

Cook Once, Save Time and Eat More

Simple, nourishing recipes designed with one person in mind.

Turkey, lentil and chickpea bolognese (Vegan option: see page 3)

A protein and fibre-packed family favourite. Cook once, eat all week.

Makes: 6 portions **Prep:** 10 mins **Cook:** 30 mins **Tags:** Freezer-friendly, Batch cook, High protein

Batch cook for one and freeze the rest, or feed the whole family.

INGREDIENTS

- 1 tbsp olive oil
- 2 garlic cloves, crushed (3 if you love garlic)
- 1 large, or 200g frozen, chopped onion
- 2 carrots diced (or 250g frozen diced carrot)
- 250g fresh or frozen mushrooms, finely chopped
- 500g lean turkey mince
- 200g tempeh, coarsely grated - or a 200-280g block of extra firm tofu grated
- 1 x 400g tin brown or green lentils, drained and rinsed
- 1 x 400g tin chickpeas, drained and rinsed
- 2 x 400g tins chopped tomatoes
- 200-250ml reduced-salt stock (made with bouillon)
- 1 tsp reduced-salt Marmite
- 4 tbsp nutritional yeast flakes
- Dried mixed herbs and black pepper
- Prefer a milder garlic flavour? Swap the olive oil and garlic for 1 tbsp garlic-infused olive oil.

METHOD

1. Warm the oil in a large pan. Add the frozen onion and carrot, cover and cook for 5-7 minutes. Stir in the garlic for 1 minute. If using mushrooms, add them and cook uncovered for 5 minutes, until their juices have cooked off.
2. Add the turkey mince. Break it up with a spoon and cook until no pink remains.
3. Stir in the grated tempeh or tofu, lentils, chickpeas, tomatoes, 200ml stock, Marmite, herbs and pepper.
4. Simmer gently for about 20 minutes, adding a little more stock only if needed. Stir in the nutritional yeast at the end.
5. Divide into six. Keep what you'll eat in the next 2 days in the fridge, and freeze the rest in labelled single portions once cool.
6. Serve each portion with 60g dry wholemeal spaghetti (or a jacket potato), 15-20g grated cheddar or nutritional yeast.

Nutrition (approximate): Per portion served with 60 g dry wholemeal spaghetti and 15-20 g cheddar: around 50-52 g protein and 14 g fibre with tempeh. With tofu: around 49-52 g protein and 12-13 g fibre, depending on the amount and brand used.

Time-saving Tip: Cook two portions of spaghetti at once and chill the second for tomorrow.

Tempeh or tofu: Both work. Press tofu in a tea towel under a heavy pan for 10 minutes, then grate. Fry either for 3-4 minutes for a meatier texture.

Keep the salt moderate: Bouillon, Marmite and cheddar all add salt, so choose reduced-salt versions and skip any extra salt.

Storing: Fridge: 2 days. Freezer: 3 months. Defrost overnight in the fridge and reheat once, until steaming hot.

Allergens: Contains cereals containing gluten (spaghetti, Marmite), soya (tempeh or tofu), milk (cheddar) and celery (Marmite, most stock). Always check labels.

Vegan option

Lentil, chickpea and tempeh bolognese

All the goodness of the classic, powered entirely by plants.

Makes: 6 portions **Prep:** 10 mins **Cook:** 30 mins **Tags:** Vegan, Freezer-friendly, Batch cook

Batch cook for one and freeze the rest, or feed the whole family.

Ingredients and method

INGREDIENTS

- 1 tbsp olive oil
- 2 garlic cloves, crushed (3 if you love garlic)
- 1 large, or 200g frozen, chopped onion
- 2 carrots diced (or 250g frozen diced carrot)
- 250g fresh or frozen mushrooms, finely chopped
- 400g tempeh or extra firm tofu (or 200g of each), grated
- 2 x 400g tins brown or green lentils, drained and rinsed
- 1 x 400g tin chickpeas, drained and rinsed
- 2 x 400g tins chopped tomatoes
- 250-300ml reduced-salt vegan stock
- 1 tsp reduced-salt Marmite (it's vegan)
- 4 tbsp nutritional yeast flakes
- 1 tsp smoked paprika (optional)
- Dried mixed herbs and black pepper
- Prefer a milder garlic flavour? Swap the olive oil and garlic for 1 tbsp garlic-infused olive oil.

METHOD

1. Warm the oil in a large pan. Add the frozen onion and carrot, cover and cook for 5-7 minutes. Stir in the garlic for 1 minute. Add the mushrooms and cook uncovered for 5 minutes, until their juices have cooked off.
2. Add the grated tempeh or tofu and fry for 4-5 minutes, stirring, until lightly golden.
3. Stir in the lentils, chickpeas, tomatoes, 250ml stock, Marmite, paprika, herbs and pepper.
4. Simmer gently for about 20 minutes, adding a little more stock only if needed. Stir in the nutritional yeast at the end.
5. Divide into six. Keep what you'll eat in the next 2 days in the fridge, and freeze the rest in labelled single portions once cool.
6. Serve each portion with 60g dry wholemeal spaghetti (or a jacket potato), a sprinkle of nutritional yeast.

Nutrition (approximate): Per portion served with 60 g dry wholemeal spaghetti and a sprinkle of nutritional yeast: around 39 g protein and 19 g fibre with tempeh; around 35 g protein and 15 g fibre with tofu. A 50:50 tempeh/tofu version provides around 37 g protein and 17 g fibre.

Time-saving tip: Cook two portions of spaghetti at once and chill the second for tomorrow.

A protein boost: Tempeh gives the most protein and fibre. Add a handful of frozen edamame for the last 5 minutes.

Vitamin B12: Fully plant-based? You need a reliable B12 source. Many nutritional yeasts are fortified - check the label.

Storing: Fridge: 2 days. Freezer: 3 months. Defrost overnight in the fridge and reheat once, until steaming hot.

Allergens: Contains cereals containing gluten (spaghetti, Marmite), soya (tempeh or tofu) and celery (Marmite, most stock). Vegan cheese may contain other allergens. Always check labels.

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EVIDENCE BASE

*Ho HVT et al. Br J Nutr 2016;116:1369-82 (oat beta-glucan and LDL cholesterol - meta-analysis)
Shen XL et al. Nutrients 2016;8:39; Bao L et al. Br J Nutr 2014;112:457-66 (oats and blood sugar control)
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GB Nutrition and Health Claims Register (oat beta-glucan: blood cholesterol, post-meal blood glucose; oat fibre: faecal bulk)
Barański M et al. Br J Nutr 2014;112:794-811 (organic vs conventional crops - pesticide residues)
Temkin AM et al. J Expo Sci Environ Epidemiol 2024 (chlormequat exposure and oat products)
AHDB Project Report 334 (chlormequat use on UK cereals); Coeliac UK oats factsheet 2024; Food Standards Agency chilled food guidance*

DISCLOSURES

Brand names are mentioned for nutritional accuracy only. Doctor Wendy has no commercial relationship with any brand named in this resource.