend across the width of each column.

**Change4Life
PO Box 8960
Sutton In Ashfield
NG17 0AX**

fold

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Free Prize Draw Terms and Conditions

By entering the prize draw, you agree to be bound by these terms and conditions. The prize draw is open to residents of Wales only who have registered with Change4Life.

If you are under the age of 16 you must obtain permission from your parent or guardian before entering the prize draw.

Only one entry per person. There will be no cash alternative to the prize available which is also non-refundable and non-transferable.

The prize will be drawn at random from all entries by an independent adjudicator. The Promoter will accept no liability for the safe delivery of the prize.

The draw will close at 5pm on 14 March 2012 and the winner will be notified on or before 31 March 2012. The name of the winner will be made available after 31 March 2012 to those enclosing a self addressed envelope and applying to Change4Life Prize Draw Results, PO Box 8960, Unit B, Oddicroft Lane, Sutton In Ashfield, Notts, NG17 0AX.

The Promoter, Change4Life, is administered by the Welsh Government, Cathays Park, Cardiff, CF10 3NQ. Competitions are not open to employees (or members of their immediate families) of the Welsh Government, COI or any third parties associated with Change4Life. No purchase is necessary, entry is free. To enter without a coupon please send your name, address, email and a contact phone number in an envelope titled 'Change4Life Free Prize Draw' to Change4Life, PO Box 8960, Unit B, Oddicroft Lane, Sutton In Ashfield, NG17 0AX.

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win one of five great £50 cookery sets

It's easy to enter our prize draw for a cookery set to help you make healthier family meals in a flash. Just fill in your details, tear off and follow the instructions on how to send this section back to us.

fold

Tear off, fold in half, seal up and send it back to us at the freepost address on the reverse side. Don't worry, there's no need to add a stamp!

Name:

Gender (M/F)

Address:

Postcode

I am over 18 years of age:

Email:

I would like to receive other great stuff from Change4Life in the future.

Please deliver by:

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