

# Slimmer dinners

You don't have to give up the food you love to stay in shape...  
just try our skinny versions of your favourite dishes instead

FOOD PHOTOGRAPHY David Munns RECIPES Rachel Smith FOOD STYLING Katy Greenwood

## Lower-fat lasagne

SERVES 4 • MAKE IT IN 40 MINS • FREEZE IT

Replace pasta with courgette strips for a lighter lasagne. Slim down sauce by using a smaller quantity of stronger cheese.

- 1 tbsp olive oil
- 2 onions, peeled and diced
- 3 garlic cloves, peeled and crushed
- 500g lean minced beef steak
- 3 x 400g cans chopped tomatoes
- 30g butter
- 45g plain flour
- 500ml skimmed milk
- 20g Parmesan, grated
- ½ lemon, juice only
- 2 courgettes, cut into long ribbons
- handful rocket, to serve

- 1 Heat the oven to 200°C/180°C fan/Gas 6. Heat the oil in a pan and cook the onions for 5 minutes. Add the garlic then the mince, stirring until the meat has browned. Drain off any excess oil.
- 2 Add the tomatoes and simmer while you prepare the béchamel sauce.
- 3 Melt the butter in a pan until foaming then add the flour and stir into a thick paste. Cook for a couple of minutes, then gradually whisk in the milk a little at a time. Add the Parmesan and lemon juice and season with

- black pepper. Bubble for 5 minutes to thicken.
- 4 To assemble, place a layer of mince in the bottom of an ovenproof dish. Arrange a layer of courgette ribbons on top, spoon over some sauce and top with another layer of courgette. Repeat, finishing with béchamel sauce. Bake for 25 minutes until golden brown and piping hot and serve with rocket.

**Per serving: calories 544 (27%), sugar 17.6g (20%), fat 31g (44%), saturates 14.3g (72%), salt 1g (17%) of your guideline daily amount**

£1.83  
PER SERVING

### TOO BUSY TO COOK?

This reduced-fat ready meal bakes in xx minutes and has just 402 calories. NuMe Lasagne, £1.25, 400g (£5.73/kg)



Only 544 calories per serving - and extra vegetables



Nearly half as much saturated fat compared to a traditional pizza

£1.43  
PER SERVING

## Healthier Hawaiian pizza

SERVES 4 • MAKE IT IN 50 MINS • 45 MINUTES RISING

A thin crust cuts calories, while this rich tomato base removes the need for a thick coating of cheese.

- 7g sachet easy bake yeast
- 1 tsp sugar
- 500g 00 flour
- 2 tsp olive oil
- 2 onions, peeled and sliced
- 3 garlic cloves, peeled and crushed
- 3 x 400g cans chopped tomatoes
- 1 tsp dried oregano
- 120g mature Cheddar
- 200g fresh pineapple, chopped into chunks
- 200g cooked gammon ham, cut into chunks
- handful rocket, to serve

- 1 Pour 325ml lukewarm water into a jug and stir in the yeast and sugar. In a separate bowl, sift the flour with 1 tsp salt.
- 2 Make a well in the middle of the flour and stir in the liquid until combined, then knead the dough on a floured surface for 10 minutes until smooth and springy. Place in an oiled bowl, cover and prove for 45 minutes.
- 3 Heat the oil in a pan and cook the onions for 5 minutes. Add the garlic and cook for another 2 minutes then stir in the tomatoes and oregano. Simmer for 10-15 minutes to thicken.

- 4 Heat the oven to 240°C/220°C fan/Gas 9. Roll the dough into a large circle about 5mm thick. Place on a baking tray dusted with flour. Spread the tomato sauce over the base, finely grate over the cheese and sprinkle on the pineapple and ham. Bake for 10 minutes until piping hot and serve garnished with rocket.

**Per serving: calories 754 (38%), sugar 19.5g (22%), fat 20.3g (29%), saturates 8.3g (42%), salt 3.4g (57%) of your guideline daily amount**

## Lower-cal chicken pie

SERVES 4 • MAKE IT IN 1 HR

Swap rich pastry for filo and chicken thighs for breast meat to reduce fat.

- 2 tbsp olive oil
- 414g pack chicken breast, cut into chunks
- 150g chestnut mushrooms, roughly chopped
- 1 leek, thinly sliced
- 2 tbsp half-fat crème fraîche
- 500ml chicken stock, made from a cube
- 2 tsp cornflour
- 25g butter, melted
- 270g pack filo pastry

- 1 Heat the oven to 200°C/180°C fan/Gas 6. Heat the oil in a pan and cook the chicken until it turns white. Add the mushrooms and leek and cook for 5 minutes until soft.
- 2 Stir the crème fraîche into the stock then pour into the pan. Bring to a simmer. Mix the cornflour with 2 tsp cold water to form a paste. Stir in, season and continue to simmer.
- 3 Meanwhile, brush a line of butter down each side of a sheet of filo then lay another

- sheet on top. Repeat until the whole pack has been divided into two-layer sheets.
- 4 Ladle the filling into a pie dish. Gently scrunch up the filo pairs and place on the pie. Bake for 25 minutes until piping hot, no pink meat remains and the filo is crisp and golden.

**Per serving: calories 438 (22%), sugar 1.7g (1.8%), fat 15.3g (22%), saturates 5.4g (27%), salt 1.3g (22%) of your guideline daily amount**

Wash all fresh vegetables and herbs before using. Wash your hands after handling raw meat.

Prices based on quantities of ingredients used in the recipe and are correct at time of going to press

## HEALTHIER EATING

### Better banoffee pies

SERVES 4 \* MAKE IT IN 10 MINS \* VEGETARIAN

*Switch cream for crème fraîche. Butter and honey replace calorific caramel without compromising on flavour.*

- \* 6 digestive biscuits
- \* 25g butter
- \* 4 bananas, peeled
- \* 200g half-fat crème fraîche
- \* 1 tbsp honey

- 1 Place the biscuits in a sandwich bag and crush with a rolling pin until they resemble breadcrumbs.
- 2 Heat the butter in a frying pan. When it starts to foam, add the biscuit crumbs and stir for 1 minute until they are coated well in

the butter and are starting to darken. Tip into a bowl and leave to cool.

- 3 Break up 1 of the bananas and place in a blender with the crème fraîche and whiz.
- 4 Thinly slice the remaining bananas and arrange them into 4 glasses. Spoon over the banana cream then top with the biscuit crumbs. Finish with a drizzle of honey.

**Per serving: calories 328 (16%), sugar 27.5g (31%), fat 16.9g (24%), saturates 10.2g (51%), salt 0.4g (6.6%) of your guideline daily amount**

47P  
PER SERVING

Only 16% of  
your daily  
calorie allowance