





TURKEY CURRY


 25 MINUTES


 4


CALS
305


PROTEIN
30


CARBS
17


FAT
13


FIBRE
4

TURKEY CURRY

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

1 tbsp olive oil	350ml passata
1 medium onion sliced	200ml coconut milk
1 red pepper sliced	Salt and pepper to taste
1 green pepper sliced	
1 tsp chilli flakes	
3 cloves garlic crushed or grated	
3cm ginger, grated	
3 tsp garam masala	
2 tsp turmeric (optional)	
500g cooked turkey, shredded or cubed	

INSTRUCTIONS

Cook the onions and peppers in the oil over a gentle heat in a large pan with the lid on for about 5 minutes, or until softened but not browned.

Add the chilli, garlic, ginger, garam masala and turmeric and fry gently for 2 more minutes. If the mixture gets dry add a splash of boiling water.

Next stir in the turkey, passata, coconut milk, salt and pepper and bring to a boil. Reduce the heat to low and simmer for a further 10 minutes until the sauce has thickened slightly and the turkey is hot through.

Serve with rice, naans and your favourite accompaniments.

305
CALORIES

30
PROTEIN

17
CARBS

13
FATS

4
FIBRE





THAI PRAWN AND PINEAPPLE STIR FRY


 25 MINUTES


 4


CALS
302


PROTEIN
21


CARBS
32


FAT
10


FIBRE
6

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

2 tsp sunflower oil
Bunch spring onions, greens and whites separated and sliced
1 green pepper, deseeded and chopped into small chunks
140g pineapple, chopped into bite-sized chunks
3 tbsp Thai green curry paste
4 tsp light soy sauce, plus extra to serve
300g cooked basmati rice
2 large eggs, beaten
140g frozen peas
225g tinned bamboo shoots, drained

250g frozen prawns, cooked or raw
2-3 limes, 1 juiced, the rest cut into wedges to serve
Handful coriander leaves (optional)

INSTRUCTIONS

Fry the spring onion whites in a wok for 2 mins until softened. Stir in the pepper and cook for another 1 minute, and then the pineapple and cook for 1 minute more. Finally stir in the green curry paste and soy sauce.

Next, add the cooked rice and stir fry until piping hot. Push the rice to one side and scramble the eggs on the other side.

Stir the peas, bamboo shoots and prawns into the rice and eggs, then heat through for 2 minutes until the prawns are hot and the peas tender.

Finally, stir in the spring onion greens, lime juice and coriander, if using.

Spoon into bowls and serve with extra lime wedges and soy sauce.

THAI PRAWN AND PINEAPPLE STIR FRY

302
CALORIES

21
PROTEIN

32
CARBS

10
FATS

6
FIBRE



CHICKEN SATAY

 1 HOUR

 6



CALS
281



PROTEIN
35



CARBS
7



FAT
13



FIBRE
3

SERVES 6 | TOTAL TIME: 1 HOUR

INGREDIENTS

Sunflower or peanut oil
2 onions, sliced
4 garlic cloves, sliced
Fat piece fresh ginger, grated
1 red chilli, sliced
100g crunchy peanut butter
100g natural yoghurt
2 tbsp soy sauce
4 free-range chicken breasts, chopped into bite-size pieces
Lime wedges for squeezing

INSTRUCTIONS

Season the onions with salt, then fry in the oil for 5-6 minutes over a medium-high heat stirring, until starting to soften and catching a little.

Reduce the heat and add the garlic, ginger and chilli. Fry for a further 3 or 4 minutes, then set aside on a plate to cool.

Once cooled add the mixture to a food processor with the peanut butter, natural yoghurt and soy sauce, then blend to form a coarse paste. Put in a large mixing bowl, then coat the chicken in and coat thoroughly. Leave to marinate for at least 30 minutes.

Pre heat your grill to high.

Thread the marinated chicken onto skewers and put on a foil-lined baking tray. Grill for 8-10 minutes, without turning, until the chicken is cooked through and any marinade is golden brown.

Scatter with peanuts, coriander and spring onions and serve with lime wedges and steamed basmati rice.

CHICKEN SATAY

281
CALORIES

35
PROTEIN

7
CARBS

13
FATS


3
FIBRE





SLOPPY JOES


 45 MINUTES

 4


CALS
268


PROTEIN
25


CARBS
24


FAT
8


FIBRE
3

SLOPPY JOES

SERVES 4 | TOTAL TIME: 45 MINUTES

INGREDIENTS

453g ground turkey, white meat only
1 medium onion, chopped
225g button mushrooms, quartered
170g tinned tomato paste
230ml water
3 cloves garlic, minced
1 tbsp chilli powder
1 tsp paprika
1 tsp ground cumin
1 tsp distilled white vinegar
3 tbsp brown sugar
1 tsp dried oregano
½ tsp salt
½ tsp ground black pepper
Buns of choice
Onions, coriander, and cheese for topping

INSTRUCTIONS

Sauté the turkey over a medium-high heat until cooked through.

Add the onion and mushrooms and sauté for a further 5 minutes until tender and translucent.

Next add the tomato paste and water, stirring until the paste has dissolved.

Stir in the garlic, chilli powder, paprika, cumin, vinegar, brown sugar, oregano, salt, and pepper and continue to cook for about 15 to 20 minutes, or until mixture has thickened.

Serve on your favourite buns (toasted if you like) with onions and coriander.

For extra flavour, you can melt a slice of cheese over the top!

268
CALORIES

25
PROTEIN

24
CARBS

8
FATS

3
FIBRE



SESAME BEEF



20 MINUTES



4



CALS
243



PROTEIN
26



CARBS
10



FAT
11



FIBRE
1

SERVES 4 | TOTAL TIME: 20 MINUTES

INGREDIENTS

450g flank steak, sliced against the grain into strips
2 tbsp dark soy sauce
2 tbsp low sodium soy sauce
2 tbsp light brown sugar
60ml water
1½ tbsp sesame oil
3 cloves garlic, minced
1 red pepper, sliced
1 tsp cornstarch
1 tbsp water

Spring onions, sliced
Sesame seeds for garnish

INSTRUCTIONS

Combine both soy sauces, brown sugar and water to a medium bowl, then decant half into another bowl and set aside.

Add the steak to the other half and marinate for at least 30 minutes or overnight.

Add the garlic to a large heavy pan and fry in the sesame oil for 1 minute.

Remove steak from marinade and sauté in the same pan for about 1-2 minutes on each side. Next add the red pepper and sauté for a further 1 minute. Pour in the reserved sauce and allow to simmer.

In a small bowl stir together the cornstarch and water.

Slowly add cornstarch mixture to pan, continuously stirring until sauce is thickened.

Serve immediately with green onions and sesame seeds for garnish.

SESAME BEEF

243
CALORIES

26
PROTEIN

10
CARBS

11
FATS

1
FIBRE



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CHILLI CON CARNE

 60 MINUTES

 6



CALS

318



PROTEIN

30



CARBS

27



FAT

10



FIBRE

7

SERVES 6 | TOTAL TIME: 60 MINUTES

INGREDIENTS

1 tbsp olive oil	400g lean beef mince
1 brown onion, diced	400g button mushrooms, chopped
2 cloves garlic, minced	1 red bell pepper, chopped
2 tsp ground paprika	1 x (400g) can red kidney beans, rinsed and drained
2 tsp ground cumin	500ml passata
1 tsp garlic powder	1 tsp coconut sugar
1 tsp onion powder	10g coriander, leaves picked
1 tsp oregano	
1/2 tsp cayenne pepper	

INSTRUCTIONS

Start by heating the oil in a large saucepan or wok. Add the onion and cook for 5 minutes or until translucent. Add the garlic and all the spices and cook for another 2 minutes.

Next, add the beef and cook for about 5 minutes, breaking up any larger chunks.

Add the mushrooms, bell pepper and kidney beans and cook for another 2-3 minutes.

Finally, stir through the passata and coconut sugar.

Bring to a boil, then reduce to a simmer and cook for 35-40 minutes or until sauce has thickened.

Serve with fresh coriander.

CHILLI CON CARNE

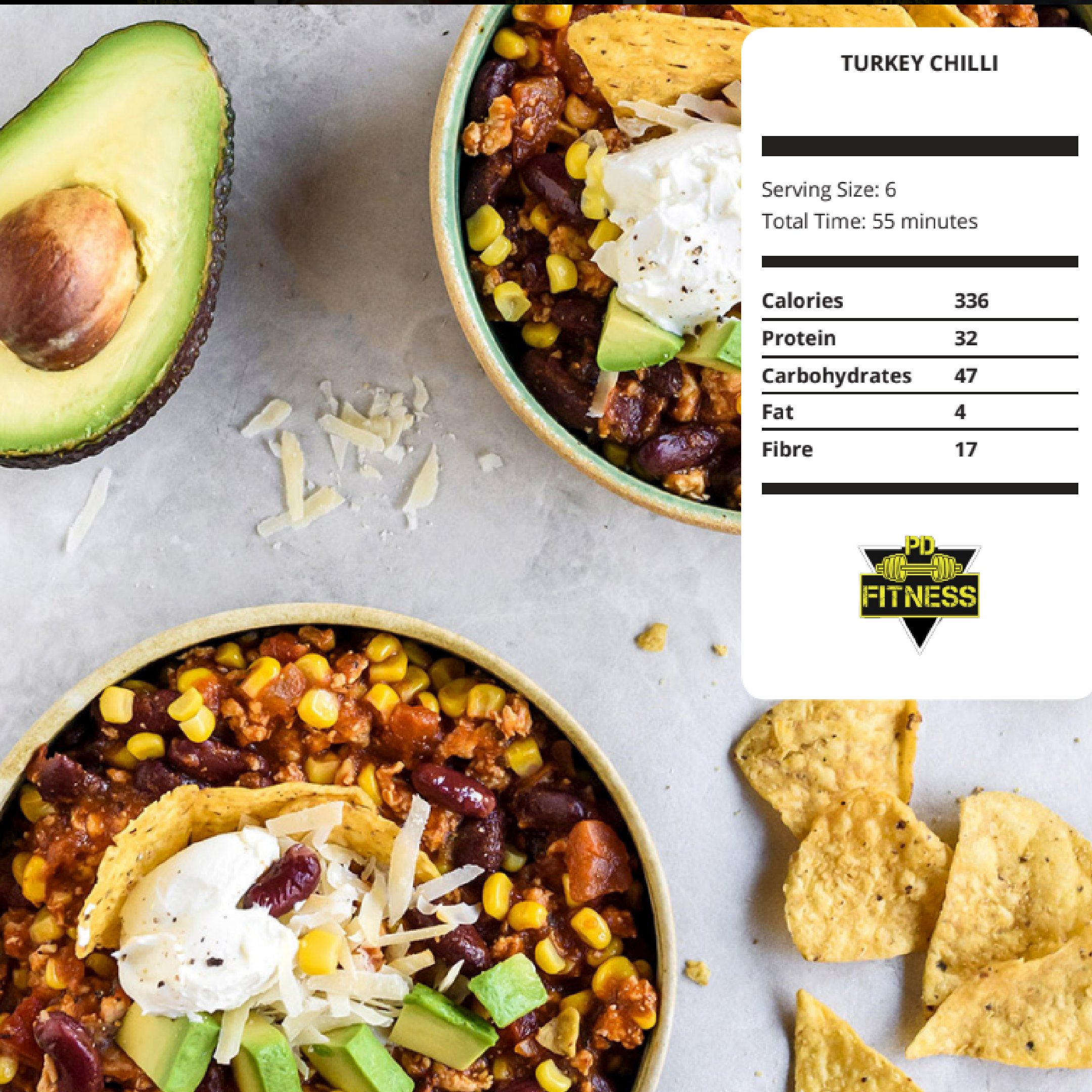
318
CALORIES

30
PROTEIN

27
CARBS

10
FATS

7
FIBRE



TURKEY CHILLI

Serving Size: 6

Total Time: 55 minutes

Calories	336
Protein	32
Carbohydrates	47
Fat	4
Fibre	17





SERVES 6

TOTAL TIME: 55 minutes

INGREDIENTS

2 teaspoons of olive oil
1 white onion, diced
3 garlic cloves, crushed
1 red pepper, chopped
450 grams of lean turkey mince
1 tablespoon of chilli powder
2 teaspoons of ground cumin
1 teaspoon of dried oregano
¼ teaspoon of cayenne pepper
½ teaspoon of salt
2 400 gram tins of chopped tomatoes
300 millilitres of chicken stock
2 400 gram tins of kidney beans, drained and rinsed
1 400 gram tin of sweet corn, drained and rinsed

INSTRUCTIONS

In a large frying pan, sauté the onion, garlic and red pepper over a medium heat for around 5 minutes, or until the vegetables are tender and beginning to caramelise. Add the turkey to the pan and cook through before adding the spices.

Let the spices roast in the pan until they are aromatic before adding the chopped tomatoes, stock, kidney beans and sweet corn. Bring the chilli to the boil and let it reduce for around 30 minutes by which point the sauce will be thick and rich. Season to your taste with a pinch of salt and black pepper before removing from the heat.

To serve, top with your favourite Mexican condiments such as guacamole, sour cream or hot sauce.

336
CALORIES

32
PROTEIN

47
CARBS

4
FATS

17
FIBRE

BBQ CHICKEN TORTILLA PIZZA

Serving Size: 2

Total Time: 16 minutes

Calories	330
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Protein	23
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Carbohydrates	44
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Fat	2
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Fibre	6
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SERVES 2

TOTAL TIME: 16 minutes

INGREDIENTS

2 flour tortillas
1 white onion, diced
85 grams of cooked chicken, shredded
50 millilitres of barbeque sauce
1 teaspoon of balsamic vinegar
50 grams of cherry tomatoes, sliced
100 grams of mozzarella cheese, grated
50 grams of Parmesan cheese, grated

INSTRUCTIONS

Begin by preheating your grill to a medium heat.

Place the tortillas under the grill for around 1 minute, or until they are lightly toasted all over - remember to watch the tortillas carefully as they will burn very easily. Once cooked, remove from the grill and set aside.

To soften the onion, gently sauté in a pan for 5 minutes or, alternatively, cook them in a microwave for 2 minutes.

While the onion cooks, add the shredded chicken to a bowl and combine with the barbeque sauce and balsamic vinegar.

To assemble the pizza, spread the tortillas with barbeque sauce and scatter over the chicken, onions and tomatoes. Top with the grated mozzarella and Parmesan before placing the pizza under the grill once again.

Once the cheese has melted and is beginning to brown, remove the pizza from the oven and serve.

330
CALORIES

23
PROTEIN

44
CARBS

2
FATS

6
FIBRE



PRAWN LINGUINE

Serving Size: 4

Total Time: 25 minutes

Calories	417
Protein	33
Carbohydrates	45
Fat	10
Fibre	2





SERVES 4

TOTAL TIME: 25 minutes

INGREDIENTS

220 grams of linguine pasta
2 tablespoons of unsalted butter
450 grams of shrimp, peeled and deveined
3 garlic cloves, crushed
¼ teaspoon of crushed red pepper
50 millilitres of white wine
1 lemon, juiced and zested
A pinch of salt and black pepper
A handful of parsley, chopped
A handful of Parmesan cheese, grated

INSTRUCTIONS

In a large pot of boiling salted water, cook the linguine until al dente.

Meanwhile, melt the butter in a large pan over a medium heat before adding the shrimp, garlic and crushed red pepper. Sauté for 3 minutes, or until the shrimp has turned pink and the garlic and pepper smell aromatic.

Squeeze the lemon juice and pour the wine into the pan and season to perfection. Let the sauce reduce for 5 minutes before removing from the heat and stirring in the pasta, zest and parsley, which will add some freshness to the dish.

Mix well before serving immediately with a handful of Parmesan cheese scattered on top.

417
CALORIES

33
PROTEIN

45
CARBS

10
FATS

2
FIBRE

QUICK FISH CURRY

Serving Size: 4

Total Time: 15 minutes

Calories	191
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Protein	30
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Carbohydrates	9
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Fat	5
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Fibre	2
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SERVES 4

TOTAL TIME: 15 minutes

INGREDIENTS

1 tablespoon of vegetable oil
1 white onion, diced
1 garlic clove, crushed
2 tablespoons of Madras curry paste
1 400 gram tin of tomatoes
200 millilitres of vegetable stock
600 grams of white fish fillets, skinned and cut into large pieces
A handful of fresh coriander, chopped

INSTRUCTIONS

To make this simple but delicious curry, begin by gently sautéing the onion and garlic for around 5 minutes, or until the onion is soft and the garlic smells aromatic. Stir in the curry paste and let it roast in the pan for 3 minutes to release the flavours of the spices before adding the tomatoes and the stock.

Bring the sauce to a simmer and add the fish. Cook gently for around 10 minutes, by which point the fish will be soft and flaky. Serve immediately topped with a handful of fresh coriander.

191
CALORIES

30
PROTEIN

9
CARBS

5
FATS

2
FIBRE

HAM & RICOTTA PIZZAS WITH PESTO

Serving Size: 4

Total Time: 30 Minutes

Calories	287
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Protein	13
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Carbohydrates	43
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Fat	7
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Fibre	1
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SERVES 4

TOTAL TIME: 30 Minutes

INGREDIENTS

4 tbsp tomato pasta sauce
2 pizza bases
2 slices ham, roughly torn
125g ricotta
1 tbsp fresh pesto

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7 and place a flat baking sheet in the oven to heat up.

Spread each pizza base with 2 tbsp of tomato sauce.

Carefully slide the topped bases onto the warmed baking sheet and cook according to the package instructions.

Five minutes before the end of the cooking time, scatter over the ham, dot the ricotta on top in blobs and place back into the oven to continue cooking.

Season and drizzle the pesto over each pizza before cutting into triangles and serving.

287
CALORIES

13
PROTEIN

43
CARBS

7
FATS

1
FIBRE

CHICKEN RAREBITS

Serving Size: 4

Total Time: 35 Minutes

Calories	319
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Protein	44
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Carbohydrates	2
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Fat	15
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Fibre	1
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SERVES 4

TOTAL TIME: 35 Minutes

INGREDIENTS

4 skinless boneless chicken breast fillets
140g cheddar, coarsely grated
1 tbsp wholegrain mustard
3 tbsp milk
150g cherry tomatoes
Broccoli (to serve)
New potatoes (to serve)

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.
Meanwhile, butterfly the chicken breasts by slicing them in half through the middle so you have two thinner pieces.
Lightly oil a shallow baking dish and arrange the chicken in a single layer.
Mix the cheese, mustard and milk together, then pile the mixture on top of each breast.
Scatter the tomatoes, around the chicken, then bake for 20-30 minutes until the chicken is golden and the tomatoes are starting to split and soften.
Serve with broccoli and new potatoes.

319
CALORIES

44
PROTEIN

2
CARBS

15
FATS

1
FIBRE

LEMONGRASS THAI GROUND PORK STIR FRY

Serving Size: 4

Total Time: 30 Minutes

Calories	272
Protein	27
Carbohydrates	32
Fat	4
Fibre	6





SERVES 4

TOTAL TIME: 30 Minutes

INGREDIENTS

450g lean ground pork
1kg veggies such as courgette, carrots, green beans and peas, spiralised or cut into matchsticks
1 tbsp olive oil
1 stalk lemongrass, minced
2 cloves garlic minced
1 tbsp ginger, minced
2 shallots, finely chopped
60ml fish sauce
50g brown sugar

INSTRUCTIONS

Cook the ground pork for 5-8 minutes in a non-stick pan, until cooked through. Allow to rest on a paper towel lined plate and discard any juices that remain in the pan.

Add the vegetables to the same pan and cook for 5-8 minutes, until just tender then set aside.

Add the olive oil to the pan, and cook the lemongrass, garlic, ginger and shallots until softened.

Stir together the fish sauce and brown sugar, then add that to the pan.

Return the pork to the pan and toss to coat in the sauce before returning the veggies to the pan and stirring for a minute or two.

Serve hot over your favourite rice.

272
CALORIES

27
PROTEIN

32
CARBS


4
FATS

6
FIBRE




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TURKEY HAM QUESADILLAS


 20 MINUTES


 6


CALS
436


PROTEIN
25


CARBS
48


FAT
16


FIBRE
3

SERVES 6 | TOTAL TIME: 20 MINUTES

INGREDIENTS

6 large tortilla wraps (gluten-free if required)
150g cranberry sauce
225g leg ham, finely chopped
225g turkey breast, finely chopped
1 red onion, thinly sliced
1 red bell pepper, thinly sliced
200g cheddar cheese

INSTRUCTIONS

Firstly, lay three of the wraps on your bench top or on a chopping board. Spread cranberry sauce all over, followed by the ham, turkey, onion, bell pepper and cheese.

Top each wrap with another.

Bring a large non-stick fry pan to medium heat and, one at a time, carefully place the quesadilla in the pan. Cook on each side for approximately 3 minutes or until lightly toasted.

Place the cooked quesadillas on a large board, slice and serve immediately.

TURKEY HAM QUESADILLAS

436
CALORIES

25
PROTEIN

48
CARBS

16
FATS

3
FIBRE



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STEAK WITH APPLE SAUCE

 30 MINUTES

 6



CALS
374



PROTEIN
15



CARBS
2



FAT
34



FIBRE
1

SERVES 6 | TOTAL TIME: 30 MINUTES

INGREDIENTS

3 (1-inch-thick) rib eye steaks, boneless

For the Vinaigrette:

60ml cider vinegar

120ml extra-virgin olive oil

Salt and freshly cracked black pepper

58g radish, minced

90g crisp, sweet apple, minced

INSTRUCTIONS

Start by lighting the grill and coating it with a little olive oil. Rub the steaks with olive oil on both sides and season generously with salt and pepper. Grill over moderately high heat, turning once for 6 to 8 minutes, or until medium-rare. Set aside on a carving board and rest for 5 minutes.

Meanwhile, in a medium bowl, mix all the vinaigrette ingredients.

Finally, carve the steaks into strips pour vinaigrette all over and serve on a long sharing board.

STEAK WITH APPLE SAUCE

374
CALORIES

15
PROTEIN

2
CARBS

34
FATS


1
FIBRE



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HOKKIEN NOODLES WITH BEEF

 25 MINUTES

 4



CALS
382



PROTEIN
28



CARBS
31



FAT
17



FIBRE
5

SERVES 4 | TOTAL TIME: 25 MINUTES

INGREDIENTS

450g Hokkien noodles	1 tbsp fish sauce
2 tbsp peanut oil	1 tbsp lime juice
350g beef strips	125ml water
2 cloves garlic, minced	
1 long red chilli, deseeded and sliced	
2 tbsp red curry paste	
1 courgette, cut into matchsticks	
1 red bell pepper, cut into matchsticks	

INSTRUCTIONS

Cook the noodles according to packet instructions. Drain and set aside.

Heat 1 tbsp oil over high heat in a large frying pan. Cook the beef for 3-4 minutes. Remove from the pan and set aside.

Add the remaining oil, garlic, chilli and curry paste and heat for 1 minute. Add the courgette and bell pepper and cook for 3-4 minutes. Return the beef to the pan, along with the fish sauce, lime juice and water. Cook for another 3 minutes.

Toss the noodles through and heat for a further minute.

Divide between 4 bowls.

HOKKIEN NOODLES WITH BEEF

382
CALORIES

28
PROTEIN

31
CARBS


17
FATS

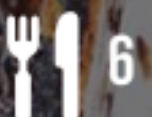
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SLOW COOKER PULLED PORK

 6.5 HOURS

 6



CALS
318



PROTEIN
21



CARBS
29



FAT
13



FIBRE
1

SERVES 6 | TOTAL TIME: 6.5 HOURS

INGREDIENTS

2 tsp olive oil
450g pork shoulder
1 onion, diced
250ml barbeque sauce
125ml apple cider vinegar
125ml chicken stock
60ml honey
1 tsp chilli powder

1 tsp garlic powder
1 tsp dried thyme
Salt & cracked pepper

INSTRUCTIONS

Firstly pour the oil in the bottom of the slow cooker and place the pork on top.

Add all ingredients and give it a quick stir.

Cover and cook on high for 6 hours.

Once cooked, break apart the pork using two forks.

SLOW COOKER PULLED PORK

318
CALORIES

21
PROTEIN

29
CARBS


13
FATS

1
FIBRE




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EASY CHINESE NOODLES


 25 MINUTES

 3


CALS
380


PROTEIN
31


CARBS
46


FAT
8


FIBRE
1

SERVES 3 | TOTAL TIME: 25 MINUTES

INGREDIENTS

500g Hokkien noodles	1 tbsp Mirin
1 tsp olive oil	1 tsp honey
500g beef mince	Salt & cracked pepper
1/4 white cabbage, shredded	
75g frozen carrot	
75g frozen beans	
For the sauce:	
4 tsp corn flour	
3 tbsp dark soy sauce	

INSTRUCTIONS

Start by cooking the noodles according to packet instructions.

Next, add the olive oil and beef to a large wok and cook for 5-7 minutes.

Next, stir through the vegetables.

In a small bowl, whisk together all the sauce ingredients until well combined.

Pour the sauce over the beef and vegetables and heat through for about 3 minutes.

Divide into 3 bowls and top with fresh chilli if you desire.

EASY CHINESE NOODLES

380
CALORIES

31
PROTEIN

46
CARBS

8
FATS

1
FIBRE



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ONE POT VEGO SAUSAGE STEW

 40 MINUTES

 6



CALS
375



PROTEIN
34



CARBS
30



FAT
12



FIBRE
7

SERVES 6 | TOTAL TIME: 40 MINUTES

INGREDIENTS

1 tbsp olive oil
8 vegetarian sausages
1 onion, sliced
2 garlic cloves, minced
½ tsp ground cumin
1/2 tsp dried parsley
1 x (4200g) tin chopped tomatoes
1 x (400g) tin kidney beans, drained and rinsed
1 x (400g) tin chickpeas, drained and rinsed
1 x (400g) tin sweet corn, drained

INSTRUCTIONS

Start by heating the oil in a large skillet over medium heat. Add the sausages and cook for 5 minutes, rotating regularly to make sure all sides are cooked. Remove from the pan and set aside.

Add the onion to the same pan and cook for 5 minutes or until soft. Stir through the garlic, cumin and parsley.

Next, add the tomatoes, kidney beans, chickpeas, corn and 250ml boiling water. Bring to a boil before reducing the heat and simmering for 10 minutes.

Place the sausages back in the pan, cover with a lid and cook for another 10 minutes.

Serve immediately.

ONE POT VEGO SAUSAGE STEW

375
CALORIES

34
PROTEIN

30
CARBS

12
FATS

7
FIBRE



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HONEY SRIRACHA CHICKEN

 27 MINUTES

 2



CALS

242



PROTEIN

27



CARBS

29



FAT

2



FIBRE

1

SERVES 2 | TOTAL TIME: 27 MINUTES

INGREDIENTS

680g boneless, chicken breast, skinless (2-3 large)
120ml tamari (or coconut aminos or soy sauce)
120ml honey
120ml sriracha
2 tbsp minced garlic
1.5 tbsp cornstarch (optional)

INSTRUCTIONS

Firstly, prepare the sauce by whisking together tamari, honey, sriracha, and minced garlic.

Place chicken breasts on the bottom of a slow cooker and then pour sauce on top.

Set slow cooker to high heat and cook for 2 to 3 hours OR set slow cooker to low heat and cook for 6 to 8 hours (recommended).

Once your chicken is easily shreddable, remove from slow cooker and use 2 forks to shred chicken breast.

Now, if you want to thicken the sauce, add 1.5 tbsp of cornstarch. Whisk until dissolved.

Add shredded chicken back into sauce and stir. Let sit for 10 minutes before serving.

HONEY SRIRACHA CHICKEN

242
CALORIES

27
PROTEIN

29
CARBS

2
FATS

1
FIBRE



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SPICY CHICKEN BURGERS WITH MANGO SALSA



35 MINUTES



4



CALS

420



PROTEIN

30



CARBS

48



FAT

12



FIBRE

5

SERVES 4 | TOTAL TIME: 35 MINUTES

INGREDIENTS

2 large chicken breasts, skinless, halved horizontally

4 pitta breads

2 tbsp roasted red peppers or peppers from a jar, drained and diced

2 spring onions, chopped

For the marinade

1 lemon, juiced

3 tbsp korma or mild curry paste

125g low-fat natural yogurt

2 tbsp fresh coriander, chopped

For the salsa

1 small mango, diced

1 ripe avocado, diced

1 red onion, diced

2 tbsp fresh coriander, chopped

4 tbsp sweet chilli sauce

Squeeze of lime or lemon juice

INSTRUCTIONS

Start by putting the chicken between 2 pieces of cling film or in a plastic bag and flatten with a rolling pin to an even thickness. Cut the flattened chicken into wide strips and put in a non-metallic bowl.

In another bowl, combine the marinade ingredients, then pour over the chicken and mix to coat. Cover, then transfer to the fridge to marinate for up to 3 hours.

Meanwhile, mix all the salsa ingredients together in a bowl and set aside.

At the same time, preheat the barbecue. Cook the marinated chicken strips for 4 to 5 minutes on each side or until cooked through.

Warm the pitta breads, then split them open. Fill each with chicken, then top with a dollop of mango salsa, the peppers and spring onions.

SPICY CHICKEN BURGERS WITH MANGO SALSA

420
CALORIES

30
PROTEIN

48
CARBS


12
FATS


5
FIBRE



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SWEET & STICKY CHICKEN

 50 MINUTES

 2



CALS
557



PROTEIN
50



CARBS
51



FAT
17



FIBRE
4

SERVES 2 | TOTAL TIME: 50 MINUTES

INGREDIENTS

1 tsp butter
2 cloves garlic, minced
2 tsp ginger paste
75g basmati rice
125ml water
4 chicken thighs, skin removed
4 tbsp sweet chilli sauce
1/2 head broccoli, cut into florets

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

In a medium-sized saucepan, add the olive oil, garlic and ginger. Cook for 2 minutes, stirring continuously. Next, add the rice, water and sprinkling of salt. Stir, bring to a boil, then reduce the heat to low, cover with a lid and cook for 10-12 minutes or until the water has absorbed.

Next, pour the sweet chilli sauce into a medium-sized bowl and coat the chicken thighs. Place chicken on the baking tray and cook for 20 minutes.

Meanwhile, steam the broccoli either in a steaming basket on the stove or in the microwave.

Once the chicken is cooked, bring a grill plate to high heat and brown the top side of the chicken for 1-2 minutes.

Divide rice on two plates and top with chicken and broccoli.

SWEET & STICKY CHICKEN

557
CALORIES

50
PROTEIN

51
CARBS

17
FATS


4
FIBRE



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SICILIAN PASTA

 30 MINUTES

 2



CALS
450



PROTEIN
25



CARBS
65



FAT
10



FIBRE
5

SERVES 2 | TOTAL TIME: 30 MINUTES

SICILIAN PASTA

INGREDIENTS

150g penne pasta
1 tsp olive oil
2 cloves garlic, minced
90g pitted black olives
1 tbsp capers
300ml passata
1-2 tsp chilli flakes
95g tinned tuna, drained
Salt & cracked pepper
2 tbsp fresh basil, leaves picked

INSTRUCTIONS

Start by cooking the pasta according to packet instructions. Drain and set aside.

Meanwhile, bring a frying pan to medium heat and add the olive oil, garlic, olives and capers. Cook for about 2 minutes before adding the passata and chilli flakes.

Stir through the tuna, breaking up the chunks with your spoon. Add the pasta and continue to stir through.

Divide into two bowls and garnish with fresh basil.

450
CALORIES

25
PROTEIN

65
CARBS


10
FATS

5
FIBRE



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CREAMY TURKEY PASTA

 35 MINUTES

 2



CALS
474



PROTEIN
29



CARBS
48



FAT
17



FIBRE
3

SERVES 2 | TOTAL TIME: 35 MINUTES

INGREDIENTS

100g penne (uncooked)
1 brown onion, diced
1 clove garlic, minced
100g sundried tomatoes, sliced
500ml vegetable stock
100ml light cream
1 tbsp lemon, juiced
1/2 tbsp Dijon
170g cooked turkey breast

INSTRUCTIONS

Bring a large pot of salted water to boil and cook penne according to packet instructions.

Meanwhile, bring a large non-stick skillet to medium heat, add onion, garlic and sundried tomatoes. Cook for 5 minutes.

Next, add the stock, cream, lemon and Dijon, and bring to a simmer.

Stir through the cooked turkey and pasta.

Season really well with salt & cracked pepper, and divide into 2 bowls.

CREAMY TURKEY PASTA

474
CALORIES

29
PROTEIN

48
CARBS

17
FATS


3
FIBRE



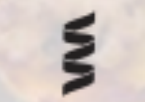
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LAMB & ARUGULA PIZZA


 25 MINUTES


 2


CALS
494


PROTEIN
27


CARBS
47


FAT
22


FIBRE
4

SERVES 2 | TOTAL TIME: 25 MINUTES

INGREDIENTS

1 large pizza base (gluten free if required)	100g feta
1 tbsp tomato paste	1 tbsp pine nuts
1 tsp olive oil	Handful arugula
1 shallot, diced	
1 clove garlic, minced	
1/2 red bell pepper, chopped	
125g ground lamb	
1 tbsp fresh oregano leaves	
1 tsp dried basil	
Sea salt & cracked pepper	

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5.

Spread tomato paste evenly across the pizza base and set aside.

Bring a fry pan to high heat, add olive oil, shallot and garlic. Cook for 1 minute.

Next, add the bell pepper, mince, oregano, basil salt and pepper. Cook for 6-8 minutes or until the lamb is fully browned.

Spread lamb mince evenly across the pizza base.

Place in the oven and cook for 10-15 minutes (it will depend on the thickness of your base). With 5 minutes remaining, add the feta and pine nuts.

Remove from the oven and place arugula on top. Slice into pieces and serve on 2 plates.

LAMB & ARUGULA PIZZA

494
CALORIES

27
PROTEIN

47
CARBS

22
FATS


4
FIBRE



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QUICK AND EASY CHICKEN QUESADILLA

 10 MINUTES

 1



CALS
452



PROTEIN
21



CARBS
56



FAT
16



FIBRE
5

SERVES 1 | TOTAL TIME: 10 MINUTES

INGREDIENTS

1 tortilla (gluten free if required)
60ml tomato basil pasta sauce
60g cooked BBQ chicken
1 tbsp scallions, diced
50g cheese, shredded

INSTRUCTIONS

Lay tortilla flat on the bench.

Spread tomato basil sauce over half the tortilla.

Top with chicken, scallions and cheese.

Fold in half, place in a pan and heat over medium heat, flipping once, until cheese is melted and tortilla is slightly toasted.

QUICK AND EASY CHICKEN QUESADILLA

452
CALORIES

21
PROTEIN

56
CARBS

16
FATS

5
FIBRE



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SPANISH BAKED CHICKEN

 50 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
325	18	34	13	11

SERVES 4 | TOTAL TIME: 50 MINUTES

INGREDIENTS

350g potato cut into wedges
3 cloves garlic, whole
1 green bell pepper, cut into chunks
125ml chicken stock
280g chicken breast-skinless
75g chorizo
1 tsp olive oil
1/2 tsp sweet smoked paprika
1/2 tsp dried oregano
60g green olives

Flaked sea salt & cracked pepper

INSTRUCTIONS

Preheat the oven to 200°C/400°F/Gas Mark 6.

Place potatoes, garlic, bell pepper and stock in an ovenproof dish. Making sure the veggies are submerged a little in the broth. Cook for 15 minutes.

Meanwhile, prepare the chicken by rubbing each breast with olive oil, paprika and oregano. Place chicken and chorizo on top of the vegetables and cook for an additional 25 minutes or until chicken is fully cooked. (check by making a small incision).

Scatter olives all around, season with salt & pepper and serve on two plates.

SPANISH BAKED CHICKEN

325
CALORIES

18
PROTEIN

34
CARBS

13
FATS


11
FIBRE



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PRAWN FRIED RICE

 25 MINUTES

 4



CALS
408



PROTEIN
23



CARBS
52



FAT
12



FIBRE
4

SERVES 4 | TOTAL TIME: 25 MINUTES

PRAWN FRIED RICE

INGREDIENTS

300g basmati rice
2 tbsp vegetable oil
2 red chillies, diced
2 eggs, beaten
1/2 brown onion, diced
250g frozen bag of mixed vegetables
285g pack cooked small prawns
1 tbsp soy sauce (or tamari if gluten-free)
1 tsp chilli paste

INSTRUCTIONS

Start by boiling rice and cooking according to packet instructions. Once all the water has evaporated, transfer rice to a bowl.

Cook the frozen vegetables either in a fry pan or in the microwave, again following the packet instructions.

Next, in a large wok, add the vegetable oil and chilli and cook for 30 seconds before pouring the cooked rice into the wok. Cook for 1-2 minutes, then push rice to one side and pour the beaten eggs and gently stir to scramble them.

Poor the cooked vegetables into the wok, along with the cooked prawns and add the soy sauce and chilli sauce. Cook for an additional 2 minutes, then serve immediately in four bowls.

408
CALORIES

23
PROTEIN

52
CARBS


12
FATS

4
FIBRE




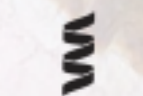
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BBQ STEAK AND PEACH SALAD


 20 MINUTES


 2


CALS
461


PROTEIN
32


CARBS
18


FAT
29


FIBRE
7

SERVES 2 | TOTAL TIME: 20 MINUTES

INGREDIENTS

200g porterhouse steak
2 tsp butter
2 peaches, sliced
250g mangetout
60g feta
200g argula
Drizzle balsamic glaze

INSTRUCTIONS

Preheat char grill over medium-high heat. Rub steaks with butter and season with salt and pepper.

Cook for 3 minutes on each side, or depending on your preference you may want to increase or decrease cooking time.

Wrap the steak in foil and set aside.

Next cook the peaches and mangetout for about 3-4 minutes, or until charred lines start to appear.

Divide argula on to two plates, top with sliced steak, peaches, mangetout and crumbled feta. Finally, drizzle with a little balsamic glaze.

BBO STEAK AND PEACH SALAD

461
CALORIES

32
PROTEIN

18
CARBS


29
FATS


7
FIBRE



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SINGAPORE NOODLES

 30 MINUTES

 4



CALS
388



PROTEIN
17



CARBS
53



FAT
12



FIBRE
5

SERVES 4 | TOTAL TIME: 30 MINUTES

INGREDIENTS

1 tbsp peanut butter	150g baby corn
1 tbsp tamari	150g Singapore noodles
2 tsp lime juice	
1 tbsp sesame oil	
200g firm tofu, cut into cubes	
1 clove garlic, minced	
1 brown onion, diced	
1 yellow bell pepper, sliced	
1 head broccoli, florets chopped	

INSTRUCTIONS

Add the peanut butter, tamari, and lime juice to a medium-sized bowl and stir to combine. Add the tofu and gently toss to coat.

Add 2 tsp of sesame oil to a large frying pan. Add tofu and cook for about 5 minutes each side or until golden. remove from the heat and set aside.

Meanwhile, add the noodles to a bowl of boiling water and allow to stand for 5 minutes. Drain and set aside.

Add the remaining sesame oil to the same frying pan, along with the garlic and onion. Cook for 3-4 minutes. Add the bell pepper, broccoli and corn and cook for another 4-5 minutes.

Toss the noodles through the rest of the dish and divide between 3 bowls.

SINGAPORE NOODLES

388
CALORIES

17
PROTEIN

53
CARBS

12
FATS

5
FIBRE