



VOLUME IX

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Marinated grilled chicken breast, crispy smoked bacon medallions with lettuce, tomato, cucumber and onion in a honey mustard dressing served in a crust French baguette.

Singapore Chilli Prawns

Total Calories - 543

Protein - 37g

Carbohydrate - 77g

Fat - 12g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Only use ½ tbsp. of sugar instead of 1 (24 Cals)

Total Calories - 469

Protein - 37g

Carbohydrate - 69g

Fat - 5g

Plant-Based Alternative:

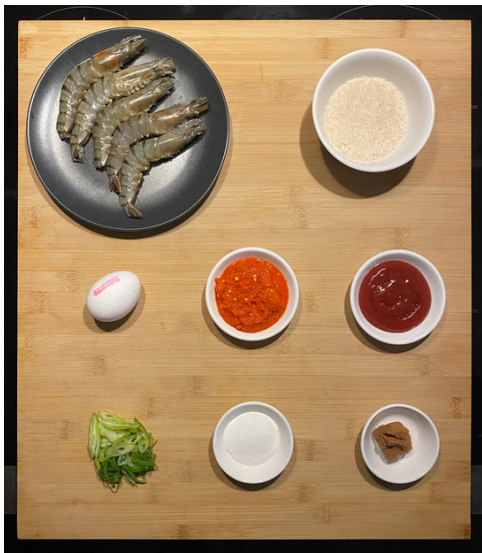
- Swap the prawns to 100g of This Isn't Chicken (160 Cals)

Total Calories - 590

Protein - 34g

Carbohydrate - 84g

Fat - 15g



SINGAPORE CHILLI PRAWNS

INGREDIENTS

- 120g Whole Prawns
- 40g Jasmine Rice
- 2 Tbsps. Tomato Ketchup
- 1 Tbsp. Chopped Ginger
- 1 Tbsp. Sugar
- ½ Tbsp. Fermented Soybean Paste
- ½ Tbsp. Rapeseed Oil
- 2 Tsp. Cornflour
- 2 Cloves Garlic
- 2 Red Chillies
- 1 Shallot
- ½ Egg
- Spring Onion (Garnish)
- Salt
- Pepper

TOTAL TIME - 35 MINS

Prep Time - 5 Mins

Cook Time - 30 Mins

METHOD

- Rinse the rice in cold water until it runs clear and drain. In a non-stick saucepan add 85ml of water, the rice and a pinch of salt, bring to a boil. Cover and turn to low for 10 minutes.
- Prepare the prawns by deshellng and deveining them. Trim off the antennae and feet and set aside.
- Blend the chillies, ginger, garlic and shallot in a blender until a rough paste forms.
- Preheat a wok or non-stick pan to medium heat, add in the oil along with the paste. Fry for 3-5 minutes until darkened and the oil has separated from the paste.
- Next, stir in the fermented soybean paste and cook for a further 2-3 minutes before adding in the prawns.
- Cook for 1-2 minutes before adding in 200ml of water. Bring to a boil before adding in the ketchup, sugar, salt and pepper to taste. Turn the heat to medium and cook for another 5 minutes.
- After the rice has finished cooking, turn off the heat and allow to sit covered for another 10 minutes.
- Combine the cornflour with equal parts water and stir into the prawns and sauce. Once thickened, beat and stir in the ½ egg cooking for a further 2-3 minutes stirring frequently.
- When the rice has finished resting, plate first along with the prawns and sauce, garnish with sliced spring onion and serve.

Chicken Adobo

Total Calories - 592
Protein - 30g
Carbohydrate - 66g
Fat - 22g



Lower Calorie Alternative:

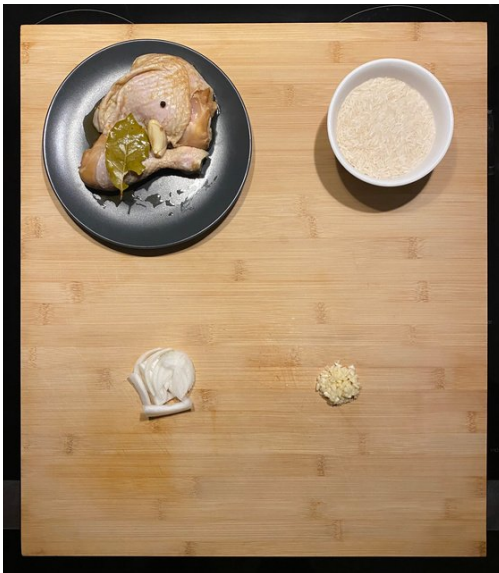
- Swap the chicken leg to 100g of chicken breast (128 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 440
Protein - 32g
Carbohydrate - 66g
Fat - 3g

Plant-Based Alternative:

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

Total Calories - 542
Protein - 30g
Carbohydrate - 73g
Fat - 12g



CHICKEN ADOBO

INGREDIENTS

- 1 Whole Chicken Leg
- 60g Jasmine Rice
- 2 Tbsps. White Vinegar
- 1 ½ Tbsps. Soy Sauce
- ½ Tbsp. Brown Sugar
- ¼ Tbsp. Whole Black Peppercorns
- 2 Tsp. Dark Soy Sauce
- 2 Tsp. Rapeseed Oil
- 2 Cloves Garlic
- 2 Bay Leaves
- ¼ Onion
- Salt

TOTAL TIME - 55 MINS

Prep Time - 15 Mins

Cook Time - 40 Mins

METHOD

- Begin by separating the thigh from the drumstick by cutting through the joint. Chop both cloves of garlic but only combine one with the chicken in a bowl along with soy sauce, brown sugar, black peppercorns, white vinegar, dark soy sauce and the bay leaves leaving to marinate for 15 minutes.
- Heat the rapeseed oil in a non-stick pan with high sides over high heat. Once up to temperature, remove the chicken from the marinade and add to the pan but save the marinade. Sear the chicken until browned on both sides and remove from the pan.
- Slice the onion and turn the heat to medium. Add in the onion and the remaining chopped garlic and cook for 2-3 minutes.
- Add the reserved marinade and 100ml of water to the pan and bring to a boil. Next, add the chicken and turn the heat to medium. Allow to simmer uncovered for 20-25 minutes until cooked through.
- Rinse the rice in cold water until it runs clear and drain. In a non-stick saucepan, add 125ml of water, the rice and some salt and bring to a boil. Cover and turn the heat to low for 10 minutes before turning off the heat leaving to sit for another 10 minutes covered whilst the chicken finishes cooking.
- Plate the rice first followed by the chicken, spoon over the sauce and serve.

Grilled Chicken Flatbread Pizza

Total Calories - 551
Protein - 43g
Carbohydrate - 47g
Fat - 21g



Lower Calorie Alternative:

- Only use 15g of mozzarella instead of 30g (39 Cals)
- No olive oil (-40 Cals)
- No mayonnaise (-36 Cals)

Total Calories - 437
Protein - 39g
Carbohydrate - 46g
Fat - 10g

Plant-Based Alternative:

- Swap the chicken to 80g of This Isn't Chicken (82 Cals)
- Swap the mozzarella to 30g of Violife Mozzarella Flavour Grated Cheese (89 Cals)
- Swap the parmesan to 5g of Violife Just Like Parmesan (14 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)

Total Calories - 645
Protein - 30g
Carbohydrate - 60g
Fat - 31g



GRILLED CHICKEN FLATBREAD PIZZA

INGREDIENTS

- 80g Chicken Breast
- 30g Low Moisture Mozzarella
- 5g Parmesan Cheese
- 1 Greek Style Flatbread
- 2 Tsp. Mayonnaise
- 1 Tsp. Cayenne Pepper
- 1 Tsp. Chargrilled Chicken Seasoning
- 1 Tsp. Olive Oil
- 1 Tsp. Paprika
- 8 Slices Onion
- 3 Slices Green & Red Pepper
- ¼ Can Cherry Tomatoes
- Salt
- Pepper

TOTAL TIME - 30 MINS

Prep Time - 10 Mins

Cook Time - 20 Mins

METHOD

- Begin by butterflying the chicken and marinate in a bowl with mayonnaise, chargrilled chicken seasoning, paprika, cayenne pepper, salt and pepper. Leave to sit for 10 minutes.
- Add the tomatoes to a bowl breaking them up using your hands. Season with salt and olive oil.
- Bring a non-stick pan to medium-high heat and add the chicken to the pan. Cook for 4-5 minutes on each side until browned and cooked through.
- Preheat the oven to 250C. Remove the chicken from the pan and add the flatbread toasting the bottom before turning off the heat. Top the flatbread with the tomato base first, then grate over the parmesan and mozzarella.
- Next, slice the onion and peppers. Cut the chicken into small bite-sized pieces before placing them on top of the cheese along with the peppers and onion.
- Place the pizza on the top oven rack and bake until the cheese has melted and browned slightly.
- Remove the pizza, place on a plate and serve.

Prawn Kimchi Ramen

Total Calories - 638

Protein - 34g

Carbohydrate - 74g

Fat - 21g



Lower Calorie Alternative:

- Only use 40g of ramen noodles (134 Cals)
- No rapeseed oil (-40 Cals)
- No sesame oil (-20 Cals)

Total Calories - 451
Protein - 31g
Carbohydrate - 59g
Fat - 9g

Plant-Based Alternative:

- Swap the prawns to 130g of Tofu (160 Cals)
- Swap the chicken stock pot to 1 Knorr Vegetable Stock Pot (50 Cals)
- No egg (-73 Cals)

Total Calories - 654
Protein - 30g
Carbohydrate - 77g
Fat - 24g



PRAWN KIMCHI RAMEN

INGREDIENTS

- 100g Whole Prawns
- 60g Kimchi
- 60g Ramen Noodles
- 2 Tbsps. Gochujang Paste
- 2 Tsp. Rapeseed Oil
- 1 Tsp. Sesame Oil
- 1 Tbsp. Sriracha
- 4 Shiitake Mushrooms
- 1 Egg
- 1 Knorr Chicken Stock Pot
- 1 Spring Onion
- Handful Beansprouts
- Black + White Sesame Seeds (Garnish)
- Seaweed (Garnish)
- Salt

TOTAL TIME - 35 MINS

Prep Time - 0 Mins

Cook Time - 35 Mins

METHOD

- Add the rapeseed oil to a non-stick saucepan at medium-high heat. Drain the kimchi (reserve the liquid) and add to the pan and sauté for 2 minutes, followed by the gochujang paste cooking for a further 2-3 minutes, stirring frequently.
- Next, add in the kimchi liquid, 400ml of water with the stock pot and sriracha to the pan and simmer for 15 minutes, season with salt to taste.
- Whilst the broth is simmering, add the egg to a pan of boiling water. After 6 minutes, remove the egg and place in cold water.
- Add the prawns and mushrooms to the kimchi broth and cook for 3-5 minutes.
- Cook the ramen noodles according to the instructions on the packet. Drain and run under cold water when cooked.
- Add the kimchi broth to a large bowl and place the ramen noodles in first, followed by the beansprouts, mushrooms, prawns, sesame oil.
- Slice the spring onion and garnish along with the sesame seeds and seaweed. Peel the egg, slice in half length ways, add to the ramen and serve.

Piri-Piri Chicken and Spicy Rice

Total Calories - 597

Protein - 30g

Carbohydrate - 63g

Fat - 24g



Lower Calorie Alternative:

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

Total Calories - 465

Protein - 36g

Carbohydrate - 63g

Fat - 6g

Plant-Based Alternative:

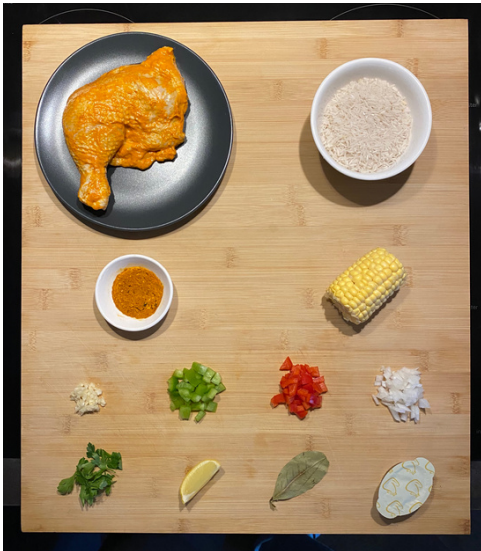
- Swap the chicken leg to 100g of This Isn't Chicken (160 Cals)
- Swap the chicken stock pot to ½ a Knorr Vegetable Stock Pot (25 Cals)

Total Calories - 545

Protein - 30g

Carbohydrate - 71g

Fat - 14g



PIRI-PIRI CHICKEN AND SPICY RICE

INGREDIENTS

- 1 Whole Chicken Leg
- 60g Basmati Rice
- 1 Tbsp. Red Wine Vinegar
- ½ Tbsp. Olive Oil
- 2 Tsp. Smoked Paprika
- 2 Tsp. Tomato Purée
- ¼ Tsp. Cayenne Pepper
- ¼ Tsp. Chilli Flakes
- ¼ Tsp. Coriander Seeds
- ⅛ Tsp. Turmeric Powder
- 2 Cloves Garlic
- 1 Bay Leaf
- 1 Red Chilli
- ½ Corn on the Cob
- ½ Knorr Chicken Stock Pot
- ⅛ Green & Red Pepper
- ⅛ Onion
- Parsley (Garnish)
- Lemon Wedge (Garnish)
- Salt
- Pepper

TOTAL TIME - 55 MINS

Prep Time - 15 Mins

Cook Time - 40 Mins

METHOD

- Preheat the oven to 220C. Blend together half the chilli flakes, half the cayenne pepper and half the oil, with 1 ½ tsps. of paprika, 1 ½ cloves of garlic, the whole chilli, coriander seeds, red wine vinegar, salt and pepper. Once blended, add to the chicken leg and marinate for 15 minutes.
- Place the chicken into a baking tray and on to the middle shelf of the oven for 40-50 minutes. Flip the chicken every 10 minutes basting each time.
- Whilst the chicken cooks, prepare the rice by rinsing it under cold water until it runs clear and drain.
- Chop the onion, both peppers and the remaining garlic, add to a nonstick saucepan at medium heat along with the remaining olive oil, paprika, and chilli flakes, the tomato purée and turmeric. Sauté for 2-3 minutes before stirring in the rice cooking for a further 1-2 minutes.
- Pour in 140ml of water and add the half stock pot and the bay leaf. Bring to a boil for 2 minutes then cover and turn to low for 10 minutes before turning the heat off leaving to sit for another 10 minutes.
- Boil the corn according to instructions on the packet. When the chicken is cooked, remove and set aside to rest for 5-10 minutes.
- Plate the rice along with the chicken leg and corn on the cob, garnish with fresh parsley and a lemon wedge and serve.

Greek Moussaka

Total Calories - 486

Protein - 44g

Carbohydrate - 30g

Fat - 19g



Lower Calorie Alternative:

- Swap the 5% beef mince to 100g of 3% beef mince (118 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 386

Protein - 35g

Carbohydrate - 31g

Fat - 11g

Plant-Based Alternative:

- Swap the beef mince to 100g of Vivera Veggie Mince (126 Cals)
- Swap the parmesan to 10g of Violife Just Like Parmesan (28 Cals)
- Swap the milk to 100ml of soya milk (39 Cals)
- Swap the wine to vegan red wine (17 Cals)
- Swap the chicken stock to 50ml of vegetable stock (3 Cals)
- Add 5g of nutritional yeast to the béchamel sauce (17 Cals)

Total Calories - 445

Protein - 30g

Carbohydrate - 39g

Fat - 16g



GREEK MOUSSAKA

INGREDIENTS

- 100g Beef Mince (5%)
- 100g Aubergine
- 60g Chopped Tomatoes
- 50g Potato
- 10g Flora Light
- 10g Parmesan Cheese
- 10g Plain Flour
- 100ml Skimmed Milk
- 50ml Chicken Stock
- 20ml Red Wine
- ½ Tbsp. Olive Oil
- ½ Tbsp. Tomato Purée
- ¼ Tsp. Dried Oregano
- ¼ Tsp. Dried Thyme
- 1 Bay Leaf
- 1 Cinnamon Stick
- ½ Clove Garlic
- ¼ Onion
- Pinch Grated Nutmeg
- Parsley (Garnish)
- Salt
- Pepper

TOTAL TIME - 1 HR 20 MINS

Prep Time - 0 Mins

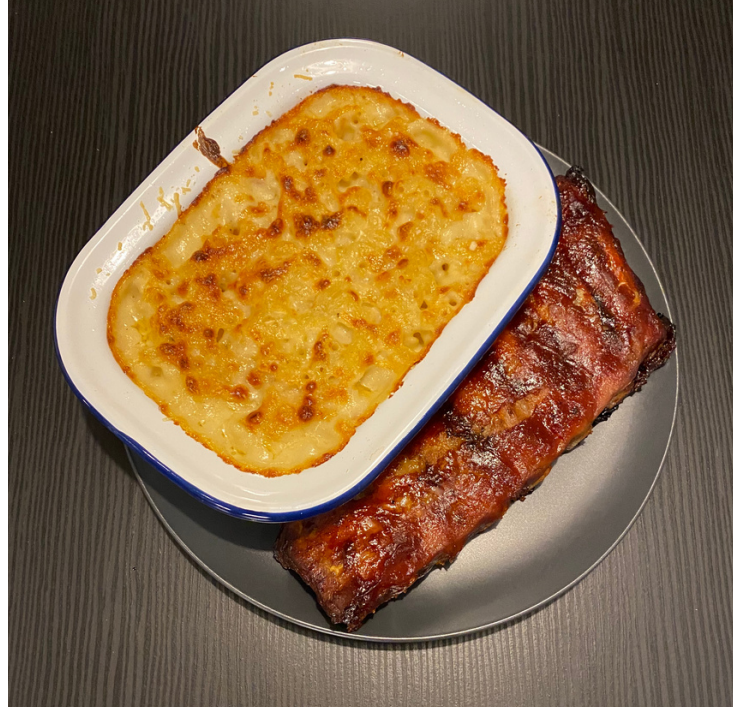
Cook Time - 1 Hr 20 Mins

METHOD

- Begin by slicing the aubergine into ½-inch rounds, place on some kitchen roll and sprinkle with salt, leave to sit for 25 minutes.
- Chop the onion and add to the beef mince with half the oil in a large non-stick skillet at medium-high heat, cook for 3-5 minutes until browned. Season with salt and pepper.
- Next, chop and add the garlic cooking for 30 seconds before adding the tomato purée cooking for 2-3 minutes. Add the bay leaf, cinnamon stick, thyme, oregano, chopped tomatoes along with 50ml of water and the chicken stock. Simmer for 15-20 minutes until the sauce has thickened.
- Whilst simmering, melt the flora in a non-stick pan at medium heat. Add in the flour and cook for 1-2 minutes stirring constantly before slowly whisking in the milk. Add in grated nutmeg, parmesan cheese, salt and some pepper. Simmer for 3-5 minutes continuing to stir.
- Preheat the oven to 180C. Slice the potatoes into thin rounds and toss them along with the aubergine in a bowl with the remaining oil.
- Place the potatoes on the bottom of a casserole dish slightly overlapping each other, before placing on to the middle shelf of the oven cooking for 10 minutes.
- Top the potatoes with the aubergine slices and back into the oven for another 10 minutes.
- Remove from the oven and top with the meat, followed by the béchamel sauce and cook in the oven for another 30-40 minutes until golden brown.
- Allow to sit for 10-20 minutes before plating, garnish with fresh parsley and serve.

BBQ Ribs and Mac 'n' Cheese

Total Calories - 658
Protein - 38g
Carbohydrate - 68g
Fat - 23g



Lower Calorie Alternative:

- Only use half the cheddar, parmesan and mozzarella cheese (72 Cals)
- Only use 3 tbsps. of BBQ sauce instead of 4 (87 Cals)

Total Calories - 557
Protein - 32g
Carbohydrate - 59g
Fat - 18g

Plant-Based Alternative:

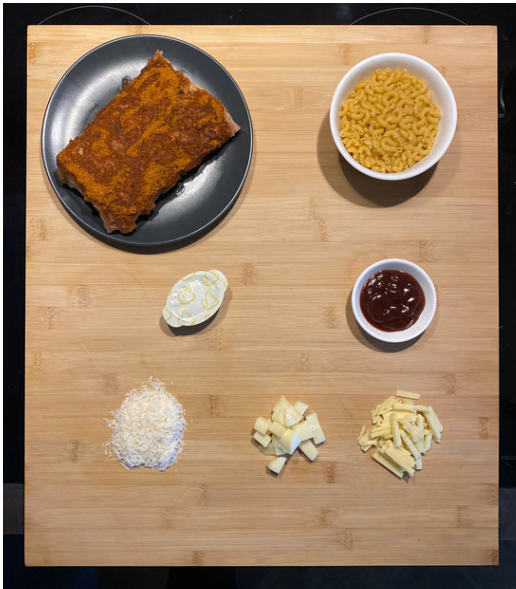
- Swap the pork ribs to 100g of Naked Glory Vegan Meat Free Roast Tenderstrips (143 Cals)
- Swap the mozzarella to 30g of Violife Mozzarella Flavour Grated Cheese (89 Cals)
- Swap the parmesan to 10g of Violife Just Like Parmesan (28 Cals)
- Swap the milk to 50ml of soya milk (20 Cals)
- Swap the chicken stock pot to ½ a Knorr Vegetable Stock Pot (50 Cals)
- Add 5g of nutritional yeast to the cheese sauce (17 Cals)
- No cheddar cheese (-62 Cals)

Total Calories - 672
Protein - 27g
Carbohydrate - 79g
Fat - 18g

Pork-Free Alternative:

- Swap the pork ribs to 100g of chicken thighs (207 Cals)

Total Calories - 699
Protein - 43g
Carbohydrate - 67g
Fat - 25g



BBQ RIBS AND MAC 'N' CHEESE

INGREDIENTS

- 100g Raw Pork Ribs
- 60g Dried Macaroni
- 15g Mature Cheddar
- 15g Low Moisture Mozzarella
- 10g Parmesan Cheese
- 50ml Skimmed Milk
- 4 Tbsps. Sweet Baby Ray's BBQ Sauce
- 1 Tbsp. Nando's BBQ Seasoning
- ½ Tbsp. Flora Light
- ½ Tbsp. Plain Flour
- ½ Knorr Chicken Stock Pot
- Salt
- Pepper

TOTAL TIME - 3 HRS 5 MINS

Prep Time - 5 Mins

Cook Time - 3 Hrs

METHOD

- Begin by removing the membrane on the back of the ribs. Season them with the Nando's BBQ seasoning and smoked paprika before wrapping tightly in foil. Place into a preheated oven at 140C for 3 hours.
- After 2 hours begin making the mac 'n' cheese by adding the macaroni to boiling salted water, cook for 2 minutes less than stated on the packet.
- Melt the flora butter in a non-stick pan over medium heat. Add in the flour and cook for 1-2 minutes stirring constantly. Slowly whisk in the milk along with 50ml water and the chicken stock pot. Simmer for 3-5 minutes continuing to stir.
- Turn off the heat, grate and add the cheddar, mozzarella and only half the parmesan cheese, season with salt and pepper.
- Add the cooked macaroni to the cheese sauce stirring well to combine. Add to a baking dish and top with the remaining parmesan cheese.
- Increase the oven temperature to 180C and place the mac 'n' cheese in the oven for 30 minutes. Remove the ribs from the foil, coat in the BBQ sauce, place on a baking tray and back into the oven.
- After 30 minutes, remove the mac 'n' cheese. Place the ribs under a medium-high grill to caramelize the BBQ sauce.
- Remove the ribs and let sit for 5 minutes before plating with the mac 'n' cheese and serving.

Char Sui Rice

Total Calories - 538

Protein - 31g

Carbohydrate - 75g

Fat - 12g



Lower Calorie Alternative:

- Only use 40g of rice instead of 60g (153 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 412
Protein - 30g
Carbohydrate - 58g
Fat - 6g

Plant-Based Alternative:

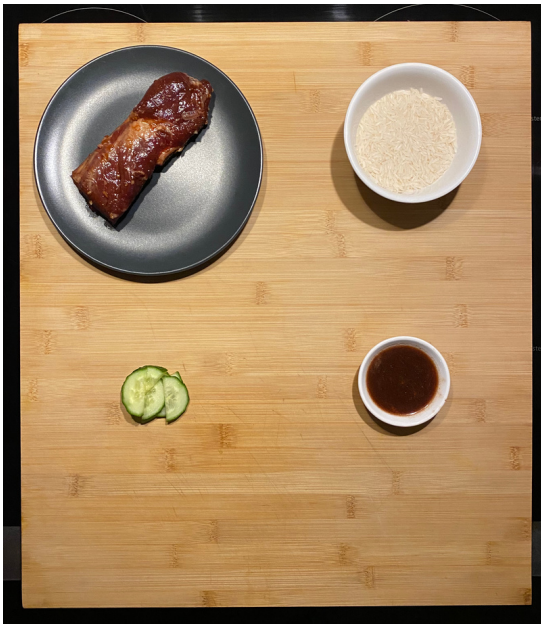
- Swap the pork tenderloin to 100g of This Isn't Chicken (160 Cals)
- Swap the honey to ½ tbsp. of agave syrup (30 Cals)
- Swap the oyster sauce to ½ tsp. of Lee Kum Kee Vegetarian Stir-Fry Sauce (3 Cals)

Total Calories - 549
Protein - 30g
Carbohydrate - 82g
Fat - 12g

Pork-Free Alternative:

- Swap the pork tenderloin to 100g of chicken thighs (207 Cals)

Total Calories - 601
Protein - 31g
Carbohydrate - 75g
Fat - 19g



CHAR SUI RICE

INGREDIENTS

- 120g Pork Tenderloin
- 60g Jasmine Rice
- ½ Tbsp. Brown Sugar
- ½ Tbsp. Hoisin Sauce
- ½ Tbsp. Honey
- ½ Tbsp. Rapeseed Oil
- 1 Tsp. Grated Garlic
- 1 Tsp. Shaoxing Cooking Wine
- ½ Tsp. Oyster Sauce
- ½ Tsp. Soy Sauce
- ¼ Tsp. Dark Soy Sauce
- ⅛ Tsp. Chinese Five Spice
- ⅛ Tsp. Sesame Oil
- 5 Slices Cucumber
- Salt

TOTAL TIME - 1 HR 45 MINS

Prep Time - 30 Mins

Cook Time - 1 Hr 15 Mins

METHOD

- Begin by grating the garlic, combine in a bowl with honey, shaoxing wine, brown sugar, hoisin sauce, oyster sauce, soy sauce, dark soy sauce, Chinese five spice, rapeseed and sesame oil. Marinate the pork in the mixture for 30 minutes.
- Preheat the oven to 180C. Place a wire rack over a large roasting tray half filled with boiling water. The rack should be above the water and not touching. Roast the pork for 30 minutes basting every 10 minutes.
- Pour the leftover marinade into a saucepan, bring to a boil and simmer until the mixture thickens. Use this to baste the pork.
- Rinse 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, season with salt. Cover and turn to low for 10 minutes. When cooked, leave to sit covered off the heat for a further 10 minutes.
- After the pork has been roasting for 30 minutes, place under the grill on high, whilst placing the roasting tray on the top shelf. Baste the pork every 2-3 minutes and after 10 minutes remove from the grill and leave to rest for a further 10 minutes.
- Slice the pork and plate with the rice and cucumber slices and serve.

Chicken Chow Mein

Total Calories - 552
Protein - 32g
Carbohydrate - 46g
Fat - 23g



Lower Calorie Alternative:

- Only use 60g of egg noodles instead of 100g (100 Cals)
- Swap the chicken thighs to 100g of chicken breast (128 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

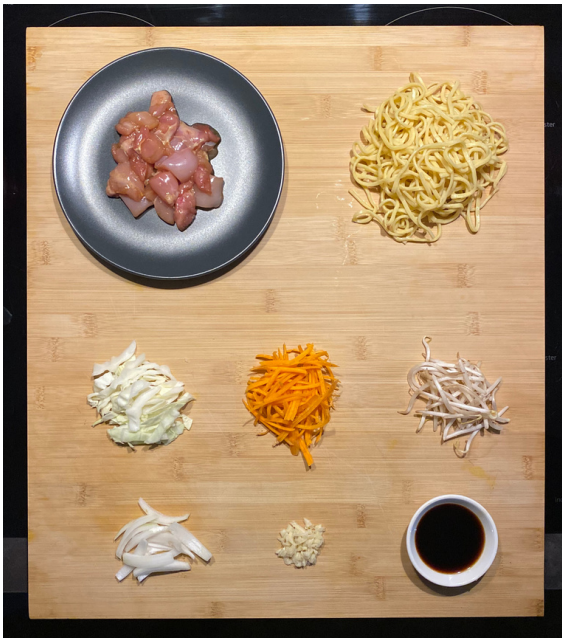
Total Calories - 336
Protein - 32g
Carbohydrate - 34g
Fat - 6g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the egg noodles for 100g of fresh Udon Noodles (127 Cals)

Total Calories - 466
Protein - 30g
Carbohydrate - 51g
Fat - 13g

CHICKEN CHOW MEIN



INGREDIENTS

- 100g Chicken Thigh Fillets
- 100g Fresh Egg Noodles
- ½ Tbsp. Oyster Sauce
- ½ Tbsp. Shaoxing Cooking Wine
- ½ Tbsp. Soy Sauce
- 2 Tsp. Rapeseed Oil
- 1 Tsp. Dark Soy Sauce
- 1 Tsp. Sugar
- ¼ Tsp. Sesame Oil
- 1 Clove Garlic
- ½ Carrot
- ¼ Small Onion
- ⅛ Small White Cabbage
- Handful Beansprouts
- Pepper

TOTAL TIME - 25 MINS

Prep Time - 10 Mins

Cook Time - 15 Mins

METHOD

- Cut the chicken into small bite-sized pieces and marinate in half the soy sauce for 10 minutes.
- Finely julienne the carrot, slice the cabbage, and onion and chop the garlic and set aside.
- In a small bowl combine the remaining soy sauce, oyster sauce, sugar, sesame oil, Shaoxing cooking wine and pepper.
- In a wok at high heat, add in the rapeseed oil along with the chicken and cook for 2-3 minutes until browned and remove.
- To the same wok, add in the garlic for 30 seconds followed by the onion and cabbage cooking for a further 1-2 minutes.
- Pour the sauce into the wok. Once thickened, add the chicken back to the pan along with any resting juices and cook for 30 seconds.
- Next, add in the fresh egg noodles and stir fry for 1-2 minutes followed by the beansprouts and carrot.
- Once the noodles are evenly coated with the sauce, plate and serve.

Hoisin Duck Burger

Total Calories - 532
Protein - 43g
Carbohydrate - 43g
Fat - 20g



Lower Calorie Alternative:

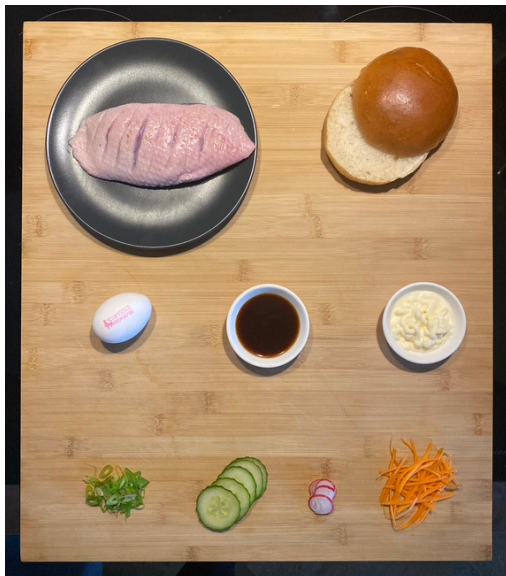
- Swap the duck breast to 100g of chicken breast (128 Cals)
- Swap the brioche bun to 1 Warburtons Sliced Wholemeal Roll (140 Cals)

Total Calories - 466
Protein - 44g
Carbohydrate - 38g
Fat - 14g

Plant-Based Alternative:

- Swap the duck breast to 100g of Naked Glory Vegan Chicken-Style Roast Tenderstrips (143 Cals)
- Swap the brioche bun to 1 Free From Burger Bun (166 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- No duck egg (-130 Cals)

Total Calories - 466
Protein - 27g
Carbohydrate - 44g
Fat - 19g



HOISIN DUCK BURGER

INGREDIENTS

- 100g Duck Breast
- 1 Brioche Burger Bun
- 1 Duck Egg
- 1 Tbsp. Lightest Mayonnaise
- ½ Tbsp. Hoisin Sauce
- 2 Tsp. Ketchup
- ½ Tsp. Chinese Five Spice
- 1 Tsp. White Vinegar
- 5 Slices Cucumber
- ¼ Carrot
- ½ Radish
- Spring Onion (Garnish)

TOTAL TIME - 35 MINS

Prep Time - 0 Mins

Cook Time - 35 Mins

METHOD

- Pat the duck breast dry with a paper towel and score the skin with a sharp knife. Make sure to not cut into the flesh and only score the skin and fat.
- Season the duck on both sides with salt and pepper and place into a cold, non-stick pan skin side down. Turn the heat to medium and cook for 12-15 minutes.
- Flip and sear the bottom and cook for a further 5-10 minutes until cooked. Remove and set aside to rest.
- Add to a non-stick saucepan, hoisin sauce, white vinegar, ketchup, Chinese five spice and 50ml of water and bring to a boil. Simmer until thickened before turning off the heat.
- Slice and toast the bun on both sides under the grill until golden brown.
- Next, finely julienne the carrot and finely slice the radish and cucumber.
- In a small non-stick pan, fry the egg over medium-high heat until cooked through, but the yolk is slightly runny.
- Spread mayonnaise on both halves of the bun. Top the bottom half with the carrot, cucumber, and radish. Slice the duck and place on top, spoon over the sauce mixture followed by the fried egg. Slice the spring onion and garnish before placing the top bun on the burger, plate and serve.

Club Baguette

Total Calories - 575
Protein - 41g
Carbohydrate - 69g
Fat - 14g



Lower Calorie Alternative:

- Only use half the baguette instead of a whole one (136 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- No honey (-32 Cals)

Total Calories - 377
Protein - 37g
Carbohydrate - 39g
Fat - 7g

Plant-Based Alternative:

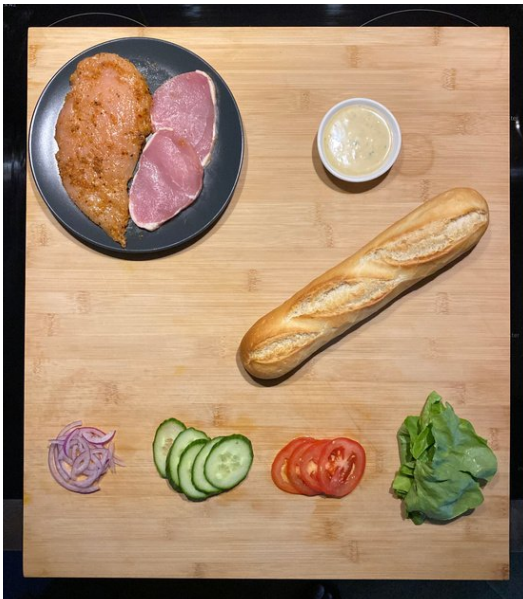
- Swap the chicken to 60g of This Isn't Chicken (96 Cals)
- Swap the bacon to 40g of This Isn't Bacon (66 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- Swap the honey to ½ tbsp. of agave syrup (30 Cals)

Total Calories - 669
Protein - 34g
Carbohydrate - 77g
Fat - 25g

Pork-Free Alternative:

- Swap the bacon to 40g of Mattessons Smoked Turkey Rashers (55 Cals)

Total Calories - 561
Protein - 39g
Carbohydrate - 69g
Fat - 13g



CLUB BAGUETTE

INGREDIENTS

- 60g Chicken Breast
- 40g Smoked Bacon Medallions
- 1 Small Baguette
- 2 Tbsps. Lightest Mayonnaise
- ½ Tbsp. Dijon Mustard
- ½ Tbsp. Honey
- 1 Tsp. Apple Cider Vinegar
- 1 Tsp. Chargrilled Chicken Seasoning
- 1 Tsp. Fresh Chopped Parsley
- 1 Tsp. Olive Oil
- ¼ Tsp. Lemon Juice
- 1 Tomato
- 5 Slices Cucumber
- 4 Leaves Lettuce
- ⅛ Red Onion
- Salt
- Pepper

TOTAL TIME - 25 MINS

Prep Time - 10 Mins

Cook Time - 15 Mins

METHOD

- Begin by butterflying the chicken breast and marinating in a bowl with olive oil, chargrilled chicken seasoning, salt and pepper. Leave to sit for 10 minutes.
- Preheat a non-stick or pan to medium-high heat, add the chicken cooking for 5-6 minutes on each side. Remove and set aside.
- Add the bacon to the same pan cooking for 2-3 minutes until browned on both sides.
- Finely chop the parsley and combine with the dijon mustard, honey, mayonnaise, lemon juice and apple cider vinegar in a small bowl. Spread evenly inside the baguette on both sides.
- Thinly slice the tomato, cucumber, lettuce and onion. Season the tomato slices with salt and place on the bottom half of the baguette first, followed by the cucumber, onion, and then the lettuce. Slice the chicken and add to the sandwich followed by the bacon, plate and serve.