

## **Stress and your diet / Batchelors Nutritional Advice Centre.**

### **Contributors**

Batchelors Nutritional Advice Centre.

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## STRESS AND YOUR DIET <sup>(2)</sup>

	1	2	3	4	5
Morning	Muesli Low Fat Fruit Yogurt Toast	Baked Beans on Toast Apple Juice	Wheatflakes Sliced Banana Toast	Dried Fruit Compote in Orange Juice Low Fat Yogurt Toast	Scrambled Egg & Mushrooms on Toast Orange Juice
Midday	Carrot, Mushroom & Coriander Flan* Green Salad Kiwi Fruit	Tomato, Fetta Cheese & Olive Salad Pitta Bread Pecan Tart	Spinach, Egg & Bacon Salad Granary Roll Fruit Yogurt Shortbread	Chicken & Broccoli Soup Herb Omelette Crusty Roll Apple	Jacket Potato with Creamed Chicken Livers Green Salad French Stick Strawberries
Evening	Seafood Risotto* Tomato & Green Bean Salad Poached Pears with Redcurrant Sauce	Cajun Chicken* Green Beans New Potatoes Mango Ice Cream & Mango Slices	Vegetable Goulash* Steamed Ginger Pudding & Custard	Salmon & Rice Pastry Plait* Watercress Salad Lemon Mousse	Moussaka* Mange Tout Peach Meringue

Daily Allowance - 1 pint semi-skimmed milk  
1oz butter or 1oz polyunsaturated margarine

Average intake over 5 days (based on standard portions)

Protein	128g
Fat	100g
Energy (Calories)	2600 Cals
Dietary Fibre	20g

\* Batchelor's recipe enclosed



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CARROT, MUSHROOM AND CORIANDER FLAN  
Serves 4

8oz / 225g shortcrust pastry  
2 tsp / 10ml olive oil  
1 small onion, peeled and finely chopped  
10oz / 275g carrots, finely grated  
2oz / 50g mushrooms, finely chopped  
3 tbsp / 45ml chopped fresh coriander OR 1 tbsp / 15ml dried  
1 egg, size 3, beaten  
3 tbsp / 45ml low fat yogurt  
2 tbsp / 30ml milk  
salt and pepper  
2 tbsp / 30ml low fat cheddar, grated

METHOD

1. Roll out pastry and line a greased 8 inch / 20.5cm flan dish. Chill.
2. Preheat oven to 200C / 400F / Gas Mark 6.
3. Heat the oil, add the onion and cook gently until soft. Add the carrots, mushrooms and coriander, cook gently for a further 4-5 minutes or until carrot has softened.
4. Spoon mixture into the chilled flan case.
5. Mix together the egg, yogurt, milk, salt and pepper, pour over the carrot and mushroom mixture. Sprinkle the top with the grated cheese and bake for 25-30 minutes until set and golden brown.
6. Serve with a green salad.

SEAFOOD RISOTTO  
Serves 4

4 tbsp / 60ml olive oil  
1 large onion, peeled and chopped  
2 cloves garlic, peeled and crushed  
1 200g packet Batchelors Delicately Flavoured Coriander and Herb Rice  
1 pint / 600ml fish stock  
6oz / 175g cooked prawns  
1lb / 450g mussels, cleaned  
4 fl oz / 100ml dry white wine  
4 tbsp / 60ml chopped parsley  
salt and pepper to taste  
1 lemon, cut into wedges

METHOD

1. Heat oil, add the onion and garlic, cook until soft. Add the rice and stir well.
2. Add the stock to the mixture, bring to the boil and simmer gently for 10 minutes or until the rice has absorbed all the stock.
3. Stir in the prawns and mussels, add the wine and cook quickly until absorbed. Discard any mussel that has not opened.
4. Stir in the parsley, place in the serving dish and garnish with lemon wedges.

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#### CAJUN CHICKEN

Serves 4

2 tbsp / 30ml olive oil  
2 onions, peeled and sliced  
4 chicken breasts, skinned  
4 tsp / 20ml Cajun seasoning  
1/2 pint / 300ml Greek yogurt  
1 tbsp / 15ml cornflour, mixed with a little water  
salt and pepper  
watercress

#### METHOD

1. Preheat the oven to 190C / 375F / Gas Mark 4.
2. Coat the chicken breasts in Cajun seasoning
3. Heat the oil and fry onions until soft, add the chicken and cook each side for 5 minutes to brown. Remove the chicken breasts to a warmed ovenproof dish.
4. Mix together the yogurt, cornflour and water, and add to the remaining onion in the pan, bring to the boil. Season to taste.
5. Pour mixture over the chicken.
6. Cover and cook for 25-30 minutes or until chicken is cooked.
7. Garnish with watercress.

#### VEGETABLE GOULASH

Serves 4

1 tbsp / 15ml olive oil  
6 small onions or shallots, peeled  
4 celery sticks, cut into 1/2 inch / 1cm chunks  
2 small courgettes, cut into 1/2 inch / 1cm chunks  
2 small carrots, peeled and cut into 1/2 inch / 1cm chunks  
1 green pepper, deseeded and sliced  
415g can chopped tomatoes  
1/2 pint / 300ml vegetable stock  
415g can Batchelors Black Eye Beans, drained  
415g can Batchelors Cannellini Beans, drained  
1 tbsp / 15ml paprika  
1 tbsp / 15ml cornflour, mixed with a little water  
salt and pepper  
1/4 pint / 150ml soured cream (optional)

#### METHOD

1. Heat the oil in a large pan and fry the onions, celery, courgettes, carrots and pepper until lightly browned.
2. Pour in the tomatoes, stock, paprika and seasoning. Cover and simmer for 20 minutes until the vegetables are tender.
3. Stir in the beans, blend in the cornflour, add water and bring to the boil stirring gently. Cover and simmer for a further 10 minutes.
4. Serve in a warmed dish, adding soured cream for a dressing if wished.

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**SALMON AND RICE PASTRY PLAIT**  
Serves 6

1 packet Batchelors Chinese Chicken Special Fried Rice  
1 tbsp / 25g plain flour  
1/4 pint / 150ml milk  
99g can salmon, drained and flaked  
1oz / 25g button mushrooms, sliced  
1 tbsp finely chopped parsley or fresh coriander  
9oz / 250g puff pastry  
a little beaten egg

**METHOD**

1. Cook the Batchelors Rice according to the packet instructions.
2. Stir in the flour and gradually add the milk, taking care not to break up the rice. Cook for 1 minute then stir in the salmon, mushrooms and parsley or coriander. Place to one side to cool.
3. Roll out the pastry on a lightly floured surface to a rectangle 13 x 11 inch / 33 x 28 cm. Trim the edges to straighten the sides.
4. Fold the pastry neatly into three lengthways. Place the pastry on a non-stick baking tray and arrange the cooled filling along the centre of the pastry. Cut 1 inch / 2.5cm strips at right angles on each side of the filling, dampen these with a little water and then fold over alternate sides across the filling to give a plaited effect.
5. Cover with cling film and chill in the refrigerator for 30 minutes. Preheat the oven to 200C / 400F / gas Mark 7.
6. Brush plait with beaten egg and bake for 30 minutes or until evenly browned.
7. Serve hot with vegetables or cold with a salad.

**MOUSSAKA**  
Serves 4

12oz / 350g aubergines  
1oz / 25g salt  
1lb / 450g lean minced beef  
1 onion, finely chopped  
1 pint / 600ml packet Batchelors Minestrone Soup  
3/4 pint / 450ml water  
1 tbsp / 15ml tomato puree  
1 tbsp / 15ml olive oil  
1/2 pint / 300ml cheese sauce

**METHOD**

1. Slice the aubergines, arrange on a plate and sprinkle with the salt, leave for 30 minutes then drain. Rinse thoroughly in cold water and pat dry with paper towels.
2. Fry the mince without added fat, stirring continuously until browned. Drain off any excess fat. Add the onion, soup with the water and tomato puree. Simmer for 15 minutes, stirring frequently.
3. Preheat the oven to 190C / 375F / Gas Mark 5.
4. In another pan, fry the aubergine in the olive oil until golden.
5. Layer the meat sauce and aubergine gently in a shallow casserole dish, finishing with a layer of aubergine. Pour the cheese sauce over the top.
6. Bake for 30 minutes or until the top is golden.
7. Serve with salad or vegetables.

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