



VOLUME III

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Tandoori Salmon and Dill Rice

Total Calories - 565

Protein - 32g

Carbohydrate - 58g

Fat - 22g



Lower Calorie Alternative:

- Use only 30g of rice, with 1 ½ tbsps. fresh dill (105 Cal)
- Swap the oil for low-cal oil spray (10 Cals)

Total Calories - 464

Protein - 30g

Carbohydrate - 42g

Fat - 18g



TANDOORI SALMON AND DILL RICE

INGREDIENTS

- 120g Salmon (Skinless)
- 50g Basmati Rice
- 40g Fage Yoghurt (0%)
- 1 Tsp. Rapeseed Oil
- 5g Tomato Puree
- 2 Tbsps. Fresh Dill
- 1 Tbsp. Ginger Paste
- 1 Tbsp. Garlic Paste
- 1 Tbsp. Fresh Mint
- ½ Tsp. Cumin Powder
- ½ Tsp. Coriander Powder
- ½ Tsp. Paprika Powder
- ½ Tsp. Chili Powder
- ½ Tsp. Garam Masala
- ¼ Red Onion
- ¼ Cucumber
- ½ Lemon
- Fresh Coriander (Garnish)
- Salt
- Pepper

TOTAL TIME - 40 MINS

Prep Time - 10 Mins

Cook Time - 30 Mins

METHOD

- To make the cucumber raita, finely chop the red onion and mint, finely slice the cucumber and combine it with 30g of yoghurt in a bowl with a squeeze of lemon juice, salt and pepper.
- For the dill rice, finely chop the fresh dill and set aside. Rinse the rice in cold water until the water runs clear and drain. Add two parts water to one part rice in a saucepan, along with the dill and a pinch of salt and bring to a boil covered. When most of the water has evaporated and the top of the rice is visible, turn the heat down to low and leave to cook covered for 10 minutes before turning the heat off, leaving to sit for another 10 minutes.
- To prepare the salmon, make the marinade by combining the remaining 10g of yoghurt with the tomato puree, paprika, garam masala, coriander powder, cumin powder, chilli powder, ginger paste, garlic paste, oil, 1 tbsp. water, squeeze of lemon juice, salt and pepper.
- Rub the marinade over the salmon and leave to sit for 10 minutes minimum. Bring a non-stick pan to medium-high heat and add the salmon. Cook for 3-4 minutes on each side or until cooked.
- Finally, plate everything, garnish with freshly chopped coriander and a squeeze of lemon juice and serve.

Jerk Chicken Skewers with Rice and Peas

Total Calories - 577

Protein - 34g

Carbohydrate - 78g

Fat - 13g



Lower Calorie Alternative:

- Swap the oil for low-cal oil spray (10 Cals)
- Swap the light coconut milk for 100ml of water (-73 Cal)

Total Calories - 474

Protein - 33g

Carbohydrate - 76g

Fat - 3g

Plant-Based Alternative:

- Swap the chicken for 100g of This Isn't Chicken (160 Cals)

Total Calories - 640

Protein - 34g

Carbohydrate - 86g

Fat - 16g



JERK CHICKEN SKEWERS WITH RICE AND PEAS

INGREDIENTS

- 100g Chicken Breast
- 50g Basmati Rice
- 100ml Light Coconut Milk
- ⅓ Tin Kidney Beans
- 1 Tsp. Rapeseed Oil
- 5g Jerk Seasoning
- 5g Jerk Paste
- 10g Jerk BBQ Sauce
- 10g All Purpose Seasoning
- 4 Whole Allspice Berries (Pimento)
- ½ Tbsp. Fresh Coriander
- 2 Cloves Garlic
- 2 Sprigs Thyme
- ½ Tomato
- ¼ Onion
- 1 Pineapple Wedge
- 1 Scotch Bonnet (Optional)
- 1 Spring Onion
- ¼ Red Chilli
- ½ Lime

TOTAL TIME - 45 MINS

Prep Time - 15 Mins

Cook Time - 30 Mins

METHOD

- To prepare the jerk chicken, cut into 1.5-inch chunks and add half the all-purpose seasoning, half a sprig of thyme chopped, jerk seasoning, oil, jerk paste, salt and pepper leaving to marinate for 10 minutes minimum.
- Skewer the meat, and bring a non-stick pan up to medium-high heat before adding the skewers. Cook for 10 minutes turning every minute. After 5 minutes, add the jerk BBQ sauce gradually to the chicken each time it is flipped.
- For the rice and peas, in a saucepan add the coconut milk, 40ml water, a spring onion, 1 ½ sprigs of thyme, scotch bonnet, half the all-purpose seasoning, 2 cloves of garlic whole (skin removed), whole allspice, kidney beans (with water), salt and pepper to taste. Boil for 5 minutes with the lid on.
- Rinse the rice in cold water until the water runs clear before adding to the pan boiling until most of the liquid evaporates. Cover and turn the heat to low for 10 minutes. Remove the thyme sprigs, scotch bonnet, spring onion and garlic before fluffing the rice with a fork. Cover and leave to sit off the heat for 10 more minutes.
- For the grilled pineapple salsa, bring a non-stick pan to medium-high heat and add the pineapple wedge cooking until caramelised on both sides. Remove and cut into small bite-size pieces and add to a bowl. Next, finely chop the chilli, onion, tomato, coriander, and add to the bowl with lime juice, salt and pepper to taste. Plate everything and serve.

Lasagne

Total Calories - 841

Protein - 50g

Carbohydrate - 68g

Fat - 36g



Lower Calorie Alternative:

- No parmesan cheese (-118 Cal)
- Swap the oil for low-cal oil spray (10 Cals)

Total Calories - 693

Protein - 39g

Carbohydrate - 67g

Fat - 25g

Plant-Based Alternative:

- Swap the beef mince for 100g Vivera Veggie Mince (126 Cals)
- Swap the mozzarella for Violife Sliced Cheese Alternative (57 Cals)
- Add 5g nutritional yeast to the white sauce mix (17 Cals)
- Swap the butter to Natruli' Vegan Block (99 Cals)
- Swap Chicken Stock Pot to Knorr Vegetable Stock Pot (50 Cals)
- Swap the skimmed milk for 50ml soya milk (19 Cals)
- Swap the wine to 20ml vegan white wine (20 Cals)
- No parmesan cheese (-118 Cal)

Total Calories - 747

Protein - 35g

Carbohydrate - 77g

Fat - 24g



LASAGNE

INGREDIENTS

- 100g Beef Mince (5%)
- 60g Dried Lasagne Sheets
- 30g Mozzarella Cheese (Low Moisture)
- 30g Parmesan Cheese
- 5g Tomato Puree
- 1 Tsp. Olive Oil
- 20ml White Wine
- 50ml Skimmed Milk
- 1 Tbsp. Plain Flour
- 1 Tbsp. Butter
- 1 Knorr Chicken Stock Pot
- ½ Can Tinned Chopped Tomatoes
- 1 Clove Garlic
- 1 Tsp. Fresh Nutmeg
- ½ Onion
- ½ Carrot
- ½ Stick Celery
- 2 Bay Leaves
- Fresh Parsley (Garnish)
- Salt
- Pepper

TOTAL TIME - 80 MINS

Prep Time - 5 Mins

Cook Time - 75 Mins

METHOD

- To prepare the mince, begin by chopping onion, carrot, celery, and garlic as finely as possible and set aside. Bring a non-stick pan to medium-high heat. Add the oil and onion cooking for a minute before adding the carrot and celery, cooking for a further 2-3 minutes until softened. Add the garlic and cook for 30 more seconds.
- Add the beef mince and cook for another 5-6 minutes until browned, breaking up the mince with a spatula, salt and pepper to taste. Add the tomato puree and stir to combine cooking for a minute. Add the wine and cook for 30 seconds until the alcohol has cooked off. Next add the chopped tomatoes, 5ml of milk, 100ml of water and the stock pot stirring to combine everything, followed by 1 bay leaf leaving to simmer on medium-low heat for 30 minutes.
- For the white sauce, bring a saucepan to medium-high heat and add the butter. Once melted, add the flour and stir using a whisk, cooking for 2 minutes. Next, slowly whisk in the remaining milk gradually. Once smooth, add some water to thin out if necessary. Add 1 bay leaf, grate and add half the parmesan cheese, nutmeg (grated if whole), salt and pepper to taste leaving to simmer on medium-low heat for a few more minutes.
- Preheat the oven to 180C. To assemble the lasagne, in a baking tray add a very thin layer of the mince to the bottom followed by one layer of lasagne sheets. Next add another layer of mince, followed by the white sauce at a ratio of 2 parts mince to 1 part white sauce and repeat each layer. But for the top layer, add a generous amount of white sauce only followed by grated mozzarella cheese and the remaining half of the parmesan cheese. Bake for 45 minutes leaving to sit for 10 minutes before topping with freshly chopped parsley, plate and serve.

Breakfast Muffin

Total Calories - 579
Protein - 40g
Carbohydrate - 40g
Fat - 28g



Lower Calorie Alternative:

- No cheese slice (-58 Cals)
- No hash brown (-73 Cals)
- No egg (-73 Cals)
- Swap the oil for low-cal oil spray (10 Cals)

Total Calories - 299
Protein - 31g
Carbohydrate - 30g
Fat - 5g

Plant-Based Alternative:

- Swap the cheese slice 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 Cal)

Total Calories - 561
Protein - 30g
Carbohydrate - 62g
Fat - 20g

Pork-Free Alternative:

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

Total Calories - 545
Protein - 43g
Carbohydrate - 40g
Fat - 23g



BREAKFAST MUFFIN

INGREDIENTS

- 50g Pork Mince (5%)
- 2 Bacon Medallions (45% Less Fat)
- 1 English Muffin
- 1 Egg
- 1 Cheese Slice
- 1 Hash Brown
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Dried Sage
- ½ Tsp. Dried Marjoram
- Salt
- Pepper

TOTAL TIME - 25 MINS

Prep Time - 5 Mins

Cook Time - 20 Mins

METHOD

- Firstly, cook the hash brown according to instructions on the bag.
- To assemble the sausage patty, add the sage, marjoram, and pepper to 50g of pork mince and mix well with your hands before rolling into a ball. Next, flatten into a thin patty slightly wider than the muffin and set aside.
- Preheat a non-stick pan to medium-high and add the oil followed by the sausage patty and salt one side. Add the bacon medallions to the pan and flip once browned. When the sausage patty develops a crust, flip and add the cheese on top.
- Slice the muffin in half and toast then set aside on a plate. When the sausage patty is cooked, add to the bottom half of the muffin followed by the bacon medallions.
- Cook the egg then place on top of the bacon and sausage and finally the top half of the muffin and serve.

Vietnamese Pork and Jasmine Rice

Total Calories - 625
Protein - 39g
Carbohydrate - 89g
Fat - 11g



Lower Calorie Alternative:

- Use only 30g of rice, with 1 ½ tbsps. fresh dill (105 Cal)
- Swap the oil for low-cal oil spray (10 Cals)
- No egg (-73 Cal)

Total Calories - 449
Protein - 32g
Carbohydrate - 71g
Fat - 4g

Plant-Based Alternative:

- Swap the pork mince for 100g Vivera Veggie Mince (126 Cals)
- Swap the fish sauce to ½ tbsp. soy sauce (5 Cals)
- No egg (-73)

Total Calories - 547
Protein - 25g
Carbohydrate - 97g
Fat - 4g

Pork-Free Alternative:

- Swap the pork mince for 5% beef mince (125 Cals)

Total Calories - 617
Protein - 32g
Carbohydrate - 89g
Fat - 14g



VIETNAMESE PORK AND JASMINE RICE

INGREDIENTS

- 100g Pork Mince (5%)
- 50g Jasmine Rice
- 1 Egg
- 1 Tsp. Rapeseed Oil
- 1 Clove Garlic
- 1-Inch Ginger
- 20g Daikon
- 20g Carrot
- ½ Onion
- ½ Red Chilli
- ½ Spring Onion
- ¼ Cucumber
- 1 Tbsp. Fresh Coriander
- 1 Tbsp. Cornstarch
- 1 Tbsp. Brown Sugar
- 1 Tbsp. White Vinegar
- 1 Tbsp. White Sugar
- ½ Tbsp. Fish Sauce
- ½ Tbsp. Dark Sweet Soy Sauce
- Sesame Seeds (Garnish)
- Salt
- Pepper

TOTAL TIME - 35 MINS

Prep Time - 5 Mins

Cook Time - 30 Mins

METHOD

- To make the Asian slaw, peel the carrot and daikon. Place a bowl on weighing scales then shred into matchsticks until you have 20g of carrot and 20g of daikon. Add 1 tbsp. white vinegar, 1 tbsp. warm water, 1 tbsp. of white sugar and a pinch of salt. Leave to sit for at least 20 minutes.
- Rinse the rice in cold water until the water runs clear and drain, repeat if necessary. Add two parts water to one part rice in a saucepan, add a pinch of salt and bring to a boil covered. When most of the water has evaporated and the top of the rice is visible, turn the heat down to low and leave to cook covered for 10 minutes before turning the heat off, leaving to sit for another 10 minutes.
- For the pork, finely chop the onion, garlic, and ginger, and then slice the chilli and spring onion, set aside. Bring a non-stick pan to medium-high heat and add the oil, onion, ginger and garlic, cooking for 1-2 minutes until the onions have softened but not browned.
- Add the pork mince and cook for 2 minutes, then stir in the brown sugar. Cook untouched for 2-3 minutes until the bottom has caramelised then stir and repeat until all the meat has caramelised. Next stir in the fish sauce and dark sweet soy sauce.
- Combine the cornstarch with 2 tbsps. cold water in a small bowl and then add to the mince. Add in the spring onion, chilli, and coriander stirring to combine, salt and pepper to taste.
- Fry an egg in a small non-stick pan to your liking. Plate the pork, rice and Asian slaw, top with the egg, then slice and add the cucumber. Finish with sesame seeds and serve.

Piri-Piri Quesadilla

Total Calories - 570

Protein - 37g

Carbohydrate - 51g

Fat - 23g



Lower Calorie Alternative:

- Swap the tortilla for 1 Warburton's Gluten Free 4 High Protein Wraps With Super Seeds (126 Cals)
- Use half the amount of cheese (57 Cals)
- Swap the oil for low-cal oil spray (10 Cals)

Total Calories - 434

Protein - 36g

Carbohydrate - 34g

Fat - 15g

Plant-Based Alternative:

- Swap the chicken for 100g of This Isn't Chicken (160 Cals)
- Swap the cheese slice to Violife Sliced Cheese Alternative (57 Cals)
- Swap the yoghurt for 30g of Oatly Greek Style Oatghurt (43 Cals)

Total Calories - 603

Protein - 30g

Carbohydrate - 65g

Fat - 24g



PIRI-PIRI QUESADILLA

INGREDIENTS

- 100g Chicken Breast
- 1 Flour Tortilla
- 30g Mexican Chilli Cheddar Cheese
- 30g Fage Yoghurt (0%)
- 1 Tsp. Rapeseed Oil
- 10g Nando's Sauce
- 5g Nando's Seasoning
- ¼ Avocado (Medium)
- ¼ Onion
- ½ Red Chilli
- ¼ Red Pepper
- 1 Tbsp. Fresh Mint
- ½ Tbsp. Fresh Coriander
- ½ Lime
- Salt
- Pepper

TOTAL TIME - 20 MINS

Prep Time - 5 Mins

Cook Time - 15 Mins

METHOD

- To make the mint yoghurt dip, begin by chopping the mint and combining it with the yoghurt and a squeeze of lime juice, salt and pepper to taste and set aside.
- For the guacamole, chop the chilli and coriander in a bowl, then add and smash the avocado with a fork, a squeeze of lime juice, then salt and pepper to taste.
- Prepare the chicken by cutting it into 1-inch pieces and place in a bowl adding the oil, Nando's seasoning, salt and some pepper. Slice the red pepper and half of the onion and add to the chicken, combine and marinate for 10 minutes.
- Bring a non-stick pan to medium-high heat, add the chicken and with it's mixture cooking for 5-7 minutes stirring occasionally. Add the Nando's sauce and cook for a further 1-2 minutes and set aside once cooked.
- To assemble the quesadilla, add the chicken mixture and grated cheese to half the tortilla and fold over. Bring a non-stick pan to medium heat and add the folded tortilla. Cook for 3-5 minutes on each side or until golden and crispy and the cheese has melted. Remove and slice into 4. Plate the quesadilla with the yoghurt dip and guacamole, garnish with chilli and coriander and serve.

Shepherd's Pie

Total Calories - 550

Protein - 33g

Carbohydrate - 55g

Fat - 18g



Lower Calorie Alternative:

- Swap the lamb mince for 5% beef mince (150 Cals)
- Swap the oil for low-cal oil spray (10 Cals)
- Use only 150g of potato (120 Cals)

Total Calories - 400

Protein - 30g

Carbohydrate - 46g

Fat - 8g

Plant-Based Alternative:

- Swap the lamb mince for 130g Vivera Veggie Mince (163.8 Cals)
- No milk (-4 Cal)
- No Worcestershire sauce (-13 Cal)
- Swap the wine to vegan white wine (20 Cal)
- Swap the ½ Chicken Stock Pot for ½ Knorr Vegetable Stock Pot (25 Cals)

Total Calories - 467

Protein - 30g

Carbohydrate - 61g

Fat - 6g

SHEPHERD'S PIE



INGREDIENTS

- 120g Lamb Mince (10%)
- 200g White Potato
- 20ml White Wine
- 10ml Skimmed Milk
- 1 Tsp. Olive Oil
- ½ Knorr Chicken Stock Pot
- 1 Tbsp. Bisto Gravy Granules
- 1 Tbsp. Worcestershire Sauce
- 1 Clove Garlic
- ½ Onion
- ½ Carrot
- ½ Stick Celery
- ½ Tbsp. Fresh Chives
- ½ Tbsp. Fresh Parsley
- 1 Bay leaf
- 1 Sprig Rosemary
- 1 Sprig Thyme
- Salt
- Pepper

TOTAL TIME - 60 MINS

Prep Time - 10 Mins

Cook Time - 50 Mins

METHOD

- To make the mash, peel and cut potatoes into 1.5-inch pieces and add to a saucepan with cold salted water, cover and bring to a boil. When fork-tender, drain the potatoes and add back to the pan covered, leaving to steam dry. Mash using a potato ricer or masher and add the milk and chives, stirring to combine well. Salt and pepper to taste.
- To prepare the mince, finely chop the onion, celery, carrot, garlic, rosemary, and thyme and set aside. Bring a non-stick pan to medium-high heat. Add the oil and onion and cook for a minute then add the carrot and celery and cook for a further 2-3 minutes until softened.
- Next add the rosemary, thyme and garlic and cook for 30 seconds. Add the lamb mince and cook for 5-6 minutes until browned breaking up the mince with a spatula. Salt and pepper to taste.
- Add Worcestershire sauce and cook for 30 seconds then add the wine and cook for another 30 seconds to 1 minute. Then add 100ml of water, the ½ stock pot and the gravy granules, stirring to combine well. Finally, add the bay leaf and leave to simmer on medium heat for 10-15 minutes, before stirring in freshly chopped parsley.
- Preheat oven to 180C. Add the mince to a baking tray and top with the mash. Use a fork to even out the mash and ruffle creating a texture for added crispiness and browning. Place in the oven and bake for 30 minutes or until browned. Leave to sit for at least 10 minutes, top with some more freshly chopped parsley, plate and serve.

Korean Beef Bao Buns

Total Calories - 633
Protein - 32g
Carbohydrate - 70g
Fat - 23g



Lower Calorie Alternative:

- Swap the oil for low-cal oil spray (10 Cals)
- Swap the mirin for an extra ½ tbsp. of rice wine vinegar (1 Cal)
- Swap the honey for 1 tbsp. sugar (42 Cals)
- Swap the beef fillet steak for extra lean beef escalopes (124 Cals)

Total Calories - 437
Protein - 31g
Carbohydrate - 57g
Fat - 8g

Plant-Based Alternative:

- Swap the beef for 100g of Naked Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the honey to 1 tbsp. of agave syrup (60 Cals)

Total Calories - 541
Protein - 27g
Carbohydrate - 72g
Fat - 13g



KOREAN BBQ BEEF BAO BUNS

INGREDIENTS

- 100g Beef Fillet Steak
- 2 Frozen Bao Buns
- 60g Kimchi
- 1 Clove Garlic
- 1 Tsp. Rapeseed Oil
- 1 Tbsp. Honey
- 1 Tbsp. Soy Sauce
- 1 Tbsp. Gochujang
- ½ Tbsp. Mirin
- ½ Tbsp. Rice Wine Vinegar
- ½ Tsp. Sesame Oil
- 1 Spring Onion (Garnish)
- Red Chilli (Garnish)
- Sesame Seeds (Garnish)
- Salt
- Pepper

TOTAL TIME - 10 MINS

Prep Time - 5 Mins

Cook Time - 5 Mins

METHOD

- Begin by slicing beef into thin strips and set aside. Chop the garlic, and add to a bowl with the sesame oil, mirin, rice vinegar, honey, gochujang paste, soy sauce, salt, and pepper.
- Bring a non-stick pan to high heat and add the oil and beef. Cook for 1 minute on each side then add the sauce mixture. Cook for a further 2 minutes or until done and set aside.
- For the bao buns - cook according to instructions on the packet (steamed or in the microwave).
- Lastly, add 30g of drained kimchi to each bao bun followed by the beef. Top with sesame seeds, slice and add some chilli and spring onion, plate and serve.

Fish Tacos

Total Calories - 473

Protein - 32g

Carbohydrate - 43g

Fat - 18g



Lower Calorie Alternative:

- Only use 2 tortillas (105 Cals)
- Swap the oil for low-cal oil spray (10 Cals)

Total Calories - 389

Protein - 30g

Carbohydrate - 33g

Fat - 14g

Plant-Based Alternative:

- Swap the fish for 100g of This Isn't Chicken (160 Cals)
- Swap the sour cream for 30g of Oatly Greek Style Oatghurt (43 Cals)

Total Calories - 508

Protein - 28g

Carbohydrate - 52g

Fat - 19g

FISH TACOS



INGREDIENTS

- 100g Tilapia
- 3 Mini Soft Corn Tortillas
- 30g Sour Cream
- 5g Mexican Seasoning
- 1 Tsp. Rapeseed Oil
- 1 Tbsp. Fresh Coriander
- ½ Clove Garlic
- ¼ Avocado (Medium)
- ¼ Tomato
- ¼ Onion
- ¼ Red Chilli
- ¼ Lime
- Salt
- Pepper

TOTAL TIME - 20 MINS

Prep Time - 5 Mins

Cook Time - 15 Mins

METHOD

- For the Avocado Pico de Gallo, cut the avocado into very small chunks and place in a bowl. Finely chop the onion, coriander, chilli and tomato. Add the onion and only half the coriander along with the tomato and chilli, along with a squeeze of lime juice and salt and pepper to taste, combining well.
- For the lime crema, combine the sour cream, remaining chopped coriander, some lime zest, minced garlic, a squeeze of lime juice, salt and pepper to taste.
- Coat the fish in the oil and Mexican seasoning. Bring a non-stick pan to medium-high heat and add the fish cooking for 3-5 minutes on each side or until cooked through, remove and set aside.
- In the same pan, add the tacos and toast for 30 seconds on both sides until warmed through.
- Spread the lime crema on each taco followed by the fish, topped with the Avocado Pico de Gallo, plate and serve.

Asian BBQ Chicken Wings

Total Calories - 675
Protein - 30g
Carbohydrate - 63g
Fat - 32g



Lower Calorie Alternative:

- Swap the chicken wings for 100g chicken breast, cook in a non-stick pan (97 Cals)
- Swap the oil for low-cal oil spray (10 Cals)
- Swap the mirin for an extra ½ tbsp. of rice wine vinegar (1 Cal)

Total Calories - 437
Protein - 25g
Carbohydrate - 56g
Fat - 13g

Plant-Based Alternative:

- Swap the chicken wings for 130g Naked Glory Vegan Chicken-Style Roast Tenderstrips (186 Cals)

Total Calories - 591
Protein - 29g
Carbohydrate - 67g
Fat - 21g



ASIAN BBQ CHICKEN WINGS

INGREDIENTS

- 125g Chicken Wings
- 80g Sweet Potato Fries (Frozen)
- 2 Clove Garlic
- 1 Tsp. Rapeseed Oil
- 1 Tbsp. Honey
- 1 Tbsp. Soy Sauce
- 1 Tbsp. Gochujang
- ½ Tbsp. Mirin
- ½ Tbsp. Rice Wine Vinegar
- ½ Tsp. Sesame Oil
- 1 Red Chilli
- ⅓ Red Pepper
- ⅓ Green Pepper
- 1 Spring Onion (Garnish)
- Sesame Seeds (Garnish)
- Salt
- Pepper

TOTAL TIME - 50 MINS

Prep Time - 10 Mins

Cook Time - 40 Mins

METHOD

- Preheat the oven to 180C. Separate the drums from the flats by slicing through the elbow joint and add all the wings to a bowl. Slice and add 1 clove of garlic along with the gochujang paste, mirin, rice vinegar, honey, soy sauce, sesame oil, salt and pepper and combine well.
- Add to a baking tray and place in the oven. Reserve some of the marinade to baste while cooking for a total of 45 minutes. Flip the wings every 10 minutes and halfway through cooking, coat with the remaining marinade.
- Whilst the wings cook, prepare the fries by cooking them according to instructions on the packet. 5 minutes before the fries have finished cooking, chop the green and red pepper, the other clove of garlic and the chilli and add all the contents to the pan on medium-high heat, cooking for a couple of minutes. Add the fries to the pan and stir off the heat.
- When the wings have finished cooking, top them with sesame seeds and plate with the fries, garnish with sliced spring onion and serve.

Mediterranean Lamb Burger and Oregano Wedges

Total Calories - 538

Protein - 35g

Carbohydrate - 48g

Fat - 21g



Lower Calorie Alternative:

- Swap the lamb mince for 5% beef mince (125 Cals)
- Swap the oil for low-cal oil spray (10 Cals)
- Use only 50g of potatoes for the wedges (40 Cals)

Total Calories - 381
Protein - 31g
Carbohydrate - 40g
Fat - 9g

Plant-Based Alternative:

- Swap the lamb mince for 100g of Vivera Plant Shawarma Kebab (150 Cals)
- Swap the yoghurt for 30g Oatly Greek Style Oatghurt (43 Cals)

Total Calories - 568
Protein - 30g
Carbohydrate - 57g
Fat - 23g



MEDITERRANEAN LAMB BURGER AND OREGANO WEDGES

INGREDIENTS

- 100g Lamb Mince (10%)
- 1 Wholemeal Seeded Bun
- 100g White Potato
- 30g Fage Yoghurt (0%)
- ½ Clove Garlic
- ¼ Onion
- ¼ Cucumber
- 1 Tbsp. Fresh Mint
- 1 Tbsp. Fresh Parsley
- ½ Tbsp. Rapeseed Oil
- ½ Tbsp. Sumac
- 1 Tsp. Dried Oregano
- ½ Tsp. Coriander Powder
- ½ Tsp. Paprika Powder
- ½ Tsp. Cumin Powder
- ½ Lemon
- Baby Leaf Salad Leaves
- Salt
- Pepper

TOTAL TIME - 60 MINS

Prep Time - 10 Mins

Cook Time - 50 Mins

METHOD

- Preheat the oven to 200C. To make the wedges, wash the potatoes and cut them into thick wedges, then add to a saucepan with salted cold water and bring to a boil. When fork-tender, drain but leave the potato wedges in the pan to steam dry for a couple of minutes.
- Next, place onto a baking tray, add the oil coating evenly, then add to the top shelf of the oven. Bake for 20 minutes or until golden and crisp flipping halfway through, add dried oregano when done and salt to taste.
- For the tzatziki, finely chop the mint, grate the cucumber and squeeze out all the excess water with your hands and combine both with the yoghurt. Add salt, pepper and lemon juice to taste.
- To assemble the burger patty, start by chopping the garlic and parsley. Grate and drain the onion, and add them all to the lamb mince in a large bowl, followed by cumin, coriander, paprika, sumac and salt. Mix well with hands to combine thoroughly. Form into a ball and then flatten into a burger slightly wider than the burger bun.
- Preheat a non-stick pan to medium-high heat. Add the lamb burger and flip once browned, set aside to rest when cooked through.
- In the same pan, toast the buns for approximately 20-30 seconds on each side.
- Spread the tzatziki on the bun and add the burger patty, followed by the baby salad leaves and a squeeze of lemon juice. Plate along with the wedges and serve.