



Baked Vegetable Risotto (Serves 4)

This recipe makes cooking a risotto super-easy by leaving it to bake in the oven. We've suggested some Mediterranean veg but anything goes with this baked risotto recipe so you can use up any leftover veg.

Ingredients

- 1 tbsp oil
- 1 onion, chopped*
- 1 garlic clove, chopped*
- 100ml white wine
- 1 tin chopped tomatoes
- 200g frozen Mediterranean veg (any vegetables available will work)
- 1 stock cube made up with 600ml water
- 300g risotto rice or long grain white rice

*if not available these ingredients can be left out

Method

1. Pre-heat oven to 200°C/180°C/392°F/Gas mark 6
2. Heat oil in frying pan, add onion and garlic and cook for 5 mins until soft
3. Add rice and wine to pan. Leave until rice has absorbed wine, should take a few mins
4. Add chopped tomatoes, frozen veg and stock. Mix well
5. Place in an oven-proof dish, cover and bake for 25-30 minutes. If using risotto rice it should look creamy when cooked

Nutrition

Starchy foods such as rice are our main source of carbohydrate in the diet and provide a slow release of energy throughout the day. Choosing wholegrain or brown versions of rice can help to increase our fibre intake. Rice is also low in fat and a good source of B-vitamins which help to release energy from our food and keep our skin, eyes and nervous system healthy.

Nutrition per portion - 431g

Energy 582kcal	Fat 7.3g	Saturates 0.9g	Sugars 11.6g	Salt 1.2g	Protein 13.3g	Carbs 106.8g	Fibre 3.8g
29%	10%	4%	13%	20%	26%	41%	

% of an adult's reference intake

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Tuna and Tomato Pasta (Serves 4)

This recipe is low in fat and can be cooked up quickly using ingredients from your store cupboard.

Ingredients

- ½ tbsp oil
 - 1 tin tuna, drained
 - 300g pasta
- Tomato Sauce***
- 1 onion, chopped
 - 1 garlic clove, crushed
 - 2 tsp tomato puree
 - 1 tin chopped tomatoes
 - 1 tsp dried oregano
 - 1 tsp dried basil

*Alternatively substitute for any tomato based pasta sauce available and skip to stage 3.

Method

1. Heat olive oil in pan. Add onion and crushed garlic, cook on low heat. Once soft, add tomato puree. Heat for 2-3 mins
2. Add chopped tomatoes, oregano and basil. Leave to simmer on a low heat for 10 mins
3. Bring a pan of water to the boil, add pasta and cook for 10-12 minutes
4. Add tuna to the tomato sauce and heat through
5. Drain the pasta and add to sauce, mix well and serve

Nutrition

Tuna is a great source of protein and naturally low in fat. Therefore, a good alternative to red and processed meats. Fish is a good source of many vitamins, and minerals such as selenium, calcium and iodine. Iodine helps to make thyroid hormones which are important for growth and metabolism.

Nutrition per portion - 329g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
415kcal	4.9g	0.7g	12.2g	0.2g	20.3g	68.7g	7.5g
21%	7%	3%	14%	4%	41%	26%	-

% of an adult's reference intake

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Vegetarian Bean Chilli (Serves 4)

This recipe is quick to cook and requires very little prep. Any tinned beans work well in this recipe, so you can use whatever is available at home.

Ingredients

- 1 tbsp oil
- 1 can kidney beans, drained
- 1 can chopped tomatoes
- 1 can butter beans, drained (or any other tinned beans available)
- 1 can haricot beans, drained (or any other tinned beans available)
- 2 tbsp tomato puree*
- 1 onion, chopped*
- 1 clove garlic, crushed*
- 1 heaped tsp chilli powder
- 1 tsp paprika*
- 1 tsp ground cumin*
- Pinch of salt
- 300g rice to serve

*if not available these ingredients can be left out

Method

1. Heat oil in large saucepan, add onion and garlic and fry for five minutes until soft
2. Add chilli powder, cumin and paprika and fry for a further minute
3. Add beans, chopped tomatoes and pinch of salt
4. Bring to boil, then simmer for 10 mins.
5. To cook the rice: Place rice in a saucepan with 700ml of water
6. Bring to the boil, cover and simmer gently for 10-12 mins, add more water if necessary
7. Drain and fluff up with fork before serving

Nutrition

Beans are a cheap source of protein, low in fat and count as one of your 5 a day. They are also high in fibre. Fibre can help with digestion and make us feel fuller for longer. Increasing Fibre in our diet can also help to reduce the risk of heart disease, diabetes and colorectal cancer.

Nutrition per portion - 501g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
596kcal	7.5g	1g	10.5g	0.3g	25.5g	98.6g	17g
30%	11%	5%	12%	5%	51%	38%	-

% of an adult's reference intake

Please Note: Altering the ingredients will change the nutritional content of the meal

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Vegetable Curry (Serves 4)

This curry is full of flavour, and very simple to make. It's incredibly versatile and works great with most veg just use up whatever veg you have available.

Ingredients

Curry paste

- 1 tbsp curry powder
 - 1 tbsp soy sauce
 - 2 tbsp peanut butter
 - 1 tsp honey
 - 1 tsp chilli flakes or chilli powder
 - ½ tin coconut milk
 - 200ml water
- 1 tsp oil
 - 1 can chickpeas, drained (can be swapped for other beans or chicken)
 - 1 onion, diced (or red pepper or omitted)
 - 200g frozen broccoli (or any green veg available)
 - 4 carrots, peeled, chopped (or peppers)
 - 300g rice, to serve

Method

1. In a bowl mix curry powder, soy sauce, peanut butter, honey and chilli flakes together to make a paste
2. Add oil to a pan and cook onion until soft
3. Add paste to pan and cook for 2 minutes
4. Add vegetables and chickpeas to pan and mix well
5. Stir in coconut milk and water and increase heat to bring to a simmer
6. Once simmering, reduce heat to medium and cook for 20 minutes, until vegetables are soft
7. To cook the rice, place rice in a saucepan with 700ml of water
8. Bring to the boil, cover and simmer gently for 10-12 mins, add more water if necessary
9. Drain and fluff up with fork before serving

Nutrition

This curry is a great alternative to a takeaway as it's low in fat and saturated fat. As part of a healthy diet we should aim to cut down on the amount of saturated fats in our diets as saturated fats can raise our cholesterol levels, which can increase the risk of heart disease.

Nutrition per portion - 461g

Energy 530kcal	Fat 12.9g	Saturates 2.8g	Sugars 17.1g	Salt 1g	Protein 18.4g	Carbs 79.2g	Fibre 13.8g
27%	18%	14%	19%	17%	37%	30%	-

% of an adult's reference intake

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Stir Fry Vegetable Pasta (Serves 4)

This recipe is really quick and easy to make. Great for a day when you want something nutritious but don't have much time.

Ingredients

- 300g pasta
- 1 pepper or 150g frozen pepper (could be swapped for another veg like carrots or courgettes)
- 1 onion chopped or 100g frozen onions (could be swapped for red onion)
- ¼ jar red pesto (could also use green pesto)
- 1 tsp garlic paste (if unavailable can be left out)
- 1 tbsp oil
- Pinch of salt and pepper

Method

1. Boil water in pan and add pasta, cook for 10-12 mins or according to packet instructions
2. Add oil to frying pan and heat
3. Add peppers and onions and cook for about 5 minutes until soft
4. Add garlic paste and stir, season with salt and pepper to taste
5. Drain pasta, add pesto to hot pasta then stir in veg

Nutrition

Starchy foods such as pasta provide a slow release of energy throughout the day. If possible choose whole wheat versions as they contain more fibre. Red, yellow and orange bell peppers are a great source of vitamin C, potassium and vitamin A. Vitamin A helps your body's immune system work properly and helps with our vision in dim lighting.

Nutrition per portion - 238g

Energy 390kcal	Fat 8.8g	Saturates 1.2g	Sugars 5.7g	Salt 0.3g	Protein 11.6g	Carbs 63g	Fibre 6.1g
20%	13%	6%	6%	5%	23%	24%	-

% of an adult's reference intake

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Homemade Vegetable Pizza (Serves 4)

Making your own pizza at home can be a healthy alternative to takeaways and it's surprisingly easy to do. Feel free to be adventurous with your toppings and add some extra veg.

Ingredients

Topping*

- 3tbsp tomato puree
- 150g tinned tomatoes
- 1tsp oregano
- ½ tsp basil

*Alternatively substitute for any tomato based pasta sauce and skip stage 2

- 3tbsp frozen sweetcorn or tinned sweetcorn
- 100g mixed frozen peppers or 1 pepper, chopped
- 60g Mozzarella cheese or any cheese available

Dough

- 250g (1 cup), bread flour
- 2tsp dried yeast
- 150ml/ ¼ pint warm water
- Pinch salt

Method

- Mix all dough ingredients and knead until soft, cover with a damp tea towel and leave for 1 hour
 - Whilst waiting for the dough to rise, mix tomato puree, tinned tomatoes, oregano and basil together to make the sauce
 - After 1 hour, knead dough again and roll out on a light floured surface
 - Line a flat baking tray with grease proof paper, cover with pizza dough
 - Spread sauce evenly over dough, followed by cheese and veg
 - Cook in preheated oven 200°C/180°C/392°F/ Gas mark 6, for 15-18 mins
- Serve with a side salad

Nutrition

Adding vegetables to your pizza can help you to up your veg intake and increase the fibre content of the meal. Tinned tomatoes count as 1 of your 5 a day. Therefore making your own tomato base is also a great way to increase your veg intake. Tomatoes are high in Vitamin C. Vitamin C helps protect our cells and maintain healthy skin, bones and blood vessels. Dairy products such as cheese are sources of protein and calcium. Calcium helps to build strong bones and teeth.

¼ Pizza (220g) contains:

Energy 361kcal 18%	Fat 4.8g 7%	Saturates 2.6g 13%	Sugars 7.9g 9%	Salt 1.2g 21%	Protein 16g 32%	Carbs 60.7g 23%	Fibre 4.8g -
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% of an adult's reference intake

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Stovies (Serves 4)

Tasty, filling, and requires very few ingredients. This is an easy dish to make and perfect on a cold day.

Ingredients

- 1 (400g) can of stewing steak in gravy
- 1kg (10) potatoes or tinned potatoes
- 2 onions, diced
- ½ beef stock cube (made up with 200ml boiled water)

Method

1. Peel and slice potatoes, or drain tinned potatoes and slice
2. Place all ingredients together into a pot and cook on the hob for 30-40 minutes until potatoes are soft. Alternatively place all ingredients in a slow cooker and leave on low for 4-5hours

Serve with beetroot and green vegetables

Nutrition

Potatoes are a good source of energy, fibre, B vitamins and potassium. Red meat such as beef is a rich source of Iron. Iron is important for making red blood cells, which transports oxygen around the body. A lack of Iron can lead to Iron deficiency anaemia. Salt content can be reduced by using a low salt stock or low salt stock cube.

Nutrition per portion - 320g

Energy 390kcal	Fat 10.6g	Saturates 4.8g	Sugars 5.4g	Salt 1.2g	Protein 21.7g	Carbs 49.2g	Fibre 6g
20%	15%	24%	6%	20%	43%	19%	-

% of an adult's reference intake

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