

EASY COOK VEGETABLES - Lunch & Supper

VEGETABLES	RECIPE	NUTRITION INFO
<b>Roast Vegetables</b> 50 g red pepper 50 g courgette 50 g aubergine 50 g red onion 1/4 tsp olive oil pinch of cumin seeds	<ul style="list-style-type: none"> <li>• Chop vegetables into chunks</li> <li>• Put in baking tray and toss in olive oil and cumin seeds</li> <li>• Bake gas 5 (190C fan 170C) for approx. 30 - 40 mins until vegetables are tender</li> </ul>	Calories 66 Protein 2.1 g Carb 11.0 g Fat 1.5 g
<b>Mixed Vegetables</b> 50 g carrots 50 g cauliflower 30 g frozen peas	<ul style="list-style-type: none"> <li>• Cut carrot into sticks</li> <li>• Break up cauliflower</li> <li>• Bring pan of water to the boil and add vegetables</li> <li>• Simmer until tender</li> </ul>	Calories 57 Protein 3.1 g Carb 10.7 g Fat 0.2 g
<b>Green Beans, Asparagus &amp; Broccoli</b> 50 g green beans 50 g asparagus 50 g tender stem broccoli	<ul style="list-style-type: none"> <li>• Prepare vegetables</li> <li>• Bring pan of water to the boil and add beans first (which take the longest to cook) then asparagus and broccoli</li> <li>• Simmer until tender</li> </ul>	Calories 45 Protein 3.8 g Carb 6.3 g Fat 0.5 g
<b>Stir Fry Vegetables</b> 50 g Chinese cabbage 25 g mange tout 25 g mini corn 25 g bean sprouts 1/2 tsp sesame oil 2 tbsp. water	<ul style="list-style-type: none"> <li>• Slice pak choi</li> <li>• Fry in sesame oil, adding mange-tout, mini corn and bean sprouts</li> <li>• Add water and fry/simmer until veg are tender but still crisp</li> </ul>	Calories 50 Protein 2.8 g Carb 3.8 g Fat 2.6 g

<p><b>Tomato &amp; Avocado Salsa</b>          1/4 red onion (20g)          chilli          50 g tomatoes          juice 1/2 lime          1 tbsp. white wine vinegar          25 g avocado          1 clove garlic          1/2 tsp fresh coriander</p>	<ul style="list-style-type: none"> <li>• Dice onion</li> <li>• Finely chop chilli</li> <li>• Cut tomato and avocado into small cubes</li> <li>• Add lime juice, vinegar, crushed garlic and coriander</li> </ul>	<p>Calories 68          Protein 1.3 g          Carb 6.9 g          Fat 3.9 g</p>
<p><b>Watercress &amp; Spinach Salad</b>          30 g watercress          30 g baby spinach          25 g sugar snap peas          50 g cucumber          1 spring onion          25 g broccoli          1 tsp lemon juice          1/4 tsp tamari          1 tbsp. balsamic vinegar</p>	<ul style="list-style-type: none"> <li>• Slice cucumber and sugar snap peas</li> <li>• Finely chop spring onion</li> <li>• Break up broccoli</li> <li>• Mix lemon juice, tamari, balsamic vinegar and black pepper to make dressing</li> <li>• Toss salad ingredients together and pour over dressing</li> </ul>	<p>Calories 56          Protein 4.0 g          Carb 9.5 g          Fat 0.2 g</p>