



Veggie Starters

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**Eating a small vegetable starter
before your main meal is a simple
but powerful habit for heart health.**

Starting with veggies means you naturally eat more of them while also curbing overeating due to their high fibre content, making it an easy win for both your heart and overall wellness. Each of these recipes makes 2 portions.

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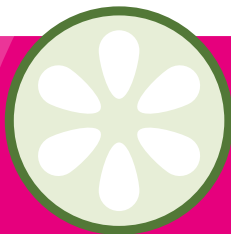
Cucumber & Avocado Salad Cups

Ingredients

- 1 large cucumber, sliced into thick rounds
- ½ ripe avocado, diced
- 1 small tomato, finely diced
- 1 tsp lemon juice
- Fresh parsley, chopped
- Pinch of black pepper

Method

- Scoop out a little well in the centre of each cucumber slice.
- Mix avocado, tomato, lemon juice, and herbs in a small bowl.
- Spoon mixture into cucumber “cups.”
- Sprinkle with black pepper and serve chilled.



Steamed Broccoli with Lemon-Tahini Drizzle

Ingredients

- 1 small head broccoli, cut into florets
- 1 tbsp tahini
- 1 tsp lemon juice
- 1 tsp warm water
- Pinch of garlic powder

Method

- Steam broccoli until just tender (about 5 minutes).
- In a small bowl, whisk tahini, lemon juice, water, and garlic powder.
- Arrange broccoli on a plate and drizzle sauce over the top.



Spinach & Mushroom Garlic Sauté

Ingredients

- 2 handfuls fresh spinach
- 1 handful mushrooms, sliced
- 1 tsp olive oil
- 1 small garlic clove, finely chopped
- Pinch of black pepper

Method

- Heat olive oil in a pan over medium heat.
- Add garlic and mushrooms, sauté for 3–4 minutes.
- Add spinach and cook just until wilted (1–2 minutes).
- Season with black pepper.
- Serve warm.



Roasted Cherry Tomato & Basil Skewers

Ingredients

- 12 cherry tomatoes
- 1 tsp olive oil
- Pinch of black pepper
- Fresh basil leaves
- 2 small skewers or cocktail sticks

Method

- Toss cherry tomatoes with olive oil and black pepper.
- Roast at 200°C (400°F) for 8–10 minutes until softened.
- Thread onto skewers, alternating with basil leaves.
- Serve warm as a bite-sized starter.

