

Healthy Dinner Idea 1

Punjabi dhal recipe

A hearty traditional dhal that can be served as a main dish, as part of a larger meal or even with bread as a warming soup.

Prep: 5 mins
Cook: 25 mins
Serves 4

[Nutritional information](#)



Ingredients

- 50g red split lentils, washed and drained
- 170g split mung dhal, washed and drained
- 1.5 litres water
- 1 large onion, finely chopped

- 4 garlic cloves, finely chopped
- 4 green chillies, finely chopped
- 30ml rapeseed oil
- 1 teaspoon salt (optional)
- 1.5 teaspoons turmeric
- 1 teaspoon cumin seeds
- Fresh coriander, finely chopped (to serve)

Swap tip

To reduce the salt content of the dish, try swapping the salt for paprika.

Method

1. Put the washed mung dhal and red lentils in a large pot, add the water and put on the hob on a low heat. After a few minutes, add the salt and turmeric, stir and bring to the boil. Once boiling, turn the heat down again and leave to simmer, partially covered, for around 15 minutes.

Information:

Reduce the cooking time by soaking the lentils in cold water for 3 or 4 hours before.

2. Meanwhile, heat the rapeseed oil in a shallow frying pan on medium heat. Add the cumin seeds and fry for 15 seconds, then add the onions and garlic. Once those are soft and beginning to brown (around 5 minutes), add the green chillies, mix well and cook for a further couple of minutes.
3. Add the mixture from the frying pan to the simmering lentils, stir well and turn up to a medium heat. Once boiling, turn off the heat and remove the pot.

Information:

You can make this a 1-pot recipe simply by adding all the ingredients together in a large pot, bringing to a boil and then simmering on low heat for 25 to 30 minutes. Zero fuss, minimal washing up!

4. Allow to cool for a few minutes, then top with chopped coriander.

Information:

Serve with rice or chapatis, and plain yoghurt.

Healthy Dinner Idea 2

Pasta carbonara recipe

A quick, flavour-packed healthier take on this traditional family favourite.

Prep: 10 mins

Cook: 15 mins

Serves 4

[Nutritional information](#)



Ingredients

- 300g dried spaghetti
- 4 slices lean back-bacon rashers, cut into pieces
- 5 spring onions, trimmed and finely chopped
- 150g lower-fat soft cheese with garlic and herbs
- 1 egg

- 150ml semi-skimmed milk
- 40g reduced-fat hard cheese, finely grated
- 1 teaspoon vegetable oil
- 2 tablespoons fresh parsley, chopped
- 1 pinch ground black pepper

Method

1. Bring a large saucepan of water to the boil. Add the pasta and cook for 8 to 12 minutes, according to packet instructions.
2. Meanwhile, heat the oil in a large non-stick frying pan. Add the bacon and spring onions, and cook for about 5 minutes, stirring often. Remove from the heat.

Information:

For a vegetarian version, just leave out the bacon.

3. Beat together the soft cheese and egg in a mixing bowl, then stir in the cooked bacon and spring onions. Add the milk, half the hard cheese and the parsley (if using). Season with pepper.
4. Drain the pasta and return it to the saucepan. Add the egg mixture and heat gently for 2 to 3 minutes, stirring constantly until the mixture thickens. Serve sprinkled with the remaining hard cheese.

Information:

Try adding 75g thawed frozen peas, stirring them in just after adding the egg mixture to the pasta.

Healthy Dinner Idea 3

Peppers with spicy turkey stuffing recipe

These bright peppers with their lively filling will really cheer you up!

Prep: 20 mins
Cook: 35 mins
Serves 4

[Nutritional information](#)



Ingredients

- 4 peppers, any colour, deseeded and cut in half
- 150g easy-cook long grain white rice
- 1 teaspoon vegetable oil
- 1 small onion, finely chopped

- 1 garlic glove, crushed
- 300g skinless turkey breasts, cut into chunks
- 2 tomatoes, chopped
- 75g frozen peas, thawed
- 1 teaspoon mild paprika
- 1 teaspoon dried mixed herbs
- 1 pinch ground black pepper

Method

1. Preheat the oven to 190C/fan 170C/gas mark 5. Arrange the peppers in a roasting pan, cut side up.
2. Bring a large saucepan of water to a simmer, add the rice and cook for 12 to 15 minutes, or according to pack instructions, until tender.
3. While the rice is cooking, heat the vegetable oil in a large frying pan or wok and stir-fry the onion and garlic for about 3 minutes, until softened. Add the turkey and stir-fry for about 5 minutes. Add the tomatoes, peas, paprika and herbs, then remove from the heat.

Information:

You can use skinless chicken breast instead of turkey. Or try vegetarian mince, or mushrooms and courgettes for a meatless version!

4. Drain the rice, stir it thoroughly into the tomato mixture and season with some pepper. Spoon the filling into the pepper halves – it's fine if there's too much, just spoon the rest into the roasting pan!

Information:

This can be made ahead of time – once you've stuffed the peppers, just cover the tray and pop in the fridge until you're ready to bake.

5. Cover with foil, bake for 20 to 25 minutes and then serve.

Healthy Dinner Idea 4

Perfect pasta and tomato sauce recipe

This quick and easy tomato sauce is the perfect mid-week meal – and it freezes brilliantly too!

Prep: 5 mins
Cook: 15 mins
Serves 4

[Nutritional information](#)



Ingredients

- 1 teaspoon olive oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed or finely chopped
- 400g chopped tomatoes
- 2 tablespoons tomato purée

- 2 teaspoons dried mixed herbs
- 1 pinch ground black pepper
- 350g dried spaghetti
- 1 tablespoon chopped fresh basil, to garnish

Method

1. Heat the oil in a saucepan or frying pan. Add the onion and cook over a medium heat for 3 to 4 minutes, until soft.

Information:

This sauce makes a great cover for some hidden veg to help towards your 5 A Day. You could try adding finely chopped peppers or courgettes to cook with the onions. And if the sauce is a bit chunky, simply blend or purée it at the end.

2. Add the garlic, and cook gently for another minute. Add the chopped tomatoes, tomato purée and mixed herbs. Season with pepper and then simmer gently, stirring every now and again, for 15 minutes or until the sauce is thick and rich.
3. After the sauce has been simmering for 8 to 10 minutes, start cooking the spaghetti according to pack instructions.
4. Drain the spaghetti and serve with the sauce, topped with fresh basil or other chopped herbs, if you like.

Information:

Try stirring about 12 halved cherry tomatoes through the sauce just before serving for a juicy, fresh twist.

Healthy Dinner Idea 5

Salmon with spring onion mash recipe

You can buy salmon fillets quite economically now. Try serving them with mash, flavoured with spring onions and chopped fresh parsley.

Prep: 20 mins
Cook: 25 mins
Serves 4

[Nutritional information](#)



Ingredients

- 1kg potatoes, peeled and cut into chunks
- 6 spring onions, finely sliced
- 1 teaspoon vegetable oil
- 4 salmon fillets
- 4 tablespoons 1%-fat milk

- 2 tablespoons fresh parsley, chopped
- 250g broccoli, broken into florets
- 1 pinch ground black pepper

Method

1. Cook the potatoes in boiling water for 20 minutes, until tender, adding the spring onions to the saucepan 5 minutes before the end of cooking time.
2. 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.
3. Add the salmon, skin side down. Cook over a high heat for 2 to 3 minutes, without moving the fillets. Turn the salmon over, reduce the heat and cook for a further 3 to 4 minutes.

Information:

Use haddock, coley or cod fillets instead of salmon, or try using trout fillets or steaks.

4. At this point, put the broccoli on to cook in a little boiling water – it will take about 5 to 6 minutes. Let the salmon rest for a few minutes while making the mash.
5. Drain the potatoes and spring onions and mash thoroughly. Beat in the milk and parsley. Reheat on the hob for 1 minute, beating well. Share the mash between 4 warmed plates and arrange the salmon fillets on top. Serve with the broccoli.

Information:

Try using chopped chives or dill instead of parsley or use a pinch of mixed dried herbs.

Healthy Dinner Idea 6

Turkey koftas recipe

These kebabs, with turkey instead of lamb, are great served with a minty yoghurt dip and simple tomato and onion salad.

Prep: 20 mins
Cook: 20 mins
Serves 4

[Nutritional information](#)



Ingredients

Koftas

- 8 wooden skewers, soaked in water for 30 minutes
- half an onion, finely chopped
- 1 small carrot, grated

- 250g turkey mince
- 1 clove garlic, crushed
- 1 teaspoon dried cumin
- 1 tablespoon tomato purée
- wholemeal breadcrumbs (from 1 slice of bread)
- 1 egg yolk, lightly beaten

To serve

- 4 tablespoons zero-fat Greek-style yoghurt
- 2 tablespoons chopped fresh mint
- 2 medium tomatoes, sliced
- 1 red onion, sliced
- 2 teaspoons olive oil
- pinch of black pepper

Method

1. Mix together the onion, carrot, mince, garlic, cumin, tomato purée, breadcrumbs and egg yolk.

Information:

Make leftover bread into breadcrumbs and store in the freezer.

2. Divide the mixture into 8 pieces, then form a sausage shape with each piece and wrap around a skewer.

Information:

If you prefer, form the mixture into 16 small balls and cook either on skewers or individually.

3. Put the koftas in a foil-lined grill pan and put under a preheated grill for 15 to 20 minutes, turning occasionally.

4. Meanwhile, prepare the dip by combining the yoghurt and mint. For the salad, layer the sliced tomatoes and onions, drizzle with the olive oil and sprinkle with black pepper.

Information:

These koftas could also be served hot with vegetables, boiled rice and the minty yoghurt.

Healthy Dinner Idea 7

Turkey burgers recipe

These tasty homemade burgers are cheap and easy to make.

Prep: 15 mins
Cook: 15 mins
Serves 4

[Nutritional information](#)



Ingredients

- 450g minced turkey
- 1 small onion, very finely chopped
- 1 carrot, grated
- 50g sweetcorn
- 2 teaspoons dried mixed herbs
- 1 pinch ground black pepper

- 4 standard burger buns, cut in half
- 2 handfuls lettuce leaves
- 8 tomato slices

Method

1. Preheat the grill to a medium-high heat. Put the turkey meat, onion, carrot, sweetcorn and herbs into a large bowl. Season with some pepper and mix together – you can do this with your hands if you like.

Information:

If your family likes things spicy, add a pinch of chilli powder to the burger mixture.

2. Grill the burgers for 12 to 15 minutes, turning them over once, until browned and cooked through. Remove from the grill and let rest for a couple of minutes.
3. While the cooked burgers are cooling, lightly toast the burger buns under the grill on the cut side only. Put some lettuce on the bottom halves and place the burgers on top. Add 2 slices of tomato onto each one and cover with the top half of the bun.

Information:

Use vegetarian mince to make these meat-free.