

Simple salmon stir-fry, p61

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KNOW-HOW

The chile de árbol is a small, spicy Mexican chilli. They're available dried from coolchile.co.uk. You could use 1 tsp dried chilli flakes instead.

- 350g spring greens, tough stems removed, cut into 2-3 cm ribbons
- 1 large organic or wild salmon fillet (about 250g)
- 2-3 tbsp toasted sesame oil
- 2 dried chile de árbol chillies, torn in half (see Know-how)
- 1 large onion, finely chopped
- 3 fat garlic cloves, finely sliced
- 5cm piece fresh ginger, finely chopped
- 3-4 tbsp soy sauce to taste
- 3 tbsp dry sherry
- Good handful spiced seeds or toasted sesame seeds to garnish (optional)
- Lime wedges to serve

1. Wash the spring greens in cold water, then put them in a large pan over a medium heat. Cook for 4-5 minutes (the residual water will provide enough moisture to steam them), stirring occasionally, until wilted and tender. Set aside.
2. Cut the salmon fillet into thick slices, then cut each slice in half.
3. Put a large wok over a medium-high heat and add 2 tbsp sesame oil, then the chillies. Stir-fry for a few minutes or until they slightly blacken, then add the onion, garlic and ginger. Stir-fry until the onions soften and turn translucent. Turn up the heat, then add another splash of oil along with the salmon and stir-fry for 1-2 minutes until it starts to colour.
4. Add the wilted greens, soy and sherry and stir-fry for another minute or two to heat through.
5. Discard the chillies, then divide the stir-fry among plates and scatter over the seeds, if using. Add a good squeeze of lime to each, then serve with noodles or rice, if you like.

PER SERVING 272kcal, 17.7g fat (2.9g saturated), 17.8g protein, 7.2g carbs (5.5g sugars), 2.2g salt, 5.6g fibre
Recipe from Chilli Notes by Thomasina Miers (£25; Hodder & Stoughton)

PHOTOGRAPHS: LAURA EDWARDS; TARA FISHER; ALI ALLEN. FOOD STYLING: NICOLA HERFT, EMMA MILLER, LINDA TUBBY. STYLING: POLLY WEBB-WILSON, TABITHA HAWKINS, ALI ALLEN



THE FIBRE FIX
Amelia Freer's lentil, beetroot and hazelnut salad with ginger dressing [v]

SERVES 4. HANDS-ON TIME 10 MIN, SIMMERING TIME 20 MIN

"Nourish yourself with this welcoming salad, complete with warming ginger dressing. The beetroot adds that splash of colour I love so much."

WHY IT'S GOOD FOR YOU

Health editor Anne Montague says: "The heart-healthy mix of fibre-rich beetroot (which is also high in potassium and nitrates) and lentils, along with the monounsaturated fats in hazelnuts, are thought to help lower cholesterol and blood pressure. Lentils and beetroot are also rich in iron, which helps boost energy levels."

FOOD TEAM'S TIP Some people believe that removing impurities from your water gives food a cleaner taste. If you have a water filter, try it to see if you can tell the difference.

- 250g puy lentils, rinsed
- 625ml filtered water (see tip)
- 3 cooked (unpickled) beetroot, cut into small cubes
- 2 spring onions, finely sliced
- 2 tbsp hazelnuts, roughly chopped
- Handful fresh mint, roughly chopped
- Handful fresh parsley, roughly chopped

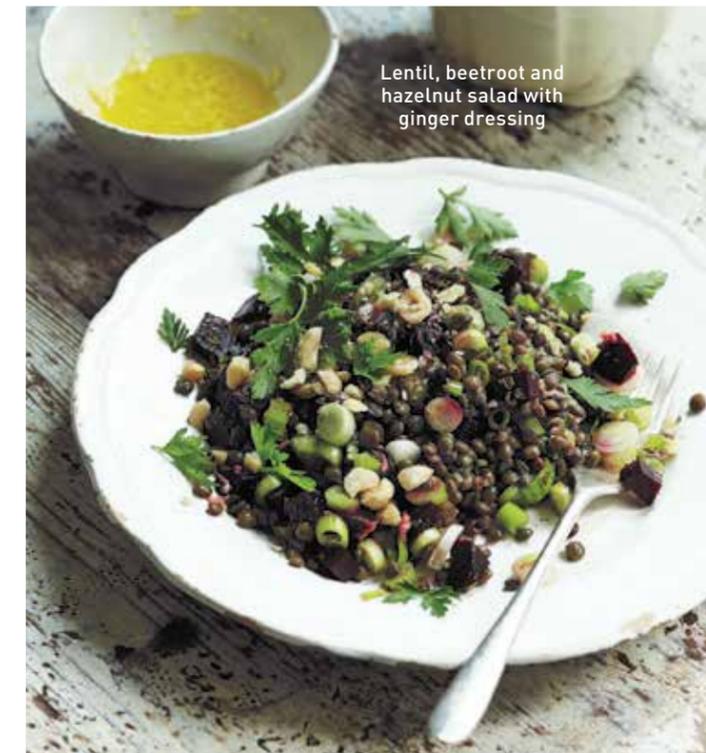
FOR THE GINGER DRESSING

- 2cm piece fresh ginger, roughly chopped
- 1 tsp dijon mustard
- 6 tbsp olive oil
- 1 tbsp apple cider vinegar

1. Put the lentils in a medium saucepan and cover with the filtered water. Bring to the boil, then reduce the heat and simmer for 20 minutes or until all the liquid has evaporated and the lentils are cooked with bite.
 2. Transfer the lentils to a large bowl and leave to cool, or rinse under cold water in a sieve to cool quickly.
 3. Once the lentils are cool, add the beetroot, spring onions, hazelnuts and herbs, then stir to combine.
 4. To make the dressing, put the ginger, mustard, oil and vinegar in a bowl and whizz with a stick blender. Season, then drizzle over the salad.
- PER SERVING** 406kcal, 22.7g fat (2.8g saturated), 17.5g protein, 33.3g carbs (4.2g sugars), 0.4g salt, 9.5g fibre
Recipe from Eat. Nourish. Glow. by Amelia Freer (£16.99; HarperCollins) [v]

NEXT MONTH

Editor Karen Barnes road-tests eating the ancient Indian Ayurvedic way, with health-enhancing recipes from Anjum Anand



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