

GRIDDLED SALMON WITH SPICY LENTILS

SERVES 4
WLS 1/2 PORTION

Succulent salmon fillets are served here on a bed of delicately-spiced green lentils then topped with a fresh, minty yogurt topping. This recipe will also work well with skinless and boneless chicken fillets.

INGREDIENTS

- 1 onion, finely sliced
- Fry Light low-fat cooking spray
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 300 ml vegetable stock
- 200 g dried green lentils, rinsed
- Salt and freshly ground black pepper
- 4 x 100 g skin-on salmon fillets
- 150 g pot fat-free natural yogurt
- 10 g chopped fresh mint

INSTRUCTIONS

- 1 Put the onion in a medium non-stick pan with a few squirts of Fry Light spray. Cover and cook over a gentle heat until softened, about 3 minutes. Add the cumin and coriander and cook for a further 2 minutes.
- 2 Stir in the stock, bring to the boil, then add the lentils. Cover and simmer for 25-30 minutes, stirring occasionally, until the lentils are tender and the stock has been absorbed. Add a little more stock if necessary.
- 3 Meanwhile, spray a non-stick frying or griddle pan with Fry Light. Season the salmon fillets with salt and pepper to taste. Place the salmon fillets skin-side down in the pan and cook for 4-5 minutes or until the skin is crisp. Turnover and cook for a further 4-5 minutes or until the salmon flesh is opaque and just beginning to flake.

- 4 Season the cooked lentils to taste and mix the yogurt with the mint and a little ground black pepper. Divide the lentils between 4 warmed plates, top each with a salmon fillet and spoon over some minty yogurt to serve.

PER PORTION

Calories:	397
Protein:	35.2g
Carbohydrates:	33.4g
Fat:	13.1g
Fibre:	5.4g

Courtesy of Waitrose



Succulent
Salmon
Fillets

CHOCOLATE BROWNIES WITH PEARS AND NUTS*

SERVES 16

These sugar-free brownies will never be quite like the chocolate laden classic ones but they come pretty close! The pears and nuts add texture and flavour and help to keep the brownie squidgy. Don't overcook or they will become dry rather than moist and fudgy. Serve plain with a cup of tea or warm with a little orange-flavoured half-fat crème fraiche or yogurt as a specially indulgent Easter treat.

INGREDIENTS

- 125 g low-fat spread
- 75 g unsweetened cocoa powder
- 35 g granulated Splenda sweetener
- 1 teaspoon vanilla essence
- 3 large eggs
- 125 g self-raising flour
- ½ teaspoon baking powder
- 2 ripe Comice pears, peeled, cored and chopped
- 1 tablespoon skimmed milk
- 50 g Brazil nuts, chopped
- Fry Light low-fat cooking spray

INSTRUCTIONS

- 1 Preheat the oven to 150 C/300 F/Gas 2.
- 2 Melt the low-fat spread and cocoa powder in a small saucepan, over a low heat, stirring well until smooth. Transfer to a medium bowl and blend in the Splenda and vanilla.

- 3 Whisk in the eggs, one at a time, until thick and smooth. Mix the flour with the baking powder and stir into the chocolate mixture, mixing well. Finally fold in the pears, milk and nuts.

- 4 Spoon into a 19-cm shallow square cake tin that has been lightly dusted with low-fat cooking spray and level the surface. Bake until the brownies are just set, about 12-14 minutes. Check by piercing with a cocktail stick, the mixture in the centre should still be sticky but not uncooked and runny.

- 5 Allow to cool in the tin then cut into 16 squares for serving. Store in an airtight container for 3-4 days.

PER PORTION

Calories:	118
Protein:	4.0g
Carbohydrate:	0.2g
Fat:	6.8g
Fibre:	2.1g

*Suitable for freezing

Courtesy of Waitrose



Sugar
Free
Recipe