



VOLUME IV

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Soy Ginger Chicken Skewers

Total Calories - 578

Protein - 34g

Carbohydrate - 79g

Fat - 12g



Lower Calorie Alternative:

- Swap the honey to ½ tsp. sugar (16 Cals)
- Use 50g of uncooked Jasmine rice instead of 60g (191 Cals)
- No coconut milk (-55 Cals)

Total Calories - 437

Protein - 32g

Carbohydrate - 56g

Fat - 7g

Plant-Based Alternative:

- Swap the chicken to 120g of This Isn't Chicken (160 Cals)
- Swap the honey to 1 tbsp. of agave syrup (60 Cals)

Total Calories - 637

Protein - 33g

Carbohydrate - 87g

Fat - 15g



SOY GINGER CHICKEN SKEWERS

INGREDIENTS

- 100g Chicken Breast
- 60g Jasmine Rice (Uncooked)
- 75ml Light Coconut Milk
- 1 Tsp. Coconut Oil
- 3 Cloves Garlic
- 3-Inches Ginger
- 1 Tbsp. Soy Sauce
- 1 Tbsp. Honey
- 1 Bay Leaf
- ¼ Knorr Chicken Stock Pot
- ⅓ Cucumber
- Sesame Seeds (Garnish)
- Black Pepper
- 2 Bamboo Skewers

TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

METHOD

- Begin by cutting the chicken into 1.5-inch pieces. Chop all the garlic and ginger but only add 2 cloves and 2 inches to the chicken, along with 1 tbsp. of soy sauce and 1 tbsp. of honey. Mix well and leave to marinate whilst preparing the rice.
- Rinse the rice in cold water until it runs clear and drain. In a non-stick saucepan at medium heat, add 1 tsp. of coconut oil, the remaining clove of garlic and 1-inch of ginger and cook for 30 seconds.
- Add the coconut milk, bay leaf, 50ml water and black pepper to taste. Then add ¼ of a stock pot and stir to dissolve before adding the drained rice and bring to a boil. Cover and turn to low for 10 minutes.
- Whilst the rice is cooking bring a non-stick pan to medium-high heat. Skewer the chicken and add to the preheated pan. Cook for 8-10 minutes turning every minute or two to avoid burning.
- After the rice has finished cooking for 10 minutes turn the heat off and leave to sit covered for 10 more minutes. Once the chicken is charred and cooked through, remove and set aside to rest.
- Once both the chicken and rice have rested, plate and garnish with sesame seeds, before slicing and adding the cucumber on the side and serve.

Spaghetti Bolognese

Total Calories - 579

Protein - 47g

Carbohydrate - 39g

Fat - 22g



Lower Calorie Alternative:

- Swap the 5% beef mince to 100g of 3% beef mince (128 Cal)
- Use 15g parmesan cheese instead of 30g (59 Cals)
- Use 60g of dried spaghetti instead of 75g (105 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 408

Protein - 36g

Carbohydrate - 33g

Fat - 10g

Plant-Based Alternative:

- Swap the beef mince to 125g of Vivera Veggie Mince (126 Cals)
- Swap the wine to 20ml of vegan wine (20 Cals)
- Swap the chicken stock pot to a vegetable stock pot (50 Cals)
- No parmesan cheese (-118 Cals)
- No milk (-8 Cals)
- Add ½ tbsp. of Bisto gravy granules (13 Cals)

Total Calories - 458

Protein - 30g

Carbohydrate - 48g

Fat - 10g



SPAGHETTI BOLOGNESE

INGREDIENTS

- 100g Beef Mince (5%)
- 75g Spaghetti (Dry)
- 30g Parmesan Cheese
- 5g Tomato Puree
- 20ml White Wine
- 20ml Skimmed Milk
- 1 Knorr Chicken Stock Pot
- 1 Clove Garlic
- 1 Bay Leaf
- ½ Tbsp. Olive Oil
- ¼ Onion
- ¼ Carrot
- ¼ Stick Celery
- Fresh Parsley (Garnish)
- Salt
- Pepper

TOTAL TIME - 55 MINS

Prep Time - 5 Mins

Cook Time - 50 Mins

METHOD

- Begin by chopping onion, carrot, celery, and garlic as finely as possible. Bring a non-stick pan to medium-high heat and 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.
- For the bolognese, add the garlic cooking for 30 seconds before adding the beef mince cooking for a further 5-6 minutes until browned. Add the tomato puree and stir to combine, cooking for a minute. Add the wine and cook for a further minute until the alcohol has cooked off before adding 200ml of water and 20ml of skimmed milk and the stock pot, stirring to combine. Add the bay leaf and leave to simmer on medium-low heat for 30-45 mins until the sauce has thickened and reduced, season with salt and pepper to taste.
- Add the spaghetti to a saucepan with boiling salted water and cook for 2 minutes less than stated on the packet. When cooked, drain the spaghetti but reserve roughly 20ml of the pasta water. Add the drained spaghetti to the bolognese stirring to combine, before adding the 20ml of reserved pasta water and 25g of grated parmesan cheese, cooking for a few minutes.
- When cooked through, plate and garnish with freshly chopped parsley and the remaining 5g of grated parmesan cheese and serve.

Creamy Coconut Cod

Total Calories - 709
Protein - 43g
Carbohydrate - 86g
Fat - 17g



Lower Calorie Alternative:

- Use 50g of uncooked Jasmine rice instead of 60g (191 Cals)
- Use 50ml of light coconut milk mixed with 50ml of water instead of 100ml of coconut milk (37 Cals)
- Use 2 cloves garlic, 1-inch ginger and 1 red chilli instead of the garlic, ginger and chilli paste (31 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 486
Protein - 38g
Carbohydrate - 65g
Fat - 5g



CREAMY COCONUT COD

INGREDIENTS

- 150g Cod (Skinless)
- 60g Jasmine Rice (Uncooked)
- 100ml Light Coconut Milk
- 2 Tbsps. Garlic Paste
- 1 Tbsp. Ginger Paste
- 1 Tbsp. Chilli Paste
- 1 Tbsp. Galangal Paste
- ½ Tbsp. Fish Sauce
- ½ Tbsp. Soy Sauce
- 1 Tsp. Sugar
- 1 Tsp. Coconut Oil
- 2 Kaffir Lime Leaves
- 1 Stalk Lemongrass
- 1 Red Chilli (Garnish)
- 1 Pandan Leaf (Optional)
- ¼ Onion
- Fresh Thai Basil (Handful)
- Lime (Zest)

TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

METHOD

- Begin by rinsing the rice in cold water until it runs clear and drain. In a non-stick saucepan, add 125ml of water and the rice and bring to a boil. Cover and turn to low for 10 minutes, leaving to sit covered for a further 10 minutes.
- Whilst the rice cooks, start making the paste by combining all the garlic, ginger, chilli and galangal pastes with some lime zest. In a non-stick pan at medium-high heat, add the coconut oil and the paste frying for 3-5 minutes stirring constantly to avoid burning.
- Bruise the lemongrass stalk with the back of a knife and add to the pan along with the kaffir lime leaves and the pandan leaf tied in a knot (if using). Cook for a further minute.
- Next, add the coconut milk, fish sauce and soy sauce to the pan before slicing and adding the onion along with the sugar and fish, turning the heat to medium-low and covering for 5-7 minutes.
- When cooked add the Thai basil, slice and add the red chilli, leaving to sit for a few minutes. Plate the rice first, top with the fish and sauce, and serve.

Piri-Piri Burger

Total Calories - 569
Protein - 42g
Carbohydrate - 50g
Fat - 20g



Lower Calorie Alternative:

- Swap the halloumi to 30g of 30% less fat halloumi (76 Cals)
- Use 70g raw white potato instead of 100g (56 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 477
Protein - 42g
Carbohydrate - 45g
Fat - 11g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellmann's Vegan Mayonnaise (98 Cals)
- No halloumi cheese (-94 Cals)

Total Calories - 596
Protein - 30g
Carbohydrate - 57g
Fat - 26g



PIRI-PIRI BURGER

INGREDIENTS

- 100g Chicken Breast
- 100g White Potato
- 1 Seeded Brioche Burger Bun
- 30g Halloumi Cheese
- 15g Nando's Sauce
- 10g Nando's Seasoning
- 1 Tbsp. Lightest Mayonnaise
- ½ Tbsp. Rapeseed Oil
- Iceberg Lettuce Leaves
- Salt

TOTAL TIME - 35 MINS

Prep Time - 5 Mins

Cook Time - 30 Mins

METHOD

- Begin by butterflying the chicken breast and marinating it in 5g of Nando's seasoning and a pinch of salt, set aside.
- Preheat the oven to 200C. Wash the potato then cut into even sized batons before adding them to a saucepan with cold salted water bringing to a boil. When fork-tender, drain and leave in the pan to steam dry for a few minutes.
- Next, add the oil coating evenly before placing on a baking tray and onto the top shelf of the oven, baking for 20 minutes or until golden and crisp, flipping halfway through.
- Whilst the chips cook, bring a non-stick pan to medium-high heat and add the chicken cooking for 3 minutes on each side. Add only 10g of the Nando's sauce to the pan, coating all the chicken and cook for a further few minutes or until cooked through. Set aside to rest.
- Cook the halloumi cheese in a non-stick pan on medium-high heat until browned on both sides and remove. Next, toast the burger bun under the grill or in a non-stick pan on medium-high heat until golden.
- Combine the mayonnaise with 5g of Nando's sauce and spread onto the bottom and top half of the burger bun. Add as much shredded iceberg lettuce leaves as desired to the bottom bun followed by the chicken and top with the grilled halloumi cheese.
- When the chips are done, remove and toss in the remaining 5g Nando's seasoning and add some salt to taste. Plate the burger and then add the chips on the side and serve.

Eggs Benedict

Total Calories - 419

Protein - 37g

Carbohydrate - 31g

Fat - 15g



Lower Calorie Alternative:

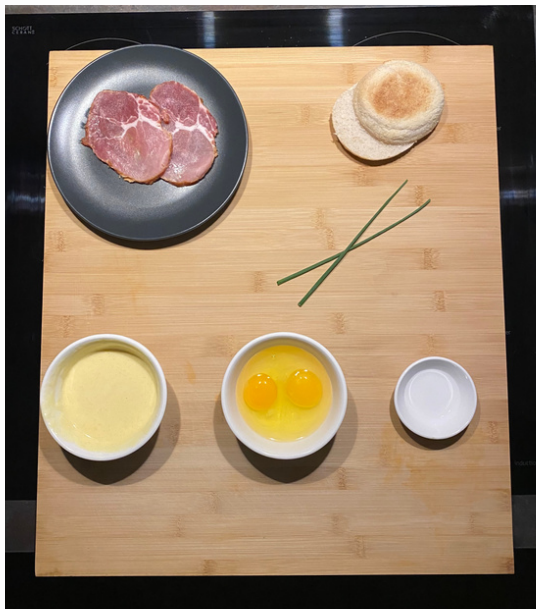
- Swap the English muffin to 1 Warburtons Sandwich Thins (100 Cals)

Total Calories - 361
Protein - 35g
Carbohydrate - 20g
Fat - 15g

Pork-Free Alternative:

- Swap the bacon to 2 rashers of Mattessons Smoked Turkey Rashers (68 Cals)

Total Calories - 425
Protein - 41g
Carbohydrate - 31g
Fat - 14g



EGGS BENEDICT

INGREDIENTS

- 2 Bacon Medallions (45% Less Fat)
- 2 Eggs
- 1 English Muffin
- 40g Greek Yoghurt (0%)
- ½ Egg Yolk
- ¼ Tsp. Dijon Mustard
- ¼ Tsp. Vinegar
- 2 Stalks Chive
- Paprika (Garnish)
- Pepper

TOTAL TIME - 15 MINS

Prep Time - 0 Mins

Cook Time - 15 Mins

METHOD

- To make the hollandaise sauce, whisk together the egg yolk, mustard, and yoghurt in a heatproof bowl set over a saucepan of barely simmering water and cook for about 12-15 minutes, stirring constantly until thick. The sauce will be thinner at first but will start to thicken. Chop and stir in 1 chive stalk and season with pepper. Remove from the heat but keep the sauce warm over the pan of hot water when cooked.
- Place the bacon medallions under a grill at medium-high heat and cook according to instructions on the pack.
- Half-fill a saucepan with water and bring to a boil. Add the vinegar and reduce the heat so the water is just simmering gently. Break the eggs into two separate bowls and then add to the water carefully one at a time, poaching for 3-4 minutes.
- Meanwhile, slice the English muffin in half and toast under the grill until golden. When toasted, remove and place on a plate, topping each half with 1 bacon medallion each.
- Using a slotted spoon, remove the poached eggs and place them on a kitchen towel to drain. Next, transfer the poached eggs on top of the bacon and spoon over the hollandaise sauce. Chop the other chive stalk and garnish along with paprika and serve.

Steak and Chips

Total Calories - 563

Protein - 32g

Carbohydrate - 39g

Fat - 28g



Lower Calorie Alternative:

- Use 70g of raw white potato instead of 100g (56 Cals)
- No peppercorn sauce. Remove the single cream, white wine, stock pot, Worcestershire sauce and use half the amount of pepper (-134 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 355

Protein - 31g

Carbohydrate - 23g

Fat - 15g

Plant-Based Alternative:

- Swap the steak to 130g of Vivera Plant Steak (253 Cals)
- Swap the chicken stock pot to ½ a vegetable stock pot (25 Cals)
- Swap the wine to 20ml of vegan wine (20 Cals)
- Swap the cream to 50ml of Alpro Soya Chilled Alternative To Single Cream (71 Cals)
- No Worcestershire sauce (-13 Cals)

Total Calories - 580

Protein - 30g

Carbohydrate - 42g

Fat - 29g



STEAK AND CHIPS

INGREDIENTS

- 100g Beef Fillet Steak
- 100g White Potato
- 50ml Single Light Cream
- 20ml White Wine
- ½ Knorr Chicken Stock Pot
- 2 Tbsps. Cracked Black Pepper
- 1 Tbsp. Worcestershire Sauce
- ½ Tbsp. Rapeseed Oil
- 5 Spears Asparagus
- 1 Clove Garlic
- 1 Bay Leaf
- ¼ Onion
- Salt

TOTAL TIME - 40 MINS

Prep Time - 10 Mins

Cook Time - 30 Mins

METHOD

- Preheat the oven to 200C. Wash the potato then cut into even sized batons before adding them to a saucepan with cold salted water bringing to a boil. When fork-tender, drain and leave in the pan to steam dry for a few minutes.
- Next, add half the oil coating evenly before placing on a baking tray and onto the top shelf of the oven, baking for 20 minutes or until golden and crisp, flipping halfway through.
- Coat the steak in the remaining oil, add half the black pepper and salt to taste. Bring a non-stick pan to high heat and when smoking, add the steak turning every 30 seconds. Cook until it is slightly under your desired likeness then remove and set aside to rest (cover in foil to keep warm).
- To make the peppercorn sauce, chop and add the onion to the same pan at medium heat, and cook until translucent. Chop and add the garlic cooking for 30 seconds. Next, add the Worcestershire sauce and cook for a further 30 seconds, before adding the white wine cooking the alcohol off for a few minutes. Add in 50ml water and ½ the stock pot. Turn the heat down to medium-low and add the cream and bay leaf. Season with salt and black pepper (save some for the asparagus) cooking until the sauce has reached your desired consistency.
- Whilst the sauce is simmering, snap the ends off the asparagus and discard. Season with salt and black pepper, then fry in a non-stick pan on medium-high heat for 5 minutes until charred and set aside.
- Plate the steak along with the chips and asparagus, finish by spooning over the peppercorn sauce and serve.

Braised Chicken Thighs and Mash

Total Calories - 527

Protein - 33g

Carbohydrate - 52g

Fat - 16g



Lower Calorie Alternative:

- Swap the chicken thighs to 100g of chicken breast (128 Cals)
- Use 100g raw white potato instead of 200g (80 Cals)
- No milk (-8 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 330

Protein - 33g

Carbohydrate - 33g

Fat - 4g

Plant-Based Alternative:

- Swap the chicken thighs to 120g of This Isn't Chicken (192 Cals)
- Swap the wine to 20ml of vegan wine (20 Cals)
- Swap the chicken stock pot to ½ a vegetable stock pot (25 Cals)
- No milk (-8 Cals)

Total Calories - 504

Protein - 34g

Carbohydrate - 61g

Fat - 10g



BRAISED CHICKEN THIGHS AND MASH

INGREDIENTS

- 100g Chicken Thigh (Skinless)
- 200g White Potato
- 20ml White Wine
- 20ml Skimmed Milk
- 10g All Purpose Seasoning
- 1 Tsp. Olive Oil
- 4 Chestnut Mushrooms
- 1 Clove Garlic
- 1 Bay Leaf
- 1 Stem Chive
- ½ Tbsp. Plain Flour
- ½ Knorr Chicken Stock Pot
- ½ Sprig Thyme
- ½ Sprig Rosemary
- ¼ Onion
- ¼ Carrot
- ¼ Stick Celery
- ¼ Lemon
- Fresh Parsley (Garnish)
- Salt
- Pepper

TOTAL TIME - 50 MINS

Prep Time - 5 Mins

Cook Time - 45 Mins

METHOD

- Begin by coating the chicken thighs in 10g of all-purpose seasoning and then finely chop the celery, onion, carrot, garlic, and slice the mushrooms and set aside. Bring a non-stick high-sided pan up to high heat. Add the olive oil and chicken thighs and brown on both sides but do not cook all the way through. Remove and set aside.
- Turn the heat down to medium and to the same pan add the onion, carrot, and celery. Sauté for 5 minutes until softened. Next, add the sliced mushrooms and cook for a further 2-3 minutes, before adding the garlic, rosemary, and thyme for 30 seconds. Add the flour and cook for 2 minutes stirring occasionally to avoid burning. Add the white wine and cook for 2-3 minutes until the alcohol has cooked off. To that, add 200ml of water, along with the ½ stock pot, stirring to combine before adding the bay leaf. Add the chicken thighs back to the pan, cover and simmer whilst preparing the mash.
- Peel potatoes and cut into 2-inch cubes before adding them to a saucepan with cold salted water then bring to a boil. When the potatoes are fork-tender, drain and return to the pan to steam with the heat turned off.
- While the potatoes are steaming, remove the lid from the pan with the chicken in to allow the sauce to reduce and thicken. Mash the potatoes using a potato ricer or masher, before stirring in the milk, chop and add the chives then season with salt and pepper.
- Season the chicken with salt and pepper also, before adding a squeeze of lemon juice. Plate the mash first and then top with the chicken thighs. Spoon over the sauce and garnish with freshly chopped parsley and serve.

Kimchi Prawn Fried Rice

Total Calories - 520
Protein - 38g
Carbohydrate - 56g
Fat - 16g



Lower Calorie Alternative:

- Use 90g of cooked Jasmine rice instead of 125g (128 Cals)
- No bacon medallion (-54 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 409
Protein - 32g
Carbohydrate - 49g
Fat - 9g

Plant-Based Alternative:

- Swap the prawns to 100g of This Isn't Chicken (160 Cals)
- Swap the bacon medallion to 50g of Vivera Veggie Bacon Pieces (47 Cals)
- No egg (-73 Cals)

Total Calories - 494
Protein - 36g
Carbohydrate - 67g
Fat - 10g

Pork-Free Alternative:

- Swap the bacon to 1 rasher of Mattessons Smoked Turkey Rashers (34 Cals)

Total Calories - 500
Protein - 40g
Carbohydrate - 57g
Fat - 13g



KIMCHI PRAWN FRIED RICE

INGREDIENTS

- 100g Prawns
- 1 Bacon Medallion
- 1 Egg
- 125g Jasmine Rice (Cooked)
- 80g Kimchi
- 1 Clove Garlic
- 1 Tsp. Rapeseed Oil
- ½ Tbsp. Gochujang Paste
- ½ Tbsp. Sweet Soy Sauce (Kecap Manis)
- ¼ Onion
- ⅓ Cucumber
- 1 Spring Onion (Garnish)
- Sesame Seeds (Garnish)
- Seaweed (Garnish)
- Salt
- Pepper

TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

METHOD

- Begin by chopping garlic and onion and then cut the bacon medallion into small bite-size pieces. Bring a wok to medium-high heat and add the rapeseed oil. Add the garlic and cook for 30 seconds before adding the onion cooking for a further minute. Next, add the bacon pieces and sauté for 1-2 minutes until browned.
- Drain the kimchi but reserve the liquid for later and add to the pan cooking for 1-2 minutes. Following this, add the prawns and stir fry for 1-2 minutes before adding in the gochujang paste.
- Next, add the cooked rice and the reserved kimchi liquid stirring well. Use the back of a spatula to press down on the rice to separate the grains. Add the sweet soy sauce and combine well before seasoning with salt and pepper. Turn off the heat and leave to sit.
- In a small non-stick frying pan at medium heat, add the egg and cook sunny side up.
- Plate everything and top with the fried egg. Slice and garnish with spring onion and seaweed, along with some sesame seeds. Slice and add the cucumber on the side and serve.

Chicken Pot Pie

Total Calories - 514
Protein - 38g
Carbohydrate - 36g
Fat - 20g



Lower Calorie Alternative:

- Use 100ml of water instead of 100ml of milk (-36 Cals)
- No egg wash (-10 Cals)
- Swap the butter to low-cal oil spray (10 Cals)

Total Calories - 441
Protein - 34g
Carbohydrate - 31g
Fat - 16g

Plant-Based Alternative:

- Swap the chicken to 100g This Isn't Chicken (160 Cals)
- Swap the wine to 20ml of vegan wine (20 Cals)
- Swap the chicken stock pot to ½ a vegetable stock pot (25 Cals)
- Swap the milk to 100ml of Alpro Soya Light Chilled Drink (22 Cals)
- Swap the butter to ½ tbsp. of Flora Plant Butter (49 Cals)
- No egg wash (-10 Cals)

Total Calories - 534
Protein - 30g
Carbohydrate - 39g
Fat - 24g

CHICKEN POT PIE



INGREDIENTS

- 100g Chicken Breast
- 50g Jus-Rol Puff Pastry
- 100ml Skimmed Milk
- 20ml White Wine
- 5g Chicken Seasoning
- 4 Chestnut Mushrooms
- 1 Clove Garlic
- 1 Bay Leaf
- 2 Tbsps. Petit Pois
- ½ Knorr Chicken Stock Pot
- ½ Tbsp. Plain Flour
- ½ Tbsp. Butter
- ½ Tbsp. Fresh Parsley
- ½ Sprig Thyme
- ½ Sprig Rosemary
- ¼ Onion
- ¼ Carrot
- ¼ Stick Celery
- Egg Wash
- Salt
- Pepper

TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

METHOD

- Begin by cutting the chicken breast into small bite-size pieces and combine with 5g chicken seasoning. Finely chop the onion, carrot, celery, garlic, and slice mushrooms and set aside. Bring a high-sided non-stick pan up to medium-high heat and add the butter and chicken, browning on all sides but do not cook all the way through. Remove and set aside.
- Turn the heat down to medium and add the onion, carrot, and celery. Sauté for 5 minutes until softened. Add the sliced mushrooms and cook for a further 2-3 minutes before adding the garlic, rosemary, and thyme for 30 seconds. Add the flour and cook for 2 minutes stirring occasionally to avoid burning. Add the white wine and cook for 2-3 minutes until the alcohol has cooked off. Finally, add 100ml of both water and milk, along with the ½ stock pot, stirring to combine before adding the bay leaf.
- Preheat the oven to the temperature stated on the puff pastry packet. Add to the pan the petit pois, chop and add the parsley and season with salt and pepper. Transfer everything to a small pie dish and top with the pastry.
- Crimp the edges with a fork to seal, whilst making a couple of small cuts in the pastry to allow steam to escape. Brush the top of the pastry with some egg wash, top with pepper and place into the oven and bake until golden brown. When cooked, remove and allow to rest for 5 minutes before plating and serving.

Pad Thai

Total Calories - 490

Protein - 30g

Carbohydrate - 48g

Fat - 19g



Lower Calorie Alternative:

- Use 45g of rice noodles instead of 60g (60 Cals)
- Swap the oil for low-cal oil spray (10 Cals)

Total Calories - 439

Protein - 30g

Carbohydrate - 44g

Fat - 11g

Plant-Based Alternative:

- Swap the prawns for 100g of This Isn't Chicken (160 Cals)
- Swap the fish sauce for 1 tbsp. of soy sauce (10 Cals)
- Swap the oyster sauce for ½ tbsp. of vegetable stir fry sauce (12 Cals)
- No egg (-73 Cals)

Total Calories - 536

Protein - 35g

Carbohydrate - 61g

Fat - 17g



PAD THAI

INGREDIENTS

- 50g Prawns
- 50g Tofu (Firm)
- 1 Large Egg
- 60g Flat Rice Noodles (Dry)
- 1 ½ Tbsps. Brown Sugar
- 1 Tbsp. Fish Sauce
- 1 Tbsp. Crushed Peanuts
- ¾ Tbsp. Tamarind Puree
- ½ Tbsp. Oyster Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Chilli Flakes
- 1 Clove Garlic
- 1 Spring Onion
- ¼ Onion
- ¼ Cup Beansprouts
- ¼ Lime

TOTAL TIME - 10 MINS

Prep Time - 5 Mins

Cook Time - 5 Mins

METHOD

- Place noodles in a large bowl, pour over enough boiling water to cover and soak for 5 minutes, then drain. Rinse under cold water and set aside.
- For the sauce, combine tamarind puree, brown sugar, fish sauce, and oyster sauce in a bowl and set aside also.
- Cut the tofu into 1-inch cubes before heating the oil in a wok over high heat. Add the tofu and prawns, browning on all sides then remove. Chop the garlic, slice the onion and add them to the wok cooking for 30 seconds.
- Next, add the egg and scramble before adding the beansprouts, tofu, prawns, noodles and the sauce, stirring well. Lastly, quarter and add the spring onion then remove from the heat immediately.
- Plate everything, crush and sprinkle on top the peanuts and serve with chilli flakes on the side with a lime wedge and serve.

Cajun Chicken Mac 'N' Cheese

Total Calories - 564

Protein - 45g

Carbohydrate - 52g

Fat - 18g



Lower Calorie Alternative:

- Use 50g of fusilli instead of 75g (88 Cals)
- No cheddar cheese (-62 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 408

Protein - 40g

Carbohydrate - 43g

Fat - 7g

Plant-Based Alternative:

- Swap the chicken to 100g This Isn't Chicken (160 Cals)
- Swap the mozzarella to 30g of Violife Original Flavour Grated (89 Cals)
- Swap the milk to 100ml of Alpro Soya Light Chilled Drink (22 Cals)
- Swap the chicken stock pot to ½ a vegetable stock pot (25 Cals)
- Add 5g of nutritional yeast (17 Cals)

Total Calories - 584

Protein - 33g

Carbohydrate - 61g

Fat - 21g



CAJUN CHICKEN MAC 'N' CHEESE

INGREDIENTS

- 100g Chicken Breast
- 75g Fusilli (Dry)
- 15g Mozzarella
- 15g Mature Cheddar Cheese
- 15g Cajun Seasoning
- 100ml Skimmed Milk
- 1 Clove Garlic
- 1 Bay Leaf
- ½ Knorr Chicken Stock Pot
- 1 Tbsp. Panko Bread Crumbs
- ½ Tbsp. Olive Oil
- ½ Tbsp. Plain Flour
- ¼ Onion
- ¼ Red Pepper
- ¼ Green Pepper
- Fresh Parsley (Garnish)
- Salt
- Pepper

TOTAL TIME - 35 MINS

Prep Time - 5 Mins

Cook Time - 30 Mins

METHOD

- Preheat the oven to 200C. Cut the chicken breast into small bite-size pieces and coat in 15g of Cajun seasoning and set aside. Next, chop the onion, both the red and green pepper and also the garlic.
- To make the sauce, in a non-stick high-sided pan at medium-high heat, add the olive oil with the chicken and brown on all sides then remove. Next, add the red and green peppers with the onion to the same pan. Cook for 2-3 minutes before adding the chopped garlic for a further 30 seconds. Add the flour and cook, stirring for 1-2 minutes but do not brown. Whisk in 100ml of both skimmed milk and water, followed by the ½ stock pot and bay leaf, simmer on low heat.
- Add the fusilli to another saucepan with some salt and boiling water, cooking for 2 minutes less stated on the packet. While the pasta is boiling, stir both kinds of cheese into the sauce gradually, followed by the browned chicken.
- When the pasta is cooked, drain and add to the sauce. Season with salt and pepper and stir well. Transfer everything into a small baking dish and top with panko breadcrumbs and place into the oven to bake until golden brown.
- When cooked, leave to rest for 3-5 minutes, chop and garnish with fresh parsley before plating and serving.