

OC2 Healthy living Challenge

40 minutes will be allowed to prepare, cook and present 4 plated portions of a modern interpretation of a classical dish.

The ingredients and mis-en-place should be kept to a minimum and in keeping with the healthy living award criteria.



For a dish to qualify as healthy living, you must follow the guidelines below:

- Fat, salt and sugar should be kept to a minimum.
- Use unsaturated spreads or oils instead of butter in cooking.
- Use healthier cooking methods such as oven baking, grilling, steaming or stir-frying. Avoid shallow- or deep-frying foods or roasting them with added fat.
- Remove any excess fat from food and drain before serving where necessary (including skin from poultry before cooking, except when roasting).
- Use lean meats which contain 10g or less of fat per 100g.
- If using milk, it must be low-fat, for example semi-skimmed, skimmed or 1% milk.
- If using mayonnaise, it must be low- or reduced-fat.
- If using cheese, this must be lower-fat and contain no more than 27g of fat per 100g.
- Use lower-fat alternatives to cream in cooking where required, for example low-fat yoghurt, very low-fat crème fraîche or fromage frais; these should contain less than 10g fat per 100g.
- Serve vegetables and salads without dressings or butter.
- Do not serve higher-fat, food-based accompaniments with the dish.
- Do not use roux-based sauces. Instead use other methods to thicken sauces, for example cornflour.
- Avoid adding any salt whenever possible and use herbs and spices to flavour. Use salt sparingly if required and do not substitute salt with alternatives such as lo-salt.
- Do not add any salt to dishes prepared using cooking sauces, stock or bouillons and use these products sparingly if required.
- If you are using vegetables canned in brine or salt water, you must rinse them thoroughly before use.
- If you use nuts, they must be unsalted.
- When cooking, do not substitute sugar with artificial sweeteners.
- If you are using canned fruit, it must be in fruit juice rather than syrup.

****Please note the following products should be avoided when preparing your dish: saturated fats (including butter, coconut oil and palm oil), cream, pastry, bacon, feta and halloumi.***