

Barbeque Salads, Sides & Sauces

Healthy sunny barbeques are one of the highlights of the summer. The salads, sides and sauces below have been developed to be healthy, tasty and family friendly with lots of added vegetables and no added salts or sugars. Where possible we have used low fat options and high fibre varieties to highlight how easy it is to keep the same fresh taste while still being healthy. So, get the coals on, the meat prepared and start cooking...enjoy!

Potato Salad

Ingredients

800g new potatoes
2 red onions finely chopped
2 tbsp low fat mayonnaise
1 tsp Dijon mustard (optional)
3 tbsp chopped chives

Method

Boil potatoes until soft. Meanwhile finely dice onions and chives. Once potatoes are boiled, drain and add onions and chives. Add mayonnaise and mustard and mix until well combined.

Top Tip - By using low fat mayonnaise or even Greek yoghurt instead of full fat mayonnaise you can greatly reduce the amount of fat and calories. By keeping the skins on the potatoes, you are increasing your fibre and nutrient intake.

Watermelon and Feta Salad

Ingredients

200g watermelon
75g feta cheese
½ red onion finely chopped
½ cucumber
Bunch of mint

Method

Chopped watermelon into bite sized chunks. Dice cucumber and finely slice red onion. Flake feta cheese and mix into watermelon, cucumber and onion. Top with chopped mint leaves.



Halloumi, Beetroot and Quinoa Warm Salad

Ingredients

100g low fat halloumi – cut into 2 cm chunks
1 large carrot grated
1 red onion sliced finely
Handful of chopped mint
Handful of chopped coriander
2 cooked beetroots chopped into 2 inch cubes
Juice and zest of 1 lemon
75g pomegranate seeds
25g sunflower seeds
25g pumpkin seeds
2 tsp of cumin seeds

Method

Dry fry the seeds in a non-stick pan and set to the side. Add the halloumi to the pan and fry gently for 5 minutes until golden. Cook the quinoa according to the instructions. Place all ingredients into a large serving bowl whilst quinoa still hot and mix well.

Coleslaw

Ingredients

One finely chopped cabbage (red or white)
3 grated carrots
2 white onions
1 red apple cubed
4 tbsp of low fat mayonnaise
1 tsp paprika
2 tsp cider vinegar

Method

Finely shred cabbage and slice onions. Add grated carrots and apple to cabbage and onions. Add low fat mayonnaise, paprika and cider vinegar. Mix all together until well combined.

Top Tip - Use low fat mayo or even Greek yoghurt to greatly reduce fat and calories but not taste.



Beetroot Salad

Ingredients

2 medium cooked beetroot
½ tsp cumin seeds
1 red eating apple cut into 2cm/1in cubes
1 green eating apple cut into 2cm/1in cubes
½ small red onion, sliced
handful fresh herbs
Optional – top with chopped walnuts

Method

Slice beetroot into wedges. Dice apples into cubes and slice onions. Add into a large bowl. Add cumin, herbs, salt and pepper. Mix well and top with optional walnuts.

Sides

Spicy Sweetcorn

Ingredients

6 corn on the cobs
4 tbsp of rapeseed oil
1½ tsps of cumin
1 tsp chilli powder
1 tsp ground coriander
2 tablespoons of lemon juice

Method

Add the oil, spices and lemon juice to a bowl and whisk with a fork until blended. Place the corn cobs onto the bbq to cook, turning occasionally (approx.10-15 mins). Roll the corn in the dressing and serve hot.



Homemade Wedges

Ingredients

4 large potatoes
Minimal olive oil
1 tbsp smoked paprika
1 tbsp chilli flakes
1 tbsp of garlic powder

Method

Pre heat oven to 200°C. Clean potatoes and cut potatoes into wedges. Add to a pan of boiling water and parboil for around 8 minutes. Drain from water and let sit for a couple of minutes. Transfer to baking tray and add paprika, chilli flakes, garlic powder and olive oil. Toss together until all ingredients are coated. Cook for 30 minutes until golden brown and crispy.

Top Tip - Keep skin on the potatoes for added fibre. Try using sweet potatoes for one of your 5 a day.

Spicy Rice

Ingredients

200g of brown rice
2 tbsp turmeric
1 tbsp garam masala
1 tbsp cayenne pepper
1 red onion
1 pepper
1 or 2 chillies
50g frozen sweetcorn
Chopped coriander to garnish

Method

Chop onion, pepper and chillies and fry until soft. Add rice and water to the same pan. Stir in spices. You may want to add more water as it absorbs. Add frozen sweetcorn. Bring to the boil and let water reduce until rice is soft. Then add to a bowl ready to serve. Top with chopped coriander.

Top Tip - use wholemeal rice to increase fibre intake



Sauces

Yoghurt, Cucumber and Mint Sauce

Perfect with a lamb burger or kebab.

Ingredients

150g low fat Greek yogurt
handful finely chopped mint leaves
½ grated cucumber
1 tbsp fresh juice from 1 lemon
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper

Method

Finely chop mint leaves and grate the cucumber. Add remaining ingredients and mix.

Top Tip - Using low fat yoghurt sauces instead of mayo will reduce fat and calories.

Tomato Salsa

Amazing alongside some bbq steak or sausages

Ingredients

250g chopped cherry tomatoes
½ a finely sliced red onion
Handful of chopped coriander
½ a red chilli
Juice and zest of 1 lime

Method

Mix all the ingredients together in bowl and top with lime zest.

Chimichurri Sauce

Perfect smothered on top of bbq steak.

Ingredients

A large handful of coriander including stalks
A large handful of parsley including stalks
3 cloves of garlic
100ml olive oil
40ml red wine vinegar

Method

Place all the ingredients into a food processor and pulse for 30 seconds or until a smooth paste.

Garlic Sauce

A great sauce for wedges, burgers or kebabs.

Ingredients

150 ml low fat yogurt
Juice of 1 lemon
3 crushed garlic cloves
Garnish with dried mint leaves

Method

Combine ingredients in a bowl and top with chopped mint leaves.