

WARM UP

1 Look at these starter options and decide which one is the healthiest. Then read their nutritional information and check your answer.

- baked figs and goat's cheese with radicchio
- cream of cauliflower soup with sautéed wild mushrooms
- red onion and chilli bhajis with mint and garlic raita

MORE ABOUT...

**Raita** is an Indian, Pakistani and Bangladeshi condiment made with yoghurt. The origin of the word *Raita* is dated around 19<sup>th</sup> century and it comes from Hindi language.

Healthy recipes

Baked figs and goat's cheese with radicchio	Cream of cauliflower soup with sautéed wild mushrooms	Red onion and chilli bhajis with mint and garlic raita
Nutrition per serving 314 calories, protein 8 g, carbohydrate 7 g, fat 28 g, saturated fat 7 g, fibre 2 g, salt 0.81 g	Nutrition per serving 276 calories, protein 9 g, carbohydrate 14 g, fat 21 g, saturated fat 10 g, fibre 3 g, salt 0.77 g	Nutrition per serving 102 calories, protein 3 g, carbohydrate 7 g, fat 7 g, saturated fat 1 g, fibre 1 g, sugar 2 g, salt 0.09 g



Red onion and chilli bhajis with mint and garlic raita

Finely chop one onion and thinly slice the other.  
Sift 100 g chickpea flour and ½ tsp baking powder into a bowl.  
Add 2 tsp curry powder, 1 chopped and deseeded chilli and a good sprinkling of salt.  
Add about 150 ml of cold water to make a thick batter. Stir in the chopped and sliced onions until they are well coated.  
Mix together 150 g natural yoghurt, 2 tbsp chopped mint and 1 small garlic clove, crushed. Add a little salt and pepper and then spoon the raita mix into a small bowl.  
Heat about 5 cm of vegetable oil in a deep pan.  
Test a tiny speck of batter. If it rises to the surface and starts to brown, it is hot enough.  
Add heaped tbsp of onion mix to the pan, a few at a time and cook for a few minutes.  
Turn once, until they are evenly browned and crisp for about 3-4 mins. Drain on kitchen paper, sprinkle with salt and serve warm with the raita.

READING COMPREHENSION

2 Read the red onion and chilli bhajis recipe and write a list of the ingredients you need to make it.

Ingredients

2 red onions ...

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READING COMPREHENSION

3 Read the healthy main course recipe for mussels steamed with cider and bacon and decide if the following sentences are true (T) or false (F).

Mussels steamed with cider and bacon

Clean 1½ kg mussels under cold running water until it runs clear and scrub if necessary. Pull the 'beard' away from each individual mussel, discarding any damaged ones. Heat a small knob of butter in a large pan and then fry 140 g of chopped bacon for 4 mins. Turn occasionally until it starts becoming crisp. Throw in two finely sliced shallots and a bunch of thyme leaves and cook until softened. Turn the heat up and add the mussels to the pan, pouring over 150 ml cider.

Place the lid on the pan and give it a good shake. Cook the mussels for 5-7 mins or until all the mussels have opened. Discard any that haven't. Use a slotted spoon to scoop the mussels into bowls and place the pan back on the heat. Bring the juices to the boil and stir in 2 tbsb crème fraîche (optional). Pour the sauce over the mussels. Serve with hunks of crusty bread to mop up the sauce.



- 1 Choose a small pan as the mussels will reduce.
- 2 Heat the butter before adding the chopped bacon to the pan.
- 3 Roughly chop the shallots.
- 4 Add the cider as soon as you add the mussels.
- 5 Scoop all the mussels into the bowls, even those that aren't open.
- 6 You don't have to add crème fraîche.

T	F
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LISTENING

4 12 Listen to a healthy recipe for chocolate orange truffle cake and order the instructions.

The first and last are done for you.

- a  Add honey to keep it shiny and runny, transfer the cake onto a plate and simply ice the top.
- b  Blitz to a smooth purée and then add the sugar, melted chocolate, almonds, egg yolks and baking powder and whizz again to mix thoroughly.
- c  Cut the orange in half, remove the pips and put in the food processor with 5 tbsp of the orangey liquid left in the pan.
- d  Heat the oven to 180°C. Meanwhile, line a 20 cm round spring-form tin with baking parchment.
- e  Leave to cool in the tin, meanwhile make the icing by mixing the melted chocolate and orange zest together.
- f  Microwave an orange in 250 ml water covered with Clingfilm for 20 minutes on high.
- g  Spoon into the lined tin and put the tin on a baking sheet, then in the oven and bake for 50 minutes, covering halfway through to stop the top burning.
- h  Tip into a large bowl and beat the egg whites until stiff, but not dry, and fold into the chocolate mixture.
- i  Turn halfway through and then leave to cool, still covered.

WRITING

5 Write your own healthy recipes: a starter, a main course and a dessert. When you finish, display it for the rest of the class to see and decide which you like best.