



**VOLUME VII**

# Recipes

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# Honey Soy Drumsticks

**Total Calories - 384**

**Protein - 32g**

**Carbohydrate - 27g**

**Fat - 17g**



## Lower Calorie Alternative:

- Swap the chicken drumsticks to 120g of chicken breast mini fillets (127 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 247**

**Protein - 30g**

**Carbohydrate - 27g**

**Fat - 2g**

## Plant-Based Alternative:

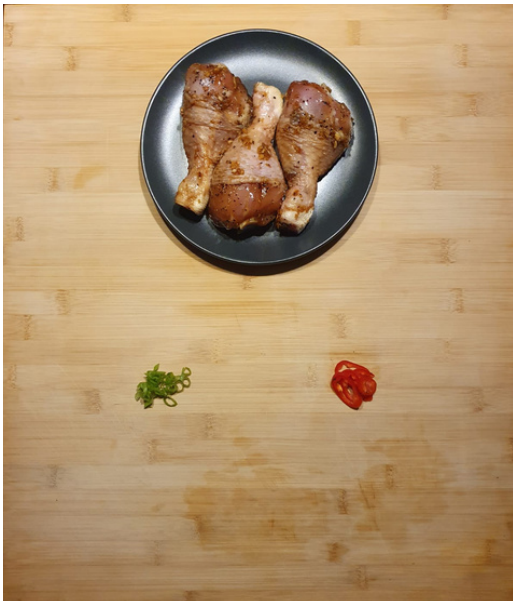
- Swap the chicken drumsticks to 100g of Naked Glory Vegan Chicken-Style Roast Tenderstrips (143 Cals)
- Swap the honey to 1 tbsp. of agave syrup (60 Cals)

**Total Calories - 338**

**Protein - 25g**

**Carbohydrate - 31g**

**Fat - 13g**



# HONEY SOY DRUMSTICKS

## INGREDIENTS

- 100g Chicken Drumsticks
- 1 Clove Garlic
- 1-Inch Ginger
- 1 Tbsp. Honey
- 1 Tbsp. Soy Sauce
- ½ Tbsp. Rapeseed Oil
- ¼ Tsp. Black Pepper
- Red Chilli (Garnish)
- Spring Onion (Garnish)
- Salt

## TOTAL TIME - 75 MINS

Prep Time - 25 Mins

Cook Time - 50 Mins

## METHOD

- Begin by finely chopping the garlic and ginger. Combine them with soy sauce, honey, oil, black pepper and salt. Marinate the drumsticks in the mixture for a minimum of 20 minutes.
- Preheat the oven to 190C before lining a baking tray with grease-proof paper.
- Lay the chicken drumsticks out on the baking tray, when the oven is preheated, place on the middle shelf and cook for 45-50 minutes. Turn the drumsticks over every 10 minutes to avoid burning them.
- When the drumsticks are cooked, remove and set aside to rest for 5-10 minutes. Plate the drumsticks, garnish with thinly sliced red chilli and spring onion, then serve.

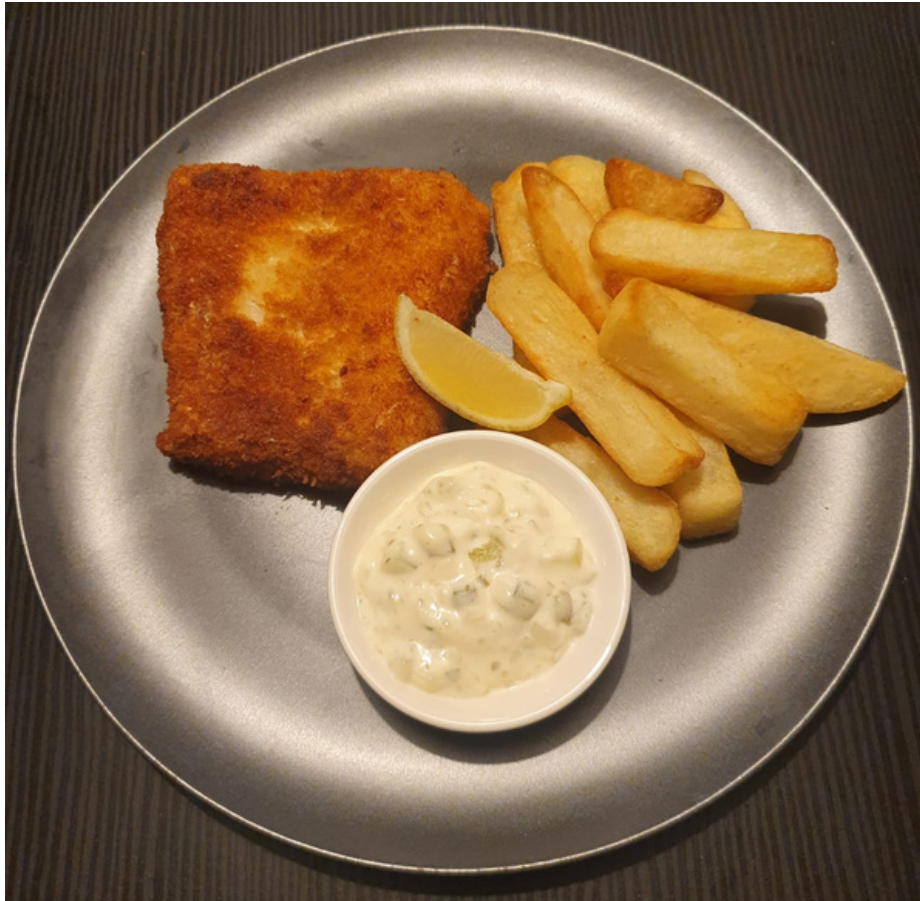
# Fish and Chips

**Total Calories - 399**

**Protein - 31g**

**Carbohydrate - 42g**

**Fat - 13g**



## Lower Calorie Alternative:

- Only use 50g of potato instead of 100g (40 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 309**

**Protein - 31g**

**Carbohydrate - 33g**

**Fat - 6g**

## Plant-Based Alternative:

- Swap the cod to 130g of Gardein Golden Fishless Filet (244 Cals)
- Swap the mayonnaise to 2 tbsps. of vegan mayonnaise (196 Cals)
- Swap the Worcestershire sauce to ¼ tsp. of white vinegar (0 Cals)
- No breadcrumbs, flour, or egg (-136 Cals)

**Total Calories - 586**

**Protein - 15g**

**Carbohydrate - 39g**

**Fat - 44g**



# FISH AND CHIPS

## INGREDIENTS

- 100g Cod
- 100g White Potato
- 20g Panko Breadcrumbs
- ½ Egg
- 2 Tbsps. Lightest Mayonnaise
- ½ Tbsp. Plain Flour
- ½ Tbsp. Rapeseed Oil
- 1 Tsp. Chopped Capers
- 1 Tsp. Chopped Dill
- 1 Tsp. Chopped Pickled Gherkin
- 1 Tsp. Lemon Juice
- ¼ Tsp. Worcestershire Sauce
- Malt Vinegar
- Salt
- Pepper

## TOTAL TIME - 50 MINS

Prep Time - 5 Mins

Cook Time - 45 Mins

## METHOD

- Begin by cutting the potatoes into thick batons. Rinse them in a bowl of cold water until the water runs clear. Place them in a saucepan with cold salted water and boil until fork-tender. When cooked, leave to drain until they are completely dry.
- Preheat the air fryer to 180C, coat the chips in the oil and place in the air fryer evenly. Cook for 20-30 minutes until crisp on the outside.
- Whilst the chips are cooking, place the flour, egg (beaten) and panko breadcrumbs in 3 separate shallow bowls. Pat the cod dry with kitchen roll and season with salt and pepper. Coat the fish in the flour first, then the egg and finally in the breadcrumbs.
- When the chips have 10 minutes left to cook, move them to one side and place the cod in the air fryer for the remaining time.
- Whilst the fish cooks, prepare the tartar sauce by chopping the pickle, capers and dill and combine them in a bowl with mayonnaise, lemon juice, Worcestershire sauce, salt, and pepper.
- When the fish and chips are cooked, remove and set aside to rest for a few minutes. Place on a plate along with the tartar sauce, season with salt and malt vinegar and serve.

# New York Chopped Cheese

**Total Calories - 475**

**Protein - 40g**

**Carbohydrate - 41g**

**Fat - 16g**



## **Lower Calorie Alternative:**

- Only use half a submarine roll (72 Cals)
- No cheese slice (-58 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 315**

**Protein - 35g**

**Carbohydrate - 26g**

**Fat - 7g**

## **Plant-Based Alternative:**

- Swap the beef mince to 100g of Vivera Veggie Mince (126 Cals)
- Swap the mayonnaise to 1 tbsp. of vegan mayonnaise (196 Cals)
- Swap the cheese slice to 1 Violife Sliced Cheese Alternative (57 Cals)

**Total Calories - 521**

**Protein - 27g**

**Carbohydrate - 50g**

**Fat - 22g**



# NEW YORK CHOPPED CHEESE

## INGREDIENTS

- 100g Beef Mince (5%)
- 1 Submarine Roll (Hollowed Out)
- 3 Leaves Iceberg Lettuce
- 1 Tomato
- 1 Country Cow Cheese Slice
- ½ Pickled Gherkin
- 1 Tbsp. Diced Onion
- 1 Tbsp. Lightest Mayonnaise
- ½ Tbsp. Ketchup
- ¼ Tbsp. American Yellow Mustard
- 1 Tsp. Rapeseed Oil
- ¼ Tsp. White Vinegar
- Garlic Powder (Pinch)
- Onion Powder (Pinch)
- Paprika (Pinch)
- Salt
- Pepper

## TOTAL TIME - 10 MINS

Prep Time - 5 Mins

Cook Time - 5 Mins

## METHOD

- Begin by finely chopping half of the pickled gherkin and dicing the onion. Combine them in a bowl with mayonnaise, mustard, ketchup, vinegar, garlic powder, onion powder, paprika, salt and pepper.
- Hollow out some of the submarine roll to create a pocket for the filling.
- Bring a non-stick pan to high heat, when smoking add the oil and the mince to the pan before seasoning with salt and pepper. Vigorously break up the mince using a spatula, when separated allow it to sit and develop a crust. Once caramelised, turn off the heat and add the cheese on top allowing it to melt.
- Thinly slice the lettuce, tomato and remaining gherkin. Place the submarine roll on a plate and spread the sauce evenly on both sides. Add in the mince, followed by the tomato, lettuce and pickle, then serve.



# Skirt Steak Tacos

**Total Calories - 526**

**Protein - 39g**

**Carbohydrate - 48g**

**Fat - 19g**



## Lower Calorie Alternative:

- Swap the beef skirt to 100g of extra lean beef medallion steaks (128 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 408**

**Protein - 34g**

**Carbohydrate - 46g**

**Fat - 10g**

## Plant-Based Alternative:

- Swap the beef skirt to 100g of Naked Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the yoghurt to 20g of Oatly Oatgurt Greek (29 Cals)

**Total Calories - 474**

**Protein - 29g**

**Carbohydrate - 50g**

**Fat - 16g**



# SKIRT STEAK TACOS

## INGREDIENTS

- 100g Beef Skirt
- 20g Avocado
- 20g Fage Greek Yoghurt (0%)
- 2 Mini Tortilla Wraps
- 2 Tbsps. Chopped Fresh Coriander
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Chilli Powder
- ¼ Tsp. Brown Sugar
- ¼ Tsp. Ground Cumin
- ¼ Jalapeño Pepper
- ¼ Lime
- ¼ Orange
- Diced Onion (Garnish)
- Salt
- Pepper

## TOTAL TIME - 30 MINS

Prep Time - 20 Mins

Cook Time - 10 Mins

## METHOD

- Start by chopping the coriander and jalapeño. Add the jalapeño and only 1 tbsp. of coriander to a bowl and combine with lime and orange juice, brown sugar, oil, chilli, cumin, salt and pepper. Add the steak and marinate for a minimum of 15 minutes.
- Whilst the steak marinates, mash the avocado in a bowl and combine with yoghurt, 1 tbsp. of chopped coriander (save a very small amount for garnish), salt and pepper.
- Bring a non-stick pan to high heat, once smoking add the beef skirt. Cook for 2 minutes on each side then remove from the pan to rest.
- Warm the tortillas in the same pan set to medium heat for 10-30 seconds each, then place on a plate.
- Once the steak has rested, slice at an angle against the grain. Spread the avocado crema mixture evenly on each tortilla first and then top with the steak. Dice the onion and garnish along with the remaining chopped coriander and serve.

# Spaghetti Carbonara

**Total Calories - 576**  
**Protein - 46g**  
**Carbohydrate - 29g**  
**Fat - 30g**



## Lower Calorie Alternative:

- Only use 50g of spaghetti instead of 75g (88 Cals)
- Only use 20g of parmesan cheese instead of 40g (76 Cals)

**Total Calories - 457**  
**Protein - 40g**  
**Carbohydrate - 20g**  
**Fat - 24g**

## Plant-Based Alternative:

- Swap the bacon and pancetta to 100g of This Isn't Bacon Plant-Based Lardons (176 Cals)
- Swap the egg and egg yolk to 40ml of Elmlea Double Plant Cream Alternative (116 Cals)
- Swap the parmesan to 40g of Violife Just Like Parmesan (112 Cals)
- Add 1 tsp. of nutritional yeast (13 Cals)

**Total Calories - 556**  
**Protein - 31g**  
**Carbohydrate - 51g**  
**Fat - 25g**

## Pork-Free Alternative:

- Swap the bacon and pancetta to 70g of Mattessons Smoked Turkey Rashers (96 Cals)

**Total Calories - 515**  
**Protein - 46g**  
**Carbohydrate - 29g**  
**Fat - 23g**



# SPAGHETTI CARBONARA

## INGREDIENTS

- 50g Smoked Bacon Medallions
- 75g Spaghetti
- 40g Parmesan Cheese
- 20g Diced Pancetta
- 1 Egg
- 1 Egg Yolk
- ½ Tbsp. Black Pepper
- Salt

## TOTAL TIME - 20 MINS

Prep Time - 5 Mins

Cook Time - 15 Mins

## METHOD

- Begin by slicing the bacon medallions into small bite size pieces.
- In a bowl, combine parmesan cheese with the whole egg and egg yolk and beat well.
- Add the spaghetti to a saucepan with boiling salted water and cook for 2 minutes less than stated on the pack.
- In a cold non-stick pan, add the pancetta and bring up to medium-high heat. When the fat has rendered out, add the bacon medallion pieces and fry until crisp.
- When the spaghetti has finished cooking drain the pasta but reserve some of the pasta water for the sauce.
- Add the spaghetti to the pan with the pancetta and bacon then turn off the heat. Add some pasta water along with the egg mixture and stir continuously to avoid the eggs from scrambling. Add more pasta water if it is too dry.
- Finally add black pepper and toss for 30 seconds, place on a plate and serve.

# Lamb Souvlaki

**Total Calories - 545**

**Protein - 37g**

**Carbohydrate - 48g**

**Fat - 22g**



## Lower Calorie Alternative:

- Swap the lamb to 100g of extra lean beef medallion steaks (128 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- Swap the flatbread to 1 Warbutons High Protein Wraps With Super Seeds (126 Cals)

**Total Calories - 358**

**Protein - 41g**

**Carbohydrate - 31g**

**Fat - 7g**

## Plant-Based Alternative:

- Swap the lamb to 100g of Vivera Veggie Greek Kebab (156 Cals)
- Swap the yoghurt for Oatly Oatgurt Greek (87 Cals)

**Total Calories - 549**

**Protein - 27g**

**Carbohydrate - 53g**

**Fat - 23g**



# LAMB SOUVLAKI

## INGREDIENTS

- 80g Lamb (Diced)
- 60g Fage Greek Yoghurt (0%)
- 1 Greek Style Flatbread
- 1 Clove Garlic
- 1 Lemon
- 1 Tbsp. Chopped Fresh Mint
- 1 Tbsp. Chopped Fresh Parsley
- 1 Tsp. Dried Oregano
- 1 Tsp. Dried Rosemary
- 1 Tsp. Dried Thyme
- 1 Tsp. Olive Oil
- ½ Tomato
- ¼ Cucumber
- ¼ Onion
- Salt
- Pepper
- Bamboo Skewers

## TOTAL TIME - 40 MINS

Prep Time - 25 Mins

Cook Time - 15 Mins

## METHOD

- Prepare the marinade by combining oil, a squeeze of lemon, crushed garlic, thyme, oregano, rosemary, salt and pepper in a bowl. Add the diced lamb to the marinade and leave for 20 minutes minimum.
- To make the tzatziki, grate the cucumber (save some for the salad), squeeze out all the excess water with your hands, add to a bowl and combine with yoghurt, fresh mint, squeeze of lemon, salt and some pepper.
- For the salad, dice the tomato, chop the parsley and then finely slice the onion and remaining cucumber. This should all then be combined with lemon juice, salt and pepper.
- Bring a non-stick pan to medium-high heat. Skewer the lamb, add to the pan and cook for 10-12 minutes turning every minute or two. Once charred and cooked through, remove and set aside to rest.
- Place the flatbread in the pan for 10-15 seconds on each side to warm, then place on some foil ready to assemble the wrap.
- Spread the tzatziki on the flatbread first, followed by the lamb, then top with the salad. Roll over the flatbread leaving the top exposed, whilst twisting the foil at the bottom end so the contents do not drop out, plate and serve.

# Vietnamese Vermicelli Salad

**Total Calories - 550**

**Protein - 32g**

**Carbohydrate - 69g**

**Fat - 15g**



## **Lower Calorie Alternative:**

- Swap the chicken thighs to 100g of chicken breast (128 Cals)
- Only use 1 tbsp. of sugar instead of 2 (42 Cals)
- No vermicelli noodles (-106 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 293**

**Protein - 33g**

**Carbohydrate - 35g**

**Fat - 3g**

## **Plant-Based Alternative:**

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

**Total Calories - 565**

**Protein - 30g**

**Carbohydrate - 93g**

**Fat - 9g**



# VIETNAMESE VERMICELLI SALAD

## INGREDIENTS

- 100g Chicken Thigh Fillets
- 30g Fresh Vermicelli Rice Noodles
- 20g Bean Sprouts
- 20g Carrot
- 2 Tbsps. Brown Sugar
- 2 Tbsps. Fish Sauce
- 1 Tbsp. White Vinegar
- 1 Tbsp. Chopped Fresh Mint
- 1 Tbsp. Chopped Fresh Coriander
- ½ Tbsp. Soy Sauce
- ½ Tbsp. Sriracha
- 1 Tsp. Rapeseed Oil
- 3 Leaves Romaine Lettuce
- 3 Cloves Garlic
- 1 Lime
- ½ Red Chilli
- ½ Cucumber

## TOTAL TIME - 30 MINS

Prep Time - 15 Mins

Cook Time - 15 Mins

## METHOD

- In a bowl, combine ½ tbsp. of fish sauce, ½ tbsp. of brown sugar, the juice of ½ a lime, 1 minced garlic clove, oil, soy sauce and sriracha. Marinate the chicken thighs in the bowl for 10-15 minutes.
- In another bowl, mince the remaining 2 garlic cloves, chop and add the red chilli before combining with the remaining fish sauce, brown sugar, lime juice, vinegar and 4 tbsps. of cold water stirring until the sugar has dissolved.
- Bring a non-stick pan to medium-high heat and add in the marinated chicken thighs. Cook the chicken for 5 minutes on both sides or until cooked through. Remove and set aside to rest.
- To assemble the salad, julienne the carrot, slice the cucumber and romaine lettuce, chop the mint and coriander before placing them all in a bowl with the rice noodles and beansprouts. Pour in the sauce and toss well to combine. Plate the salad before slicing and adding the chicken on top and serve.



# Sloppy Joe

**Total Calories - 394**

**Protein - 37g**

**Carbohydrate - 34g**

**Fat - 11g**



## Lower Calorie Alternative:

- Swap the beef mince to 100g of 2% turkey mince (116 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 312**  
**Protein - 31g**  
**Carbohydrate - 34g**  
**Fat - 5g**

## Plant-Based Alternative:

- Swap the beef mince to 100g of Vivera Veggie Mince (126 Cals)
- Swap the Worcestershire sauce to ½ tsp. of white vinegar (0 Cals)

**Total Calories - 351**  
**Protein - 26g**  
**Carbohydrate - 40g**  
**Fat - 7g**



# SLOPPY JOE

## INGREDIENTS

- 100g Beef Mince (5%)
- 1 Warburtons Sliced White Roll
- 1 Tsp. American Yellow Mustard
- 1 Tsp. Brown Sugar
- 1 Tsp. Chilli Powder
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Tomato Purée
- ½ Tsp. Worcestershire Sauce
- ¼ Tsp. Chilli Flakes
- ¼ Onion
- Salt
- Pepper

## TOTAL TIME - 30 MINS

Prep Time - 5 Mins

Cook Time - 25 Mins

## METHOD

- Heat the oil in a non-stick pan at medium-high heat and add the beef mince breaking it apart into small pieces as it cooks. Once browned and cooked through remove and set aside.
- Dice the onion and add to the pan cooking for 2-3 minutes until softened. Add the beef back to pan along with the tomato purée and stir well.
- Add in 6 tbsps. of water, mustard, chilli powder, Worcestershire sauce, chilli flakes, brown sugar, salt and pepper stirring well. Cook over medium heat for 10-15 minutes or until the mixture has thickened then set aside to rest.
- Toast the bun under a grill until golden brown before spooning the beef mixture on the bottom half of the bun, top with the other half, plate and serve.

# Chicken Caesar Salad

**Total Calories - 448**  
**Protein - 41g**  
**Carbohydrate - 38g**  
**Fat - 16g**



## Lower Calorie Alternative:

- No croutons (-116 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 282**  
**Protein - 38g**  
**Carbohydrate - 22g**  
**Fat - 6g**

## Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the yoghurt to 2 ½ tsps. of Oatly Oatgurt Greek (21 Cals)
- Swap the parmesan to 1 tbsp. of Violife Just Like Parmesan (47 Cals)
- Swap the Worcestershire sauce to ½ tbsp. of white vinegar (1 Cal)
- No anchovy fillet (-8 Cals)

**Total Calories - 507**  
**Protein - 32g**  
**Carbohydrate - 51g**  
**Fat - 21g**



# CHICKEN CAESAR SALAD

## INGREDIENTS

- 100g Chicken Breast
- 25g Croutons
- 1 Anchovy Fillet
- 1 Tbsp. Grated Parmesan Cheese
- ½ Tbsp. Worcestershire Sauce
- ½ Tbsp. Olive Oil
- 2 ½ Tsp. Fage Yoghurt (0%)
- 2 Tsp. Chargrilled Chicken Seasoning
- ½ Tsp. Dijon Mustard
- ½ Clove Garlic
- ½ Lemon
- ½ Romaine Lettuce
- 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 and chargrilled chicken seasoning.
- Cook the chicken in a non-stick pan at medium-high heat for 3-4 minutes a side or until cooked through. Remove and set aside to rest.
- Finely chop the garlic and anchovy fillet and combine in a bowl with yoghurt, mustard, Worcestershire sauce, the juice of ½ a lemon, grated parmesan cheese, salt and pepper.
- Slice the lettuce and chicken. Toss the lettuce in the bowl with the salad dressing then place on a plate. Add the chicken and croutons on top and serve.

# Chicken Parmesan

**Total Calories - 594**

**Protein - 50g**

**Carbohydrate - 47g**

**Fat - 22g**



## Lower Calorie Alternative:

- Only use 40g of spaghetti instead of 60g (70 Cals)
- Only use 10g of mozzarella instead of 20g (26 Cals)
- Only use 10g of parmesan instead of 20g (38 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 448**

**Protein - 44g**

**Carbohydrate - 40g**

**Fat - 11g**

## Plant-Based Alternative:

- Swap the chicken to 1 Plant Chef Southern Fried Fillet (246 Cals)
- Swap the mozzarella to 20g of Violife Mozzarella Grated Non-Dairy Cheese Alternative (60 Cals)
- Swap the parmesan to 20g Violife just Like Parmesan (56 Cals)
- No breadcrumbs, flour or egg (-137 Cals)

**Total Calories - 568**

**Protein - 24g**

**Carbohydrate - 57g**

**Fat - 26g**



# CHICKEN PARMESAN

## INGREDIENTS

- 100g Chicken Breast
- 60g Spaghetti Pasta
- 20g Low Moisture Mozzarella Cheese
- 20g Parmesan Cheese
- 20g Panko Breadcrumbs
- 1 Clove Garlic
- ½ Egg
- ¼ Can Cherry Tomatoes
- 2 Tbsps. Sliced Fresh Basil
- ½ Tbsp. Olive Oil
- ½ Tbsp. Plain Flour
- 2 Tsp. Tomato Purée
- 1 Tsp. Chilli Flakes
- Salt
- Pepper

## TOTAL TIME - 25 MINS

Prep Time - 5 Mins

Cook Time - 20 Mins

## METHOD

- Begin by preheating the air fryer to 180C. Next, butterfly the chicken.
- Place the flour, egg (beaten) and panko breadcrumbs in 3 separate shallow bowls. Pat the chicken dry with kitchen roll and season with salt and pepper. Coat the chicken in the flour first, then the egg and finally in the breadcrumbs before placing in the air fryer for 6-8 minutes.
- Whilst the chicken is cooking, add the pasta to boiling salted water in a saucepan and cook for 2 minutes less than stated on the packet.
- To make the tomato sauce, in a cold non-stick pan, slice and add the garlic along with the oil, at medium heat. When the garlic starts to fry, add in the tomato purée cooking until the garlic begins to turn golden brown on the edges. Next, stir in the tinned tomatoes and chilli flakes simmering for 3-5 minutes or until thickened and season with salt and pepper.
- When the chicken has finished cooking, grate and top with mozzarella and parmesan cheese before returning to the air fryer until the cheese has melted and golden brown.
- Drain the pasta when cooked but save some of the pasta water for the sauce. Toss the pasta in the tomato sauce along with some of the leftover pasta water and cook for a further 1-2 minutes.
- Stir the fresh basil into the pasta and plate along with the chicken and serve.

# Bang Bang Shrimp

**Total Calories - 293**

**Protein - 33g**

**Carbohydrate - 31g**

**Fat - 4g**



## Lower Calorie Alternative:

- No buttermilk (-20 Cals)
- No cornflour (-8 Cals)

**Total Calories - 264**

**Protein - 31g**

**Carbohydrate - 26g**

**Fat - 4g**

## Plant-Based Alternative:

- Swap the prawns to 100g of This Isn't Chicken Plant-Based Nuggets (246 Cals)
- Swap the mayonnaise to ½ tbsp. of vegan mayonnaise (49 Cals)
- Swap the honey to ½ tbsp. of agave syrup (60 Cals)
- No breadcrumbs, flour, egg, or buttermilk (-120 Cals)

**Total Calories - 378**

**Protein - 18g**

**Carbohydrate - 46g**

**Fat - 14g**



# BANG BANG SHRIMP

## INGREDIENTS

- 120g Raw Peeled Prawns
- 20g Panko Breadcrumbs
- ¼ Egg
- 2 Tbsps. Buttermilk
- ½ Tbsp. Honey
- ½ Tbsp. Lightest Mayonnaise
- ½ Tbsp. Sriracha
- ½ Tsp. Cornflour
- ½ Tsp. All Purpose Flour
- Rapeseed Oil Spray
- Salt
- Pepper

## TOTAL TIME - 15 MINS

Prep Time - 5 Mins

Cook Time - 10 Mins

## METHOD

- Preheat the air fryer to 200C. Whisk the buttermilk and egg in a bowl. In another separate bowl, combine the cornflour and plain flour. In a third bowl, add the panko breadcrumbs with some salt and pepper.
- Pat the prawns dry with kitchen roll and coat in the flour mixture first followed by the buttermilk and egg mixture and then finally the panko breadcrumbs.
- Spray the prawns with low-cal oil spray and place evenly in the air fryer for 8-10 minutes or until cooked through.
- Whilst the prawns are cooking, combine the mayonnaise, honey and sriracha in a bowl.
- Plate the prawns alongside the bang-bang sauce and serve.