Aromatic Bean Curry with a side of Rainbow Vegetables

A tasty bowl of fibre goodness

Nutritional Information:
(per serving, without sambals)

ENERGY	(286 kCal) 1194 kJ
TOTAL FAT	4 g
PROT	13 g
TOTAL CARBS	48 g
FIBRE	13 g

Ingredients

1 cup (250 ml) dry white, butter, or small white beans or
1 tin (410 g) butter beans, drained
1 tin (410g_ red kidney beans, drained
3 cups (750 ml) boiling water
1 piece fresh ginger root (about 3 cm), grated
1 Tbsp (15 ml) canola, olive, or avocado oil
2 onions, peeled and finely chopped
2 Tbsp (30 ml) masala curry powder
½ tsp (2.5 ml) dried chilli flakes or powder (optional)
½ tsp (2.5 ml) ground cumin
½ tsp (2.5 ml) ground coriander
½ tsp (2.5 ml) ground turmeric
2 tsp (10 ml) fresh ginger, grated
4 tsp (20 ml) minced garlic (or 4 fresh cloves, finely chopped)
1 apple or yellow peach, peeled and grated
2 Tbsp (30 ml) sultanas
1 tsp (5 ml) salt
1 tsp (5 ml) brown sugar
1 cup (250 ml) water
2 cups (500 ml) mixed steamed vegetables (e.g. cauliflower, carrots, courgettes, broccoli, peppers)

5 servings

Prep time: 15 minutes
Cook time: 1½ hours
(or 30 min with tinned beans)

Method

1. Prepare the beans:
If using dry beans, place them in a large bowl, cover with boiling water, and soak for 1 hour. Drain.
If using tinned beans, rinse and drain well.

2. Cook the beans:
Place soaked beans in a saucepan with fresh water and grated ginger. Simmer for about 90 minutes until tender. (For tinned beans, skip to step 5.)

3. Prepare the curry base:
Heat oil in a large pan over medium heat. Add onions and sauté until translucent.

4. Add spices:
Stir in the masala, chilli, cumin, coriander, turmeric, extra ginger, and garlic. Cook for 1–2 minutes to release the aromas.

5. Add fruit and sultanas:
Stir in the grated apple (or peach) and sultanas, coating them well in the curry mixture.

6. Combine:
Add the drained cooked beans, salt, sugar, and water. Simmer gently for about 20 minutes, allowing the flavours to blend.

7. Serve:
Serve hot with steamed vegetables, sambals, or a dollop of plain low-fat yoghurt.
Optional: add ⅓ cup cooked brown or basmati rice per serving for a balanced meal.

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Chilli Con Carne

A fiery fiesta in a bowl

6 servings | 30 minutes

Nutritional Information per portion (125g):

ENERGY	(218 kCal) 912 kJ
TOTAL FAT	7.5 g
PROT	18.0 g
TOTAL CARBS	18.0 g
FIBRE	6.4 g

Ingredients

10 ml canola or olive oil
5 ml crushed garlic
½ medium green pepper, seeded and cut into strips (75 g)
400 g lean beef, venison, or ostrich mince
1 beef stock cube (Knorr has a lower salt product)
410 g can tomato and onion mix
215 g can KOO chilli beans
A few drops of Tabasco sauce to taste

Chef's Tip:

Menu Idea:

- Chilli con carne
- Cooked rice, pasta, or pap
- Green salad

Suggestions and Variations:

For a Mexican-style meal, serve the chilli con carne in tortillas or taco shells with chopped lettuce, tomato, and grated cheese.

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Method

1. Heat the oil and stir-fry the garlic, pepper, and mince until the meat is lightly browned.
2. Crumble the stock cube over the mince and stir until the crumbs have dissolved.
3. Stir in the tomato and onion mix, beans, and a few drops of Tabasco sauce. Simmer the mince over low heat for 15 to 20 minutes until the meat is cooked. Add more boiling water if necessary to retain the saucy consistency.

Storage:

Refrigeration: Can be refrigerated for 48 hours.

Freezing: Can be frozen for two months. Bulk cook this recipe and freeze in handy portions that you can defrost individually as needed.

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Rainbow Crunch Chicken Salad Jar

Colourful fibre boost layers

1 serving **20 minutes**

Nutritional Information per portion:

ENERGY	(372 kCal) 1562 kJ
TOTAL FAT	5.0 g
PROT	30 g
TOTAL CARBS	30 g
FIBRE	12 g

Ingredients

½ cup cooked or canned lentils
½ cup mixed corn and or peas
100g grilled and seasoned chicken fillet
1 medium chopped tomato
½ cup sliced cucumber
1 cup shredded lettuce
2 tbsp Nola Lite mayonnaise

Chef's Tip:

Variations:

- The ½ cup lentils can be exchanged for brown rice or chickpeas for similar fibre.
- The 2 tbsp Nola Lite can be exchanged for 4 tbsp's fat-free cottage cheese

How to pack a salad jar:

- Look for wide mouth jars (3 cup volume ideal) to make eating easier.
- Start with protein / legumes or dressings/wet ingredients at the bottom, then layer crunchy veggies, cheeses and nuts. Pack delicate greens loosely on top.
- Don't overfill. Wipe jar rims before sealing to limit moisture. Store upright.

Method

1.. Season the chicken breast with herbs and spices and cook in an airfryer or oven.
2. Thaw (defrost) the peas and corn if the frozen kind is being used.
3. Cut the tomato and cucumber in blocks.
4. Slice the lettuce into thin strips.
5. Slice the grilled chicken into thinner strips.
6. Layer the ingredients into the glass jar starting with the lentils and chicken strips, followed by the cucumber, tomato, corn and peas, lentils and ending with the lettuce on top.
7. Keep the Nola Lite dressing separate and add fresh at mealtime.

Storage:

Refrigeration: Once sealed in the glass jar the salad can be refrigerated for 3 days. Prepare this salad in bulk and refrigerate in handy glass jars that is available for 3- 4 days.

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Tuna'd Up Power Bowl

Protein Punch with fibre crunch

1 serving | 30 minutes

Nutritional Information Per portion:

ENERGY	(379 kCal) 1592 kJ
TOTAL FAT	5.0 g
PROT	33 g
TOTAL CARBS	44 g
FIBRE	2.0 g

Ingredients

1 can tuna in water
½ cup cooked brown rice
1 cup frozen mixed vegetables
2 tbsp Nola Lite mayonnaise
1 tbsp lemon juice
½ tsp lemon black pepper
pinch of salt
lettuce leaves

Chef's Tip:

Suggestions and Variations:
The brown rice can be exchanged for lentils or chickpeas to increase the fibre intake.

The mixed vegetables is a can be exchanged for different salad options such as tomato, peppers, cucumber, etc .

Method

1. Cook the brown rice in water with a little salt.
2. Drain the water from the can of tuna and flake the tuna pieces with a fork.
3. Thaw (defrost) the frozen mixed vegetables.
4. Cut the olives into rings.
5. Mix all the ingredients together in a bowl.
6. Spoon onto the lettuce leaves.
7. Season with salt and lemon black pepper.
8. Drizzle lemon juice and Nola Lite over the salad and enjoy.

Storage:
Refrigeration: Can be refrigerated for 48 hours.

Prepare this salad in bulk and refrigerate individual portions in sealed glass jars. It can be refrigerated for 3- 4 days saving time on meal preparation. Note to only add the seasonings, lemon juice and Nola Lite just before serving.

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