

Courgette noodles (Zoodles) instead of pasta

You will need:

1 courgette per person

A spiralizer

- Use the small blade on a spiralizer and rotate your courgette to make super long spaghetti spirals
- Heat a heavy frying pan or wok with a little oily oil to stop them from sticking
- Cook the zoodles on a medium heat for 3-5 mins stirring occasionally
- Serve with pesto or fresh herbs and oil or alternatively add them to a bowl of whole-wheat or gluten free spaghetti.
- Uncooked zoodles will store in the fridge for 3-4 days so you could cook as much or as little as you like

Roasted Swede Wedges instead of potatoes

- Peel and cut the swede into slices or wedges
- Dress with olive oil, paprika and oregano
- Roast in a hot oven 200 fan until cooked

Cauliflower rice instead of rice

- Use half a cauliflower head for 2 people
- Pulse in a food processor until it resembles rice grains
- Heat a heavy frying pan or wok with a little olive oil to stop it from sticking
- Cook the 'rice' on a medium heat for 5-10 mins stirring occasionally
- Season if desired, serve like rice with a vegetable dish or fish or chicken
- The prepared cauliflower would keep in the fridge for 3-4 days so you could cook as much or as little as you like