


RANDOM HOUSE  BOOKS



Slimming World's
30-minute meals

Slimming World



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ratatouille jackets
chicken and egg wraps
quick tex-mex tacos
skillet 'pizzas'
manhattan-style burgers
tomato, basil and mozzarella salad
ten-minute beans and bangers
herbed chickpea and tabbouleh salad
red chicory, red onion and watercress salad
mixed bean and pasta salad
creamy chicken, apple and celery salad
hawaiian chicken salad
turf and surf salad
quick tiger prawn and asparagus salad
grilled calamari and rocket salad
salmon and chive cakes with tartar sauce
park ride scare turned Phil's life around
success is a journey, not a destination

meat and poultry

chicken and roast vegetable 'tagliatelle'
chicken and mushroom stir-fry
chicken and tarragon fricassee
roasted citrus chicken
cajun-style chicken drumsticks with mint and coriander salsa
bacon-wrapped stuffed chicken
italian-style turkey with tomatoes, basil and rocket
moroccan-style lamb
lamb and spinach curry
greek-style lamb steaks with greek salad
sweet and sour pork with cabbage
griddled pork chops with mixed peppers
rosemary and garlic pork with butternut squash mash
pork and mango parcels

creamy beef with peas and carrots
mixed pepper steak with provençal roasties
quick chilli beef
grilled duck with fennel, green beans and red pepper
picture of happiness!
you are worth more than your weight

fish and shellfish

gremolata stuffed monkfish
herb-crusted cod
individual haddock and prawn gratin
grilled mediterranean-style swordfish
zarzuela seafood pot
tuna and courgette stacks
roasted halibut with capers, shallots and peppers
green fish curry
grilled trout with warm beetroot salsa
oven-baked sea bass with bacon and cherry tomatoes
tandoori king prawns
honey mustard grilled salmon
salmon and mixed pepper skewers
salmon, fennel and tomato one-pot
mussels with white wine and garlic
grilled lemon sole with zesty herb sauce
seafood stir-fry
roasted mackerel with bay, lime and olives
seared scallops with herbed yogurt
just the job for Gina!
please yourself - it is your right

vegetables

cabbage, cumin and coconut stir-fry
lemon roasted baby new potatoes
mixed vegetables with lentils
beefsteak tomato gratin

piquant stuffed peppers
griddled courgettes with mint and cottage cheese
roasted stuffed courgettes with minted yogurt
grilled balsamic asparagus
baked spinach gnocchi
sautéed mushrooms with red onion, garlic and parsley
creamy dijon mustard cauliflower cheese
moroccan-style carrots
minted mushy peas
herbed vegetable quiche
spinach and chickpea one-pot
tofu and vegetable burgers with dilled cucumber relish
oven-roasted tomatoes with thyme
dramatic difference for Sophie
live the dream

noodles, pasta, rice and grains

tofu and vegetable noodle stir-fry
mixed vegetable pad thai
quick pasta 'cake'
pasta napoletana
tomato, mushroom and pasta bake
broccoli and garlic pennette
leek and chive carbonara
mixed mushroom and pasta gratin
lemon, courgette and minted pea fusilli
individual vegetable lasagnes
basil and chilli linguine
mexican vegetable rice
indonesian-style quick fried rice
asparagus and leek risotto
creamy pumpkin risotto
quinoa and vegetable 'pilaff'
lemon-roasted vegetable couscous
mixed bean and barley stew

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asparagus and leek risotto

bacon-wrapped stuffed chicken

baked spinach gnocchi

basil and chilli linguine

beefsteak tomato gratin

berry puff tarts

blackberry and filo stacks

broccoli and garlic pennette

cabbage, carrot and potato fritters

cabbage, cumin and coconut stir-fry

cajun-style chicken drumsticks with mint and coriander

salsa

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herbed vegetable quiche

honey mustard grilled salmon

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individual vegetable lasagnes

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oven-roasted tomatoes with thyme

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watercress and leek soup

zarzuela seafood pot

About the Book

We live in an age in which we know more about health and nutrition than any previous generation. Yet we're less active and subject to more temptations and mixed messages than ever before. And when time is precious, how do we make sure we feed our families nutritious meals, without spending hours in the kitchen?

Slimming World's *30-minute meals* shows you how. Each one of the delicious, nutritious time-saving recipes has been created especially for Slimming World's acclaimed Food Optimising eating plan. Food Optimising helps you reach the weight you want to be without ever going hungry. The unique combination of healthy eating and group support has helped hundreds of thousands of people achieve their weight-loss dreams.

Sumptuously illustrated, *30-minute meals* is packed with over 120 mouth-watering recipes such as Hot and Sour Seafood Soup, Chive and Mushroom Quiche, Tex-mex Tacos, Pork and Mango Parcels or Oven-baked Sea Bass with Bacon and Cherry Tomatoes. The dessert menu includes Amaretti-stuffed Nectarines and Cinnamon Poached Pears.

This is a must-have book for all food-loving families – whether they are slimming or not!

About the Author

Founded in 1969 by Margaret Miles-Bramwell, Slimming World is the UK's most advanced slimming organisation. It manages thousands of groups across the country with over 250,000 members attending every month, and another 15,000 attending free as successful Target members. Each week, around 2000 members reach their personal target weight. Slimming World's unique approach to weight loss is an extraordinary success story.



SLIMMING WORLD'S
30-minute
meals

120 quick recipes for family feasts



cookery notes

- Both metric and imperial measures are given for the recipes. Follow either set of measures as they are not interchangeable.
- All spoon measures are level: 1 tsp = 5ml spoon, 1 tbsp = 15ml spoon.
- (V) Suitable for vegetarians
- (❄) Suitable for freezing
- Ovens should be preheated to the specified temperature. Grills should also be preheated.
- Use large eggs unless otherwise specified.
- Note that some of the recipes contain lightly cooked eggs. Avoid serving these to anyone who is pregnant or in a vulnerable health group, because of the small risk of salmonella infection.
- Always use fresh herbs, unless dried herbs are suggested in the recipe.
- Use freshly ground black pepper and sea salt unless otherwise specified.

foreword

Dear Food Lover,

Welcome to the newest, temptingly mouth-watering addition to Slimming World's family of recipe books. With bookshop shelves groaning under the weight of so many sumptuous-looking titles, it's great you know you can trust us to satisfy your family's needs and fit in with your busy lifestyle. Rest assured, this book won't disappoint.

Bring back the happy times when families came together for their main meal of the day. If you want ways to please a hungry household without compromising on health; if you want to lose weight without feeling deprived; if you want to save time and money without skimping on quality; if you simply want to get back round the dining table together, *Slimming World's 30-Minute Meals* are for you!

The pages that follow are packed to the brim with delicious dishes that you can whip up in just half an hour and enjoy together at leisure. Each has been carefully developed with both weight control and the needs of the family in mind and follows the very latest nutrition guidelines. Isn't it good to know that, with all the demands placed on us in this fast-paced, modern world, where family weight and health issues have never been more acute, we can all be free to enjoy our food - and family life - to the full?

Food Optimising[©] is the eating plan that lies at the very heart of Slimming World. Freedom is the key. All the recipes in this book, using ordinary, everyday foods, are Food Optimising meals with 'Free Food'[®] as their base. Prepare to be amazed that you can have all this taste and

all this food and still lose weight. Food Optimising has been Slimming World's cornerstone ever since its inception 37 years ago - with dramatic success! As well as bringing this amazing weight-loss system to the rescue of slimmers everywhere, my passionate desire was then - and remains to this day - the development of a support system that recognises what spurs us on or holds us back from living our dreams and that is actually effective in bringing those dreams to reality.

At Slimming World we're driven by a fervent belief that every one of us deserves to be free - free from guilt, free to set our own goals, free to enjoy our food, free to live life to the full and, most importantly, free to be ourselves. That's why, in a Slimming World group, no one is ever judged, preached to, humiliated or pressurised on their journey to their personal target. You plan your own route. We're just shining a light on your personal map to success.

That same conviction drives our most recent pioneering initiative, Family Affair. In an age when the problem of obesity - among children and young people as well as adults - continues to climb alarmingly, we know that the real long-term answers lie within the home, within the family. That's why we've taken a bold, family-based approach to healthy eating that empowers families to change their lifestyle jointly. Attending a Slimming World group together, families can not only enjoy the expertise, understanding and support of their Consultant and fellow group members, they can reinforce their new approach to a healthier lifestyle by planning meals and creating dishes together and motivating each other at home. Generous, versatile and nutritionally balanced, Food Optimising has also been made even more liberal to meet the needs of young people, with whom our focus is on health and vitality, rather than on weight.

So please use this book to the full. You'll find these fabulously tasty menus will allow you the freedom to make

family mealtimes an all-round guilt-free pleasure. And if you're looking for support to overcome your own or your family's weight issues, remember, we're here, ready to welcome you into the Slimming World family. The door to success is always open at Slimming World and you'll find the friendliest of welcomes.

With warmest wishes,

Margaret Miles-Bramwell
Founder and Chairman



fast feasting!

Your family's health and happiness matters to you, that's plain from the fact you've picked up this book! It's also clear you love food. So how can you stay in control when, as a nation, we know more about health and nutrition than any previous generation, yet we've never been heavier, more unhealthy or more pushed for time?

Perhaps you have concerns about your own weight or the weight of other family members. Maybe you want to curb excess calories but don't have time for tiresome counting. Or are you simply looking for delicious family meals that leave you satisfied rather than guilty - and don't need hours of preparation?

Whatever led you our way, you will find this book stuffed to the brim with deliciously satisfying dishes designed to tantalise your taste buds without expanding your waistline. Each inspirationally delectable meal has been created by Sunil Vijayakar, the mastermind behind thousands of Slimming World recipes, with three things in mind - the marriage of healthy eating, fantastic flavours and oh-so-easy preparation.

FOOD OPTIMISING

Every one of Sunil's mouth-watering recipes is based on the most generous, effective and flexible weight-loss system there is. Food Optimising, the ingeniously simple system at the heart of the Slimming World phenomenon, is quite simply a healthy life plan for food lovers. It's nothing to do with fads and everything to do with choice. It was developed by Slimming World chairman and founder,

Margaret Miles-Bramwell, nearly 40 years ago, borne out of her personal struggle with weight. Based on a scientific understanding of the satisfaction of appetite, the psychology of slimming and the latest nutrition guidelines, Food Optimising gives slimmers the power to enjoy 'real' food - from steak, pasta and potatoes to chips and chocolate - and still lose weight beautifully. Crucially, the choice is always in their hands.

In fact, Food Optimising is all about choice. It features five daily menu options, Green, Original, Mix2Max, Success Express and Free2Go, which provide limitless choices for all ages, tastes and lifestyles. The mainstay of each is a massive list of Free Foods - nutrient-rich foods that satisfy the appetite without packing calories, leaving you feeling fuller for longer. You are free to enjoy these without limit. Original-day Free Foods include lean meat, bacon, poultry, fish and seafood while Green-day Free Foods include rice, pasta, beans and potatoes.

In addition to mountains of Free Foods, Food Optimising offers measured portions of foods that add fibre, vitamins and minerals - especially calcium. As all are important to your health, we call them Healthy Extras. And still there is more - extra treats that bring added pleasure to our daily menus. We refer to these as 'Syns' (short for synergy), and you can discover more about them and about Food Optimising [here](#).

FAMILY AFFAIR

Food Optimising gives you the freedom to throw away calorie counters and 'banned' food lists, freedom to eat out, freedom to pile the plate high and still lose weight and be healthy. That's a high priority for any parent keen to ensure the long-term health of their children. Recognising this led Slimming World to become the first national organisation in the UK to address the worrying issue of weight and the

younger generation through Family Affair, a scheme that opens the doors to a healthier lifestyle for whole families who can mutually benefit from our expertise, warmth and support. And the latest innovation welcomes children aged from 11 to 15. Find out more [here](#).

IMAGE THERAPY

All too often the heaviest burden a slimmer has to bear is not temptation or lack of knowledge but rather the feelings of guilt, failure and despair that can sink a slimming plan. No one understands this better than Slimming World. The warm, friendly upbeat atmosphere of Slimming World group meetings is no accident. It is built deliberately out of a conviction that long-term weight management is not about 'just eating less' or 'calories-in versus calories-out'. It's about valuing self-esteem and self-worth; it's about sharing and support. At a Slimming World meeting, highly trained Consultants encourage the group to take part in a unique system of problem-solving, motivation and inspiration - Image Therapy - explained [here](#).

BODY MAGIC

Healthy eating brings enormous benefits to our sense of well-being and this can be boosted by becoming more active - and no, that doesn't have to involve gruelling workouts at the gym. Regular, moderate activity - such as walking the dog, getting off the bus a stop early, walking to school instead of driving - can bring tremendous benefits. And that's why everyone is encouraged to make it part of the Slimming World experience.



Rather than ‘prescribing’ activities for its members, Slimming World puts the choice in their hands. Body Magic is a programme that recognises and rewards members for small increases in activity levels and encourages them to make it part of their everyday routine (see [here](#)).

If you are looking for some great-tasting meal ideas, feel free to read on. If you want the time to make mealtimes a family experience, feel free to eat and enjoy. And if you are concerned about your weight or that of someone you love,

then please ... feel free to browse or get the most out of everything this book has to offer.

syn-free storecupboard

All these storecupboard ingredients are Free Foods for both **Green** and **Original** days, unless otherwise stated.

CANS AND BOTTLES

Artificial sweetener

Baked beans in tomato sauce (**Green** days only)

Borlotti beans (**Green** days only)

Butter beans (**Green** days only)

Cannellini beans (**Green** days only)

Capers

Chickpeas (**Green** days only)

Red kidney beans (**Green** days only)



Lean canned ham (**Original** days only)
Mixed beans (**Green** days only)
Sweetcorn (**Green** days only)
Tomatoes, plum and chopped

FROM THE FRIDGE

Chillies, red and green
Fresh herbs, e.g.
 basil

bay leaf
chives
coriander
dill
kaffir lime leaves
lemongrass
mint
oregano
parsley (standard and flat-leaf)
rosemary
tarragon
thyme
Ginger, fresh root
Quark soft cheese
Very low fat natural cottage cheese
Very low fat natural fromage frais
Very low fat natural yogurt

STAPLES

Barley (**Green** days only)
Bovril stock: all varieties
Bulgur wheat (**Green** days only)
Couscous (**Green** days only)
Dried red chilli flakes
Fat-free dressings, French-style and vinaigrette
Fry Light
Garlic granules
Herbs and ground and whole spices, e.g.
 bouquet garni (thyme, bay leaves and parsley)
 Cajun spice
 cardamom seeds
 cayenne pepper
 chilli powder (mild, medium and hot)
 Chinese five-spice
 cinnamon (ground and sticks)

coriander (ground and seeds)
cumin (ground and seeds)
curry powder (mild to hot)
dried bay leaves
dried mint
fennel seeds
ground ginger
mixed dried herbs: all varieties
mustard seeds (black)
nutmeg
oregano
paprika (mild and sweet smoked)
pimenton
pink and mixed peppercorns
saffron threads
tandoori spice powder
Lentils, all varieties (Green days only)
Mustard powder
Passata (sieved tomatoes)
Quinoa (Green days only)
Pasta and noodles, all types, dried (Green days only)
Rice noodles (Green days only)



Rice: all varieties (**Green** days only), e.g.

Arborio

basmati

brown

long grain

risotto

wild

Sea salt