

30-minute meals from WW



Page Recipe

SmartPoints values

Speedy & soups & salads			
12	Seafood chowder topped with crispy breadcrumbs <i>Recipe with Cook's tip - add new potatoes</i>	7	4 4
14	Red pepper, prosciutto & mozzarella salad	6	6 6
16	Greek-style lemon & chicken soup <i>Recipe with Cook's tip - serve with wholemeal pitta bread</i>	5	3 3
18	Mackerel, courgette, beetroot & white bean salad <i>Recipe with Cook's tip - swap smoked mackerel for whole griddled sardines</i>	9	2 2
20	Tabbouleh bowl with marinated prawns, tomatoes & feta	8	7 3
22	Spiced carrot & ginger soup	0	0 0
24	Giant couscous bowl with chicken & homemade cashew pesto	13	12 5
26	Red lentil & chorizo soup <i>Recipe with Cook's tip - swap chorizo for 3 Linda McCartney Chorizo & Red Pepper Sausages</i>	7	4 4
28	Mexican bean wraps	6	5 5
30	Cauliflower & Stilton soup	5	5 5
Open sandwiches			
	Chicken, cress & aioli	6	6 6
32	Halloumi, beetroot & broad bean Tuna niçoise Crab, radish & lime	8	7 7
		8	6 6
		4	4 4
Pan-fries & stir-fries			
36	Steak & white bean mash with mushroom sauce <i>Recipe with Cook's tip - swap white bean mash for butterbean mash</i> <i>Recipe with Cook's tip - swap white bean mash for chickpea mash</i>	12	8 8
38	Turkey quesadillas <i>Recipe with Cook's tip - swap turkey for chicken breast strips</i>	9	8 8
40	Green shakshuka <i>Recipe with Cook's tip - serve with flatbreads</i>	5	2 2
42	Sea bass with salsa verde	8	7 3
44	Quorn tacos with red cabbage slaw <i>Recipe with Cook's tip - swap taco shells for WW Wraps</i>	7	6 6
46	Stir-fried beef with oyster sauce	6	6 6
48	Miso & orange glazed salmon <i>Recipe with Cook's tip - swap rice for quinoa</i>	13	8 8
50	Rainbow vegetable stir-fry	14	9 3
52	Pork chops with creamy leeks & new potatoes	9	9 9
54	Butterflied chicken with a lemon, caper & shallot sauce <i>Recipe with Cook's tip - swap chicken for turkey breast fillet</i>	7	6 6
		6	4 4
		6	4 4
Omelettes			
	Chinese prawn	10	5 5
56	Ham, mozzarella & artichoke Mushroom & spinach Red pepper & feta	6	2 2
		4	1 1
		6	2 2



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Quick bakes & grills			
60	Tuna, herb & lemon traybake	8	6 3
	Quick cottage pie	7	7 7
62	<i>Recipe with Cook's tip - add WW Reduced Fat Grated Mature</i>	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	<i>Recipe with Cook's tip - swap broccoli for cauliflower or green beans</i>	9	9 5
Savoury tarts			
	Salmon & spinach	14	11 11
78	Bacon, egg & tomato Caramelised onion & thyme Chicken & asparagus	15	12 12
		12	11 11
		13	11 11
Pasta & rice			
82	Chicken sausage & cabbage pappardelle	10	10 10
	Moroccan-style rice	12	8 8
84	<i>Recipe with Cook's tip - swap turkey for lamb mince</i>	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	12 12
92	<i>Recipe with Cook's tip - swap goat's cheese for ricotta</i>	11	11 11
94	Pork tagliatelle with creamy white wine sauce	12	12 12
	Simple tomato & basil risotto	8	8 8
96	<i>Recipe with Cook's tip - add chopped red chilli or black olives</i>	8	8 8
	Spicy prawn pilau	9	8 8
98	<i>Recipe with Cook's tip - serve with a cucumber raita</i>	11	8 8
	Turkey ragù with penne	10	9 9
100	<i>Recipe with Cook's tip - swap wheat pasta for red lentil pasta</i>	8	7 0
Pasta sauces			
	Walnut & spinach pesto	5	5 5
102	Roasted red pepper Marinara Alfredo-style	0	0 0
		1	1 1
		3	2 2

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Curries & stews				
106	Coq au vin	10	9	4
108	Mediterranean seafood stew	6	5	5
	<i>Recipe with Cook's tip - serve with olive oil</i>	8	7	7
110	Nepalese keema-style curry	10	10	10
	<i>Recipe with Cook's tip - swap mince for beef mince</i>	9	9	9
	<i>Recipe with Cook's tip - swap mince for turkey breast mince</i>	8	6	6
112	<i>Recipe with Cook's tip - swap mince for Quorn mince</i>	8	6	6
	Beef massaman curry	11	11	10
114	Mixed mushroom curry	1	0	0
	<i>Recipe with Cook's tip - serve with mini naan breads</i>	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	<i>Recipe with Cook's tip - serve with mixed green salad</i>	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