



Page Recipe

SmartPoints values

Chicken & turkey			
14	Pesto chicken soup	6	2 2
16	Curried chicken & sweet potato traybake	10	6 2
	Breaded lemon turkey steaks	7	6 3
18	<i>Recipe with Cook's tip - swap turkey for chicken breast fillets</i>	7	6 3
20	Sticky peanut butter chicken	9	8 8
22	Chicken & leek risotto	11	10 10
24	Chicken tikka & pickled onion pizzas	8	7 7
26	Turkey meatloaf	5	3 3
28	Fennel grilled chicken with apple & potato salad	7	4 0
	Chicken sausage & cherry tomato pasta	10	10 10
30	<i>Recipe with Cook's tip - swap white pasta for wholemeal pasta</i>	10	10 4
32	Slow-cooked balsamic chicken	7	6 6
34	Frying pan chicken pie	7	6 6
Fish & seafood			
38	Baked piri piri cod	7	6 2
	Easy fish stew	3	0 0
40	<i>Recipe with Cook's tip - serve with boiled new potatoes</i>	6	3 0
	Roast salmon with peas, potatoes & chorizo	15	9 6
42	<i>Recipe with Cook's tip - swap new potatoes for cauliflower florets</i>	12	6 6
44	One-pan pesto cod & rice	7	6 1
46	Smoked mackerel, spinach & new potato frittata	13	2 0
48	Smoked haddock & potato hash	4	3 0
50	Spicy prawn laksa	9	9 9
52	Cod with braised bacon lentils	5	1 1
	Tuna, green bean & bulgur wheat salad	6	5 2
54	<i>Recipe with Cook's tip - swap bulgur wheat for quinoa</i>	6	5 2
	Spiced salmon & rice salad	13	8 8
56	<i>Recipe with Cook's tip - swap rice for green lentils</i>	7	0 0
58	Crispy sea bass with sesame noodles	8	7 1
	Salmon & dill pasta	15	8 8
60	<i>Recipe with Cook's tip - swap regular fusilli for a wholewheat pasta</i>	14	8 2



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Veggie			
64	Broccoli & Cheddar quiche	9	8 8
66	Baked potatoes with ricotta & roasted tomatoes	9	9 2
68	Spicy lentil & chickpea soup	8	1 1
	Lentil, feta & tomato salad	6	3 3
70	<i>Recipe with Cook's tip - add skinless chicken breast</i>	7	3 3
72	Courgette & lentil lasagne	13	10 5
74	Oven-baked red pepper risotto	8	8 8
76	Spiced sweet potato salad	8	8 4
78	Cauliflower 'rice' burrito bowls	10	5 5
80	Mushroom, cashew & black bean stir-fry	9	9 9
	Pea, leek & goat's cheese baked omelette	10	5 2
82	<i>Recipe with Cook's tip - swap goat's cheese for light feta</i>	8	4 1
84	Butternut squash & tofu Thai curry	10	9 3
86	Sticky glazed aubergines	9	9 9
88	Mixed bean chilli	8	6 6
Meat			
	Steak & potato salad	5	5 3
92	<i>Recipe with Cook's tip - add Stilton</i>	9	9 7
94	Teriyaki beef stir-fry	11	11 11
96	Sloppy joes with butternut squash wedges	9	9 9
	<i>Recipe with Cook's tip - add kidney beans</i>	11	9 9
	Lamb & green bean stew	9	9 6
98	<i>Recipe with Cook's tip - add butter beans</i>	11	9 6
100	Easy carbonara	10	8 8
102	Smoky BBQ sausages with butternut squash mash	5	5 5
104	Zesty pork with spinach & butter beans	5	3 3
	<i>Recipe with Cook's tip - serve with crusty bread</i>	9	6 6
	Thai beef salad	9	9 9
106	<i>Recipe with Cook's tip - swap beef for 4 x 165g chicken breast fillets</i>	8	7 7
108	Korean crispy beef	12	10 10
	Griddled pork steaks with mint & watermelon salad	11	11 11
110	<i>Recipe with Cook's tip - add chickpeas</i>	13	11 11