

Heart healthy recipes

(developed by Nutritional Solutions, registered dieticians)



Chicken, Red Onion & Potato Kebabs

(Makes 6 skewers)

These kebabs are great to prepare ahead of time and then whip out for quick grilling or braai'ing. Make 12 smaller kebabs for a perfect snack or lunch box option.

Ingredients:

- 3 Large skinless Chicken Breasts (360g), diced into 18 cubes
- 2 Small Red Onions, cut into 12 wedges
- 3 Large Potatoes (540g) (with skin), cubed into 18 chunks
- 1 Large Green Pepper, cut into 12 chunks
- 12 Pineapple wedges

For the spice mix

- 1tsp. Paprika
- ½ tsp. Ground Cumin
- ¼ tsp. Dried Chilli Flakes
- 1tsp. Olive Oil

Method of Preparation:

1. Boil the potato cubes, in their skins, for 5 minutes and drain. The potatoes won't be fully cooked at this stage.
2. Take a skewer and thread a potato on followed by a chunk of chicken, piece of corn, pineapple and red onion and repeat finishing with a potato. Do this for the 5 remaining skewers.
3. Mix all the spices together with the olive oil and using a pastry brush, brush all over the kebabs. Cook under a pre-heated grill or on the braai until the potatoes are cooked, the chicken is browned and cooked through and the other vegetables are nicely charred.
4. Serve with ½ cup steamed brown rice, cabbage, carrot & onion slaw and a little chilli sauce if you enjoy extra spice!

Nutrition information per serving: 733 kJ 15.7g Protein 0.6g SAFA 1.3g MUFA 0.5g PUFA 19.3g Carbohydrate 2.5g Fibre 32mg Sodium

Red Pepper Potato Frittata with Chives

(Serves 8)

Did you know frittatas are Italian style Omelettes? They are great for leftovers and can be used as either a breakfast or lunch option. They can be served hot or cold and are super adaptable to suit your needs.

Ingredients:

3 Tbs. Olive Oil
8 Medium Potatoes (720g) (with skin), scrubbed and sliced
1 Large Red Pepper, deseeded and sliced
2 Cloves Garlic, crushed
1 Handful of Chives (25g), chopped
6 Large Eggs
1 tsp. Salt
Ground Black Pepper, to taste

1. Heat 2 Tbs. Olive Oil in a large non-stick frying pan. Add the potatoes, pepper and garlic and sauté for 10 minutes turning occasionally.
2. Add the chives and continue to cook over a medium heat turning occasionally for a further 10 minutes or until potatoes are tender.
3. Whisk the eggs in a large bowl and then gently transfer the potato mixture into the eggs and season.
4. Add 1 Tbs. Olive Oil to the frying pan. When hot add the potato and eggs mixture.
5. Cook over a low heat for 10-15 minutes or until the mixture is almost set.
6. Place the frying pan under a preheated grill until the top is lightly golden.
7. Serve hot or cold with a salad of lettuce, rosa tomatoes, grated carrots & 1 whole Avocado, quartered.

Nutrition information per serving: 718 kJ 6.4g Protein 1.8g SAFA 4.8g MUFA 0.9g PUFA 15.6g Carbohydrate 1.7g Fibre 292mg Sodium

Beef & Mushroom Jacket Potatoes

(Serves 4)

When you leave the skin on the potato you increase the fibre content by 40% Jacket potatoes are the perfect way to get all the benefits that potatoes have to offer - crispy on the outside and soft and fluffy on the inside.

4 Medium Potatoes (360g) (with skin)
2 Tbs. Olive Oil
1 Large Onion, finely chopped
2 Garlic Cloves, finely chopped
250g Button Mushrooms (1 Punnet), sliced
200g Peas
3 Minute Steaks (240g), cut into strips
3 Tbs. Fresh Parsley, finely chopped

1. Heat oven to 220°C. Transfer the potatoes onto a baking sheet and brush with 1 Tbs. of the Olive Oil. Season and place on the top shelf of the oven for 35-45 minutes until the skin is crisp and the flesh is soft.

2. Heat the remaining 1 Tbs. Olive Oil in a large non-stick frying pan over a medium heat and fry the onion for 5 minutes until soft. Add the garlic and mushrooms and cook for a further 6-8 minutes until soft and golden.
3. Add the beef strips and fry for 5-8 minutes until browned. Stir through the fresh green peas and the parsley and cook for 3-4 minutes until the peas are hot and soft.
4. Remove the potatoes from the oven. Using a knife, slice a cross in each potato and squeeze the potato to split open slightly. Spoon over the beef, pea and mushroom mixture and serve with steamed green beans and carrots.

Nutrition information per serving: 1295 kJ 16.6g Protein 4.5g SAFA g 7.6g MUFA 1.1g PUFA 20g Carbohydrate 6.8g Fibre 69mg Sodium

Leftover Hot Pot

(Serves 6)

Leftovers don't have to be the lazy option! Just add loads of adds fresh, colourful vegetables to repurpose a meal into a delicious, hearty & healthy hot pot.

4 Medium Potatoes (360g) (with skin), cubed
 400g Leftover Lamb Knuckles or Chicken Casserole
 1 Red Onion, diced
 3 Large Carrots, with skin on, scrubbed well & sliced thinly
 1 Leek, thinly sliced
 2 Rosemary Sprigs
 2 Tbs. Olive Oil
 1Tbs. Worcestershire sauce
 1tsp. Wholewheat Flour
 1 Lamb/Chicken Stock Cube, made with 400ml boiling water

Method of Preparation:

1. Pre-heat oven to 200°C. Add the cubed potatoes to a medium pot of boiling water and cook for 5 minutes, drain and leave to cool.
2. In a large pan add 1 Tbs. of the olive oil and cook the onion, carrot and leek until they are glossy and cooked through.
3. Add the leftover lamb or chicken and heat for a few minutes to warm through, before adding in the flour. Pour the Worcestershire sauce in to deglaze any residue on the bottom of the pan then pour in the stock and bring to a gentle simmer. Add the rosemary to the pan; it should be at a very low heat. Season to taste with black pepper.
4. Heat up the other 1 Tbs. of Olive Oil in a large frying pan and gently sauté the cubed par-cooked potatoes until they start to turn golden.
5. Pour the lamb mixture into a medium sized oven dish, top with the potatoes, place in the oven and bake for 10-15 minutes. Serve with steamed Gem Squash.

Nutrition information per serving: 749 kJ 9.2g Protein 1.1g SAFA 3.9g MUFA 0.9g PUFA 17.7g Carbohydrate 3g Fibre 126mg Sodium

Tossed Tuna Salad

(Serves 4)

Salads don't always have to be served cold! A warm tossed salad is a wonderful evening alternative to reduce the cooking time of the meal but still make for a satisfying dinner.

Ingredients:

4 Small Potatoes (360g) (with skin), sliced in half
2 Tins of Tuna, in brine
20 Black Olives, pitted
1 Small Red Onion, finely sliced
150g Long Green Beans, sliced into 2cm pieces
8-10 Sundried Tomatoes (50g), roughly chopped
1 Bag of Baby Spinach (200g)
20g Sunflower Seeds, toasted
Juice of 1 Large Lemon
2 Tbs. Olive Oil

Method of Preparation:

1. Cook the potatoes in a pot of boiling water with a lid on and when potatoes are cooked, drain and leave to cool.
2. While the potatoes are cooking, slice the onion and drain the tuna and steam the green beans for 4-5 minutes.
3. In a large salad bowl toss the warm potatoes, green beans, spinach and red onion. Drizzle with olive oil and lemon juice and mix well. The spinach leaves will wilt slightly due to the warm potatoes.
4. Add the tuna, sundried tomatoes and black olives, lightly mix and serve with a sprinkle of sunflower seeds.

Nutrition information per serving: 1414 kJ 12.4g Protein 1.7g SAFA 7.0g MUFA 2.9g PUFA 24.6g Carbohydrate 6.8g Fibre 761mg Sodium

Spicy Rump Steak with Braai'd Potatoes

(Serves 4)

The perfect weekend meal with friends, this is easy South African cooking at its best! Choose Rump steak over fillet to reduce the overall fat content of the meal but be sure to remove any visible fat before braai'ing & avoid charrilling the meat, which research indicates may increase carcinogen exposure.

Ingredients:

2 Tbs. Olive Oil
1 Garlic Clove, crushed
1 tsp. Chilli Powder
2 tsp. Dried Thyme
1 tsp. Ground Coriander
1/2 tsp. Cracked Black Pepper
1 Tbs. BBQ Sauce
4 (150g) Beef Rump Steaks, all excess fat removed before cooking
4 Medium Potatoes (360g) (with skin)

Method of Preparation:

1. Combine 1 Tbs. Olive Oil, garlic, chilli, thyme, coriander, pepper and barbecue sauce in a small bowl.

2. Place steaks in a large, shallow glass or ceramic dish. Spoon spice mixture over steak. Turn to coat. Cover and refrigerate for 45 minutes to 1 hour.
3. While the meat marinades, boil potatoes in a pot of boiling water for 5- 8 minutes or until just tender. Drain under cold water and leave to cool.
4. Once cooled, cut lengthways into 1cm thick slices and transfer to a bowl. Add remaining 1 Tbs. Olive Oil & toss to coat.
5. Prepare a braai. Once the braai is ready, place steaks on the grill. Cook steak for 4 to 5 minutes each side, for medium, or until cooked to your liking. Transfer to a plate once steak is cooked to your preference and cover with foil & set aside for about 5 minutes to rest.
6. Cook potato slices on the braai for about 2 minutes on each side or until golden brown. Serve steak and potato with a green salad.

Nutrition information per serving: 1137 kJ 23.3g Protein 2.9g SAFA 6.6g MUFA 0.9g PUFA 15.3g Carbohydrate 1.7g Fibre 94mg Sodium

Roast Pork Fillet with Apple Relish & Rustic Mashed Potato

(Serves 4)

Did you know that lean pork is one of the meat cuts that is lowest in fat? This hearty meal is a delicious alternative to chicken and is made all the better with a little sweet apple relish for extra flavour & additional nutrients and fibre.

Ingredients:

- 1 Pork Tenderloin Fillet (400g)
- 1 Tbs. Olive Oil
- 1 Tbs. Dijon Mustard
- 1 Tbs. Fresh Thyme leaves, chopped
- 1 tsp. Freshly Ground Pepper
- 1 Granny Smith Apple, cored & sliced/grated
- 1 Medium Onion, thinly sliced
- 1/2 Chicken Stock Cube, made with 250ml boiling water
- 4 Medium Potatoes (360g) (with skin)

Method of Preparation:

1. Heat the oven to 220° C. Trim the pork fillet of any silver skin, and then rub with olive oil.
2. Line a frying pan with cooking spray & place it onto high heat on your stove. Cook the fillet in the frying pan until it is evenly browned on all sides (about 12 minutes in total). Transfer the fillet to a board to rest.
3. Add the onions and apples to the hot frying pan that originally held the fillet, stir occasionally until lightly browned (about 5 minutes).
4. While the onion & apple mix cooks, using a pastry brush, coat the fillet with the Dijon mustard then sprinkle with 2 tsp. of thyme & black pepper. Sprinkle the remaining thyme into the onion mix.
5. Place the fillet on top of the apple & onion mix in the frying pan and place into the oven for 10 – 15 minutes.
6. While the fillet cooks in the oven, boil potatoes in a pot of boiling water for 8-10 minutes or until soft. Drain and mash (with the skin still on) until smooth but chunky. Season with thyme and black pepper

7. Once the fillet is done, remove from the oven and wrap it in tin foil & allow to rest for about 10 minutes.
8. While the fillet rests, add the chicken stock to the onion & apple mix, and bring to a simmer on the stove until the liquid is reduced by half.
9. Slice the pork fillet into 2 cm slices, serve on a bed of rustic mashed with a spoon or two of apple relish poured over. Fill the other half of the plate with steamed vegetables of your choice.

Nutrition information per serving: 1167 kJ 21.3g Protein 2.8g SAFA 5.2g MUFA 0.6g PUFA 26.4g Carbohydrate 3.5g Fibre 440mg Sodium

12 asparagus spears, trimmed
4 large eggs

Method of Preparation:

1. Preheat the oven to 220°C. Line a baking tray with baking paper.
2. Slice each potato in half and put them on the prepared baking tray. Bake until the skins are crisp, for about 10 minutes.
3. For the dressing, pour the tomato juice, 10ml (2tsp) of the vinegar, 45ml (3 tbsp) of the olive oil and tomatoes and season to taste. Stir in the basil and set aside
4. In a pot of boiling water, cook the asparagus for a few seconds and drain.
5. Gently poach the eggs.
6. To serve put the asparagus and two halves of potato onto a serving plate and top one halve with a poach egg. Spoon the dressing around and top the other half of the potato with a fresh basil leaf. Serve while still hot.

Nutritional content per serving: Energy (kcal)320 – 16%, Fat 15.5g – 22%, Saturated Fat 3.1g – 16%, Total Sugars 3.3g, Salt 0.6g – 10%

Chicken, Spinach and Mushroom Potato Jacket

Serves 4

Ingredients:

4 medium potatoes, cooked
22ml olive oil
Salt and freshly ground black pepper, to taste
1 large onion, finely chopped
2 garlic cloves, finely chopped
250g portabellini mushrooms, sliced
200g spinach, chopped

2 chicken breasts, cooked and finely torn
45ml (3 tbsp) fresh flat-leaf parsley, chopped

Method of Preparation:

1. Preheat the oven to 200°C. Line a baking tray with baking paper.
Put the potatoes on the prepared tray and brush with 5ml (1tsp) of the oil. Season and bake until the skin is crisp and the flesh is soft, about 30 minutes.
2. Heat the remaining oil in a large non-stick frying pan and over medium heat sauté the onion until soft for about 2 minutes.
3. Stir in the garlic and mushrooms and cook for until soft and golden, for a further 5 minutes.
4. Add the spinach, chicken, 30ml (2tbsp) of the parsley and cook until the spinach has wilted and the chicken has heated through, for about 4 minutes.
5. Remove the potatoes from the oven, make a cross and split open slightly. Spoon the chicken mixture over the potato and serve while still hot.

Nutritional content per serving: Energy (kcal)389 – 19%, Fat 6.7g – 9%, Saturated Fat 1. - 0g – 5%, Total Sugars 5.9g – 7%, Salt 0.3g

HOW TO POACH AN EGG:

Boil 500ml of water and add 30ml (2tbsp) of vinegar and bring to the boil. Crack the egg in a small bowl then tip the egg gently into the water. Swirl the whites around the yolks using a slotted spoon. Poach for 3 minutes for soft centred egg.

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