

Healthy Weight for Life

Free Food Recipes Vol 5

Side Dishes using Free Foods

Fennel & Baby Bean Salad

2 bulbs baby fennel, sliced thinly (eg using a mandolin)
2 large spring onions, finely chopped
180g baby beans
½ cup chopped flat-leaf parsley

Dressing

1 tablespoon Dijon mustard
2 tablespoons lemon juice
¼ cup extra virgin olive oil
Salt and freshly ground black pepper, to taste

Cover beans with boiling water, leave for a few minutes to blanch then transfer them immediately to a bowl of ice water to preserve crispness and bright green colour.

Drain through a colander or sieve.

Combine dressing ingredients in a large bowl and whisk.

Toss sliced fennel, beans, spring onions & parsley through dressing.

Transfer to salad bowl and serve with grilled fish or other seafood of choice.



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Free Food Refreshments

Berry Nice Ice Blocks

- Fresh raspberries, diced strawberries, mulberries, blueberries, or other seasonal or frozen berries
- Low-joule apple & blackcurrant cordial (or other flavour of choice)

Place fresh or frozen berries into ice block moulds.

Fill to top with pre-prepared low joule raspberry cordial.

Replace mould tops, freeze and enjoy as a cool snack or dessert.

Ginger, Berry & Lime Punch

- 2 litres diet ginger beer
- 2 litres diet cranberry juice
- 2 litres of soda water or diet mineral water
- juice of 2 limes
- 1 punnet hulled and sliced strawberries, or whole raspberries
- 1 sliced lime
- ice cubes
- mint leaves to garnish

Combine all ingredients in a large punch bowl.

Stir gently.

Ladle into glasses and enjoy.

