



VOLUME XI

Recipes

WHAT'S INSIDE

01

Chicken Tikka Kebab

Grilled chicken breast chunks marinated in yoghurt and spices served on a flame, baked naan wrap, with a cucumber and tomato salad, shredded iceberg lettuce and a mint yoghurt dressing.

02

Grilled Ham and Cheese

Grilled sandwich filled with oak smoked British ham, melted double Gloucester cheese and a honey mustard sauce.

03

Thai Green Curry

Spicy, aromatic coconut Thai green curry with chicken thigh pieces, red bell pepper and Thai basil served with fragrant Thai Jasmine rice.

04

Swedish Meatballs

Beef and pork meatballs served with creamy mashed potatoes and garden peas, topped with beef broth gravy, garnished with fresh chives.

05

Bee Hoon Goreng

Malaysian stir-fried vermicelli noodles with prawns, beansprouts, egg and spinach all cooked in a sweet, spicy, savoury sauce.

06

Buffalo Wings

Oven baked crispy wings tossed in a spicy, tangy sauce served with carrot and celery batons and a yoghurt based cool ranch dip.

07

Panko Prawn Burger

Panko breaded air fried prawn patty with coleslaw and Japanese tonkatsu sauce served in a toasted sesame seed milk bun.

08

Nachos

Crispy, oven baked tortilla chips topped with Mexican-inspired chilli beef, melted mozzarella and cheddar cheese, smashed avocado and a cool yoghurt dip.

09

Beef Stroganoff

A Russian-inspired dish of sautéed sirloin steak pieces and chestnut mushrooms served in a hearty, creamy sauce with fresh egg pappardelle pasta.

10

Orange Chicken and Egg Fried Rice

Chicken pieces coated in a sweet, orange flavoured, caramelised chilli glaze served with fragrant Thai Jasmine rice.

11

Honey Garlic Salmon

Oven baked salmon fillet coated in a garlic, honey and soy glaze served with roasted asparagus spears.

Chicken Tikka Kebab

Total Calories - 507
Protein - 37g
Carbohydrate - 68g
Fat - 9g



Lower Calorie Alternative:

- Swap the naan to 1 Warbutons High Protein Wraps With Super Seeds (126 Cals)

Total Calories - 340
Protein - 36g
Carbohydrate - 35g
Fat - 6g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the naan to 1 Plain Flour Tortilla (175 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)

Total Calories - 568
Protein - 31g
Carbohydrate - 61g
Fat - 23g



CHICKEN TIKKA KEBAB

INGREDIENTS

- 80g Chicken Breast
- 1 Flame Baked Naan Wrap
- 3 Tbsps. Fage Greek Yoghurt (0%)
- 2 Tbsps. Lightest Mayonnaise
- ½ Tbsp. Minced Garlic
- ½ Tbsp. Minced Ginger
- 1 Tsp. White Vinegar
- ½ Tsp. Sugar
- ¼ Tsp. Dried Mint
- ¼ Tsp. Dried Parsley
- ⅛ Tsp. Chilli Powder
- ⅛ Tsp. Cumin Powder
- ⅛ Tsp. Garam Masala
- ⅛ Tsp. Ground Coriander
- ⅛ Tsp. Paprika
- ⅛ Tsp. Tomato Purée
- ⅛ Tsp. Turmeric Powder
- ½ Tomato
- ⅛ Cucumber
- ⅛ Iceberg Lettuce
- ⅛ Onion

METHOD

- Begin by cutting the chicken breast into 1.5-inch chunks.
- Next, combine in a small bowl 1 tbsp. of yoghurt with the minced ginger, minced garlic, tomato purée, cumin powder, garam masala, paprika, chilli powder, ground coriander, turmeric powder, salt and pepper. Marinate the chicken in the mixture for a minimum of 15 minutes.
- In another small bowl, combine the remaining 2 tbsps. of yoghurt, mayonnaise, vinegar, dried parsley and mint, sugar, salt and pepper then set aside.
- Cut the cucumber and tomato into small bite size pieces, the onion into thin slices and combine them in another separate bowl.
- Bring a non-stick pan to medium-high heat and add the chicken pieces. Cook for 8-10 minutes turning the pieces every 1-2 minutes.
- When the chicken is cooked through, remove from the pan and leave to rest.
- Prepare the naan wrap according to the instructions on the packet.
- Place the naan on a plate, top with the chicken pieces first, followed by the salad and iceberg lettuce shredded, drizzle with the yoghurt mixture and serve.



Grilled Ham and Cheese

Total Calories - 536
Protein - 30g
Carbohydrate - 61g
Fat - 18g



Lower Calorie Alternative:

- Swap the bread to 2 Warburtons Light Danish Bread Slice (126 Cals)
- Swap the double Gloucester cheese for 30g of Lighter Mature Cheese (94 Cals)
- Swap the ham for 50g of Sainsbury's British Finely Sliced Cooked Ham (48 Cals)
- Swap the mayonnaise to ½ tbsp. of lighter mayonnaise (5 Cals)

Total Calories - 340
Protein - 30g
Carbohydrate - 41g
Fat - 8g

Plant-Based Alternative:

- Swap the ham to Quorn Vegan Smoky Ham Free Slices (56 Cals)
- Swap the cheese to 1 Violife Sliced Cheese Alternative (57 Cals)
- Swap the honey to 1 tbsp. of agave syrup (60 Cals)
- Swap the mayonnaise to ½ tbsp. of Hellman's Vegan Mayonnaise (49 Cals)

Total Calories - 452
Protein - 24g
Carbohydrate - 65g
Fat - 13g

Pork-Free Alternative:

- Swap the ham to 50g of Roast Turkey Breast Slices (55 Cals)

Total Calories - 524
Protein - 30g
Carbohydrate - 61g
Fat - 18g



GRILLED HAM AND CHEESE

INGREDIENTS

- 50g Oak Smoked British Ham
- 30g Double Gloucester Cheese
- 2 Slices Thick Toastie Bread
- ½ Tbsp. Mayonnaise (Full Fat)
- 1 Tsp. American Yellow Mustard
- 1 Tsp. Honey

 **15 MINUTES**

METHOD

- Begin by combining the mustard and honey together and spreading it on the inside of one bread slice.
- Next, spread the mayonnaise evenly on the outside of both slices.
- Bring a non-stick pan to medium-low heat and place the slice with the honey mustard mixture on mayonnaise side down in the pan.
- Top with the ham and grated cheese and finally the other slice of bread, mayonnaise side up.
- Grill for 3-5 minutes, turn the heat down if it is browning too quickly. Once browned flip and repeat.
- When both sides are browned and the cheese has melted, remove from the pan, slice and serve.

Thai Green Curry

Total Calories - 638

Protein - 36g

Carbohydrate - 66g

Fat - 23g



Lower Calorie Alternative:

- Swap the chicken thighs to 100g of chicken breast (128 Cals)
- Only use 40g of rice instead of 60g (153 Cals)
- No coconut milk (-73 Cals)

Total Calories - 410

Protein - 36g

Carbohydrate - 47g

Fat - 8g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the chicken stock to 200ml of vegetable stock (12 Cals)
- Swap the curry paste to 15g of Blue Dragon Thai Curry Paste (19 Cals)
- Swap the fish sauce to ¼ tbsp. of Thai Taste Vegetarian Fish Sauce (1 Cal)

Total Calories - 572

Protein - 30g

Carbohydrate - 75g

Fat - 18g



THAI GREEN CURRY

INGREDIENTS

- 100g Chicken Thigh Fillets
- 60g Jasmine Rice
- 15g Thai Green Curry Paste
- 200ml Chicken Stock
- 120ml Light Coconut Milk
- ½ Tbsp. Brown Sugar
- ¼ Tbsp. Fish Sauce
- 1 Tsp. Coconut Oil
- 2 Kaffir Lime Leaves
- 1 Red Chilli
- ¼ Red Pepper
- Handful Thai Basil

 **40 MINUTES**

METHOD

- Begin by cutting the chicken breast into 1.5-inch chunks.
- 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 some salt. Bring to a boil and cook for 2 minutes. Cover and simmer on low for 10 minutes. When cooked, turn off the heat and leave to sit covered for a further 10 minutes.
- While the rice is cooking, bring a saucepan to medium-high heat and add in the coconut oil and 50ml of coconut milk. When the oil separates from the coconut milk, add in the curry paste and stir well. Fry the curry paste for 5 minutes stirring frequently to avoid burning.
- Add the chicken in and combine, cooking for 2-3 minutes. Pour in the remaining coconut milk along with the chicken stock. Add in the kaffir lime leaves, fish sauce and brown sugar stirring well to combine. Leave to simmer on medium for 15-20 minutes.
- Slice the red pepper and add them to the curry and cook for a further 1-2 minutes. Finally slice the red chilli and stir in with the Thai basil.
- Plate the rice along with the curry and chicken and serve.

Swedish Meatballs

Total Calories - 574
Protein - 40g
Carbohydrate - 50g
Fat - 21g



Lower Calorie Alternative:

- Swap the 5% beef and pork mince to 100g of 3% beef mince (118 Cals)
- Only use 75g of potato instead of 100g (61 Cals)
- No panko, Elmlea, egg or milk (-109 Cals)

Total Calories - 411
Protein - 30g
Carbohydrate - 36g
Fat - 14g

Plant-Based Alternative:

- Swap the beef and pork mince to 4 Taste & Glory Meat Free Vegan Meatballs (177 Cals)
- Swap the beef stock to 80ml of vegetable stock (5 Cals)
- Swap the Lurpak to 1 tbsp. of Flora Plant Butter Spreadable (84 Cals)
- Swap the milk to 50ml of soya milk (20 Cals)
- Swap the cream to Elmlea Plant Double Vegan Alternative to Cream (87 Cals)
- No egg, panko breadcrumbs or Worcestershire sauce (-59 Cals)

Total Calories - 575
Protein - 25g
Carbohydrate - 50g
Fat - 29g

Pork-Free Alternative:

- Use 100g of 5% beef mince and no pork mince (168 Cals)

Total Calories - 590
Protein - 45g
Carbohydrate - 50g
Fat - 21g



SWEDISH MEATBALLS

INGREDIENTS

- 60g Beef Mince (5%)
- 40g Pork Mince (5%)
- 100g Marris Piper Potatoes
- 70g Frozen Peas
- 10g Panko Breadcrumbs
- 80ml Beef Stock
- 50ml Skimmed Milk
- 30ml Elmlea (45% Less Fat)
- 1 Tbsp. Lurpak Light
- 1 Tbsp. Plain Flour
- ½ Tbsp. Soy Sauce
- 1 Tsp. Worcestershire Sauce
- ½ Tsp. White Pepper
- ⅛ Tsp. Grated Nutmeg
- ¼ Egg
- ¼ Onion
- Chives (Garnish)

 **35 MINUTES**

METHOD

- Begin by combining the beef and pork mince, ¼ egg whisked, 10ml of milk, panko breadcrumbs, grated nutmeg, diced onion, salt and pepper in a large mixing bowl. Use your hands to ensure everything is mixed well. Roll the mixture into equal sized balls.
- Peel the potatoes and cut them into small 1.5-inch pieces before placing them in a saucepan with cold salted water. Bring to a boil and leave to simmer until they are fork-tender.
- In a non-stick pan at medium-high heat, add half the butter along with the meatballs and brown on all sides before removing them from the pan.
- In the same pan at medium heat, add in the remaining butter along with the flour and cook for 2-3 minutes stirring frequently to avoid burning. Slowly whisk in the beef broth a bit at a time, followed by the Elmlea, white pepper, Worcestershire sauce, soy sauce and some salt. Then add the meatballs back into the pan to cook them through.
- When the potatoes are fork-tender, drain and add them back into the same pan to steam dry for 2-3 minutes. Once dry, mash them using a masher. Mix in the remaining milk and season with salt and pepper to taste.
- Lastly, prepare the peas according to the instructions on the packet.
- Plate the mashed potatoes followed by the meatballs and peas, spoon over the gravy, garnish with chopped fresh chives and serve.

Bee Hoon Goreng

Total Calories - 487
Protein - 32g
Carbohydrate - 65g
Fat - 10g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 457
Protein - 32g
Carbohydrate - 65g
Fat - 7g

Plant-Based Alternative:

- Swap the prawns to 100g of firm tofu (123 Cals)
- Swap the oyster sauce for 1 tsp. of Vegetarian Mushroom Stir-Fry Sauce (6 Cals)
- No egg (-73 Cals)

Total Calories - 445
Protein - 20g
Carbohydrate - 68g
Fat - 11g



BEE HOON GORENG

INGREDIENTS

- 100g Uncooked Prawns
- 50g Dried Vermicelli Rice Noodles
- 1 Tbsp. Chilli Paste
- 1 Tbsp. Soy Sauce
- 2 Tsp. Kicap Manis (Sweet Soy Sauce)
- 1 Tsp. Oyster Sauce
- 1 Tsp. Rapeseed Oil
- 1 Egg
- 1 Red Chilli (Garnish)
- Handful Beansprouts
- Handful Spinach
- Salt

 **20 MINUTES**

METHOD

- Begin by soaking the noodles in water or prepare them according to the instructions on the packet.
- Next, in a small bowl combine the kicap manis, soy sauce and oyster sauce before setting aside.
- Bring a wok to medium-high heat and add in rapeseed oil along with the egg whisked and season with salt. Scramble the egg, cooking for 2 minutes before adding in the prawns.
- Cook the prawns for 2 more minutes before adding in the chilli paste. Stir-fry for a further minute. Add in the beansprouts and cook for 30 seconds. Drain and add in the noodles stirring to combine.
- Next, add in the sauce mixture and combine everything. When the liquid has been fully absorbed by the noodles, stir in the spinach and cook until wilted.
- Transfer everything onto a plate, garnish with chopped red chilli and serve.

Buffalo Wings

Total Calories - 336

Protein - 35g

Carbohydrate - 9g

Fat - 16g



Lower Calorie Alternative:

- Swap the wings to 120g of chicken breast mini fillets (127 Cals)
- Only use 20g of low fat Greek style yoghurt (14 Cals)

Total Calories - 194

Protein - 31g

Carbohydrate - 8g

Fat - 3g

Plant-Based Alternative:

- Swap the wings to 130g of Taste & Glory Vegan Chicken-Style Roast Tenderstrips (186 Cals)
- Swap the yoghurt to 40g of Oatly Greek Style Oatgurt (58 Cals)

Total Calories - 296

Protein - 30g

Carbohydrate - 15g

Fat - 11g



BUFFALO WINGS

INGREDIENTS

- 130g Chicken Wings
- 40g Low Fat Greek Style Yogurt
- 100ml Franks Buffalo Wing Sauce
- ¼ Tsp. Garlic Powder
- ⅛ Tsp. Dried Dill
- ½ Carrot
- ½ Stick Celery
- Salt

 **50 MINUTES**

METHOD

- Preheat the oven to 200C.
- Separate the drums from the flats by slicing through the wings at the joints. Pat the wings dry and season with salt.
- Add the wings to a baking tray lined with foil and into the oven for approximately 40 minutes or until golden brown and cooked through.
- Whilst the wings cook, combine the Greek style yoghurt, garlic powder, dried dill and salt to taste and set aside.
- Cut the carrot and celery into small batons.
- When the wings are cooked though, remove and leave to rest on a cooling rack for 3-5 minutes.
- Toss the wings in the buffalo sauce, plate with the carrot and celery batons and the yoghurt mixture and serve.

Panko Prawn Burger

Total Calories - 407

Protein - 30g

Carbohydrate - 61g

Fat - 4g



Lower Calorie Alternative:

- Swap the milk bun to 1 Warburtons Soft White Sliced Roll (146 Cals)

Total Calories - 356

Protein - 30g

Carbohydrate - 51g

Fat - 4g

Plant-Based Alternative:

- Swap the prawns to 100g of Quorn Vegan Fishless Scampi (197 Cals)
- Swap the milk bun to 1 Warburtons Soft White Sliced Roll (146 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- No egg or panko breadcrumbs (-55 Cals)

Total Calories - 512

Protein - 18g

Carbohydrate - 68g

Fat - 22g



PANKO PRAWN BURGER

INGREDIENTS

- 80g Uncooked Prawns
- 10g Cabbage
- 10g Panko Breadcrumbs
- 5g Carrot
- 1 Sesame Topped Milk Bun
- 1 Tbsp. Lightest Mayonnaise
- 1 Tbsp. Tonkatsu Sauce
- 1 Tsp. Plain Flour
- 1 Tsp. Sugar
- 1 Tsp. White Vinegar
- ¼ Egg
- Spring Onion (Garnish)
- Salt
- Pepper

 **30 MINUTES**

METHOD

- Begin by finely chopping the prawns, or alternatively place them in a blender and blend into a paste.
- Shape the blended prawns into a burger shape patty and place in the freezer to firm up. Preheat the air fryer to 200C.
- Finely slice the cabbage and grate the carrot. Place into a small bowl and combine with the mayonnaise, sugar, vinegar and salt before placing in the fridge covered.
- Place the flour, panko breadcrumbs, and egg whisked into three separate shallow bowls and season each with salt and pepper.
- Remove the prawn patty from the freezer and coat in the flour first, followed by the egg and then finally in the panko breadcrumbs.
- Place the prawn burger in the air fryer for 6-8 minutes or until crisp and cooked through.
- Slice the bun in half and toast under a grill until golden brown.
- Spread the inside of both buns with the tonkatsu sauce, top the bottom half with the coleslaw mixture first, followed by the prawn patty, garnish with sliced spring onion before placing the other bun half on top. Plate and serve.

Nachos

Total Calories - 537

Protein - 38g

Carbohydrate - 37g

Fat - 25g



Lower Calorie Alternative:

- Swap the 5% beef mince to 80g of 3% beef mince (94 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- No avocado (-40 Cals)

Total Calories - 387

Protein - 30g

Carbohydrate - 38g

Fat - 13g

Plant-Based Alternative:

- Swap the beef mince to 80g of Vivera Veggie Mince (101 Cals)
- Swap the cheddar cheese to 10g of Violife Epic Mature Block (30 Cals)
- Swap the mozzarella cheese to 10g of Violife Mozzarella Grated (30 Cals)
- Swap the yoghurt to 30g of Oatly Greek Style Oatgurt (44 Cals)

Total Calories - 521

Protein - 25g

Carbohydrate - 48g

Fat - 23g



NACHOS

INGREDIENTS

- 80g Beef Mince (5%)
- 30g Low Fat Greek Style Yoghurt
- 10g Low Moisture Mozzarella
- 10g Mature Cheddar
- 2 Tsps. Chilli Con Carne Seasoning
- 2 Tsps. Rapeseed Oil
- 1 Tsp. Tomato Purée
- 1 Flour Tortilla
- ½ Lemon
- ¼ Avocado
- Fresh Coriander (Garnish)
- Red Chilli (Garnish)
- Salt
- Pepper

 **35 MINUTES**

METHOD

- Begin by making the mince. Bring a non-stick pan to high heat and add in the rapeseed oil along with the beef mince. Season with salt and pepper to taste. Cook the mince for 5-6 minutes.
- Once browned, add in the chilli seasoning and the tomato purée and cook for a further 2-3 minutes. Next, pour in 200ml of water and leave to simmer on medium for 15 minutes.
- Preheat the oven at 200C. Mash the avocado in a bowl using a fork, mix in the juice from half a lemon and season with salt and pepper.
- Cut the flour tortilla into small triangles and place into the oven for 5 minutes or until crisp and slightly golden. Remove when cooked, and leave to cool until the mince is cooked.
- When the mince has finished cooking and the liquid has cooked off, remove from the heat.
- Place the tortilla chips in a small baking dish and top with the mince, followed by both cheeses grated and place under a hot grill until the cheese has fully melted.
- Garnish with fresh coriander and sliced red chilli, top with the smashed avocado and yoghurt, plate and serve.

Beef Stroganoff

Total Calories - 463

Protein - 32g

Carbohydrate - 42g

Fat - 18g



Lower Calorie Alternative:

- Swap the beef sirloin to 80g of extra lean beef escalopes (102 Cals)
- Only use 75g of pasta instead of 100g (117 Cals)
- Swap the Lurpak for low-cal oil spray (10 Cals)

Total Calories - 315

Protein - 30g

Carbohydrate - 35g

Fat - 6g

Plant-Based Alternative:

- Swap the beef sirloin to 100g of Naked Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the pasta to 50g of Dried Whole Wheat Pappardelle (175 Cals)
- Swap the skimmed milk and sour cream to 50ml of soya milk (20 Cals)
- Swap the beef stock to 100ml of vegetable stock (6 Cals)
- Swap the Lurpak to ½ tbsp. of Flora Plant Butter Spreadable (42 Cals)
- No Worcestershire sauce (-1 Cal)
- Add 1 tsp. of soy sauce (6 Cals)

Total Calories - 451

Protein - 34g

Carbohydrate - 48g

Fat - 12g



BEEF STROGANOFF

INGREDIENTS

- 80g Beef Sirloin
- 100g Fresh Pappardelle Pasta
- 100ml Beef Stock
- 1 Tbsp. Reduced Fat Sour Cream
- 2 Tbsps. Skimmed Milk
- ½ Tbsp. Lurpak Light
- ½ Tbsp. Plain Flour
- ½ Tsp. Sweet Paprika
- ¼ Tsp. Worcestershire Sauce
- ⅛ Tsp. Dijon Mustard
- 1 Clove Garlic
- ¼ Onion
- Handful Chestnut Mushrooms
- Fresh Chives (Garnish)
- Salt
- Pepper

 **30 MINUTES**

METHOD

- Bring the sirloin steak to room temperature before cooking. Preheat a non-stick pan to high heat. Season the steak with salt and pepper.
- Once the pan is smoking, add the steak and cook for 2 minutes on each side. Remove and set aside.
- Turn the heat down to medium-high, quarter the mushrooms and add to the pan cooking for 2-3 minutes or until browned. Next, add in the butter along with the diced onion, turn to medium heat and cook for 3-5 minutes until the onions have softened and become translucent.
- Stir in the chopped garlic and paprika cooking for 30 seconds. Add in the flour and cook for a further minute before slowly stirring in the beef stock, simmer for 5 minutes whilst preparing the pasta.
- Cook the pasta in boiling salted water for 1 minute less than stated on the packet. When cooked through, drain and set aside.
- Combine the milk, sour cream, Worcestershire sauce and dijon mustard in a bowl and stir into the sauce on a low heat.
- Next, slice the steak and add to the sauce before seasoning with salt and pepper. Toss in the pasta stirring to combine.
- Plate everything, garnish with chopped chives and serve.

Orange Chicken and Egg Fried Rice

Total Calories - 586
Protein - 41g
Carbohydrate - 69g
Fat - 15g



Lower Calorie Alternative:

- Only use 75g of cooked rice instead of 125g (101 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 488
Protein - 39g
Carbohydrate - 56g
Fat - 11g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- No egg (-73 Cals)

Total Calories - 545
Protein - 30g
Carbohydrate - 77g
Fat - 12g



ORANGE CHICKEN AND EGG FRIED RICE

INGREDIENTS

- 100g Chicken Breast
- 125g Cooked Rice
- ½ Tbsp. Rice Vinegar
- 1 Tbsp. Soy Sauce
- 1 Tbsp. Sugar
- 1 Tsp. Chilli Flakes
- 1 Tsp. Cornflour
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Toasted Sesame Oil
- 1 Clove Garlic
- 1 Egg
- 1 Orange
- 1-Inch Ginger
- ½ Spring Onion
- Salt
- White Pepper

 **25 MINUTES**

METHOD

- Begin by cutting the chicken breast into 1.5-inch chunks. Chop the garlic and ginger, slice the spring onion and set aside.
- Squeeze all juice from the orange into a small bowl and combine with half the soy sauce, chilli flakes, sugar and rice vinegar.
- In a non-stick wok at high heat, add half the rapeseed oil along with the egg whisked, stirring continuously to scramble the egg.
- Next, add in the rice pressing down using a spatula to separate the grains. Stir-fry on high for 2 minutes. Add in the remaining soy sauce stirring well to combine. Turn off the heat, season with white pepper and stir in the sliced spring onion. Remove the egg fried rice from a pan and set aside.
- In the same wok at medium-high heat, add in the remaining rapeseed oil along with the chopped ginger and garlic, stir-frying for 30 seconds. Add in the chicken and cook until browned but not fully cooked through.
- Next, stir in the sauce mixture and leave to simmer on medium-high for 2-3 minutes. Combine the cornflour with equal amounts of cold water and stir into the sauce.
- When the chicken is cooked through and the sauce has thickened, turn off the heat and stir in the sesame oil.
- Plate the egg fried rice, top with the chicken and sauce and serve.

Honey Garlic Salmon

Total Calories - 429

Protein - 31g

Carbohydrate - 21g

Fat - 25g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 360

Protein - 31g

Carbohydrate - 21g

Fat - 18g

Plant-Based Alternative:

- Swap the salmon for 120g of Plant Pioneers No Salmon Fillets (259 Cals)
- Swap the honey for 2 tsps. of agave syrup (42 Cals)

Total Calories - 426

Protein - 20g

Carbohydrate - 38g

Fat - 21g



HONEY GARLIC SALMON

INGREDIENTS

- 120g Salmon (Skinless)
- 2 Tsp. Honey
- 2 Tsp. Rapeseed Oil
- 2 Tsp. Soy Sauce
- 5 Spears Asparagus
- 2 Cloves Garlic
- Lemon Wedge (Garnish)
- Spring Onion (Garnish)
- Salt
- Pepper

METHOD

- Preheat the oven to 200C. Chop the garlic and combine with the soy sauce and honey before coating the salmon in the mixture.
- Next, add the salmon to a baking tray lined with foil and bake for 10-15 minutes or until cooked through.
- When the salmon is nearly cooked, season the asparagus spears with salt and pepper before placing into the oven with the salmon for the final 5 minutes.
- When both the salmon and asparagus are cooked through, plate with a lemon wedge, garnish with sliced spring onion and serve.

 **20 MINUTES**