

Best 

Healthy Comfort Food Recipe eBook





Feel like indulging in some delicious and heartwarming comfort foods but don't want to trip up on your health journey?

Try our delicious and nutritious alternatives to your favourite comfort foods...

Grocery List



MEAT, POULTRY, FISH & EGGS

120 g beef sirloin steak, lean
10 g fish, anchovy fillet(s)
100 g fish, salmon fillet(s)
120 g mince, beef, extra-lean (<8% fat)

DAIRY & DAIRY ALTERNATIVES

30 g cheese, feta
10 g yoghurt, plain, low-fat

VEGETABLES & FRUIT

1 aubergine(s)
20 g baby marrow(s)
basil, fresh
1 bell pepper(s), green
1 bell pepper(s), red
50 g broccoli florets
80 g cabbage, shredded
1 carrot(s)
3 garlic clove(s)
40 g green peas
100 g mushroom(s), Shiitake
1 onion(s), red
20 g onion(s), spring
1 onion(s), white
parsley, fresh
2 potato(es), sweet
140 g salad, mixed (e.g. lettuce, bell peppers, onions, tomatoes, cucumber, carrots)
50 g spinach, baby
1 tomato(es), globe
1 lemon(s)

SPICES & CONDIMENTS

broth, vegetable
30 g curry paste, red
curry powder
fish sauce
harissa paste
40 g miso paste
mustard, Dijon
paprika
180 g passata paste
pepper, black
salt, sea
salt, table
soy sauce, low sodium
stock, vegetable

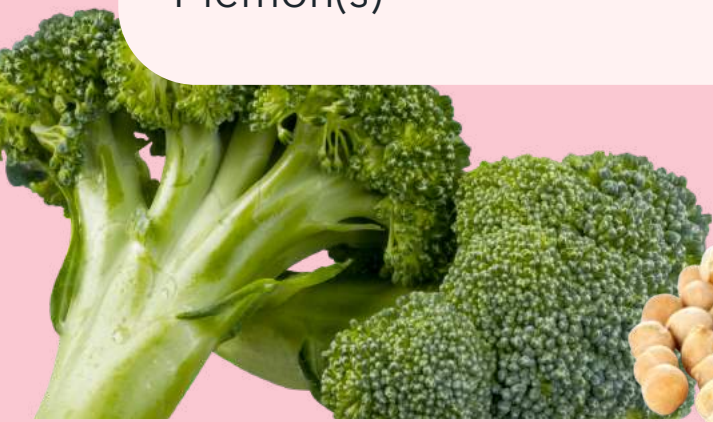


PANTRY STAPLES

80 g chickpeas, tinned
honey
130 ml milk, coconut, lite
oil, olive
oil, sesame
60 g tomato purée
100 g tomatoes, chopped, tinned
vinegar, balsamic
vinegar, rice

DRY GOODS

egg noodles
spaghetti, wholewheat





Not-So-Sloppy Joes

Serves: 1

Ingredients

- 120 g extra-lean, beef mince
- 1/4 white onion (diced)
- 1/2 green bell pepper (diced)
- 1 tbsp tomato purée
- 2 tbsp water
- 1 tsp Dijon mustard
- 1 tsp rice vinegar
- 1 tsp fish sauce
- 1/2 tsp paprika
- 1 pinch of table salt
- 1 pinch of black pepper
- 130 g sweet potatoes (thickly sliced)
- 2 tsp olive oil
- 1 cup mixed salad (e.g. lettuce, bell peppers, onions, tomatoes, cucumber, carrots)
- 1 garlic clove (peeled and crushed)

Method

1. Preheat the oven to 180 degrees Celsius.
2. Line a baking sheet with baking paper or use non-stick cooking spray. Arrange the sweet potato slices in a single layer. Brush them with 1 tsp of olive oil. Bake for 25 - 30 minutes, flipping halfway through.
3. Place a pan over medium to medium-high heat. When the pan is hot, add 1 tsp of olive oil, onions, and peppers. Sauté, stirring occasionally, until the onions start to soften.
4. Add the mince and garlic. Use a large spoon to break up meat, and cook, stirring occasionally, until the meat has browned and is almost cooked through.
5. Add the tomato paste, water, mustard, vinegar, fish sauce, paprika, salt, and pepper to the meat mixture. Stir well to combine. Continue to cook over medium heat for 10 minutes.
6. To assemble the "Sloppy Joes", add the sweet potato slices to a plate, top with the meat mixture, and top that with another sweet potato slice.
7. Serve with a mixed green salad.

A close-up photograph of three halves of baked sweet potatoes on a white plate. The potatoes are filled with a mixture of chickpeas, a white sauce, and fresh green herbs. In the background, there is a small white bowl containing more chickpeas, a glass of white rice, and a lime wedge. The entire scene is set against a blue textured background.

Chickpea-Stuffed Sweet Potato

Serves: 1

Ingredients

- 1/2 cup tinned chickpeas (drained)
- 1/2 cup lite coconut milk
- 1/2 tsp curry powder
- 1 globe tomato (chopped)
- 1 sprig of fresh parsley
- 1 tsp olive oil
- 200 g sweet potato (whole)
- 30 g feta cheese

Method

1. Preheat the oven to 180 degrees Celsius.
2. Poke holes in your sweet potato, place them onto a baking tray and bake for 40 minutes, with the skin on, until the inside is soft.
3. In a small pan, heat 1 tsp of olive oil. Add the chickpeas, tomato and curry powder and sauté for 5 minutes. Stir coconut milk through the mixture.
4. Place the curried chickpea mixture over the sweet potato, crumble the feta and sprinkle some parsley on top.

A close-up, top-down view of a wooden bowl filled with a rich, dark red miso soup. The soup is topped with a variety of ingredients: a large, soft-boiled egg with a bright yellow yolk, several slices of thick, orange-colored chili-roasted salmon, and several sliced mushrooms. The bowl is placed on a light-colored, weathered wooden surface. A white text box is overlaid on the center of the bowl.

Spicy Miso Ramen with Chilli Roasted Salmon

Serves: 1



Ingredients

- 100 g salmon fillet
- 100 g Shiitake mushrooms
- 1 tbsp low sodium soy sauce
- 1 tsp honey
- 1 tsp sesame oil
- 2 tsp red curry paste
- 2 cups vegetable broth
- 1 tbsp miso paste
- 1 cup shredded cabbage
- 1 spring onion (thinly sliced), save some for serving
- 1/2 cup egg noodles (uncooked)

Method

1. Preheat the oven to 200 degrees Celsius (400 F).
2. Stir the soy sauce, honey, sesame oil and curry paste together in a small bowl.
3. Brush the mixture over both sides of the salmon and mushrooms and place on a baking sheet (lined with baking paper).
4. Cook for 4-5 minutes in the oven or until the salmon is cooked to your liking. Set aside.
5. Add the broth to a pot over medium-high heat and bring to a simmer. Add the miso (stir to combine), egg noodles, cabbage and spring onions and cook until the noodles have softened. Taste and season according to preference.
6. Add broth to a bowl and top with the cooked salmon and mushrooms.
7. Garnish with the remaining spring onion and serve.



One-pan Pasta Primavera

Serves: 1



Ingredients

- 1 tbsp olive oil
- 1/4 white onion (thinly sliced)
- 1 garlic clove (thinly sliced)
- 70 g wholewheat spaghetti (uncooked)
- 250 ml vegetable stock
- 100 g tomatoes, chopped, tinned with the juice
- 50 g broccoli florets
- 1/2 carrot (julienned)
- 1 pinch of sea salt
- 50 g baby spinach
- 40 g green peas
- 1 pinch of black pepper



Method

1. Heat the olive oil in a non-stick pan, with a lid, over medium-high heat. Add the onion and saute for 2 minutes.
2. Add the garlic, spaghetti, stock, tomatoes (with the juice), broccoli, carrot, and salt. Bring to a boil, reduce the heat to medium-low, cover, and cook for 3 minutes.
3. Uncover, stir, and continue cooking, stirring constantly. Cook for about 8 minutes or until the stock is absorbed and the pasta is tender.
4. Stir in the spinach, peas and black pepper and toss for 1 minute.
5. Add the pasta to a bowl and serve.

A close-up photograph of a white ceramic bowl filled with a vibrant ratatouille. The dish features chunks of grilled steak, zucchini, red bell peppers, and onions, all coated in a rich, reddish-brown sauce. Fresh green herbs are scattered throughout. The bowl is set on a light-colored, textured fabric surface. In the background, another similar bowl is visible but out of focus.

Grilled Steak Ratatouille

Serves: 1



Ingredients

- 1/4 cup fresh basil
- 1/4 cup fresh parsley
- 1/4 aubergine
- 1/4 baby marrow
- 1/4 lemon (squeezed)
- 1/4 red onion
- 1/4 tbsp balsamic vinegar
- 1/4 tsp harissa paste
- 1/4 tsp paprika
- 1/2 tbsp plain, low-fat yoghurt
- 1/2 tsp Dijon mustard
- 1 anchovy fillet
- 1 red bell pepper
- 1 garlic clove
- 1 1/2 tbsp olive oil
- 120 g lean beef sirloin steak (fat removed)
- 175 g passata paste

Method

1. Halve the baby marrow lengthways, slice the aubergine 1 cm thick and place both on a griddle pan. Turn when charred.
2. Tear the seeds and stalks out of the peppers, peel the onion, roughly chop both and put into the casserole pan with the harissa, anchovies and 1 tsp of their oil.
2. Squash the unpeeled garlic through a garlic crusher and add to the mixture.
3. Remove the charred baby marrow and aubergine from the griddle pan, leaving it on the heat and roughly chop them on a board.
4. Add them to the casserole pan along with the passata and vinegar, and boil with the lid on.
5. Rub salt, paprika and 1 tsp of olive oil on the steaks. Place on the hot griddle pan, turning every minute until cooked to your liking.
6. On a board, finely slice the parsley stalks and roughly chop the leaves.
7. Add the mustard and 1 tbs of olive oil, season with salt, and black pepper and squeeze over the lemon juice. Mix and spread over the board.
8. When the steaks are done, transfer them to the board, turn in the dressing, and then slice.
9. Tear the top leafy half of the basil into the ratatouille, and season to taste. Serve with low-fat yoghurt.