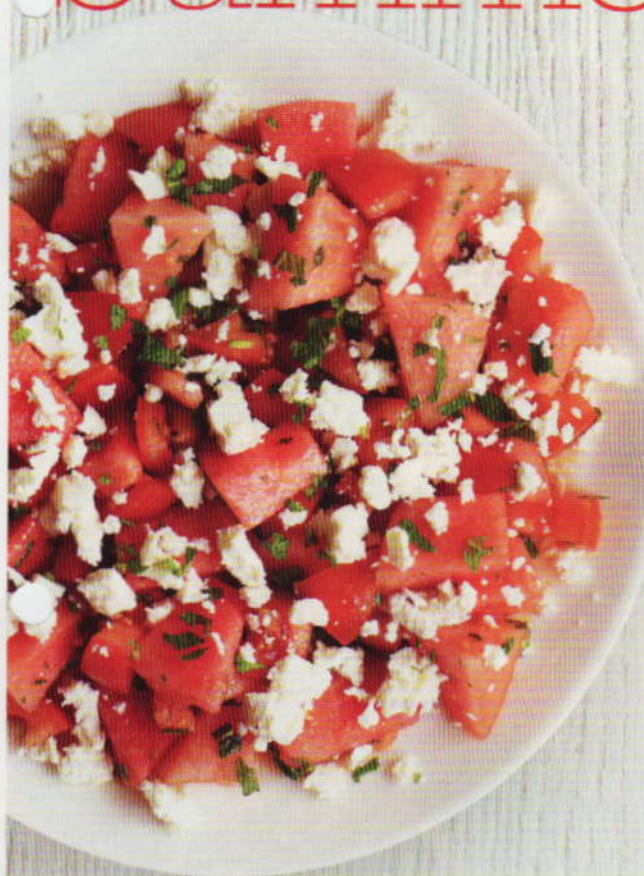


Summer sides

Quick and easy sides to serve with your main meals and barbecues



Tomato, watermelon & feta salad with mint dressing

SERVES 4 • PREP 10 mins • NO COOK

Easy   

2 tbsp olive oil
1 tbsp red wine vinegar
¼ tsp chilli flakes
2 tbsp chopped mint
4 tomatoes, chopped
500g/1lb 2oz watermelon, cut into chunks
200g pack feta, crumbled

1 Make the dressing by mixing the oil, vinegar, chilli flakes and mint with some seasoning.




2 Put the tomatoes and watermelon in a bowl. Pour over the dressing and leave to stand for 10 mins to allow the fruit to get really juicy. Gently stir through the feta, then serve.

Serve with Barbecued lamb cutlets, p110

PER SERVING 230 kcals, protein 9g, carbs 13g, fat 16g, sat fat 7g, fibre 1g, sugar 12g, salt 1.36g

Spinach with raisins, pine nuts & breadcrumbs

SERVES 4 • PREP 5 mins •

COOK 8 mins    Superhealthy

Counts as 1 of 5-a-day

1 tbsp olive oil
1 thick slice of bread whizzed to crumbs
1 garlic clove, crushed
25g/1oz toasted pine nuts
50g/2oz raisins
250g bag spinach

1 Heat the oil in a frying pan over a low heat. Add the breadcrumbs, garlic and some seasoning. Cook, stirring, until they are golden and crunchy.

2 Remove from the pan, add the pine nuts and raisins, and cook for 2 mins until they are warmed through. Tip in the spinach and allow the heat of the pan to wilt it.

3 Transfer to a serving dish and sprinkle over the crispy crumbs.




Great with One pan roast chicken, p76

PER SERVING 197 kcals, protein 6g, carbs 22g, fat 10g, sat fat 1g, fibre 3g, sugar 14g, salt 0.48g



Carrot & sugar snap salad

SERVES 4 • PREP 10 mins • NO COOK

Easy    Superhealthy Counts as 1 of 5-a-day, Low fat

1 tbsp hoisin sauce
juice ½ lime
2cm/¾in fresh ginger, peeled and grated
200g/7oz sugar snap peas, thinly sliced
3 carrots, coarsely grated
½ small bunch coriander, roughly chopped

1 Make the dressing by whisking the hoisin, lime juice and ginger with 2 tbsp cold water.

2 In a large bowl, mix the sugar snap peas, carrots and coriander. Pour over the dressing and mix to coat.

Goes well with Kung po prawns, p35

PER SERVING 44 kcals, protein 2g, carbs 8g, fat none, sat fat none, fibre 2g, sugar 7g, salt 0.17g

