



Fancy a healthy curry? I do now!

Last November my family and I rented a house on the Suffolk coast for a long weekend to spend some quality time together, something that in these busy times we struggle to do! For that reason, we chose not to go out to eat and instead made the most of the fabulous kitchen that the house we had hired had, and we took it in turns to prepare meals.

Now, as a weight loss and fitness instructor, I do like to eat healthily: One thing I learnt when I lost 5 stone in 2007 was that I needed to stop eating food simply because it tasted nice, and instead start to see it for what food is – fuel! Now, if we can make that fuel taste just as great as the high fat, high sugar and calorie laden options then that can only be a good thing and it can make maintaining a healthy lifestyle a whole lot easier, and of course enjoyable!

Anyway, I had decided that I would cook 2 different curries for the Saturday evening that we were

there. So, before our stay I spent hours trawling the internet looking for healthy curry recipes....and I mean hours! Finally, I found what I was looking for: It's amazing how many internet search engine results display healthy curry recipes, but then when you click on the link, you find that it is far from what you are looking for, and often far from what I'd call healthy!

I eventually found both a chicken and a lamb recipe that seemed to be within my capabilities and they sounded like they should be pretty tasty. Now, I would class myself a pretty good cook, not fancy, but I have good all round skills when it comes to what I am capable of in the kitchen, and on this occasion, I really wanted to put the effort in, and at the end of it be "wowed" by the result. I printed off the recipes and ordered the ingredients I needed online: There were lots of different spices, fresh chillies, garlic and ginger, etc and I also ordered myself a pestle and mortar and I was really looking forward to making these curries from scratch.



The weekend arrived, as did my slot in the kitchen and I spent all afternoon grinding spices, making pastes, preparing homemade Naan bread, a cooling raita and pilau rice: I would like to add that this wasn't a chore as I do love cooking, but with my busy work schedule I rarely find the time to get creative in the kitchen, plus this particular "chef" does like a drop of wine, so whilst I worked, I enjoyed a glass or 2 and I was really looking forward to trying the result of my efforts.

After laying the table, I dished up and we all sat down and tucked in.

Well, to say I was disappointed was an understatement! All that effort and time spent in the kitchen, hadn't, in my opinion been worth it. The curries tasted nice, but they certainly didn't wow me, and they sure as hell didn't taste as good as I had expected them to. Everyone said they enjoyed them, but I couldn't help feeling let down by the recipes. Yes, they were low fat and low calorie, but surely that didn't mean they had to lack in taste?



Well, on this occasion they most definitely did!

So, when I came across Easy Peasy Cooking's range of 'GREEN HEART' recipe kits I cannot tell you how excited I was: Someone had finally come up with what I was looking for! Having the spice kits already prepared for you to give you the taste of a quality takeaway type meal meant no more trawling the internet for recipes! Each recipe kit comes with its own shopping list and a recipe to follow, thus taking away the chance of a disappointing end result.

Being a Suffolk girl and finding out the recipe kits business had only recently started and originated from a local county town, and that they had been developed with a local Suffolk chef, for me, made it even more exciting! And furthermore, every kit has been devised to be low fat, low calorie and healthy, plus they are virtually all gluten free, and as I am gluten intolerant that really appealed to me – the fact that they had taken the time and effort to ensure that each of the recipes to be followed did that.

I simply love their whole concept and, for that reason, I sell them in my weight management classes as they go hand in hand with my business and my members love them as much as I do. I don't just sell them though, I am working my way through the recipe kits, and I know that every time it will taste as gorgeous as the last one, so no more being disappointed for me!

Whether you like your food mild or very hot and spicy, there is something for everyone and with tasty side dishes and the healthy seasonings and salts too, there are lots of ways to pack flavour into your meals, so if you haven't tried them yet, I would highly recommend that you do!

If you use the discount code on this page of my website <http://josfit4all.co.uk/green-heart-recipe-kits/> you'll be able to get yourself a 50p discount off every recipe kit and you get free delivery too, so that's got to be worth a try?

Jo Butcher - 2017

CATALAN CHICKEN AND BACON POT
Dried Herbs and Spices Blend

Easy Peasy COOKING .co.uk

This is a typical Spanish dish from the Catalan region, combining Chicken and Smoked Paprika with Smokey Bacon

This Recipe Kit dish is not only very tasty but it is low in Fat and Calories

GREEN HEART
HEALTHY RECIPE KITS
93kcal
2.2g Fat
per 100g

Suitable for Paleo Diet... Free from Gluten, Dairy & Sugar... No MSG or Additives

Recipe Kit for 4 people | Prep = 10 mins, Cooking = 40 mins | Chicken & Bacon Main Dish | Serve with Basmati Rice | Medium Spice Heat