

WORLD CLASS *Flex*



**30 WINNING RECIPES
TO CELEBRATE THE WORLD CUP**

ENJOY THE BEAUTIFUL GAME WITH DELICIOUS GLOBAL FLAVOURS

The World Cup kicks off in Russia on 14 June with 32 nations taking part. For football fans across the world, it's a time to get behind your team with friends and family and enjoy an abundance of food, drink and hopefully plenty of goals!

Whichever team you're backing, we have some of the best recipes from around the globe guaranteed to hit the back of the net with your guests. From falafels to fondue, tagine to tacos: no food's on the bench with WW! We've even worked out the SmartPoints® values per serving, freeing you up to focus on the football.

Don your shirt, wave your flag, and enjoy!

SMALL PRINT

EGGS: We use medium eggs, unless otherwise stated. Pregnant women, the elderly and children should avoid recipes with eggs which are raw or not fully cooked.

FRUIT AND VEGETABLES: Recipes use medium-size fruit and veg, unless otherwise stated.

MICROWAVES: If we have used a microwave in any of our recipes, the timings will be for an 850 watt microwave oven.

REDUCED-FAT SOFT CHEESE: Where a recipe uses reduced-fat soft cheese, we mean a soft cheese with 30% less fat than its full-fat equivalent.

PREP AND COOK TIMES: These are approximate and meant to be guidelines only. The prep time includes all the steps up to and following the main cooking time(s). The stated cook times may vary according to your oven.

SmartPoints have been calculated using the values for generic foods, not brands (except where stated). Tracking using branded foods may affect the recorded SmartPoints.



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AUSTRALIA Flex

10
SmartPoints
value



0
SmartPoints
value



ULTIMATE AUSSIE BURGER WITH BEETROOT RELISH

PREP TIME: 10 minutes, plus chilling

COOK TIME: 15 minutes

SERVES: 4

SMARTPOINTS: 10 per serving

INGREDIENTS

- 500g 5% fat extra lean beef mince
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 tablespoon Worcestershire sauce
- 1 egg, lightly beaten
- 120ml cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon sea salt
- 300g raw beetroot, peeled and coarsely grated (approx. 2)
- 1 green apple, peeled and grated
- Calorie controlled cooking spray
- 1 red onion, cut into 1cm wide rings
- 4 large multigrain bread rolls, halved
- 4 iceberg lettuce leaves
- 1 cucumber, cut into ribbons

INSTRUCTIONS

- 1** Place the mince, onion, garlic, Worcestershire sauce and egg in a large bowl and season. Use your hands to shape the mixture into four 8cm patties. Refrigerate for 30 minutes.
- 2** To make the beetroot relish, combine the vinegar, sugar and salt in a small saucepan and bring to the boil. Add the beetroot and apple, reduce the heat to low and simmer, uncovered, stirring occasionally, for 6-8 minutes or until the beetroot is tender.
- 3** Meanwhile, lightly spray a large non-stick frying pan or barbecue with cooking spray and heat over a high heat. Cook the onion and patties for 5 minutes each side or until cooked through.
- 4** Lightly toast the bread rolls until golden. Arrange the roll bases onto serving plates and top with the lettuce, beef patties, onion, cucumber and relish. Place the tops on the rolls and serve immediately.

SUMMER COOLER

PREP TIME: 10 minutes

SERVES: 4

SMARTPOINTS: 0 per serving



- 1** Peel and chop **1 mango** then purée the flesh in a blender until smooth.
- 2** In a large jug, combine the puréed mango with **750ml diet ginger beer** and **2 sliced kiwi fruit**.
- 3** Add **ice** to 4 serving glasses. Pour the ginger beer mixture over the ice and top with **more sliced kiwi fruit**.

ARGENTINA Flex

4
SmartPoints
value



BEEF FILLET WITH CHIMICHURRI SAUCE

 **PREP TIME:** 20 minutes
 **COOK TIME:** 40 minutes

INGREDIENTS

1.2kg lean beef fillet steak, fat trimmed
Calorie controlled cooking spray
400g cherry tomatoes on the vine
2 tablespoons fresh parsley, leaves chopped
2 tablespoons fresh coriander, leaves chopped
2 cloves garlic, crushed
1 level teaspoon chilli flakes
3 teaspoons red wine vinegar
1 tablespoon fresh lemon juice

SERVES: 8
SMARTPOINTS: 4 per serving

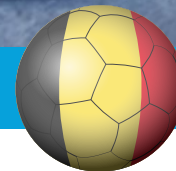
INSTRUCTIONS

- 1 Take the beef out of the fridge 20 minutes before cooking. Preheat the oven to 180°C, fan 160°C, gas mark 4.
- 2 Pat the beef dry with paper towels. Mist a large frying pan with cooking spray and put it over a high heat. When the pan is hot, add the beef and sear, turning until it is browned all over. Transfer to a roasting tin and cook in the oven for 35-40 minutes, depending on how you like it cooked. Add the vine tomatoes to the roasting tin for the last 15 minutes of cooking time.
- 3 Meanwhile, make the chimichurri: combine all the remaining ingredients in a bowl with 2 tablespoons water and season to taste.
- 4 Once the beef is cooked, remove it from the oven, transfer to a plate and cover with foil. Leave to rest for 15 minutes, then carve and serve with the roasted tomatoes and chimichurri.



4
SmartPoints
value



BELGIUM Flex



BAKED OAT WAFFLES

 **PREP TIME:** 15 minutes
 **COOK TIME:** 35 minutes

INGREDIENTS

100g porridge oats
1 level teaspoon baking powder
¼ teaspoon salt
½ level teaspoon ground cinnamon
125ml semi-skimmed milk
2 bananas, mashed
100g 0% fat natural Greek yogurt
100g blueberries
2 level teaspoons honey

SERVES: 4
SMARTPOINTS: 4 per serving

INSTRUCTIONS

- 1 Preheat the oven to 180°C, fan 160°C, gas mark 4. In a bowl, combine the oats, baking powder, salt and cinnamon. Make a well in the middle of the mixture, then pour in the milk, add the banana and whisk until smooth and combined.
- 2 Put a 4-waffle silicone mould onto a baking tray and spoon in the mixture. Bake in the preheated oven for 30-35 minutes, until cooked through and crisp around the edges.
- 3 Leave to cool in the mould for a few minutes before turning out onto plates. Serve the waffles topped with the yogurt and blueberries, and drizzled with the honey.

BRAZIL *Flex*



5
SmartPoints
value



PASSION FRUIT CAIPIRINHA

 **PREP TIME:** 5 minutes

INGREDIENTS

2 large passion fruit, halved,
pulp and seeds scooped out
1 tablespoon sugar
200ml vodka
Ice cubes, to serve

SERVES: 4

SMARTPOINTS: 5 per serving

INSTRUCTIONS

- 1 Put the passion fruit pulp and seeds in a large jar, add the sugar and vodka and mix gently.
- 2 Divide the ice cubes between four glasses and pour over the cocktail mixture.

COLOMBIA *Flex*



2
SmartPoints
value



EMPANADAS WITH SALSA DIP

 **PREP TIME:** 30 minutes

 **COOK TIME:** 12 minutes

INGREDIENTS

125g Sainsbury's light soft cheese
with black pepper
25g half fat Cheddar cheese, grated
2 spring onions, finely chopped
1 egg, beaten
25g fresh breadcrumbs
1/8 level teaspoon cayenne pepper
1 level tablespoon plain flour, for dusting
108g filo pastry (6 x 18g sheets)
1 teaspoon sunflower oil

For the salsa dip

3 tomatoes, deseeded and
finely chopped
1 green pepper, deseeded and
finely chopped
1 teaspoon white wine vinegar

SERVES: 12

SMARTPOINTS: 2 per serving

INSTRUCTIONS

- 1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Put the soft cheese, Cheddar, spring onions, egg, breadcrumbs and cayenne pepper in a bowl. Mix well.
- 2 Lightly dust a work surface with flour and arrange a filo sheet on top. Cut the sheet into quarters and put 2 quarters on top of each other to make 2 stacks. Put a spoonful of the cheese filling into the middle of each. Brush the edges with a little cold water then fold a corner diagonally over the filling to make a triangle shaped parcel. Press the edges together to seal. Use a little more water to seal if necessary.
- 3 Put the 2 parcels on a baking sheet and repeat with the remaining filo sheets and cheese filling until you have 12 parcels. You may need to spread them over 2 baking sheets.
- 4 Brush the top of the parcels with the oil and bake for 10-12 minutes or until golden and crisp.
- 5 Meanwhile, make the salsa. Put the tomatoes, green pepper and vinegar in a food processor and pulse to form a rough paste. Transfer to a bowl and serve with the hot empanadas.

DENMARK Flex

8
SmartPoints
value

SALMON FISHCAKES WITH DILL SAUCE



PREP TIME: 15 minutes, plus chilling

COOK TIME: 20 minutes

INGREDIENTS

300g potatoes, peeled and cut into large chunks
150g cauliflower, broken into florets
2 salmon fillets
2 tablespoons fresh dill, chopped
1 tablespoon horseradish sauce
2 slices Weight Watchers Soft Malted Danish Bread
Calorie controlled cooking spray
2 tablespoons 0% fat natural Greek yogurt
2 tablespoons half fat crème fraîche
1 teaspoon white wine vinegar
160g asparagus
Salad leaves, to serve

SERVES: 2

SMARTPOINTS: 8 per serving

INSTRUCTIONS

- 1 Put the potatoes in a large pan, cover with cold water and bring to the boil. Cook for 5 minutes, then add the cauliflower and cook for another 3-5 minutes, until the vegetables are tender. Drain well, then return to the pan over a low heat. Steam-dry the vegetables for 1-2 minutes then remove from the heat and mash.
- 2 Put the salmon in a microwave-safe dish, cover with cling film and pierce a couple of times. Microwave on high for 2 minutes, then in 1-minute increments until the fish is cooked through. Flake the salmon into large chunks and then add to the mashed vegetables with 1 tablespoon of the dill, and the horseradish sauce. Use a fork to mix everything together, season, then set aside.
- 3 Toast the bread until golden, then whizz to crumbs in a food processor and transfer to a shallow bowl. Shape the fishcake mixture into 4 equal patties, then roll to coat in the toasted crumbs. Arrange in a baking tray lined with baking paper and mist all over with cooking spray. Chill for 30 minutes to firm up.
- 4 Preheat the oven to 220°C, fan 200°C, gas mark 7. Bake the fishcakes for 20 minutes until crisp, golden and piping hot.
- 5 Meanwhile, make the sauce by combining the Greek yogurt, crème fraîche, the remaining dill and white wine vinegar in a bowl, seasoning to taste. Blanch the asparagus in boiling water, then drain and serve with the fishcakes, dill sauce and salad leaves.

EGYPT Flex

2
SmartPoints
value

BUTTERNUT SQUASH FALAFELS



PREP TIME: 30 minutes, plus chilling

COOK TIME: 40 minutes

INGREDIENTS

300g butternut squash
2 cloves garlic, unpeeled
Calorie controlled cooking spray
1 level teaspoon cumin seeds
1 teaspoon coriander seeds
1 small red onion, finely chopped
1 240g can chickpeas, drained and rinsed
45g dried wholemeal breadcrumbs
5 sprigs fresh parsley, roughly chopped

For the sauce

10 sprigs fresh coriander, chopped
10 sprigs fresh parsley, chopped
2 fresh chillis
3 cloves garlic
½ level teaspoon dried coriander
½ level teaspoon ground cumin
½ tablespoon white wine vinegar
60ml fresh lemon juice
180g 0% fat natural Greek yogurt

For the salad

2 tablespoons pomegranate molasses
3 carrots, grated
1 small red onion, finely sliced
5 sprigs fresh mint, chopped

SERVES: 4

SMARTPOINTS: 2 per serving

INSTRUCTIONS

- 1 Preheat the oven to 200°C, fan 180°C, gas mark 6. To make the falafels, peel and cut the squash into cubes, then put it in a roasting tin, along with the garlic. Mist with cooking spray and season. Roast for 30 minutes, then set aside to cool.
- 2 Meanwhile, dry-fry the cumin and coriander seeds in a small frying pan for 2 minutes until they start to pop. Transfer to a spice blender or pestle and mortar, then crush to a fine powder.
- 3 Mist the frying pan with cooking spray and fry the onion over a medium heat for 5 minutes.
- 4 Put the roasted squash and the chickpeas into a food processor and blitz to combine. Transfer to a bowl, add the spice mixture, cooked onion, breadcrumbs and parsley, and combine. Shape the mixture into 12 patties and chill in the fridge for 2 hours.
- 5 Meanwhile, make the sauce. Blitz all the ingredients in a food processor with a pinch of salt.
- 6 Mist a large non-stick frying pan with cooking spray and cook the falafels for 5 minutes on each side, until cooked through and golden.
- 7 To make the salad, whisk together the molasses and lemon juice in a bowl, then season well. Put the carrot, red onion and mint in a bowl, drizzle over the dressing and toss to combine.
- 8 To serve, divide the salad between plates, top with the falafels and spoon over the sauce.



ENGLAND flex

FISH & CHIPS

PREP TIME: 25 minutes
COOK TIME: 50 minutes

INGREDIENTS

- 800g butternut squash, peeled, deseeded and cut into thin chips
- Calorie controlled cooking spray
- 4 slices Weight Watchers Sliced White Danish Bread
- Zest of ½ lemon
- 3 teaspoons fresh rosemary, finely chopped
- 15g parmesan cheese, finely grated
- 4 medium cod fillets
- 175g frozen peas
- 2 level tablespoons half fat crème fraîche
- 1 tablespoon fresh mint, chopped

- For the tartare sauce**
- 150g half fat crème fraîche
 - 1 level teaspoon Dijon mustard
 - 1 pickled gherkin, drained, finely chopped
 - 1 tablespoon capers, in brine, drained and finely chopped
 - 2 tablespoons fresh parsley, finely chopped

SERVES: 4
SMARTPOINTS: 6 per serving

INSTRUCTIONS

- 1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Line two baking trays with baking paper. Add the squash, mist with cooking spray, season, and bake for 30-35 minutes, turning once. Remove from the oven and reduce the oven temperature to 180°C, fan 160°C, gas mark 4.
- 2 Blitz the bread in a food processor to form crumbs. Transfer to a bowl then stir in the zest, rosemary and parmesan, and season.
- 3 Press the fish into the crumb mixture and put on a baking tray. Mist with cooking spray and bake for 10-12 minutes.
- 4 Meanwhile, cook the peas in a pan of boiling water for 3-4 minutes. Drain and crush using a potato masher. Stir in the crème fraîche and mint; season. In a bowl, combine the tartare sauce ingredients.
- 5 Serve the fish and chips with the peas and tartare sauce on the side.



ETON MESS

PREP TIME: 15 minutes
COOK TIME: 20 minutes

SERVES: 8
SMARTPOINTS: 0 per serving

- 1 Preheat the oven to 150°C, fan 130°C, gas mark 2. Line a baking sheet with baking paper and mist with **calorie controlled cooking spray**.
- 2 Whisk **2 egg whites**, ¼ teaspoon **cream of tartar** and ½ teaspoon **salt** in a clean bowl until foamy. Gradually add **10g artificial sweetener**, such as Splenda, whisking until stiff and glossy. Fold in ½ level **teaspoon vanilla extract**.
- 3 Drop 16 even spoonfuls of the meringue mixture onto the prepared baking sheet. Bake for 18-20 minutes. This recipe makes twice as many meringues as you need; you can store the rest in an airtight container for a few days.
- 4 Mix **400g 0% fat natural Greek yogurt** with **150g quartered strawberries**, **50g raspberries** and **50g blackberries**. Take 1 meringue and break it into a glass or small bowl and mix with ⅛ of the berry and yogurt mixture. Repeat with 7 more of the meringues and the rest of the yogurt and berries.



TURKEY SCOTCH EGGS

PREP TIME: 25 minutes, plus chilling
COOK TIME: 25 minutes

SERVES: 8
SMARTPOINTS: 2 per serving

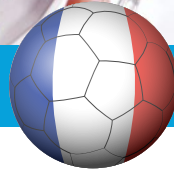
- 1 Put **8 eggs** in a large pan of cold water and bring to a boil. Simmer for 6 minutes, then drain and cool under cold running water. Peel and pat dry with kitchen paper.
- 2 Meanwhile, mix together **1 small finely chopped onion**, **1 crushed clove garlic**, **500g turkey mince** and **5 sprigs fresh thyme**, **5 sprigs fresh rosemary** and **5 sprigs parsley**, all finely chopped.
- 3 Divide the meat mixture into 8. Dust a work surface with flour, roll each portion of mince into a ball, then flatten into a circle large enough to encase an egg. Put an egg in the centre and use your hands to mould the mince around it. Roll each encased egg to smooth out the shape.
- 4 Beat **1 more egg** and pour onto a plate. Put **4 level tablespoons flour** on another plate and **50g panko breadcrumbs** (we used Asda) on a third. Roll each egg first in the flour, then the beaten egg and lastly the breadcrumbs. Put on a baking tray and chill for 30 minutes.
- 5 Preheat the oven to 200°C, fan 180°C, gas mark 6. Heat **1 tablespoon rapeseed oil** in a frying pan and fry the eggs, in batches, for 1-2 minutes, until starting to turn golden. Transfer to a baking tray and bake for 10-12 minutes until golden.




FRANCE *Flex*



7
SmartPoints
value



CROQUE MADAME

 **PREP TIME:** 10 minutes

 **COOK TIME:** 5 minutes

INGREDIENTS

- 4 x 40g slices wholemeal sourdough bread
- 1 tablespoon Dijon mustard
- 80g extra-lean ham, thinly sliced
- 60g half fat Cheddar cheese, thinly sliced
- Calorie controlled cooking spray
- 4 eggs
- 125g cherry tomatoes, halved
- 40g rocket

SMARTPOINTS: 7 per serving

INSTRUCTIONS

- 1 Heat the grill to high. Toast the bread in a toaster, then put on a baking sheet. Spread over the mustard and top with the ham and cheddar. Grill for 2 minutes or until the cheese has melted.
- 2 Meanwhile, put a large lidded nonstick frying pan over a medium-high heat and mist with cooking spray. Crack the eggs into the pan and cook, covered, for 2 minutes for firm whites and soft yolks, or 1-2 minutes longer for firmer yolks.
- 3 Top the sourdough with the eggs, and season. Serve with the cherry tomatoes and rocket on the side.

GERMANY *Flex*



9
SmartPoints
value



HOT DOGS WITH SAUERKRAUT AND ONIONS

 **PREP TIME:** 5 minutes

 **COOK TIME:** 15 minutes

INGREDIENTS

- Calorie controlled cooking spray
- 1 small onion, finely sliced
- 50g sauerkraut
- 150ml Erdinger weissbier
- 1 level tablespoon wholegrain mustard
- 1 dried bayleaf
- 4 individual frankfurters, halved, or 8 small frankfurters
- 4 white finger rolls (we used Asda)
- 4 level teaspoons smooth mustard
- 4 teaspoons tomato ketchup

SERVES: 4

SMARTPOINTS: 9 per serving

INSTRUCTIONS

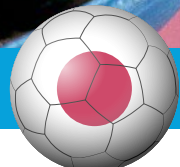
- 1 Mist a pan with cooking spray and add the onion. Fry over a low heat, stirring, for 10 minutes or until browned and softened (add a splash of water if the onions brown too quickly).
- 2 Stir in the sauerkraut, weissbier, mustard and bay leaf, and season. Simmer, stirring occasionally, for 5 minutes or until the beer has been absorbed. Discard the bay leaf.
- 3 Meanwhile, warm the frankfurters in a pan of just-simmering water for 5 minutes. Split the finger rolls and divide the onion and sauerkraut between them. Drain the frankfurters and divide between the buns. Top with 1 teaspoon mustard each and serve with the ketchup on the side.



JAPANESE CHICKEN, BUTTERNUT SQUASH AND PINEAPPLE CURRY



SHIITAKE NOODLES



 **PREP TIME:** 15 minutes
 **COOK TIME:** 35 minutes

INGREDIENTS
 2 level tablespoons cornflour
 432g pineapple in juice, drained,
 100ml juice reserved
 800ml chicken stock,
 made with 1 stock cube
 2½ tablespoons soy sauce
 2 tablespoons sunflower oil
 2 large onions, diced
 9 teaspoons curry powder
 1 teaspoon turmeric
 500g butternut squash, peeled and
 cut into bite-size chunks
 500g skinless chicken breast fillets,
 cut into bite-size chunks

SERVES: 4
SMARTPOINTS: 6 per serving

INSTRUCTIONS

- Put the cornflour in a large jug and gradually whisk in the reserved pineapple juice until you have a smooth paste. Whisk in the stock and soy sauce until combined, then set aside.
- Heat the oil in a deep frying pan or flameproof casserole set over a medium heat. Cook the onions for 6-8 minutes until soft. Stir in the curry powder and turmeric and cook for 1 minute until fragrant, then gradually stir in the stock mixture. Bring to a simmer, then add the butternut squash. Cover with a lid and cook for 10 minutes.
- Add the chicken to the pan and simmer, uncovered, for 8-10 minutes until the chicken and squash are cooked through and the sauce has thickened.
- Stir in the pineapple and heat for 1 minute before serving.

 **PREP TIME:** 5 minutes
 **COOK TIME:** 15 minutes

INGREDIENTS
 Calorie controlled cooking spray
 150g shiitake mushrooms, halved
 through the stalk
 1 clove garlic, finely sliced
 1 teaspoon shredded root ginger
 6 spring onions, trimmed and
 cut into thirds
 2 tablespoons soy sauce
 100g pak choi or cabbage, separated
 into leaves and chopped if large
 60g dried medium egg noodles

SERVES: 1
SMARTPOINTS: 1 per serving

INSTRUCTIONS

- Coat a medium saucepan with calorie controlled cooking spray then add the mushrooms, garlic, ginger and spring onions and stir-fry for 3 minutes until browned.
- Add the soy sauce and 100ml water to the pan, bring to the boil and cook for 5 minutes, uncovered, until around 3 tablespoons of syrupy liquid remain. Add the pak choi or cabbage to the pan, cover and cook for 2 minutes or until the leaves begin to wilt.
- Meanwhile, cook the noodles according to pack instructions. Drain the noodles then toss together with the vegetables and serve immediately.



4
SmartPoints
value

SPICY STEAK TACOS

PREP TIME: 10 minutes
 COOK TIME: 4 minutes

SERVES: 4
SMARTPOINTS: 4 per serving

- Mix together **1 shredded lettuce**, **2 thinly sliced spring onions**, **4 thinly sliced radishes**, **1 large chopped tomato** and $\frac{1}{4}$ **chopped cucumber**. Sprinkle with a few drops of **vinegar** or **lemon juice** and share the mixture between **4 taco shells**.
- Rub **5g Discovery Foods Deep South Cajun spice mix** into **150g beef rump steak**, then slice it thinly. Heat a frying pan and mist with **calorie controlled cooking spray**, then fry the steak strips for 3-4 minutes or until done to your liking.
- Share the hot steak between the taco shells and serve at once.



5
SmartPoints
value

GUACAMOLE

PREP TIME: 10 minutes

SERVES: 4
SMARTPOINTS: 5 per serving

- Mash the flesh of **2 avocados** and mix with **1 deseeded, finely chopped green chilli**, **1 chopped tomato**, **3 finely chopped spring onions** and **2 tablespoons fresh coriander**.
- Stir in the **juice of $\frac{1}{2}$ lime**, season to taste, then serve.



7
SmartPoints
value

LOADED SWEET POTATO TACOS

PREP TIME: 15 minutes
 COOK TIME: 20 minutes

- INGREDIENTS**
- 350g sweet potatoes, peeled and finely diced
 - Calorie controlled cooking spray
 - 2½g smoked paprika
 - 1 240g can Biona organic black beans in water, drained
 - 1 small red onion, finely diced
 - 2 tomatoes, finely diced
 - 1 tablespoon fresh coriander, chopped
 - 20ml fresh lime juice
 - 8 Old El Paso taco shells
 - 4 handfuls of salad leaves

SERVES: 4
SMARTPOINTS: 7 per serving

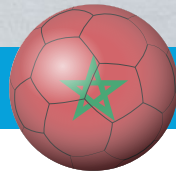
INSTRUCTIONS

- Preheat the oven to 220°C, fan 200°C, gas mark 7. Put the sweet potatoes on a large baking tray, mist with cooking spray and toss with the paprika until evenly coated. Roast for 20 minutes, until tender and just starting to brown. Transfer to a large bowl and set aside to cool completely.
- Add the black beans, onion, tomatoes, coriander and lime juice to the cooled sweet potatoes. Season to taste and toss to combine.
- To serve, heat the taco shells to pack instructions, fill with the sweet potato mixture and top with the salad leaves.







MOROCCO Flex



MEATBALL, PEPPER AND APRICOT TAGINE

 **PREP TIME:** 20 minutes
 **COOK TIME:** 40 minutes

INGREDIENTS

400g turkey breast mince
2 onions, finely chopped
1 level tablespoon cumin seeds
1 level teaspoon chilli powder
1 tablespoon olive oil
Calorie controlled cooking spray
2 level teaspoons ground cumin
2 level teaspoons dried coriander
1 level teaspoon ground cinnamon
1 teaspoon turmeric
1 each red, yellow and orange peppers, deseeded and chopped into 3cm chunks
50g dried apricots, halved
700g passata
400ml vegetable stock, made with ½ stock cube
2 tablespoons red wine vinegar
150g Merchant Gourmet wholewheat giant couscous

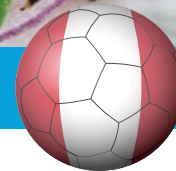
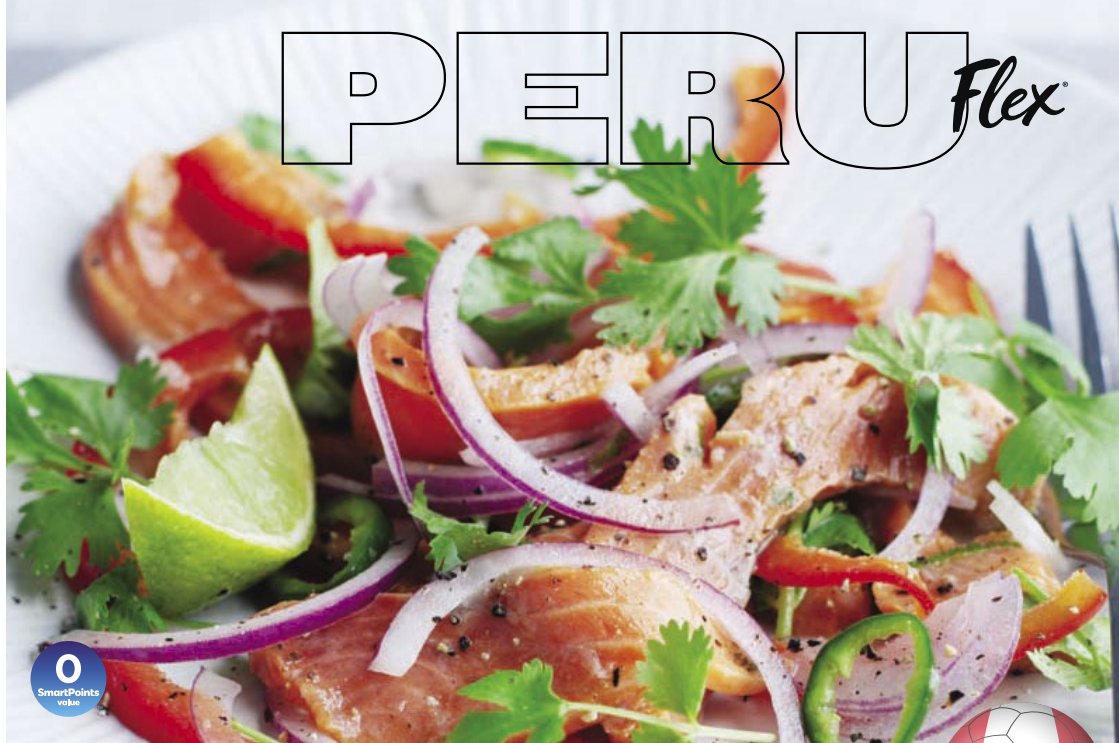
SERVES: 4

SMARTPOINTS: 7 per serving

INSTRUCTIONS

- 1 Preheat the grill to high and line the grill pan with kitchen foil. Combine the turkey mince, half of the onion, the cumin seeds and chilli powder in a bowl. Shape the mixture into small meatballs and put in the prepared grill pan. Drizzle over the oil and roll the meatballs to coat. Grill for 8 minutes, turning halfway.
- 2 Mist a deep, flameproof casserole or lidded frying pan with cooking spray and set over a medium heat. Cook the remaining onion for 6-8 minutes, until soft, then stir in the ground spices. Add the peppers and cook for another 2 minutes. Stir in the apricots, passata, stock and vinegar and bring to a simmer. Cook for 10 minutes, until the peppers are tender.
- 3 Stir the grilled meatballs and couscous into the pan, cover with the lid and simmer for 15 minutes, until the couscous is cooked, the sauce has reduced and the meatballs are cooked through.

PERU Flex



SALMON CEVICHE

 **PREP TIME:** 25 minutes

INGREDIENTS

300g salmon fillet, skinned and thinly sliced
2 limes, zest from 1 and juice from both
1 small red onion, thinly sliced
1 red pepper, deseeded and thinly sliced
1 green or red chilli, deseeded and thinly sliced
2 tablespoons fresh coriander

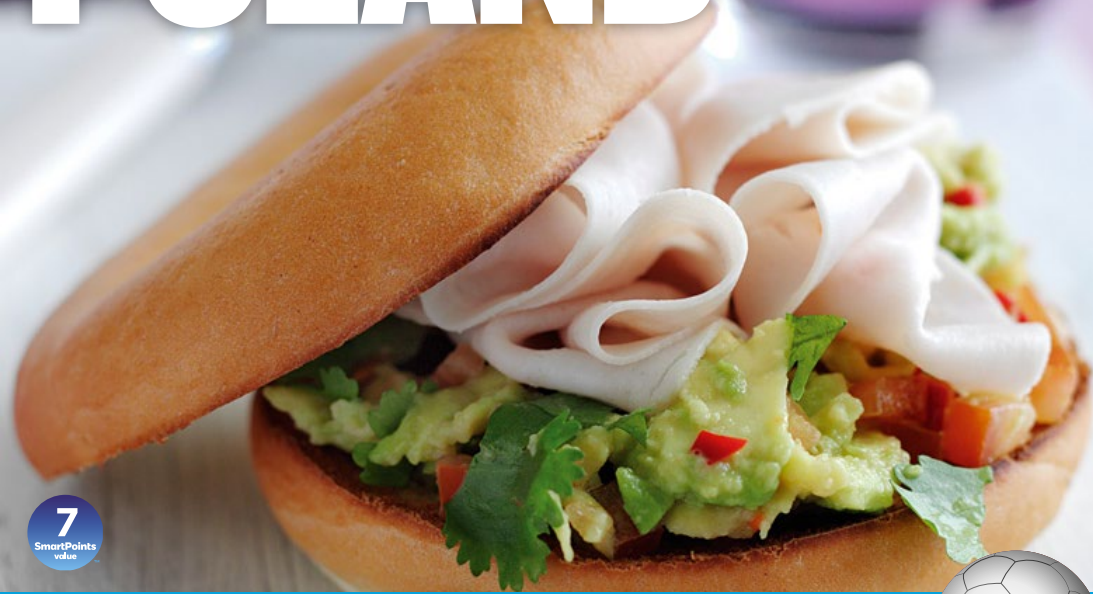
SERVES: 4

SMARTPOINTS: 0 per serving

INSTRUCTIONS

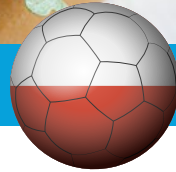
- 1 Put the slices of salmon into a shallow non-metallic bowl. Add the lime zest and juice, tossing to coat. Cover and leave to marinate for 10 minutes.
- 2 Add the red onion, red pepper and chilli to the fish, tossing to coat. Cover and leave to marinate for a further 10-15 minutes.
- 3 To serve, sprinkle with the fresh coriander and season to taste.

POLAND *Flex*



7
SmartPoints
value

BAGEL WITH CHICKEN AND AVOCADO



 **PREP TIME:** 10 minutes

INGREDIENTS

- 1 Warburtons plain thin bagel
- 1/3 avocado, mashed
- 15g red onion, chopped
- 1 small tomato, chopped into small chunks
- 1 teaspoon fresh lemon juice
- 1 pinch chilli flakes
- 2 sprigs coriander, fresh
- 3 slices wafer thin chicken

SERVES: 1

SMARTPOINTS: 7 per serving

INSTRUCTIONS

- 1 Lightly toast the bagel.
- 2 Meanwhile, mix together the avocado, onion, tomato, lemon juice and chilli flakes, then season.
- 3 Spread the avocado mix over one half of the bagel. Add the coriander and chicken slices then top with the remaining bagel half to serve.

PORTUGAL *Flex*



5
SmartPoints
value

PIRI PIRI KEBABS



 **PREP TIME:** 5 minutes

 **COOK TIME:** 20 minutes

INGREDIENTS

- 200g brown basmati rice
- 1 cloves garlic, crushed
- 1/4 level teaspoon chilli powder
- 1 level teaspoon paprika
- 1/2 level teaspoon dried oregano
- 1/4 level teaspoon dried thyme
- 1 tablespoon white wine vinegar or lemon juice
- 500g skinless chicken breast, cubed
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, deseeded and chopped
- Calorie controlled cooking spray
- 175g canned sweetcorn, drained
- 4 sprigs fresh parsley, to garnish
- 150g 0% fat natural Greek yogurt, to serve

SERVES: 4

SMARTPOINTS: 5 per serving

INSTRUCTIONS

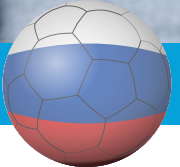
- 1 Cook the rice according to the packet instructions. Preheat the grill and line the grill pan with foil.
- 2 Meanwhile, combine the garlic, spices, dried herbs and vinegar or lemon juice in a mixing bowl and toss the chicken in the mixture to coat.
- 3 Thread the chicken and peppers on to 4 skewers. Mist with the cooking spray and grill for 12 minutes or until the chicken is cooked through, turning the kebabs occasionally.
- 4 When the rice is tender, stir in the sweetcorn and allow it to heat through for 1 minute. Drain and divide the rice between 4 plates.
- 5 Add a kebab to each plate, drizzling any cooking juices from the grill pan over the top. Garnish with fresh parsley and serve with the yogurt on the side.



4
SmartPoints
value

RUSSIA Flex

MOSCOW MULE



5
SmartPoints
value

SOUTH KOREA Flex

BIBIMBAP



TOTAL TIME: 15 minutes

INGREDIENTS

- 1 inch slice fresh ginger, finely chopped
- 1 cup ice cubes
- 100ml vodka
- 60ml lemon juice
- 1 330ml can diet ginger beer
- Lemon slices, to serve
- Mint leaves, to serve

SERVES: 2

SMARTPOINTS: 4 per serving

INSTRUCTIONS

- 1 Place the crushed ginger in a large jar or shaker.
- 2 Add the ice, the vodka and the lemon juice, and then slowly add the diet ginger beer. Pour into two tall glasses and garnish with the lemon slices and mint leaves.

PREP TIME: 10 minutes

COOK TIME: 22 minutes

INGREDIENTS

- 125g white long grain rice
- 1 tablespoon sesame oil
- 150g carrots, peeled and cut into matchsticks
- 120g shiitake mushrooms, sliced
- 1 courgette, diced
- 200g beansprouts
- 200g spinach
- 250g turkey breast mince
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 4 eggs
- 2 tablespoons chilli sauce, to serve

SERVES: 4

SMARTPOINTS: 5 per serving

INSTRUCTIONS



- 1 Cook the rice according to pack instructions. When cooked, fluff up the grains of rice with a fork.
- 2 Meanwhile, heat half the sesame oil in a large wok or frying pan over a medium-high heat. Add the carrots and mushrooms and stir-fry for 3-4 minutes. Remove from the wok with a slotted spoon. Stir-fry the courgette and beansprouts for 3-4 minutes, then return the carrots and mushrooms to the wok. Stir in the spinach to wilt, then season to taste.
- 3 Meanwhile, heat the remaining oil in another frying pan and cook the turkey mince over a medium-high heat for 5-10 minutes or until cooked through. Stir in the soy sauce, vinegar and the cooked vegetables.
- 4 Poach the eggs in a pan of simmering water for 2-3 minutes for a slightly runny yolk or 1-2 minutes longer for a firmer yolk. Divide the rice between 4 bowls. Top with the vegetables and turkey, a poached egg and a drizzle of chilli sauce.

SPAIN *Flex*



4
SmartPoints
value

SEAFOOD PAELLA

 **PREP TIME:** 10 minutes
 **COOK TIME:** 40 minutes

INGREDIENTS

Calorie controlled cooking spray
1 onion, finely sliced
1 red pepper, deseeded and sliced (optional)
2 cloves garlic, crushed
½ level teaspoon paprika
½ teaspoon saffron threads, soaked in 2 teaspoons cold water
150g paella rice (we used Morrisons)
500ml chicken stock, made with 1 stock cube
300g cooked king prawns, tails left on
200g squid, sliced
100g frozen peas
2 tablespoons fresh parsley, leaves picked and chopped
1 lemon, cut into wedges

SERVES: 4

SMARTPOINTS: 4 per serving

INSTRUCTIONS

- 1 Mist a large lidded frying pan with cooking spray and cook the onion for 5 minutes over a medium heat. Add the pepper, if using, and cook for another 5 minutes.
- 2 Stir in the garlic, paprika, saffron and rice, and cook for 1 minute before pouring in the stock.
- 3 Bring to a boil, turn down to a simmer, cover and cook for 15 minutes.
- 4 Add the prawns, squid rings, peas and half the parsley to the pan. Stir then cover and continue to cook for 5 minutes. Remove the lid and cook for a final 3-4 minutes to absorb the last of the stock.
- 5 Season to taste and garnish with the remaining parsley, then serve with the lemon wedges on the side.



3
SmartPoints
value

GAZPACHO

 **PREP TIME:** 10 minutes, plus chilling

INGREDIENTS

1kg ripe tomatoes, chopped
1 red pepper, deseeded and chopped
1 small red onion, chopped
2 cloves garlic
2 cucumbers, peeled and chopped
80g day old sourdough bread, torn
2 tablespoons red wine vinegar
1 tablespoon extra virgin olive oil
Black pepper, to serve

SERVES: 4

SMARTPOINTS: 3 per serving

INSTRUCTIONS

- 1 Place the tomatoes, red pepper, onion and garlic in a food processor and process until smooth. Add half the cucumber and process until smooth.
- 2 Pour the mixture into a strainer over a large bowl. Strain mixture, pressing the pulp with the back of a spoon to extract as much liquid as you can. Discard any remaining solids.
- 3 Return the mixture to the cleaned processor and add the bread and vinegar. Process until combined. Refrigerate for at least 1 hour or until well chilled.
- 4 Stir the gazpacho if it has separated, season to taste and divide between small serving bowls. To serve, top with the remaining chopped cucumber, drizzle with the olive oil and sprinkle with a little black pepper.





SWEDEN *Flex*



10
SmartPoints
value

SCANDINAVIAN-STYLE SAUSAGES

 **PREP TIME:** 15 minutes
 **COOK TIME:** 20 minutes

INGREDIENTS

8 individual chicken sausages
250g potatoes, peeled and chopped
750g celeriac, peeled and chopped
1 level tablespoon cornflour
24g Knorr cream of mushroom soup
1 level tablespoon coarse grain mustard
1 heaped teaspoon Dijon mustard
1 vegetable stock cube
100ml skimmed milk
2 tablespoons fresh dill, chopped
½ cucumber, finely sliced
4 tablespoons The English Provender Co. wild cranberry chutney

SERVES: 4

SMARTPOINTS: 10 per serving



INSTRUCTIONS

- 1 Preheat the grill to high and grill the sausages to pack instructions, until cooked through.
- 2 Meanwhile, put the potatoes and celeriac in a large pan of water and bring to a boil over a high heat. Cook for 10-12 minutes, until tender, then drain well and return to the pan over a very low heat to keep warm.
- 3 To make the sauce, combine the cornflour and soup mix in a large jug, then stir in the mustards and stock cube, mashing the stock cube as you go, until combined. Whisk in the milk, a little at a time, until smooth, and then stir in 400ml of boiling water from the kettle. Transfer to a pan set over a low heat and whisk constantly until the sauce is bubbling and thickened – this will take about 3-5 minutes.
- 4 Mash the potatoes and celeriac then mix in the dill and season to taste.
- 5 Divide the mash between plates, top with the sausages and spoon over the sauce. Serve with the cucumber slices and cranberry chutney on the side.



6
SmartPoints
value

CINNAMON AND DATE BUNS

 **PREP TIME:** 20 minutes, plus proving and rising
 **COOK TIME:** 40 minutes

INGREDIENTS

325ml semi-skimmed milk
3 tablespoons clear honey
300g plain flour, plus extra for dusting
150g wholemeal flour
7g sachet fast-action dried yeast
¾ teaspoon ground cinnamon
50g baking block, melted
Calorie controlled cooking spray
2 tablespoons freshly squeezed orange juice

For the date filling

75g medjool dates, pitted
¼ teaspoon rosewater
1 teaspoon orange zest
3 cardamom pods, seeds only, crushed
2 pinches of salt

SERVES: 14

SMARTPOINTS: 6 per serving

INSTRUCTIONS

- 1 Put the milk and 1 tablespoon honey in a pan and heat gently, stirring, until warm. Remove from the heat.
- 2 In the bowl of a freestanding mixer, combine both flours, the yeast, ½ teaspoon of the cinnamon and a pinch of salt. Add the warm milk mixture and melted baking block.
- 3 Using the mixer's dough-hook, mix on low speed until the dough comes together. Increase to medium-high and mix for 3 minutes. Mist a bowl with cooking spray and place the dough into it. Cover with cling film and leave in a warm place until the dough has doubled in size – about 1 hour.
- 4 Meanwhile, make the filling. Bring the dates, a large pinch of salt and 125ml water to a boil in a small pan. Reduce the heat and simmer until the dates are mushy and the water has almost evaporated. Cool slightly, then stir in the remaining filling ingredients.
- 5 Line a 24cm x 26cm baking tin with baking paper. Knock back the dough, dust with a little flour and transfer to a lightly floured surface. Roll out to a rectangle about 30cm x 45cm and 5mm thick. Spread the date mixture over the top. Roll up from the long side into a log shape. Cut into 14 equal pieces, then put them in the baking tin, outside up. Cover with cling film and leave in a warm place for 45 minutes to rise.
- 6 Preheat the oven to 220°C, fan 200°C, gas mark 7. Bake the buns for 25-28 minutes until risen and golden.
- 7 Make a glaze by putting the remaining 2 tablespoons of honey, orange juice and remaining cinnamon in a pan with 50ml water. Bring to a boil, bubble for 2 minutes, then simmer for 3 minutes, until thickened. Brush the buns with the glaze while still warm, then allow to cool before serving.



5
SmartPoints
value

SWITZERLAND *Flex*



CHEESE FONDUE WITH VEGGIE DIPPERS

 **PREP TIME:** 10 minutes

 **COOK TIME:** 12 minutes

INGREDIENTS

- 275ml skimmed milk
- 25g plain flour
- 1 teaspoon English mustard powder
- 100g half-fat extra mature Cheddar cheese, grated
- Vegetable crudités, to serve (try celery, carrots, radishes and blanched Tenderstem broccoli)
- 200g new potatoes, boiled, to serve

SERVES: 4

SMARTPOINTS: 5 per serving

INSTRUCTIONS

- Put the milk in a medium pan and whisk in the flour and mustard. Put over a medium heat and whisk continually while the milk comes to a gentle simmer. Reduce the heat to low and cook for 2-3 minutes, stirring constantly, until thickened.
- Take the sauce off the heat and stir in the grated cheese a handful at a time until it has melted. Season to taste and transfer the sauce to a fondue set if you have one, or an earthenware bowl, then serve immediately with the vegetable crudités and new potatoes for dipping.

TUNISIA *Flex*



8
SmartPoints
value



HARISSA CHICKEN WITH CHICKPEAS

 **PREP TIME:** 10 minutes

 **COOK TIME:** 40 minutes

INGREDIENTS

- Calorie controlled cooking spray
- 8 medium skinless, boneless chicken thighs, 90g each
- 1 small red onion, finely chopped
- 2 cloves garlic, finely sliced
- 1 240g can chickpeas, drained and rinsed
- 1 400g can tinned tomatoes
- 150ml chicken stock, made with ½ stock cube
- 1 tablespoon Bart harissa paste
- Zest of 1 lemon
- 20ml fresh lemon juice
- 1 level teaspoon cornflour
- 1 tablespoon fresh parsley, chopped, to serve

SERVES: 4

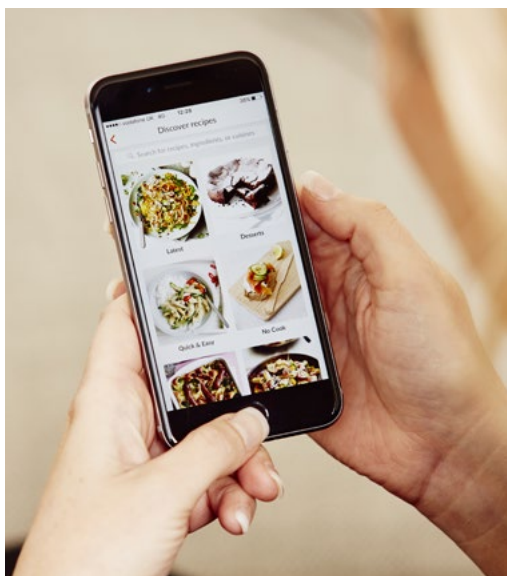
SMARTPOINTS: 8 per serving

INSTRUCTIONS

- Preheat the oven to 200°C, fan 180°C, gas mark 6. Mist a flameproof casserole with cooking spray and put over a medium heat. Add the chicken and cook for a couple of minutes on each side, until turning golden. Remove from the casserole and set aside.
- Add the onion to the casserole, and cook over a low heat for 5-6 minutes until softened but not coloured. Add the garlic and cook for a further 1-2 minutes.
- Stir in the chickpeas, tomatoes, stock, harissa, and lemon zest and juice. Return the chicken thighs to the casserole, making sure they're nestled under the sauce. Season, then cover and cook in the oven for 20-25 minutes.
- Remove the casserole from the oven. If the sauce is too thin for your liking, spoon a little of the liquid into a small bowl and mix with the cornflour to create a paste. Stir the mixture back into the juices in the casserole, then bubble this on the hob for a few minutes until the sauce thickens.
- Divide between bowls and serve seasoned to taste and garnished with the parsley.

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