

Fruity kedgeree salad

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

A speedy version of the classic brunch dish

Serves 4

Preparation time 15 minutes
plus cooling time

Nutrition information per serving:

Energy	370kcal
Carbohydrate	42g
Fat	12g

Ingredients

- 175g pack Asda pilau rice
- 418g can Asda wild pacific pink salmon
- 100g Asda dried apricots, halved
- 4 spring onions, sliced
- 6tbsp Asda low fat natural yogurt
- 2tbsp chopped, fresh Asda coriander

Instructions

1. Cook the pilau rice according to the pack instructions. Tip into a bowl and leave to cool.
2. Discard any skin and bones from the salmon, then break the fish into chunks.
3. Gently stir the apricots, salmon, spring onions, 4 tablespoons of yogurt and half the coriander into the rice. Drizzle over the remaining yogurt and garnish with leftover coriander.



Fruit-burst couscous salad
(reproduced with permission from www.asda.co.uk)

Serves 4
Ready in 40 minutes

Nutrition information per serving:

Energy	310kcal
Carbohydrate	52g
Fat	10g

Ingredients

- 150g couscous
- Finely grated zest of half an unwaxed lemon
- 2tbsp lemon juice
- 2tbsp orange juice
- 1tbsp Asda Mild and Light Olive Oil
- 1 red pepper, deseeded and diced
- 50g Asda ready-to-eat dried apricots, roughly chopped
- 50g sultanas
- 2tbsp fresh flat-leaf parsley, chopped
- 2tbsp fresh mint, chopped
- 50g salted cashew nuts

Instructions

1. Put the couscous in a large bowl and pour 300ml boiling water over it. Add the lemon zest, lemon juice, orange juice and olive oil and set aside for 30 minutes.
2. Season the couscous and fluff it up with a fork. Gently mix in the red pepper, apricots, sultanas, parsley and mint. Add the cashew nuts just before serving.



Mediterranean bread salad

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

Serves 2

Ready in 35 minutes

Nutrition information per serving:

Energy	317kcal
Carbohydrate	51g
Fat	9g

Ingredients

- ½ Ciabatta, torn into bite-sized pieces
- 3 plum tomatoes, cut into chunks
- ¼ cucumber, cut into chunks
- ½ red onion, sliced
- 10 pitted black olives
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fat-free French dressing
- 15g/½oz pinenuts, toasted

Instructions

1. Grill the bread under a medium grill for 2-3 minutes until golden all over.
2. Toss together with all the remaining ingredients except the pinenuts. Set aside for 30 minutes to allow the flavours to develop then sprinkle over the pinenuts and serve with meat/fish or a glass of milk/low fat milkshake.



Mediterranean pasta salad

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

This dish makes a great packed lunch. With all the Mediterranean flavours it will make a nice alternative to sandwiches.

Serves 3

Ready in approx. 15 minutes

Nutrition information per serving:	
Energy	391kcal
Carbohydrate	40g
Fat	8g

Ingredients

- 225g/8oz dried pasta shapes
- 10 cherry tomatoes
- 10 black olives
- ¼ cucumber, chopped
- ½ red onion, thinly sliced
- 40g/1½oz Feta cheese, crumbled
- 15g/½oz pinenuts, toasted
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- handful basil leaves

Instructions

1. Cook the pasta according to the pack instructions. Drain and refresh under cold water.
2. Toss the pasta together with the remaining ingredients and serve with meat/fish or a glass of milk/milkshake.

