

Spicy lentil and tomato soup

(reproduced with permission from www.asda.co.uk)

A filling and nutritious soup that's a meal in a bowl and which is suitable for vegetarians

Serves 4

Ready in 30 minutes

Nutrition information per serving:

Energy	185kcal
Carbohydrate	22g
Fat	5g

Ingredients

- 2tbsp oil
- 1 onion, chopped
- 2-3 garlic cloves, crushed
- 2tsp ground coriander
- 1tbsp ground cumin
- 1x 400g can Asda Chopped Tomatoes
- 2tbsp Asda Tomato Purée
- 1 litre vegetable stock
- 2 x 400g tins Asda Green Lentils
- Natural yogurt, fresh coriander and toasted pitta bread, to serve

Instructions

1. Heat the oil in a large saucepan. Add the onions and garlic and cook until soft. Add the coriander and cumin and cook, stirring, for 2 minutes.
2. Add the tomatoes, purée, stock and season. Bring to the boil, then reduce heat slightly and add the lentils. Simmer rapidly for 20 minutes until slightly reduced, thickened and piping hot. Serve with some natural yogurt, fresh coriander and toasted pitta breads.



Pumpkin and lentil soup

(reproduced with permission from www.asda.co.uk)

A simple-to-make soup with a subtle curry spiciness which is suitable for vegetarians

Serves 6

Ready in 50 minutes

Nutrition information per serving:

Energy	175kcal
Carbohydrate	23g
Fat	7g

Ingredients

- 2tbsp sunflower oil
- 1 medium onion, chopped
- 1tsp ground cumin
- 1tsp ground coriander
- 500g pumpkin (peeled and deseeded weight), cubed
- 1 medium potato, peeled and cubed
- 150g split red lentils, rinsed
- 1.2 litres hot vegetable stock
- croutons and chopped fresh parsley, to garnish

Instructions

1. Heat the oil in a pan and cook the onion until soft. Stir in the ground cumin and coriander, then add the pumpkin, potato, red lentils and vegetable stock.
2. Bring to the boil, cover and simmer for 30 minutes, stirring occasionally.
3. Purée the soup in a blender or processor and then return to the pan. Season to taste, reheat and serve garnished with croutons and chopped fresh parsley.



Savoury bites

(reproduced with permission from www.asda.co.uk)

Tasty cakes of sage and corn suitable for vegetarians

Serves 4

Preparation time 40 minutes
plus chilling time

Nutrition information per serving:

Energy	320kcal
Carbohydrate	55g
Fat	9g

Ingredients

- 450g sweet potatoes, peeled and diced
- 1tsp dried sage
- 4 spring onions, trimmed and finely chopped
- 200g can Asda sweetcorn, drained
- 150g fresh white breadcrumbs
- 2tbsp plain flour, for dusting
- 2tbsp vegetable oil
- Asda Good for you! Salsa Dip, to serve

Instructions

1. Cook the potatoes in lightly salted boiling water for 8 to 10 minutes, until tender. Drain, return to pan, mash until smooth. Cool.
2. Stir in the sage, spring onions and sweetcorn, and bind together with the breadcrumbs to form a firm mixture. Season to taste. Divide mixture into 12; shape into flat cakes, about 7cm across and lightly dust with flour.
3. Heat the oil and fry the cakes in 2 batches, 2 to 3 minutes each side, until golden. Drain, cool, then chill overnight.
4. Pack into a plastic container, lined with greaseproof paper. Serve with the salsa dip.



Sweet potato soup

(reproduced with permission from www.diabetes.org.uk)

Quick and easy to make, this soup is great for lunch served with a chunk of crusty bread.

Serves 2

Preparation time approx. 30minutes

Nutrition information per serving:	
Energy	245kcal
Carbohydrate	55g
Fat	2g

Ingredients

- 1 teaspoon oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 small carrot, chopped
- 450g/1lb sweet potato, chopped
- 450ml/¾ pint vegetable stock
- 2 tablespoons fresh parsley, chopped
- salt and freshly ground black pepper

Instructions

1. Heat the oil in a medium pan, add the onion and the garlic and fry for 3-4 minutes, until softened.
2. Add the carrot and the sweet potato and continue to fry for 2-3 minutes.
3. Pour over the stock, bring to the boil and simmer for 12-15 minutes until the vegetables are tender.
4. Transfer to a blender or food processor and blend until smooth.
5. Return to the pan, stir through the parsley season well and serve with crusty bread.

Hearty Singapore Style noodle broth
(reproduced with permission from www.diabetes.org.uk)

Real Thai flavours combined in this delicious dish.

Serves 3

Preparation time approx. 20minutes

Nutrition information per serving:

Energy 358kcal

Carbohydrate 53g

Fat 6g

Ingredients

- 1 teaspoon oil
- 1 chicken breast, thinly sliced
- ½ red pepper, sliced
- 2 tablespoons Thai curry paste
- 1 x 400g can reduced fat coconut milk
- 250g cooked noodles eg. Rice noodles, udon noodles
- 75g/2¾oz mangetout, halved lengthways
- 75g/2¾oz beansprouts
- 1 bunch spring onions, chopped
- 50g/1½oz cooked peeled prawns (optional)
- 2 tablespoons fresh coriander, chopped

Instructions

1. Heat the oil in a non-stick pan. Add the chicken and pepper and fry for 2 minutes.
2. Stir in the Thai curry paste and continue to fry for 2 minutes. Pour in the coconut milk and simmer for 1 minute.
3. Stir in all the remaining ingredients and simmer for 2 minutes.
4. Serve in large bowls with some crusty bread to mop up all the delicious juices.

