

## **Alfresco : your guide to healthy eating / Tesco Stores Ltd.**

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### **Publication/Creation**

Cheshunt : Tesco, [1992?]

### **Persistent URL**

<https://wellcomecollection.org/works/nc72z3zd>

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TESCO

# ALFRESCO



YOUR  

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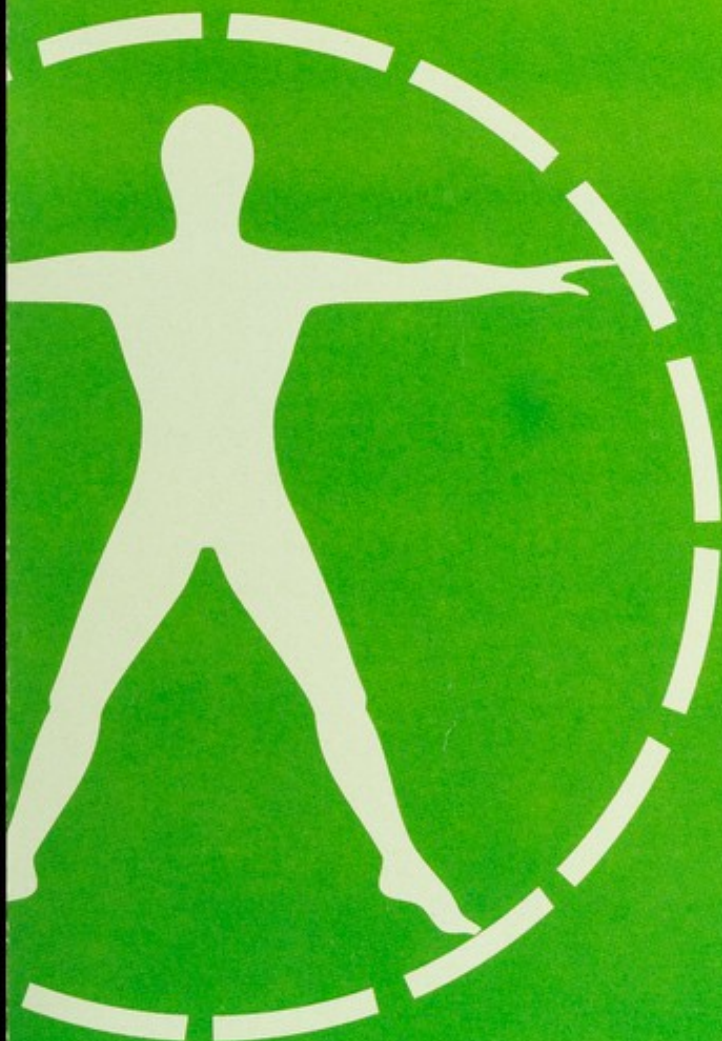
GUIDE TO  

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HEALTHY  

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EATING





## ALFRESCO

Look and feel good this Summer with Healthy Eating from Tesco. We've come up with some delicious summer recipe ideas to make the most of eating outdoors. And the best thing about them is they're all good for you, providing you with the right balance of sugar and salt, lower in fat and saturated fat and higher in fibre.

## BARBECUED FISH KEBABS

You'll find a variety of fish kebabs available instore. Choose from Tiger Prawn Kebabs featured on the front cover, Peppered Smoked Mackerel Satay, Chinese Style Smoked Mackerel Satay and Barbecue Smoked Mackerel Satay. Serve with Tesco Low Calorie Sea Food Sauce or with Tesco Healthy Eating Dips.



### MARINADE FOR BARBECUE TROUT

Enough for 4 Fresh Trout

#### Ingredients

150ml (1/4 pint), White Wine

1 Orange, zest and juice

2 x 15ml sp (2 tbsp) fresh Dill, chopped

Freshly Ground Black Pepper

#### Method

1. Combine all ingredients, mix well. Marinade the trout for 2 hours in a fridge.
2. Barbecue the trout, basting and turning frequently. Cook for approximately 10 minutes each side until the flesh falls easily from the bones.

Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
161 Calories (kcal)	5g	1g	28g	0g

### HEALTHY EATING BARBECUE SAUCE

Makes approx. 1/2 pint

#### Ingredients

150ml (1/4 pint) Tesco Low Calorie Tomato

Ketchup

2 x 15ml sp (2 tbsp) Tesco Dried Mixed Herbs

2 x 15ml sp (2 tbsp) Worcestershire Sauce

2 x 15ml sp (2 tbsp) Tesco Wholegrain

Mustard

1 medium Onion, sliced

2 cloves Garlic, crushed

Ground Black Pepper

#### Method

1. Combine all ingredients in a jam jar, shake well, use to brush on sausages and beefburgers whilst cooking on the barbecue.



Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
284 Calories (kcal)	4g	52g	10g	3g

Serve the Tesco Healthy Eating Beefburgers in wholemeal baps with Tesco Healthy Eating Cheese Slices and salad.

Tesco Healthy Eating Sausages are ideal in warmed finger rolls.

## SMOKED MACKEREL ROULADE

Serves 8

Cooking Temperature 190C 375F Gas Mark 5. Cooking time 15 minutes.

### Ingredients

300ml ( $\frac{1}{2}$  pint) Tesco Healthy Eating

Virtually Fat Free Milk

1 medium Onion, sliced

Ground Black Pepper

25g (1oz) Tesco Cornflour

175g (6oz) Smoked Mackerel, skinned and flaked



4 Eggs, separated

1 x 250g pot Tesco Healthy Eating Prawn

Coleslaw

### Method

1. Pre heat oven, line a swiss roll tin with baking parchment.
2. Reserve 4 x 15ml sp (4 tbsp) of milk. Heat up the remainder with onion and black pepper.
3. Mix the reserved milk with the cornflour. Add it to the warm milk, stir until mixture thickens. Cook for 2 minutes. Allow to cool slightly.
4. Add the egg yolks and mackerel to the onion sauce.
5. Whisk egg whites until stiff, stir 1 x 15ml sp (1 tbsp) into the fish mixture, fold in remaining whites.
6. Pour mixture into the lined pan. Cook for 15 minutes or until dry to the

touch, golden and well risen. Remove from oven, allow to cool for 10 minutes.

7. Turn out roulade on to a sheet of baking parchment. Roll it up tightly leaving the roulade wrapped up until it is completely cold.
8. Unroll the roulade, fill with prawn coleslaw, reroll and serve at room temperature.

### Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
97 Calories (kcal)	8g	9g	11g	1g





## TUNA DIP

Serves 4

### Ingredients

- 1 x 185g can Tesco Tuna Chunks in Brine, drained
- 1 small Onion, chopped
- 1 Egg, hard boiled, cooled and chopped
- 125g (4oz) Tesco Healthy Eating Cottage Cheese
- 4 x 15ml sp (4 tbsp) Fat Free Mayonnaise
- 1 x 15ml (1 tbsp) Tesco White Wine Vinegar

### Method

1. Combine all ingredients, mix well. Chill.

2. Serve with pitta bread or strips of raw vegetables.

### Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
122 Calories (kcal)	6g	2g	15g	0.5g



## MEXICAN BEAN TORTILLA

Serves 8

Cooking Temperature 180c, 350F Gas Mark 4. Cooking time 30 minutes.

### Ingredients

- 2 x 5ml sp (2 tsp) Tesco Chilli Powder
- 1 large Onion, roughly chopped
- 2 cloves Garlic, crushed
- 4 Tesco Healthy Eating Sausages, sliced
- 3 x 15ml sp (3 tbsp) Water
- 1/2 440g can Tesco Healthy Eating Red Kidney Beans, drained
- 1/2 325g can Tesco Healthy Eating Sweetcorn, drained
- 3 Eggs
- 175ml (6fl oz) Tesco Healthy Eating Virtually Fat Free Milk
- 100ml (4fl oz) Tesco Healthy Eating Double Cream
- 1 Green Pepper, deseeded and sliced

### Method

1. Line a 25cm (10") quiche dish with baking parchment.
2. In a non stick pan combine the first 5 ingredients. Cook over a medium heat for 5-7 minutes, stirring frequently.
3. In a mixing bowl combine all other ingredients except green pepper. Mix well.
4. Add the onion mixture to the egg mixture, pour into the lined quiche dish. Top with pepper. Bake in a preheated oven for 30 minutes or until firm to the touch, cool.
5. Turn out the tortilla. Serve in slices.

### Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
222 Calories (kcal)	10g	21g	12g	1g



## SPICY PASTA SALAD

Serves: 4

### Ingredients

200g (8oz) Tesco Pasta Bows, Twists or Quills, cooked

150g (6oz) Tesco Healthy Eating Cooked Chicken Fillets, cut into 1" chunks

1 325g can Tesco Healthy Eating Sweetcorn, drained

6 Salad Onions, sliced

2 x 15ml (2 tbsp) Tesco Smooth Peanut Butter

1 x 150ml pot Healthy Eating Natural Bio Yoghurt

1 x 5ml sp (1 tsp) Tesco Chilli Powder

2 x 5ml sp (2 tsp) Tesco Sesame Oil (optional)

### Method

1. Combine the pasta, chicken, sweetcorn and onions, mix well.
2. Combine remaining ingredients, pour over the pasta mixture, toss well.

### Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
426 Calories (kcal)	10g	62g	22g	3g



## FIESTA SALAD

Serves: 4

### Ingredients

225g (8oz) Tesco Long Grain and Wild Rice, cooked

1 x 100g (4oz) pack Tesco Cooked and Peeled Prawns

1 Red Pepper, deseeded, chopped

4 Salad Onions, sliced

2 sliced Flavour Top Tomatoes

150ml (1/4 pint) Tesco Oil Free Dressing

Black Pepper to taste

### Method

1. Combine all the ingredients except dressing, stir well, pour over dressing and toss. Serve chilled.

As an alternative substitute the prawns for 1 x 350g Pack Tesco Healthy Eating Frankfurters, sliced.

### Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
266 Calories (kcal)	2g	51g	11g	2g



Crudites make a quick and easy accompaniment to Tesco Healthy Eating Dips.



## FRUITED FROMAGE FRAIS DIPS

Serves: 4

### Ingredients

4 x 100g individual pots Tesco Healthy Eating  
Vanilla Fromage Frais

50g (2oz) Raspberries, roughly chopped

1 Orange – juice and zest

50g (2oz) Tesco Crunchy Oat Cereal

2 x 15ml sp (2 tbs) Tesco Clear Honey

350g (12oz) assorted Fresh Fruits

### Method

1. Place fromage frais in 4 small serving

dishes. Flavour the first one with raspberries, the second with orange, the third with cereal and the fourth with honey.

2. Arrange the fresh fruits on a platter with the fromage frais and cocktail sticks. Serve as a dip.

For a more spectacular look serve the fruits on a pile of crushed ice.

### Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
195 Calories (kcal)	3g	33g	9g	2g



## CINNAMON FILLED BASKETS WITH SUMMER FRUITS

Serves: 4

### Ingredients

6 sheets Filo Pastry, defrosted

1 Egg White, beaten with a fork

25g (1oz) Caster Sugar

1 x 5ml sp (1tsp) Tesco Ground

Cinnamon

} Mix  
together

350g (12oz) assorted Summer Fruits, sliced

Strawberries, Blueberries, Raspberries, sliced

Peaches, sliced Nectarines and Melon balls

### Method

1. Cut the sheets of filo pastry in half.
2. Cover 4 small upside down ovenproof ramekin dishes or empty and washed 185g Tuna cans with a sheet of damp baking parchment or greaseproof paper.
3. Place a layer of filo on the work

surface, brush with egg white, top with another sheet of filo, offset to form a cross. Brush with egg white and sprinkle with  $\frac{1}{4}$  of the sugar and cinnamon mixture.

4. Lay the 3 sheets of filo on the ramekin dish to form an upside down basket. Repeat until all ramekin dishes are covered. Cook in a preheated oven for 5-7 minutes until golden. When cool remove from ramekin.
5. Just before serving fill with summer fruits.

### Nutrition Information per serving:

Energy	Fat	Carbohydrates	Protein	Fibre
153 Calories (kcal)	1g	32g	4g	2g

All products featured subject to availability.

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