

Why not invite your friends round and get each of them to bring a red dish? (Or if you're feeling like the host with the most you could make the whole meal). Everyone should be wearing red of course. You could ask people to pay a suggested donation - they would pay if they were going out to a restaurant!

Below are some red themed recipe ideas to get you started. If you would like more healthy recipes from us or to view further details about nutritional information and other tips you can sign up to our free [Heart Matters Members service](#). Once you've signed up simply follow the link to our Heart Matters recipe finder. Find out more and join free today at bhf.org.uk/redmatters

Starter ideas

Roasted tomato and lentil soup

Ingredients

- 800g (1 3/4 lb) vine-ripened tomatoes, quartered
- 2 red onions, sliced
- 2 cloves garlic, roughly chopped (optional)
- 1 tablespoon olive oil
- Freshly ground black pepper, to taste
- 85g (3oz) Puy lentils
- 600ml (1 pint) vegetable stock
- 2-3 tablespoons shredded fresh basil leaves
- Small fresh basil leaves, to garnish (optional)



Preparation

1. Preheat oven to 220°C/fan 200°C/gas mark 7. Place tomatoes, onions and garlic in a non-stick roasting tin; drizzle with olive oil, season with black pepper. Roast for 20-25 minutes or until vegetables are soft and slightly charred.
2. Meanwhile, put lentils in a saucepan; cover with cold water. Bring to the boil; reduce heat, cover and simmer for about 20 minutes or until tender (check packet instructions). Drain; set aside.
3. Tip roasted vegetables into a blender or food processor. Add a little stock and whizz to form a thick puree; pour pureed tomato mixture into a large saucepan. Add remaining stock and cooked lentils; heat gently until hot, stirring occasionally. Stir in shredded basil.
4. Serve in warmed soup bowls and garnish with basil. Serve with crusty French bread.

Grilled vegetable bruschetta

Ingredients

- 1 red or yellow pepper, seeded and sliced into strips
- 1 courgette, halved and thinly sliced lengthways
- 1 red onion, thinly sliced
- 2 large plum or vine tomatoes, thickly sliced
- 1 tablespoon olive oil
- 2 teaspoons wholegrain mustard
- Freshly ground black pepper, to taste
- 1 ciabatta loaf, cut into 8 equal portions or 8 slices from a large baguette
- 1 clove garlic, halved
- Shredded fresh basil leaves, to garnish



Preparation

1. Preheat grill to high and line grill rack with foil. Place pepper, courgette, onion and tomatoes in large bowl. Whisk together oil, mustard and black pepper, then drizzle over vegetables and toss gently to mix.
2. Spread vegetables in single layer on grill rack. Grill for 4-5 minutes on each side, or until lightly browned. Set aside and keep warm.
3. Toast bread slices on both sides under grill and, while still hot, rub garlic halves over one side of each piece of toast.
4. Divide grilled vegetables between toast slices, piling them onto garlicky sides. Garnish with shredded basil and serve immediately.

Main Course Ideas

Peppered beef steaks with red onion salsa

Ingredients

- 2 vine ripened tomatoes
- 1 tablespoon tomato juice
- 2-3 teaspoons olive oil
- 1 small red onion, finely chopped (about 115g/4oz whole/unprepared weight)
- 1 teaspoon hot horseradish sauce
- 2 teaspoons chopped fresh parsley, plus extra to garnish
- Freshly ground pepper, to taste
- 1 tablespoon mixed dried peppercorns
- 2 lean sirloin, rump or fillet steaks (each about 115-175g/4-6oz), trimmed of fat



Preparation

1. Make salsa: place tomatoes in bowl, cover with boiling water; leave for 30 seconds. Drain, cool slightly, then peel off and discard skins; deseed and finely chop flesh.
2. Put tomato flesh in bowl with tomato juice, 1 teaspoon oil, red onion, horseradish sauce, chopped parsley and black pepper; stir to mix well. Cover and set aside at a cool room temperature for 30-60 minutes to allow flavours to blend.
3. Preheat grill to medium. Crush peppercorns using a pestle and mortar or rolling pin. Lightly brush steaks all over with remaining oil; coat with crushed peppercorns.
4. Place steaks on rack in grill pan; grill for 3-5 minutes on each side, or until browned and cooked to your liking, turning once.
5. Serve hot cooked steaks with red onion salsa spooned alongside. Garnish with extra chopped parsley. Serve with oven baked potatoes or fresh crusty bread and a mixed dark leaf salad.

Spaghetti Bolognese

Ingredients

- 500g (1lb 2oz) extra-lean minced beef
- 1 onion, chopped
- 1 clove garlic, crushed
- 2 carrots, finely chopped
- 175g (6oz) mushrooms, finely chopped
- 3 sticks celery, finely chopped
- 400g (14oz) can chopped tomatoes
- 2 tablespoons tomato purée
- 2 teaspoons dried Italian herb
- seasoning or dried mixed herbs
- 300ml (1/2 pint) home-made beef stock
- 150ml (1/4 pint) red wine
- Freshly ground black pepper, to taste
- 400g (14oz) dried spaghetti (white or wholemeal)
- Chopped fresh parsley, to garnish



Preparation

1. Place minced beef, onion and garlic in large saucepan and cook gently, stirring occasionally, until mince is lightly browned all over.
2. Add carrots, mushrooms and celery to pan and cook for 5 minutes. Stir in tomatoes, tomato purée, dried herbs, stock, wine and black pepper.
3. Bring to boil, then reduce heat, cover and simmer for 1 hour. Uncover pan, increase heat slightly and simmer for 20-30 minutes, to thicken sauce, stirring occasionally.
4. Meanwhile, cook spaghetti in large saucepan of boiling water until pasta is just cooked or *al dente*. Drain thoroughly.
5. Pile cooked spaghetti onto warmed serving plates and spoon Bolognese sauce over top. Garnish with chopped parsley and serve with mixed green salad.

Red onion, courgette and pepper pizza

Ingredients

- 2 teaspoons olive oil
- 1 red onion, sliced
- 2 peppers (red and yellow), seeded and sliced
- 2 small courgettes, sliced
- 1 clove garlic, crushed
- 225g (8oz) plain wholemeal flour
- 2 teaspoons baking powder
- 55g (2oz) sunflower spread
- About 100ml (3 1/2fl oz) skimmed milk
- 4 tablespoons passata
- 1 tablespoon tomato puree
- 1 1/2 teaspoons dried herbes de Provence
- Freshly ground black pepper, to taste
- 100g (3 1/2oz) half-fat, mature Cheddar-style cheese, finely grated



Preparation

1. Preheat oven to 220°C/fan 200°C/gas mark 7. Line a baking sheet with baking paper; set aside. Heat oil in a non-stick pan. Add onion, peppers, courgettes and garlic; cook over a medium-high heat for 5 minutes. Set aside.
2. Combine flour and baking powder in a bowl; lightly rub in sunflower spread. Stir in enough milk to form a soft dough; knead lightly.
3. Roll out dough on lightly floured surface to a round about 25cm (10in) in diameter. Mix passata, tomato puree, dried herbs and black pepper; spread evenly over pizza dough. Top with vegetables; sprinkle with cheese.
4. Bake for about 25 minutes or until base is cooked and cheese is golden brown.

Special vegetarian stir-fried rice

Ingredients

- 2 teaspoons sunflower oil
- 1 carrot, cut into julienne (matchstick) strips
- 55g (2oz) seeded red pepper, cut into thin strips
- 2 spring onions, chopped
- 200g (7oz) cooked hot rice
- 55g (2oz) frozen peas, thawed
- 55g (2oz) canned sweetcorn kernels (drained weight)
- 1-2 teaspoons chilli sauce, or to taste
- Freshly ground black pepper, to taste
- 1 teaspoon toasted sesame seeds



Preparation

1. Heat oil in non-stick wok or frying pan over medium-high heat, add carrot, red pepper and spring onions and stir-fry for 1-2 minutes.
2. Add cooked rice, peas and sweetcorn and stir-fry for 3-4 minutes.
3. Add chilli sauce, black pepper and sesame seeds and stir-fry to mix. Serve immediately.

Chicken paprika

Ingredients

- 4 chicken portions such as chicken breasts or legs
- Plain flour, for coating chicken
- Freshly ground black pepper, to taste
- 2 teaspoons olive oil
- 2 red onions, chopped
- 1 clove garlic, crushed
- 1 tablespoon paprika, plus extra to garnish
- 150ml (1/4 pint) hot homemade chicken stock
- 150ml (1/4 pint) low fat natural yoghurt
- Chopped fresh parsley, to garnish



Preparation

1. Skin chicken portions and remove and discard all visible fat. Coat chicken in flour seasoned with black pepper. Heat oil in large non-stick pan. Add chicken portions and sauté until golden all over, turning once. Remove chicken to a plate and set aside.
2. Add onions and garlic to pan and sauté for 5 minutes. Stir in paprika and half of the stock. Transfer to blender or food processor; blend until well mixed.
3. Return chicken to pan and add blended sauce. Bring to boil, then reduce heat, cover and simmer for 20 minutes. Add remaining stock and simmer, uncovered, for a further 10 minutes or until chicken is cooked and tender.
4. Remove chicken to warmed serving platter using slotted spoon; keep hot. Stir yoghurt into sauce and heat gently for about 5 minutes or until hot, but do not allow sauce to boil. Taste and adjust seasoning.
5. Pour sauce over chicken and garnish with chopped parsley and a sprinkling of paprika. Serve with baked potatoes and cooked vegetables such as cauliflower and peas.

Dessert Ideas

Apple and raspberry oatmeal crumble

Ingredients

- 85g (3oz) plain flour (white or wholemeal)
- 55g (2oz) medium oatmeal
- 55g (2oz) unsaturated margarine
- 70g (2 1/2 oz) light soft brown sugar
- 1 teaspoon ground cinnamon
- 3 eating apples, peeled, cored and thinly sliced
- 225g (8oz) fresh raspberries
- 2 tablespoons unsweetened apple juice
- 1 tablespoon clear honey



Preparation

1. Preheat oven to 180°C/350°F/Gas Mark 4. Put flour and oatmeal in bowl and stir to mix. Lightly rub in margarine until mixture resembles breadcrumbs. Stir in sugar and cinnamon.
2. Place apples and raspberries in ovenproof dish. Mix together apple juice and honey, pour over fruit and stir gently to mix. Spoon crumble mixture evenly over fruit so that it is completely covered.
3. Bake in oven for about 45 minutes, or until golden brown. Serve hot or cold with low fat custard or ice cream.

Raspberry yoghurt ice

Ingredients

- 350g (12oz) ripe sweet fresh raspberries
- 55g (2oz) caster sugar
- 2 x 150g (5 1/2oz) pots low-fat raspberry yoghurt
- 115g (4oz) virtually fat-free natural Greek-style yoghurt
- Fresh mint sprigs and additional raspberries, to decorate (optional)



Preparation

1. Put raspberries in a blender or food processor; blend until smooth. Press raspberry puree through a nylon sieve into a bowl, discarding pips; add sugar and mix well.
2. Stir in both types of yoghurt, mixing well. Pour mixture into a shallow, freezer-proof container; cover and freeze for 2 hours. Meanwhile, put a clean, empty bowl into fridge to chill.
3. Spoon raspberry mixture into chilled bowl; beat with a fork or whisk until smooth to break down ice crystals. Return mixture to container, cover and freeze for a further 3-4 hours or until firm.
4. Transfer yoghurt ice to fridge for about 30 minutes before serving to soften. Serve decorated with mint and raspberries, if desired.