

DIETITIAN KINJAL KHONA

Breakfast ideas.



OVERNIGHT OATS

INGREDIENTS:

- ¼ tsp ground cinnamon
- 5 tbs rolled porridge oats
- 2 tbs natural yogurt or milk
- handful mixed berries
- drizzle of honey
- 2 tbs chia seeds/ sabja

METHOD

Mix all the ingredients overnight, and put it in the fridge and eat it next morning.

MUSHROOM HASH WITH POACHED EGGS

INGREDIENTS:

- 1 ½ tbsp rapeseed oil
- 2 large onions, halved and sliced
- 100g closed cup mushrooms, quartered
- 1 tbsp fresh thyme leaves, plus extra for sprinkling
- 100g fresh tomatoes, chopped
- 1/2 tsp smoked paprika
- 1/2 tsp omega seed mix (see tip)
- 2 large eggs

METHOD

Heat the oil in a large non-stick frying pan and fry the onions for a few mins. Cover the pan and leave the onions to cook in their own steam for 5 mins more.

Tip in the mushrooms with the thyme and cook, stirring frequently, for 5 mins until softened. Add the tomatoes and paprika, cover the pan and cook for 5 mins until pulpy. Stir through the seed mix.

If you're making this recipe as part of our two-person Summer Healthy Diet Plan, poach two of the eggs in lightly simmering water to your liking. Serve on top of half the hash with a sprinkling of fresh thyme and some black pepper. Chill the remaining hash to warm in a pan and eat with freshly poached eggs on another day. If you're serving four people, poach all four eggs, divide the hash between four plates, sprinkle with thyme and black pepper and serve with the eggs on top.

SPINACH AND TUNA PANCAKES

INGREDIENTS:

- 1/2 tsp rapeseed oil
- 1 garlic cloves, chopped
- 150g baby spinach
- 1/2 tbsp tomato purée
- Tuna steak in spring water, drained
- Cottage cheese
- 2 large eggs
- 2 tbsp plain wholemeal flour

For the salad

- 50g can sweetcorn (no added salt or sugar), rinsed and drained
- 1 small red onion, finely chopped
- Cherry tomatoes, quartered
- 2-3 basil leaves, chopped
- 4 pitted Kalamata olives, sliced
- 2 tsp balsamic vinegar

METHOD

Mix all the ingredients for the salad and set aside. Heat 1 tsp oil in a large non-stick pan and fry the garlic briefly. Stir in the spinach to wilt, then mix in the tomato purée, tuna and cottage cheese. Set aside.

Beat the eggs with the flour and 2 tbsp water. Heat the remaining oil in a medium non-stick pan, add half the batter and swirl round the pan to coat the base. Cook briefly until set, then flip over with a palette knife to cook the other side for 1 min. Repeat with the remaining batter. Put the pancakes on serving plates, spoon the filling down one side, roll up and serve with the salad.

FRUIT AND NUT BREAKFAST BOWL

INGREDIENTS:

6 tbsp porridge oats

2 oranges

just under $\frac{1}{2}$ x 200ml tub 0% fat Greek-style yogurt

60g pot raisins, nuts, goji berries and seeds

METHOD

Put the oats in a non-stick pan with 400ml water and cook over the heat, stirring occasionally for about 4 mins until thickened.

Meanwhile, cut the peel and pith from the oranges then slice them in half, cutting down either side, as closely as you can, to where the stalk would be as this will remove quite a tough section of the membrane. Now just chop the oranges.

Pour the porridge into bowls, spoon on the yogurt then pile on the oranges and the fruit, nut and seed mixture

BREAKFAST EGG WRAP

INGREDIENTS:

100g pack closed cup mushrooms

1/2 tsp rapeseed oil

Cherry tomatoes, halved, or tomatoes, cut into wedges

2 generous handfuls parsley, finely chopped

8 tbsp porridge oats (40g)

2 eggs

English mustard powder made up with water

METHOD

Thickly slice half the pack of mushrooms. Heat 2 tsp rapeseed oil in a non-stick pan. Add the mushrooms, stir briefly then fry with the lid on the pan for 6-8 mins. Stir in half the tomatoes then cook 1-2 mins more with the lid off until softened.

Beat together the eggs really well with the parsley and oats. Heat a drop of oil in a large non-stick frying pan. Pour in a $\frac{1}{4}$ of the egg mix and fry for 1 min until almost set, flip over as if making a pancake. Tip from the pan, spread with a quarter of the mustard, spoon a $\frac{1}{4}$ the filling down the centre and roll up. Now make a second wrap using another $\frac{1}{4}$ of the egg mix and filling.

BANANA AND TAHINI PORRIDGE

INGREDIENTS

1 tbsp tahini
150ml milk of your choice, plus 1
tbsp
30g porridge oats
2 small bananas, sliced
seeds from 2 cardamom pods,
crushed
1 tbsp toasted sesame seeds

METHOD

Mix the tahini with 1 tbsp milk and 1 tbsp water. Put the oats, 1 sliced banana, cardamom, 100ml milk and 300ml water in a pan with a pinch of salt. Cook over a medium heat for 5 mins, stirring, until creamy and hot.

Divide between two bowls. Pour over the remaining milk, then top with the remaining sliced banana. Drizzle over the tahini mixture and sprinkle over the toasted sesame seeds.

SAUCY BEAN BAKED EGGS

INGREDIENTS

Cherry tomatoes

200g can mixed bean salad,
drained

100g baby spinach

2 medium eggs

25g thinly sliced smoked ham,
torn

wholemeal rye bread, to serve
(optional)

METHOD

Tip the tomatoes and bean salad into an ovenproof frying pan or shallow flameproof casserole dish. Simmer for 10 mins, or until reduced. Stir in the spinach and cook for 5 mins more until wilted.

Heat the grill to medium. Make four indentations in the mixture using the back of a spoon, then crack one egg in each. Nestle the ham in the mixture, then grill for 4-5 mins, or until the whites are set and the yolks runny. Serve with rye bread, if you like.

SMOKY MUSHROOM AND POTATO HASH WITH OATS THINS

INGREDIENTS

50g porridge oats

Milk

½ tsp baking powder

For the hash

2 medium potatoes (275g), unpeeled, cut into slim wedges

1 tbsp rapeseed oil

50g mushrooms, thickly sliced

1 red onion, roughly chopped.

1 tsp smoked paprika

1 vine tomatoes, halved

2 eggs

METHOD

Tip the oats and soya milk into a large bowl and blitz using a hand blender to break down the oats to a less coarse texture. Set aside for 10 mins to soak.

Meanwhile, boil the potatoes for 5 mins, then drain. Heat the oil in a large non-stick frying pan over a medium heat, and cook the mushrooms, onion and paprika for a few minutes until softened. Tip in the potatoes and cook for 10 mins, turning the mixture over every now and then. Stir in the halved tomatoes and leave to cook for 5 mins.

The oat mixture should now be stiff. Work in the baking powder using your hands, then halve the mixture. With wet hands, press out one half of the mixture on a plastic chopping board to make a thin disc, like a pancake. Carefully lift it off with a palette knife and cook in a dry non-stick frying pan for 2 mins on each side. Remove to a plate, and repeat with the other half.

While the second one cooks, push the potato mixture to the side in the other pan, break in the eggs and cook until the whites are set and the yolks are runny, around 2-3 mins. Serve the oat thins topped with the mushroom hash and eggs.

BREAKFAST BURRITO

INGREDIENTS

1 tsp chipotle paste
1 egg
1 tsp rapeseed oil
50g kale
7 cherry tomatoes, halved
½ small avocado, sliced
1 wholemeal tortilla wrap,
warmed

METHOD

Whisk the chipotle paste with the egg and some seasoning in a jug. Heat the oil in a large frying pan, add the kale and tomatoes.

Cook until the kale is wilted and the tomatoes have softened, then push everything to the side of the pan. Pour the beaten egg into the cleared half of the pan and scramble. Layer everything into the centre of your wrap, topping with the avocado, then wrap up and eat immediately.

HERB OMELETTE WITH FRIED TOMATOES

INGREDIENTS

1 tsp olive oil
3 tomatoes, halved
2 large eggs
1 tbsp chopped parsley
1 tbsp chopped basil

METHOD

Heat the oil in a small non-stick frying pan, then cook the tomatoes cut-side down until starting to soften and colour. Meanwhile, beat the eggs with the herbs and plenty of freshly ground black pepper in a small bowl.

Scoop the tomatoes from the pan and put them on two serving plates. Pour the egg mixture into the pan and stir gently with a wooden spoon so the egg that sets on the base of the pan moves to enable uncooked egg to flow into the space. Stop stirring when it's nearly cooked to allow it to set into an omelette. Cut into four and serve with the tomatoes.

GREEN EGGS

INGREDIENTS

1½ tbsp olive oil, plus a splash extra
2 trimmed leeks, sliced
2 garlic cloves, sliced
½ tsp coriander seeds
½ tsp fennel seeds
pinch of chilli flakes, plus extra to serve
200g spinach
2 large eggs
2 tbsp Greek yogurt
squeeze of lemon

METHOD

Heat the oil in a large frying pan. Add the leeks and a pinch of salt, then cook until soft.

Add the garlic, coriander, fennel and chilli flakes. Once the seeds begin to crackle, tip in the spinach and turn down the heat. Stir everything together until the spinach has wilted and reduced, then scrape it over to one side of the pan. Pour a little oil into the pan, then crack in the eggs and fry until cooked to your liking.

Stir the yogurt through the spinach mix and season. Pile onto two plates, top with the fried egg, squeeze over a little lemon and season with black pepper and chilli flakes to serve.

BEST BREAD TO USE:

INGREDIENTS

low-fat spread, for the tin, plus extra to serve

140g wholemeal flour

100g self-raising flour

1 tsp bicarbonate of soda

1 tsp baking powder

300g mashed banana from overripe black bananas

4 tbsp agave syrup

3 large eggs, beaten with a fork

150ml pot low-fat natural yogurt

25g chopped pecan or walnuts (optional)

A loaf of golden-brown bread is cooling on a silver wire rack. The bread has a slightly cracked top and is positioned diagonally across the frame. The background is a light, neutral color.

METHOD

Heat oven to 160C/140C fan/gas 3. Grease and line a 2lb loaf tin with baking parchment (allow it to come 2cm above top of tin). Mix the flours, bicarb, baking powder and a pinch of salt in a large bowl.

Mix the bananas, syrup, eggs and yogurt. Quickly stir into dry ingredients, then gently scrape into the tin and scatter with nuts, if using. Bake for 1 hr 10 mins-1 hr 15 mins or until a skewer comes out clean.

Cool in tin on a wire rack. Eat warm or at room temperature, with low-fat spread.