



VOLUME II

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Kofta Kebab Wrap

Total Calories - 426

Protein - 35g

Carbohydrate - 40g

Fat - 14g



Lower Calorie Alternative:

- Swap flatbread for 1 white pitta bread (145 Cals)
- Swap lamb mince to 100g 5% Lean Beef Mince (125 Cals)

Total Calories - 330

Protein - 32g

Carbohydrate - 37g

Fat - 6g

Plant-Based Alternative:

- Swap lamb mince for 100g Vivera Plant Shawarma Kebab (150 Cals)
- Swap Fage Yoghurt for 50g of Oatly Greek Style Oatghurt (72.5 Cals)

Total Calories - 454

Protein - 26g

Carbohydrate - 48g

Fat - 16g



KOFTA KEBAB WRAP

INGREDIENTS

- 1 Greek Style Flatbread
- 100g Lamb Mince (10%)
- 40g Fage Greek Yoghurt (0%)
- 1 Clove Garlic
- ½ Cup Red Cabbage
- ½ Cup Cucumber
- ¼ Cup Carrot
- ¼ Tomato
- ½ Onion
- ½ Tsp. Cumin Powder
- ½ Tsp. Coriander Powder
- ¼ Tsp. Cinnamon Powder
- Cayenne Powder (As Much)
- Fresh Mint
- Fresh Parsley
- Fresh Coriander
- Lemon
- Salt
- Pepper
- Olive Oil Spray (Optional)
- Wooden BBQ Skewers (Optional)

TOTAL TIME - 35 MINS

Prep Time - 25 Mins

Cook Time - 10 Mins

METHOD

- Start by chopping the garlic, parsley and coriander then add it to the lamb mince in a large bowl. Add in the cumin, coriander, cinnamon and cayenne pepper (as much as you prefer) with salt, pepper and 1 tbsp of grated onion mixing well with your hands to combine thoroughly. Form into a long sausage-like shape and put in the fridge to chill.
- To make the tzatziki, grate the cucumber and squeeze out all the excess water with your hands, then combine 40g of yoghurt. Add salt, pepper, mint and lemon juice to taste.
- For the salad, dice the tomato and some more cucumber then finely slice some more onion. Next add in some lemon juice with, parsley and a dash of salt and pepper. Spray with low-cal olive oil spray (optional).
- To make the red cabbage salad - finely slice the red cabbage and cut the carrot into matchsticks and place in a bowl, combine with lemon juice, chopped mint and salt and pepper. Spray with the low-cal olive oil spray (optional).
- Preheat a griddle or non-stick pan to medium-high heat. Take the lamb out of the fridge and insert a skewer through the lamb, pinching both ends to seal. When heated add lamb skewer to the pan and turn occasionally until all sides are charred and the meat is cooked through. Squeeze some lemon juice over the lamb, remove and set aside.
- To the same pan add the flatbread and toast for 20-30 secs each side, remove and place on a plate. Spread the tzatziki on the flatbread, remove the skewer from the lamb and place on top. Then add the salad along with the red cabbage salad and serve.

Sunday Dinner

Total Calories - 425
Protein - 37g
Carbohydrate - 45g
Fat - 8g



Lower Calorie Alternative:

- No Yorkshire pudding (-57 Cal)
- Use only 80g potatoes (74 Cal)

Total Calories - 349
Protein - 35g
Carbohydrate - 33g
Fat - 5g

Plant-Based Alternative:

- Swap the chicken for 150g of This Isn't Chicken (258 Cals)
- No Worcestershire sauce (-13 Cals)
- No Yorkshire pudding (-57 Cal)
- Swap chicken stock pot to Knorr Vegetable Stock Pot (25 Cal)
- Swap wine to vegan wine (20 Cal)

Total Calories - 537
Protein - 38g
Carbohydrate - 61g
Fat - 12g



SUNDAY DINNER

METHOD

- Butterfly chicken breast, cut into 1.5-inch pieces or keep whole. Season with 1 tbsp of seasoning such as all-purpose (optional).
- Peel and cut potatoes and place in a pan of cold salted water and bring to a boil, cover and leave to simmer on medium-high heat until fork-tender.
- Preheat oven to 220C. When potatoes are cooked drain and leave to steam dry before adding back to the pan. Add 5 sprays of oil to the potatoes and shake them around in the pan to coat evenly and rough up the edges for extra crispiness when baked.
- Add potatoes to a baking tray with one clove of garlic left whole in its skin and place in the oven. Turn potatoes every 5- 10 mins until golden brown and crispy.
- Add chicken to a non-stick pan preheated to medium-high heat with a couple of sprays of oil and cook 75% of the way. Remove and set aside.
- Add quartered Brussel sprouts to the same pan at medium-high heat and season to taste with salt and pepper. Cook for 5 mins turning occasionally until charred. Add a small amount of water and cover and steam until cooked through. Remove, add a squeeze of lemon juice and set aside covered to keep warm.
- Wipe pan dry and heat to medium-high adding a couple of sprays of oil. Chop and add the onion and cook for 5 mins stirring occasionally. Next, chop and add the other garlic clove, cooking for 30 secs before adding the bay leaf and half the sprig of rosemary. After another 30 seconds, add the Worcester sauce and white wine, reducing until most of the liquid has cooked off before adding water and half a stock pot.
- Add chicken breast back to the pan to reheat and once the gravy has thickened turn off the heat add a handful of chopped parsley, adjust seasoning to taste with salt and pepper and cover.
- 5 mins before potatoes are done add the other half sprig of rosemary. Remove potatoes and squeeze the garlic out of its skin and toss potatoes in it.
- Finally, cook the Yorkshire pudding according to instruct on the packet, plate everything and serve.

INGREDIENTS

- 150g Chicken Breast
- 100g White Potato
- 20ml White Wine
- 1 Yorkshire Pudding
- 2 Cloves Garlic
- Olive Oil Spray
- 1 Tbsp. Bisto Gravy Granules
- 1 Tbsp. Worcestershire Sauce
- ½ Knorr Chicken Stock Pot
- Brussel Sprouts (As Much)
- ½ Onion
- 1 Sprig Rosemary
- 1 Tbsp. Seasoning (Optional)
- 1 Bay Leaf
- Fresh Parsley
- Lemon
- Salt
- Pepper

TOTAL TIME - 50 MINS

Prep Time - 10 Mins

Cook Time - 40 Mins

Vietnamese Bahn Mi

Total Calories - 473
Protein - 38g
Carbohydrate - 84g
Fat - 3g



Lower Calorie Alternative:

- Remove hoisin, honey, and ketchup from marinade (-76 Cal)
- Remove mayonnaise (-18 Cal)
- Use only 60g of baguette (162 Cal)

Total Calories - 351
Protein - 37g
Carbohydrate - 64g
Fat - 3g

Plant-Based Alternative:

- Swap chicken for 100g This Isn't Chicken (160 Cals)
- No mayonnaise (-18 Cals)
- Swap honey for agave syrup

Total Calories - 487
Protein - 33g
Carbohydrate - 89g
Fat - 5g



VIETNAMESE BAHN MI

INGREDIENTS

- 100g Baguette or White Baton (Hollowed Out)
- 100g Chicken Breast
- 25g Daikon
- 12g Carrot
- 12g Cucumber
- 20g Honey
- 1 Garlic Clove
- 2 Tbsps. Sriracha
- 2 Tbsps. Lightest Mayonnaise
- 1 Tbsp. White Vinegar
- 1 Tbsp. Hoisin
- 1 Tbsp. Soy Sauce
- ½ Tbsp. Ketchup
- ½ Tbsp Five Spice
- 1 Tsp. Maggi Seasoning
- 1 Red Chilli (Garnish)
- Fresh Coriander (Garnish)
- Cucumber (Garnish)
- Salt
- Pepper

TOTAL TIME - 40 MINS

Prep Time - 30 Mins

Cook Time - 10 Mins

METHOD

- Begin by making the pickled slaw. Peel the carrot and daikon. Place a bowl on weighing scales then shred into matchsticks until you have 12g of carrot and 25g of daikon. Add white vinegar, warm water, 14g of the honey and a pinch of salt. Leave to sit for at least 30 mins (the longer the better).
- Next, butterfly the chicken or alternatively cut into 1-inch pieces and marinate with hoisin, soy sauce, the rest of the honey, five spice, ketchup, 1 garlic clove (crushed), salt and pepper to taste and set aside.
- If the baguette happens to be dry or stale, sprinkle some water on the top and place into a preheated oven at 200C for 2-3 mins.
- After a minimum of 10 mins marinating the chicken, slice through the baguette leaving the back intact to act as a hinge and hollow out the inside by removing approximately ⅓ of the bread.
- To prepare the sriracha dressing, combine the mayonnaise, sriracha and maggi liquid seasoning in a bowl, mix well.
- Slice cucumbers and chillies but keep the coriander whole for garnish and set aside.
- Preheat a non-stick griddle/pan to medium-high heat, once heated add the chicken and leave to cook for 4-6 mins before flipping and cooking for a further 4-6 mins, ensuring it is cooked through. Remove the chicken and set aside to rest.
- To assemble the bahn mi, spread an equal amount of the sriracha dressing on the inside of both sides of the baguette. Slice and add chicken breast followed by the drained pickled slaw. Finally garnish with cucumber, chilli and coriander. Plate and serve.

Pastie and Chive Mash

Total Calories - 624
Protein - 33g
Carbohydrate - 71g
Fat - 20g



Lower Calorie Alternative:

- Use only 100g of potatoes (80 Cal)

Total Calories - 426
Protein - 35g
Carbohydrate - 40g
Fat - 14g

Plant-Based Alternative:

- Swap beef mince for 100g Vivera Veggie Mince (126 Cals)
- No Worcestershire sauce (-13)
- Swap to Knorr Vegetable Stock Pot (25 Cal)
- No egg wash

Total Calories - 579
Protein - 27g
Carbohydrate - 74g
Fat - 15g



PASTIE AND CHIVE MASH

METHOD

- Begin by finely chopping an onion along with equal amounts of celery and carrot, the leaves from half a sprig of rosemary and 1 clove of finely chopped garlic.
- Bring a non-stick pan up to high heat and add a couple of sprays of oil followed by the beef mince and season with salt and pepper to taste. Break the mince up using a spatula and leave to brown and caramelize until 75% cooked then remove and set aside.
- Turn the pan down to medium and add half the onion, celery and carrot, salt and pepper to taste cooking for 5-7 mins until softened. Add the garlic and ½ the rosemary and cook for 30 secs before adding ½ the Worcester sauce and 10ml of the wine. Cook until most of the liquid has cooked off.
- Add the beef mince back to the pan along with any resting juices, half the Bisto granules and only a quarter of the Knorr chicken stock pot and water if necessary, stir to combine well. Cook on medium-high heat until the mixture has thickened and can coat the back of a spoon. Set aside to cool down.
- Preheat oven to 200C. Whilst the oven is preheating, season the carrots and broccoli with salt and pepper and a few sprays of oil. Once heated, add just the carrots to a baking tray and place onto the middle shelf for 30 mins. After 20 mins, add then the broccoli for the remaining 10 minutes (as they take 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.
- Cut out a 50g strip of pastry and place on a baking tray with greaseproof paper. Add as much of the cooled mince that will fit on one half of the pastry as you will need to fold the pastry over to seal it. If there is leftover mince serve on the side. Leave a small border around the pastry to seal. When folded over, use a fork to crimp the edges creating a seal. Brush with egg wash and add to the top shelf of the oven above the veg, remove once browned and the bottom is cooked fully.
- To make the gravy – in the same pan used for the mince add a couple of sprays of oil and then the other half of the onion and sauté until translucent. Add the finely chopped garlic clove and the remainder of the rosemary sprig to the pan and cook for another minute. Add the remaining 10 ml wine and Worcester sauce and cook the alcohol off with a thick syrup-like consistency. Add water and the other quarter of the stock pot and dissolve first, then add the remaining bisto granules and stir to dissolve too. Next, add the bay leaf and thyme and simmer until thickened and finish with chopped parsley (5-10 mins depending on the heat used).
- Use a potato ricer or masher to mash the cooked potatoes and add chopped chives, salt and pepper to taste and mix until smooth. When everything is cooked, plate and serve.

INGREDIENTS

- 50g Just Roll Puff Pastry
- 125g Beef Mince (5%)
- 200g Raw White Potato
- 2 Cloves Garlic
- 20ml Red Wine
- Olive Oil Spray
- ½ Knorr Chicken Stock Pot
- 2 Tbsps. Fresh Parsley
- 1 Tbsp. Fresh Chives
- 1 Tbsp. Bisto Gravy Granules
- 1 Tbsp. Worcestershire Sauce
- 1 Onion
- Baby Carrots (As Much)
- Tenderstem Broccoli (As Much)
- ¼ Cup Carrot
- ¼ Cup Celery
- 1 Sprig Rosemary
- 1 Sprig Thyme
- Egg Wash
- Salt
- Pepper

TOTAL TIME - 50 MINS

Prep Time - 15 Mins

Cook Time - 35 Mins

Big Mac and Fries

Total Calories - 527
Protein - 30g
Carbohydrate - 55g
Fat - 20g



Lower Calorie Alternative:

- No cheese (-58 Cal)
- Use only 40g of fries (73.5 Cal)

Total Calories - 396
Protein - 35g
Carbohydrate - 40g
Fat - 14g

Plant-Based Alternative:

- Swap beef for 1 Naked Glory Vegan Quarter Pounder (192 Cals)
- Swap cheese to Violife Sliced Cheese Alternative (57 Cals)
- Swap to 1 tbsp. Hellman's Vegan Mayonnaise (91 Cals)

Total Calories - 675
Protein - 28g
Carbohydrate - 63g
Fat - 34g



BIG MAC AND FRIES

INGREDIENTS

- 1 White Burger Bun
- 100g Beef Mince (5%)
- 1 Cheese Slice
- 80g McCain Crispy French Fries
- Rapeseed Oil Spray
- 1 Pickled Gerkin
- 1 Tbsp. Onion (Chopped)
- 1 Tbsp. Lightest Mayonnaise
- ½ Tbsp. Ketchup
- ¼ Tbsp. American Mustard
- ¼ Tsp. White Vinegar
- ¼ Iceberg Lettuce Shredded
- Paprika Powder (Pinch)
- Onion Powder (Pinch)
- Garlic Powder (Pinch)
- Salt
- Pepper

TOTAL TIME - 30 MINS

Prep Time - 10 Mins

Cook Time - 20 Mins

METHOD

- Cook fries according to instructions stated on the bag.
- Begin by shaping the beef mince into two 50g balls before shaping into two even-sized thin patties, slightly wider than the bun as they will shrink when cooking and set aside.
- To make the sauce – finely chop half the pickled gherkin and enough onion for 1 tbsp and combine with the mayonnaise, ketchup, mustard, vinegar, paprika, onion powder and garlic powder. Season with salt and pepper to taste.
- Slice the burger bun into three even pieces to resemble a 'Big Mac' bun. Alternatively, slice in half.
- Toast all sides of the bun under the grill or in a non-stick pan on medium-high heat.
- Preheat a skillet/pan to extremely high heat and once smoking add oil to the pan and then the patties. Salt and pepper to taste.
- Once a crust has formed on the bottom flip them over and place the cheese on top of one of the patties. Once melted and the burgers are cooked through remove and set aside.
- On the bottom bun spread the sauce, top with the patty that is topped with cheese, then shred and add lettuce. On the top section of the bun add the other patty with some more shredded lettuce, slice the other half of the pickle and add on top with some more sauce. Plate and serve.

Sweet 'n' Sour Chicken

Total Calories - 468

Protein - 28g

Carbohydrate - 70g

Fat - 6g



Lower Calorie Alternative:

- No marinade - cornstarch or egg white (-22 Cal)
- Use only 30g of uncooked rice (114.5 Cal)

Total Calories - 383

Protein - 24g

Carbohydrate - 53g

Fat - 6g

Plant-Based Alternative:

- Swap chicken to 100g of This Isn't Chicken (160 Cal)
- No marinade - cornstarch or egg white (-22 Cal)

Total Calories - 509

Protein - 26g

Carbohydrate - 76g

Fat - 9g



SWEET 'N' SOUR CHICKEN

INGREDIENTS

- 100g Chicken Breast
- 50g Jasmine Rice
- 5g Tomato Puree
- 1 Red Pepper
- 1 Yellow Pepper
- 1 Garlic Clove
- 1 Egg White
- 2 Tbsps. Ketchup
- 2 Tbsps. White Vinegar
- 2 Tbsps. Pineapple Juice
- 1 Tbsp. Soy Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Cornstarch
- 1 Tsp. Chinese Five Spice
- Salt

TOTAL TIME - 40 MINS

Prep Time - 10 Mins

Cook Time - 30 Mins

METHOD

- Coat chicken with egg white, salt, pepper and corn-starch and set aside for a minimum of 15 mins.
- Rinse the rice in water and drain. Repeat this process 2 more times, until the water runs clear. Add the rice and 1 ¼ water to a non-stick saucepan with a lid and bring the water to boil. Reduce the heat to low and cover with a lid letting the rice simmer for approximately 10 minutes or until all the water has been absorbed. Turn off the heat, and leave the saucepan covered for about 10 to 15 minutes. Uncovering the saucepan, gently fluff the rice with a fork.
- To make the sweet and sour sauce, mix the pineapple juice, vinegar, ketchup and soy sauce together in a bowl and set aside.
- Preheat a large frying pan or wok to high heat, pour in the 1 tsp of cooking oil and swirl. Add the chicken once heated and spread the chicken out. Let the chicken fry, untouched for 1 min until the bottoms are browned, flip and repeat. The chicken should still be pinkish in the middle. Remove the chicken from the pan but leave the oil in the pan.
- Chop and add both bell pepper chunks to the pan on medium heat, then add ginger, garlic, onion and five spice. Fry for a minute before adding tomato puree and cook for a further minute.
- Add the sweet and sour sauce and turn the heat to high, when the sauce is bubbling, add the chicken pieces back in.
- Reduce to medium-high and simmer for 1-2 mins until the chicken is cooked through. Cooking times vary depending on the thickness of the chicken and the heat of the pan. Plate and serve.

Breakfast Bagel

Total Calories - 605
Protein - 46g
Carbohydrate - 56g
Fat - 20g



Lower Calorie Alternative:

- Swap bagel for Warburtons Thin Bagel (130 Cals)
- No cheese (-58 Cal)
- No hash brown (-73 Cal)

Total Calories - 344
Protein - 37g
Carbohydrate - 25g
Fat - 9g

Plant-Based Alternative:

- Swap the cheese to Violife Sliced Cheese Alternative (57 Cals)
- Swap the pork mince to 100g Naked Glory Sausages (152 Cals)
- Swap the bacon to 50g of This Isn't Bacon Rashers (76 Cals)
- No egg (-73 Cals)

Total Calories - 635
Protein - 33g
Carbohydrate - 77g
Fat - 20g

Pork-Free Alternative:

- Swap the pork mince to 50g of (7%) Turkey Thigh Mince (73 Cals)
- Swap the bacon to 2 rashers of Mattessons Smoked Turkey Rashers (68 Cals)

Total Calories - 617
Protein - 48g
Carbohydrate - 56g
Fat - 21g



BREAKFAST BAGEL

INGREDIENTS

- 1 Bagel
- 50g Pork Mince (5%)
- 2 Smoked Bacon Medallions
- 1 Large Egg
- 1 Cheese Slice
- 1 Tsp. Rapeseed Oil
- 1 Hash Brown (Frozen)
- ½ Tsp. Dried Sage
- ½ Tsp. Dried Marjoram
- Salt
- Pepper

TOTAL TIME - 20 MINS

Prep Time - 5 Mins

Cook Time - 15 Mins

METHOD

- Cook hash brown according to instructions on the bag.
- Whilst the hash brown is cooking begin making the sausage patty by adding sage, marjoram and black pepper to 50g of pork mince. Mix well with your hands before rolling into a ball and then flattening into a thin patty slightly bigger than the bagel as it will shrink during the cooking process.
- Slice bagel in half and toast under a grill, in a non-stick pan or in a toaster.
- Preheat a non-stick pan to medium-high heat, once up to temperature add the oil then the sausage patty and salt on one side.
- Add the bacon medallions and flip once browned.
- When the sausage patty develops a crust flip and add cheese on top.
- Once the sausage is cooked add to the bottom half of the bagel followed by the bacon medallions and set aside.
- To the same pan add the egg and cook to your liking and place on top of the bacon and sausage. Lastly, salt and pepper to taste and add the top half of the bagel, plate and serve.

Chilli Burrito

Total Calories - 582
Protein - 43g
Carbohydrate - 82g
Fat - 14g



Lower Calorie Alternative:

- Swap wrap to Warburtons Gluten Free 4 High Protein Wraps With Super Seeds (126 Cals)
- No rice (-63 Cal)

Total Calories - 470
Protein - 44g
Carbohydrate - 55g
Fat - 12g

Plant-Based Alternative:

- Swap beef mince to 100g Vivera Veggie Mince (126 Cals)
- Swap yoghurt to Oatly Greek Style Oatghurt (72.5 Cals)

Total Calories - 633
Protein - 41g
Carbohydrate - 93g
Fat - 14g



CHILLI BURRITO

INGREDIENTS

- 100g Beef Mince (5%)
- 1 Tortilla Wrap
- 100g Tinned Chopped Tomatoes
- 50g Kidney Beans
- 40g Uncle Ben's Spicy Mexican Rice
- 40g Fage Yoghurt
- 30g Avocado
- 10g Chilli Seasoning
- 5g Tomato Puree
- 1 Red Chilli (Optional)
- ¼ Onion
- ¼ Red Pepper (Optional)
- Fresh Coriander
- Fresh Mint
- ¼ Lemon or Lime
- Salt
- Pepper

TOTAL TIME - 35 MINS

Prep Time - 15 Mins

Cook Time - 20 Mins

METHOD

- In a bowl combine equal amounts of chopped mint and coriander with the yoghurt. Add salt, pepper, and lemon or lime juice to taste.
- Prepare the guacamole by crushing the avocado with a fork in a bowl, adding chopped chilli and coriander, salt, pepper and lime juice to taste.
- Preheat a non-stick pan to medium-high heat and add a couple of sprays of oil along with the chopped onion and pepper (if using) and cook for a couple of minutes before adding the beef mince. Break the mince up with a spatula and leave to brown.
- When the beef is 75% cooked, add tomato puree and cook for a couple of minutes. Next, add chilli seasoning and cook for another minute before adding chopped tinned tomatoes and a bit of water if necessary.
- Next, add in the kidney beans and cook until they are fork-tender. Remove and set aside when most of the liquid has been cooked off.
- Heat rice in the microwave for 10-15 seconds.
- To assemble the burrito, place the wrap on a plate and coat with the mint and coriander yoghurt and guacamole, followed by the rice, then finally the chilli mixture with a squeeze of lemon or lime juice. Top with coriander, slice and add chilli (if using) and tuck in both ends of the wrap before rolling to form a burrito.
- Preheat a non-stick pan to medium-high heat and place the burrito in the pan seam down and allow to toast, once browned and sealed, flip and repeat. Plate and serve.

Rasta Pasta

Total Calories - 517
Protein - 41g
Carbohydrate - 66g
Fat - 7g



Lower Calorie Alternative:

- Only use 50g of pasta (178 Cal)

Total Calories - 446
Protein - 39g
Carbohydrate - 52g
Fat - 7g

Plant-Based Alternative:

- Swap chicken to 150g This Isn't Chicken (258 Cals)
- Swap cream to Elmlea Plant Double Cream (29 Cals)

Total Calories - 646
Protein - 43g
Carbohydrate - 83g
Fat - 14g



RASTA PASTA

INGREDIENTS

- 150g Chicken Breast
- 70g Penne Pasta
- 10ml Elmlea Single Cream (45% Less Fat)
- 10ml Light Coconut Milk
- 5g Jerk Seasoning
- 5g Jerk Paste
- 1 Clove Garlic
- Olive Oil Spray
- ½ Knorr Chicken Stock Pot
- ½ Onion
- ¼ Red Pepper
- ¼ Yellow Onion
- ¼ Green Pepper
- 1 Sprig Thyme
- Fresh Coriander (Garnish)
- Fresh Parsley (Garnish)
- Salt
- Pepper

TOTAL TIME - 40 MINS

Prep Time - 15 Mins

Cook Time - 25 Mins

METHOD

- Butterfly or cut chicken into 1.5-inch chunks. Marinate with half the jerk paste and half the jerk seasoning and set aside.
- Next, slice all the peppers and the onion, then chop the garlic, coriander and parsley and also set aside.
- Preheat griddle or non-stick frying pan to medium-high heat before adding a couple of sprays of oil and then add the chicken. Cook until about 75% cooked and set aside to rest.
- Add boiling water to a saucepan and bring to a rapid boil before adding pasta and salt, cook for 2 mins less than stated on the back of the pack.
- Bring a non-stick pan to medium-high heat and add a couple of sprays of oil before adding onions and peppers and cook for 2 mins before adding garlic and thyme, followed by the rest of the jerk seasoning and jerk paste and cook for 2-3 more mins.
- Next, add boiling water and ½ Knorr stockpot into the pan and stir until dissolved. Reduce for a couple of mins.
- Turn to low heat then add cream and coconut milk. Bring back up to medium-high heat and reduce until thickened.
- When pasta is cooked, drain and add directly to the sauce and stir to coat evenly. Season with salt and pepper to taste. After 1 min, turn the heat to medium-low, slice chicken (if butterflied), or just add the chunks to the sauce along with any resting liquid.
- Garnish with chopped parsley and coriander, plate and serve.

Thai Fried Rice

Total Calories - 463
Protein - 34g
Carbohydrate - 45g
Fat - 19g



Lower Calorie Alternative:

- No egg (-73 Cal)
- Swap oil to low-cal oil spray (10 Cal)
- Use only 90g of cooked rice (125 Cal)

Total Calories - 313
Protein - 26g
Carbohydrate - 37g
Fat - 8g

Plant-Based Alternative:

- Swap chicken to 100g of This Isn't Chicken (160 Cals)
- Swap to Blue Dragon curry paste pot instead of the jar version - dissolve curry paste in a bit of water to loosen (67 Cals)
- No egg (-73 Cals)

Total Calories - 471
Protein - 27g
Carbohydrate - 55g
Fat - 18g



THAI FRIED RICE

INGREDIENTS

- 50g Chicken Breast
- 50g Prawns
- 125g Cooked Jasmine Rice or Tilda Microwave Rice
- 20g Blue Dragon Red Curry Paste (Jar)
- 1 Garlic Clove
- 1 Large Egg
- 1 Tbsp. Soy Sauce
- ½ Tbsp. Rapeseed Oil
- ½ Small Onion
- Fine Green Beans (As Much)
- Sliced Greens (As Much)
- 1 Kaffir Lime Leaf
- ¼ Cup Whole Thai Basil
- 1 Lime
- 1 Red Chilli
- Fresh Coriander
- ¼ Cucumber Sliced (Garnish)

TOTAL TIME - 20 MINS

Prep Time - 5 Mins

Cook Time - 15 Mins

METHOD

- Begin by slicing the onion, greens and green beans. Next chop the garlic, coriander and lime leaf and set everything aside.
- Cut the chicken breast into bite-size pieces. Bring a wok or high sided non-stick skillet up to high heat, once up to temperature add half the oil followed by the chicken and prawns and cook until they are approximately 80% cooked, remove from pan and set aside.
- In the same pan add onions and cook for 20 seconds followed by the green beans and cook for a further 20 seconds before adding the garlic.
- Add the curry paste and cook for 30 seconds before breaking up and adding the rice using the back of a spatula. Add soy sauce and stir fry to coat each grain of rice.
- Turn the heat down to a medium and add the lime leaf, Thai basil, chilli (as much as you like) coriander, sliced greens, chicken and prawns.
- In a small non-stick pan fry an egg to your liking (use a low cal spray if necessary).
- Plate everything and top with the egg. Garnish with the cucumber, chilli and some more coriander with the lime wedge on the side and serve.

Malaysian Chicken Satay and Nasi Lemak

Total Calories - 545
Protein - 45g
Carbohydrate - 62g
Fat - 11g



Lower Calorie Alternative:

- Use only 30g of plain Jasmine rice (115 Cal)
- No coconut milk (-20 Cal)
- Remove the sugar from the marinade (-16 Cal)
- No egg (-73 Cal)

Total Calories - 374
Protein - 37g
Carbohydrate - 43g
Fat - 4g

Plant-Based Alternative:

- Swap chicken to 150g This Isn't Chicken (258 Cal)
- No egg (-73 Cal)

Total Calories - 471
Protein - 27g
Carbohydrate - 55g
Fat - 18g



MALAYSIAN CHICKEN SATAY AND NASI LEMAK

INGREDIENTS

- 150g Chicken Breast
- 50g Jasmine Rice
- 1 Large Egg
- 20ml Light Coconut Milk
- 15g Satay Sauce
- 1 Clove Garlic
- 1 Small Shallot
- ½ Tbsp. Soy Sauce
- 1 Tsp. Sugar
- ⅓ Tsp. Cumin Powder
- 2cm Fresh Ginger
- 1cm Fresh Galangal or ½ Tbsp. Galangal Paste
- 1cm Fresh Turmeric or 1 Tsp. Turmeric Powder
- 2 Lemongrass Stalks or 1 Tbsp. Lemongrass Paste
- Cucumber (Garnish)
- 1 Pandan Leaf (Optional)
- Salt
- 2 Wooden BBQ Skewers (Optional)

TOTAL TIME - 40 MINS

Prep Time - 10 Mins

Cook Time - 30 Mins

METHOD

- Cut the chicken into 1-inch cubes and set aside.
- Cut off the top and end of both the lemongrass stalks, leaving just the bottom third, removing the outer layers. Add only one to a blender with half the peeled ginger, galangal, turmeric, shallot, garlic, sugar, cumin, salt and soy sauce then blend to a paste. Add this to the chicken and set aside to marinate while preparing the rice.
- Rinse rice in cold water and drain, repeat this 3 times and set aside. Add to a saucepan coconut milk, water (95ml approximately), salt, the other half of the ginger (sliced), a knotted pandan leaf and the other lemongrass stalk and bring to a low simmer. Add the rice and stir. Bring to a boil, once the liquid is at the same level as the rice cover and turn to low, cooking for 10-15 mins until all the liquid has been absorbed.
- Whilst the rice is cooking, skewer the chicken and set aside or simply cook the chicken without skewers if preferred.
- Add an egg to a pan of cold water and bring to a boil, cooking for 1 minute. Cover and turn the heat down to low and leave covered for 10-12 mins. Remove the egg and place in a bowl of cold water before peeling.
- Remove the lid of the rice and stir, cover again then leave to sit off the heat for a further 10 minutes.
- Next, bring a non-stick griddle or pan to medium-high heat and then add the chicken skewers turning every minute until cooked all the way through. Heat satay sauce in the microwave for 5-10 seconds and place on a plate. When the chicken is cooked through, plate with the rice and serve, garnish with sliced cucumber.