



**VOLUME X**

# Recipes

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Homemade chips topped with chilli con carne and melted cheddar and mozzarella cheese.

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Oven baked chicken wings in a sweet, sticky BBQ glaze.

# Chicken Teriyaki Sub

**Total Calories - 554**

**Protein - 32g**

**Carbohydrate - 61g**

**Fat - 17g**



## Lower Calorie Alternative:

- Only use half of the submarine roll (72 Cals)
- Only use ½ a tbsp. of sugar instead of a whole one (24 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 428**

**Protein - 30g**

**Carbohydrate - 41g**

**Fat - 13g**

## Plant-Based Alternative:

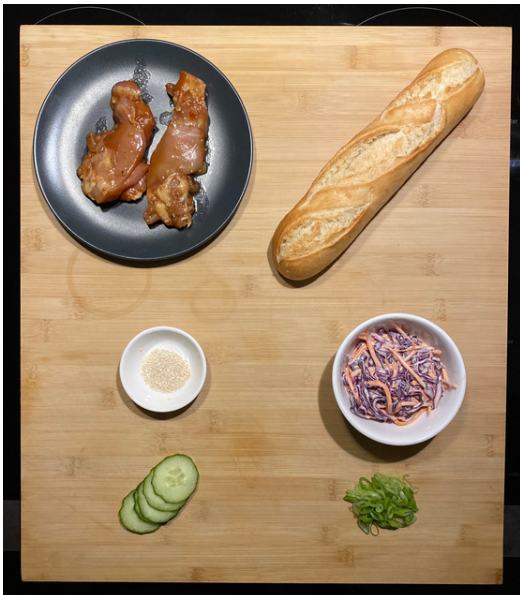
- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)

**Total Calories - 587**

**Protein - 30g**

**Carbohydrate - 67g**

**Fat - 20g**



# CHICKEN TERIYAKI SUB

## INGREDIENTS

- 100g Chicken Thigh Fillets
- 1 Submarine Roll
- 2 Tbsps. Lightest Mayonnaise
- 2 Tbsps. Soy Sauce
- 1 Tbsp. Mirin
- 1 Tbsp. Sugar
- 1 Tsp. Chopped Garlic
- 1 Tsp. Chopped Ginger
- 1 Tsp. Rapeseed Oil
- 5 Slices Cucumber
- ¼ Carrot
- ⅛ Red Cabbage
- ⅛ Red Onion
- Spring Onion (Garnish)
- White Sesame Seeds (Garnish)
- Salt
- Pepper

 **30 MINUTES**

## METHOD

- Begin by chopping the garlic and ginger. Combine them with the soy sauce, mirin, sugar, rapeseed oil, salt and pepper. Add the chicken to the mixture and leave to marinate for a minimum of 10 minutes.
- Whilst the chicken marinates, grate the carrot and red cabbage into a bowl and mix in the mayonnaise to make the slaw before covering and placing in a fridge.
- Bring a non-stick pan to medium-high heat and add the chicken to the pan cooking for 5-6 minutes on each side.
- Pour over the remaining marinade for the final 4 minutes to glaze the chicken. When cooked, leave the chicken in the pan covered off the heat.
- Slice the baguette in half and hollow out some of the bread. Slice the cucumber and red onion also. Add the cucumber to the bottom of the baguette first, followed by the slaw and then the red onion.
- Remove the chicken from the pan and slice into strips. Place the chicken pieces on top of the red onion, followed by the sesame seeds. Slice and garnish with spring onion, spoon over any remaining sauce from the pan, plate and serve.

# Prawn Katsu Baos

**Total Calories - 482**  
**Protein - 39g**  
**Carbohydrate - 68g**  
**Fat - 5g**



## Lower Calorie Alternative:

- Only use one bao bun instead of two (71 Cals)
- No panko breadcrumbs (-72 Cals)
- No flour (-56 Cals)
- Add 1 tsp. of seasoning to the prawns and fry instead with low-cal oil spray (15 Cals)

**Total Calories - 297**  
**Protein - 33g**  
**Carbohydrate - 28g**  
**Fat - 6g**

## Plant-Based Alternative:

- Swap the prawns to 4 Linda McCartney Vegetarian Southern-Style Chicken (267 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- No panko breadcrumbs, flour or egg (-165 Cals)

**Total Calories - 551**  
**Protein - 22g**  
**Carbohydrate - 51g**  
**Fat - 28g**



# PRAWN KATSU BAOS

## INGREDIENTS

- 120g Whole Prawns
- 20g Panko Breadcrumbs
- 2 Bao Buns
- 2 Tbsps. Lightest Mayonnaise
- 1 Tbsp. Plain Flour
- 1 Tbsp. Sriracha
- 1 Tbsp. Tonkatsu Sauce
- 1 Tsp. White Vinegar
- ½ Egg
- 4 Slices Cucumber
- Red Chilli (Garnish)
- Spring Onion (Garnish)
- Salt
- Pepper

 **20 MINUTES**

## METHOD

- Place the flour, egg (beaten) and panko breadcrumbs in 3 separate shallow bowls.
- Remove the head and peel the prawns, before patting them dry and seasoning with salt and pepper.
- Coat the prawns in the flour first, then the egg and finally in the panko breadcrumbs, before placing in an air fryer at 180C for 5-6 minutes until cooked through.
- Combine the sriracha, tonkatsu, vinegar and mayonnaise in a bowl and set aside.
- Steam the bao buns according to instructions on the packet.
- When the prawns are cooked through, remove from the air fryer. Add 2 cucumber slices to each bao bun, followed by the prawns and top with the sauce. Slice the spring onion and chilli and garnish, plate and serve.

# Bacon Mac 'n' Cheese

**Total Calories - 624**  
**Protein - 43g**  
**Carbohydrate - 45g**  
**Fat - 29g**



## Lower Calorie Alternative:

- Swap the Lurpak Light to 1 tbsp. of Flora Light (41 Cals)
- Only use 10g of mozzarella (24 Cals)
- Only use 10g of Red Leicester (40 Cals)

**Total Calories - 498**  
**Protein - 39g**  
**Carbohydrate - 45g**  
**Fat - 18g**

## Pork-Free Alternative:

- Swap the bacon to 50g of Mattessons Smoked Turkey Rashers (68 Cals)

**Total Calories - 598**  
**Protein - 40g**  
**Carbohydrate - 44g**  
**Fat - 28g**

## Plant-Based Alternative:

- Swap the bacon to 50g of This Isn't Bacon Rashers (76 Cals)
- Swap the mozzarella to 20g of Violife Mozzarella Grated Non-Dairy Cheese Alternative (59 Cals)
- Swap the parmesan to 15g of Violife Just Like Parmesan (42 Cals)
- Swap the Lurpak Light to 1 tbsp. of Flora Light (41 Cals)
- Swap the milk to 100ml of soya milk (39 Cals)
- Swap the chicken stock to 100ml of vegetable stock (6 Cals)
- Add 1 tsp. of nutritional yeast to the white sauce (13 Cals)
- No Red Leicester cheese (-81 Cals)

**Total Calories - 464**  
**Protein - 27g**  
**Carbohydrate - 58g**  
**Fat - 14g**



# BACON MAC 'N' CHEESE

## INGREDIENTS

- 50g Smoked Bacon Medallions
- 75g Dried Macaroni
- 20g Low Moisture Mozzarella
- 20g Red Leicester Cheese
- 15g Parmesan Cheese
- 100ml Chicken Stock
- 100ml Skimmed Milk
- 1 Tbsp. Lurpak Light
- 1 Tbsp. Plain Flour
- Salt
- Pepper

 **50 MINUTES**

## METHOD

- Place the bacon medallions under a medium-high grill for 3-4 minutes on each side until cooked through.
- Add the macaroni to boiling salted water, cook for 2 minutes less than stated on the packet. Preheat the oven to 180C.
- Melt the butter in a non-stick pan over medium heat. Add the flour cooking for 1-2 minutes stirring constantly. Slowly whisk in the milk along with 100ml of chicken stock. Simmer for 3-5 minutes stirring constantly.
- Turn off the heat, grate and add the red Leicester, mozzarella and only half the parmesan cheese, season with salt and pepper.
- Add the cooked macaroni to the cheese sauce stirring well to combine.
- Cut the cooked bacon medallions into small bite-sized pieces and stir into the mac 'n' cheese.
- Add to a baking dish and top with the remaining parmesan cheese. Place the baking dish in the oven for 25-35 minutes or until the top has browned.
- Remove from the oven and leave to sit for 10 minutes before plating and serving.



# Chimichurri Steak and Asparagus

**Total Calories - 497**

**Protein - 32g**

**Carbohydrate - 6g**

**Fat - 40g**



## Lower Calorie Alternative:

- Swap the ribeye steak for 100g of extra lean beef escalopes (128 Cals)
- Only use ½ a tbsp. of olive oil instead of a whole one (60 Cals)

**Total Calories - 212**

**Protein - 30g**

**Carbohydrate - 6g**

**Fat - 10g**

## Plant-Based Alternative:

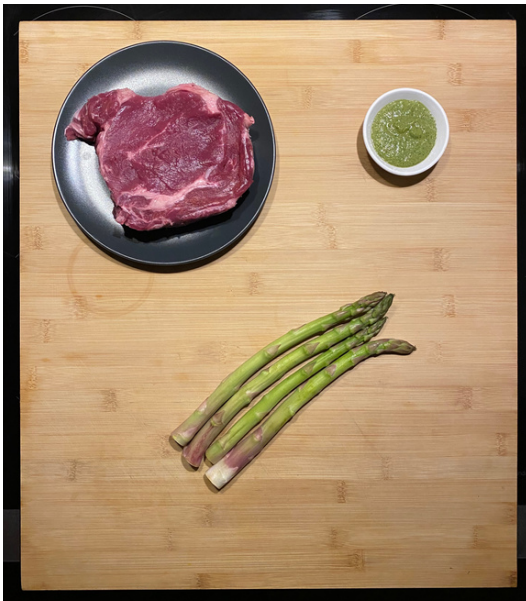
- Swap the ribeye steak to 120g of Vivera Plant Steak (244 Cals)

**Total Calories - 388**

**Protein - 25g**

**Carbohydrate - 14g**

**Fat - 26g**



# CHIMICHURRI STEAK AND ASPARAGUS

## INGREDIENTS

- 120g Ribeye Steak
- 1 Tbsp. Olive Oil
- 1 Tbsp. Chopped Fresh Parsley
- ¼ Tbsp. Chopped Red Chilli
- ¼ Tbsp. Chopped Red Onion
- ¼ Tbsp. Red Wine Vinegar
- 5 Spears Asparagus
- 1 Clove Garlic
- Pinch Dried Oregano
- Salt
- Pepper

 **15 MINUTES**

## METHOD

- Firstly, bring the steak to room temperature.
- To make the chimichurri sauce, add the parsley, garlic, onion, chilli, red wine vinegar, oregano and half the olive oil to a blender and blend into a paste, season with salt and pepper.
- Once the steak is at room temperature, rub the remaining olive oil on the steak and heavily season with salt and pepper.
- Bring a non-stick pan to high heat and add the steak cooking for 5-6 minutes or until the desired doneness is achieved, flipping every minute, remove from the pan to rest when cooked.
- Cut the bottom ends of the asparagus spears off and discard. Season the spears with salt and pepper. Add them to the same pan at medium heat and cook for 3-4 minutes turning frequently, remove and set aside when cooked.
- Slice the steak into strips and plate, followed by the asparagus spears. Top the steak with the chimichurri sauce and serve.

# Beef Bulgogi

**Total Calories - 598**

**Protein - 34g**

**Carbohydrate - 31g**

**Fat - 37g**



## Lower Calorie Alternative:

- Swap the ribeye steak to 100g of extra lean beef escalopes (128 Cals)
- Only use 40g of rice instead of 60g (60 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 345**

**Protein - 30g**

**Carbohydrate - 25g**

**Fat - 14g**

## Plant-Based Alternative:

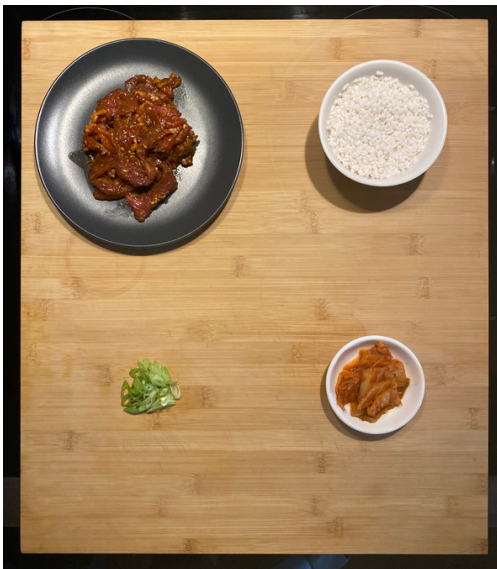
- Swap the ribeye steak to 120g of Naked Glory Meat Free Vegan No Beef Strips (175 Cals)

**Total Calories - 422**

**Protein - 30g**

**Carbohydrate - 34g**

**Fat - 16g**



# BEEF BULGOGI

## INGREDIENTS

- 120g Ribeye Steak
- 60g Japanese Rice
- 40g Kimchi
- 1 Tbsp. Grated Pear
- 2 Tsp. Sesame Seeds
- 1 Tsp. Brown Sugar
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Sesame Oil
- ½ Tsp. Gochujang Paste
- ½ Clove Garlic
- Spring Onion (Garnish)
- Salt
- Pepper



**80 MINUTES**

## METHOD

- Place the steak in the freezer for 30 minutes before slicing as this will help slice the steak very thinly.
- Add 2 tsps. of sesame seeds to a dry, non-stick pan at medium heat. Toast the seeds until browned and set aside.
- Grate the pear, chop the garlic and combine together with the brown sugar, sesame oil, rapeseed oil, toasted sesame seeds, gochujang paste, salt and pepper in a bowl large enough to marinate the beef in.
- Slice the beef as thinly as possible and add to the marinade.
- Wash the rice in water until it runs clear, before soaking it in cold water for 15 minutes. Drain and add 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.
- Whilst the rice rests, bring a non-stick wok or pan to high heat and add the beef cooking for 2 minutes on each side until charred. Remove from the pan when cooked leaving to rest for a couple of minutes.
- Add the rice to a plate along with the beef and kimchi, garnish with sesame seeds and sliced spring onion and serve.

# Chicken Skewers and Turmeric Rice

**Total Calories - 652**

**Protein - 35g**

**Carbohydrate - 74g**

**Fat - 19g**



## Lower Calorie Alternative:

- Only use 40g of rice instead 50g (140 Cals)
- Swap the Lurpak Light to 1 tbsp. of Flora Light (41 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- No mini naan bread (-66 Cals)

**Total Calories - 451**

**Protein - 33g**

**Carbohydrate - 55g**

**Fat - 10g**

## Plant-Based Alternative:

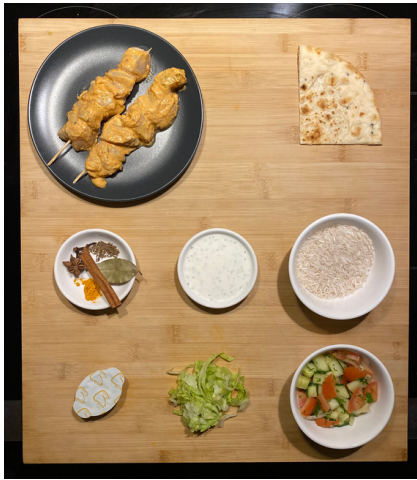
- Swap the chicken to 80g of This Isn't Chicken (128 Cals)
- Swap the yoghurt to 3 tbsps. of Oatly Greek Style Oatgurt (65 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- Swap the Lurpak Light to 2 tsps. of Flora Light (27 Cals)
- Swap the chicken stock pot to ½ a Knorr vegetable stock pot (25 Cals)

**Total Calories - 749**

**Protein - 28g**

**Carbohydrate - 81g**

**Fat - 34g**



# CHICKEN SKEWERS AND TURMERIC RICE

 50 MINUTES

## INGREDIENTS

- 80g Chicken Breast
- 50g Basmati Rice
- 3 Tbsps. Fage Greek Yoghurt (0%)
- 2 Tbsps. Lightest Mayonnaise
- 2 Tsp. Lurpak Light
- 2 Tsp. Olive Oil
- 1 Tsp. Tomato Purée
- 1 Tsp. White Vinegar
- ½ Tsp. Dried Mint
- ½ Tsp. Dried Parsley
- ½ Tsp. Sugar
- ½ Tsp. Turmeric Powder
- ¼ Tsp. Chilli Flakes
- ¼ Tsp. Cumin Seeds
- ¼ Tsp. Paprika Powder
- ⅛ Tsp. Cumin Powder
- 3 Cloves
- 1 Bay Leaf
- 1 Star Anise
- ½ Cinnamon Stick
- ½ Knorr Chicken Stock Pot
- ½ Lemon
- ½ Mini Naan Bread
- ½ Tomato
- ⅛ Cucumber
- ⅛ Iceberg Lettuce
- ⅛ Onion
- Pinch Cinnamon Powder

## METHOD

- Begin by cutting the chicken breast into 1.5-inch pieces and set aside.
- In a bowl combine the olive oil with only 1 tbsp. of yoghurt, tomato purée, ¼ tsp. of turmeric powder, paprika powder, chilli flakes, cumin powder, juice from half a lemon, a pinch of cinnamon powder, salt and pepper. Marinate the chicken in the mixture for 10 minutes minimum.
- Rinse the rice in cold water until the water runs clear and drain.
- Add the butter to a non-stick saucepan at medium heat along with the cinnamon stick, bay leaf, cumin seeds, star anise, cloves and ¼ tsp. of turmeric powder. Sauté for 2-3 minutes before stirring in the washed rice cooking for a further 1-2 minutes.
- Pour in 140ml of water and add the half stock pot. 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.
- Whilst the rice is cooking, combine in a bowl the remaining 2 tbsps. of yoghurt with mayonnaise, white vinegar, sugar, dried mint and parsley and set aside.
- Preheat a pan or griddle to medium-high heat. Skewer the marinated chicken pieces and cook for 6-10 minutes turning every minute. When cooked, remove and set aside to rest.
- Cut the tomato, cucumber, onion, and lettuce into small bite size pieces and combine in a bowl.
- Toast the naan in a toaster or under a grill.
- Plate the rice along with the chicken skewers, salad and naan, drizzle over the yoghurt sauce and serve.

# Bolognese Pasta Bake

**Total Calories - 742**  
**Protein - 47g**  
**Carbohydrate - 55g**  
**Fat - 33g**



## Lower Calorie Alternative:

- Swap the 5% beef mince to 80g of 3% beef mince (94 Cals)
- Swap the Lurpak Light to 1 tbsp. of Flora Light (41 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- Only use 10g of parmesan instead of 20g (38 Cals)

**Total Calories - 572**  
**Protein - 37g**  
**Carbohydrate - 58g**  
**Fat - 18g**

## Plant-Based Alternative:

- Swap the beef mince to 80g of Vivera Veggie Mince (101 Cals)
- Swap the mozzarella to 20g of Violife Mozzarella Grated Non-Dairy Cheese Alternative (59 Cals)
- Swap the parmesan to 20g of Violife Just Like Parmesan (56 Cals)
- Swap the Lurpak Light to 1 tbsp. of Flora Light (41 Cals)
- Swap the chicken stock pot to 1 Knorr vegetable stock pot (50 Cals)
- Swap the milk to 50ml of soya milk (20 Cals)
- Swap the wine to 20ml of vegan white wine (20 Cals)
- Add 1 tsp. of nutritional yeast to the white sauce (13 Cals)

**Total Calories - 650**  
**Protein - 30g**  
**Carbohydrate - 71g**  
**Fat - 20g**



# BOLOGNESE PASTA BAKE

## INGREDIENTS

- 80g Beef Mince (5%)
- 60g Fusilli
- 20g Low Moisture Mozzarella
- 20g Parmesan Cheese
- 50ml Skimmed Milk
- 20ml White Wine
- 1 Tbsp. Lurpak Light
- 1 Tbsp. Plain Flour
- 1 Tsp. Nutmeg
- 1 Tsp. Olive Oil
- 1 Tsp. Tomato Purée
- 2 Bay Leaves
- 1 Knorr Chicken Stock Pot
- ½ Can Chopped Tomatoes
- ½ Clove Garlic
- ¼ Carrot
- ¼ Onion
- ¼ Stick Celery
- Fresh Parsley (Garnish)

 **85 MINUTES**

## METHOD

- Prepare the mince by chopping the onion, carrot, celery and garlic as finely as possible then set aside.
- Bring a non-stick pan to medium-high heat and add the oil and onion cooking for a minute before adding the carrot and celery, cooking for another 2-3 minutes until softened.
- Add the garlic and cook for 30 seconds, before adding the beef mince cooking for another 5-6 minutes until browned, salt and pepper to taste.
- Stir in the tomato purée cooking for another minute. Add the wine and cook for 30 seconds. Next, add 100ml of water and the stock pot along with the chopped tomatoes continuously stirring, followed by 1 bay leaf leaving to simmer on medium-low heat for 30 minutes.
- Add the pasta to boiling salted water and cook for 2 minutes less than stated on the packet. Once cooked, add the Bolognese sauce, combine well and leave to sit off the heat.
- Preheat the oven to 180C. To make the white sauce, melt the butter in a saucepan at medium heat and add the flour stirring using a whisk. After 2 minutes, whisk in the milk gradually until smooth, add some water to thin out if necessary.
- Next, add the other bay leaf, nutmeg, salt and pepper. Grate and add half the parmesan cheese then leave to simmer at medium-low heat for a couple of minutes.
- Add the Bolognese to a baking dish, top with the white sauce, followed by grated mozzarella and the remaining parmesan cheese.
- Place into the oven for 30-40 minutes. Once cooked, remove and leave to sit for 10 minutes before garnishing with fresh parsley and serving.



# Chicken Tikka Masala

**Total Calories - 634**

**Protein - 46g**

**Carbohydrate - 79g**

**Fat - 15g**



## Lower Calorie Alternative:

- Swap the Elmlea to 50ml of skimmed milk (18 Cals)
- Only use 40g of rice instead 50g (140 Cals)
- No mini naan bread (-66 Cals)

**Total Calories - 490**

**Protein - 42g**

**Carbohydrate - 59g**

**Fat - 9g**

## Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the Elmlea to 50ml of Elmlea Plant Double Vegan Alternative to Cream (144 Cals)
- Swap the yoghurt to 2 tbsps. of Oatly Greek Style Oatgurt (44 Cals)

**Total Calories - 776**

**Protein - 36g**

**Carbohydrate - 87g**

**Fat - 30g**



# CHICKEN TIKKA MASALA

## INGREDIENTS

- 100g Chicken Breast
- 50g Basmati Rice
- 50ml Elmlea (45% Less Fat)
- 2 Tbsps. Fage Greek Yoghurt (0%)
- 2 Tbsps. Minced Garlic
- 2 Tbsps. Minced Ginger
- 2 Tsp. Garam Masala
- 1 Tsp. Chilli Powder
- 1 Tsp. Cumin Powder
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Paprika
- 1 Tsp. Tomato Purée
- ½ Tsp. Ground Coriander
- ½ Tsp. Turmeric Powder
- ½ Mini Naan Bread
- ½ Can Chopped Tomatoes
- ¼ Red Onion
- Fresh Coriander (Garnish)

 **45 MINUTES**

## METHOD

- Begin by cutting the chicken into 1.5-inch pieces. Combine the yoghurt and tomato purée with only half of the following; cumin powder, garam masala, paprika, chilli powder, ground coriander, turmeric powder and some salt and pepper. Add the chicken to the mixture and leave to marinate for 10 minutes.
- Rinse the rice in cold water until the water runs clear and drain. Add the rice to a non-stick saucepan along with 140ml water and salt to taste. Bring to a boil for 2 minutes before covering and turning to low for 10 minutes. Turn off the heat and leave to sit covered for a further 10 minutes.
- In a non-stick pan at medium-high heat, add the rapeseed oil, finely chop the red onion and add to the pan also. Sauté for 5 minutes until slightly browned and softened. Next, chop and add the ginger and garlic cooking for a further 2-3 minutes.
- Add in the remaining cumin powder, turmeric powder, ground coriander, garam masala, chilli powder and paprika and cook for 5 minutes at medium heat. Add in the chopped tomatoes and cook on medium whilst cooking the chicken.
- Skewer the chicken pieces and cook in a non-stick pan at high heat for 3-5 minutes until charred turning frequently.
- Remove the chicken from the skewers and place into the sauce along with the cream stirring to combine. Season with salt and pepper to taste and leave to simmer on low for 10 minutes.
- Cook the naan according to instruction on the packet. Plate the rice along with the chicken tikka masala, add the naan, garnish with fresh coriander and serve.

# Filipino BBQ Chicken Skewers

**Total Calories - 574**

**Protein - 31g**

**Carbohydrate - 65g**

**Fat - 19g**



## Lower Calorie Alternative:

- Swap the chicken thighs to 100g of chicken breast (128 Cals)
- Only use 40g of rice instead of 60g (153 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 349**

**Protein - 31g**

**Carbohydrate - 48g**

**Fat - 3g**

## Plant-Based Alternative:

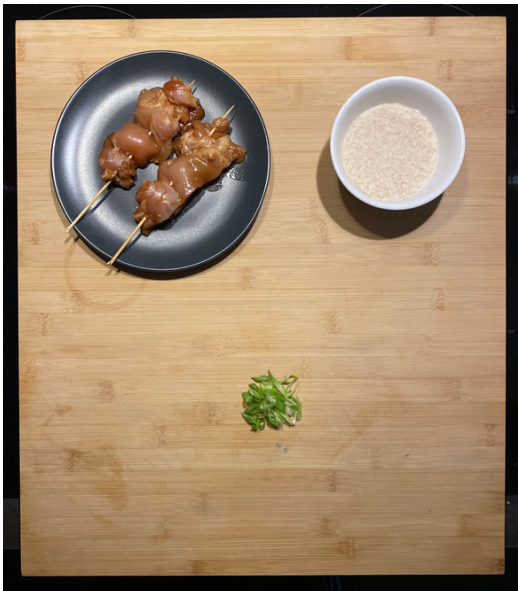
- Swap the chicken for 125g of Naked Glory Vegan Chicken-Style Roast Tenderstrips (179 Cals)

**Total Calories - 546**

**Protein - 30g**

**Carbohydrate - 71g**

**Fat - 14g**



# FILIPINO BBQ CHICKEN SKEWERS

## INGREDIENTS

- 100g Chicken Thigh Fillets
- 60g Jasmine Rice
- 3 Cloves Garlic
- ½ Tbsp. Ketchup
- ½ Tbsp. Lemonade
- ½ Tbsp. Soy Sauce
- ½ Tbsp. Brown Sugar
- 2 Tsp. Rapeseed Oil
- 1 Tsp. Apple Cider Vinegar
- Spring Onion (Garnish)
- Salt
- Pepper

 **35 MINUTES**

## METHOD

- Begin by slicing the chicken thighs into 1.5-inch pieces. Chop the garlic and combine with soy sauce, ketchup, brown sugar, lemonade, rapeseed oil, apple cider vinegar, salt and pepper to taste. Marinate the chicken in the mixture for 10 minutes.
- Rinse the rice in cold water until the water runs clear and drain. Add the rice to a non-stick saucepan with 125ml water and salt and bring to a boil for 2 minutes. Cover and simmer on low for 10 minutes. Turn off the heat and leave to sit covered for a further 10 minutes.
- Bring a non-stick pan to medium-high heat. Skewer the chicken pieces and cook for 10-12 minutes turning frequently to avoid burning.
- Whilst the chicken cooks, boil the leftover marinade for 5-6 minutes until thickened.
- When the chicken has finished cooking, let it sit in the pan off the heat for 3-5 minutes.
- Plate the rice along with the chicken skewers and spoon over the glaze. Garnish with sliced spring onion and serve.

# Chilli Cheese Fries

**Total Calories - 527**

**Protein - 41g**

**Carbohydrate - 39g**

**Fat - 21g**



## Lower Calorie Alternative:

- Only use 75g of potato instead of 100g (70 Cals)
- Swap the 5% beef mince to 80g of 3% beef mince (94 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 394**

**Protein - 33g**

**Carbohydrate - 35g**

**Fat - 12g**

## Plant-Based Alternative:

- Swap the beef mince to 80g of Vivera Veggie Mince (101 Cals)
- Swap the cheddar cheese to 15g of Violife Cheddar Flavour Vegan Cheese Block (41 Cals)
- Swap the mozzarella to 15g of Violife Mozzarella Grated Non-Dairy Cheese Alternative (45 Cals)

**Total Calories - 481**

**Protein - 25g**

**Carbohydrate - 51g**

**Fat - 16g**



# CHILLI CHEESE FRIES

## INGREDIENTS

- 80g Beef Mince (5%)
- 100g White Potato
- 100g Tinned Chopped Tomatoes
- 50g Kidney Beans
- 15g Low Moisture Mozzarella
- 15g Mature Cheddar
- 2 Tsp. Chilli Con Carne Seasoning
- 2 Tsp. Rapeseed Oil
- 1 Tsp. Tomato Purée
- 1 Clove Garlic
- ¼ Red Pepper
- ⅛ Onion
- Fresh Coriander (Garnish)
- Red Chilli (Garnish)
- Salt
- Pepper

 **55 MINUTES**

## METHOD

- Preheat the oven to 190C. Cut the potato into thin baton, rinse in cold water and drain. Place in a pan with boiling water covered for 10 minutes.
- Drain the potato batons and with paper towel, blot off any excess water. Once cooled and completely dry, combine with half the oil, place on a baking tray and into the oven for 15 minutes. Flip the fries and cook for a further 10 minutes until crispy.
- Chop up the onion and pepper. Preheat a non-stick pan to medium-high heat and add the other half of the oil along with the onion and pepper. Cook for a couple of minutes before adding the beef mince.
- Break the mince up using a spatula and leave to brown. Chop the garlic. When the beef is around 75% cooked, add the tomato purée and garlic cooking for a couple of minutes.
- Next, add the chilli seasoning and cook for another minute before adding the chopped tomatoes. Add in the kidney beans cooking until they are fork-tender. Remove and set aside when most of the liquid has cooked off. Season with salt and pepper to taste.
- Place the fries in a baking dish and top with the chilli mixture. Grate and add the mozzarella and cheddar cheese.
- Place back into the oven until the cheese has melted. Remove and garnish with fresh coriander and chopped red chilli, plate and serve.

# BBQ Wings

**Total Calories - 484**  
**Protein - 31g**  
**Carbohydrate - 34g**  
**Fat - 22g**



## Lower Calorie Alternative:

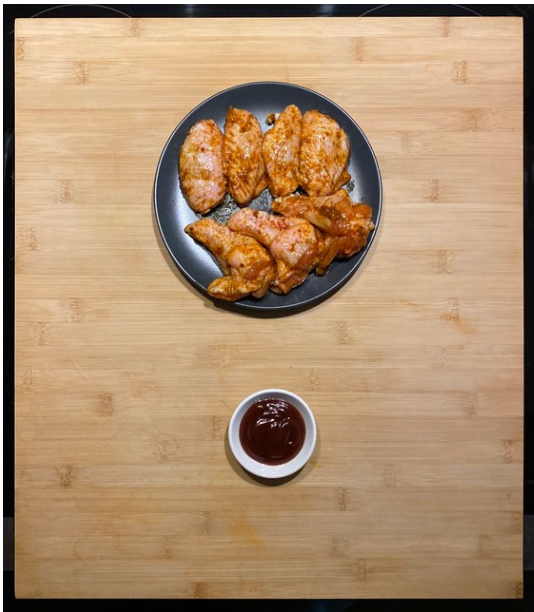
- Swap the chicken wings to 130g of chicken mini fillets (138 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 296**  
**Protein - 31g**  
**Carbohydrate - 34g**  
**Fat - 2g**

## Plant-Based Alternative:

- Swap the chicken to 130g of Naked Glory Vegan Chicken-Style Roast Tenderstrips (185 Cals)

**Total Calories - 413**  
**Protein - 26g**  
**Carbohydrate - 39g**  
**Fat - 14g**



# BBQ WINGS

## INGREDIENTS

- 130g Chicken Wings
- 4 Tbsps. Sweet Baby Ray's BBQ Sauce
- 1 Tbsp. BBQ Nando's Seasoning
- 2 Tsp. Rapeseed Oil
- Salt
- Pepper

 **50 MINUTES**

## METHOD

- Preheat the oven to 180C. Separate the drums and flats by slicing through the joints of the wings.
- Toss the wings in the Nando's BBQ seasoning, rapeseed oil, BBQ sauce, salt and pepper.
- Place the wings in the oven for 45 minutes. Flip them every 10-15 minutes.
- Once cooked through, remove from the oven and leave to rest for 10 minutes before serving.