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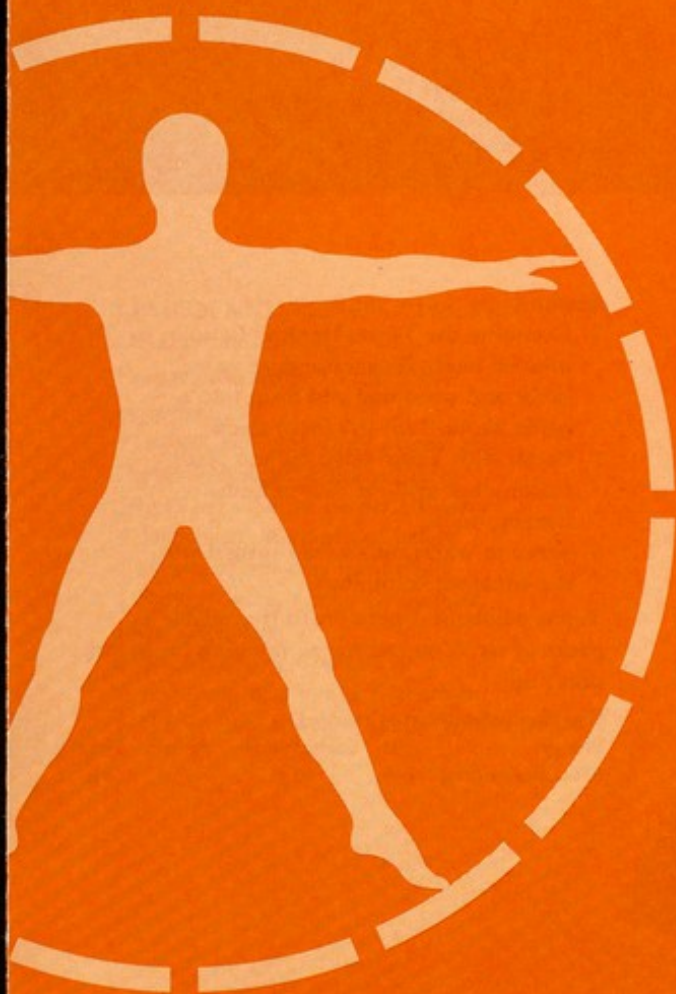
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TESCO

HEALTHY EATING FOR ONE



YOUR

GUIDE TO

HEALTHY

EATING

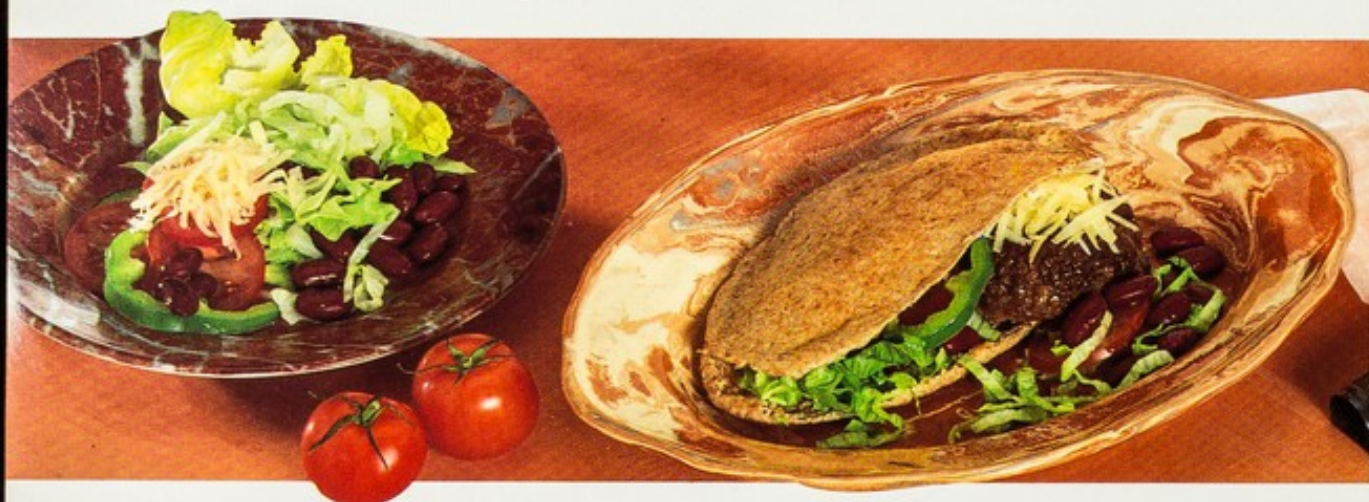
HEALTHY EATING FOR ONE

When you're cooking for one it's just as important to have a healthy balanced diet as it is if you are cooking for a family of four.

At Tesco it's never been easier. You can choose from a wide variety of delicious Healthy Eating ready meals, (a few ideas are suggested in this leaflet) and when you do want to prepare a meal we've come up with some recipe ideas for you to try. Most can be prepared in less than 20 minutes. And what's more, a large range of Healthy Eating products are now available in single or

small packs. You can also buy just the quantities you'll need from the Tesco fruit and vegetable displays and, in the larger Tesco supermarkets, from the delicatessens and wet fish counters.

In fact all the fresh foods mentioned in this leaflet are available in small or single packs. So why not try a combination of the following recipes and Healthy Eating ready meals this week as part of your balanced diet and see just how quick and easy it can be.



MEXICAN BEEFBURGERS

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

125-150 g (4-6 oz) Tesco Healthy Eating

Minced Beef

$\frac{1}{2} \times 5 \text{ ml sp}$ ($\frac{1}{2} \text{ tsp}$) Worcestershire Sauce

Pinch Mixed Herbs

Salt and Pepper

Tesco Olive Oil

Mexican Trimmings:

Tesco Wholemeal Pitta Bread

Grated Healthy Eating

Cheddar Type Cheese

Sliced Tomato

Tesco Canned

Kidney Beans

Sliced Green Pepper

Shredded Lettuce



Method

1. Combine the Tesco Healthy Eating minced beef, Worcestershire sauce, herbs and seasoning and form into a pattie about 2 cm ($\frac{3}{4}$ inch) thick.
2. Brush with Tesco olive oil and place under a hot grill for 8-10 minutes turning once.
3. Serve in warm pitta bread stuffed with the Mexican trimmings.

Tesco wholemeal pitta bread is available in packs of six. You can freeze the pitta bread you don't use.

Nutrition Information per serving:

| Energy | Fat | Carbohydrate | Protein | Fibre |
|---------------------|------|--------------|---------|-------|
| 656 Calories (kcal) | 24 g | 63 g | 47 g | 8 g |

MIXED VEGETABLE GRATIN

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients:

75 g (3 oz) each Broccoli and Cauliflower Florets
50 g (2 oz) Tesco pre-packed Carrot Batons, chopped
1/2 small Leek, sliced
2 x 15 ml sp (2 tbsp) grated Parmesan Cheese
2 x 5 ml sp (2 tsp) finely chopped fresh Parsley
1 small Tomato, chopped and deseeded

Sauce:

150 ml (1/4 pint) Tesco Healthy Eating Half Fat Milk
15 g (1/2 oz) Tesco Healthy Eating Half Fat Sunflower Spread
15 g (1/2 oz) Tesco Plain Flour
40 g (1 1/2 oz) Tesco Healthy Eating Half Fat Cheddar Type Cheese, Lemon Juice, Pinch Cayenne Pepper, Salt and Pepper

Method

1. To make the sauce, pour the milk into a small saucepan with the sunflower spread and flour. Bring to the boil over a low heat, whisking constantly until thickened. Stir in the cheese, a squeeze of lemon juice and the seasonings and cook for another 2-3 minutes. Cover and keep warm.
2. Plunge the vegetables into boiling water for 4-5 minutes until just crunchy. Drain and transfer to a warmed ovenproof dish.
3. Pour the sauce over the vegetables, sprinkle with parmesan and parsley and add the tomato.
4. Place under a hot grill for 5 minutes until golden. Serve with a green salad.

Nutrition Information per serving:

| Energy | Fat | Carbohydrate | Protein | Fibre |
|---------------------|------|--------------|---------|-------|
| 424 Calories (kcal) | 20 g | 31 g | 30 g | 6 g |



All fish are good for you providing you with many vitamins and protein. They are also very simple to cook as you can see from the following recipes:

GRILLED TROUT PARCEL

Preparation time: 10 minutes

Cooking time: 15-20 minutes

Ingredients:

1 Trout weighing 225-275 g (8-10 oz)
Sprig of Fresh Herbs (e.g. thyme, marjoram, parsley)
Tesco Olive Oil
Lemon Juice
Salt and Freshly Ground Pepper
3 Carrot Batons, halved lengthways
1 Spring Onion, chopped
1 Button Mushroom, sliced thinly
2 x 5 ml sp (2 tsp) snipped fresh Chives

Method

1. Heat the grill to its highest setting.
2. Brush a large piece of foil with oil to stop the trout sticking.

3. Place the fish on the foil and stuff the cavity with herbs. Brush with oil, sprinkle with lemon juice and season with salt and pepper.
4. Place the vegetables on top of the trout.
5. Crimp and fold the edges of the foil to make a well-sealed parcel.
6. Place on a rack under the grill for 15-20 minutes, turning halfway through.
7. Transfer to a warmed plate and pour over the juices. Sprinkle with chives and serve with minted new potatoes.

Nutrition Information per serving:

| Energy | 498 Calories (kcal) |
|--------------|---------------------|
| Fat | 22 g |
| Carbohydrate | 30 g |
| Protein | 45 g |
| Fibre | 3 g |



HADDOCK FILLET WITH TOMATO, PEPPER AND ONION SALSA

Preparation time: 15 minutes

Cooking time: 8 minutes

Ingredients:

2 x 5 ml sp (2 tsp) Lime Juice

1 x 15 ml sp (1 tbsp) Tesco Olive Oil

1 Garlic clove, crushed

Salt and Freshly Ground Pepper

1 Haddock Fillet no more than 2 cm (3/4 inch) thick

Salsa:

1 Tomato, diced finely

2 x 15 ml sp (2 tbsp) finely diced Yellow Pepper

1 Spring Onion, chopped finely

1/2 Green Chilli, deseeded and diced finely

1 x 15 ml sp (1 tbsp) finely chopped fresh Coriander or Parsley

Pinch each Sugar and Salt

2 x 5 ml sp (2 tsp) Tesco Olive Oil

1 x 5 ml sp (1 tsp) Lime Juice

Method

1. Preheat the grill to its highest setting.
2. Combine the Salsa ingredients in a small bowl.
3. Combine the lime juice, olive oil, garlic, salt and pepper. Whisk until thick and brush over the haddock.
4. Place the haddock on an oiled rack and grill for 7-8 minutes without turning.
5. Serve with Tesco continental lentils and the Salsa.

Nutrition Information per serving:

| Energy | Fat | Carbohydrate | Protein | Fibre |
|---------------------|------|--------------|---------|-------|
| 504 Calories (kcal) | 28 g | 20 g | 43 g | 5 g |



SMOKED MACKEREL PÂTÉ

Preparation time: 5 minutes

Ingredients:

250 g (9 oz) Smoked Mackerel Fillet

2 x 5 ml sp (2 tsp) Lemon Juice

3 x 15 ml sp (3 tbsp) Healthy Eating Low Fat Cottage Cheese

2 x 15 ml sp (2 tbsp) Healthy Eating Low Fat Natural Yogurt

2 x 5 ml sp (2 tsp) finely chopped

Fresh Dill

1 x 5 ml sp (1 tsp) crushed Fennel Seeds

Salt and Pepper

Method

1. Flake the mackerel and discard the skin and bones.
2. Place in a blender with the remaining ingredients. Purée until smooth.
3. Serve with toasted wholemeal Healthy Eating bread and Tesco crisp mixed salad.

This makes enough for 2 servings. It will keep in the fridge for up to two days.

Nutrition Information per serving:

| Energy | Fat | Carbohydrate | Protein | Fibre |
|---------------------|------|--------------|---------|-------|
| 463 Calories (kcal) | 23 g | 29 g | 35 g | 3 g |



You don't only have to buy products for one, Tesco Healthy Eating Lemon and Pepper Marinated Chicken Fillets is a meal for two. This can be easily adapted to make two meals - hot one night and cold another night, as shown here.

LEMON AND PEPPER CHICKEN SERVED WITH PASTA AND STEAMED MIXED GREEN VEGETABLES

Ingredients:

1 pack Tesco Healthy Eating Lemon and Pepper Marinated Chicken Fillets
50g (2 oz) Tesco Fusilli or other small Pasta shapes
25g (1 oz) each of trimmed Green Beans, Broccoli Florets and Shredded Cabbage
3-4 Sugar Snap Peas

2 x 15 ml sp (2 tbsp) finely chopped Fresh Parsley or Chives

Salt and Pepper

Method

1. Cook the chicken and pasta according to the instructions on the packs. Set aside half the chicken for another meal (allow this to cool, cover and keep refrigerated for a maximum of 24 hours).
2. Place the vegetables together in a steamer with the sugar snap peas on top. Cover and steam over boiling water for 4-5 minutes until just tender.
3. Season the pasta and vegetables to taste and sprinkle with parsley or chives.

Nutrition Information per serving:

| Energy | Fat | Carbohydrate | Protein | Fibre |
|---------------------|-----|--------------|---------|-------|
| 353 Calories (kcal) | 5 g | 43 g | 34 g | 5 g |



LEMON AND PEPPER CHICKEN WITH ORIENTAL SALAD

Preparation time: 15 minutes

Ingredients:

1 cooked serving of Tesco Lemon and Pepper Marinated Chicken Fillets
50g (2 oz) Chinese Leaves, shredded
4 Mangetout, trimmed and halved
1 Button Mushroom, sliced finely
1 Spring Onion, green part included, sliced diagonally
Small handful of Beansprouts
A few sprigs of trimmed Watercress
5 Whole Almonds with Skins, sliced lengthways

Dressing:

1/2 x 5 ml sp (1/2 tsp) Tesco White Wine Vinegar

1/2 x 5 ml sp (1/2 tsp) Soy Sauce

1 x 15 ml sp (1 tbsp) Tesco Olive Oil

Pinch Sugar

Pepper

Method

1. Cut the cooked chicken into bite-sized chunks.
2. Arrange the salad ingredients on a plate with the chicken on top.
3. Whisk the dressing ingredients until thick and pour over the salad. Serve with crusty wholemeal bread.

Nutrition Information per serving:

| Energy | Fat | Carbohydrate | Protein | Fibre |
|---------------------|------|--------------|---------|-------|
| 463 Calories (kcal) | 23 g | 28 g | 36 g | 5 g |

Healthy Eating frozen and chilled ready meals give you the right balance of fat, fibre, sugar and salt you need as part of your healthy balanced diet.

Try Healthy Eating Frozen Sweet and Sour Chicken as shown on the front cover. Or how about Tesco Healthy Eating Frozen Vegetable Pizza served with a mixed salad of lettuce, cucumber and cherry tomatoes, and a piping hot jacket potato with a little Healthy Eating Cheddar Type Cheese lightly grated on the top. Jacket potatoes can be cooked very quickly in a microwave oven.



Pizza can be sliced into quarters using a sharp knife. Keep the slices and cooking instructions in a sealed container or Tesco freezer bags in the freezer. You can then cook just the amount you want following the instructions on the pack.

Feel like eating fish? Tesco's Healthy Eating Frozen Ocean Pie is delicious and for the pasta lovers Tesco Healthy Eating Lasagne with a green salad is a must.

Finish off your Healthy Eating meal with either a Tesco Healthy Eating Yogurt or a Tesco Healthy Eating Fromage Frais. There are a wide variety of tasty flavours for you to choose from.

Fresh fruit also makes a quick and easy dessert or try one of the range of Tesco Frozen Fruit Mixtures, simply defrost as much as you need.

All products featured are subject to availability, some lines are in larger stores only.

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