



VOLUME VI

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Honey mustard grilled chicken breast served with spring onion half potato half sweet potato mash and grilled asparagus.

BBQ Chicken Wrap

Total Calories - 460

Protein - 34g

Carbohydrate - 63g

Fat - 7g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Swap the wrap to 1 Warburtons Gluten Free White Wraps (138 Cals)

Total Calories - 413

Protein - 31g

Carbohydrate - 57g

Fat - 6g

Plant-Based Alternative:

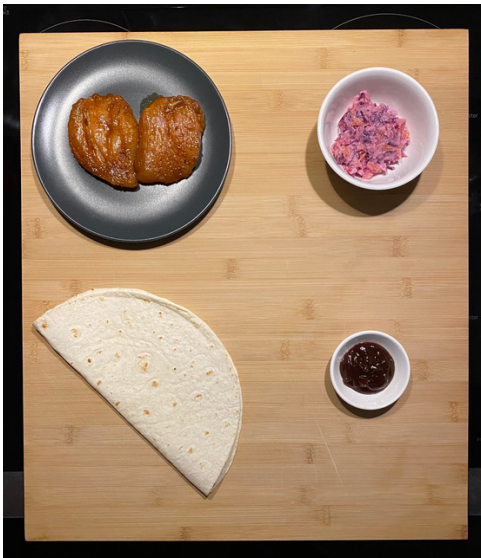
- Swap the chicken to 120g of This Isn't Chicken (192 Cals)
- Swap the mayonnaise to 1 tbsp. Hellman's Vegan Mayonnaise (98 Cals)

Total Calories - 604

Protein - 34g

Carbohydrate - 70g

Fat - 21g



BBQ CHICKEN WRAP

INGREDIENTS

- 100g Chicken Breast
- 1 Tortilla Wrap
- 2 Tbsps. Sweet Baby Ray's Barbecue Sauce
- 2 Tbsps. Lightest Mayonnaise
- 1 Tsp. Smoked Paprika
- ½ Tsp. Rapeseed Oil
- ½ Tsp. Garlic Powder
- ½ Tsp. Onion Powder
- ½ Tsp. Cayenne Pepper
- 2 Leaves Red Cabbage
- ¼ Carrot
- ¼ Red Apple
- ⅛ Onion
- Salt
- Pepper

TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

METHOD

- Begin by butterflying the chicken breast and coating it in the oil, paprika, onion, garlic and cayenne powder, salt and pepper then set aside.
- Grate the carrot, cabbage, onion and apple in a bowl, combined with mayonnaise and some salt and set aside also.
- Bring a non-stick pan to medium-high heat before adding the marinated chicken. Cook the chicken for approximately 3 minutes on each side, add the BBQ sauce and coat the chicken cooking until it has cooked through. Remove from the pan and leave to rest for a couple minutes.
- Place the tortilla flat and add the slaw first before slicing the chicken and adding it on top. Fold both ends of the tortilla over and then roll the wrap over on itself.
- Bring a clean non-stick pan to medium-high heat and add the wrap seam side down, toasting on each side until golden brown. Remove the wrap, slice in half at an angle, plate and serve.

Thai Drunken Noodles

Total Calories - 344

Protein - 30g

Carbohydrate - 42g

Fat - 6g



Lower Calorie Alternative:

- Use 70g of noodles instead of 100g (94 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 293

Protein - 30g

Carbohydrate - 34g

Fat - 4g

Plant-Based Alternative:

- Swap the prawns to 120g of This Isn't Chicken (192 Cals)
- Swap the oyster sauce for 1 tbsp. Lee Kum Kee Vegetarian Stir-Fry Sauce (22 Cal)
- Swap the fish sauce for another ½ tbsp. of soy sauce (4 Cal)

Total Calories - 426

Protein - 31g

Carbohydrate - 56g

Fat - 9g



THAI DRUNKEN NOODLES

INGREDIENTS

- 135g Prawns
- 100g Flat Rice Noodles
- 1 Tbsp. Oyster Sauce
- ½ Tbsp. Soy Sauce
- ½ Tbsp. Dark Soy Sauce
- 1 Tsp. Fish Sauce
- 1 Tsp. Sugar
- ½ Tsp. Rapeseed Oil
- 2 Cloves Garlic
- 2 Bird Eye Chillies
- ¼ Onion
- Thai Basil (Handful)

TOTAL TIME - 10 MINS

Prep Time - 5 Mins

Cook Time - 5 Mins

METHOD

- Firstly, cook the noodles according to instructions on the packet and set aside.
- Combine the sugar, oyster, soy, dark soy, and fish sauce in a small bowl and set aside also.
- Chop the garlic and chilli and slice the onion. Heat the oil in a wok over high heat and then add the garlic and chilli cooking for 10 seconds, before adding in the sliced onion cooking for a minute.
- Next, add the prawns and cook for another minute before finally adding the cooked noodles, then the sauce mixture, cooking until the sauce has reduced and been fully absorbed by the noodles.
- Turn off the heat and stir in the fresh Thai basil, plate and serve.

Philly Cheese Steak

Total Calories - 595

Protein - 36g

Carbohydrate - 63g

Fat - 28g



Lower Calorie Alternative:

- Only use 70g of the white baton instead of 100g (114 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 450

Protein - 33g

Carbohydrate - 32g

Fat - 21g

Plant-Based Alternative:

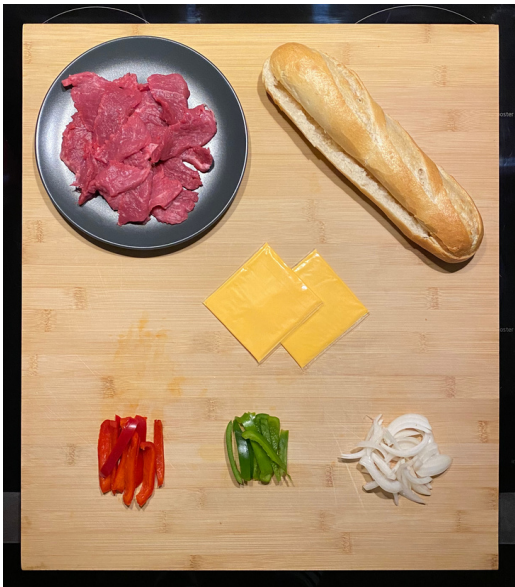
- Swap the beef for 100g of Naked Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the cheese slice for 1 Violife Original Sliced (57 Cals)

Total Calories - 480

Protein - 28g

Carbohydrate - 46g

Fat - 17g



PHILLY CHEESE STEAK

INGREDIENTS

- 100g Fillet of Beef
- 100g White Baguette
- 1-2 Slices Country Cow Cheese
- 2 Tsps. Rapeseed Oil
- ¼ Onion
- ¼ Green Pepper
- ¼ Red Pepper
- Salt
- Pepper

TOTAL TIME - 10 MINS

Prep Time - 5 Mins

Cook Time - 5 Mins

METHOD

- Begin by slicing the fillet of beef as thinly as possible. Also slice the peppers and onion and set aside.
- Hollow out approximately 40g of the baton to create a pocket for the filling.
- In a non-stick pan at high heat, add the oil followed by the sliced peppers and onion and cook for 1-2 minutes. Add the beef and season with salt and pepper, cook for a further couple of minutes until the beef is cooked.
- Turn off the heat and add to the hollowed-out baton. Top with the cheese, plate and serve.

Filet-O-Fish

Total Calories - 469

Protein - 35g

Carbohydrate - 58g

Fat - 9g



Lower Calorie Alternative:

- No ½ cheese slice (-29 Cals)

Total Calories - 440

Protein - 34g

Carbohydrate - 58g

Fat - 7g

Plant-Based Alternative:

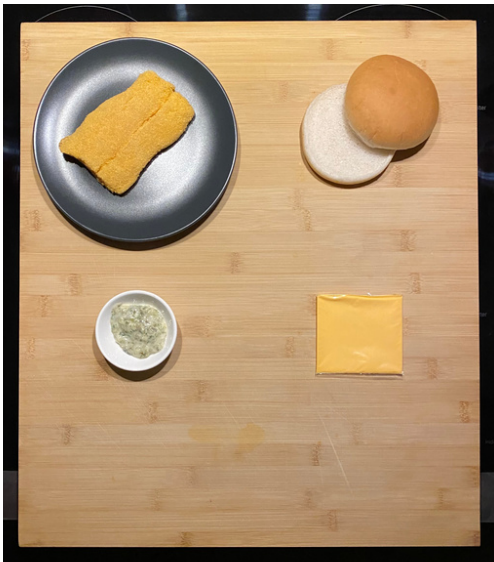
- Swap the cod for 100g of Gardein Golden Fishless Filet (188 Cals)
- Swap the Worcestershire sauce for ¼ tsp. of white vinegar (0 Cals)
- Swap the cheese slice for ½ a slice of Violife Original Sliced (28 Cals)
- No breadcrumbs, flour or egg (-170 Cals)

Total Calories - 387

Protein - 15g

Carbohydrate - 47g

Fat - 16g



FILET-O-FISH

INGREDIENTS

- 100g Cod
- 1 Warbutons Soft Sliced White Roll
- 2 Tbsps. Golden Breadcrumbs
- 2 Tbsps. Lightest Mayonnaise
- 1 Tsp. Chopped Capers
- 1 Tsp. Chopped Fresh Dill
- 1 Tsp. Chopped Pickles
- 1 Tsp. Lemon Juice
- ½ Slice Country Cow Cheese
- ½ Tbsp. Plain Flour
- ½ Egg
- ¼ Tsp. Worcestershire Sauce
- Salt
- Pepper

TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

METHOD

- Place the flour, ½ beaten egg and golden breadcrumbs in 3 separate shallow bowls. Pat the cod dry and season with salt and pepper.
- Coat the fish in the flour first, then the egg and then finally in the breadcrumbs, before placing the breaded cod in the air fryer at 180C for 8 minutes.
- Whilst the fish cooks, prepare the tartar sauce by chopping the pickles, capers and dill before adding them to a bowl with the mayonnaise, lemon juice, Worcestershire sauce, salt, and pepper combining well.
- When the fish has finished cooking, remove and set aside. Heat the white roll in the microwave for 5-10 seconds. Spread the tartar sauce evenly on both halves of the bun, followed by the fish and top with the ½ cheese slice, plate and serve.

Teriyaki Beef

Total Calories - 541
Protein - 33g
Carbohydrate - 47g
Fat - 23g



Lower Calorie Alternative:

- Use 40g of rice instead of 60g (60 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 441
Protein - 32g
Carbohydrate - 41g
Fat - 16g

Plant-Based Alternative:

- Swap the beef for 120g of Naked Glory Meat Free Vegan No Beef Strips (175 Cals)

Total Calories - 482
Protein - 33g
Carbohydrate - 50g
Fat - 13g



TERIYAKI BEEF

INGREDIENTS

- 100g Fillet of Beef
- 60g Japanese Rice
- 3 Stalks Broccoli
- 2 Tbsps. Soy Sauce
- 1 Tbsp. Sugar
- 1 Tbsp. Mirin
- 2 Tsp. Rapeseed Oil
- 1 Tsp. Chopped Garlic
- 1 Tsp. Chopped Ginger
- Spring Onion (Garnish)
- Black Sesame Seeds (Garnish)
- White Sesame Seeds (Garnish)
- Salt
- Pepper

TOTAL TIME - 40 MINS

Prep Time - 15 Mins

Cook Time - 25 Mins

METHOD

- Wash the rice in some water until it runs clear before soaking it in cold water for 15 minutes.
- Add the drained rice to a non-stick saucepan with 80ml of cold water and bring to a boil. Cover and leave to simmer on medium-low for 10 minutes before leaving to sit for 10 more minutes when cooked off the heat.
- Combine the sugar, soy sauce, ginger, garlic, and mirin in a bowl and set aside.
- Steam or boil the broccoli to your liking.
- Next, thinly slice the beef against the grain. Bring a non-stick pan to high heat, when smoking add the oil and the beef, season with salt and pepper and cook for 2 minutes.
- Remove the beef and turn the heat down to medium-high before adding the sauce to the pan boiling until it is reduced. When thickened, turn off the heat and add the beef along with any resting juices.
- Plate the beef, rice and broccoli, top with sliced spring onion and sesame seeds and serve.

Nasi Goreng

Total Calories - 518
Protein - 40g
Carbohydrate - 55g
Fat - 17g



Lower Calorie Alternative:

- Use 100g of cooked rice instead of 125g (124 Cals)
- No egg (-73 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 344
Protein - 33g
Carbohydrate - 48g
Fat - 5g

Plant-Based Alternative:

- Swap the chicken for 120g of This Isn't Chicken (192 Cals)
- No egg (-73 Cals)

Total Calories - 509
Protein - 33g
Carbohydrate - 65g
Fat - 15g



NASI GORENG

INGREDIENTS

- 100g Chicken Breast
- 125g Jasmine Rice (Cooked)
- 2 Cloves Garlic
- 2 Bird Eye Chillies
- 1 Stalk Choy Sum
- 1 Egg
- 1 Tbsp. Sweet Soy Sauce (Kicap Manis)
- ½ Tbsp. Soy Sauce
- 2 Tsps. Rapeseed Oil
- ¼ Onion
- Spring Onion (Garnish)
- Salt

TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

METHOD

- Begin by cutting the chicken breast into small bite-size pieces. Next, slice the onion and the choy sum separating the stems from the leaves before chopping the garlic and chilli.
- Heat the oil in a wok on high heat and add the chilli and garlic cooking for 10 seconds before adding the sliced onion, cooking for 1 minute. Next, add the chicken in and cook until it turns white and is no longer raw.
- Add the choy sum stems and cook for 30 seconds before adding in the cooked rice.
- Next, add the sweet soy sauce and soy sauce, cooking until every grain is coated and the rice has caramelised.
- Stir in the choy sum leaves, season with salt to taste and turn off the heat.
- Finally, fry the egg in a small non-stick pan. Plate the fried rice and top with the egg. Slice and add the cucumber before garnishing everything with sliced spring onion and serve.

Chicken Katsu Bao Buns

Total Calories - 476
Protein - 39g
Carbohydrate - 63g
Fat - 6g



Lower Calorie Alternative:

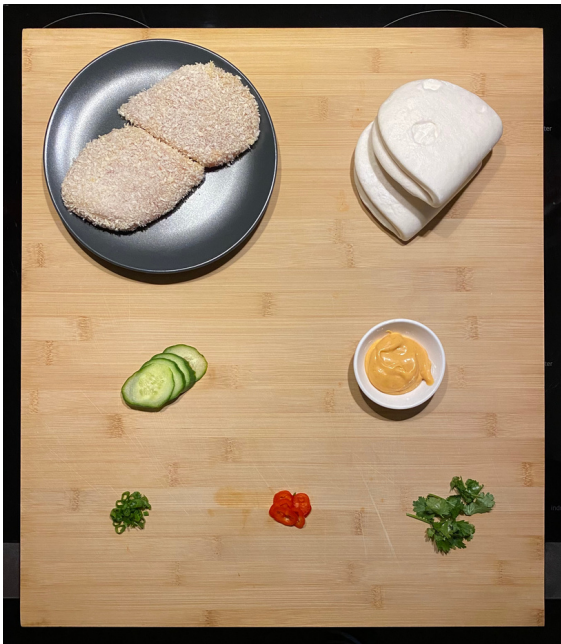
- Use one bao bun instead of two (71 Cals)

Total Calories - 408
Protein - 37g
Carbohydrate - 49g
Fat - 6g

Plant-Based Alternative:

- Swap the chicken for 4 Linda McCartney Vegetarian Southern-Style Chicken (267 Cals)
- Swap the mayonnaise for 2 tbsps. of Hellman's Vegan Mayonnaise (196 Cals)
- No breadcrumbs, flour or egg (-146 Cals)

Total Calories - 641
Protein - 22g
Carbohydrate - 50g
Fat - 39g



CHICKEN KATSU BAO BUNS

INGREDIENTS

- 100g Chicken Breast
- 20g Panko Breadcrumbs
- 2 Bao Buns (Frozen)
- 3 Tbsps. Lightest Mayonnaise
- 1 Tbsp. Plain Flour
- 1 Tbsp. Sriracha
- ½ Egg
- 4 Slices Cucumber
- Red Chilli (Garnish)
- Spring Onion (Garnish)
- Fresh Coriander (Garnish)
- Salt
- Pepper

TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

METHOD

- Begin by butterflying the chicken.
- Place the flour, ½ beaten egg and golden breadcrumbs in 3 separate shallow bowls. Pat the chicken dry and season with salt and pepper.
- Coat the chicken in the flour, then the egg and then finally the panko breadcrumbs, before placing in an air fryer at 180C for 6-8 minutes.
- Combine the sriracha and mayonnaise in a bowl and set aside.
- Steam the bao buns according to instructions on the packet.
- When the chicken is cooked through, remove from the air fryer. Add 2 cucumber slices to each bao bun, followed by 1 piece of chicken to each and top with the sriracha mayonnaise, plate and serve.

BLT Sandwich

Total Calories - 446
Protein - 45g
Carbohydrate - 52g
Fat - 6g



Lower Calorie Alternative:

- Swap the sourdough to 2 slices of Warburtons Danish Light White Bread (126 Cals)

Total Calories - 368
Protein - 42g
Carbohydrate - 38g
Fat - 4g

Plant-Based Alternative:

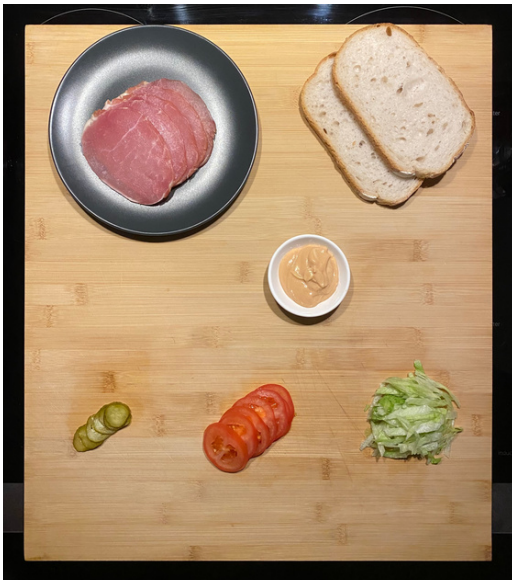
- Swap the bacon for 100g of This Isn't Bacon Rashers (152 Cals)
- Swap the mayonnaise to 2 tbsp's of Hellman's Vegan Mayonnaise (196 Cals)

Total Calories - 605
Protein - 34g
Carbohydrate - 60g
Fat - 26g

Pork-Free Alternative:

- Swap the bacon to 100g of Mattessons Lightly Smoked Turkey Rashers (137 Cals)

Total Calories - 412
Protein - 39g
Carbohydrate - 52g
Fat - 5g



BLT SANDWICH

INGREDIENTS

- 100g Smoked Bacon Medallions
- 2 Slices Sourdough
- 2 Tbsps. Lightest Mayonnaise
- ½ Pickled Gherkin
- ½ Tbsp. Ketchup
- ¼ Tbsp. Dijon Mustard
- ¼ Tsp. White Vinegar
- 3 Leaves Lettuce
- 1 Tomato
- Salt
- Pepper

TOTAL TIME - 10 MINS

Prep Time - 5 Mins

Cook Time - 5 Mins

METHOD

- Cook the bacon medallions under the grill until crispy.
- Toast the sourdough slices under the same grill until golden on both sides.
- Combine the mayonnaise, ketchup, mustard, and vinegar in a bowl and season with salt and pepper.
- Spread the sauce on both slices of sourdough. Add the bacon to one slice, followed by sliced tomato, sliced gherkin, and shredded lettuce. Finally add the other slice of sourdough to assemble the sandwich, slice at an angle, plate and serve.

Tuna Bucatini

Total Calories - 527

Protein - 35g

Carbohydrate - 58g

Fat - 17g



Lower Calorie Alternative:

- Use ½ tbsp. of olive oil instead of 1 tbsp. (60 Cals)
- Use 50g of pasta instead of 70g (179 Cals)
- No wine (-17 Cals)

Total Calories - 378

Protein - 32g

Carbohydrate - 44g

Fat - 9g

Plant-Based Alternative:

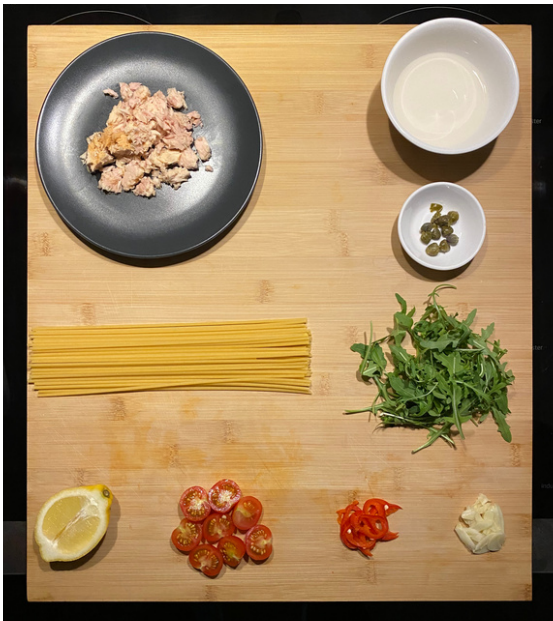
- Swap the tuna for 100g of Nestlé Vuna (266 Cals)
- Swap the wine for vegan white wine (20 Cals)
- No anchovy fillet (-8 Cals)

Total Calories - 689

Protein - 34g

Carbohydrate - 58g

Fat - 34g



TUNA BUCATINI

INGREDIENTS

- 100g Tuna Chunks In Spring Water
- 70g Bucatini
- 20ml White Wine
- 4 Cherry Tomatoes
- 2 Cloves Garlic
- 1 Anchovy Fillet
- 1 Tbsp. Olive Oil
- 1 Tsp. Capers
- ½ Red Chilli
- ¼ Lemon
- Rocket (Handful)
- Salt
- Pepper

TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

METHOD

- Begin by boiling the bucatini in boiling salted water for 2 minutes less than stated on the packet.
- Slice the garlic and add with the olive oil to a cold pan bringing up to medium-high heat. When the garlic begins to fry, chop, and add the anchovy fillet. As soon as the garlic edges begin to turn golden add the wine and cook off the alcohol.
- Slice the cherry tomatoes in half, chop the capers and chilli and add them to the pan.
- Drain the pasta but reserve a small amount of pasta water. Add the pasta to the sauce and coat well, before adding some pasta water to create a sauce-like consistency.
- When the pasta has cooked through, turn off the heat, drain and add the tuna, rocket, and a squeeze of lemon. Stir to combine, season with salt and pepper, plate and serve.

Southeast Asian Chicken Salad

Total Calories - 504
Protein - 34g
Carbohydrate - 38g
Fat - 25g



Lower Calorie Alternative:

- Swap the chicken thighs to 100g of chicken breast (128 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 395
Protein - 36g
Carbohydrate - 38g
Fat - 13g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the fish sauce for 1 tbsp. of Thai Taste Vegetarian Fish Sauce (4 Cals)

Total Calories - 455
Protein - 31g
Carbohydrate - 46g
Fat - 18g



SOUTHEAST ASIAN CHICKEN SALAD

INGREDIENTS

- 100g Skinless Chicken Thighs
- 40g Chinese Cabbage
- 40g Red Cabbage
- 20g Peanuts
- 2 Cloves Garlic
- 1 Carrot
- 1 Lime
- 1 Spring Onion
- 1 Tbsp. Fish Sauce
- 1 Tbsp. Sugar
- 1 Tbsp. Sriracha
- ½ Tbsp. Soy Sauce
- 1 Tsp. Rapeseed Oil
- Fresh Coriander (Handful)
- Fresh Mint (Handful)

TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

METHOD

- Begin by chopping all the garlic. Add half to the chicken along with the soy sauce to marinate.
- Combine the juice of 1 lime with the sugar, sriracha, fish sauce and the other half of the garlic in a bowl.
- Bring a non-stick pan to medium-high heat and add the oil and chicken. Cook for 4-5 minutes on each side.
- Whilst the chicken is cooking, finely slice the Chinese and red cabbage and the spring onion.
- Cut the carrot into short thin strips and crush the peanuts. When the chicken is cooked through, remove and leave to rest for a couple of minutes.
- Add the salad to a bowl along with the sauce. Slice and add the chicken on the top, before garnishing with fresh mint and coriander, toss to combine everything and serve.

Honey Mustard Chicken

Total Calories - 507

Protein - 35g

Carbohydrate - 73g

Fat - 7g



Lower Calorie Alternative:

- Use 50g of white potato instead of 100g (46 Cals)
- Use 50g of sweet potato instead of 100g (43 Cals)
- No cream (-24 Cals)
- No wine (-17 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 366

Protein - 33g

Carbohydrate - 52g

Fat - 4g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the honey to 1 ½ tbsps. of agave syrup (90 Cals)
- Swap the cream to 20ml Elmlea Plant Double Vegan Alternative to Cream (57 Cals)
- Swap the wine for vegan white wine (20 Cals)
- Swap the chicken stock pot to ½ a Knorr Vegetable Stock Pot (25 Cals)

Total Calories - 580

Protein - 30g

Carbohydrate - 80g

Fat - 14g



HONEY MUSTARD CHICKEN

INGREDIENTS

- 100g Chicken Breast
- 100g White Potato
- 100g Sweet Potato
- 20ml Elmea Single Light Cream
- 20ml White Wine
- 4 Spears Asparagus
- 1 Clove Garlic
- ½ Spring Onion
- 1 ½ Tbsps. Honey
- ½ Tbsp. Dijon Mustard
- ½ Tsp. Olive Oil
- ¼ Knorr Chicken Stock Pot
- Parsley (Garnish)
- Salt
- Pepper

TOTAL TIME - 35 MINS

Prep Time - 5 Mins

Cook Time - 30 Mins

METHOD

- Peel and cut the potatoes into 1.5-inch pieces and place in a pot of cold salted water. Place on the hob covered and bring to a boil on high heat.
- Butterfly and season the chicken with salt and pepper. Preheat a non-stick skillet to medium-high heat, add the oil and the chicken browning on both sides before removing from the pan.
- Chop the garlic and add to the pan cooking for 30 seconds before adding the white wine. Add 30ml of water and the ¼ chicken stock pot, dijon mustard and honey stirring to combine. Add the chicken breast back to the pan and cover to cook through on medium heat.
- When the potatoes are fork-tender, drain and add back to the pot covered, leaving to steam dry with the heat off. Mash the potatoes until smooth, chop and add spring onion with some salt and black pepper to taste.
- Bend and snap the bitter bottom ends off the asparagus. Cook in a non-stick pan at medium-high heat until charred and cooked through.
- When the chicken is cooked through, remove from the pan to rest but leave the sauce in. Turn the heat to low and stir in the cream.
- Plate the mash first followed by the asparagus and chicken, then spoon over the sauce from the pan and garnish with chopped fresh parsley and serve.