



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

MEALS FOR ONE

SMALLER MEALS

Moroccan chick pea soup
Curly Kale Soup
Lentil and Ham Soup
Sweet Potato Soup
Carrot and Parsnip Soup
Tuna and Salad with jacket potato
Feta cheese in pitta bread and olives with salad

MAIN MEALS

Roasted vegetable and bean lasagne
Lamb chump chops in root vegetables, garlic, fresh thyme and red wine
Chicken breast Tai stir fry, beans, red and yellow peppers
Salmon piece in soya sauce with orange, spinach and green beans
Chicken (thigh) casserole with prunes and apple juice
Sausage casserole (good quality sausages), mashed potatoes with celeriac
Cous Cous, broccoli with white fish: cod or plaice (steamed)
Pasta with bean and mince bolognaise
Chilli with brown rice and salad

MOROCCAN CHICK PEA SOUP

Heat 1 tbsp olive oil then add 1 chopped onion, 1 clove garlic and 1 carrot 1 red pepper chopped and 1 tsp cumin seeds. Stir fry for 5 mins.

Add stock 500ml. 1 tin tomatoes chopped and simmer for 5 mins. Cool and blend using a hand held blender. Stir in the chick peas and sprinkle on some sunflower and pumpkin seeds and fresh coriander or parsley.

KURLY KALE SOUP

Sauté an onion in 1 tsp olive oil until golden. Add 1 crushed clove garlic.

Add 2 chopped large potatoes until golden and soft in 2 cups stock. Meantime steam the kale and add half the kale to the potato and stock. Blend then add the rest of the chopped steamed kale and add some milk or even low fat crème fraiche to taste.

CARROT AND PARSNIP SOUP

Chop 2 onions, 2 garlic cloves 2 sticks celery 2 parsnips and 4 carrots, sauté in 1 tsp olive oil. Add 875 ml stock, 2 tbsp fresh coriander or parsley and 2tbsp red lentils. Simmer for 30 mins. Blend then add 100g ground almonds.

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LENTIL AND HAM SOUP

Fry in 1 tsp olive oil 1 chopped onion and 1 clove garlic for 5 mins until clear and soft.
Add the lentils and water and 1 chopped carrot and 1 stick celery.
Add 225g split red lentils and 875ml pints stock.
Simmer for 20 mins.
Can add diced smoked ham or bacon.
Season and add lemon juice to taste.
Can add optional 1 tbsp grated ginger or 1 tsp ground coriander and cumin.
A pinch of chilli powder can add warmth on a cold day.

BUTTERNUT SQUASH AND SWEET POTATO SOUP

Add to 1.136l stock 1 chopped butternut squash, 1 sweet potato, 2 carrots,
1 chopped fennel bulb 1 onion and simmer for 10-12 mins.
Add 1 clove garlic seasoning and then blend to desired consistency.
Garnish with fresh parsley and pumpkin seeds.

ROASTED VEGETABLE AND BEAN LASAGNE/PASTA/RICE

Chop up into a roasting tin,

1 red onion
1 sweet potato
1 aubergine
1 red and yellow pepper
1 courgette and ½ butternut squash

Sprinkle over olive oil and salt and pepper. Can add whole or chopped cloves of garlic and fresh basil leaves if you fancy.

Roast in a hot oven for 30 mins.

When brown and steaming remove and add a jar of passata and 1 tbsp sundried tomato paste.

Add 1 tin chick peas or other tinned beans such as green lentils.

Use with plain pasta or even brown rice or can layer with a cheese sauce and lasagne sheets and cook in moderate oven for 45 mins.

LAMB CHOPS WITH ROOT VEGETABLES AND FRESH HERBS AND RED WINE

Place lamb chops into a large roasting tin and place around it chopped seasonal root vegetables such as carrots, onions, parsnips, turnips, swede. Add sprigs of fresh thyme and or rosemary, garlic and sprinkle over olive oil.

Roast for 20 mins then pour over 300ml red wine and cook for a further 2 mins covered.

Serve with seasonal cabbage or sprouts.

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CHICKEN STIR FRY

Chop up 1-2 chicken breasts and stir fry with garlic, carrot strips, courgette strips and peppers. After 10 mins add 1 packet bean sprouts or a mix and add a mixture of 4 tsp soya sauce, 1 tsp chopped fresh ginger, and 1 tsp honey.

Serve with wholemeal rice.

SALMON IN ORANGE JUICE AND SOYA SAUCE

Place salmon fillet in a glass dish and marinade in a 110 ml orange juice and 2 tbsp soya sauce, 1 diced garlic clove and diced ginger and chopped spring onion. 1 hr

Wrap with baking paper and then aluminium foil bringing the edges up to the middle and folding a seam so there is room to steam. Bake in oven for 20 mins
200°C/400°F/Gas mark 6

CHICKEN WITH PRUNES AND APPLE JUICE

Take a large piece of baking parchment on top of aluminium foil and place your chicken breast or deboned thigh. Drizzle over 1 tsp olive oil, 2-3 prunes, half chopped small onion and finely diced carrot and slices of red pepper.

Pour over ½ tea cup of apple juice and season.

Fold up as above and cook for 15-20 mins.

Serve with small baked potato.

FISH WITH COUS COUS

Place in bottom of a steamer 300 ml water and place on top piece of plaice and a handful of fine green beans. After steaming for 15 mins, take steamer off bottom pan and add a packet of Lemon and coriander cous cous with a knob of butter. (Available at major supermarkets).

MINCE AND BEAN BASIC BOLOGNAISE

Sauté an onion, pepper, chopped aubergine, sweet potato and 2 carrots with 3 cloves and garlic in 1 tbsp olive oil. Then add 250g best beef mince and fry until brown.

Add a jar of passata, 1 tbsp pesto and 1 tbsp sundried tomato sauce. Stir also in a tin of green lentils or 2 tbsp dried red lentils. Cook then with 300 ml stock for 30 mins or in a slow cooker.

Serve with wholemeal rice or pasta.

CHILLI

Just add 1-2 tsp chilli powder and a tin of red kidney beans in chilli sauce to the above bolognaise.

Serve with wholemeal rice or pasta.

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