

Carbs & Cals

SOUPS

80 healthy soup recipes
plus 275 ingredient photos to create your own!



315
Cals



3
5-a-day

by Chris Cheyette & Yello Balolia
Authors of the **#1** bestselling Carbs & Cals

Carbs & Cals SOUPS

80 healthy soup recipes plus 275 ingredient photos to create your own!

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Introduction



Did your grandma ever make you a bowl of chicken soup to feed your cold, soothe your cough and stifle your sniffles? A steaming bowl of soup can be nourishing and comforting. It makes you feel a little less sorry for yourself when under the weather, or when you've trudged home in the bitter wind and rain. So, as the days get colder, the nights draw in and when a bowl of crunchy salad just isn't tempting, it can only mean one thing... it's soup season!

Soups can be a quick and simple light meal option, a meal addition, a great starter choice when eating out or a quick, warming snack – a cup of soup and away you go!

Of course, not all soups are for the autumn and winter months. Let's not forget the lovely chilled soups such as gazpacho that can be cooling and refreshing on a warm summer's day.

This is just the beginning of the versatility of soups; the great thing about them is that you can freestyle your methods and not go too far wrong. As long as you have a few of the essential recipe components, you can experiment with new flavours and ingredients. Soups are a great vehicle for veggies - ones that you don't know what to do with, have an abundance of, or are looking a little tired and coming to the end of their days. They're also a covert way to get extra vegetables into your loved ones!



For example, if you are struggling to think how you can add more pulses and legumes to your diet, throw a handful of lentils into your soup to thicken and add extra goodness. This simple addition will boost your intake of fibre, protein and iron.

As well as the variety of nutrients that can be packed into a serving, soups are often low in calories so a great meal choice when trying to watch your intake. The bulk from the liquid, vegetables and fibre will keep you feeling full and satisfied.

If you want to improve your diet, boost your fibre intake or lose weight, then soups are a must. This book will show you how soups can be incorporated into all healthy eating plans. Using evidence-based nutrition facts and a wide variety of recipes, you will be helped to achieve your dietary goals and tickle your taste buds at the same time.

Still need convincing? They are "souper" easy to make, often using only one pan. You can even put everything in the slow cooker before you start work in the morning, to be ready for your evening meal. Made too much? Simply freeze for a day when the cupboards are empty and your energy levels are low.



Health benefits of soups

Homemade soups are preferable to pre-made ones, as you control what (and how much) is put in! Many pre-made soups contain large amounts of salt and tend to be low in protein but high in carbs, due to their potato base.

Reach your 5-a-day... soups are a vehicle for veggies!

There is an abundance of scientific evidence supporting the role of fruit and vegetables in our diet to protect against ill health and diseases such as cancer.

The current advice is to consume 400g (5 portions) of fruit and vegetables per day. It is important to note that this amount is only the minimum. Research shows that a third of adults do not meet these recommendations, so slurp up your soup to help reach your 5-a-day!

Page
82

5
5-a-day

Almond
& Greens
Soup

1
5-a-day

Cherry
Tomatoes
80g

1/2
5-a-day

Sweetcorn
40g

Page
83

5
5-a-day

Sweet Gingered
Vegetable
Soup

Each of the following counts as 1 portion of your 5-a-day:

- ★ 80g fresh, frozen or tinned fruit or vegetables
- ★ 30g dried fruit
- ★ 150ml pure, unsweetened fruit or vegetable juice
- ★ 80g beans and pulses

Using a rainbow of vegetables (and even fruit) in your soups will provide you with a wide variety of nutrients (including vitamins A and C), fibre, phytonutrients and antioxidants, all of which will nourish your body and reduce the risk of health problems.

Ten of the soup recipes in this book contain all 5 of your 5-a-day.



Looking for another way to get your 5-a-day?

Check out our salads book for more ideas on tasty and inventive ways to reach your 5-a-day in one hit!

6
5-a-day



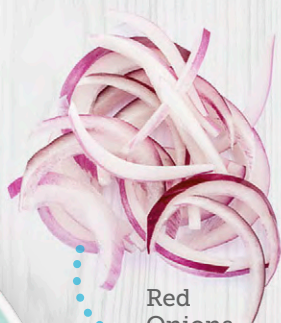
Reduce your calories with little effort

Soups can be a great tool when trying to lose weight. Vegetables pack a punch in that they are low in calories but a great source of fibre, vitamins and minerals. The combination of liquid and veg adds bulk and keeps you feeling full with fewer calories. Adding protein further keeps you feeling satisfied and less likely to nibble on the “naughties”. In one study, a group of volunteers reduced their total lunch calories by an average of 20 percent when they began the meal with low-calorie vegetable soup before eating pasta.

115
Cals

Page
46

Tomato
& Basil
Soup



Red Onions
20g

7
Cals

Mushrooms
80g

6
Cals



Spinach
20g

5
Cals



Carrots
40g

14
Cals



King
Prawns
70g

48
Cals

Increase your fibre intake

Vegetables are the predominant base ingredients for a soup and are a great source of fibre. The link between total fibre intake and lowered risk of heart disease, bowel cancer and type 2 diabetes has led the Scientific Advisory Committee on Nutrition to revise and update fibre recommendations to 30g per day for adults (the current average intake is 18g per day). Adding pulses and grains to your soup will further boost the soluble fibre content, which is known to help control blood glucose levels, lower cholesterol levels, slow down digestion and keep you feeling full.

5g
Fibre

Cannellini
Beans 80g



3g
Fibre

Lentils 80g

13g
Fibre

Page
90

Black Eye
Avocado
Soup



Pump up your plant-based proteins

When people think of protein, chicken, meat and fish often most quickly spring to mind. However, due to the link between processed meat and an increased risk of bowel cancer, the Department of Health has advised people to limit the amount of red and processed meat to 70g per day (or 500g per week). For health and environmental reasons, there is a big move towards using more plant-based proteins like beans, pulses, nuts, tofu and grains such as quinoa. Soups are a great way to introduce these foods into your diet, e.g. quinoa can be added to soup to thicken it or toasted nuts can be a simple, nutritious garnish.

Page
103

21g
Protein

Moroccan
Harira
Chickpea
Soup

Tofu
80g

19g
Protein

Soya Beans
80g

11g
Protein

Curb your cooking costs

As already mentioned, soups are a great way to minimise waste, as you can throw in any leftovers lurking at the back of your fridge. Even if it has been a while since your last shop, by using a few basic store cupboard ingredients such as stock, herbs & spices, vegetables and tinned pulses, you can quickly cook-up a bowl of soup. It can also be a cheap option if you are feeding the masses – chopped carrots, dried lentils, stock, spices and a few other ingredients are all you need for a pot of Spicy Carrot & Lentil soup. Cheap, simple and nutritious!

Spicy Carrot
& Lentil
Soup

Page
53

Basil
6 leaves

Butter
Beans
80g

Ingredient Health Benefits



Apple

Rich in cancer-fighting antioxidants



Avocado

Contains vitamin E, to help keep your skin healthy



Beetroot

Source of folic acid, key nutrient if planning a pregnancy



Butternut Squash

Protects your immune system, due to its vitamin A content



Cabbage

High in both fibre and water, cabbage can help prevent constipation



Ginger

Known to alleviate discomfort and pain in the stomach



Pak Choi

Low in calories and fat, so great if you are trying to lose weight



Sweet Potato

Fibre-rich and a source of slow releasing energy



Spinach

Rich in magnesium, which helps to calm the body and relax muscles



Tomato

Contains lycopene, an antioxidant known to protect against heart disease



Yellow Pepper

High in beta-carotene (which makes vitamin A) to avoid an itchy scalp and dry hair



Chickpeas

Low in fat and high in fibre, ideal for weight loss plans



Pearl Barley

High in fibre and a source of slow releasing energy



Lentils

Rich in iron, needed to carry oxygen around to your cells and prevent anaemia



Quinoa

Excellent source of B vitamins, for a healthy nervous system



Egg

Rich in vitamin D, important for healthy bones



Mussels

Good source of zinc, an essential nutrient for optimum fertility



Tofu

Contains all 8 essential amino acids, used by the body to build proteins



Salmon

Protective against heart disease due to its high content of omega-3 fatty acids



Almonds

High in heart-healthy unsaturated fats



Hazelnuts

Fibre-rich, for a healthy digestive system



Pumpkin Seeds

An excellent source of magnesium, for strong bones and muscle relaxation



Walnuts

Anti-inflammatory, so great for those suffering with joint pain and arthritis

Soups as part of your diet plan

What is a healthy, balanced diet and how can soups be included?

The health benefits of a balanced diet include a better ability to manage weight, as well as a reduced risk of long term conditions such as cancer and heart disease. But what constitutes a healthy diet? It should contain appropriate proportions of a variety of nutrient-rich foods, such as:

- ★ Vegetables and fruit for antioxidants, vitamins and minerals
- ★ Dairy foods, such as milk and yogurt, for calcium
- ★ Wholegrain carbohydrates, such as oats, brown rice and puy lentils, for B vitamins and fibre
- ★ Meat, fish, nuts, eggs and quinoa for good quality protein
- ★ Oily fish and nuts for omega-3 oils

Soups definitely have their place on a healthy, balanced dietary plan thanks to the nutrient-rich foods they commonly contain. Whatever your health goal, the key to achieving success is finding a sustainable approach that works for you and your lifestyle. Soups can be incorporated into a variety of meal plans.



5:2 diet

The 5:2 approach involves eating a healthy, balanced diet for 5 days and fasting on the remaining 2 days each week (500 calories for women and 600 calories for men), achieving an overall 25% reduction in calories. For many, this may feel unachievable without feeling constantly hungry. Fibre and protein are known to keep us feeling full, so to get through the day your dishes need to be rich in these nutrients to help you feel satisfied. Soups are a great way to keep the calories down, but your protein and fibre intake high.

Our creamy Broccoli & Fennel soup contains 8g protein but only 145 calories, making it a perfect lunchtime choice. Or choose the White Bean & Kale soup for dinner, which contains 225 calories, 14g fibre (nearly half of your daily target) and 4 of your 5-a-day, even on a fast day! Please see page 23 about how to incorporate soups into your 5:2 diet plan.



Broccoli & Fennel Soup

Page 30
145 Cals



5:2 Diet Photos

To buy your copy, visit:
www.carbsandcals.com/5-2

Very low-calorie diet

Recent evidence has shown that a very low-calorie diet of under 800 calories per day for two months causes significant weight loss, and can reverse the insulin resistance that is common in type 2 diabetes or those diagnosed with pre-diabetes. Each mouthful has to pack a nutritious punch and fill you up, so turning to low-calorie vegetables and plant-based proteins seems the obvious choice.

See our Low-Calorie Soups chapter (pages 38 - 47) for 10 recipes with 120 calories or less!

95
Cals

Page
39

Carrot &
Orange
Soup

Leek
& Pea
Soup

Page
44

115
Cals

Low-carb diets

Low-carbohydrate diets are popular among people with abnormally high blood glucose levels, as carbohydrate is the key nutrient that affects the rise in blood glucose. Vegetables are naturally low in carbs, so make the ideal choice when trying to keep carb intake low.

There are 30 soups in this book containing under 20g carbs.

High-protein diets

Foods high in protein help you feel fuller for longer, so increasing the proportion of protein in the diet can help to satisfy your hunger with minimal impact on blood glucose levels.

Spring Chicken soup has 44g protein in only 295 calories, making it a great lunch choice.

High-fibre diets

The average UK adult currently consumes 18g fibre per day, so for many it may seem a tall order to reach the new recommendation of 30g per day.

Choosing our Bean & Barley soup will provide a whopping 15g of fibre (50% of your daily target) for only 305 calories!

Creamy Brie &
Mushroom Soup

8g
Carbs

Page
35

Spring
Chicken
Soup

44g
Protein

Page
98

Bean &
Barley Soup

15g
Fibre

Page
94

Soups for people with diabetes

Diabetes is a condition in which glucose levels in the blood are too high because the body cannot process the glucose properly. The two main types of diabetes are type 1 and type 2.

Type 1 diabetes develops because the immune system attacks and destroys the cells that produce insulin, which regulates glucose in the blood. This leads to high blood glucose levels. It is treated through the administration of insulin via injection or pump. For people with type 1 diabetes who adjust their insulin dose according to their carbohydrate intake, soups can be included in their diet as long as the carbohydrate content is calculated and matched with quick acting insulin.

PLEASE NOTE: The carbs displayed with each soup are the total carbs from all ingredients, including vegetables, pulses and grains. When calculating an insulin dose, some will need to make a note of the source of carbohydrate and subtract the carb content of certain foods (such as vegetables and pulses). For further guidance on how to count the carbs in a soup and match with quick acting insulin, speak with your diabetes dietitian or nurse specialist.

Type 2 diabetes develops when the pancreas does not produce enough insulin, or the body is unable to use the insulin effectively (known as insulin resistance). Type 2 diabetes can primarily be treated with a healthy diet and lifestyle change, such as increased physical activity. However, it is a progressive condition and many people may need to commence medication at some point, in order to control their blood glucose levels.

For most people with type 2 diabetes, weight loss is the primary goal to reduce insulin resistance and improve insulin sensitivity. Emerging evidence supports the short-term use of a very low-calorie diet (800 calories per day) to reverse insulin resistance and type 2 diabetes in some people. Because of their high fibre content and low energy density, soups play a pivotal role in such weight loss diets.

If you have diabetes and are taking medication (including insulin), speak with your healthcare professional for guidance on losing weight and how to include soups in your daily diet.

How to use this book

This book includes 80 carefully created soup recipes, divided into the following sections:

Low-Carb Pages 28 - 37

8g
Carbs

Low-Calorie
Pages 38 - 47

110
Cals

General Recipes
Pages 48 - 77

275
Cals

5
5-a-day

5-a-day
Pages 78 - 87

13g
Fibre

High-Fibre
Pages 88 - 97

43g
Protein

High-Protein Pages 98 - 107

Within each section, the soups are listed in calorie order, starting with the lowest calorie recipe. For each soup, the nutritional information for the following nutrients are clearly displayed in colour-coded circles:



Simply browse the variety of recipes and select ones that meet your dietary goal.

A few things to note:

- ★ **All recipes in this book will make 1 portion.** If you wish to make a dish for 2 people, simply double the recipe.
- ★ The recipes use average/medium sizes of vegetables and fruit, and weights shown are for the edible part (after being peeled or stoned), unless otherwise stated.
- ★ Some recipes use a handy measure (e.g. handful of kale) instead of a specific weight. Should you wish to know the exact weights, simply find that portion in the ingredients section. For example, the Kale & Greens soup on page 41 uses 2 handfuls of kale. Looking at kale on page 137, you will see that 2 handfuls weigh 40g.



1g
Protein

1g
Fat

2g
Fibre

1g
Carbs

13
Cals

1/2
5-a-day

40g, 2 handfuls

Kale

Avocado
70g



Kale & Greens
Soup

110
Cals

Page
41



- ★ The recipes use a mix of uncooked and cooked weights for rice, pasta, couscous, quinoa and pearl barley. The table below outlines the simple conversion for uncooked and cooked weights, although please bear in mind that the longer you cook your pasta and rice, the more water it absorbs, which will affect the final weight of the cooked product.

	Uncooked Weight	Cooked Weight
Couscous	35g	80g
Dried Pasta	45g	100g
Pearl Barley	25g	80g
Quinoa	30g	80g
Rice	35g	100g



Minestrone with
Basil Pesto Soup

325
Cals

Page
80



White Fusilli
Pasta 100g



Pearl Barley
80g



- ★ The recipes often do not include salt & pepper, as adding seasoning is down to personal taste. Such addition will not affect the calorie content.

Creating your own recipes

The potential soup combinations are endless, so why not get creative? Try making up your own using the list of ingredients at the back of this book (pages 108 to 155). The nutritional content of each individual ingredient is shown, giving you the flexibility to create soup recipes to meet your own personal dietary goal. It's worth writing down the details of your creations so you have a record of nutritional information and can make the recipe again in future.



5g Protein
1g Fat
5g Fibre
10g Carbs
78 Cals
1 5-a-day

Mixed Beans (tinned)
 80g, drained



1g Protein
0g Fat
2g Fibre
7g Carbs
29 Cals
1 5-a-day

Butternut Squash
 80g



1g Protein
0g Fat
1g Fibre
1g Carbs
14 Cals
1 5-a-day

Courgette
 80g, 1/3 medium

My Soup
 Mixed Beans 80g (78 cals)
 Butternut squash 80g (29 cals)
 Courgette 80g (14 cals)
TOTAL = 121 cals

Making a 5:2 diet meal plan

The 5:2 diet works by fasting on 2 days of the week and eating a healthy, balanced diet on the remaining 5 days. This 25% reduction in calories has proven to be an effective weight loss method for many people.

Here is an example of how to include soup into your fasting day:

1. Decide how you would like to split your calorie allowance for the day. For example, your 500 calories could be made up of two or three meals spread throughout the day:
 ★ 100 cals for breakfast
 ★ 100 cals for lunch
 ★ 300 cals for dinner
2. Browse this book and decide which soup meets your dietary needs. If you normally get hungry mid afternoon, you may wish to choose a high-protein soup for lunch, to keep you feeling full for the rest of the afternoon. Alternatively, you may wish to choose a light soup at lunch to allow for a larger evening meal.
3. Use this book alongside our Smoothies, Salads or 5:2 Diet Photos book, to make your fasting days feel like a feast, not a famine!



Daily meal plan:

Breakfast:

100 Cals

3 5-a-day



Orangetastic Smoothie

Lunch:

95 Cals

2 1/2 5-a-day



Herbed Triple Tomato Salad

Dinner:

315 Cals

1 1/2 5-a-day



Chicken Pho Soup

Page 65

Total:

510 Cals

7 5-a-day

Producing a meal plan for a 1500 calorie diet

Low-calorie diets, defined as 800-1600 calories per day, can be achieved through careful selection of foods and control of portion sizes. Following a 1500 calorie diet plan can help you lose around ½kg (1lb) a week (more if you have lots to lose), without feeling you are depriving yourself of everything.

Soups are a great way to ensure you meet your nutrient needs whilst limiting your calorie intake.

Daily meal plan:

Breakfast:

Chia Seed Breakfast Pot

50
Cals

1
5-a-day

235
Cals

½
5-a-day

Orange Juice
150ml

Snack:

Large
Banana

104
Cals

1
5-a-day

Lunch:

147
Cals

Wholemeal
Pitta

Parsnip &
Hazelnuts Soup

360
Cals

2
5-a-day

Page
69

Snack:

116
Cals

Cappuccino
Medium

Dinner:

Chicken &
Cashew
Stir-fry

360
Cals

3
5-a-day

Cooked
Rice 100g

117
Cals

Total:

1489
Cals

7½
5-a-day

For information on weight loss and working out your calorie target, visit:

www.carbsandcals.com/BMI

Buying ingredients

- ★ Where possible, use wholegrain pasta and rice to boost fibre content.
- ★ Always use fresh, ripe fruit and vegetables.
- ★ Try to use organic produce where possible.
- ★ To keep the cost down, choose vegetables and fruit that are in season. Alternatively, you can replace one vegetable with another that is in season, but be mindful that this may change the nutritional content.
- ★ Use olive oil for cooking.
- ★ The thickness of shop-bought tahini paste can vary, so you may wish to add more water to achieve the desired consistency.
- ★ A great way to add variety to your diet and ensure you always have your soup ingredients to hand is to order a fruit and vegetable box. Each delivery is different, so you never know what soup recipe will be on the menu!



Cooking Glossary

Drizzle: Pour a small amount of liquid on or into soup.

Flake: Use a fork, or hand, to break cooked fish into smaller pieces and to check if the fish is cooked. If cooked, the fish flesh should fall away easily.

Matchstick: Cut into thin strips.

Mince: Chop very finely.

Ribbons: Vegetables shaved into ribbons using a peeler. If you have a spiralizer, this would work just as well.

Sauté: From the French verb *sauter*, meaning 'to jump'. Sautéed food is cooked in a small amount of fat, in an open pan on a high heat.

Thinly sliced: A sharp knife or a spiralizer is used to achieve thin slices.

Toasted nuts: Nuts heated in a medium-hot frying pan (without the addition of oil) to bring out the richness and flavour. Toast for a couple of minutes until fragrant, or light brown in colour.



To see our recommended veg box companies, please visit:
www.carbsandcals.com/vegbox

Broccoli & Fennel

The distinctive flavour of fennel gives this soup a pleasing lift

Ingredients

- 1/4 Onion (sliced)
- 80g Fennel (chopped)
- 1 tsp Olive Oil
- 1 clove Garlic (minced)
- 300ml Vegetable Stock (1/2 cube)
- 120g Broccoli (florets)
- 6 Basil leaves
- 1 sprig Parsley (large)
- 1 tbsp Soured Cream
- 1/4 Lemon (juice only)

Preparation

1. Sauté the **onion** and **fennel** in 1 tsp **oil** for 10 mins. Add the **garlic** and cook for a further minute.
2. Pour in the **stock**, **broccoli**, and **herbs**. Cover and simmer for 8 mins or until the broccoli is tender.
3. Blitz in a blender until smooth.
4. Serve topped with extra basil leaves, **soured cream** and **lemon juice**.

145
Cals

2 1/2
5-a-day

9g
Fibre

3g
SatFat

8g
Fat

8g
Protein

10g
Carbs

Size
Medium
435g



Recipe Tip

If you are dairy free, swap the soured cream for some chopped nuts

Creamy Garlic & Courgette

Velvety and light, this bowl of garlicky yumminess is sure to please

Ingredients

- 2/3 Courgette (chopped)
- 4 cloves Garlic (in skin)
- 1 tsp Olive Oil
- 1 tbsp Pine Nuts
- 300ml Vegetable Stock (1/2 cube)
- 1 sprig Parsley (chopped)
- 1 tbsp Crème Fraîche (half fat)

Preparation

1. Coat the **courgette** and **garlic** with 1 tsp **oil**, salt & pepper and roast at 180°C for 20 mins.
2. Gently dry fry the **pine nuts** until aromatic and starting to colour.
3. Heat the **stock** and add the roasted garlic (squeezed from its skin), courgette and **parsley** and simmer for a couple of minutes.
4. Remove from the heat, stir in the **crème fraîche**, then blend until smooth.
5. Serve topped with extra parsley and pine nuts.

6g
Carbs

6g
Protein

14g
Fat

3g
SatFat

3g
Fibre

1
5-a-day

180
Cals

Nutrition Fact

At only 18 cals per 100g, courgette is a very low-calorie vegetable



Size
Small
395g

Mushroom Ginger Broth

A light soup, packed with flavour...
and only 70 calories!

Ingredients

500ml	Vegetable Stock (½ cube)
120g	Mixed Exotic Mushrooms (sliced)
1 tbsp	Light Soy Sauce
2 inches	Ginger (grated)
½	Spring Onion (thinly sliced)
1 tsp	Sesame Oil

Preparation

1. Boil the **stock** with the **mushrooms**, **soy sauce** and **ginger**.
2. Lower the heat and simmer for 8 mins.
3. Serve topped with **spring onion** and drizzled with 1 tsp **sesame oil**.

70
Cals

1
5-a-day

1g
Fibre

1g
SatFat

5g
Fat

2g
Protein

4g
Carbs

Size
Medium
455g



Nutrition Fact

Ginger is anti-inflammatory,
so great for joint pain and arthritis

Carrot & Orange

This vibrant soup will brighten up
even the dullest mealtime

Ingredients

300ml	Water
1½	Carrots (sliced)
1/8	Onion (chopped)
40g	Sweet Potato (chopped)
½	Orange (zest only)
5	Sage leaves
30ml	Orange Juice (fresh)

Preparation

1. Boil the **water** and add the **carrot**, **onion**, **sweet potato** and **orange zest**.
2. Lower the heat, add the **sage** leaves, cover and simmer for 15 mins, or until the vegetables are cooked.
3. Pour in the **orange juice**, remove the sage leaves, then blend to a smooth consistency.
4. Serve garnished with a few extra sage leaves.

22g
Carbs

1g
Protein

1g
Fat

0g
SatFat

6g
Fibre

1½
5-a-day

95
Cals

Recipe Tip

Make sure you zest the orange before
cutting it for juicing



Size
Medium
440g

Chicken & Sweetcorn

Sometimes, nothing else but this simple dish will do - it's a classic for a reason!

Ingredients

- 1/2 inch **Ginger** (grated)
- 1 clove **Garlic** (minced)
- 1 **Spring Onion** (sliced)
- 1 tsp **Sesame Oil**
- 1/2 tsp **Cornflour**
- 300ml **Chicken Stock** (1/2 cube)
- 80g **Sweetcorn** (tinned)
- 100g cooked **Chicken Breast** (shredded)
- 1 **Egg** (whisked)
- 1 tsp **Light Soy Sauce**

Preparation

1. Gently fry the **ginger, garlic** and half the **spring onion** in 1 tsp **oil** for 3 mins.
2. Make a **cornflour** paste with 1 tbsp **stock**. Add the paste to the pan along with the stock, stirring constantly until fully dissolved.
3. Add the **sweetcorn** and **chicken**. Cook for 2 mins then drizzle the **egg** into the soup while stirring, to form strands.
4. Serve with the remaining spring onions and a splash of **soy sauce**.

360

Cals

1

5-a-day

3g

Fibre

3g

SatFat

14g

Fat

43g

Protein

18g

Carbs

Nutrition Fact

Sweetcorn is rich in lutein and zeaxanthin, both beneficial for eye health

Size
Small
420g



Sweet Potato & Coconut

This luscious ensemble of sweet potato, coconut and spices is a total taste explosion

Ingredients

- 1/4 **Onion** (chopped)
- 1 clove **Garlic** (minced)
- 1 inch **Ginger** (grated)
- 1/2 **Celery** stalk (finely sliced)
- 1 tsp **Olive Oil**
- 120g **Sweet Potato** (cubed)
- pinch **Cayenne Pepper**
- pinch **Turmeric** (ground)
- 300ml **Vegetable Stock** (1/2 cube)
- 100ml **Coconut Milk** (tinned)
- 1 tbsp **Flaked Almonds**
- 1 sprig **Coriander** (chopped)

Preparation

1. Soften the **onion, garlic, ginger** and **celery** in a pan with 1 tsp **oil** for a few mins.
2. Mix in the **sweet potato, cayenne** and **turmeric**. Cook for 5 mins.
3. Pour in the **stock** and **coconut milk**, and bring to a gentle simmer for 12 mins, or until the potato is cooked.
4. Blend, then serve sprinkled with **flaked almonds** and **coriander**.

34g

Carbs

6g

Protein

28g

Fat

16g

SatFat

7g

Fibre

1

5-a-day

400

Cals

Nutrition Fact

Sweet potato is a good source of vitamin D, for healthy bones, teeth and nerves

Size
Medium
485g



Almond & Greens

You'll go nuts for this healthful bowl of green goodness

Ingredients

- 1/4 **Onion** (diced)
- 1 **Celery** stalk (sliced)
- 1 tsp **Olive Oil**
- 50g **Potato** (cubed)
- 400ml **Chicken Stock** (1/2 cube)
- 80g **Broccoli** (florets)
- 80g **Peas**
- 2 handfuls **Spinach**
- 4 large handfuls **Watercress**
- 1 tbsp **Crème Fraîche**
- 1 tbsp **Flaked Almonds**

Preparation

1. Fry the **onion** and **celery** in 1 tsp **oil** for 5 mins. Add the **potato** and cook for a few mins more.
2. Pour in the **stock** and add the **broccoli**. Bring to the boil and simmer for 10 mins.
3. Stir in the **peas**, **spinach** and **watercress**, and cook for 2 mins.
4. Meanwhile, dry fry the almonds until fragrant.
5. Blend the soup and serve topped with **crème fraîche** and crunchy **almonds**.

340
Cals

5
5-a-day

14g
Fibre

6g
SatFat

19g
Fat

17g
Protein

27g
Carbs

Nutrition Fact

Watercress has been shown to be protective against osteoporosis

Size
Medium
570g



Sweet Gingered Vegetable

Pear and pistachio are a curious combo in this vegtastic delight

Ingredients

- 120g **Butternut Squash** (cubed)
- 80g **Celeriac** (cubed)
- 1 **Carrot** (cubed)
- 3 tsp **Olive Oil**
- 1/2 **Onion** (chopped)
- 1 inch **Ginger** (grated)
- 1/2 **Pear** (chopped)
- 300ml **Vegetable Stock** (1/2 cube)
- 1 tbsp **Crème Fraîche** (half fat)
- pinch **Nutmeg**
- 1 tbsp **Pistachios** (shelled)

Preparation

1. Toss the **squash**, **celeriac** and **carrot** with 2 tsp **oil** and 2 tbsp water. Roast for 40 mins at 160°C.
2. Gently sauté the **onion** and **ginger** in 1 tsp oil, until starting to soften. Stir to avoid browning.
3. Mix in the **pear** and roasted veg. Cook for 5 mins, then add the **stock**.
4. Bring to the boil, then simmer for 5 mins, or until the pear is tender.
5. Blitz in a blender, then serve with a swirl of **crème fraîche**, a pinch of **nutmeg** and sprinkled with **pistachios**.

36g
Carbs

6g
Protein

22g
Fat

4g
SatFat

15g
Fibre

5
5-a-day

355
Cals

Recipe Tip

Celeriac can be used as a delicious, low-calorie alternative to potato

Size
Medium
505g



Black Eye Avocado

This nutritious dish has nearly half your daily fibre and 4 of your 5-a-day... not bad for under 250 cals!

Ingredients

- 1/2 tsp Cumin Seeds
- 1 tsp Olive Oil
- 1/4 Onion (finely chopped)
- 1/2 Green Chilli (sliced)
- 1 clove Garlic (minced)
- pinch Cayenne Pepper
- 1/2 tsp Chilli Powder
- 300ml Vegetable Stock (1/2 cube)
- 80g Black Eye Beans (tinned)
- 1/2 Carrot (finely chopped)
- 1/6 Courgette (diced)
- 1/4 Green Pepper (chopped)
- 40g Sweetcorn (tinned)
- 1 sprig Coriander (chopped)
- 1/4 Avocado (cubed)

Preparation

1. Fry the **cumin seeds** in 1 tsp **oil** until aromatic.
2. Add the **onion, chilli, garlic** and remaining **spices** for 5 mins.
3. Pour in the **stock, beans** and **vegetables** (except the avocado).
4. Boil, then simmer for 15 mins, or until the vegetables are tender.
5. Top with **coriander** and **avocado**.

245
Cals

4
5-a-day

13g
Fibre

2g
SatFat

13g
Fat

8g
Protein

22g
Carbs

Size
Medium
460g



Nutrition Fact

Black beans have been shown to help prevent heart disease

Spicy Sweetcorn Pancetta

Set alight your appetite with this vibrant dish

Ingredients

- 1/4 Onion (diced)
- 1 Red Chilli (sliced)
- 1 clove Garlic (sliced)
- 1 Celery stalk (sliced)
- 1/2 tsp Coriander (ground)
- 1 tsp Olive Oil
- 300ml Chicken Stock (1/2 cube)
- 160g Butternut Squash (cubed)
- 160g Sweetcorn (tinned)
- 2 Pancetta slices (torn)

Preparation

1. Fry the **onion, chilli, garlic, celery** and **coriander** in 1 tsp **oil** for 5 mins.
2. Pour in the **stock** with the **squash**. Cover and cook for 15 mins.
3. Mix through the **sweetcorn**, lower the heat and simmer for 3 mins, or until the squash is soft.
4. Meanwhile, dry fry the **pancetta** until crispy.
5. Blend to the desired consistency, then serve topped with pancetta.

41g
Carbs

9g
Protein

10g
Fat

2g
SatFat

11g
Fibre

Nutrition Fact

200g butternut squash contains 437% of your daily vitamin A requirements!

3 1/2
5-a-day

275
Cals



Size
Medium
555g

Peanut Butter Thyme

Ingredients

- 2 tsp Groundnut or Olive Oil
- 1/2 tsp Chilli Powder
- pinch Thyme (dried)
- 1 inch Ginger (grated)
- 1 clove Garlic (minced)
- 150g Chicken Breast (raw, skinless, diced)
- 1/4 Onion (diced)
- 1/4 Red Pepper (chopped)
- 300ml Chicken Stock (1/2 cube)
- 4 tsp Peanut Butter
- 40g Tomato (chopped)
- 1 handful Baby Spinach

Preparation

1. Use the **oil, chilli powder, thyme, ginger, garlic**, salt and pepper to thoroughly coat the **chicken**.
2. Allow to marinade for at least 15 mins.
3. Fry the chicken mixture until the chicken starts to brown.
4. Add the **onion** and **peppers** for a further 5 mins. Then pour in the **stock, peanut butter** and **tomato**.
5. Bring to the boil, cover and simmer for 15 mins. Remove the lid and simmer uncovered for 5 mins more.
6. Stir in the **spinach** and serve.

400

Cals

2

5-a-day

4g

Fibre

3g

SatFat

20g

Fat

43g

Protein

11g

Carbs

Nutrition Fact

It has been shown that those who eat nuts often are less likely to die of any disease

Size

Small
380g



Pesto Chicken Pasta

We've made a dinnertime favourite into a scrumptious soup!

Ingredients

- 500ml Chicken Stock (1/2 cube)
- 45g uncooked Wholemeal Pasta
- 1/6 Courgette (cubed)
- 40g Green Beans (halved)
- 40g Peas
- 1 tbsp Pesto
- 100g cooked Chicken Breast (shredded)
- 6 Basil leaves (torn)
- 1/4 Lemon (juice only)

Preparation

1. Boil the **stock** and add the **pasta**. Cover and simmer for 5 mins.
2. Add the **veg** with the **pesto** and cook for a further 7 minutes.
3. Stir in the **chicken** for 2 mins, warming through.
4. Serve with **basil** leaves and drizzled with **lemon juice**.

37g

Carbs

43g

Protein

11g

Fat

2g

SatFat

9g

Fibre

1 1/2

5-a-day

405

Cals

Nutrition Fact

Wholewheat pasta contains twice as much fibre and B vitamins as white pasta

Size

Large
605g



5g
Protein2g
Fat0g
SatFat2g
Fibre*Ciabatta*
50g26g
Carbs136
Cals0
5-a-day10g
Protein4g
Fat1g
SatFat3g
Fibre*Ciabatta*
100g52g
Carbs271
Cals0
5-a-day2g
Protein2g
Fat1g
Fibre*Croutons*
15g10g
Carbs66
Cals0
5-a-day4g
Protein4g
Fat1g
Fibre*Croutons*
30g20g
Carbs132
Cals0
5-a-day5g
Protein2g
Fat0g
SatFat3g
Fibre*Bread Roll (wholemeal)*
50g23g
Carbs122
Cals0
5-a-day8g
Protein2g
Fat1g
SatFat4g
Fibre*Bread Roll (wholemeal)*
75g35g
Carbs183
Cals0
5-a-day5g
Protein7g
Fat5g
SatFat0g
Fibre*Brie*
25g0g
Carbs86
Cals0
5-a-day10g
Protein15g
Fat9g
SatFat0g
Fibre*Brie*
50g0g
Carbs172
Cals0
5-a-day6g
Protein9g
Fat5g
SatFat0g
Fibre*Cheddar*
25g0g
Carbs104
Cals0
5-a-day13g
Protein17g
Fat11g
SatFat0g
Fibre*Cheddar*
50g0g
Carbs208
Cals0
5-a-day5g
Protein9g
Fat6g
SatFat0g
Fibre*Dolcelatte*
25g0g
Carbs99
Cals0
5-a-day9g
Protein18g
Fat11g
SatFat0g
Fibre*Dolcelatte*
50g0g
Carbs197
Cals0
5-a-day



8g
Protein

6g
Fat

2g
SatFat

Egg
60g, 1 egg, boiled

0g
Fibre

0g
Carbs

86
Cals

0
5-a-day



17g
Protein

12g
Fat

3g
SatFat

Egg
120g, 2 eggs, boiled

0g
Fibre

0g
Carbs

172
Cals

0
5-a-day



10g
Protein

2g
Fat

1g
SatFat

Quorn Chicken Pieces
75g

5g
Fibre

1g
Carbs

72
Cals

0
5-a-day



21g
Protein

4g
Fat

2g
SatFat

Quorn Chicken Pieces
150g

10g
Fibre

2g
Carbs

144
Cals

0
5-a-day



9g
Protein

7g
Fat

1g
SatFat

Tofu
40g, fried

1g
Fibre

1g
Carbs

104
Cals

0
5-a-day



19g
Protein

14g
Fat

2g
SatFat

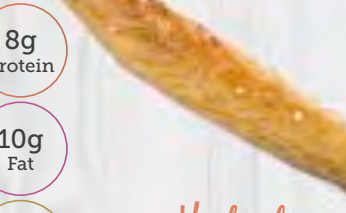
Tofu
80g, fried

1g
Fibre

2g
Carbs

209
Cals

0
5-a-day



8g
Protein

10g
Fat

2g
SatFat

Mackerel
40g, smoked

0g
Fibre

0g
Carbs

120
Cals

0
5-a-day



16g
Protein

18g
Fat

4g
SatFat

Mackerel
75g, smoked

0g
Fibre

0g
Carbs

226
Cals

0
5-a-day



11g
Protein

0g
Fat

0g
SatFat

King Prawns
70g

0g
Fibre

0g
Carbs

48
Cals

0
5-a-day



16g
Protein

0g
Fat

0g
SatFat

King Prawns
100g

0g
Fibre

0g
Carbs

68
Cals

0
5-a-day



9g
Protein

0g
Fat

0g
SatFat

Crab (tinned in brine)
50g, drained

0g
Fibre

0g
Carbs

39
Cals

0
5-a-day



18g
Protein

1g
Fat

0g
SatFat

Crab (tinned in brine)
100g, drained

0g
Fibre

0g
Carbs

77
Cals

0
5-a-day



Basil
6 leaves



Coriander
large sprig



Mint
5 leaves



Parsley
large sprig



Rosemary
sprig



Thyme
sprig



Lemon Juice

15ml, 1 tbsp, 1/4 lemon



Lemon Juice

30ml, 2 tbsp, 1/2 lemon



Lime Juice

10ml, 1/4 lime



Lime Juice

20ml, 1/2 lime



Orange Juice (fresh)

15ml, 1 tbsp



Orange Juice (fresh)

30ml, 2 tbsp



2g Protein

6g Fat

0g SatFat

Almonds
10g, 1 tbsp

1g Fibre

1g Carbs

61 Cals

0 5-a-day

4g Protein

11g Fat

1g SatFat

Almonds
20g, 2 tbsp

1g Fibre

1g Carbs

122 Cals

0 5-a-day

1g Protein

6g Fat

0g SatFat

Hazelnuts
10g, 1 tbsp

1g Fibre

1g Carbs

65 Cals

0 5-a-day

3g Protein

13g Fat

1g SatFat

Hazelnuts
20g, 2 tbsp

1g Fibre

1g Carbs

130 Cals

0 5-a-day

1g Protein

7g Fat

2g SatFat

Brazil Nuts
10g, 1 tbsp

1g Fibre

0g Carbs

68 Cals

0 5-a-day

3g Protein

14g Fat

3g SatFat

Brazil Nuts
20g, 2 tbsp

1g Fibre

1g Carbs

137 Cals

0 5-a-day

3g Protein

5g Fat

1g SatFat

Peanuts
10g, 1 tbsp

1g Fibre

1g Carbs

56 Cals

0 5-a-day

5g Protein

9g Fat

2g SatFat

Peanuts
20g, 2 tbsp

1g Fibre

3g Carbs

113 Cals

0 5-a-day

2g Protein

5g Fat

1g SatFat

Cashews
10g, 1 tbsp

0g Fibre

2g Carbs

57 Cals

0 5-a-day

4g Protein

10g Fat

2g SatFat

Cashews
20g, 2 tbsp

1g Fibre

4g Carbs

115 Cals

0 5-a-day

1g Protein

7g Fat

1g SatFat

Pecans
10g, 1 tbsp

1g Fibre

1g Carbs

69 Cals

0 5-a-day

2g Protein

14g Fat

1g SatFat

Pecans
20g, 2 tbsp

1g Fibre

1g Carbs

138 Cals

0 5-a-day



3g
Protein

1g
Fat

Basmati Rice (cooked)
100g

1g
Fibre

27g
Carbs

117
Cals

0
5-a-day



6g
Protein

1g
Fat

Basmati Rice (cooked)
200g

1g
Fibre

53g
Carbs

234
Cals

0
5-a-day



4g
Protein

1g
Fat

Brown Rice (cooked)
100g

2g
Fibre

29g
Carbs

132
Cals

0
5-a-day



7g
Protein

2g
Fat

Brown Rice (cooked)
200g

3g
Fibre

58g
Carbs

264
Cals

0
5-a-day



5g
Protein

1g
Fat

Wild Rice (cooked)
100g

3g
Fibre

32g
Carbs

145
Cals

0
5-a-day



11g
Protein

1g
Fat

Wild Rice (cooked)
200g

5g
Fibre

63g
Carbs

290
Cals

0
5-a-day



6g
Protein

1g
Fat


Egg Noodles (cooked)
100g

3g
Fibre

36g
Carbs

166
Cals

0
5-a-day



12g
Protein

2g
Fat

Egg Noodles (cooked)
200g

6g
Fibre

71g
Carbs

332
Cals

0
5-a-day



5g
Protein

0g
Fat


Pasta (cooked)
100g

3g
Fibre

33g
Carbs

146
Cals

0
5-a-day



10g
Protein

1g
Fat

Pasta (cooked)
200g

5g
Fibre

66g
Carbs

292
Cals

0
5-a-day



5g
Protein

1g
Fat

Pasta, Wholewheat (cooked)
100g

4g
Fibre

28g
Carbs

134
Cals

0
5-a-day



10g
Protein

2g
Fat

Pasta, Wholewheat (cooked)
200g

8g
Fibre

55g
Carbs

268
Cals

0
5-a-day

1g
Protein0g
Fat1g
Fibre*Spinach*

20g, handful

0g
Carbs5
Cals0
5-a-day1g
Protein0g
Fat1g
Fibre*Spinach*

40g, 2 handfuls

1g
Carbs10
Cals1/2
5-a-day0g
Protein0g
Fat0g
Fibre*Spring Onion*

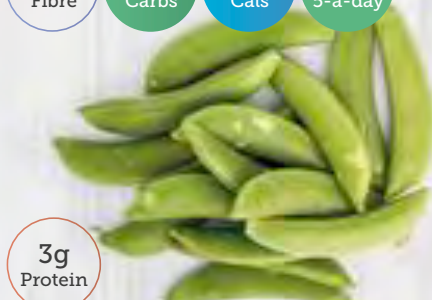
20g

1g
Carbs5
Cals0
5-a-day1g
Protein0g
Fat1g
Fibre*Spring Onion*

40g

1g
Carbs9
Cals1/2
5-a-day1g
Protein0g
Fat1g
Fibre*Sugar Snap Peas*

40g

2g
Carbs14
Cals1/2
5-a-day3g
Protein0g
Fat2g
Fibre*Sugar Snap Peas*

80g

4g
Carbs27
Cals1
5-a-day0g
Protein0g
Fat1g
Fibre*Sweet Potato*

40g, 1/4 small, boiled

8g
Carbs34
Cals1/2
5-a-day1g
Protein0g
Fat2g
Fibre*Sweet Potato*

80g, 1/2 small, boiled

16g
Carbs67
Cals1
5-a-day1g
Protein1g
Fat1g
Fibre*Sweetcorn*

40g

6g
Carbs31
Cals1/2
5-a-day2g
Protein1g
Fat2g
Fibre*Sweetcorn*

80g

11g
Carbs62
Cals1
5-a-day0g
Protein0g
Fat0g
Fibre*Tomato*

40g, small

1g
Carbs6
Cals1/2
5-a-day0g
Protein0g
Fat1g
Fibre*Tomato*

80g, 2 small

2g
Carbs11
Cals1
5-a-day



0g
Protein

0g
Fat

Maple Syrup
6g, 1 tsp

0g
Fibre

4g
Carbs

16
Cals

0
5-a-day



0g
Protein

0g
Fat

Maple Syrup
17g, 1 tbsp

0g
Fibre

11g
Carbs

45
Cals

0
5-a-day



0g
Protein

0g
Fat

Mustard, English
5g, 1 tsp

0g
Fibre

0g
Carbs

7
Cals

0
5-a-day



1g
Protein

1g
Fat

Mustard, English
15g, 1 tbsp

0g
Fibre

1g
Carbs

21
Cals

0
5-a-day



0g
Protein

0g
Fat

Mirin
5ml, 1 tsp

0g
Fibre

3g
Carbs

15
Cals

0
5-a-day



0g
Protein

0g
Fat

Mirin
15ml, 1 tbsp

0g
Fibre

8g
Carbs

45
Cals

0
5-a-day



0g
Protein

1g
Fat

Mustard, Wholegrain
5g, 1 tsp

0g
Fibre

0g
Carbs

7
Cals

0
5-a-day



1g
Protein

2g
Fat

Mustard, Wholegrain
15g, 1 tbsp

1g
Fibre

1g
Carbs

21
Cals

0
5-a-day



0g
Protein

1g
Fat

Mustard, Dijon
5g, 1 tsp

0g
Fibre

0g
Carbs

8
Cals

0
5-a-day



1g
Protein

2g
Fat


Mustard, Dijon
15g, 1 tbsp

0g
Fibre

1g
Carbs

23
Cals

0
5-a-day



0g
Protein

4g
Fat

Olive Oil
4g, 1 tsp

1g
SatFat

0g
Fibre

0g
Carbs

36
Cals

0
5-a-day



0g
Protein

12g
Fat

Olive Oil
12g, 1 tbsp

2g
SatFat

0g
Fibre

0g
Carbs

108
Cals

0
5-a-day

Soup Index

Almond & Greens 82
 Aubergine & Chickpea 84
 Aubergine & Lemongrass 33
 Bean & Barley 94
 Beetroot & Goat's Cheese 59
 Beetroot & Horseradish 58
 Beetroot & Orange 61
 Black Eye Avocado 90
 Broccoli & Fennel 30
 Broccoli & Stilton 99
 Butternut & Apple 51
 Butternut Squash & Bacon 66
 Carrot & Ginger 43
 Carrot & Orange 39
 Cauliflower & Caraway 60
 Cheesy Roasted Veg 81
 Chicken, Lime & Avocado 37
 Chicken Pho 65
 Chicken & Sweetcorn 72
 Chicken & Wild Rice 74
 Chilled Avocado Cucumber 36
 Chilli Roasted Red Pepper 49
 Chorizo, Rice & Bean 97
 Chunky Chicken & Chorizo 75
 Creamy Brie & Mushroom 35
 Creamy Chicken 106
 Creamy Garlic & Courgette 31
 Creamy Green Leafy 28
 Earthy Mushroom 50
 Fragrant Crab 32
 Gazpacho 40
 Goulash 71
 Green Lemon Lentil 89
 Hot & Sour Pork & Tofu 64
 Kale & Greens 41
 Lamb & Pearl Barley 102
 Leek, Parsnip & Bacon 68
 Leek & Pea 44
 Leek & Potato 52
 Lentil, Cabbage & Chorizo 87

Mediterranean Lentil 105
 Minestrone with Basil Pesto 80
 Moroccan Harira Chickpea 103
 Mushroom & Chestnut 54
 Mushroom Ginger Broth 38
 Nutty Kale & Asparagus 34
 Palm Nut 77
 Parsnip & Hazelnuts 69
 Pea & Ham 67
 Peanut Butter Thyme 100
 Pesto Chicken Pasta 101
 Potato, Cabbage & Bacon 63
 Quick Noodle 56
 Quinoa Chickpea Spinach 93
 Red Cauliflower Cheese 57
 Roasted Cauliflower 55
 Roasted Cauliflower Kale 45
 Roasted Garlic & Asparagus 29
 Roasted Roots & Lentils 85
 Rustic Lentil & Potato 95
 Sausage Bean Broth 96
 Seafood Chowder 107
 Spiced Tahini Cauliflower 62
 Spicy Beef Noodles 70
 Spicy Carrot & Lentil 53
 Spicy Mussel & Saffron 104
 Spicy Sweetcorn Pancetta 91
 Spicy Tomato & Lentil 86
 Spring Chicken 98
 Sweet Celeriac 92
 Sweet Gingered Vegetable 83
 Sweet Potato Blue Cheese 76
 Sweet Potato & Coconut 73
 Tomato & Basil 46
 Tomato & Bean 79
 Tomato & Red Pepper 42
 Tom Yum 48
 Turmeric Tomato 47
 White Bean & Kale 88
 Winter Root Vegetable 78

Ingredients

A

Almonds 34, 73, 82, 120
 Apple 41, 51, 68, 92, 117
 Artichokes 128
 Asparagus 28, 29, 34, 80, 128
 Aubergine 33, 84, 128
 Avocado 36, 37, 90, 129

B

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Protein

0g
Fat

King Prawns
70g

0g
Fibre

0g
Carbs

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Cals

0
5-a-day



0g
Protein

0g
Fat

Pepper

40g, 1/4 small

1g
Fibre

2g
Carbs

9
Cals

1/2
5-a-day

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