



The lighter option

Tesco's Light Choices range is ideal if you want to lower your calorie, fat and sugar intake post-Christmas, without having to miss out on your favourite foods. **With ideas to take you through the day, from breakfast to dinner and even pudding, you can indulge without guilt** – each dish contains less than 3% fat, or at least 30% less fat, calories or sugar than the equivalent standard Tesco meal. Their frozen Chicken and Prawn Paella (400g, £1.50), makes the perfect light supper or try Haddock, Prawn and Potato Crumble (400g, £3), with its warming, creamy filling that you won't believe is good for you! For something sweet, try the Light Choices Syrup Sponge Puddings (2 pack, £1).

ADD A LITTLE SPICE TO 2011

■ When you're looking for a healthy meal that packs in the flavour, you can't beat a little bit of spice. And as many spices are especially good for you, that means curries, for instance, can be a healthy choice.

To make things easy, we love the Spicentice kits, which avoid having to fill your cupboards with half-used jars of spices. Simply choose the dish, check that you've got all the fresh ingredients, using the handy shopping list on the back of the pack, and then follow the steps to a delicious meal. **The kits are**

made from 100% pure herbs and spices and the results are fantastic. Try one of the more traditional curries, including Chicken Jalfrezi, Chicken Korma or Lamb Rogan Josh, or go for other popular spicy dishes including Fajitas, Jamaican Jerk Chicken or Chilli Con Carne. Available from selected Asda and Sainsbury's stores, from www.ocado.com or from www.spicentice.com, packets start from £1.99.



■ If you fancy a change from the usual Thai curry sauces, why not try the **new range of Malaysian curries from Malay Taste?**

These authentic pastes give you a real taste of Malaysian cuisine – the Laksa paste is ideal for noodle soups with a sweet coconut flavour and a little bit of heat, the Rendang curry paste is hot, spicy, sweet and sour and goes well with meat, fish and vegetables and the Nyonya Kapitan curry paste is a fusion of Chinese and Malay cooking and makes a delicious chicken curry. The 185g jars cost £2.25 and are available in selected Waitrose stores and at www.hardtfindfoods.co.uk.



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Ewe'll love this yogurt

Many adults and children in the UK suffer from a dairy or lactose intolerance, where eating dairy can leave you feeling uncomfortable and bloated. However, some people who can't tolerate traditional dairy can enjoy sheep's milk, as it has high levels of poly-unsaturated fats that make lactose easier to digest. And it's full of other great benefits too – **it can help to reduce cholesterol, it's packed full of protein and it's low in sugar and high in B vitamins too.** Woodlands Dairy in Dorset makes an award-winning range of sheep's milk yogurts that are light, mild and smooth. Their natural yogurts are great with fruit or muesli at breakfast or spooned onto a pudding. Available from Sainsbury's and Waitrose at around £2.20 for a 450g pot.