

EATING FOR **2**
PREGNANCY NUTRITION



SERVES
4

LOW
FAT

LOW
SALT



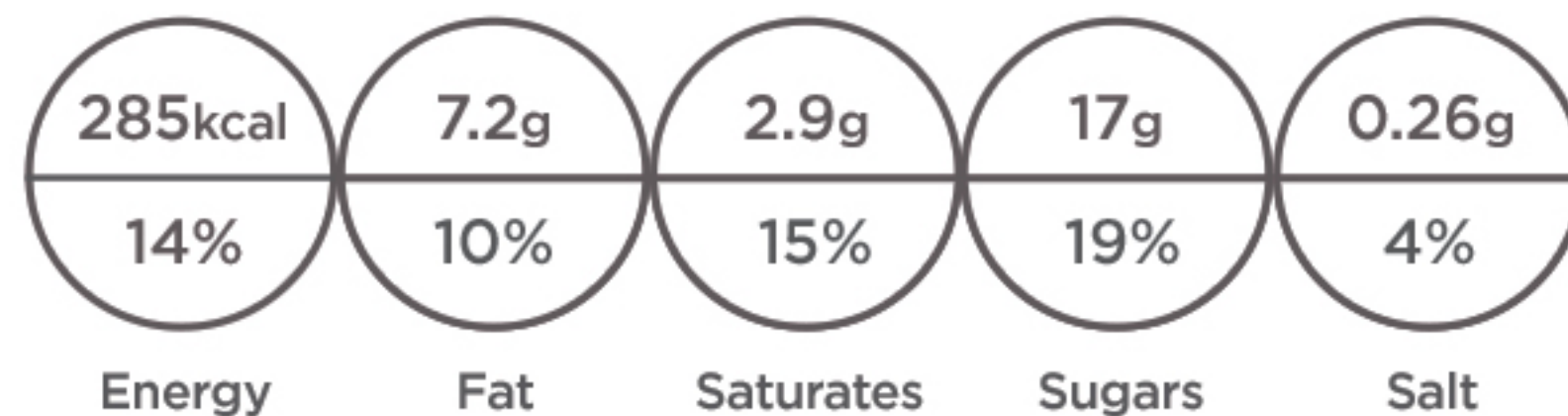
Prep time: 3m • Cook time: 15 • Serves: 4

BLACKBERRY & RASPBERRY GINGER YOGHURT POTS

Blackberries and raspberries contain fibre and vitamin C, while oats are a source of B vitamins and yoghurt provides protein and calcium. Swap the berries for chopped apple or pear - or any other fruit - if you prefer.

This dish is: Low in fat and salt • Contains fibre • Contains protein and vitamin C

Each portion contains (%RNI):



"This quick, simple breakfast can be frozen in individual pots to last you through the week." - Lorraine Pascale

INGREDIENTS

300g raspberries

Contains vitamin C which can protect your cells and help keep them healthy¹

300g blackberries

Provides folic acid which can help reduce the risk of neural tube defects such as spina bifida. The NHS recommends taking a folic acid supplement in addition to eating foods high in folic acid during pregnancy²

2 tsp ground ginger

1 piece of fresh ginger, peeled and finely chopped

1tsp rapeseed oil

100g oats

Provides fibre which can help prevent constipation caused by your hormonal changes³

500g natural yoghurt

Provides calcium which is vital for making your baby's bones and teeth⁴

METHOD

1. Put berries in a wide, medium pan with the ground and fresh ginger and 2 teaspoons of water and place over a low heat. Cook for about 10 minutes, stirring occasionally, until the berries are soft and mushy.

2. Remove from the heat and leave to cool completely before serving.

3. Meanwhile using some kitchen paper, rub a medium non-stick frying pan with the oil and set it over a medium heat.

4. Add the oats and cook for 4-5 minutes, tossing frequently, until just catching colour. Remove from the heat and leave to cool completely before serving.

5. Divide the yogurt, berries and oats among four bowls and serve.

Recipe contains the following allergens: oats, milk. All nutritional claims based on analysis of one portion.

SERVES
2

LOW
SUGAR

VIT E

Eating for 2 - Apricot, mixed seed & vanilla muesli - 1/3



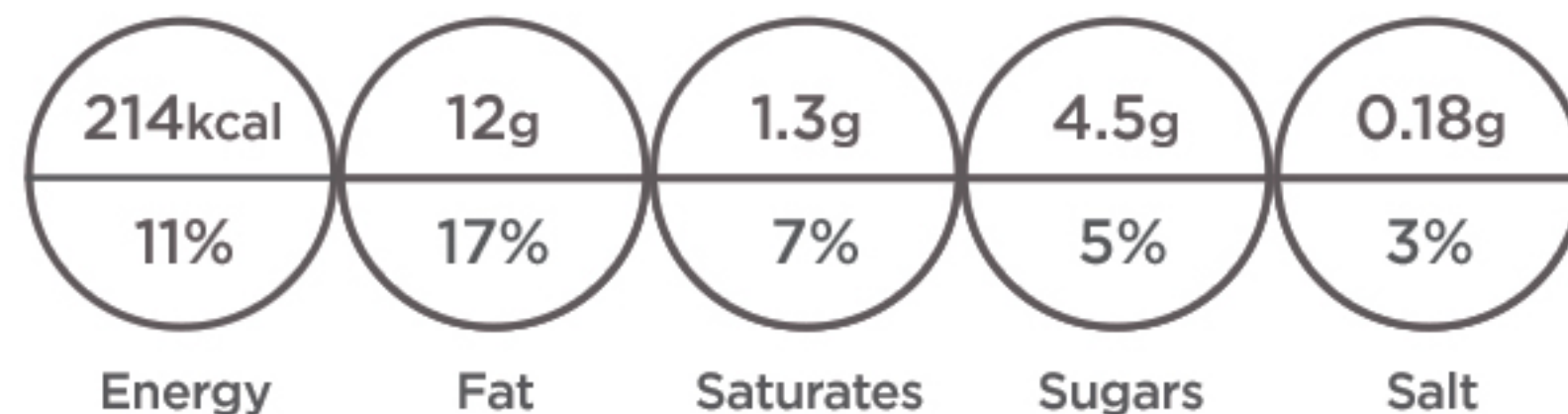
Prep time: 10 minutes • Serves: 22 x 45g servings

APRICOT, MIXED SEED & VANILLA MUESLI

The nuts and seeds in this breakfast provide healthy polyunsaturated fatty acids and a great range of vitamins and minerals. It's a simple recipe; all you have to do is mix.

This dish is: Low in saturated fat, sugar and salt • source of fibre, protein, vitamin E, biotin, phosphorus and copper • high in manganese.

Each portion contains (%Reference Nutrient Intake):



"If you have time, toast the oats first to make this breakfast extra special" - Lorraine Pascale

INGREDIENTS

400g porridge oats

Provides fibre to help prevent constipation caused by your hormonal changes¹

75g dried apricots, roughly chopped

Contain iron which can help ensure your baby receives the necessary oxygen and nutrients in pregnancy²

75g dates, roughly chopped

150g whole almonds

Provides folic acid which can help reduce the risk of neural tube defects such as spina bifida. The NHS recommends taking a folic acid supplement in addition to eating foods high in folic acid during pregnancy³

175g mixed seeds (like pumpkin, sunflower, linseeds, poppy and sesame seeds)

50g toasted flaked almonds

Seeds from 1 vanilla pod

To serve

135ml unsweetened fortified almond

Recipe contains the following allergens: oats, tree nuts (almonds), sesame seeds, gluten and sulphites. All nutritional claims based on analysis of one portion.

METHOD

1. Mix all of the ingredients together in a large bowl until evenly combined.

2. Pour into an airtight container.

3. Serve with almond milk.

YOU MIGHT ALSO LIKE...

Tap the image to jump to Baked feta & pistachio aubergine with garlic couscous



SERVES
4

LOW
SUGAR

PROTEIN



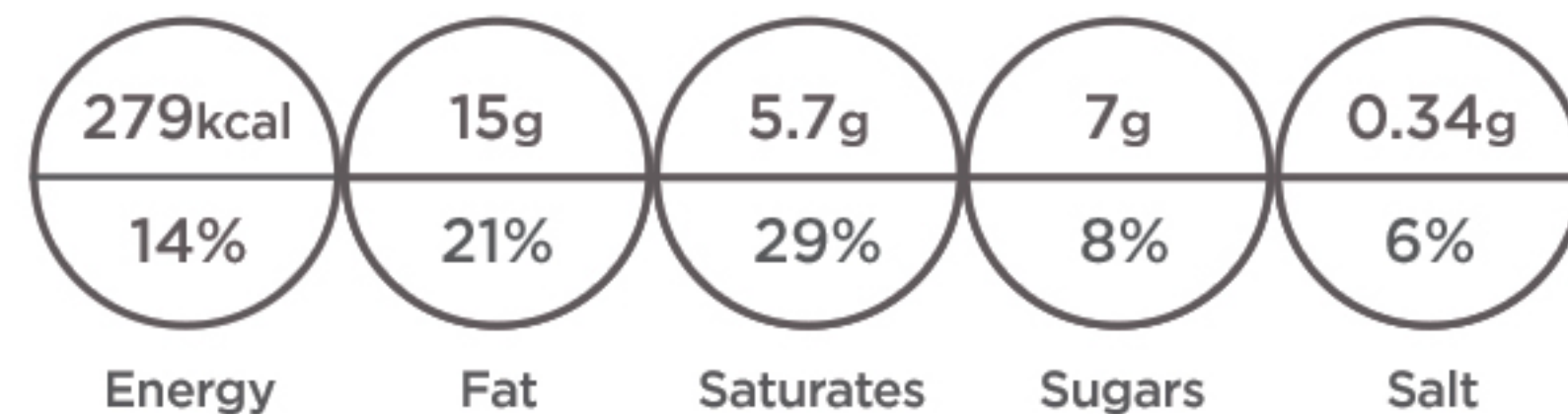
Prep time: 10 minutes • Cook time: 20 minutes • Serves: 4

CORN & COURGETTE BREAKFAST FRITTERS WITH POACHED EGGS

With protein and a range of vitamins; a single portion provides a third of your recommended daily folic acid intake, a fifth of your daily vitamin D requirements, and vitamin C.

This dish is: Low in sugar and salt • high in protein • a source of folic acid and vitamins A, C, D and B12

Each portion contains (% Reference Nutrient Intake):



INGREDIENTS

1 medium courgette

Vitamin C which can help protect your cells and keep them healthy¹

150g tinned sweetcorn, drained

Provides fibre which can help prevent constipation caused by your hormonal changes²

6 Red Lion eggs (4 for poaching)

Contains protein which provides the building blocks for your baby to grow³. Make sure your eggs have the Red Lion stamp on their shell as these are safe for pregnant women to eat either raw or partially cooked⁴

50g flour

20g spring onion

1/2 tsp chili

1/2 tsp paprika

1/4 tsp salt

Salt can help regulate and maintain your body fluid⁵, but too much can be harmful so be aware of hidden sources and where possible try to limit your intake⁵

1/4 tsp pepper

1 tsp olive oil

1 lemon

120 ml low fat crème fraîche

1 tbsp coriander

2 tbsp chives, finely chopped

1 small side salad per person

Recipe contains the following allergens: eggs, milk, gluten (in flour).

All nutritional claims based on analysis of one portion.

METHOD

1. **Trim the ends of the courgette**, grate the flesh and squeeze out the excess water before placing in a large bowl.

2. **Slice the spring onion** and add to the bowl along with the sweetcorn, 2 eggs, flour, chili, paprika, coriander, juice of half a lemon and seasoning. Mix well.

3. **Heat the olive oil in a pan**, then add a dollop of the batter to create a fritter the size of a scotch pancake. Flatten with the back of a spoon to make sure the fritter thickness is even and cook for 1 to 1½ minutes on either side, or until golden brown.

4. **Lift the fritter out with a spatula and set aside.**

5. **In a small bowl, mix the crème fraîche**, juice of half a lemon, and most of the chopped chives. Set aside.

6. **For the poached eggs, heat a large pan of water on a medium heat** until small bubbles start to form. Crack the egg into a small bowl, then stir the water to create a light whirlpool and pour the egg in gently. Cook for 3-4 minutes until the white is set, then remove with a slotted spoon and place on kitchen paper to dry.

7. **To serve, stack fritters in a small pile** and top with a tablespoon of the crème fraîche before adding the poached egg, a sprinkling of chopped chives and a side salad if desired.

SERVES
4

LOW
FAT

PROTEIN



Prep time: 5 mins Cook time: 35 mins Serves: 4

SPICED PRAWN LUNCH BOX

This simple dish featuring protein-rich prawns is quick and easy - ideal for lunch in the office, or if you're famished after a long day at work.

This dish is: Low in sugar, fat and saturated fat • A source of fibre and protein • A source of vitamin K and manganese • High in chloride

Each portion contains (% Reference Nutrient Intake):

291kcal	4.2g	0.5g	4.9g	1.6g
15%	6%	3%	5%	27%
Energy	Fat	Saturates	Sugars	Salt



"Try topping it with fresh mango or avocado to add even more flavour"
- Lorraine Pascale

INGREDIENTS

225g wholegrain rice

Provides B vitamins which help release energy¹

4 spring onions, finely sliced

2 large tomatoes, cut into small cubes

Contains vitamin C which can help protect your cells and helps keep them healthy²

250g raw (or pre-cooked) peeled king prawns

Contains Vitamin E. An adequate intake of vitamin E during pregnancy is associated with a lower likelihood of your child developing asthma and respiratory issues later in life^{3,4}

(optional) 5 slices of jalapeno pepper (from a jar, no added sugar), roughly chopped

½ tsp powdered chili

½ tsp powdered cayenne pepper

1 tsp ground cumin

½ bunch of parsley, finely chopped

½ bunch of chives, finely chopped

1 tsp rapeseed oil

A pinch of salt

To serve

1 lemon, cut into 4 wedges

Recipe contains the following allergens: crustaceans (prawns).

All nutritional claims based on analysis of one portion.

METHOD

1. Cook the rice according to the packets instructions.

2. 5 minutes before the rice is ready, put 1 tsp of oil in a medium frying pan over a high heat. Once hot, add the raw or precooked prawns, slices of jalapeno (if using), chilli, cayenne and cumin, along with a pinch of salt.

3. Cook for a couple of minutes, stirring regularly, until they turn pink and are cooked through (if you are using raw prawns) or until they are piping hot inside.

4. When the rice is finished, drain it and then add the sliced spring onions and the chopped tomato, stir a little then tip the cooked prawns in with the rice, stirring again.

5. Sprinkle on the parsley and chives and serve with a lemon wedge.

YOU MIGHT ALSO LIKE...

Tap the image to jump to sesame-crusted tuna steaks with quinoa



SERVES
4

PROTEIN

VIT D

DF

Prep time: 10m • Cook time: 20 • Serves: 4

SESAME-CRUSTED TUNA STEAKS WITH QUINOA

Quinoa is a gluten-free, easy to cook and tasty alternative to rice or potatoes. Mango and spinach add colourful nutrients, while the protein in tuna can help to satisfy a rumbling tummy¹.

This dish: Provides protein • Vitamin C • Rich in vitamins D, B12 and K

Each portion contains (%RNI):

568kcal	23g	3.4g	9.3g	0.59g
28%	33%	17%	10%	10%
Energy	Fat	Saturates	Sugars	Salt



"If you haven't already tried quinoa (pronounced 'keenwa'), it's delicious!" - Lorraine Pascale

INGREDIENTS

Salad

225g quinoa

Contains iron which can help ensure your baby receives the necessary oxygen and nutrients in pregnancy²

150g ripe mango pieces, cut into small cubes

Contains vitamin C which can help protect your cells and help keep them healthy³

100g baby spinach

Contains protein which provides the building blocks for your baby to grow⁴

Freshly ground pepper

Dressing

3 tbsp extra virgin olive oil

1 tbsp apple cider vinegar (or balsamic will work)

2 tsp reduced salt, soy sauce

2cm piece of fresh ginger, peeled and finely chopped

Some mums-to-be find that ginger can help to ease pregnancy-related nausea and vomiting⁵

Freshly ground black pepper

Tuna steaks

50g Chia or Black sesame seeds

Provides calcium which is vital for making your baby's bones and teeth⁶

4x120g frozen tuna steaks, about 1.5-2cm thick, defrosted

If you like your tuna pink you are safe to eat it if it's been pre-frozen⁷.

Contains DHA which is important for fetal brain development⁸

2 tbsp rapeseed oil

Freshly ground black pepper

Recipe contains the following allergens: fish, sesame seeds, soya, gluten (in some soy sauces and vinegars). All nutritional claims based on analysis of one portion.

METHOD

1. Put the quinoa on to cook according to the packet instructions.
2. To prepare the salad dressing, simply put the ingredients along with a little salt and pepper in a screw top jar, secure the lid and shake vigorously.
3. Scatter the sesame seeds on a large plate along with a fair amount of pepper and then dip the tuna steaks in so that they are evenly coated all over.
4. Divide the oil between two large frying pans over a medium heat. If you only have one large pan, then cook the tuna in two batches rather than squish all four in and stew them!
5. Cook the tuna steaks for around 2-3 minutes per side for a medium-rare finish, depending on the thickness of your steaks (it's fine to eat partly cooked tuna in pregnancy if it's been frozen and fully defrosted first⁸). Of course, you can cook your tuna steaks for longer if you prefer. Remove and set aside.

6. Once cooked, rinse the quinoa under cold running water and set aside to cool down completely. Once cooled, toss it in a large serving bowl with the mango and spinach and season to taste.

7. Divide the salad among four serving plates (or four lunch box containers). Place a piece of fish over each salad and then drizzle over the dressing.

YOU MIGHT ALSO LIKE...

Tap the image to jump to Beetroot, garden pea & feta risotto



SERVES
4

FIBRE

LOW
FAT



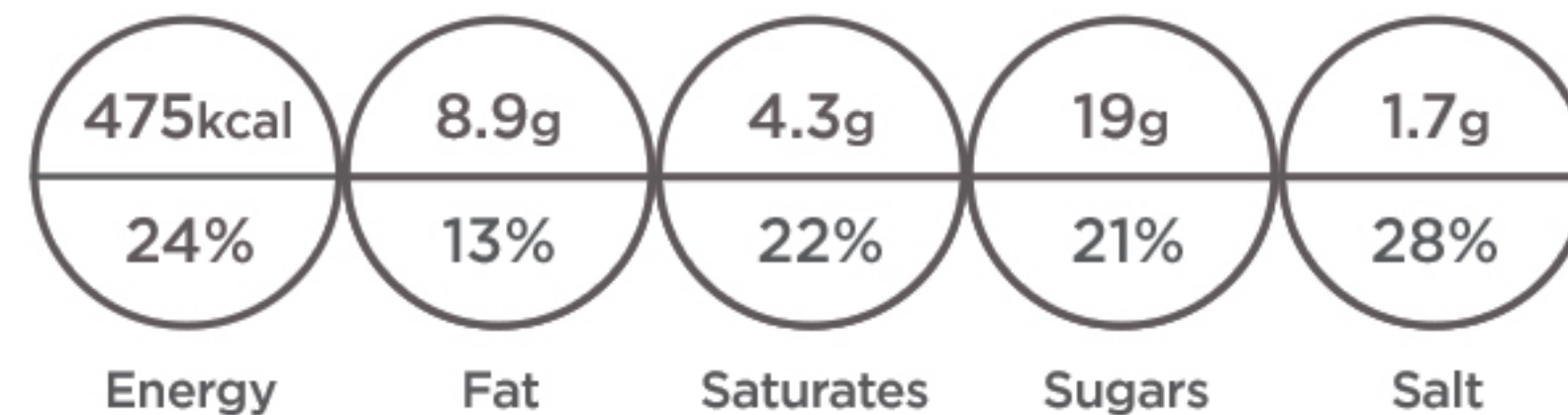
Prep time: 10 minutes • Cook time: 1 hour • Serves: 4

SWEET POTATO WITH HOMEMADE BAKED BEANS & FETA

Swapping a baked potato for a sweet potato will give you extra fibre, while the tomatoes in this dish provide a good dose of vitamin C. Double the recipe and you'll have plenty left for lunch the next day.

This dish: Low in fat, saturated fat and sugar • High in fibre and protein • High in vitamin A • A source of vitamin C, potassium and manganese

Each portion contains (% Reference Nutrient Intake):



INGREDIENTS

4 medium sweet potatoes

400g tinned chopped tomatoes

Contains vitamin C which can help protect your cells and helps keep them healthy¹

400g tinned, cooked haricot beans

Provides fibre which can help prevent constipation caused by your hormonal changes²

200g reduced fat feta cheese (vegetarian feta is available)

Other than mould-ripened soft cheeses, all other soft types of cheese are OK to eat during pregnancy, provided they're made from pasteurised milk³.

120g rocket

1 clove garlic

1 tsp paprika

1/2 tsp sugar (optional)

It is recommended to decrease the sugar you use in your cooking as eating too much sugar can contribute to a higher calorie intake, which can lead to weight gain⁴

Freshly ground black pepper

1/4 tsp salt

1 tbsp balsamic vinegar

Small handful basil leaves, roughly torn

2 tsp olive oil

1 tbsp lemon juice

Recipe contains the following allergens: milk. All nutritional claims based on analysis of one portion.

METHOD

1. Preheat the oven to 200°C (fan-assisted).

2. Prick the sweet potatoes all over with a fork, and place on a baking tray in the oven for 45 minutes. Once finished, turn off the oven and leave them inside for a further 15 minutes.

3. While the potatoes are cooking, heat one teaspoon of olive oil in a saucepan over a medium heat, then add the garlic and fry for 1-2 minutes until soft.

4. Add the tinned tomatoes, paprika, salt, pepper and sugar (if using) to the pan, and cook for a few minutes before adding the beans.

5. Simmer for around 15 minutes, then add the balsamic vinegar, stir, and take off the heat.

6. Slice the potatoes open in a cross shape and press the sides until the flesh starts to push out. Spoon the baked beans on top, then the crumbled feta.

7. Serve with a drizzle of olive oil and basil on top, and a rocket salad dressed with lemon juice on the side.

YOU MIGHT ALSO LIKE...

Tap the image to jump to Sesame-crusting tuna steaks with quinoa



SERVES
4

FIBRE

LOW
FAT



GF

Prep time: 20 minutes • Cook time: 35 minutes • Serves: 4

BEETROOT, GARDEN PEA & FETA RISOTTO

This beautifully coloured risotto is quick, simple and tasty. For extra flavour, use a good-quality fresh stock and serve with a handful of rocket leaves with balsamic dressing.

This dish is: Low in fat, saturated fat, sugar and salt • A source of folic acid • A source of fibre, protein and phosphorus • High in manganese

Each portion contains (% Reference Nutrient Intake):

499kcal	12g	2.6g	19g	0.96g
25%	17%	13%	21%	16%
Energy	Fat	Saturates	Sugars	Salt



“A warming, hearty dish that will give you more fibre than a traditional risotto.” - Lorraine Pascale

INGREDIENTS

1 tbsp olive oil

1 large red onion, finely chopped

450g cooked beetroot (not vinegared)

Provides folic acid which can help reduce the risk of neural tube defects such as spina bifida. The NHS recommends taking a folic acid supplement in addition to eating foods high in folic acid during pregnancy¹.

2 garlic cloves, finely chopped

100g frozen garden peas

Leaves from 2 sprigs of rosemary, finely chopped

300g wholegrain barley (not pearl barley) or wholegrain brown rice

Both contain fibre which can help prevent constipation caused by your hormonal changes²

1 litre of a good liquid chicken or vegetable stock (reduced salt)

Freshly ground black pepper

To serve

100g reduced fat, pasteurised feta

Contains protein which provides the building blocks for your baby to grow³. Other than mould-ripened soft cheeses, all other soft types of cheese are OK to eat when pregnant, provided they're made from pasteurised milk⁴

Leaves from ½ bunch of fresh mint

Contains iron which can help ensure your baby receives the necessary oxygen and nutrients in pregnancy⁵

25g flaked almonds, toasted

Recipe contains the following allergens: tree nuts (almonds), milk (feta), celery (stock cube depending on stock used). All nutritional claims based on analysis of one portion.

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METHOD

1. Heat the oil in a large sauté pan over a low-medium heat. Sauté the onion for about 10 minutes until really soft.

2. Meanwhile, pop the beetroot in a blender, puree until smooth as possible and set aside.

3. Add the garlic and rosemary to the softened onion and cook for 1 minute. Stir in the barley or rice and cook for 1 minute more. Add a quarter of the stock and stir regularly until it has been absorbed. Then add another quarter of the stock and continue this process until all has been used up and the rice is tender. This will take 20-25 minutes.

4. As the rice is cooking, cook the garden peas until they are tender then drain and set aside.

5. Stir in the beetroot to the rice pan and season to taste. Warm through for a couple of minutes until piping hot, then stir in the drained peas.

6. Spoon the risotto onto serving plates and crumble over the feta cheese. Scatter over the mint, flaked almonds and serve.

YOU MIGHT ALSO LIKE...

Tap the image to jump to Tomato, prawn & chorizo fusili



SERVES
4

FIBRE

DHA



GF

Prep time: 10 mins • Cook time: 45 mins • Serves: 4

SALMON & HADDOCK SWEET POTATO FISH PIE

This super-quick fish pie can be quicker to make than the traditional version, and you can change up the fish to vary the taste. The topping of sweet-potato mash makes it particularly delicious.

This dish is: A source of fibre • A source of DHA

Each portion contains (% Reference Nutrient Intake):

599kcal	21g	6.6g	30g	0.59g
30%	30%	33%	33%	10%
Energy	Fat	Saturates	Sugars	Salt



“A quicker, simpler version of the classic homely favourite.”
- Lorraine Pascale

INGREDIENTS

Potato topping

800g sweet potatoes, peeled and cut into 2cm cubes

20g unsalted butter

Good pinch of freshly grated nutmeg

Pinch of sea salt and freshly ground black pepper

Fish filling

2 tbsp cornflour

300ml semi-skimmed milk

Provides calcium which is vital for making your baby's bones and teeth¹

700g mix of haddock and salmon, skinless, cut into bite-sized chunks

Haddock is a great source of protein which provides the building blocks for your baby to grow² and Salmon contains DHA which is important for fetal brain development³

150g frozen peas

½ bunch of spring onions, sliced

Fronds from 1/3 bunch of fresh dill, finely chopped

100g low fat crème fraiche

Provides calcium which is vital for making your baby's bones and teeth¹

Freshly ground black pepper

Recipe contains the following allergens: fish, milk. All nutritional claims based on analysis of one portion.

METHOD

1. Preheat the oven to 200oC (fan 180oC), 400oF, Gas Mark 6.

2. Bring a medium pan of salted water to the boil and cook the potatoes together for 10-12 minutes or until tender. Alternatively, steam the potatoes, in which case they tend to take on less water, making for a stiffer, drier (and better) sweet potato mash.

3. As this cooks, put the cornflour in a wide pan with a little of the milk and stir until dissolved and smooth. Then add the rest of the milk while stirring all the time.

4. Place on a low to medium heat and while continuing to stir all the time, bring to a simmer and cook for a few minutes until slightly thickened. Then add the fish, peas, spring onion and dill and cook gently for about 3 minutes, stirring regularly to prevent it from catching on the bottom

5. Carefully stir in the crème fraiche and salt and pepper, to taste. Remove from the heat and tip onto a 2.5 litre ovenproof dish (min measures 25cm square and 6cm deep).

6. Once cooked, drain the potatoes well and tip them back into the pan. Mash until smooth with the butter, nutmeg and enough salt and pepper to taste.

7. Place spoonful's of the mash potato all over the top of the fish filling and spread it out evenly with a fork. Grate over a little more nutmeg if you fancy it and pop on a baking tray in the oven for about 20 minutes until the top is just catching colour and the fish filling is piping hot. Serve at once.

SERVES
2

FIBRE

LOW
SALT



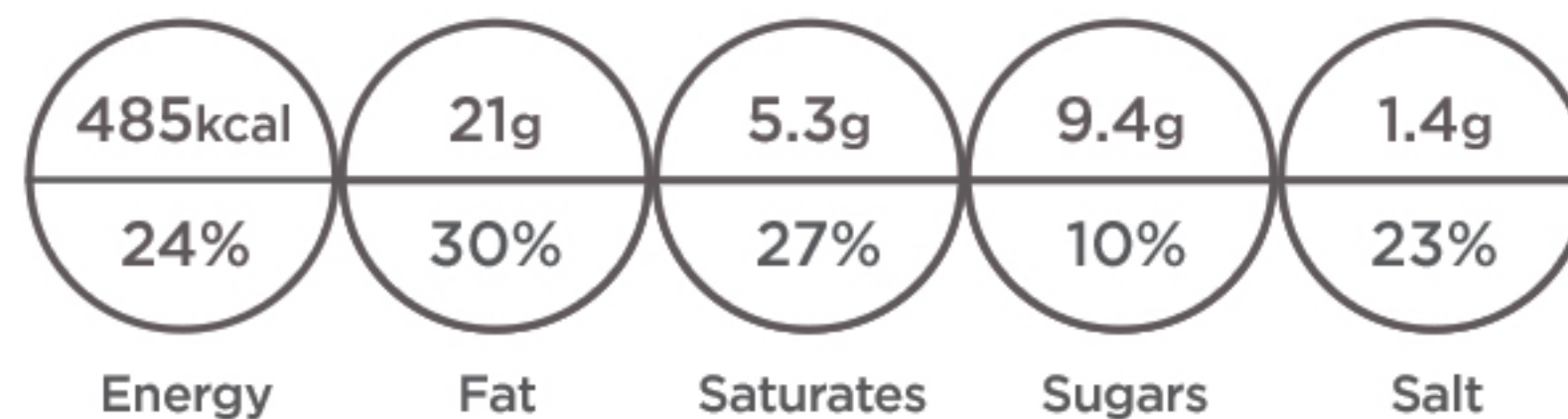
Prep time: 10 minutes • Cook time: 30-40 minutes • Serves: 2

BAKED FETA & PISTACHIO AUBERGINE WITH COUSCOUS

This Mediterranean vegetable dish includes aubergine for fibre and pistachios packed with potassium. Plus it's quick to prepare and delicious.

This dish is: Low in sugar • Low in salt • A source of fibre
• High in protein

Each portion contains (% Reference Nutrient Intake):



INGREDIENTS

1 medium aubergine

Contains fibre to help prevent constipation caused by your hormonal changes¹

100g low fat vegetarian feta cheese

1/2 tbsp of pistachio nuts, chopped

Contains Vitamin E. An adequate intake of vitamin E during pregnancy reduces the likelihood of your child developing asthma and respiratory issues later in life^{2,3}

1 tbsp rapeseed oil

100g couscous

Contains protein which provides the building blocks for your baby to grow⁴

150g cherry tomatoes

Contains vitamin C which can help protect your cells and helps keep them healthy⁵

Half a cucumber

1 lemon

1 tsp reduced salt vegetable stock powder (or half a stock cube)

2 garlic cloves, crushed

1/2 tsp ground black pepper

1 tbsp basil, roughly chopped

Recipe contains the following allergens: tree nuts (pistachios), gluten (cous cous), celery (stock cube), milk (feta). All nutritional claims based on analysis of one portion.

METHOD

1. Preheat the oven to 220oC (fan 200oC), gas mark 6.

2. Slice the aubergine in half and score it diagonally in both directions to make a criss-cross pattern. Rub the rapeseed oil into the aubergine halves on both sides, sprinkle with half the pepper, and place in the oven for 30 minutes, or until golden brown on top.

3. While the aubergine is cooking, make the couscous. Add the juice of one lemon, two crushed garlic cloves, remaining pepper and the stock powder to a jug, then pour in 150ml of boiling water and mix.

4. Put the couscous in a bowl, add the liquid, stir briefly, cover and leave to stand for 3-4 minutes before fluffing with a fork.

5. Chop the cucumber into small chunks, slice the cherry tomatoes in half and mix into the couscous. Set aside.

6. Take the aubergine out of the oven, and if the flesh is soft and golden brown, crumble the feta onto each half and return to the oven for a further 5 minutes.

7. To serve, sprinkle the aubergine halves with chopped pistachio and basil, and add a portion of couscous on the side.

YOU MIGHT ALSO LIKE...

Tap the image to jump to Thai-style peanut butter prawn noodles





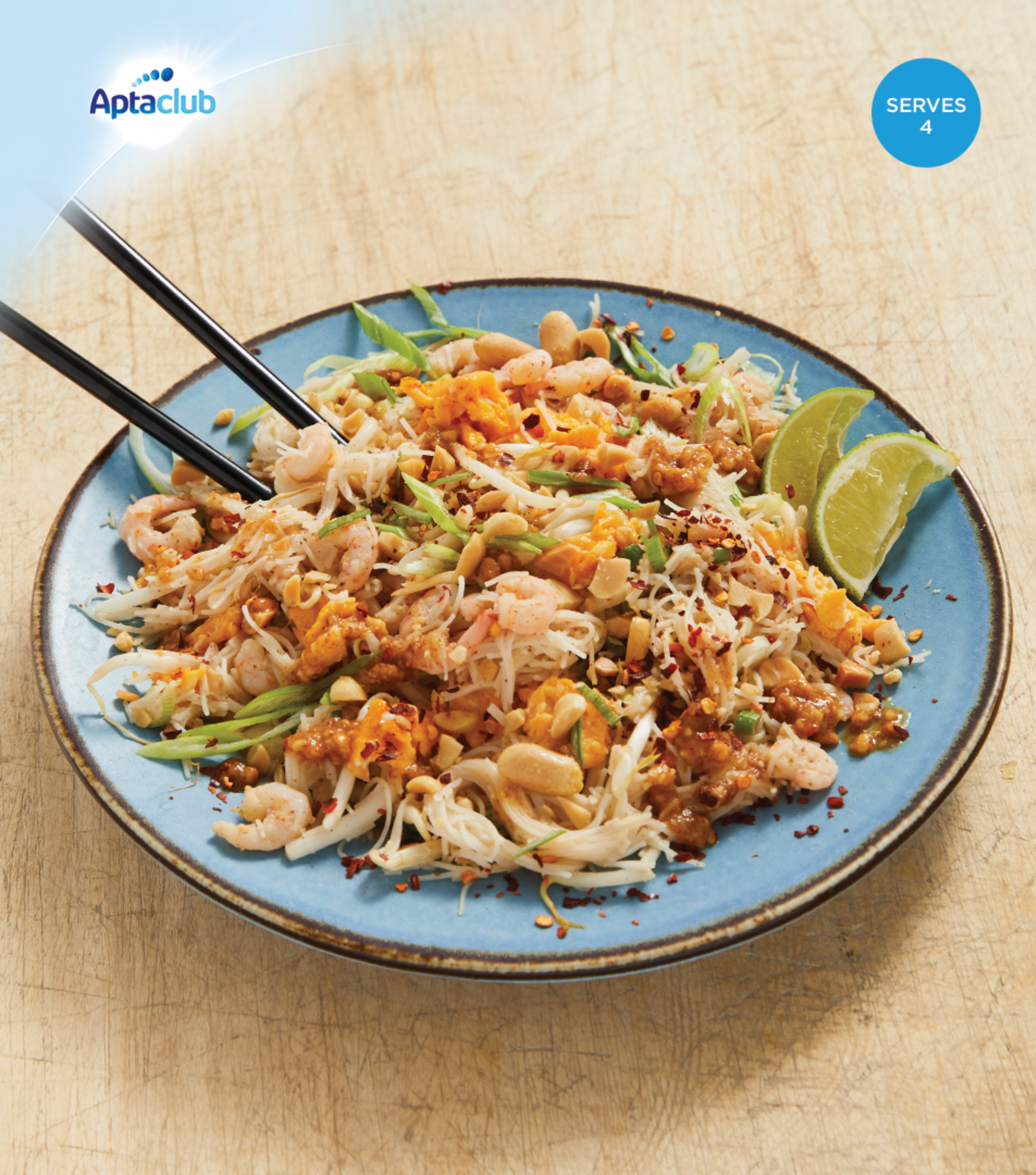
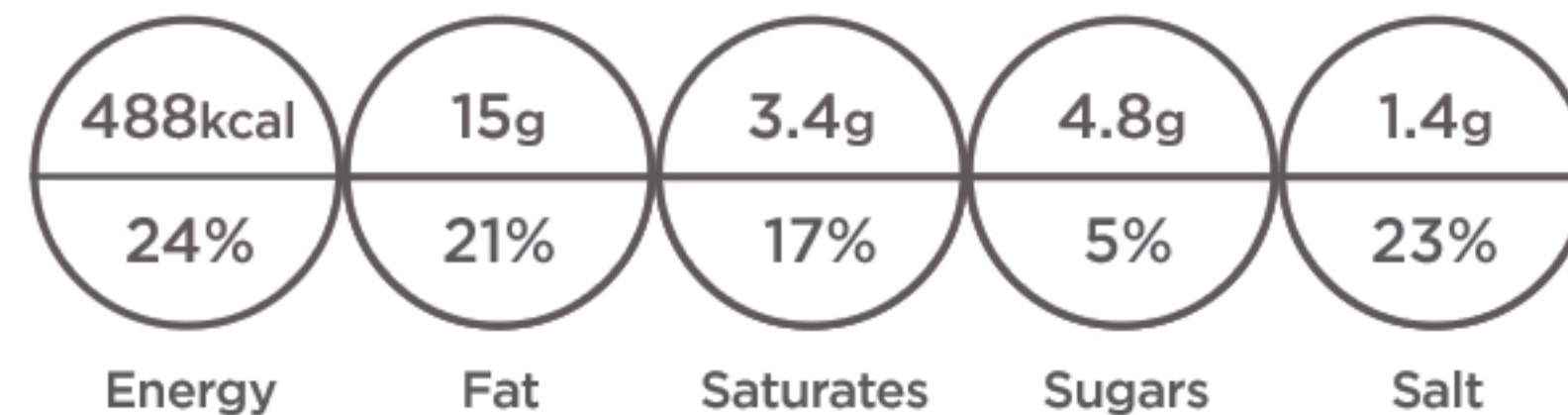
Prep time: 10 minutes • Cook time: 15 minutes • Serves: 4

THAI-STYLE PEANUT BUTTER PRAWN NOODLES

This Asian-inspired dish is ideal if you need a speedy, nutritious dinner. There's also some evidence to suggest ginger may help combat nausea in pregnancy¹.

This dish: Contains selenium

Each portion contains (% Reference Nutrient Intake):



INGREDIENTS

1/2 tbsp soy sauce (reduced salt)

100 ml vegetable stock (reduced salt)

1/2 tbsp fish sauce

1 tbsp mirin or rice wine vinegar

1 tsp sweet chili sauce

3 tbsp crunchy peanut butter (with no added salt & sugar)

2 tsp ginger, grated

Some mums-to-be find that ginger can help to ease pregnancy-related nausea and vomiting²

2 garlic cloves, crushed

1/2 tsp chilli flakes

2 limes

1 tsp sesame oil

4 nests rice noodles

2 eggs, beaten

200g frozen, pre-cooked and peeled prawns

Provides Vitamin E. An adequate intake of vitamin E during pregnancy reduces the likelihood of your child developing asthma and respiratory issues later in life^{3,4}

200g bean sprouts

A source of folic acid which can help reduce the risk of neural tube defects such as spina bifida. The NHS recommends taking a folic acid supplement in addition to eating foods high in folic acid during pregnancy⁵.

50g spring onions, thinly sliced

1 tbsp coriander, roughly chopped

1 tbsp peanuts, chopped

Recipe contains the following allergens: crustaceans (prawns), eggs, fish, peanuts, sesame seeds, soya, gluten, celery. All nutritional claims based on analysis of one portion.

METHOD

1. In a small bowl, mix the soy sauce, vegetable stock, fish sauce, mirin, sweet chili sauce, peanut butter and chili flakes with the juice of one lime. Set aside.

2. In a saucepan, cook the noodles according to packet instructions. When ready, drain and rinse with cold water to stop them sticking.

3. Heat the sesame oil in a large pan over a medium heat and add the ginger and garlic. Fry for 1-2 minutes, before adding the prawns and cooking for a further 2-3 minutes.

4. Push the prawns to the side of the pan and pour in the eggs, allowing them to cook like an omelette for 1-2 minutes before breaking up with a wooden spoon and mixing with the prawns.

5. Add the sauce to the pan, mix with the prawns and egg then pour the noodles on top. Mix for a few minutes until everything is coated, then add the bean sprouts and half the spring onions and cook for a further 2-3 minutes. If the noodles get too sticky, add a tablespoon or two of water.

6. To serve, ladle into a bowl and sprinkle with coriander, the remaining spring onions and chopped peanuts and squeeze a quarter lime on top. If you like it spicy, sprinkle a few more chilli flakes on to taste.

YOU MIGHT ALSO LIKE...

Tap the image to jump to Italian panzanella salad with roast chicken



SERVES
2

PROTEIN

FIBRE



Eating for 2 - Tomato, prawn & chorizo fusilli - 1/3

Prep time: 5 minutes Cook time: 30 minutes Serves: 2

TOMATO, PRAWN & CHORIZO FUSILLI

Bringing traditional paella flavours into a tasty pasta dish, this crowd-pleaser is high in protein while also providing minerals like thiamin and manganese.

This dish is: Low in sugar • A source of fibre • High in protein, thiamin, manganese and chloride • A source of phosphorus

Each portion contains (% Reference Nutrient Intake):

415kcal	13g	4.5g	5.9g	1.7g
21%	19%	23%	7%	28%
Energy	Fat	Saturates	Sugars	Salt

INGREDIENTS

140g dried wholewheat fusilli

Provides fibre which can help prevent constipation caused by your hormonal changes¹

60g chorizo sausage, thinly sliced then halved

70g frozen, cooked peeled prawns

Contains Vitamin E. An adequate intake of vitamin E during pregnancy reduces the likelihood of your child developing asthma and respiratory issues later in life^{2,3}. Prawns are safe to eat during pregnancy as long as they are cooked⁴

1/2 tsp olive oil

150g cherry tomatoes, halved

Contains vitamin C which can help protect your cells and helps keep them healthy⁵

1 garlic clove, minced

1/2 lemon

1/2 tsp paprika

1/2 tsp chilli flakes

A few basil leaves, roughly torn

1 tsp parmesan

Handful rocket leaves

Recipe contains the following allergens: crustaceans (prawns), gluten and milk. All nutritional claims based on analysis of one portion.

METHOD

1. **Cook the pasta in salted water** according to packet instructions and set aside, reserving one cup of cooking water.

2. **Heat the oil in a frying pan and fry the garlic** for 1-2 minutes before adding the chorizo. Cook for a further 2-3 minutes, or until the chorizo begins to release all of its oils.

3. **Add the prawns to the pan**, stir to cover with the chorizo oil, then add the paprika, chilli, the zest and juice of the half lemon and continue mixing.

4. **Add the tomatoes, and fry for 2-3 minutes** until they soften and can be squished with the back of a spoon. At this point, add half a cup of the pasta water, stir and continue to cook until slightly reduced.

5. **Once the sauce has thickened a little**, add the parmesan, basil and black pepper, then pour in the cooked pasta and stir to thoroughly coat with the sauce. Add more cooking water to loosen if necessary.

6. **Stir in the rocket right at the end**, and serve with a further sprinkling of parmesan and black pepper on top.

YOU MIGHT ALSO LIKE...

Tap the image to jump to roast chickpeas & almonds with smoked paprika



SERVES
4

FOLIC
ACID

VIT C

Prep time: 10 minutes Cook time: 30-35 minutes Serves: 4

ITALIAN PANZANELLA SALAD WITH ROAST CHICKEN

This Italian roast chicken salad is the ultimate refreshing summer dish combining creamy mozzarella and delicious crusty bread, and it's also packed with vitamin C.

This dish is: A source of vitamin C • Contains protein

Each portion contains (% Reference Nutrient Intake):

485kcal	21g	5.3g	13g	1.3g
24%	30%	27%	14%	22%
Energy	Fat	Saturates	Sugars	Salt

INGREDIENTS

4 free range chicken leg quarters

Contains protein which provides the building blocks for your baby to grow¹

700g mixed tomatoes (red, yellow and green of varying sizes)

Contains vitamin C which can help protect your cells and helps keep them healthy²

2 bell peppers (yellow & red)

Provides folic acid which can help reduce the risk of neural tube defects such as spina bifida. The NHS recommends taking a folic acid supplement in addition to eating foods high in folic acid during pregnancy³

250g ciabatta

1 small red onion

1 tbsp small capers, drained

1/4 tsp salt

1/4 tsp pepper

3 tbsp red wine vinegar

3 tbsp olive oil

Handful of basil leaves roughly torn

1/2 tsp oregano

100g reduced fat mozzarella

Side Salad

200g mixed leaf salad

Provides fibre to help prevent constipation caused by your hormonal changes⁴

1 tbsp lemon juice

Recipe contains the following allergens: wheat, milk. All nutritional claims based on analysis of one portion.

METHOD

1. **Preheat the oven to 180°C, fan-assisted.**

2. **Place the chicken legs on a baking tray** and rub with a little of olive oil before sprinkling with oregano and a pinch of salt. Place in the oven, alongside the two bell peppers (standing upright) on the baking tray.

3. **Roast the chicken for 40-50 minutes** until cooked and cook the peppers until blistered and collapsing.

4. **Once cooked, remove the peppers carefully** from the oven, and place immediately in a plastic ziplock bag.

5. **Seal the bag and set aside for around 20 minutes** until cool enough to touch. Once ready, remove the peppers from the bag, cut out the stalk and seeds and slice into thin strips.

6. **Meanwhile, slice the red onion into thin half-moons** and place in a large bowl along with the red wine vinegar. Mix to make sure all the onion is coated in vinegar and leave to rest for 10 minutes.

7. **Chop the tomatoes roughly** then once the onion has rested, add to the bowl along with the salt, pepper, olive oil, pepper slices and capers, and mix together.

8. **Tear the ciabatta into small pieces** and toast in the oven for 3-5 minutes. Add the toasted ciabatta to the bowl, tossing and mixing until the bread starts to soak up the liquid.

9. **Finally, cut the mozzarella into small pieces** and add to the bowl with the basil, then mix and leave the salad to rest for 15 minutes.

10. **Serve with a chicken leg and a mixed leaf side salad**, dressed with lemon juice.

FOLIC ACID

VIT E

FIBRE



Eating for 2 - Roast chickpeas & almonds with smoked paprika - 1/2

DF GF VG V

Prep time: 10 minutes Cook time: 25 minutes Serves: 10 x 20g servings

ROAST CHICKPEAS & ALMONDS WITH SMOKED PAPRIKA

A quick-and-tasty alternative to just plain nuts, they're delicious served straight from the oven. They can be pretty firm on the teeth, so be careful as you crunch.

This dish is: A source of protein • Contains fibre • Provides folic acid and vitamin E

Each portion contains (% Reference Nutrient Intake):

118kcal	6.9g	0.6g	0.6g	0g
6%	10%	3%	1%	0%
Energy	Fat	Saturates	Sugars	Salt



"This savoury snack makes for a healthier and more flavourful alternative to crisps."

INGREDIENTS

400g tin of chickpeas, drained and rinsed

Contains protein which provides the building blocks for your baby to grow¹

Leaves from 2 sprigs of fresh rosemary (about 1 tbsp), finely chopped

2 tsp ground cumin

1 tsp smoked paprika

100g whole almonds

Contains Vitamin E. An adequate intake of vitamin E during pregnancy is associated with a lower likelihood of your child developing asthma and respiratory issues later in life^{2,3}

Freshly ground black pepper

Recipe contains the following allergens: tree nuts (almonds).

All nutritional claims based on analysis of 100g, but please note this is not the recommended serving size.

METHOD

1. Preheat the oven to 200oC (fan 180 oC), 400 oF, Gas Mark 6

2. Toss the chickpeas, rosemary, cumin, paprika and pepper together on a large baking tray. Spread them out in an even layer and bake for 15 minutes until just beginning to crisp up.

3. After this time, scatter in the almonds and give everything a good toss together. Return to the oven for another 10 minutes until the chickpeas are crisp and have caught colour.

4. Remove from the oven, top into a bowl, allow to cool a little more then serve.



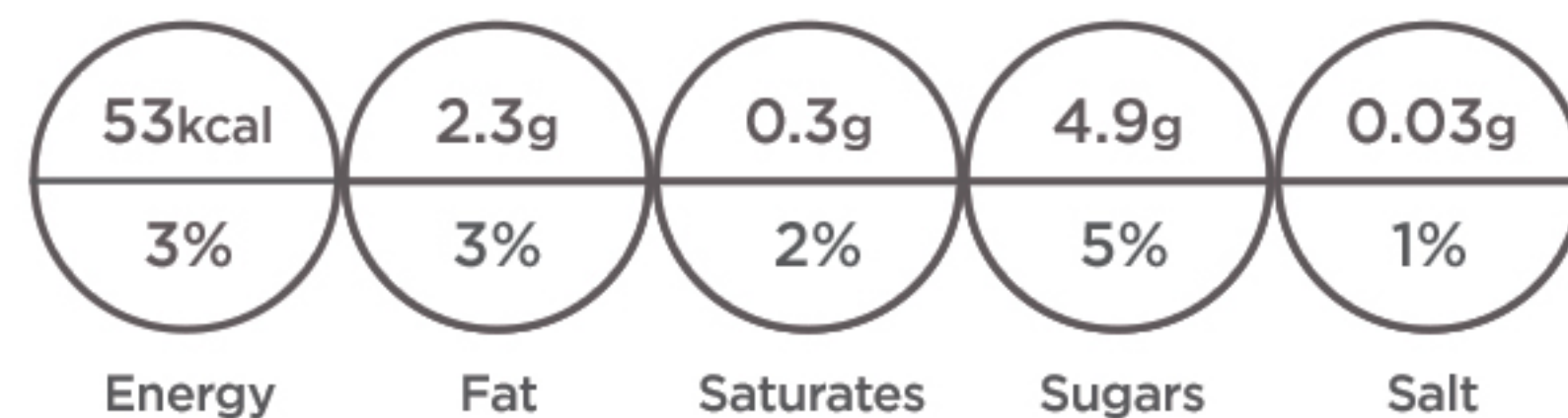
Prep time: 10 minutes Chill time: 30 minutes Makes: 15 balls (approx)

RAW RASPBERRY, ALMOND BUTTER & COCOA BITES

Filled with dates, almond butter and cocoa, these luxurious raw bites are a healthy indulgence. Raspberries offer vitamin C and folic acid, while dates, nuts and oats give fibre.

This dish : Provides protein • magnesium • phosphorus • potassium

Each portion contains (% Reference Nutrient Intake):



INGREDIENTS

100g dates, pitted

Provides fibre which can help prevent constipation caused by your hormonal changes¹

2 tbsp oats

Contains iron which can help ensure your baby receives the necessary oxygen and nutrients in pregnancy²

3 tbsp finely chopped almonds

Contains Vitamin E. An adequate intake of vitamin E during pregnancy is associated with a lower likelihood of your child developing asthma and respiratory issues later in life^{3,4}

2 tsp cocoa powder

50g fresh raspberries (around 10-12)

Contains vitamin C which can help protect your cells and helps keep them healthy⁵

Recipe contains the following allergens: gluten (oats), tree nuts (almonds) and sulphites. All nutritional claims based on analysis of 100g, but please note this is not the recommended serving size.

METHOD

1. Lay out a piece of parchment on a baking sheet and set aside.

2. Slice the dates in half, add to a blender and pulse until finely chopped.

3. Add oats, two tablespoons of the chopped almonds, the almond butter and the cocoa powder to the blender, and pulse until they form a sticky mixture.

4. Add the raspberries, then pulse briefly until blended in.

5. Wet your hands with water, then take a portion of the mixture and roll between your palms until it forms a small ball. Place the balls onto the baking sheet, taking care to keep them separate, and sprinkle with the remaining tablespoon of chopped almonds.

6. Leave in the fridge to set for 30 minutes before eating.

SERVES 2

FIBRE

VIT B12



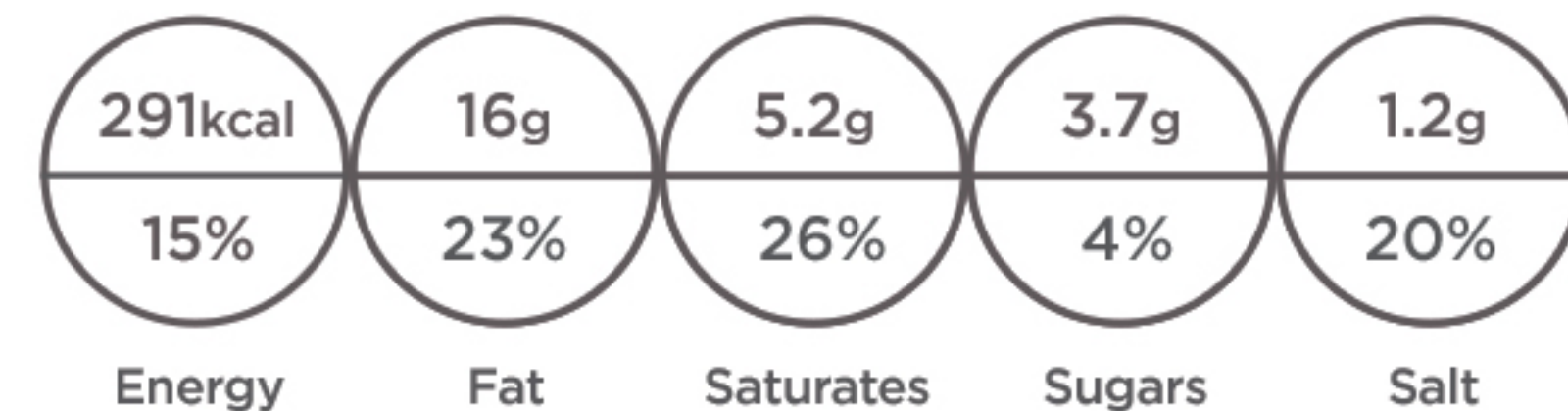
Prep time: 5 minutes Serves: 2

LOADED SAVOURY CRISP BREADS

Crispbreads make a great base for whatever you're craving, but these toppings ideas are especially quick, easy to prepare and packed with vitamins and minerals. They're great for an office snack too.

This dish is: Low in sugar • A source of fibre • High in protein • A source of vitamin D, B6, B12, phosphorus and manganese • High in chloride

Each portion contains (% Reference Nutrient Intake):



INGREDIENTS

Multi-grain crispbreads (e.g. Ryvita)

Provides fibre which can help prevent constipation caused by your hormonal changes¹

With a choice of fillings to serve 2 people:

Smoked salmon & cream cheese topping

2 tsp low fat cream cheese

Provides calcium which is vital for making your baby's bones and teeth²

1/4 cucumber, thinly sliced

50g smoked salmon

Salmon contains DHA which is important for fetal brain development³

1 tsp of lemon juice

Pepper to taste

1/2 tsp chives, chopped

Avocado & mozzarella

60g mozzarella

Provides calcium which is vital for making your baby's bones and teeth²

Half a ripe avocado

Contains Vitamin E. An adequate intake of vitamin E during pregnancy is associated with a lower likelihood of your child developing asthma and respiratory issues later in life^{4,5}

Pinch black pepper

1/2 tsp olive oil

Recipe contains the following allergens: gluten, fish, milk, sesame.

All nutritional claims based on analysis of 100g, but please note this is not the recommended serving size.

METHOD

1. Arrange the 4 crisp breads on a plate, and spread half and half with:

2. Cream cheese, before topping with cucumber and smoked salmon, followed by a squeeze of lemon, black pepper and chopped chives to finish.

3. Mozzarella, then top with avocado cut into thin slices, sprinkle with pepper and drizzle with olive oil.

YOU MIGHT ALSO LIKE...

Tap the image to jump to raw raspberry, almond butter & cocoa bites



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Blackberry & Raspberry Ginger yoghurt pots

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Apricot, mixed seed & vanilla muesli

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Corn & courgette breakfast fritters with poached eggs

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Spiced prawn lunch box

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Sesame-crusted tuna steaks with quinoa

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Sweet potato with homemade beans & feta

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Baked feta & pistachio aubergine with garlic couscous

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Thai-style peanut butter prawn noodles

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Tomato, prawn & chorizo fusilli

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Italian panzanella salad with roast chicken

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Roast chickpeas & almonds with smoked paprika

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