

Feeling time poor? Wanting to shed a few pounds after the summer holidays but still eat healthily? A tasty solution to your problems is the Easy Bean range of one-pot meals, approved by Slimming World and Weightwatchers.

Easy Bean's pots are wholesome and delicious. They are a healthy addition to any diet as they are naturally low in fat and salt and high in fibre. Packed full of pulses and chunky veg, each 320g pot provides 2 to 3 of your 5-a-day.

The one-pot meals are based on authentic recipes from around the world and are dairy and gluten free. Cooked in small batches in the Easy Bean Somerset kitchen without the use of starch thickeners, they taste as good as homemade. www.easybean.co.uk



If time isn't on your side, don't forget Malay Taste's authentic meal kits. The Nasi Goreng Kit contains Nasi Goreng paste, cooked rice and dried vegetables and creates a tempting fried rice dish, flavoured with onion, chilli and garlic, within minutes. Alternatively, experiment by adding prawns, chicken or vegetables to the Laksa Kit for a speedy, mouth-watering dish.

Containing Laksa paste, coconut milk and rice noodles, the kit provides the base for a spicy coconut noodle soup infused with citrus, deliciously warming at the end of a long day. For recipe inspiration, visit www.malaytaste.co.uk



Confident cooks or ready meal fans, it seems that the UK just can't enjoy enough Italian food at the moment, particularly risotto. So it's no surprise that Italy's leading risotto rice producer has launched a new addition to their innovative range. Confident cooks make their own risotto and those with less time or skill choose either Riso Gallo Pronto (ready in 12 minutes) or Riso Gallo Espresso (ready in 3 minutes). And now, those who need a fix of their favourite Italian dish while they're on the go, can enjoy a tasty take-away version too.

Look out for the Riso Gallo's Risotto Box. There are three flavours in the range including Chicken and Mushroom, Ham and Tomato and Four Cheese. The box, complete with disposable fork, is a single portion of delicious, authentic risotto, ready in only 1 minute 30 seconds. www.risogallo.com



COMPETITION

Here's your chance to win any of the items featured on this page.

To enter the csee if you can complete the names of these dishes.

. . . . WELLINGTON

CAULIFLOWER

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