

Liverpool University Hospitals
NHS Foundation Trust

Recipes for 1500Kcal Menu Plan

Patient Information Leaflet

Nutrition and Dietetics
Lower Lane
Liverpool L9 7AL
Tel:0151-529-6465

Recipe 1: Banana and Peanut Butter Pancakes (WCRF – Adapted)

Preparation and cooking time: 15 mins

Kcal per serving: 228

Ingredients (Serves 2)

- 1 large, ripe banana, peeled and chopped up
- 2 medium eggs
- 2 tbsp. (30g) peanut butter
- 1/4 teaspoon baking powder
- 1/4 teaspoon ground cinnamon (optional)
- Spray oil



Method

1. Place the banana and peanut butter in a mixing bowl and mash up to form a smooth paste, using a fork or potato masher.
2. Crack the eggs into the bowl with the banana mix and whisk with a fork to form a batter.
3. Add the baking powder and cinnamon and mix thoroughly.
4. Coat a large, non-stick frying pan with spray oil, and heat over a medium-high heat. Add a tablespoon of the batter per pancake to the pan, keeping them well spaced - you may only be able to cook 3-4 pancakes at a time. Cook for 2-3 minutes, until golden brown on the bottom, then flip over with a spatula and cook for a further 2-3 minutes, until cooked through.
5. Serve on their own or with a spoonful of fat-free Greek yoghurt and berries.

Alternatives

You could add orange zest to the batter and use roast almond flakes instead of berries.

Recipe 2: Easy Overnight Oats (Change 4 Life)

Preparation time: 10 mins

Kcals per serving: 294

Ingredients: (Serves 4)

- 150g high fibre porridge oats
- 25g dried cranberries
- 50g ready-to-eat apricots chopped
- 25g sultanas
- 300ml unsweetened apple juice
- 8 tbsp. low-fat natural yoghurt
- 100g fresh or frozen blueberries thawed
- 100g fresh or frozen raspberries thawed



Method

1. In a large bowl, mix together the porridge oats, cranberries, apricots and sultanas. Add the apple juice and stir well. Cover and refrigerate overnight.
2. In the morning, share the soaked mixture between 4 cereal bowls.
3. Spoon 2 tbsp. of natural yoghurt onto each portion. Share the blueberries and raspberries between the bowls.

Recipe 3: Burritos (Diabetes UK)

Preparation time: 30 mins

Kcal per serving: 351

Ingredients: (serves 8)

- 1 tbsp. sunflower oil
- 1 large onion, finely chopped
- 500g turkey mince (**change to Quorn if desired**)
- 1 red pepper, finely chopped
- 1 green pepper, finely chopped
- 1 heaped tsp ground cumin
- 1 heaped tsp dried oregano
- 1 level tsp chilli powder
- 400g tin chopped tomatoes
- 400g tin mixed beans, drained
- 8 tortilla wraps (**Change to Gluten Free wraps if needed**)
- 200g mixed salad leaves
- 50g reduced-fat Cheddar cheese, grated



Method

1. Add the oil to a pan, then add the onion and cook for 5 minutes, stirring regularly until browned.
2. Add the mince and cook for another 5 minutes, stirring regularly and breaking up any clumps.
3. Now add the red and green peppers, cumin, oregano and chilli powder, and the tomatoes. Mix well, bring to a boil, then turn the heat right down and simmer gently for 7-8 minutes.

4. Add the beans, mix well and bring back to a simmering boil.
5. Meanwhile, heat the tortillas in a dry frying pan, making sure each side gets 30 seconds contact with the hot pan.
6. Lay out the tortillas; add a handful of salad to each, then a spoonful of the turkey mixture. Add a little of the cheese and then fold into a tight, neat parcel, wrap in foil and serve.

Recipe 4: Kedgeree (WCRF – Adapted)

Preparation time: 40 mins

Kcal per serving: 410

Ingredients: (serves 2)

- 150ml skimmed milk
- 1 fillet skinless white fish, such as haddock (about 140g)
- 160g frozen peas or petit pois
- 100g brown rice (uncooked weight)
- 150ml water
- 1 teaspoon vegetable oil
- 1 small onion, chopped
- 1 teaspoon curry powder (**Check if Gluten free if needed**)
- Small handful parsley, chopped
- 2 medium eggs, boiled to taste and peeled
- ½ lemon, cut into wedges



Method

1. Heat the milk in a heavy-based saucepan over a high heat. Allow the milk to just start boiling before reducing the temperature until it is gently simmering. Add the fish to the simmering milk and poach for 3 minutes before adding the peas. Poach for a further 3–5 minutes, until the fish can be flaked easily.
2. Drain the milk into another saucepan, flake the fish, and set aside the fish and peas until needed. Add the rice and water to the warmed milk. Cover the pan and cook over a medium heat for about 15–20 minutes, until most of the liquid has been absorbed and the rice is tender. Drain off any excess liquid, and add the fish and peas to the rice. Cover and set aside.
3. Warm the oil in a pan over a medium heat. Cook the onion and the curry powder for about 5 minutes, until the onion is soft. Remove the pan from the heat; then add the onions to the rice, flaked fish and peas. Add the parsley and gently stir until mixed thoroughly.
4. Spoon onto two warmed plates, top with boiled egg (whole if soft or sliced if hard-boiled) and a wedge of lemon.

Recipe 5: Mediterranean Pasta Salad (Diabetes UK)

Preparation time: 25 mins

Kcal per serving: 420

Ingredients: (serves 3)

- 225g dried pasta shapes (**Gluten free pasta if needed**)
- 10 cherry tomatoes, quartered
- 10 black olives, sliced
- quarter cucumber, chopped
- half red onion, thinly sliced
- 40g Feta cheese, crumbled
- 15g pine nuts, toasted
- 1 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- handful basil leaves



Method

1. Cook the pasta according to the pack instructions. Drain and refresh under cold water.
2. Toss the pasta together with the remaining ingredients and serve.

Recipe 6: Bang Bang Chicken/Prawn Salad (Diabetes UK)

Preparation time: 35 mins

Kcal per serving: 380

Ingredients: (serves 2)

- 2 chicken breast fillets or King Prawns (200g)
- 1 tsp rapeseed oil
- 1 onion, finely chopped
- 1 red chilli, finely chopped
- 3 cloves of garlic, crushed
- 4cm ginger, finely chopped
- 2 tbsp. water
- 2 tsp peanut butter
- 2 tsp honey
- 2 tsp sesame oil



For the salad:

- 4 spring onions, cut into matchsticks
- 2 carrots, shaved into ribbons with a vegetable peeler
- 100g cucumber, cut into small sticks
- 100g lettuce leaves, torn into small pieces
- 2 tsp soy sauce (**use gluten free version if needed**)
- Zest and juice 1 lime. plus lime wedges to serve
- 25g fresh coriander

Method

1. Add the chicken to a small pan of boiling water. Bring back to the boil, turn down the heat and simmer for 10 minutes until cooked through. Remove from the heat and leave in the water for 5 minutes.

2. For the salad, cut the spring onions into 3cm pieces and then cut them lengthways to create matchsticks. Prepare all of the other salad ingredients, mix everything together and reserve.
3. Add the oil to a small saucepan, then add the onion and cook for 3-4 minutes. Next, add the red chilli, garlic and ginger, and stir for 1 minute. Add the water, honey, peanut butter and sesame oil, and stir until everything has dissolved.
4. Cut the chicken into small, thin pieces and add to the sauce, mixing to coat well.
5. Put the salad onto a plate and arrange the chicken around the outside. Serve with wedges of lime.

Recipe 7: Tortilla Pizza (WCRF)

Preparation time: 20 mins

Kcal per serving: 278

Ingredients (Serves 4)

- 2 teaspoons olive oil
- 2 cloves garlic, crushed
- 400g can plum tomatoes
- 1 teaspoon dried oregano or mixed Italian herbs
- 2 teaspoons tomato purée
- 4 wholemeal soft tortilla wraps (**change for gluten free wrap if needed**)
- 1 x 125g ball reduced-fat mozzarella, drained

Topping

- 80g mushrooms, sliced
- ½ teaspoon smoked paprika (optional)
- 1 small red onion, finely sliced
- 80g frozen pepper, thawed, or ½ fresh pepper, sliced



Method

1. Place two large baking trays in the oven – alternatively, the pizzas can be placed directly onto the oven shelves. Preheat the oven to 220°C/Fan 200°C.
2. Add the olive oil and garlic to a cold saucepan and place over a low-medium heat to warm for 1–2 minutes. Then add the tomatoes, herbs and tomato purée and mix thoroughly, breaking up the tomatoes.
3. Increase the heat and bring the mixture to the boil. Then reduce the temperature and leave to simmer for 5–7 minutes. Use a fork to break up any remaining large pieces of tomato – alternatively, use a hand blender for a smoother result.
4. Place the tortillas on a clean, dry surface. The tortillas will form the base of the pizza. Spoon about 3 tablespoons of the tomato sauce onto each, and use the back of the spoon to evenly coat the tortillas, leaving a 2cm edge for the crust.
5. Tear the mozzarella into small pieces. Add a quarter to each pizza, spreading the pieces out evenly.
6. If using smoked paprika, place the sliced mushrooms into a bowl and sprinkle the paprika over the top. Toss gently to coat all slices with the paprika.
7. Add the slices of mushroom, red onion and pepper to all the pizzas.
8. Carefully remove the baking trays from the oven. Transfer the pizzas onto the trays and place them back into the oven. Cook for 5–10 minutes, until the cheese has melted and the crusts are golden.

Recipe 8: Cajun salmon with spicy tomato pasta (WCRF)

Preparation time: 20mins

Kcals per Serving: 455

Ingredients (Serves 2)

- 2 x 120g fresh salmon fillets, skinned and boned
- 1–2 teaspoons dried Cajun spice mix
- 100g dried wholewheat pasta
- 2 teaspoons olive oil
- 1 clove garlic, crushed
- ¼–½ teaspoon chilli flakes (optional, to taste)
- 14 cherry tomatoes, halved
- 2 tablespoons water
- 160g baby leaf spinach
- Freshly ground black pepper

Method

Cajun salmon

1. Dust the top of each salmon fillet with the Cajun spice mix.
2. Place the salmon under a medium-high grill for 4–5 minutes depending on the thickness of the fish. Turn the fish over and grill for 3–4 minutes, or until the fish is cooked to taste.

Spicy tomato pasta

1. Cook the pasta according to the packet instructions.
2. While the pasta is cooking, add the oil to a non-stick frying pan and gently cook the garlic and chilli flakes (optional) for 1 minute. Add the tomatoes and water to the pan and cook, stirring occasionally, until the tomatoes begin to soften. Then add the spinach and black pepper. Stir for a further 1 minute.
3. Drain the pasta and mix with the tomatoes and spinach. Serve immediately with the salmon.

Serving suggestion: Serve with steamed vegetables or salad.



Recipe 9: Beef Burger (Diabetes UK)

Preparation time: 35mins

Kcals per Serving: 345

Ingredients (Serves 6)

- 1 slice wholemeal bread
- good pinch white pepper
- 1–2 cloves garlic, crushed
- 1 medium egg, lightly beaten
- 2 onions, finely grated
- 2 carrots, finely grated
- 500g lean minced beef
- 6 wholemeal buns
- 1 little gem lettuce
- 1 red onion, thinly sliced
- 3 tomatoes, sliced



Method

1. Crumble the bread into a bowl with the pepper and garlic. Add the egg and mix, allowing to soak for a couple of minutes, then mix again.
2. Add the grated onion and carrot, and the minced beef. Mix well, then divide the mixture into six.
3. Wet your hands and shape each portion into a round ball, then flatten it into a burger shape about 2cm thick. Cover and place in the fridge to cool for at least 20 minutes.
4. Heat a non-stick pan, add the burgers and leave for 3–4 minutes, then flip with a spatula and cook for a further 3–4 minutes. (Turning the burgers too soon may result in them breaking)
5. Once you have made sure that the burgers are fully cooked through, serve them in buns with the lettuce, onion and tomato slices.

Recipe 10: Chicken Biryani (Diabetes UK)

Preparation time: 45mins

Kcals per Serving: 482

Ingredients (Serves 4)

- 2 tsp sunflower oil
- 1 large onion, chopped
- 300g skinless chicken breast, cut into chunks
- 1 red pepper, chopped
- 1 carrot, diced
- 8 mushrooms, sliced
- 1 aubergine, chopped into cubes
- 1 tbsp. curry paste (mild, medium or hot)
- 1 tbsp. sultanas
- 300g basmati rice, rinsed in cold water
- 800ml boiling water
- 100g frozen peas, defrosted
- handful fresh coriander, chopped
- 1 tbsp. olive oil



Method

1. Add the sunflower oil to a pan with the onion, cook for 2 minutes, then add the chicken and stir for a further 3-4 minutes.
2. Add the red pepper, carrot, mushrooms and aubergine, and cook for a further 5 minutes, stirring regularly.
3. Stir in the curry paste and sultanas, and mix well.
4. Next, add the rice to the vegetables, mixing well. Then, add the boiling water and mix again. Bring to the boil, then turn the heat to low. Cover and cook for 11 minutes.
5. Turn off the heat and leave for 5 minutes without removing the lid.
6. Add the peas, coriander and olive oil to the rice. Mix well and serve.

Recipe 11: Lentil Shepherd's Pie (WCRF)

Preparation time: 1hr 45mins

Kcals per Serving: 530

Ingredients (serves 2)

- 50g/2oz brown lentils
- 400g/14oz potatoes, peeled and roughly chopped
- 30g/1oz low-fat cheddar, grated
- Freshly milled black pepper
- 3 tablespoons semi-skimmed milk
- 1 small onion, chopped
- 1 teaspoon olive oil
- 1 carrot, cut into small batons
- 1 leek, sliced
- 1 parsnip, cut into small batons
- 4 mushrooms, roughly chopped
- 1 tablespoon tomato purée
- 200g/7oz can chopped tomatoes
- Sprig of rosemary, finely chopped
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 tablespoon reduced-salt soy sauce **(use gluten free version if needed)**



Method

1. Cook the lentils in stock (reserved vegetable water works well) or water until they are tender (about 45 minutes). See packet instructions.
2. Meanwhile boil the potatoes. When tender, drain the potatoes, add the grated cheese and black pepper and mash with the milk to obtain a creamy consistency.
3. In a thick-bottomed pan, sauté the onion in a teaspoon of olive oil. Add the carrot, leek and parsnip and a little water. Cover and simmer until almost tender.
4. Add the mushrooms and continue to cook until they are soft. Then add the cooked lentils, tomato purée, tomatoes, rosemary, oregano and bay leaf, and cook for a few more minutes. Add the soy sauce and season to taste with black pepper.
5. Spoon into an ovenproof dish. Cover with the mashed potatoes and use a fork to even out the surface. Bake in the oven at 200°C/375°F/Gas Mark 5 for 30 to 40 minutes, until the top is nicely browned, or pop under the grill to brown at the end if necessary.

Recipe 12: Fish Pie (WCRF)

Preparation time: 30 mins

Kcals per serving: 469

Ingredients (Serves 4)

For the sauce:

- 2 tablespoons cornflour or sauce flour
- 300ml skimmed milk
- 2 tablespoons fresh parsley, chopped

For the rest of the fish pie:

- 450g sustainably caught cod, haddock or other firm white fish, skinned and deboned
- 100g fresh salmon fillet, skinned and deboned
- 1 reduced-salt vegetable stock cube
- 500g potatoes, peeled
- 2 carrots, peeled and finely chopped
- 100g frozen peas
- 200g baby spinach leaves, washed
- 3 medium tomatoes, chopped
- 100g sweetcorn
- 2 hard-boiled eggs, roughly chopped
- 30g half-fat mature cheddar cheese, grated
- Freshly ground black pepper



Method

1. Preheat the oven to 190°C/Fan 170°C/Gas mark 5
2. Place the fish in a frying pan and add enough water to cover. Add the stock cube. Bring to the boil, reduce the heat and simmer very gently for 4 minutes until the fish is cooked. Drain – reserving 150ml of the liquid – and flake the fish into a bowl.
3. Boil the potatoes until soft. Then crush lightly so that there are some chunky pieces remaining.
4. Lightly boil the carrots and peas. Drain and set aside.
5. Take a large ovenproof dish and arrange the spinach leaves at the bottom. Scatter over the chopped tomato and sweetcorn, then add the flaked fish, chopped hard-boiled eggs, cooked carrot and peas.
6. Gradually add the cornflour to 2 tablespoons of milk, then place the remainder of the milk in a saucepan with the reserved liquid used to cook the fish. Heat until almost boiling, then add the dissolved cornflour. Cook, stirring, until the sauce has thickened, then add the parsley and season with black pepper. Pour the sauce over the fish and vegetables and top with the crushed potatoes and grated cheese.
7. Bake in the oven for 25 minutes until the pie is heated through and the topping is golden.
8. Serve with steamed green beans and broccoli.

Recipe 13: Chicken Chow Mein (Diabetes UK)

Preparation time: 25mins

Kcals per Serving: 417

Ingredients (serves 3)

- 1 tbsp. sunflower oil
- 1 onion, halved and then thinly sliced
- 2 chicken breasts, shredded into thin 4cm-long strips
- 1 carrot, cut into 2cm-long matchsticks
- 125g shiitake mushrooms
- 1 courgette, cut into sticks 100g frozen soya beans, defrosted
- 2 tsp Chinese five-spice
- 2 tsp reduced-salt soy sauce
- 2 cloves garlic, crushed
- 300g pack ready-cooked egg noodles



Method

1. Add the sunflower oil to a large pan or wok, then add the onion and cook for 2 minutes.
2. Next, add the chicken and stir constantly for 3-4 minutes, making sure the pieces don't stick together.
3. Add the carrots, mushrooms and courgette. Cook for a further 3-4 minutes, again, stirring constantly.
4. Next, add the soya beans, Chinese five-spice, soy sauce, garlic and noodles.
5. Mix well for another 3-4 minutes until the noodles are hot through.

Recipe 14: Chickpea Chilli (WCRF)

Preparation time: 35mins

Kcals per Serving: 288

Ingredients (serves 4)

- 1 tablespoon olive oil
- 1 small green pepper, deseeded and chopped
- 1 small onion, chopped
- 220g/8oz sweetcorn, frozen or tinned
- 1 small red chilli pepper, deseeded and finely chopped (optional)
- 280ml/half-pint water
- 400g/14oz (1 can) chickpeas, rinsed and drained
- 400g/14oz (1 can) chopped tomatoes
- 400g/14oz tomato passata
- 225g/8oz raw peeled butternut squash, cut into 1.5cm (1/2 inch) cubes
- 1 teaspoon chilli powder
- 2 teaspoons ground cumin powder



Method

1. In a large casserole dish or soup pot, heat the olive oil. Sauté the green pepper, onion, sweetcorn and red chilli pepper (if desired) for 5 minutes.
2. Add the water, chickpeas, tomatoes, tomato passata, butternut squash, chilli powder and cumin.
3. Bring to the boil, then simmer over a low heat for 20 minutes keeping the dish partially covered and stirring occasionally. Serve in individual bowls.

Top Tip

Serve over 50g raw weight of wholegrain brown rice (+165kcal) or with a medium jacket potato (+200kcal).

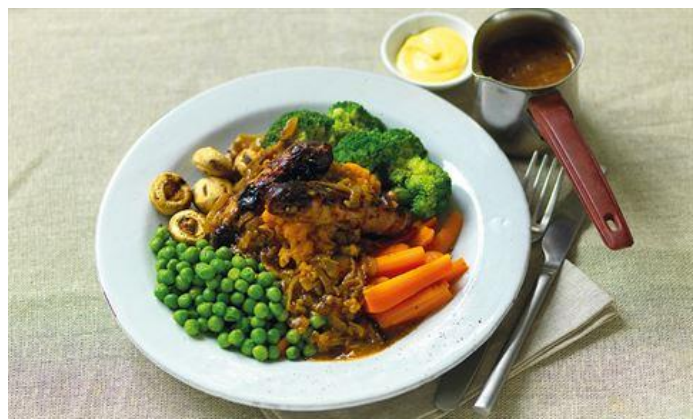
Recipe 14: Bangers 'N' Mash (Diabetes UK)

Preparation time: 45 mins

Kcals per serving: 492

Ingredients (Serves 4)

- 200g potatoes, peeled and roughly chopped
- 400g sweet potatoes, peeled and roughly chopped
- 1 tsp olive oil
- 3 medium onions, chopped
- 8 good quality reduced-fat sausages (45g each)
- 160g button mushrooms
- 3 medium carrots
- 350g broccoli
- 350g frozen peas
- 1 low-salt vegetable stock cube
- 1 heaped tbsp. plain flour



Method

1. Add the potatoes to a pan of boiling water, then add the sweet potatoes after 2–3 minutes.
2. Add the oil to another pan, then throw in the onions and cook over a low heat for 15 minutes, stirring regularly so they caramelise.
3. At the same time, grill the sausages on a rack under a moderate heat for 12–14 minutes, turning regularly to cook evenly. After 8 minutes, place the mushrooms under the grill and cook for 4 minutes, turning to cook each side.
4. Meanwhile, cook the carrots and broccoli in boiling water for 10 minutes. Add the peas and bring back to the boil. When cooked, drain the cooking water into a jug and add a stock cube to it, topping up to 500ml with boiling water if there isn't enough liquid.
5. Mash the potatoes and set aside.
6. To make the gravy, add the flour to the onions and mix until coated. Gradually pour in the stock, stirring constantly, then bring back to a gentle boil until the gravy thickens. Divide everything between four plates and serve.

Recipe 15: Herby Fishcakes (WCRF)

Preparation time: 30 mins

Kcals per serving: 359

Ingredients (serves 2)

- 150g mashed potato
- 100g sweetcorn (canned or frozen)
- 2 teaspoons parsley, fresh or dried
- 1 teaspoon thyme, fresh or dried
- 1 x 120g can tuna or salmon in spring water, or salmon, rinsed and drained
- 1 egg, beaten
- 100g wholemeal breadcrumbs

Method

1. Mix all the ingredients except the egg and breadcrumbs in a bowl.
2. Divide the mixture into 8 portions and shape into cakes.
3. Chill in the fridge for 20 minutes.
4. Dip the cakes in the egg and coat in breadcrumbs.
5. Place on a baking tray and cook under the grill until golden brown.
6. Serve on two plates with a side salad or colourful vegetables.



Recipe 16: Turkey Stir-Fry with Broccoli and Pak Choi (WCRF)

Preparation time: 15 mins

Kcal per serving: 451

Ingredients (serves 2)

- 1 tablespoon hoisin sauce
- 1 tablespoon tomato ketchup
- 1 tablespoon rice wine vinegar
- 1–2 cloves garlic, crushed
- 2cm root ginger, peeled and grated
- 1 tablespoon vegetable oil
- 160g diced turkey breast
- 160g broccoli, cut into small florets
- 120g mushrooms, sliced
- 100g pak choi, leaves separated and cut into quarters, lengthways
- 300g packet fresh or quick-cook wheat noodles
- 1 spring onion, trimmed and finely sliced (to garnish, optional)



Method

1. To make the sauce, combine the hoisin sauce, ketchup, vinegar, garlic and ginger in a small bowl. Set aside for later use.
2. Warm the oil in a wok or large frying pan over a high heat. Add the turkey and stir until browned on all sides. Then add the broccoli and mushrooms and stir for 2 minutes. Add the pak choi and noodles, and stir for a further 1 minute.
3. Pour the sauce into the pan and mix thoroughly, coating all the ingredients. Reduce the heat and allow to simmer for 3–4 minutes until piping hot and the turkey is cooked through.
4. Scatter the spring onions on top (optional) and serve.

Top Tip

Instead of turkey, try chicken, prawns or tofu in this recipe. For extra spice, add a pinch of chilli flakes to the sauce.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk