

Cooking Time - 35 minutes

Ingredients:

- 400g/1lb lean minced beef
- 110g/4oz. Brown breadcrumbs (approx. 4 slices)
- Pinch mixed herbs
- 1 small onion, finely chopped
- 1/4 of an egg, beaten
- 1 teaspoon of plain flour
- Salt and pepper to taste

Method:

- Mix all the ingredients together in a bowl
- Bind with the beaten egg and shape into 4-6 round shapes
- Fry or grill gently on both sides over a low heat until well cooked
- Serve in wholegrain bread buns or grilled potato wedges and salad



Cooking Time - 35 minutes

Ingredients:

- 4 chicken breasts cut into strips
- 1 tablespoon plain flour
- 1 egg, beaten
- 170g/6oz. Stuffing with herbs
- 75g/2 1/2 oz. cucumber, peeled & grated
- 150ml/5 fl.oz. low-fat, natural yoghurt
- Black pepper & mixed herbs

Method:

- Coat each chicken strip evenly, first in flour, then egg, then the stuffing & mixed herbs
- Place on a wire rack and grill until there is no pink meat left and the strips are piping hot through—check this by placing the strips on a clean plate and cutting into the centre with a clean knife
- Remove from the grill when cooked and make the dip
- To make the dip, mix the cucumber with the yoghurt



These can be eaten cold for lunch the next day!

Chicken Pesto Pasta

Cooking Time - 20 minutes

Ingredients:

- 4 chicken breasts, chopped
- 340g/12 oz. pasta
- 1 green/red pepper chopped
- 3 teaspoons green pesto
- Pinch of salt & ground pepper
- 1 teaspoon of vegetable oil
- 1 small onion, chopped

Method:

- Cook the pasta as instructed on the pack
- Heat the olive oil in a frying pan. Add the chopped onion and fry for 2 mins. Add the chopped chicken and fry for 8-10 mins, turning occasionally & season
- Add the chopped pepper, pasta and pesto sauce to the chicken. Stir well and cook for a further 5 mins.
- Serve hot or leave to go cold and serve.



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Cooking Time - 20 minutes

Ingredients:

- 2 chicken breasts, cut into strips
- 1 green & 1 red pepper, sliced
- 1 small onion, chopped
- 1 tablespoon chilli powder
- 100g/4 oz. low-fat grated cheese
- 4 tortilla wraps
- 1 teaspoon vegetable oil
- 1 grated carrot

Method:

- Heat the oil in a frying pan and add the chicken—cook for 8-10 minutes
- Add the chilli powder, onion and peppers and fry for another 3 minutes
- Heat the tortillas: **Oven:** (180° C /gas mark 4) wrap in tin-foil and heat for 15 mins **Microwave:** Place on a plate, cover with cling film and heat for 1 min. on full power
- Place the chicken on the heated tortilla and top with the grated cheese & carrot, wrap up the tortilla



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