Quick, Tasty & Nutritious

No-Cook Recipes

Mango and Avocado Black Bean Salad

1 cup beans, black, tinned (drained)
1/2 cup mango(es) (chopped)
1/2 avocado(s) (diced)
1/2 onion(s), red (diced)
1 chilli(es), red, fresh (de-seeded)
1 pinch(es) pepper, black
1 pinch(es) salt, table
1 tsp juice, lemon
1 tsp oil, olive
1 tbsp seeds, mixed

1. Combine all ingredients in a large flat bowl.
2. Drizzle with lemon juice and olive oil. Season to taste.

Best 10

Smoked Salmon and Cream Cheese Wrap

1/4 cucumber(s) (chopped)
1/4 onion(s), red (chopped)
1 cup salad leaves, mixed
1 celery stalk(s) (chopped)
1 wrap(s), multigrain (warmed)
1 handful rocket, fresh
1 handful tomatoes, cherry (halved)
1 pinch(es) pepper, black
1 pinch(es) salt, sea
1 tbsp cheese, cream, low-fat
1 tbsp vinegar, balsamic
100 g fish, salmon, smoked

1. Spread the cream cheese onto the wrap and place the rocket on top. Layer salmon over the rocket. Add chopped red onion, season to taste and fold tightly.
2. Serve with salad leaves, cherry tomatoes, cucumber, and celery, and drizzle with balsamic vinegar.

Best 10

Crunchy Cashew and Carrot Salad

2 carrot(s) (grated)
1 celery stalk(s) (sliced)
1 onion(s), spring (sliced)
1 tbsp raisins
1 tbsp juice, lemon
1 tsp mustard, Dijon
120 g chicken breast(s), smoked (sliced)
1 tbsp cheese, cottage, low-fat
1 tbsp nuts, cashews (chopped)

1. Add grated carrot, celery, spring onion and raisins to a bowl.
2. In a separate bowl mix lemon juice and mustard then add to the veggies and toss.
3. Top with sliced chicken, cottage cheese, and cashews and enjoy.

Seeded Chicken Salad Roll

1 roll, wholewheat, seeded
30 g cheese, feta
100 g chicken breast(s), smoked
1 tbsp chickpeas, hummus, low-fat
1/2 tsp pepper, black
1/4 tsp salt, table
1 handful spinach, baby
2 gherkin(s), pickled (sliced)
1 tomato(es), globe (sliced)

1. Slice roll in half.
2. Spread with hummus and top with baby spinach, tomato, shredded chicken and gherkin. Crumble feta over.
3. Season with salt and pepper, close and enjoy.

Best 10

Mediterranean-Style Crackers

6 seed crackers, small
6 slice(s) cucumber(s) (sliced)
1 tomato(es), globe (sliced)
2 tbsp chickpeas, hummus, low-fat
1 tbsp pesto, red pepper
1 pinch(es) salt, table
1 pinch(es) pepper, black
1 handful rocket, fresh

1. Place crackers on a plate, spread with hummus and pesto.
2. Place cucumber, tomato and rocket on crackers.
3. Sprinkle with salt and pepper.

Best 10

Beetroot, Lentil & Feta Salad

1/4 cucumber(s) (diced)
1/4 lemon(s) (juiced)
1/2 cup beetroot, cooked (cubed)
1/2 cup lentils, tinned (drained)
1/2 tsp pepper, black
1/2 tsp salt, table
1 cup spinach, baby
1 tbsp yoghurt, plain, low-fat
1 tsp oil, olive
30 g cheese, feta

1. Add baby spinach, lentils, beetroot and cucumber to a bowl. Toss together and crumble feta over.
2. Mix lemon juice, yoghurt, olive oil, salt and pepper and drizzle over.

Best 10

Crunchy Broccolini Salad with a Creamy Dressing

1/2 cup beans, edamame (cooked)
80 g broccolini, tender-stem
1 celery stalk(s) (sliced)
1/4 cucumber(s) (ribboned)
1/2 apple(s), red (sliced)
10 g cranberries, dried
10 g nuts, almonds, flaked
1 tbsp tahini paste
1 tsp water
1 tsp oil, olive
1 tbsp yoghurt, plain, low-fat
1 tsp maple syrup
1 pinch(es) salt, table
1/4 lemon(s) (juiced)

1. Add the vegetables, beans and fruit to a bowl and top with cranberries and almonds. Gently toss.
2. To make the dressing, place the tahini in a jug and whisk. Slowly add the water, olive oil and lemon juice and continue whisking.
3. Add the yoghurt and stir until it's the consistency of mayonnaise. Add the maple syrup and season to taste.
4. Drizzle over the salad and enjoy.

Best 10

Baby Spinach, Avo and Chickpea Salad

1 tsp oil, olive
2 carrot(s) (chopped)
1/4 cucumber(s) (chopped)
1/2 cup spinach, baby (chopped)
5 tomatoes, cherry (chopped)
1/4 avocado(s) (sliced)
30 g feta, crumbled
1 celery stalk(s) (de-leaved and chopped)
1/2 cup chickpeas, tinned (drained and rinsed)

1. Chop cherry tomatoes, carrot, celery, baby spinach and cucumber – add this to a salad bowl.
2. Drain the chickpeas and rinse them, then add them to the salad bowl and mix.
3. Drizzle with olive oil.
4. Lastly, add the sliced avocado and feta on top and serve.

Best 10

Mexican Chicken Bowl

120 g chicken breast(s), smoked (sliced)
50g nachos, corn
1/2 lemon(s)
1 tsp oil, olive
1 cup rocket, fresh
1 tbsp coriander, fresh (chopped)
1/2 cup sweetcorn (steamed)
1/4 avocado(s) (diced)

1. In a large bowl, mix chicken, sweetcorn, rocket and squeeze in the juice of half a lemon.
2. Sprinkle with olive oil and coriander.
3. Place avocado on top of the salad and serve with nachos.

Best 10

Smoked Trout Poke Bowl

1/2 cup coriander, fresh
1 carrot(s) (thinly sliced)
1 chilli(es), red, fresh
1 lime(s) (juiced)
1 onion(s), green
1 tsp oil, olive
1 tsp oil, sesame
100 g fish, trout, smoked. sliced
40 ml soy sauce, low sodium
1/2 cup pineapple, cut into chunks
75 g cabbage, purple, shredded
1 tsp seeds, sesame

1. De-seed and finely slice the chilli and spring onion. Rinse and roughly chop the coriander.
2. Place the red cabbage, pineapple and carrot into a bowl and toss through the spring onion, coriander, chilli and half of the lime juice.
3. Toss the trout through the olive oil, sesame oil, soy sauce and the remaining lime juice. Leave to marinate until serving.
4. Assemble bowl with the slaw and trout. Serve with sprinkled sesame seeds on top.

Best 10

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