



*flexi* **fs**  
*slim*  
by scottishslimmers

Summer

# Sizzlers

If the sun's out, so is the barbecue!

Who doesn't love a good Scottish barbecue?

Dust off those tongs, and fire up the grill, you'll be dining outdoors in no time with our barbecue inspiration!

# Bikini Burger

Serves 1 **FG** 0 / **CC** 16

**120g lean minced beef**  
*(Malcolm Allan 10% fat or less)*  
**½ small onion, grated**  
**1 tsp tomato ketchup**  
**shake of Worcestershire sauce**  
**1 small egg, beaten**  
**spray oil**  
**1 burger bun (wholemeal preferably)**

- 1 Mix the mince, grated onion, ketchup and enough beaten egg to form a firm but moist mixture. Season with salt and pepper.
- 2 Shape the mixture in your hands into one thick burger. Spray lightly with oil and cook on/under a hot grill for 5 mins each side or however you like your burger cooked.
- 3 Split the bun. Fill with the burger and add other toppings!

**OR** use a *Malcolm Allan low-fat, Health Checked Steak Burger*



## Build your own healthy burger

### Add...

	FG	CC
Half-fat cheese slice	0	2
Sliced pickled gherkins	0	0
Salad and extra light mayo	0	0.5
1 tbsp low-fat coleslaw	0	0.5
Sliced red onions <i>Raw or slice onion &amp; cook with a spray of oil in a non-stick pan</i>	0	0
Mustard	0	0
Salsa chop, onion, tomato, cucumber and chilli	0	0

## Sizzling Sausages

Use Low-fat (approx. 3 Checks per sausage or less) sausages grilled or barbecued

FG 0 / CC 3

### Serve...

**Sausage Wrap** FG 0 using 1 CC / CC 9

Use a wholemeal tortilla to wrap your grilled sausages. Add a spoonful of tomato salsa e.g. Dolmio, cooked onions.

### Sausage Skewers

FG 0 / CC 3

Thread sausage slices, with mushrooms, cherry tomatoes and chunks of red onion on to skewers. Serve with salad.



### Sausage wrapped in bacon

FG 0 / CC 5 each

Wrap each sausage in a lean rasher of bacon. Best to part cook the sausages before you add the bacon and cook until bacon is crispy.



## Superstar Sides

### No mayo coleslaw

FG 0 / CC 1

Shred ½ white cabbage, a bunch Kale, 2 carrots and a red onion. Dress with natural 0% Greek yogurt, 2 tsp Dijon mustard and juice of ½ lemon.

### Summer fruit salad

FG 0 / CC 5 using EDB

**SERVES 2** Chop summer berries, apple, 1 banana, pink grapefruit, water melon. Serve with 1 tbsp yogurt to serve.

### Pesto

FG 2 / CC 2

**Makes 8 servings.** Blend ½ avocado, a bunch fresh basil, 2 garlic cloves, 1tbsp lemon juice, ½ tsp salt, 30g grated Parmesan, 3 tbsp water and 2 tbsp pine nuts in a blender until smooth. Serve with hot or cold wholewheat pasta.

# Your best BBQ ever

Here are a few simple things you can do to make sure your barbecue or alfresco meal doesn't pile on the pounds.

- ★ *For added flavour don't reach for the salt, try something different such as garlic, paprika, chilli, ginger, soy sauce or lemon juice. There are all kinds of ways to beef up your BBQ flavours!*
- ★ Stock up on Scottish Slimmers produce. We've got your BBQ needs covered from slimming salad dressings to venison burgers and even Feelgood low-fat sausages – just visit your local supermarket.
- ★ *Go kebab crazy. Use skewers threaded with vegetables to make everything go further and feel like more to eat!*
- ★ Always opt for low-calorie / low-fat coleslaw, potato or pasta salads, or better yet make your own!
- ★ *Save Checks where you can, remove skin from drumsticks and thighs for more taste and less fat, switch it up with vegetable kebabs and be sure to fill up on Feelgood salad dishes.*
- ★ For a delicious BBQ pudding, wrap a banana in foil and cook in the dying embers of the BBQ sprinkle with cinnamon and a little sweetener... delicious. Serve with 0% fat Greek yogurt.



## scottishslimmers LOW FAT SAUSAGES



Pork or Beef

Available now in Asda and Sainsbury's