30-minute meals from WW







		 امير مغمنما

Speedy & soups & salads Seafood chowder topped with Crispy breadcrumbs 7	Page	Recipe	SmartPoints values			
Seafood chowder topped with Crispy breadcrumbs Recipe with Cook's tip - add new potatoes 9 6 4 Red pepper, prosciutto & mozzarella salad 6 6 6 Greek-style lemon & chicken soup 5 3 3 Recipe with Cook's tip - serve with wholemeal pitta bread 9 7 7 Mackerel, courgette, beetroot & white bean salad Recipe with Cook's tip - sevap smoked mackerel for whole griddled sardines 5 2 2 Tabbouleh bowl with marinated prawns, tomatoes & feta 13 12 5 Red lentil & chorizo soup 7 4 4 Recipe with Cook's tip - swap smoked mackerel for whole griddled sardines 7 3 12 5 Red lentil & chorizo soup 7 4 4 4 Recipe with Cook's tip - swap chorizo for 3 Linda McCartney Chorizo & Red Pepper Sausages 5 2 2 Mexican bean wraps 6 5 5 5 Cauliflower & Stilton soup 5 5 5 Open sandwiches Chicken, cress & aioli 6 6 6 6 Allloumi, beetroot & broad bean 8 7 7 Tuna nicoise Red Pepper Sausages 8 6 6 Crab, radish & lime 4 4 4 Pan-fries & stir-fries 8 6 6 6 Recipe with Cook's tip - swap white bean mash for chickpea mash 12 8 8 Recipe with Cook's tip - swap white bean mash for chickpea mash 12 8 8 Recipe with Cook's tip - swap white bean mash for chickpea mash 12 8 8 Recipe with Cook's tip - swap white bean mash for chickpea mash 12 8 8 Recipe with Cook's tip - swap turkey for chicken breast strips 9 8 8 Green shakshuka 5 2 2 Green shakshuka	Sp	Speedy & soups & salads				
Recipe with Cook's tip - add new potatoes		Seafood chowder topped with	7	4	4	
Greek-style lemon & chicken soup 5 3 3 3 3 3 3 Recipe with Cook's tip - serve with wholemeal pitta bread 9 7 7 7 7 7 7 7 7 7	12		9	6	4	
Recipe with Cook's tip - serve with wholemeal pittab bread Mackerel, courgette, beetroot & white Bean salad Recipe with Cook's tip - swap smoked mackerel for whole griddled sardines S 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	14	Red pepper, prosciutto & mozzarella salad	6	6	6	
Mackerel, courgette, beetroot & white bean salad Recipe with Cook's tip - swap smoked mackerel for whole griddled sardines 12 Tabbouleh bowl with marinated prawns, tomatoes & feta tomatoes		Greek-style lemon & chicken soup	5	3	3	
Bean salad Recipe with Cook's tip - swap smoked mackerel for whole griddled sardines S	16		9	7	7	
Recipe with Cook's tip - swap smoked mackerel for whole griddled sardines 20 Tabbouleh bowl with marinated prawns, tomatoes & feta 21 Spiced carrot & ginger soup 22 Sipiced carrot & ginger soup 33 12 5 Red lentil & chorizo soup 34 Giant couscous bowl with chicken & homemade cashew pesto 35 Recipe with Cook's tip - swap chorizo for 3 Linda McCartney Chorizo & Red Pepper Sausages 36 Recipe with Cook's tip - swap chorizo for 3 Linda McCartney Chorizo & Red Pepper Sausages 37 Recipe with Cook's tip - swap chorizo for 3 Linda McCartney Chorizo & Red Pepper Sausages 38 Mexican bean wraps 40 Cauliflower & Stilton soup 40 Cauliflower & Stilton soup 41 Cauliflower & Stilton soup 42 Sea bass with Salsa verde 43 Pan-fries & stir-fries 44 Recipe with Cook's tip - swap turkey for chicken breast strips 45 Green shakshuka 46 Green shakshuka 47 Recipe with Cook's tip - swap turkey for chicken breast strips 46 Stir-fried beef with oyster sauce 47 Recipe with Cook's tip - swap taco shells for WW Wraps 48 Miso & orange glazed salmon 49 Recipe with Cook's tip - swap rice for quinoa 40 Recipe with Cook's tip - swap rice for quinoa 41 Recipe with Cook's tip - swap rice for quinoa 42 Sea bass with salsa verde 43 Miso & orange glazed salmon 44 Recipe with Cook's tip - swap rice for quinoa 45 Recipe with Cook's tip - swap rice for quinoa 46 Stir-fried beef with oyster sauce 47 Ges 48 Miso & orange glazed salmon 49 Recipe with Cook's tip - swap rice for quinoa 40 Recipe with Cook's tip - swap rice for quinoa 41 Pork chops with creamy leeks & new potatoes 42 Pork chops with creamy leeks & new potatoes 43 Butterflied chicken with a lemon, caper & shallot sauce 44 Shallot sauce 45 Chinese prawn 46 Lam, mozzarella & artichoke 47 Chinese prawn 48 Recipe with Cook's tip - swap chicken for turkey 49 Dork chops with Cook's tip - swap chicken for turkey 40 Dorelettes 41 Chinese prawn 42 Chinese prawn 43 Chinese prawn 44 Lam Lam Androic Androic Androic Androic Androic Androic Androic Androic Androic	10		9	2	2	
tomatoes & feta 22 Spiced carrot & ginger soup 24 Giant couscous bowl with chicken & homemade cashew pesto Red lentil & chorizo soup 26 Recipe with Cook's tip - swap chorizo for 3 Linda McCartney Chorizo & Red Pepper Sausages 27 Mexican bean wraps 28 Mexican bean wraps 30 Cauliflower & Stilton soup 5 5 5 Open sandwiches Chicken, cress & aioli 32 Halloumi, beetroot & broad bean Tuna niçoise Crab, radish & lime 4 4 4 Pan-fries & stir-fries Steak & white bean mash with mushroom sauce Recipe with Cook's tip - swap white bean mash for butterbean mash Recipe with Cook's tip - swap white bean mash for chickpea mash Turkey quesadillas 38 Recipe with Cook's tip - swap turkey for chicken breast strips Green shakshuka 40 Recipe with Cook's tip - serve with flatbreads 41 Recipe with Cook's tip - serve with flatbreads 42 Sea bass with salsa verde 43 Recipe with Cook's tip - swap taco shells for WW Wraps 44 Recipe with Cook's tip - swap taco shells for WW Wraps 45 Recipe with Cook's tip - swap rice for quinoa 46 Stir-fried beef with oyster sauce 47 Geine Miso & orange glazed salmon 48 Recipe with Cook's tip - swap rice for quinoa 49 Recipe with Cook's tip - swap rice for quinoa 40 Recipe with Cook's tip - swap rice for quinoa 41 9 3 52 Pork chops with creamy leeks & new potatoes 43 Recipe with Cook's tip - swap chicken for turkey breast fillet Omelettes Chinese prawn 40 Chinese prawn 50 Ham, mozzarella & artichoke Chinese prawn 51 1 1 1			5	2	2	
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Red lentil & chorizo soup	22	Spiced carrot & ginger soup	0	0	0	
26 Recipe with Cook's tip - swap chorizo for 3 Linda McCartney Chorizo & Red Pepper Sausages 5 2 2 28 Mexican bean wraps 6 5 5 30 Cauliflower & Stilton soup 5 5 5 Open sandwiches Chicken, cress & aioli 6 6 6 6 32 Halloumi, beetroot & broad bean 8 7 7 Tuna niçoise 8 6 6 6 Crab, radish & lime 4 4 4 4 Pantana niçoise 8 6 6 6 Crab, radish & lime 4 4 4 4 4 Pantana niçoise 8 6 6 6 6 6 8 8 8 6 6 6 8 </td <td>24</td> <td></td> <td>13</td> <td>12</td> <td>5</td>	24		13	12	5	
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Chicken, cress & aioli	30	Cauliflower & Stilton soup	5	5	5	
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12 8 8 8 8 8 8 8 8 8			12	8	8	
Turkey quesadillas	36	for butterbean mash	12	8	8	
Recipe with Cook's tip - swap turkey for chicken breast strips 9 8 8		chickpea mash				
The color with a color in the	38		9	8	8	
Recipe with Cook's tip - serve with flatbreads 11 7 7		breast strips				
42 Sea bass with salsa verde 8 7 3 Quorn tacos with red cabbage slaw 7 6 6 44 Recipe with Cook's tip - swap taco shells for WW Wraps 7 6 6 46 Stir-fried beef with oyster sauce 6 6 6 48 Miso & orange glazed salmon 13 8 8 Recipe with Cook's tip - swap rice for quinoa 14 9 3 50 Rainbow vegetable stir-fry 9 9 9 52 Pork chops with creamy leeks & new potatoes 12 12 9 8 Butterflied chicken with a lemon, caper & shallot sauce 6 4 4 54 Recipe with Cook's tip - swap chicken for turkey breast fillet 6 4 4 Omelettes Chinese prawn 10 5 5 56 Ham, mozzarella & artichoke 6 2 2 Mushroom & spinach 4 1 1	40			_		
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48 Miso & orange glazed salmon 13 8 8 Recipe with Cook's tip - swap rice for quinoa 14 9 3 50 Rainbow vegetable stir-fry 9 9 9 52 Pork chops with creamy leeks & new potatoes 12 12 9 8 Butterflied chicken with a lemon, caper & shallot sauce 6 4 4 8ecipe with Cook's tip - swap chicken for turkey breast fillet 6 4 4 Omelettes Chinese prawn 10 5 5 Ham, mozzarella & artichoke 6 2 2 Mushroom & spinach 4 1 1		Wraps				
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52 Pork chops with creamy leeks & new potatoes 12 12 9 54 Butterflied chicken with a lemon, caper & shallot sauce 6 4 4 Recipe with Cook's tip - swap chicken for turkey breast fillet 6 4 4 Omelettes Chinese prawn 10 5 5 Ham, mozzarella & artichoke 6 2 2 Mushroom & spinach 4 1 1		· · · · · · · · · · · · · · · · · · ·				
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Recipe with Cook's tip – swap chicken for turkey breast fillet Omelettes Chinese prawn 10 5 5 Ham, mozzarella & artichoke Mushroom & spinach 4 1 1		Butterflied chicken with a lemon, caper	6	4	4	
Omelettes Chinese prawn 10 5 5 56 Ham, mozzarella & artichoke 6 2 2 Mushroom & spinach 4 1 1	54	Recipe with Cook's tip – swap chicken for turkey	6	4	4	
56 Ham, mozzarella & artichoke 6 2 2 Mushroom & spinach 4 1 1						
Ham, mozzarella & artichoke Mushroom & spinach 6 2 2 Mushroom & spinach 1		Chinese prawn	10	5	5	
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Red pepper & feta 6 2 2		Mushroom & spinach	4	1	1	
		Red pepper & feta	6	2	2	

Page	Recipe		

Page Recipe SmartPoints values					
Quick bakes & grills					
60	Tuna, herb & lemon traybake	8	6	3	
	Quick cottage pie	7	7	7	
62	Recipe with Cook's tip – add WW Reduced Fat Grated Mature	8	8	8	
64	Chorizo & halloumi bake with chickpea couscous	13	11	7	
66	Creamy broccoli gnocchi bake	9	9	9	
68	Chicken & pesto pizza	15	12	12	
70	Cauliflower steak shawarma with green chutney sauce	9	8	2	
72	Cod puttanesca parcels with herby rice	7	6	6	
74	Baked potatoes with charred corn salsa	13	10	3	
	Parmesan-crusted cod	9	9	5	
76	Recipe with Cook's tip – swap broccoli for cauliflower or green beans	9	9	5	
	Savoury tarts				
	Salmon & spinach	14	11	11	
78	Bacon, egg & tomato	15	12	12	
	Caramelised onion & thyme	12	11	11	
	Chicken & asparagus	13	11	11	
Pa	sta & rice				
82	Chicken sausage & cabbage pappardelle	10	10	10	
	Moroccan-style rice	12	8	8	
84	Recipe with Cook's tip – swap turkey for lamb mince	16	14	14	
86	Seafood linguine	9	9	9	
88	Mexican beef & rice casserole	14	12	12	
90	One-pot mushroom & spinach pasta	9	9	3	
	French onion spaghetti with goat's cheese	12			
92			12	12	
	Recipe with Cook's tip – swap goat's cheese for ricotta	11	12 11	12 11	
94		11 12			
94	for ricotta		11	11	
94	for ricotta Pork tagliatelle with creamy white wine sauce	12	11 12	11 12	
	Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip – add chopped red chilli	12	11 12 8	11 12 8	
	for ricotta Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip – add chopped red chilli or black olives	12 8 8	11 12 8 8	11 12 8 8	
96	For ricotta Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip - add chopped red chilli or black olives Spicy prawn pilau Recipe with Cook's tip - serve with a	12 8 8 9	11 12 8 8	11 12 8 8	
96	For ricotta Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip - add chopped red chilli or black olives Spicy prawn pilau Recipe with Cook's tip - serve with a cucumber raita	12 8 8 9 11	11 12 8 8 8 8	11 12 8 8 8	
96	For ricotta Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip – add chopped red chilli or black olives Spicy prawn pilau Recipe with Cook's tip – serve with a cucumber raita Turkey ragù with penne Recipe with Cook's tip – swap wheat pasta for	12 8 8 9 11	11 12 8 8 8 8	11 12 8 8 8 8	
96	For ricotta Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip – add chopped red chilli or black olives Spicy prawn pilau Recipe with Cook's tip – serve with a cucumber raita Turkey ragù with penne Recipe with Cook's tip – swap wheat pasta for red lentil pasta	12 8 8 9 11	11 12 8 8 8 8	11 12 8 8 8 8	
96	For ricotta Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip – add chopped red chilli or black olives Spicy prawn pilau Recipe with Cook's tip – serve with a cucumber raita Turkey ragù with penne Recipe with Cook's tip – swap wheat pasta for red lentil pasta Pasta sauces	12 8 8 9 11 10 8	11 12 8 8 8 8 9 7	11 12 8 8 8 8 9	
96	For ricotta Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip – add chopped red chilli or black olives Spicy prawn pilau Recipe with Cook's tip – serve with a cucumber raita Turkey ragù with penne Recipe with Cook's tip – swap wheat pasta for red lentil pasta Pasta sauces Walnut & spinach pesto	12 8 8 9 11 10 8	11 12 8 8 8 8 9 7	11 12 8 8 8 8 9 0	
96	For ricotta Pork tagliatelle with creamy white wine sauce Simple tomato & basil risotto Recipe with Cook's tip - add chopped red chillior black olives Spicy prawn pilau Recipe with Cook's tip - serve with a cucumber raita Turkey ragù with penne Recipe with Cook's tip - swap wheat pasta for red lentil pasta Pasta sauces Walnut & spinach pesto Roasted red pepper	12 8 8 9 11 10 8	11 12 8 8 8 8 8 9 7	11 12 8 8 8 8 9 0	



30-minute meals from WW







Page Recipe

SmartPoints values

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Curries & stews						
106	Coq au vin	10	9	4		
108	Mediterranean seafood stew	6	5	5		
100	Recipe with Cook's tip – serve with olive oil	8	7	7		
	Nepalese keema-style curry	10	10	10		
	Recipe with Cook's tip – swap mince for beef mince	9	9	9		
110	Recipe with Cook's tip – swap mince for turkey breast mince	8	6	6		
	Recipe with Cook's tip – swap mince for Quorn mince	8	6	6		
112	Beef massaman curry	11	11	10		
	Mixed mushroom curry	1	0	0		
114	Recipe with Cook's tip – serve with mini naan breads	8	7	7		
116	Quick chicken korma	12	10	10		
118	Golden tofu curry with rice noodles	12	11	11		
120	Indian-inspired turkey koftas	8	6	6		
122	East African-style lentil stew	9	5	0		
	Mussels with bacon & wine	7	6	6		
124	Recipe with Cook's tip – serve with mixed green salad	7	6	6		
	Veggie sides for curries					
	Cucumber raita	1	0	0		
126	Indian-style salsa	0	0	0		
	Spiced cabbage	0	0	0		
	Pickled veg	1	1	1		

