

old water for 1 minute to  
Skin them and cut each  
discarding the stones.  
prika onto the skin of the  
and press it into the surface.  
stick pan until it is lightly  
er. Place in an ovenproof  
diluted orange juice, water  
in the pan, then pour over  
season with salt and pepper.  
ricots around the chicken.  
and cook at 190°C/375°F/gas  
minutes.

	fat	grams
cals.	units	fibre
255	3	1.2
265	3	1.3

#### in Parcel

breast fillet or boned

weetcorn with peppers,  
holemeal breadcrumbs  
n tomato ketchup

from the chicken and place  
of foil large enough to

meals are: 1 Stuffed  
recipe page 40); 2 Liver and  
ipe page 37); 3 Egg and Bacon  
8); 4 Crumpet Pizza  
nd 5 Devilled Pâté  
39).



completely enclose it in a loose parcel. Finely chop the onion and mix with the sweetcorn, breadcrumbs and tomato ketchup. Season with salt and pepper, then pile on top of the chicken. Wrap the foil around to make a parcel. Bake at 190°C/375°F/gas mark 5 for 25-30 minutes.

Serves 1/295 calories  
2.5 fat units/6.2 grams fibre

#### Beef and Pork Meals

The thing to remember with all meat is that the more fat it contains, the higher the calories. Lean meat may be more expensive than fattier cuts but your purse's loss will be your figure's gain. Also, you will end up with much more on your plate if you do not have to discard lots of fat.

#### Beef and Baked Bean Pie

115g/4oz very lean ground or minced beef  
25g/1oz onion  
1 tomato  
225g/8oz canned baked beans in tomato  
sauce  
Dash Worcestershire sauce  
Salt and pepper  
150g/5oz potatoes, weighed peeled  
30ml/2 tablespoons skimmed milk

Brown the ground beef in a non-stick pan and then drain off all the fat. Finely chop the onion. Peel and roughly chop the tomato. Stir the onion, tomato, baked beans and Worcestershire sauce into the ground beef and season with salt and pepper. Turn into a small ovenproof dish, cover and cook at 180°C/350°F/gas mark 4 for 40 minutes. While the meat is cooking, boil the potatoes — then drain and mash with the skimmed milk. Season with salt and pepper and spread over the beef mixture. Increase the oven heat to 200°C/400°F/gas mark 6 and cook the pie for another 10-15 minutes.

Serves 1/470 calories  
2.5 fat units/20.8 grams fibre

#### Pork and Pepper Pot with Rice

150g/5oz pork fillet or tenderloin  
25g/1oz onion  
1/4 red or green pepper  
115ml/4fl oz tomato juice  
Few drops Tabasco or hot pepper sauce  
2.5ml/1/2 teaspoon Worcestershire sauce  
Salt and pepper  
25g/1oz long-grain white rice  
5ml/1 level teaspoon cornflour

Discard all visible fat from the pork and cut the lean into small bite-sized pieces. Finely chop the onion. Discard the white pith and seeds from the pepper and cut the flesh into strips. Place the pork, onion, pepper, tomato juice, Tabasco and Worcestershire sauce in a small saucepan and season with salt and

pepper. Cover the pan, bring to the boil and simmer gently for 20 minutes. While the pork is cooking, boil the rice. Drain and keep warm. Blend the cornflour with a little cold water until smooth. Stir into the pork mixture and simmer for 1-2 minutes. Serve with the rice.

Serves 1/365 calories  
3.5 fat units/1.1 grams fibre

#### Meatballs in Spicy Tomato Sauce

115g/4oz very lean ground or minced beef  
25g/1oz onion  
2 pinches chilli powder  
15ml/1 level tablespoon tomato chutney  
Salt and pepper  
115ml/4fl oz tomato juice  
5ml/1 teaspoon vinegar  
5ml/1 teaspoon Worcestershire sauce  
1.25ml/1/4 level teaspoon mustard  
2.5ml/1/2 teaspoon brown sugar  
50g/2oz beansprouts

Finely chop the onion and mix with the beef, chilli powder and tomato chutney. Season with salt and pepper and divide into 6 equal portions. Roll between the palms of your hands (it is easier if you wet your hands first) to make small balls. Place the tomato juice, vinegar, Worcestershire sauce, mustard and brown sugar in a small saucepan. Season with salt and pepper and bring to the boil. Add the meatballs, one at a time, so that they are in a single layer in the sauce. Cover the pan and simmer gently for 30 minutes. Boil the beansprouts. Drain and serve the meatballs on top.

Serves 1/260 calories  
2 fat units/1.3 grams fibre

#### Ham and Bacon Meals

Although well grilled bacon and ham is often fatty when raw, it loses lots of fat and calories when cooked. It also comes in convenient rashers, steaks or boiled portions which make calorie mistakes less likely.

#### Grilled Ham with Apple, Cheese and Mushrooms (see picture page 41)

1 ham or bacon steak, 135g/4½oz  
115g/4oz mushrooms  
1 small eating apple  
1 processed cheese slice

Grill the ham or bacon steak until tender. Poach the mushrooms in a little salted water. Core and slice the apple and arrange on top of the steak. Grill for 2 minutes, or until the apple starts to soften. Top with the processed cheese slice and grill slowly until the cheese melts and the apple is hot. Drain the mushrooms and serve with the steak.

Serves 1/260 calories  
4 fat units/4.3 grams fibre