


QUICK & HEALTHY



This wholesome oven-roasted sesame red snapper has less than 230 calories.

YOUR NEW GO-TO MEALS

THEY'RE TASTY, GOOD FOR YOU, AND BEST OF ALL, THEY TAKE LESS THAN 20 MINUTES TO PREPARE – START TO FINISH.

BY GRACE YOUNG PHOTOGRAPHY BY QUENTIN BACON

GIVEN OUR EASY ACCESS to takeaway and frozen dinners, cooking dinner for yourself can feel like a waste of time. But, deep down, most of us yearn for homemade dishes, and would cook if the process were fast and fuss-free. Well, here's your solution: These four dinner recipes require minimal prep and use simple time-saving

techniques – like chopping veggies while you bring the water for pasta to a boil – so they're ready in under 20 minutes. (For the perfect dish, read the entire recipe before you start cooking.) Plus, you get the advantage of controlling the ingredients and portion sizes, so these meals are merely 350 calories or less.

FOOD STYLING ANNE DISRUDE PROP STYLING MARINA MALCHIN

OVEN-ROASTED SESAME RED SNAPPER

Steamed asparagus with a squeeze of lemon pairs perfectly with this fish.

Serves 4

Total time: 17 minutes

3 medium cloves garlic
Cooking spray
Four 170g, 2cm-thick red snapper fillets with skin
¼ tsp red pepper flakes
1 large scallion
2 tbsp roasted sesame oil
1 tbsp reduced sodium soya sauce

To prepare

- Preheat oven to 230 deg C. Mince garlic to make 1 tablespoon. Place an 45 by 60cm sheet of foil on a cookie sheet and spray with cooking spray.
- Place fillets in a single layer in the centre. Evenly sprinkle garlic and pepper flakes on both sides of fish; leave skin side up. Fold foil in half over fish, leaving a little headspace, then fold to seal edges. Bake 10 minutes or until fish just flakes when tested with a fork.
- As fish roasts, thinly slice scallion to make ½ cup. In a small skillet, heat oil on high until hot but not smoking. Add scallions and cook 30 seconds, or until just wilted. Set aside. Using a slotted spatula, transfer fillets to plates. Evenly distribute scallions and sesame oil over fish and drizzle with soya sauce.

Nutrition score per serving (1 fillet):

229 calories, 9g fat (36 per cent of calories), 1g saturated fat, 2g carbs, 35g protein, <1g fibre, 34mg calcium, 2mg iron, 321mg sodium



This dish of couscous with roasted almonds and edamame makes a nutritious, filling meal.

COUSCOUS WITH ROASTED ALMONDS AND EDAMAME

This dish is delicious served warm or at room temperature.

Serves 4

Total time: 13 minutes

1 medium clove garlic
1½ cups carrot juice
¼ tsp salt
¼ tsp freshly ground black pepper
1½ cups frozen shelled edamame
2 medium scallions
4-5 sprigs fresh cilantro
¾ cup couscous
30g roasted, unsalted almonds

To prepare

- Mince garlic to make 1 teaspoon. In a 1½ -quart (1.4 litre) saucepan,

combine garlic, carrot juice, salt, and pepper. Bring to a boil over high heat. Add edamame and return to a boil. Reduce heat to low, cover, and simmer 4 minutes.

- While edamame simmers, chop scallions to make ½ cup and cilantro to make 2 tablespoons; set aside.
- Increase heat to high and return edamame to a boil; stir in couscous. Cover, remove from heat, and let stand 5 minutes. Meanwhile, chop almonds. Fluff couscous with a fork; add scallions, cilantro, and almonds.

Nutrition score per serving (1 ¼ cups):

288 calories, 6g fat (20 per cent of calories), <1g saturated fat, 44g carbs, 13g protein, 7g fibre, 97mg calcium, 3mg iron, 199mg sodium

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FRESH LINGUINE WITH SAUSAGE AND CABBAGE

Savoy cabbage is light green and has crinkly leaves. It has a milder flavour than green or red cabbage.

Serves 4

Total time: 18 minutes

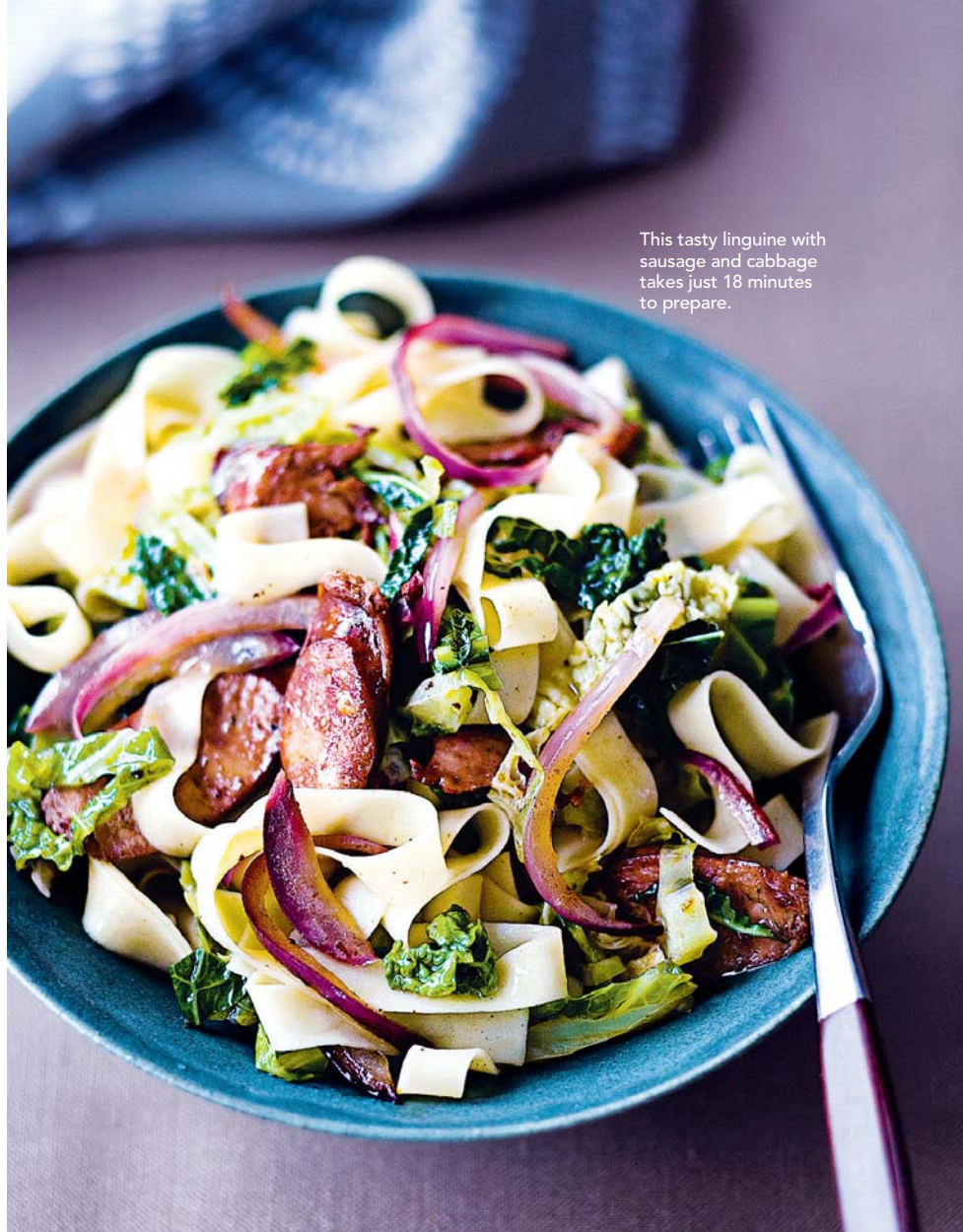
2 chicken sausages (about 140g total)
1 small red onion
One 110g wedge savoy cabbage
1 tbsp balsamic vinegar
¾ tsp cornstarch
3 tsp olive oil, divided
1 cup reduced-sodium chicken broth
¼ tsp freshly ground black pepper
One 340g package fresh linguine

To prepare

- Bring a large covered pot of water to a boil over high heat. Reduce to low and simmer until ready to cook pasta. Meanwhile, cut sausage into 0.5cm-thick diagonal pieces, slice onion to make ½ cup, and shred cabbage to make 3 cups. In a small bowl, mix vinegar and cornstarch.
- Heat 2 teaspoons oil in a large non-stick skillet over medium-high heat until hot but not smoking. Add sausage, reduce heat to medium, and cook 1 minute on each side.
- Add remaining 1 teaspoon oil, onion, and cabbage and sauté 1 minute. Add broth and ¼ cup cold water; bring to a boil over high heat. Stir in cornstarch mixture and pepper. Cook – stir until liquid is a little glossy, about 30 seconds. Set aside.
- Return pasta water to a boil over high heat. Add linguine and cook uncovered according to package directions, about 2 minutes. Drain in a colander. Add drained pasta to sausage and sauce in skillet and toss gently to combine. Divide among four plates and serve immediately.

Nutrition score per serving (2 cups):

348 calories, 7g fat (17 per cent of calories), 1g saturated fat, 53g carbs,



This tasty linguine with sausage and cabbage takes just 18 minutes to prepare.

18g protein, 2g fiber, 35mg calcium, 3mg iron, 363mg sodium

WARM POTATO DOUBLE-BEAN SALAD

No mere side dish, this potato salad is hearty enough to make a meal, thanks to the chickpeas and egg.

Serves 4

Total time: 17 minutes

1 pound small new potatoes
1 large egg
110g green beans
4-5 sprigs fresh chives
1 lemon
½ cup plain, non-fat yogurt
3 tbsp light mayonnaise

2 tsp Dijon mustard
¼ tsp salt
¼ tsp freshly ground black pepper
One 420g can chickpeas
1 cup cherry tomatoes
15g Parmesan

To prepare

- Cut potatoes into quarters (do not peel). In a 1½-quart (1.5 litre) saucepan, place potatoes, egg, and enough cold water to cover both by 2.5cm. Cover pan and bring to a boil over high heat.
- Meanwhile, cut green beans to make 1 cup and chop chives to make 2 tablespoons. Once the water boils, reduce heat to medium and cook uncovered about 8 minutes, or until potatoes are tender when

pierced with a knife. As potatoes cook, zest lemon and squeeze 1 tablespoon juice.

- In a large bowl, combine lemon juice, lemon zest, yogurt, mayonnaise, mustard, salt, and pepper to make dressing. Rinse and drain chickpeas, halve tomatoes, and grate Parmesan.
- Add green beans to simmering water and cook 30 seconds. Drain potatoes, egg, and green beans in a colander. Carefully crack cooked egg and place in a bowl of cold water for 1 minute, then peel and set aside.
- Add hot potatoes, green beans, chickpeas, and tomatoes to dressing and toss gently to coat. Serve warm, at room temperature, or chilled. When ready to serve, chop egg. Divide potato salad among four plates and top with chopped egg and Parmesan. Garnish with chives or additional lemon zest.

Nutrition score per serving

(1½ cups):

304 calories, 7g fat (20 per cent of calories), 2g saturated fat, 50g carbs, 12g protein, 9g fibre, 137mg calcium, 3mg iron, 600mg sodium

The warm potato double-bean salad eats just like a meal.

