

## LEMON CHICKEN STIR-FRY WITH NOODLES | makes 2 portions

**Preparation time:** 20 minutes,  
plus 1 hour marinating time  
**Cooking time:** 8-11 minutes

Finely grated zest and juice of ½ lemon  
1 tbsp chopped fresh coriander  
2 small cloves garlic, crushed  
Freshly ground black pepper, to taste  
175g (6oz) skinless, boneless chicken  
breasts, cut into strips  
1 tbsp sesame seeds  
2 tsp sesame oil  
1cm (½in) piece fresh root ginger, peeled  
and finely chopped  
100g (3½oz) dried medium egg noodles  
1 carrot, cut into matchsticks  
1 small leek, washed and thinly sliced  
100g (3½oz) mangetout, trimmed  
55g (2oz) bean sprouts  
2-4 tbsp chicken or vegetable stock  
1 tbsp dry sherry or unsweetened apple juice  
2-3 tsp reduced-sodium soy sauce, or to  
taste

- 1 In a non-metallic dish, combine lemon zest and juice, coriander, half the garlic and the black pepper. Add chicken; turn to coat. Cover and refrigerate for 1 hour.
- 2 In a non-stick wok over a medium-high heat, dry-fry sesame seeds until toasted; set aside.
- 3 Add oil to wok; stir-fry ginger and remaining garlic for 30 seconds. Add chicken and marinade; stir-fry for 3-4 minutes. Meanwhile, cook noodles according to packet instructions; drain well and keep hot.
- 4 Add carrot and leek to wok; stir-fry for 1-2 minutes. Add remaining vegetables; stir-fry for 2-3 minutes or until chicken is cooked.
- 5 Add stock, sherry and soy sauce; stir-fry for 1 minute. Add hot noodles and sesame seeds; toss to mix well. Serve immediately.

PER 100g

MED fat LOW saturated fat LOW salt LOW sugar

PER PORTION

436 kcal 14g fat 3g saturated fat 1g salt 9g sugars

## POTATO SALAD WITH FLAKED MACKEREL | makes 2 portions

**Preparation time:** 20 minutes,  
plus cooling time  
**Cooking time:** 15 minutes

280g (10oz) waxy small salad potatoes  
115g (4oz) green beans, trimmed  
2 tbsp olive oil  
2 tsp unsweetened orange juice  
1 tsp white wine vinegar  
1 tsp wholegrain mustard, or to taste  
¼ tsp finely grated orange zest  
1 tbsp snipped fresh chives  
Freshly ground black pepper, to taste  
35g (1¼oz) small watercress sprigs  
4 spring onions, finely chopped  
125g (4½oz) can mackerel fillets in brine,  
rinsed, drained and flaked

- 1 Bring potatoes to the boil in a pan of water. Cook for 12-15 minutes, adding green beans for the last 5 minutes, until both are tender. Drain well; refresh under cold running water and drain again thoroughly. Set aside to cool completely.
- 2 Whisk together oil, orange juice, vinegar, mustard, orange zest, chives and black pepper in a small bowl.
- 3 Put cold potatoes and beans in a serving bowl. Add watercress, spring onions and mackerel; toss gently. Give dressing a whisk; drizzle over salad. Toss gently again and serve.

PER 100g

MED fat LOW saturated fat MED salt LOW sugar

PER PORTION

335 kcal 19.5g fat 4g saturated fat 1.35g salt 5g sugars