



‘Schwartz Spice Up Your Healthy Eating Plan’



We all have good intentions when it comes to healthy eating, but too often these fall by the wayside when we give in to our food cravings. That’s why Schwartz has specially created the Spice Up Your Healthy Eating Plan. It’s a balanced, everyday healthy eating plan which is packed full of flavour to help you continue to make healthy meal choices.

The recipes contained within this plan are easy to follow, use everyday ingredients and are brought to life with an array of tasty herbs and spices so you don’t have to compromise on great taste and flavour when following a healthy diet. Putting a bit of thought into your eating habits today can be a worthwhile investment.





‘Spice Up Your Healthy Eating Plan’

If your “get up and go” just “got up and went”, then look no further. This eating plan has been carefully designed to help you get some balance back on to your plate, without compromising on taste.

With today’s hectic lifestyles, it’s sometimes tough to make a healthy choice, however these recipes are easy to follow and use everyday ingredients with an array of tasty herbs and spices so you don’t have to compromise on taste when following a healthy diet. The plan helps you reduce unhealthy saturated fats and added sugar, as well as cutting down on salt, which has been shown to be linked with high blood pressure. So putting a bit of thought into your eating habits today can be a worthwhile investment.

This plan has been created to help you achieve:

- Full flavour healthy meals for you to enjoy.
- A good variety of different foods, with fruit and vegetables to give you balance and extra nutrients.
- Enough calories for good health. This is designed for you if you love your food and want to choose healthy options.
- Delicious dishes that won’t take hours in the kitchen or need you to be a super-cook.

Eating for Health

Eating well is a crucial step to help you to achieve a balanced lifestyle. The more varied your diet, the more likely you are to get a range of nutrients. Follow the three top tips below:

- Eat at least five portions of fruit and vegetables a day. Many of these recipes will contribute a portion of fruit or vegetables, and in addition you might like to serve some extra steamed veg or have some fruit or fruit juice with your meal, or fruit as a snack.
- Choose wholegrain varieties to help you make a healthier choice.
- Cut down on saturated fat and sugar. The recipes in this plan have been created so that they are low in saturated fat and sugar.

The Recipes

These delicious recipes have been specially selected for the Spice Up Your Healthy Eating Plan. Simply pick and mix to your taste. Here’s what to do to help you make a healthy choice:

- Choose one breakfast, lunch and dinner recipe each day. Try to choose a variety across the week.
- If you like to snack, there’s a list of quick and easy snack ideas for you to choose from. Have one or two a day maximum.
- Choose lower fat dairy foods like semi-skimmed or 1% fat milk. To ensure you get enough calcium, choose 3 servings of dairy foods a day. One serving is equivalent to 200ml or a glass of milk, 150g or a pot of yoghurt and 30g or a matchbox sized piece of hard cheese. Choose lower fat milk to use in tea, coffee, cereal or other drinks.



Healthy Breakfast Recipes



Cinnamon Spiced Muesli

Prep Time: 10 minutes Cook Time: 10 minutes
Serves: 12 Level: EASY

Enjoy a tasty start to the day with this delicious muesli, combining oats with almonds, sunflower seeds, cranberries, sultanas and dried apricots, lightly spiced with a hint of Cinnamon.

Ingredients

- | | |
|--------------------------------|---------------------------------|
| 350g (12oz) porridge oats | 75g (3oz) dried cranberries |
| 75g (3oz) flaked almonds | 75g (3oz) sultanas |
| 50g (2oz) sunflower seeds | 75g (3oz) dried apricots, diced |
| 1 tsp Schwartz Cinnamon Ground | |

Method

- Step 1** - Pre-heat the oven to 190°C, 375°F, Gas Mark 5.
- Step 2** - Place the oats, almonds, sunflower seeds and Cinnamon on a large baking tray and toast in the oven for 10 minutes, shaking the tray half-way through. Remove from the oven and allow to cool.
- Step 3** - Toss the cranberries, sultanas and apricots into the toasted oat mixture.
- Step 4** - Serve with skimmed milk.

Hints & Tips

- You can try any variety of fruit that you prefer to make this muesli different each time you make it, why not try dried blueberries, raisins, prunes or cherries.
- This muesli will keep in an airtight container for up to 1 month.

Nutritional information per one serving: 219 calories, protein 6g, fat 8g, saturated fat 1g, carbohydrate 13g, of which sugars 11g, fibre 4g, salt Trace (based on 50g serving with 125ml skimmed milk)



Ginger Spiced Honey on Toast

Prep Time: 5 minutes Cook Time: 5 minutes
Serves: 4 Level: EASY

Spice up your usual morning toast with a drizzle of honey, gently warmed with Ginger.

Ingredients

- | | |
|-----------------------------|------------------------------|
| 8 slices of wholemeal bread | 4 tbs honey |
| low fat spread | pinch Schwartz Ginger Ground |

Method

- Step 1** - Toast the bread on both sides. Spread lightly with low fat spread.
- Step 2** - Meanwhile, heat the honey gently in a small saucepan or in the microwave. Stir in the Ginger and drizzle over the hot toast.

Nutritional information per one serving: 275 calories, protein 9g, fat 6.5g, saturated fat 1.5g, carbohydrate 48g, of which sugars 13g, fibre 3.5g, salt 1.2g



Ginger & Nutmeg Spiced Porridge

Prep Time: 5 minutes
Serves: 4

Cook Time: 10 minutes
Level: EASY

Tasty porridge to warm you up on those chilly mornings, deliciously spiced with Ginger and Nutmeg, served with dried cherries and drizzled with honey.

Ingredients

175g (6oz) porridge oats
900ml (1½ pints) skimmed milk
pinch Schwartz Ginger Ground

pinch Schwartz Nutmeg Ground
75g (3oz) dried cherries
2 tbs honey

Method

- Step 1** - Mix the porridge oats, milk, Ginger and Nutmeg in a saucepan and place over a medium-heat. Bring to the boil and simmer for 6 minutes, stirring occasionally, or until thickened.
- Step 2** - Stir in the cherries and drizzle with the honey.
- Step 3** - Serve immediately.

Hints & Tips

- Why not try with different dried fruits to add variety - dried apricots, cranberries and blueberries are great in this porridge.

Nutritional information per one serving: 314 calories, protein 13g, fat 4g, saturated fat 1g, carbohydrate 29g, of which sugars 27g, fibre 4g, salt 0.2g



Scrambled Eggs on Toast

Prep Time: 5 minutes
Serves: 4

Cook Time: 5 minutes
Level: EASY

Eggs lightly scrambled with Oregano and Chives to add flavour and texture, served on toasted wholemeal bread for a quick and easy, healthy breakfast for all the family to enjoy.

Ingredients

6 eggs
50ml (2fl oz) skimmed milk
7g (¼ oz) butter
1 tsp Schwartz Oregano

4 slices wholemeal bread, toasted
Schwartz Sea Salt and White Pepper to season
1 tbs Schwartz Chives

Method

- Step 1** - Crack the eggs into a bowl and lightly beat together with the milk, season with a pinch of Salt and White Pepper to taste.
- Step 2** - Melt the butter in a pan over a medium-heat, add the eggs and using a heatproof spatula move the egg from around the side of the pan into the centre to give large curds. When the egg is mostly set, sprinkle over the Oregano and remove from the heat.
- Step 3** - Divide the scrambled eggs between the slices of toast and garnish with the Chives.

Microwave Method

- Step 1** - Crack the eggs into a microwave proof bowl and lightly beat together with the milk, season with a pinch of Salt and White Pepper to taste.
- Step 2** - Cover loosely and microwave on high for 1 minute 30 seconds.
- Step 3** - Stir, cover and microwave on high for a further minute.
- Step 4** - Stir again and microwave on high for a further 30 seconds remove from the microwave then stir in the Oregano, let stand for 30 seconds.
- Step 5** - Divide the scrambled eggs between the slices of toast and garnish with the Chives.

Nutritional information per one serving: 245 calories, protein 16g, fat 13g, saturated fat 4g, carbohydrate 19g, of which sugars 1.5g, fibre 2g, salt 1g



Tomato & Basil Omelette

Prep Time: 10 minutes Cook Time: 15 minutes
Serves: 4 Level: EASY

A quick and easy omelette flavoured with Garlic, Nutmeg and Basil, combined with mature cheese and diced fresh tomatoes for a simple breakfast which is full of flavour, but light and healthy.

Ingredients

1 tbs olive oil	¼ tsp Schwartz Nutmeg Ground
1 onion, chopped	1 tbs Schwartz Basil
8 eggs	2 tomatoes, diced
50g (2oz) mature cheese, grated	Schwartz Sea Salt and Black Pepper to season
1 tsp Schwartz Garlic Granules	

Method

- Step 1** - Heat the oil in a frying pan and add the onion, fry for 5 minutes, until softened.
Step 2 - Beat the eggs and add the cheese, Garlic, Nutmeg and Basil.
Step 3 - Pour the egg mixture and tomatoes into the hot pan and stir until it begins to set. Season with Salt and Black Pepper. Continue to cook for 6-10 minutes, or according to taste.

Nutritional information per one serving: 270 kcalories, protein 19g, fat 21g, saturated fat 7g, carbohydrate 3.5g, of which sugars 3g, fibre 0.8g, salt 0.7g



Mango & Passion Fruit Smoothie with Ginger

Prep Time: 5 minutes Cook Time: 0 minutes
Serves: 4 Level: EASY

Sweet and juicy mangoes and passion fruits, combined with banana and apple juice and delicately spiced with Ginger to wake your taste buds up in the morning.

Ingredients

2 mangoes	200ml (7oz) apple juice
4 passion fruits	1½ tsp Schwartz Ginger Ground
2 bananas	

Method

- Step 1** - Cut the mangoes in half, remove the stone with a sharp knife then score the flesh in a grid formation. Turn the mangoes inside out, then slice off the cubes of flesh with the knife.
Step 2 - Place in a food processor or smoothie maker with the flesh and seeds of the passion fruits, bananas, apple juice and Ginger. Blend until smooth.
Step 3 - Pour into 4 glasses and consume within 1 day.

Nutritional information per one serving: 129 kcalories, protein 2g, fat 0.5g, saturated fat 0.2g, carbohydrate 31.5g, of which sugars 29g, fibre 3g, salt Trace



Cinnamon & Raspberry Pancakes

Prep Time: 10 minutes
Serves: 4

Cook Time: 15 minutes
Level: INTERMEDIATE

Treat yourself to these mouth-watering pancakes, delicately flavoured with Cinnamon and served with raspberries and honey, they make an ideal, light and healthy start to the day.

Ingredients

100g (4oz) buckwheat flour	1 large egg
1 tsp baking powder	175ml (6oz) skimmed milk
50g (2oz) caster sugar	125g (5oz) raspberries
½ tsp Schwartz Cinnamon Ground	2 tbs honey

Method

- Step 1** - Sift the flour and baking powder together into a bowl, add the sugar and Cinnamon and mix.
- Step 2** - Beat the egg with the milk, then lightly whisk with the flour until smooth.
- Step 3** - Gently stir in 100g (4oz) of the raspberries.
- Step 4** - Heat a heavy based non-stick frying pan over a medium-heat, add 2 tbs of the batter and cook until golden (30 seconds – 1 minute). Flip the pancake over and cook on the other side. Set aside and keep warm.
- Step 5** - Repeat with the remaining batter mixture. Serve with the remaining raspberries and drizzle with honey.

Hints & Tips

- Try replacing the raspberries with strawberries and the Cinnamon with the seeds of a Vanilla pod for a change.

Nutritional information per one serving: 205 calories, protein 6.5g, fat 2.5g, saturated fat 0.5g, carbohydrate 42g, of which sugars 21.5g, fibre 1.5g, salt 0.4g



Cinnamon, Fruit & Nut Granola Bars

Prep Time: 20 minutes
Serves: 12

Cook Time: 30 minutes
Level: EASY

Deliciously tasty bars, combining oats, fruit and nuts with sweet honey and Cinnamon, great for a sweet treat for breakfast.

Ingredients

200g (7oz) porridge oats	100g (4oz) Muscovado sugar
100g (4oz) flaked almonds	1 tsp Schwartz Cinnamon Ground
50g (2oz) walnuts, chopped	75g (3oz) dried cherries
1 tbs honey	75g (3oz) dried cranberries
50g (2oz) unsalted butter	

Method

- Step 1** - Pre-heat the oven to 170°C, 325°F, Gas Mark 3.
- Step 2** - Place the oats, flaked almonds and walnuts on a baking tray and lightly toast for around 5 minutes.
- Step 3** - Meanwhile, warm the honey, butter, sugar and Cinnamon in a large saucepan, until the butter is melted. Pour in the toasted oat mixture, add the fruit and stir well until everything is combined.
- Step 4** - Lightly grease and line a baking tray with greaseproof paper, then spoon the oat mixture in. Press down firmly with the back of a spoon so the mix is compacted.
- Step 5** - Cover loosely with greaseproof paper and bake for 20 minutes.
- Step 6** - Allow to cool in the tin and then cut into 12 bars.

Hints & Tips

- These bars will keep in an airtight container for up to 1 week.

Nutritional information per one serving: 222 calories, protein 4.5g, fat 10g, saturated fat 1g, carbohydrate 26g, of which sugars 18g, fibre 2.8g, salt Trace

Healthy Lunch Recipes



Curried Chicken & Avocado Sandwich

Prep Time: 10 minutes Cook Time: 0 minutes
Serves: 4 Level: EASY

Mildly spiced diced chicken, combined with avocado and dried cranberries in a light mayonnaise, served in delicious wholemeal bread.

Ingredients

75g (3oz) light mayonnaise	450g (1lb) boneless, skinless chicken breasts, cooked and diced
2½ tsp Schwartz Medium Curry Powder	2 tsp Schwartz Coriander Leaf
pinch Schwartz Chillies Crushed	8 slices wholemeal bread
1 avocado, peeled and cubed	8 lettuce leaves
25g (1oz) dried cranberries	

Method

- Step 1** - Mix the mayonnaise, Curry Powder and Crushed Chillies in a large bowl, until well blended.
Step 2 - Add the avocado, cranberries, chicken and Coriander Leaf, toss gently to mix.
Step 3 - Divide the chicken mixture evenly among 4 slices of the bread. Top with the lettuce leaves and remaining slices of bread.
Step 4 - Serve immediately.

Nutritional information per one serving: 489 calories, protein 42.3g, fat 18.9g, saturated fat 4g, carbohydrate 37.2g, of which sugars 3g, fibre 8g, salt 1.9g



Lemon & Thyme Chicken Ciabatta Sandwich

Prep Time: 15 minutes Cook Time: 15 minutes
Serves: 4 Level: EASY

Pan-fried chicken mini fillets marinated with lemon juice, Thyme, Paprika and Chilli, served on toasted ciabatta with tomatoes and avocado.

Ingredients

½ tbs olive oil	4 ciabatta rolls, sliced lengthways
Juice of 2 lemons	4 tomatoes, diced
1 tsp Schwartz Thyme	1 avocado, peeled and diced
1 tsp Schwartz Paprika	Rocket leaves to serve
½ tsp Schwartz Chillies Crushed	Schwartz Sea Salt and Black Pepper to season
450g (1lb) chicken mini fillets	

Method

- Step 1** - Mix together the olive oil, the juice of 1 lemon, Thyme, Paprika and Crushed Chillies. Season with a pinch of Salt and add the chicken fillets. Toss to coat evenly, cover and leave to marinate for 30 minutes, or for best results overnight in the refrigerator.
Step 2 - Fry the chicken for 10-12 minutes, turning occasionally, or until cooked through.
Step 3 - Meanwhile, grill the ciabatta on both sides for 3-4 minutes, until lightly toasted.
Step 4 - Mix the tomato and avocado together, squeeze over the juice of the other lemon and season with Black Pepper.
Step 5 - Top the ciabatta with a few rocket leaves, the avocado and tomato salsa and the cooked chicken. Top with the other half of the ciabatta and serve.

Nutritional information per one serving: 358 calories, protein 34g, fat 12g, saturated fat 2.5g, carbohydrate 30g, of which sugars 5g, fibre 3.5g, salt 0.9g



Pittas with Crushed Chickpeas & Carrot Slaw

Prep Time: 15 minutes
Serves: 4

Cook Time: 0 minutes
Level: EASY

A mouth-watering Moroccan-style lunch recipe, combining grated carrots with flaked almonds, sultanas, Cumin Seeds, lemon juice and a dash of white wine vinegar, served together on pitta bread with crushed chickpeas,

Ingredients

2 carrots, peeled and grated
15g (½ oz) flaked almonds
25g (1oz) sultanas
1 tbs Schwartz Cumin Seed
3 tbs lemon juice

2 tsp white wine vinegar
400g tin chickpeas, drained
½ tsp Schwartz Garlic Granules
4 wholemeal pitta breads

Method

Step 1 - Combine the carrots, flaked almonds, sultanas, Cumin Seeds and 1 tbs of the lemon juice in a bowl.

Step 2 - In a separate bowl, combine the chickpeas, Garlic Granules and the remaining lemon juice. Mash the chickpeas with the back of a fork until spreadable, but still quite chunky.

Step 3 - Heat the pitta breads in a toaster, split in half and spread with the crushed chickpeas and carrot slaw. Serve immediately.

Hints & Tips

• Why not try replacing one carrot with a ½ of cucumber, grated, or adding a sprinkling of Schwartz Sesame Seeds to the Carrot Slaw.

Nutritional information per one serving: 339 calories, protein 11g, fat 4g, saturated fat 0.5g, carbohydrate 56g, of which sugars 11g, fibre 5g, salt 1g



Baked Potato with Thai Tuna Topping

Prep Time: 10 minutes
Serves: 4

Cook Time: 1 hour 30 minutes
Level: EASY

Crispy and tender baked potatoes topped with tuna, spring onions and reduced-fat crème fraiche, flavoured with aromatic herbs and spices for a Thai-style light and healthy lunch.

Ingredients

4 medium potatoes
2 x 185g tins tuna in oil, drained
2 spring onions, finely sliced
2 tbs reduced-fat crème fraiche
2 tbs reduced-fat coconut milk

½ tsp Schwartz Ginger Ground
1 tbs Schwartz Coriander Leaf
½ tsp Schwartz Crushed Chillies
1 Schwartz Kaffir Lime Leaf, crushed

Method

Step 1 - Pre-heat the oven to 200°C, 400°F, Gas Mark 6.

Step 2 - Prick each potato several times with a fork and place directly onto the oven shelf. Cook for 1 hour – 1 hour 30 minutes, depending on size, until the potato is tender and the skin crispy.

Step 3 - Place the remaining ingredients into a bowl, combine with a fork.

Step 4 - When the potatoes are cooked, score the top in a cross formation to open the skin, or slice in half, then generously spoon over the topping and serve.

Nutritional information per one serving: 351 calories, protein 29g, fat 11.5g, saturated fat 3.5g, carbohydrate 36g, of which sugars 2g, fibre 3g, salt 0.7g



Baked Potato with Smoked Salmon, Cream Cheese & Pomegranate

Prep Time: 10 minutes
Serves: 4

Cook Time: 1 hour 30 minutes
Level: EASY

This baked potato recipe is delicious for a healthy and light lunch, it is topped with tasty smoked salmon, cream cheese and pomegranate seeds and flavoured with Chives, Basil and Black Pepper.

Ingredients

4 medium potatoes	1 tbs Schwartz Chives
100g (4oz) smoked salmon trimmings	1 tsp Schwartz Basil
50g (2oz) pomegranate seeds	½ tsp Schwartz Black Pepper
100g (4oz) extra light cream cheese	

Method

Step 1 - Pre-heat the oven to 200°C, 400°F, Gas Mark 6.

Step 2 - Prick each potato several times with a fork and place directly onto the oven shelf. Cook for 1 hour – 1 hour 30 minutes, depending on size, until the potato is tender and the skin crispy.

Step 3 - Place the remaining ingredients into a bowl, combine with a fork.

Step 4 - When the potatoes are cooked, score the top in a cross formation to open the skin, then generously spoon over the topping and serve.

Nutritional information per one serving: 217 calories, protein 13g, fat 3g, saturated fat 1g, carbohydrate 37g, of which sugars 2.5g, fibre 3g, salt 1.4g



Singapore Vegetable Noodles

Prep Time: 5 minutes
Serves: 4

Cook Time: 10 minutes
Level: EASY

A tasty noodle dish flavoured with Ginger, Chilli, Garlic and a touch of Curry Powder, ideal for a mid-week meal or packed up for lunch.

Ingredients

250g (9oz) egg noodles	½ tsp Schwartz Garlic Granules
1 tbs toasted sesame oil	1 tbs Schwartz Curry Powder Medium
175g (6oz) red bell pepper, sliced	½ tsp Schwartz Ginger Ground
100g (4oz) shiitake mushrooms, sliced	½ tsp Schwartz Chillies Crushed
75g (3oz) mangetout	1½ tsp light soy sauce
75g (3oz) spring onions, sliced	1½ tbs Shaoxing rice wine (or dry sherry)
100g (4oz) bean sprouts	

Method

Step 1 - Prepare the noodles according to the pack directions, drain and rinse.

Step 2 - Heat the sesame oil in a wok, fry the red pepper, mushrooms, mangetout, spring onions and bean sprouts for 4-5 minutes.

Step 3 - Add the Garlic Granules, Curry Powder, Ginger, Chillies, soy sauce, rice wine and cooked noodles. Heat through for 2 minutes, then serve.

Nutritional information per one serving: 297 calories, protein 10.7g, fat 6.5g, saturated fat 1.7g, carbohydrate 51g, of which sugars 6g, fibre 2g, salt 0.6g



Penne Pasta Salad with Spinach & Tomatoes

Prep Time: 10 minutes
Serves: 4

Cook Time: 15 minutes
Level: EASY

A tasty pasta salad brought to life with a delicious combination of olive oil, white wine vinegar, Rosemary, Thyme, Garlic, Oregano and Basil, tossed with fresh baby spinach, plum tomatoes, light mozzarella cheese and a sprinkling of Parmesan.

Ingredients

3 tbs olive oil
3 tbs white wine vinegar
1 tsp Schwartz Rosemary
1 tsp Schwartz Thyme
½ tsp Schwartz Garlic Granules
½ tsp Schwartz Oregano
½ tsp Schwartz Basil

½ tsp Schwartz Sea Salt Mill
250g (9oz) penne pasta, cooked and drained
50g (2oz) baby spinach leaves
250g (9oz) baby plum tomatoes, halved
100g (4oz) light mozzarella cheese, torn
2 tsp Parmesan cheese, grated

Method

Step 1 - Mix the oil, vinegar, Rosemary, Thyme, Garlic Granules, Oregano, Basil and Sea Salt together in a large bowl. Add the cooked pasta and spinach, toss to coat well.

Step 2 - Add the tomatoes and cheeses and mix well.

Step 3 - Serve warm or chilled.

Nutritional information per one serving: 375 calories, protein 11.5g, fat 18g, saturated fat 7.1g, carbohydrate 48g, of which sugars 3.5g, fibre 3.9g, salt 0.7g



Tomato & Red Lentil Soup

Prep Time: 10 minutes
Serves: 4

Cook Time: 45 minutes
Level: EASY

An intensely flavoured tomato soup with Garlic, Onion and Basil. Serve chilled for a summer's day.

Ingredients

1 tbs olive oil
1 tsp Schwartz Onion Minced
½ tsp Schwartz Garlic Granules
2 tbs Schwartz Basil

100g (4oz) split red lentils
2 x 400g tins chopped tomatoes
1.2 litres (2 pints) hot vegetable stock
4 tbs reduced-fat crème fraiche

Method

Step 1 - Heat the oil in a large saucepan and gently fry the Minced Onion and Garlic Granules for 1 minute, without browning them.

Step 2 - Add half the Basil, the lentils, chopped tomatoes and stock to the pan. Bring to the boil, then reduce the heat and simmer for 35 minutes.

Step 3 - Transfer the soup to a large bowl and leave to cool, then blend to a smoother consistency, but not completely smooth. Cover and refrigerate to chill completely. Stir the remaining Basil into the crème fraiche and stir into the soup when serving.

Nutritional information per one serving: 330 calories, protein 21g, fat 19g, saturated fat 8g, carbohydrate 26g, of which sugars 8g, fibre 3g, salt 1.7g

Healthy Dinner Recipes



Sweet & Spicy Malaysian Chicken Curry

Prep Time: 15 minutes Cook Time: 25 minutes
Serves: 4 Level: EASY

A sweet and spicy chicken curry flavoured with Curry Powder, apple, raisins and tomatoes for a delicious and light mid-week meal. Great served with brown rice and sliced almonds.

Ingredients

1 tbs olive oil	450g (1lb) boneless, skinless chicken thighs, diced
2 onions, chopped	225ml (8fl oz) chicken stock
1 green pepper, chopped	1 Granny Smith apple, chopped
½ tsp Schwartz Garlic Granules	75g (3oz) raisins
1 tbs Schwartz Medium Curry Powder	325g (11oz) brown rice, cooked
pinch Schwartz Chillies Crushed	Toasted sliced almonds (optional)
400g tin chopped tomatoes	Schwartz Sea Salt and Black Pepper to season

Method

- Step 1** - Heat the oil and fry the onions for 2 minutes. Add the green pepper and Garlic Granules, fry for a further 3-4 minutes.
- Step 2** - Stir in the Curry Powder, Crushed Chillies, tomatoes, chicken and chicken stock. Bring to the boil, reduce the heat to low and simmer for 5 minutes.
- Step 3** - Add the apple and raisins, simmer for a further 10 minutes until the chicken is cooked through, stirring occasionally. Season to taste.
- Step 4** - Ladle the stew into shallow soup bowls. Top each with brown rice and garnish with almonds, if desired.

Nutritional information per one serving: 560 kcalories, protein 37g, fat 7g, saturated fat 1.5g, carbohydrate 93g, of which sugars 25g, fibre 4.5g, salt 0.6g



Spicy Spinach & Ricotta Tortilla

Prep Time: 10 minutes Cook Time: 45 minutes
Serves: 6 Level: EASY

A light and healthy tortilla packed with spinach and ricotta, combined with the spicy flavours of Curry Powder, Garlic and Paprika.

Ingredients

1 tbs olive oil	1 tbs Schwartz Medium Curry Powder
1 onion, chopped	½ tsp Schwartz Garlic Granules
5 eggs, separated	2 tsp Schwartz Paprika
pinch Schwartz Sea Salt Mill	250g (9oz) frozen chopped spinach, thawed, drained and squeezed
175ml (6fl oz) skimmed milk	250g (9oz) ricotta cheese
2 tbs flour	Schwartz Black Pepper to season

Method

- Step 1** - Pre-heat the oven to 170°C, 325°F, Gas Mark 3.
- Step 2** - Heat the oil in a large non-stick frying pan on a medium-high heat. Add the onion and cook for 5 minutes, stirring occasionally until softened. Remove from the pan and allow to cool slightly.
- Step 3** - Beat the egg whites with a pinch of Salt until foamy and firm. Whisk the milk and flour in a large bowl, until smooth. Add the egg yolks, Curry Powder, Garlic Granules, Paprika and the egg whites, whisk until smooth. Add the cooled onion, spinach and ricotta cheese, mix well. Pour into a 22-24cm, deep, greased, ovenproof dish.
- Step 4** - Bake for 30-35 minutes or until the top is golden brown and the centre is set. Allow to stand for 10 minutes before cutting into six and serving.

Nutritional information per one serving: 195 kcalories, protein 13g, fat 13g, saturated fat 5g, carbohydrate 8g, of which sugars 2.5g, fibre 1g, salt 0.5g



Chilli con Carne

Prep Time: 15 minutes
Serves: 4

Cook Time: 20 minutes
Level: EASY

A delicious and warming dish combining beef mince, kidney beans and chopped tomatoes with the aromatic flavours of Cumin Seed, Coriander Seed, Oregano, Paprika, Chilli, cocoa and Coriander Leaf.

Ingredients

1 tbs olive oil	4 tbs tomato purée
1 onion, chopped	1 tbs Schwartz COOK ART Chilli & Cocoa Bean Spice Blend
4 tsp Schwartz Cumin Ground	400g tin chopped tomatoes
1 tsp Schwartz Coriander Ground	200ml (7fl oz) beef stock
1 tbs Schwartz Oregano	400g tin kidney beans, drained
1 Schwartz Bay Leaf	1 tbs Schwartz Coriander Leaf
450g (1lb) extra lean beef or steak mince	1 tbs sugar
2 tbs Schwartz Paprika	pinch Schwartz Sea Salt to season

Method

- Step 1** - Heat the oil in a pan and gently fry the onion until softened. Stir in the Ground Cumin, Ground Coriander, Oregano and Bay Leaf. Cook for a minute to release the flavours.
- Step 2** - Add the beef mince and brown. Add the Paprika, tomato purée and COOK ART spice blend.
- Step 3** - Stir in the chopped tomatoes, beef stock and kidney beans. Reduce the heat and simmer for around 10 mins until the sauce has thickened and the mince is cooked. Add the Coriander Leaf, sugar and season to taste.
- Step 4** - Delicious served with rice and green salad.

Nutritional information per one serving: 446 calories, protein 35g, fat 26g, saturated fat 9g, carbohydrate 33g, of which sugars 10g, fibre 7g, salt 1.4g



Lamb Rogan Josh

Prep Time: 10 minutes
Serves: 4

Cook Time: 1 hour 30 minutes
Level: EASY

A deliciously spiced curry with slow-cooked lamb and onions in a rich tomato sauce flavoured with Curry Powder and Coriander Leaf.

Ingredients

1 tbs oil	1 tsp sugar
450g (1lb) lean lamb, cubed	400g tin chopped tomatoes
1 onion, chopped	2 tbs tomato purée
2 tbs Schwartz Medium Curry Powder	1 tbs Schwartz Coriander Leaf

Method

- Step 1** - Pre-heat the oven to 180°C, 350°F, Gas Mark 4.
- Step 2** - Heat the oil and gently fry the lamb and onion, over a medium-heat, for 3-4 minutes. Add the Medium Curry Powder and cook for 1 minute.
- Step 3** - Stir in the remaining ingredients and transfer to an ovenproof dish. Cover and cook for 1-1½ hours until the sauce is rich and the lamb is tender.

Nutritional information per one serving: 260 calories, protein 26g, fat 13g, saturated fat 4g, carbohydrate 11g, of which sugars 6g, fibre 3g, salt 0.5g



Moroccan Paella

Prep Time: 10 minutes
Serves: 4

Cook Time: 40 minutes
Level: EASY

Chicken and shellfish marinated in Coriander Leaf, Cumin Seed and Paprika, cooked with rice and stock for a delicious and tasty meal.

Ingredients

1 tsp Schwartz Easy Chilli
2 tbs Schwartz Paprika
2 tbs Schwartz Coriander Leaf
1 tbs Schwartz Easy Garlic
1 tbs Schwartz Cumin Ground
Juice of 1 lemon
1 tbs olive oil

2 boneless, skinless chicken breasts, cut into large chunks
450g (1lb) shellfish and mixed fish, cubed
225g (8oz) long grain rice
1.2 litres (2 pints) chicken stock
Schwartz Sea Salt and Black Pepper to season
Lime wedges to garnish

Method

- Step 1** - Place the Chilli, Paprika, Coriander Leaf, Garlic, Cumin and lemon juice in a dish and mix well. Pour half over the chicken and the remainder over the fish selection. Cover and marinate for 30 minutes.
- Step 2** - Heat the oil in a very large, deep sided, frying pan and add the rice. Toss over a low heat until the rice grains are well coated.
- Step 3** - Heat the stock and gradually add to the rice, stirring occasionally.
- Step 4** - In a separate frying pan, sear the chicken until browned and add to the rice. Now fry the fish for 3 minutes and add to the rice. Stir carefully, season and cover with a lid. Cook for 15 minutes and serve garnished with lime wedges.

Nutritional information per one serving: 463 calories, protein 55g, fat 7.5g, saturated fat 1.5g, carbohydrate 48g, of which sugars 1g, fibre 0.5g, salt 0.8g



Citrus Salmon

Prep Time: 15 minutes
Serves: 4

Cook Time: 20 minutes
Level: EASY

Succulent salmon fillets marinated in orange juice, Thyme and Paprika and baked in the oven. Delicious served with this zesty relish of diced orange, red pepper and onion, delicately spiced with a hint of Ginger and Parsley.

Ingredients

For the Citrus Salmon:
4 tbs orange juice
2 tsp Schwartz Thyme
1 tsp Schwartz Paprika
4 salmon fillets

For the Orange Relish:
½ tsp grated orange peel
2 oranges, peeled, segmented and cut into 1cm pieces
½ red pepper, finely chopped
1 tbs honey
1 tbs red onion, chopped
2 tsp Schwartz Parsley Flat Leaf
½ tsp Schwartz Ginger Ground
Schwartz Sea Salt and Black Pepper to season

Method

- Step 1** - For the Salmon, mix the orange juice, Thyme and Paprika in a large bowl. Season with a pinch of Salt and add the salmon fillets, turn to coat well, cover and set aside for 30 minutes.
- Step 2** - For the Relish, mix all the ingredients in a medium-sized bowl, cover and refrigerate until ready to serve.
- Step 3** - Pre-heat the oven to 200°C, 400°F, Gas Mark 6.
- Step 4** - Place the salmon on a foil-lined baking tray, bake for 15-20 minutes or until the fish flakes easily with a fork. Alternatively, grill over a medium-high heat for 6-8 minutes each side, or until cooked through. Serve the salmon with Orange Relish.

Nutritional information per one serving: 394 calories, protein 32g, fat 22.6g, saturated fat 3.7g, carbohydrate 32g, of which sugars 15g, fibre 2.4g, salt 0.7g



Greek Turkey Burgers with Spiced Yoghurt Sauce

Prep Time: 15 minutes
Serves: 4

Cook Time: 10 minutes
Level: EASY

Tasty turkey burgers flavoured with Oregano, Thyme and Black Pepper, served on toasted buns with a generous helping of low fat yoghurt with a hint of Cumin.

Ingredients

450g (1lb) turkey mince
100g (4oz) feta cheese (reduced fat)
2 tsp Schwartz Oregano
½ tsp Schwartz Thyme
½ tsp Schwartz Ground Black Pepper
1 tbs olive oil
125g (5oz) plain low fat yoghurt

½ tsp Schwartz Coarse Ground Black Pepper
½ tsp Schwartz Cumin Ground
½ tsp Schwartz Sea Salt Mill
4 burger buns or rolls
8 lettuce leaves
12 tomato slices
12 cucumber slices

Method

- Step 1** - Mix the turkey mince, feta, Oregano, Thyme and Ground Black Pepper in a large bowl. Shape into 4 burgers.
- Step 2** - Heat the oil in a large non-stick frying pan on a medium-heat until hot. Add the burgers and cook for 4-5 minutes on each side, or until the burgers are cooked through.
- Step 3** - In a bowl mix together the yoghurt, Coarse Black Pepper, Cumin and Salt.
- Step 4** - Serve the burgers on toasted rolls, garnished with the lettuce leaves, tomato and cucumber. Top each burger with the yoghurt mixture and serve immediately.

Nutritional information per one serving: 432 calories, protein 35.7g, fat 10.5g, saturated fat 3.4g, carbohydrate 43.7g, of which sugars 6.5g, fibre 2.5g, salt 1.6g



Pork Kebabs with Rosemary, Oregano & Chilli

Prep Time: 10 minutes
Serves: 4

Cook Time: 10 minutes
Level: EASY

Pork tenderloin, cubed and brushed with a tasty glaze of lemon, Rosemary, Oregano and Chilli, served on kebabs with red pepper and chorizo.

Ingredients

For the Kebabs:
400g (14oz) pork tenderloin, cubed
8 new potatoes, par-boiled until softened, then halved
1 red pepper, cut into chunks
75g (3oz) chorizo, sliced
2 tbs lemon juice
2 tbs olive oil
1 tsp Schwartz Rosemary
1 tsp Schwartz Oregano
½ tsp Schwartz Chillies Crushed
8 wooden skewers, soaked in water for at least one hour

For the Rocket Salad:
1 bag rocket, washed
6 cherry tomatoes, halved
1 small red onion, sliced
1 tbs olive oil
Schwartz Sea Salt and Black Pepper to season

Method

- Step 1** - Pre-heat the grill to a medium-heat.
- Step 2** - Thread the pork cubes, potatoes, peppers and chorizo onto the wooden skewers.
- Step 3** - Combine the lemon juice, olive oil, Rosemary, Oregano and Crushed Chillies together in a bowl and brush over the kebabs.
- Step 4** - Grill for 10-12 minutes, turning occasionally, or until the pork is cooked through.
- Step 5** - To make the rocket salad combine all the ingredients together in a bowl and toss so all the leaves are coated with the olive oil. Season to taste.
- Step 6** - Serve immediately with the kebabs.

Nutritional information per one serving: 414 calories, protein 28.5g, fat 23g, saturated fat 5.4g, carbohydrate 24g, of which sugars 6g, fibre 3.9g, salt 0.5g

Recommended Snack Suggestions

Choose one or two per day maximum (limit chocolate choices to one per day)

Pot of reduced fat mousse

A few (5) olives dressed in lemon juice and oregano

Piece of fruit e.g. fresh apple, pear, peach, orange or banana

2 small fruits e.g. plums, satsumas, apricots

Handful of berries or cherries e.g. raspberries, blueberries, blackberries, strawberries, cherries, grapes

Tomato juice (add a dash of Worcester sauce if you like)

Low fat fruit or natural yoghurt

One oatcake and a hot milky drink (made with lower fat milk)

Hot chocolate made with skimmed milk and topped with a sprinkling of Cinnamon

Mug of yeast extract

2 crackers with low fat soft cheese

Crunchy vegetable sticks served with low fat plain yoghurt with added Thyme for extra flavour

Choose one item a day if desired

25g bag of peanuts

1 chocolate digestive biscuit

2 rich tea biscuits with a hot milky drink (made from lower fat milk)

1 small cereal bar

1 'snack' size chocolate bar

2 fingers of chocolate wafers

Handful of almonds (25g)



Spicy Hints & Tips

- Having a sandwich for lunch? Why not give it a herby makeover by sprinkling on some extra flavour... try Schwartz Dill on smoked salmon, Schwartz Basil on mozzarella or Schwartz Tarragon with chicken breast slices.
- If salad is your thing, zing it up with a dash of herbs. Choose Schwartz Oregano on tomatoes, Schwartz Flat Leaf Parsley on roasted vegetables or Schwartz Coriander Leaf on hummus.
- Throw a dash of Schwartz Mint on to your jacket potatoes and Schwartz Italian Herb Seasoning onto pasta.
- Cutting down on fat can mean you lose a bit of flavour. Simply bring it back with full-bodied spices like Schwartz Cumin, Coriander Seed and Cayenne Chilli Pepper.
- When you need something warming on a cold Winters' night, heat up a mug of your favourite soup and give it a bit of tender loving care with a pinch of Schwartz Mixed Herbs.
- Bored of the same old roast chicken? Give your bird some zesty Schwartz Lemon Pepper and Hot Paprika for a bit of a kick.
- Liven up your light puds with a hint of Schwartz Mixed Spice, Nutmeg or Cinnamon: just sprinkle in, stir and indulge. Adding a spice gives you more flavour, helping you to cut down on added sugar.
- Give the salt cellar a break and go spicy instead. There are so many peppers and spices to choose from and adding a touch can bring out the flavour of food.
- We all know its healthier to grill foods rather than fry them. Bring life to grilled lamb or beef with crushed Juniper Berries, sprinkle Schwartz Mustard Seeds onto lean pork chops, try Schwartz Fennel Seeds on fish and dust courgettes with Schwartz Marjoram and lemon.
- Eating on the move? Keep your favourite herb or spice in your bag or car glove compartment. Use it to spruce up any healthy option take-away lunch.



Azmina Govindji RD MBDA

Schwartz expert is consultant nutritionist, registered dietitian, and best-selling author Azmina Govindji, who is currently a TV Nutritionist on BBC1's The One Show and Channel 5's The Wright Stuff. She is known for her lively personality and recently won a British Dietetic Association 2009 Roll of Honour Award for her voluntary work on the new recipe website <http://www.theismaili.org/nutrition>.

Azmina is working with the Department of Health on their Change4life initiative and with the British Heart Foundation on their FSA-funded Social Cooking Project. She was Chief Dietitian to Diabetes UK from 1987-1995 and still collaborates with the Charity on projects such as Healthy Eating for Diabetes and The Diabetes Weight Loss Diet with celebrity chef Antony Worrall Thompson.

She is a media spokesperson for the British Dietetic Association and Department of Health NHS Choices and has recently launched the NHS Choices supermarket Health Checker Tool to help people make healthier choices when shopping.

Azmina and her team of highly qualified nutrition consultants at Govindji Nutrition (<http://www.govindjination.com>) provide contemporary solutions to the food industry, PR, advertising & marketing agencies, the media, healthcare professionals, and national organisations & charities. Their particular strengths include brand innovation & originating fresh angles for existing brands, media and communication, web-based initiatives, writing for lay and professional markets and delivering presentations.

Azmina's philosophy is to provide efficient, credible and creative expertise using unique insights in the field of nutrition. She is passionate about cooking, especially about livening up dishes with herbs and spices to make them deliciously healthy. She has written over a dozen books including The Hot Body Plan, Healthy Indian Cooking for Diabetes, Weight Watchers Millennium Cookbook, and The Gi Plan, with behavioural expert Nina Puddefoot.

Azmina is the Nutrition Editor for Sweet magazine and also contributes to numerous other magazines such as Healthy, Health and Fitness, BBC Olive, Top Sante, Red, Grazia, Women's Fitness, You and Your Family and Saga. She is regularly quoted in the national press.

She is a skilled communicator and regularly delivers presentations at professional conferences such as The Westminster Food & Nutrition Forum and the Nutrition and Health Conference. She also appears as expert dietitian on healthy eating videos for NHS Choices and patent.co.uk, and works with national organisations such as the British Heart Foundation, Food Standards Agency, World Cancer Research Fund and Diabetes Research and Wellness Foundation.

In her spare time, Azmina enjoys travelling, theatre and having dinner parties that are sneakily healthy.