



**VOLUME I**

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# Greek Gyro Wrap

**Total Calories - 449**  
**Protein - 57g**  
**Carbohydrate - 34g**  
**Fat - 8g**



## Lower Calorie Alternative:

- 1 Warburton's Gluten Free 4 High Protein Wraps With Super Seeds (126 Cals)
- Remove olive oil spray (-2 Cals per spray)

**Total Calories - 351**  
**Protein - 55g**  
**Carbohydrate - 17g**  
**Fat - 6g**

## Plant-Based Alternative:

- 150g This Isn't Chicken (258 Cals)
- 60g Oatly Greek Style Oatgurt (87 Cals)

**Total Calories - 569**  
**Protein - 45g**  
**Carbohydrate - 54g**  
**Fat - 16g**



# GREEK GYRO WRAPS

## INGREDIENTS

- 150g Chicken Breast
- 1 Greek Style Flatbread
- 60g Fage Greek Yoghurt (0%)
- Low-Cal Olive Oil Spray  
(Optional)
- 1 Clove Garlic
- ¼ Cucumber
- ¼ Tomato
- ¼ Onion
- Fresh Mint
- Oregano
- Fresh Parsley
- ¼ Lemon
- Salt
- Pepper

## TOTAL TIME - 25 MINS

Prep Time - 10 Mins

Cook Time - 15 Mins

## METHOD

- To prepare the marinade, combine 20g of yoghurt with chopped garlic and lemon juice in a bowl. Add salt, pepper and oregano to taste.
- Cut chicken into 1.5-inch pieces and stir into the marinade (set aside for approximately 10 minutes whilst completing the next 2 steps). For extra taste, the chicken can be left marinating in the fridge for up to 24 hours in a sealed container but remember to bring to room temperature before cooking.
- To begin making the tzatziki, grate the cucumber and squeeze out all the excess water with your hands, then combine the remaining 40g of yoghurt. Add salt, pepper, mint and lemon juice to taste.
- For the salad, dice the tomato and then finely slice some cucumber and onion. This should then be combined with lemon juice, oregano, chopped parsley and a dash of salt and pepper. Spray with the low-cal olive oil spray (optional).
- Preheat a non-stick frying pan to medium-high heat and distribute chicken pieces evenly into the pan to avoid steaming the chicken. Brown on each side until cooked all the way through, when complete remove chicken from the pan and set aside.
- Place the flatbread in the pan for 10-15 seconds on each side to warm, then place on some foil ready to assemble the wrap. Cover the flatbread with the tzatziki, followed by the chicken, and then the salad topped with parsley. Fold over the flatbread and wrap into a cone shape, leaving the top exposed whilst twisting the foil at the bottom end so that contents do not drop out, plate and serve.

# Burrito

**Total Calories - 556**

**Protein - 55g**

**Carbohydrate - 44g**

**Fats - 15g**



## Lower Calorie Alternative:

- 1 Warburtons Gluten Free 4 High Protein Wraps With Super Seeds (126 Cals)
- Remove rice (-63 Cals)
- Use low-cal olive oil spray (2 Cals per spray)

**Total Calories - 404**

**Protein - 56g**

**Carbohydrate - 18g**

**Fat - 9g**

## Plant-Based Alternative:

- 150g This Isn't Chicken (258 Cals)
- 40g Oatly Greek Style Oatghurt (73 Cals)

**Total Calories - 673**

**Protein - 45g**

**Carbohydrate - 65g**

**Fat - 23g**

# BURRITO



## INGREDIENTS

- 150g Chicken Breast
- 1 Tortilla Wrap
- 40g Uncle Ben's Spicy Mexican Rice
- 40g Fage Yoghurt
- 30g Avocado
- Fajita Seasoning
- 1 Tsp. Olive Oil
- 1 Lime
- ½ Red Pepper
- ½ Yellow Pepper
- ¼ Onion
- 1 Red Chilli
- Fresh Mint
- Fresh Coriander
- Salt
- Pepper

## TOTAL TIME - 25 MINS

Prep Time - 10 Mins

Cook Time - 15 Mins

## METHOD

- Cut the chicken breast into 1.5-inch pieces and place into a bowl. Add the fajita seasoning and oil, then salt and pepper to taste. Combine well and set aside for 10 minutes.
- In a separate bowl combine the mint and yoghurt. Add some salt, pepper, and lime juice to taste.
- Prepare the guacamole by crushing the avocado with a fork and add chilli, coriander, salt, pepper and some lime juice to taste.
- Preheat a non-stick frying pan to medium-high heat and then place the chicken pieces evenly across the pan to avoid steaming the chicken and begin to cook. Slice and add the onions and peppers halfway through the cooking process. The total time taken will vary but the centre of a piece can be checked to ensure it is no longer pink. When cooked remove from pan and set aside.
- Heat the rice for approximately 10 seconds.
- Place the wrap on a plate and top with the mint yoghurt and guacamole, followed by the rice, then finally the chicken. Finish with coriander and sliced chilli and tuck in both ends of the wrap before rolling to form a burrito.
- Preheat the same pan to medium heat for 2 minutes and place the burrito in the pan seam down and allow to toast, once browned and sealed, flip and repeat. Plate and serve.

# Honey Sriracha Chicken

**Total Calories - 476**

**Protein - 45g**

**Carbohydrate - 57g**

**Fats - 9g**



## Lower Calorie Alternative:

- Use low-cal olive oil spray (2 Cals per spray)
- Use less rice to reduce calories

**Total Calories - 436**

**Protein - 45g**

**Carbohydrate - 57g**

**Fat - 5g**

## Plant-Based Alternative:

- 150g This Isn't Chicken (258 Cals)
- 3 Tbsps. Agave Sriracha Glaze (93 Cals)

**Total Calories - 546**

**Protein - 37g**

**Carbohydrate - 68g**

**Fat - 12g**



# HONEY SRIRACHA CHICKEN

## INGREDIENTS

- 150g Chicken Breast
- 60g of Jasmine Rice (Uncooked)
- 1 Tbsp. Honey
- 1 Tbsp. Sriracha
- 1 Tbsp. Soy Sauce
- 1 Tbsp. White Vinegar
- 1 Tsp. Olive Oil
- Tenderstem Broccoli (As Much)
- 2 Cloves Garlic
- Chilli Flakes
- 1 Red Chilli (Optional)
- ½ Lime
- 1 Spring Onion (Optional)
- Salt
- Pepper

## TOTAL TIME - 45 MINS

Prep Time - 15 Mins

Cook Time - 30 Mins

## METHOD

- Butterfly the chicken breast or alternatively cut the chicken into 1.5-inch pieces if preferred. Coat the chicken in 1 tbsp. soy sauce and leave to marinate in a bowl.
- Rinse the rice in cold water until the water runs clear and drain. In a non-stick saucepan add 125ml of water to the rice and bring to a boil. Cover and turn the heat to low for 10 minutes. After 10 minutes turn off the heat and leave to sit covered for a further 10 minutes.
- Whilst the rice is cooking, prepare as much broccoli by separating florets from the long stems. Slice the stems thinly at an angle while keeping the florets whole and set aside.
- Preheat a non-stick frying pan to medium-high heat and add the chicken. Brown the chicken slightly. Once the chicken is browned evenly, remove and set aside.
- Add to the chicken, 1 tbsp. each of sriracha, soy sauce, honey and white vinegar and combine well.
- Add half of the oil to the same pan the chicken was cooked in on medium heat and add 1 clove of chopped garlic and sauté until golden. Add the sauce and when thickened add the chicken back to the pan. Cook until the sauce thickens and glazes the chicken and remove.
- In a clean non-stick pan preheated to medium-high temperature, add the broccoli and season with salt and pepper, cook until charred. Add the remainder of the oil along with the other clove of chopped garlic and sauté until garlic becomes golden and fragrant. Remove and set aside and add freshly squeezed lime juice and chilli flakes to taste.
- Plate the chicken, rice and broccoli, garnish with chopped spring onions and sliced red chilli and serve.



# Adobo Fried Rice With Chicken Skewers

**Total Calories - 552**

**Protein - 51g**

**Carbohydrate - 51g**

**Fats - 14g**



## Lower Calorie Alternative:

- Remove egg (-78 Cals)
- Use low-cal olive oil spray (2 Cals per spray)

**Total Calories - 434**

**Protein - 45g**

**Carbohydrate - 51g**

**Fat - 5g**

## Plant-Based Alternative:

- 150g This Isn't Chicken (258 Cals)
- 125g plain Jasmine rice (155 Cals)
- Remove egg (-78 Cals)

**Total Calories - 535**

**Protein - 37g**

**Carbohydrate - 67g**

**Fat - 12g**



# ADOBO FRIED RICE WITH CHICKEN SKEWERS

## INGREDIENTS

- 150g Chicken Breast
- 125g Jasmine Rice (Cooked)
- 1 Egg
- 1 Tsp. Rapeseed Oil
- 3 Tbsps. Soy Sauce
- 2 Tbsps. White Vinegar
- 1 Tbsp. Sweet Soy Sauce (Kecap Manis)
- 1 Tbsp. Ketchup
- 1 Tbsp. Sriracha
- 2 Cloves Garlic
- 1 Spring Onion
- Spinach (Handful)
- Cabbage (Handful)
- ¼ Onion
- ¼ Red Chilli
- ½ Cucumber
- Salt
- Pepper
- Bamboo Skewers (Optional)

## TOTAL TIME - 35 MINS

Prep Time - 15 Mins

Cook Time - 20 Mins

## METHOD

- Cut chicken into 1.5-inch pieces and set aside. Prepare the marinade in a bowl by adding 1 tbsp. of each ketchup, white vinegar and soy sauce, then ½ tsp. of sweet soy sauce and sriracha, some pepper and add the chicken to the bowl.
- Skewer the chicken and preheat a non-stick pan to medium-high heat. When preheated add chicken skewers. Turn chicken regularly to avoid burning the marinade. When the chicken appears to be charred and cooked through, remove and set aside to rest.
- Chop all vegetables and aromatics. Preheat a wok or high-sided frying pan to medium-high to high heat and add 1 tsp. oil and 2 cloves of chopped garlic and sauté for 30 seconds, then add the onion and sauté for a further 20 seconds. Add cabbage and fry for a couple of minutes until softened but not cooked through.
- Next, stir in the 125g of cooked Jasmine or basmati rice and add 2 tbsps. soy sauce, 1 tbsp. white vinegar, ½ tsp. sweet soy sauce, stirring again to coat every grain in the sauce. When the rice is all evenly coated and absorbed all the sauce, add the spinach, spring onion and chilli but reserve a small amount of spring onion and chilli for garnish. Remove from the pan and set aside.
- In a clean non-stick pan preheated to medium temperature, crack and add the egg and cook sunny side up.
- Plate the skewers and fried rice then add the egg. Slice and add cucumber and then garnish everything with the remaining chopped spring onion and chilli and serve.

# Bangers and Mash

**Total Calories - 660**  
**Protein - 35g**  
**Carbohydrate - 83g**  
**Fats - 17g**



## Lower Calorie Alternative:

- Low-cal oil spray (2 Cals per spray)
- 150g Heck Simply Chicken Chipotlas (199 Cals)
- Use half the amount of potato (140 Cals)
- Remove wine (-17 Cals)

**Total Calories - 379**  
**Protein - 37g**  
**Carbohydrate - 38g**  
**Fat - 7g**

## Plant-Based Alternative:

- 150g Naked Glory Sausages (228 Cals)
- 20ml Vegan Red Wine (17 Cals)

**Total Calories - 577**  
**Protein - 21g**  
**Carbohydrate - 77g**  
**Fat - 17g**



# BANGERS AND MASH

## INGREDIENTS

- 150g Turkey Sausages
- 300g White Potato
- 20ml Red Wine
- ½ Knorr Chicken Stock Pot
- 20g Bisto Gravy Granules
- ½ Tbsp. Olive Oil
- 1 Cup Baby Carrots
- 1 Cup Tenderstem Broccoli
- 1 Onion
- 1 Clove Garlic
- 1 Bay Leaf
- Fresh Rosemary
- Fresh Parsley
- Fresh Chives
- Salt
- Pepper

## TOTAL TIME - 45 MINS

Prep Time - 15 Mins

Cook Time - 30 Mins

## METHOD

- Whilst the oven is preheating, coat the carrots and broccoli in half the oil and season with salt and black pepper. Once heated, add the carrots to a baking tray and into the preheated oven on the middle shelf, between 20 and 30 minutes. Add the broccoli for the remaining 10 minutes (as it takes less time).
- Peel and chop potatoes into equal size 1.5-inch cubes and place in a pan of cold salted water. Cover and turn the heat to high and bring to a boil. When the potatoes are fork-tender, drain and return to the pan and let steam dry with the lid and heat off.
- Whilst the potatoes are boiling, preheat a non-stick frying pan to medium-high heat and add the sausages. This is to brown all sides of the sausages as they will finish cooking in the sauce. Once browned remove sausages and add the remainder of the oil to the same pan along with one sprig of rosemary and the onion and sauté until translucent. Chop the clove of garlic and add to the pan and cook for another minute. Add the wine and cook the alcohol off, you want to be left with a thick syrup-like consistency coating the onions. Add water and half the stockpot and dissolve first, then add the bisto granules and stir to dissolve too. Next, add the bay leaf to the sausages and cover to simmer until the sausages are cooked through. This should take approximately 5-10 minutes, season with salt and black pepper to taste.
- Use a potato ricer or masher to mash the cooked potatoes and add chopped chives, salt and black pepper to taste. If the gravy is not as thick as you would like, remove the sausages and simmer on medium-high heat with the lid off until you reach your desired consistency. Finally, plate everything, garnish with fresh parsley and serve.

# Salmon Half 'n' Half

**Total Calories - 560**

**Protein - 42g**

**Carbohydrate - 63g**

**Fats - 16g**



## **Lower Calorie Alternative:**

- Use low-cal oil spray (2 Cals per spray)
- Use half the amount of potato (137 Cals)

**Total Calories - 403**

**Protein - 39g**

**Carbohydrate - 31g**

**Fat - 14g**



# SALMON HALF 'N' HALF

## INGREDIENTS

- 150g Skinless Salmon
- 100g White Potato
- 200g Sweet Potato
- ½ Tsp. Olive Oil
- 5 Stalks Asparagus
- Chilli Flakes
- 1 Spring Onion
- 1 Clove Garlic
- ½ Lemon
- Salt
- Pepper
- Fresh Dill (Optional)

## TOTAL TIME - 25 MINS

Prep Time - 5 Mins

Cook Time - 20 Mins

## METHOD

- Peel and cut potatoes into 1.5-inch pieces and place in a pot of cold salted water. Place on the hob and turn to high covered and bring to a boil.
- Whilst the potatoes are cooking, bend and snap the bottom ends off the asparagus as they are bitter unless using asparagus tips which are readily prepared. Coat asparagus in half the olive oil and set aside.
- Preheat a non-stick skillet to medium-high heat, add the remaining oil and then add the salmon. Season with salt and black pepper to taste. Cooking times may vary but 2 minutes on all four sides on medium-high heat should suffice. Remove the salmon once cooked and set aside, then add freshly squeezed lemon juice.
- When the potatoes are fork-tender, drain and add back to the pot covered, leaving to steam dry with the heat off. Using a potato ricer or masher, mash the potatoes until smooth and add chopped spring onion, salt and black pepper to taste.
- Add the asparagus to the same pan as the salmon and cook on medium-high. Cut garlic into thin slices and add to the asparagus when half cooked and toss. Season with salt, black pepper and chilli flakes to taste. After a few minutes add a squeeze of fresh lemon. Plate everything, garnish with dill and serve.

# Teriyaki Salmon

**Total Calories - 609**

**Protein - 38g**

**Carbohydrate - 71g**

**Fats - 18g**



## Lower Calorie Alternative:

- Use low-cal oil spray (2 Cals per spray)
- Swap the Asian slaw to green vegetables (-42 Cals)
- Remove honey and use 1 tsp. sugar instead (16 Cals)

**Total Calories - 468**

**Protein - 38g**

**Carbohydrate - 44g**

**Fat - 16g**

## Plant-Based Alternative:

- 150g This Isn't Chicken (258 Cals)

**Total Calories - 600**

**Protein - 37g**

**Carbohydrate - 88g**

**Fat - 10g**



# TERIYAKI SALMON

## INGREDIENTS

- 150g Skinless Salmon
- 60g Jasmine Rice (Uncooked)
- ½ Tsp. Rapeseed Oil
- 25g Shredded Daikon
- 12g Shredded Carrot
- 12g Sliced Cucumber
- 2 Tbsps. Soy Sauce
- 2 Tbsps. Honey
- 1 Tbsp. White Vinegar
- 1 Tbsp. Mirin
- 1 Tsp. Chopped Ginger
- 1 Tsp. Chopped Garlic
- 1 Spring Onion
- White Sesame Seeds (Garnish)
- Black Sesame Seeds (Garnish)
- Salt
- Pepper

## TOTAL TIME - 60 MINS

Prep Time - 30 Mins

Cook Time - 30 Mins

## METHOD

- Begin by making the Asian pickled slaw. Place a bowl on weighing scales, peel, shred then add the following: carrots, cucumber, daikon to 1 tbsp. of each white vinegar, warm water and honey and a pinch of salt. Leave to sit for 20 minutes.
- To prepare the marinade for the salmon, in a zip lock bag or container add the following: ginger, garlic to 1 tbsp. of each, mirin, honey and water, with 2 tbsps. of soy sauce and combine well. Add the salmon and leave to marinate for 10-20 minutes.
- Rinse the rice in cold water until the water runs clear and drain. In a non-stick saucepan add 125ml of water to the rice and bring to a boil. Cover and turn the heat to low for 10 minutes. After 10 minutes turn off the heat and leave to sit covered for a further 10 minutes.
- Whilst the rice is sitting for 10 minutes, remove the salmon from the marinade and scrape off ginger and garlic but do not discard the leftover marinade. Pat the salmon dry with a paper towel and preheat a non-stick skillet or pan to medium-high heat. Add ½ tsp. of oil to the pan and cook all four sides of the salmon for approximately 2 minutes each. Remove the salmon from the pan and add the remaining marinade until thickened into a sauce-like consistency. Lastly, add the salmon back to the pan and coat in the sauce, cooking until it has turned into a glaze.
- Remove the salmon from the pan and garnish with white sesame seeds and sliced spring onion and place on a plate. Next, add the rice, remove the pickled slaw from the pickling solution and add to the plate also. Top the rice with black sesame seeds and serve.



# Piri-Piri Chicken

**Total Calories - 432**  
**Protein - 44g**  
**Carbohydrate - 28g**  
**Fat - 15g**



## Lower Calorie Alternative:

- 100g sweet potato (85 Cals)
- Use low-cal olive oil spray (2 Cals per spray)

**Total Calories - 302**  
**Protein - 44g**  
**Carbohydrate - 25g**  
**Fat - 3g**

## Plant-Based Alternative:

- 150g This Isn't Chicken (258 Cals)

**Total Calories - 498**  
**Protein - 36g**  
**Carbohydrate - 44g**  
**Fat - 18g**



# PIRI-PIRI CHICKEN

## INGREDIENTS

- 150g Chicken Breast
- 100g Sweet Potato Oven Fries
- 20g Nando's Sauce
- 5g Nando's Seasoning
- 1 Tsp. Olive Oil
- 1 Clove Garlic
- 5 Spears Asparagus
- Chilli Flakes
- ¼ Lemon
- Salt
- Pepper

## TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

## METHOD

- Marinate chicken in ½ tsp. olive oil and 5g of your chosen Nando's seasoning and set aside. Preheat the oven to the instructions on the back of the sweet potato fries bag. Once preheated add the fries to a baking tray and avoid overlapping any. Cook for approximately 25 minutes.
- Bend and snap ends of asparagus off, as the bottom ends are bitter unless using asparagus tips which are readily prepared. Coat asparagus in remaining olive oil and set aside.
- Preheat a non-stick skillet or pan to medium-high heat and add the chicken and cook halfway before flipping once to cook all the way through. 2 minutes before the chicken has finished cooking, add 20g of your chosen Nando's sauce and cook until thickened and the chicken is evenly coated and set aside.
- Add the asparagus to a clean pan and cook on medium-high. After 2-3 minutes, cut garlic into thin slices and add to the pan tossing every 30 seconds, until cooked. Season with salt, black pepper and chilli flakes to taste. When cooked finish off with a squeeze of fresh lemon. Plate the chicken, sweet potato chips, and asparagus and serve.

# Thai Curry

**Total Calories - 579**

**Protein - 33g**

**Carbohydrate - 46g**

**Fats - 29g**



## **Lower Calorie Alternative:**

- 100ml Light Coconut Milk (73 Cals)
- Use less rice to reduce calories

**Total Calories - 467**

**Protein - 31g**

**Carbohydrate - 46g**

**Fat - 18g**



# THAI CURRY

## INGREDIENTS

- 150g Basa Fillet
- 60g Jasmine Rice (Uncooked)
- 25g Curry Paste
- 100ml Coconut Milk
- ½ Tsp. Sugar
- 1 Tsp. Soy Sauce
- 1 Lemongrass Stalk
- 2 Kaffir Lime Leaves
- ½ Cup Mangetout
- ½ Cup Baby Corn
- ½ Red Pepper
- ¼ Cup Onions
- ½ Cup Tomatoes
- Fresh Coriander
- 1 Red Chilli
- ¼ Lime
- Salt
- Pepper

## TOTAL TIME - 45 MINS

Prep Time - 15 Mins

Cook Time - 30 Mins

## METHOD

- Rinse the rice in cold water until the water runs clear and drain. In a non-stick saucepan add 125ml of water to the rice and bring to a boil. Cover and turn the heat to low for 10 minutes. After 10 minutes turn off the heat and leave to sit covered for a further 10 minutes.
- For the curry add 25ml of coconut milk to a pan and cook until the oil separates from the milk and begins to fry. Add the curry paste and cook until the oil separates again. Then add 25ml more coconut milk and reduce again, repeating the process until all the coconut milk has been added. Next, add some water gradually to thin the curry to the desired consistency.
- Next, smash lemongrass and crushed kaffir lime leaves to release their flavour and add to the curry followed by mangetout, baby corn (halved), sliced onion, sliced pepper, basa fish cut into equal pieces, tomatoes, soy sauce, sugar and lime to taste.
- Slice and top with fresh chilli and coriander and cover, leaving to simmer on a low heat for 5-10 minutes or until vegetables and fish are cooked through, plate with the rice and serve.

# Prawn Linguine

**Total Calories - 543**

**Protein - 34g**

**Carbohydrate - 75g**

**Fats - 7g**



## **Lower Calorie Alternative:**

- Use low-cal olive oil spray (2 Cals per spray)
- Remove wine, use more lemon juice instead (-20 Cals)
- Use 70g linguine only (246 Cals)

**Total Calories - 404**

**Protein - 31g**

**Carbohydrate - 61g**

**Fat - 2g**



# PRAWN LINGUINE

## INGREDIENTS

- 150g Raw Shelled Headless Prawns
- 100g Linguine (Dried)
- 8 Cherry/San Marzano Tomatoes
- 25ml White Wine
- 10g Tomato Puree
- 1 Tsp. Olive Oil
- 2 Cloves Garlic
- ¼ Lemon
- Fresh Parsley
- Chilli Flakes
- Salt
- Pepper

## TOTAL TIME - 20 MINS

Prep Time - 5 Mins

Cook Time - 15 Mins

## METHOD

- Bring a pan of salted water to the boil and add the pasta stirring a couple of times to avoid sticking.
- Preheat a non-stick pan to high heat and add the prawns and fry for 30 seconds on each side. Remove and set aside allowing the pan to cool down. Then add the oil and chopped garlic to the same pan turning the heat to medium. When the garlic begins to fry, add the tomato puree and cook for a minute or two but do not burn the garlic.
- Next, add white wine and turn the heat up to medium-high. When the wine has reduced slightly, add 6 of the tomatoes but save 2 for garnish.
- Following this add chilli flakes to taste, with some pasta water to create a creamy consistency.
- After approximately 8 minutes, using a pair of tongs, move the pasta directly to the sauce (drain in a colander if preferred but save some of the pasta water). Coat the pasta in the sauce adding more pasta water if required and finally add the prawns back into the pan along with a handful of chopped parsley.
- Add salt, black pepper and lemon juice to taste and plate. Slice and add the remaining 2 tomatoes and serve.

# Stir Fry Noodles (Mee Goreng)

**Total Calories - 460**  
**Protein - 35g**  
**Carbohydrate - 43g**  
**Fats - 13g**



## Lower Calorie Alternative:

- 80g Udon Rice Noodles (102 Cals)
- Use low-cal oil spray (2 Cals per spray)
- Remove egg (-78 Cals)

**Total Calories - 278**  
**Protein - 28g**  
**Carbohydrate - 35g**  
**Fat - 1g**

## Plant-Based Alternative:

- 100g Udon Rice Noodles (127 Cals)
- 150g This Isn't Chicken (258 Cals)
- Remove egg (-78 Cals)

**Total Calories - 412**  
**Protein - 37g**  
**Carbohydrate - 58g**  
**Fat - 11g**



# STIR FRY NOODLES (MEE GORENG)

## INGREDIENTS

- 50g Chicken Breast
- 50g Raw Shelled Headless Prawns
- 100g Fresh Egg Noodles
- 1 Large Egg
- 1 Tsp. Rapeseed Oil
- 2 Tbsps. Soy Sauce
- 1 Tbsp. Sweet Soy Sauce (Kicap Manis)
- 1 Tbsp. Sriracha
- ½ Tbsp. Ketchup
- 2 Cloves Garlic
- 1 Spring Onion
- 1 Red Chilli
- ½ Cup Beansprouts
- ½ Onion
- ½ Cup Spinach
- ½ Lime
- Fresh Coriander
- Salt
- Pepper

## TOTAL TIME - 30 MINS

Prep Time - 15 Mins

Cook Time - 15 Mins

## METHOD

- Cut chicken into very small bite-size pieces and add 1 tbsp. soy sauce to the chicken and leave to marinate. For the stir fry sauce, mix in a bowl 1 tbsp. of each sriracha, sweet soy sauce, soy sauce and ½ tbsp. ketchup.
- Following this, slice the onion, spinach and spring onion, then chop the garlic cloves and set aside. Rinse the beansprouts and noodles in cold water and drain.
- Preheat a wok or high-sided frying pan to high heat, once smoking add the chicken and prawns cooking for 30 seconds on each side until browned. Remove from wok and set aside.
- Turn the wok down to medium-high heat and add the oil and garlic, fry until fragrant (approximately 30 seconds).
- Add sliced onions and fry for another 30 seconds. Then add the noodles and stir for 10 seconds, followed by the stir fry sauce, tossing until the noodles are evenly coated.
- Following this add into the pan the beansprouts, spinach and spring onion, along with the chicken and prawns and toss until everything is coated evenly in the sauce. Remove and set aside.
- In a small non-stick frying pan preheated to medium-high heat, add an egg and cover until cooked.
- Plate the stir-fried noodles and top with the egg and garnish with chopped chilli and coriander, and serve.