



OCTOBER EDITION

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## CHICKEN SOUVLAKI

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### Low-Cal Alternative

flatbread → 1 white pitta

Calories - 292  
Protein - 30g  
Carbs - 36g  
Fat - 3g

### Plant-Based Alternative

chicken → 80g This plant-based chicken  
yoghurt → 40g Oatgurt Greek style

Calories - 436  
Protein - 30g  
Carbs - 44g  
Fat - 13g

### Time Saver Alternative

No marinating or skewering the chicken  
yoghurt, lemon, cucumber, mint → 40g  
ready-made tzatziki

New time - 10 mins

Calories - 373  
Protein - 31g  
Carbs - 37g  
Fat - 10g

# CHICKEN SOUVLAKI

*Greek-inspired lemon and garlic marinated chicken breast skewers grilled to perfection, topped with fresh tomato, onion and homemade tzatziki all served on a warm toasted Greek style flatbread.*

## Ingredients

- 80g chicken breast
- 40g 0% Fage yoghurt
- 1 Greek style flatbread
- ½ tsp oregano
- ½ clove garlic
- ½ lemon
- ½ tomato
- ¼ cucumber
- ⅛ onion
- olive oil spray
- fresh mint, small handful
- fresh parsley, garnish
- salt
- pepper
- wooden skewers

Calories - 351

Protein - 33g

Carbs - 39g

Fat - 6g

## Method

- **Marinate the chicken** - cut into 1.5-inch pieces. Grate the garlic and add to a bowl along with the oil spray, dried oregano and the juice from a ¼ lemon. Season with salt and pepper before adding the chicken pieces. Mix well, cover and set aside at room temperature for 10 mins.
- **Prepare the tzatziki** - slice the cucumber in half lengthways. Scrape the pulp out from the middle using a spoon and discard. Grate the cucumber into a bowl using a box grater, season with salt and leave to sit for 1-2 mins. Squeeze out the remaining moisture and discard. Combine with yoghurt and a squeeze of lemon juice. Slice and add in the fresh mint and mix well. Season with salt and pepper, cover and place in the fridge.
- **Prepare the salad** - slice the onion and tomato into thin wedges.
- **Grill the chicken** - preheat a griddle or non-stick pan to medium-high heat and skewer the chicken. Add to the pan and cook for 6-8 minutes turning every 30 seconds. Remove from the pan when cooked to rest.
- **Toast the flatbread** - add to the same pan for 15-30 seconds on each side.
- **Assemble the wrap** - lay the flatbread down and evenly spread the tzatziki on. Remove the skewers and place the chicken on top along with the salad. Chop and garnish with fresh parsley and oregano, plate and serve.



25 mins



Serves 1





## NANDO'S BUTTERFLY CHICKEN

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### Low-Cal Alternative

60g rice → 40g rice

Calories - 376  
 Protein - 32g  
 Carbs - 43g  
 Fat - 8g

### Plant-Based Alternative

chicken → 80g This plant-based chicken  
 halloumi → 20g Violife Mediterranean style  
 chicken stock → 140ml vegetable stock  
 yoghurt → 1 tbsp Oatgurt Greek style

Calories - 515  
 Protein - 26g  
 Carbs - 68g  
 Fat - 13g

### Time Saver Alternative

No marinating the chicken  
 rice, stock, ½ tbsp seasoning, ½ tbsp sauce,  
 green pepper, red pepper, garlic, onion, oil  
 spray → 125g Ben's Peri-Peri microwave rice

New time - 15 mins

Calories - 384  
 Protein - 31g  
 Carbs - 36g  
 Fat - 9g

# NANDO'S BUTTERFLY CHICKEN

*Nando's copycat grilled peri-peri butterflied chicken breast served with grilled halloumi cheese, spicy peri-peri rice and a peri-peri yoghurt dip.*

## Ingredients

- 80g chicken breast
- 60g uncooked Basmati rice
- 20g light halloumi cheese
- 140ml chicken stock
- 2 tbsp Nando's hot peri-peri sauce
- 1 tbsp 0% Fage yoghurt
- 1 tbsp Nando's hot seasoning
- ½ clove garlic
- ½ lemon
- ⅛ green pepper
- ⅛ red pepper
- ⅛ onion
- olive oil spray
- salt
- pepper

Calories - 446

Protein - 33g

Carbs - 59g

Fat - 8g

## Method

- **Butterfly the chicken** - place cling film on top of a chopping board and lay the chicken breast down. With a sharp knife, slice into the thickest side across, being sure not to cut all the way through. Open the chicken out like a book, cover with cling film and pound to create an even thickness.
- **Marinate the chicken** - slice a lemon in half. Add ½ a tbsp of Nando's seasoning, 1 tbsp of Nando's sauce, a squeeze of lemon juice, salt and pepper to the chicken. Cover and leave to sit at room temperature for 10 minutes.
- **Prepare the rice** - wash until the water runs clear and drain. Preheat a non-stick saucepan to medium heat. Chop the onion, red and green pepper into bite-size pieces and the garlic finely. Spritz the pan with oil spray and add the onion and peppers. Sauté for 2-3 minutes and add the garlic, ½ tbsp of both the seasoning and sauce and cook for 1-2 mins. Stir in the rice and chicken stock and season with salt and pepper. Cover and bring to a rapid boil before immediately turning to low for 10 mins. Turn the heat off and leave to sit covered for 10 mins before fluffing with a fork.
- **Prepare the sauce** - combine the yoghurt with ½ tbsp of Nando's sauce in a small bowl and set aside.
- **Grill the chicken and halloumi** - preheat a griddle pan to medium-high heat. Slice the halloumi while preheating. Spritz the pan with oil spray and add the chicken. Cook for 6-8 minutes flipping halfway through. Add the half lemon flesh side down next to the chicken. Once cooked, remove to rest for 5 mins. Turn the heat down to medium and add the halloumi for 1 minute on each side.
- **Plate** - add the chicken, lemon half, rice, dipping sauce and halloumi to a plate and serve.



40 mins



Serves 1



## SALT 'N' PEPPER PRAWNS AND CHIPS

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### Low-Cal Alternative

120g potato → 80g potato

Calories - 249  
Protein - 30g  
Carbs - 20g  
Fat - 4g

### Plant-Based Alternative

prawns → 120g Vegan Zeastar shrimpz

Calories - 374  
Protein - 7g  
Carbs - 53g  
Fat - 14g

### Time Saver Alternative

potato → 100g microwave chips

New time - 10 mins

Calories - 327  
Protein - 30g  
Carbs - 32g  
Fat - 7g

# SALT 'N' PEPPER PRAWNS AND CHIPS

*Chinese fake-a-way. Juicy prawns and crispy air fryer chips stir-fried with garlic, chilli and peppers.*

## Ingredients

- 135g raw tiger prawns
- 120g Maris Piper potatoes
- 1 clove garlic
- ½ red chilli
- ⅛ green pepper
- ⅛ red pepper
- ⅛ onion
- rapeseed oil spray
- salt
- pepper

## Method

- **Prepare the chips** - cut the potato into batons roughly the width of your index finger. Rinse under water, drain and pat dry with a kitchen towel. Place the batons into the air fryer basket, spritz with oil spray, toss and cook at 200C for 25 mins. Ensure they are cooked through and season with salt.
- **Prepare the aromatics** - chop the onion, green and red pepper along with the chilli and garlic.
- **Stir-fry** - preheat a wok to medium-high heat and spritz with oil spray. Add the prawns and sear on both sides before adding in all the aromatics. Stir-fry for a further 30 seconds, add in the chips and toss.
- **Plate** - transfer everything directly from the wok into a bowl or on a plate and serve.

Calories - 281

Protein - 30g

Carbs - 27g

Fat - 4g



30 mins



Serves 1





## TERIYAKI SALMON

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### Low-Cal Alternative

60g rice → 40g rice

Calories - 407  
Protein - 30g  
Carbs - 55g  
Fat - 8g

### Plant-Based Alternative

salmon → 1 Plant Pioneers no salmon fillets  
honey → 1 tbsp sugar

Calories - 581  
Protein - 20g  
Carbs - 89g  
Fat - 16g

### Time Saver Alternative

No marinating  
rice → 125g Thai Jasmine microwave rice

New time - 15 mins

Calories - 486  
Protein - 30g  
Carbs - 68g  
Fat - 10g

# TERIYAKI SALMON

*Marinated and grilled wild salmon in a Japanese-inspired teriyaki glaze, served with fragrant steamed Jasmine rice and cucumber, garnished with sesame seeds and spring onion.*

## Ingredients

- 100g skinless wild salmon
- 60g uncooked Jasmine rice
- 4 slices cucumber
- 1cm fresh ginger
- 1 tbsp light soy sauce
- 1 tbsp honey
- ½ tbsp mirin
- 1 tsp cornflour
- rapeseed oil spray
- ½ clove garlic
- ½ spring onion, garnish
- sesame seeds, garnish
- salt

## Method

- **Marinate the salmon** – add the mirin, light soy sauce and honey to a bowl before grating in the ginger and garlic. Mix well and add the salmon. Cover and leave to sit at room temperature for 10 mins.
- **Prepare the rice** – wash until the water runs clear and drain. Add to a saucepan with 125ml of water and salt. Cover with a lid and bring to a rapid boil before immediately reducing the heat to low for 10 mins. Leave to sit off the heat for 10 mins before fluffing with a fork.
- **Cook the salmon** – preheat a non-stick pan to medium heat. Once up to temperature, spitz with oil spray and add in the salmon. Cook for 8-10 mins flipping halfway, remove and set aside to rest.
- **Make the sauce** – add a splash of water to the pan along with any remaining marinade. Simmer at medium heat for 2-3 mins. Combine the cornflour with equal parts cold water and pour directly into the sauce stirring well. When the sauce is thick enough to coat the back of a spoon, remove it from the heat.
- **Plate** – slice the spring onion and cucumber. Add the rice to a plate along with the salmon, spoon over the sauce, garnish with sesame seeds, cucumber and spring onion and serve.

Calories - 476

Protein - 31g

Carbs - 69g

Fat - 8g



30 mins



Serves 1





## MEDITERRANEAN LAMB BURGER

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### Low-Cal Alternative

lamb mince → 80g 3% beef mince  
No halloumi

Calories - 347  
Protein - 32g  
Carbs - 33g  
Fat - 8g

### Plant-Based Alternative

lamb mince → 1 Taste & Glory vegan burger  
yoghurt → 40g Oatgurt Greek style  
halloumi → 20g Violife Mediterranean style

Calories - 527  
Protein - 24g  
Carbs - 52g  
Fat - 22g

### Time Saver Alternative

No toasting bun  
1 patty → 2 thin patties

Time - 15 mins

Calories - 446  
Protein - 35g  
Carbs - 33g  
Fat - 18g

# MEDITERRANEAN LAMB BURGER

*One juicy grilled minced lamb burger patty flavoured with garlic and herbs, topped with grilled halloumi cheese and homemade tzatziki, all served in a warm toasted wholemeal bun.*

## Ingredients

- 100g 10% lamb mince
- 40g 0% Fage yoghurt
- 20g light halloumi cheese
- 1 tsp dried oregano
- 1 seeded wholemeal roll
- ½ clove garlic
- ¼ cucumber
- ¼ lemon
- fresh mint, small handful
- fresh parsley, small handful
- rapeseed oil spray
- salt
- pepper

Calories - 446

Protein - 35g

Carbs - 33g

Fat - 18g

## Method

- **Prepare the tzatziki** - slice the cucumber in half lengthways. Scrape the pulp out from the middle using a spoon and discard. Grate the cucumber into a bowl using a box grater, season with salt and leave to sit for 1-2 mins. Squeeze out the remaining moisture and discard. Combine with yoghurt and a squeeze of lemon juice. Slice and add in the fresh mint and mix well. Season with salt and pepper, cover and place in the fridge.
- **Prepare the burger patty** - finely chop the parsley, grate the garlic and add to a large mixing bowl along with the dried oregano and lamb mince. Combine well with your hands and roll the mixture into a large ball before flattening it to form a thick burger patty.
- **Cook the burger and halloumi** - preheat a non-stick pan to medium-high heat. Spritz with oil spray and add the patty. Season both sides with salt and pepper. With your finger, press into the centre of the patty and cook for 6-8 mins flipping halfway. Slice the halloumi and add to the pan for 1 minute on each side. When the burger is cooked to your liking, remove it from the pan to rest.
- **Toast the bun** - place both halves face down in the same pan until golden brown and remove.
- **Assemble the burger** - top the bottom bun with half the tzatziki, followed by the burger patty and halloumi cheese. Top with the remaining tzatziki, crown with the top bun half and serve.



20 mins



Serves 1



## STEAK QUESADILLA

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### Low-Cal Alternative

sirloin steak → 80g beef medallions steaks  
tortilla → 1 Deli Kitchen carb lite wrap  
grated cheese → 15g lighter mozzarella

Calories - 342  
Protein - 32g  
Carbs - 22g  
Fat - 12g

### Plant-Based Alternative

sirloin steak → 100g Taste & Glory vegan  
beef strips  
cheese → 30g Violife original flavour grated  
yoghurt → 20g Oatgurt Greek style

Calories - 536  
Protein - 29g  
Carbs - 48g  
Fat - 23g

### Time Saver Alternative

No onion, peppers, lemon or avocado  
No marinating

New time - 10 mins

Calories - 476  
Protein - 31g  
Carbs - 35g  
Fat - 23g

# STEAK QUESADILLA

*Spicy smoky marinated grilled sirloin steak, onions and peppers folded in a toasted tortilla with melted cheese served with smashed avocado and a cool yoghurt dip.*

## Ingredients

- 80g sirloin steak
- 30g grated cheese mix
- 20g avocado
- 20g Fage 0% yoghurt
- 1 flour tortilla
- 1 lemon wedge
- ½ tbsp chilli con carne seasoning
- ⅛ green pepper
- ⅛ red pepper
- ⅛ onion
- rapeseed oil spray
- fresh coriander, garnish
- red chilli, garnish
- salt
- pepper

## Method

- **Marinate the steak** - place in a bowl and spritz with oil spray. Rub the chilli seasoning into the steak and leave to marinate for 10 minutes.
- **Prepare the aromatics** - chop the peppers and onion into small bite-size pieces.
- **Prepare the avocado** - slice the lemon in half. Smash the avocado in a bowl using a fork, add a squeeze of lemon juice and season with salt and pepper.
- **Cook the steak** - preheat a non-stick pan to high heat. Spritz with oil spray and add in the steak along with the peppers and onion. Cook for 2 mins per side before removing from the pan to rest.
- **Cook the quesadilla** - lay the tortilla flat in the same pan at medium heat. Top one side with half the cheese, followed by the steak, peppers and onion. Top with the remaining cheese and fold over the tortilla before pressing down to seal. Toast each side until golden brown. Remove from the pan and slice on a chopping board.
- **Plate** - add the quesadilla to a plate along with the smashed avocado and yoghurt, chop and garnish with fresh chilli and coriander and serve.

Calories - 543

Protein - 33g

Carbs - 40g

Fat - 27g



20 mins



Serves 1





## STEAK AND CHIPS

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### Low-Cal Alternative

sirloin steak → 100g lean beef medallions  
120g potato → 100g potato

Calories - 355  
Protein - 30g  
Carbs - 17g  
Fat - 18g

### Plant-Based Alternative

sirloin steak → 1 Meatless Farm plant-based steak

Calories - 364  
Protein - 19g  
Carbs - 30g  
Fat - 17g

### Time Saver Alternative

potato → 100g microwave chips

New time - 10 mins

Calories - 417  
Protein - 31g  
Carbs - 25g  
Fat - 21g

# STEAK AND CHIPS

*The classic grilled thick-cut sirloin steak served with thick-cut crispy air fryer chips.*

## Ingredients

- 130g sirloin steak
- 120g Maris Piper potatoes
- rapeseed oil spray
- salt
- pepper

## Method

- **Prepare the chips** - cut the potato into batons roughly the width of your index finger. Rinse the batons under water until it runs clear and drain before patting them dry with a kitchen towel. Place into an air fryer basket, spritz with oil spray, toss and cook at 200C for 25 mins. Ensure they are cooked through, season with salt to taste.
- **Cook the steak** - make sure the steak is at room temperature before cooking. Preheat a non-stick pan to high heat. Spritz the steak with oil and season generously with salt and pepper. When the pan is piping hot, carefully place the steak in away from you and cook for 3-5 mins flipping every 30 seconds. Once cooked to your liking, remove from the pan and leave to rest for 2-3 mins.
- **Plate** - the steak along with the chips and serve.

Calories - 372

Protein - 31g

Carbs - 21g

Fat - 18g

 35 mins

 Serves 1





## LAMB BURRITO

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### Low-Cal Alternative

lamb mince → 80g 3% beef mince  
grated cheese → 15g lighter mozzarella  
tortilla → 1 Deli Kitchen carb lite wrap

Calories - 406  
Protein - 35g  
Carbs - 37g  
Fat - 11g

### Plant-Based Alternative

lamb mince → 100g Vivera plant mince  
chicken stock → 100ml vegetable stock  
yoghurt → 20g Oatgurt Greek style  
cheese → 20g Violife original flavour grated

Calories - 529  
Protein - 31g  
Carbs - 61g  
Fat - 14g

### Time Saver Alternative

No garlic, peppers or onion  
No toasting burrito

New time - 20 mins

Calories - 508  
Protein - 31g  
Carbs - 50g  
Fat - 19g

# LAMB BURRITO

*Lamb mince chilli with Mexican-inspired spicy rice, melted cheese, smashed avocado, cool yoghurt, fresh mint and coriander, all served encased in a warm toasted flour tortilla.*

## Ingredients

- 80g 10% lamb mince
- 100ml chicken stock
- 40g Ben's spicy Mexican rice
- 20g avocado
- 20g 0% Faye yogurt
- 20g grated cheese mix
- 1 flour tortilla
- 1 tbsp chilli con carne seasoning
- 1 tsp tomato purée
- 1 lemon wedge
- ½ clove garlic
- ⅛ green pepper
- ⅛ red pepper
- ⅛ onion
- fresh coriander, small handful
- fresh mint, small handful
- rapeseed oil spray
- salt
- pepper

Calories - 537

Protein - 32g

Carbs - 54g

Fat - 20g

## Method

- **Prepare the aromatics** - roughly chop the onion and the green and red pepper. Chop the garlic finely and set it aside.
- **Cook the lamb chilli** - preheat a non-stick pan to medium heat. Spritz with oil spray and add the chopped onion, garlic and peppers sautéing for 3-5 mins. Next, add in the lamb mince, breaking it up using a spatula and leave to caramelise. Add in the tomato purée and chilli seasoning cooking for a further 1-2 minutes before pouring in the chicken stock. Simmer for 20 mins over medium-low heat. When most of the liquid has evaporated, remove the pan from the heat.
- **Heat the rice** - in the microwave for 10-15 seconds.
- **Smash the avocado** - place in a bowl and smash using a fork before seasoning with salt and pepper and a squeeze of lemon juice.
- **Assemble the burrito** - spread the yoghurt and smashed avocado evenly across the tortilla first, followed by the rice, cheese, fresh mint and coriander then finally the lamb mixture. Tuck in both ends of the wrap before rolling to form a burrito.
- **Toast the burrito** - in a preheated non-stick pan at medium-high heat seam down. Once browned and sealed, flip and repeat. Slice at an angle, plate and serve.



30 mins



Serves 1



## CAJUN GARLIC BUTTER PRAWNS

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### Low-Cal Alternative

120g potato → 100g potato  
lightest Lurpak → rapeseed oil spray

Calories - 289  
Protein - 31g  
Carbs - 27g  
Fat - 5g

### Plant-Based Alternative

prawns → 120g Vegan Zeastar shrimpz  
chicken stock → 100ml vegetable stock  
milk → 1 tbsp soya milk  
Lurpak → 1 tbsp Flora plant

Calories - 489  
Protein - 8g  
Carbs - 56g  
Fat - 25g

### Time Saver Alternative

potatoes + milk → 140g ready-made mash  
garlic → ½ tsp garlic granules

New time - 10 mins

Calories - 334  
Protein - 31g  
Carbs - 23g  
Fat - 11g

# CAJUN GARLIC BUTTER PRAWNS

*Cajun seasoned jumbo prawns sautéed in garlic and butter served on a bed of creamy mash, topped with a quick and easy vibrant pan sauce.*

## Ingredients

- 135g raw tiger prawns
- 120g Maris Piper potatoes
- 100ml chicken stock
- 2 tbsp Cajun seasoning
- 1 tbsp lightest Lurpak
- 1 tbsp skimmed milk
- 2 cloves garlic
- ¼ lemon
- fresh parsley, garnish
- salt
- pepper

## Method

- **Boil the potato** – peel and cut the potato into small 1.5-inch cubes. Add to a large pot of cold salted water and bring to a boil until fork-tender. Strain and return to the pan to steam dry.
- **Season the prawns** – add to a bowl with 1 tbsp of Cajun seasoning and set aside.
- **Cook the prawns** – preheat a non-stick frying pan to medium-high heat. Add the prawns, cook for 1-2 mins, remove and set aside.
- **Prepare the garlic butter** – roughly chop the garlic. To the same pan at medium-high heat, add the butter, garlic and 1 tbsp of Cajun seasoning. Pour in the chicken stock and reduce until emulsified. Add the prawns back to the pan and toss to combine. Add a squeeze of lemon juice and cook on low for a further 30 seconds.
- **Prepare the mash** – using a potato ricer or masher. Add to a bowl with the milk, season with salt and pepper and mix well.
- **Plate** – the mash first, top with the prawns and spoon over the Cajun garlic butter. Chop the fresh parsley, garnish and serve.

Calories - 347

Protein - 32g

Carbs - 31g

Fat - 10g



35 mins



Serves 1





## CAJUN SALMON MAC 'N' CHEESE

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### Low-Cal Alternative

150g pasta → 120g pasta  
lightest Lurpak → rapeseed oil spray  
grated cheese → 60g lighter mozzarella

Calories - 385  
Protein - 35g  
Carbs - 40g  
Fat - 9g

### Plant-Based Alternative

salmon → 160g Plant Pioneers no salmon fillets  
milk → 200ml soya milk  
cheese → 1 tbsp nutritional yeast  
chicken stock → 100ml vegetable stock  
Lurpak → 2 tsp Flora plant

Calories - 479  
Protein - 24g  
Carbs - 56g  
Fat - 17g

### Time Saver Alternative

No grilling  
dried pasta → 150g fresh pasta

New time - 20 mins

Calories - 499  
Protein - 39g  
Carbs - 42g  
Fat - 16g

# CAJUN SALMON MAC 'N' CHEESE

*Grilled Cajun salmon with pasta in a rich and creamy mozzarella and cheddar sauce, topped with crispy panko breadcrumbs and garnished with fresh parsley.*

## Ingredients

- 160g skinless wild salmon
- 150g dried conchiglie pasta
- 60g grated cheese mix
- 200ml skimmed milk
- 100ml chicken stock
- 2 tbsp cajun seasoning
- 2 tbsp panko breadcrumbs
- 1 tbsp plain flour
- 2 tsp lightest Lurpak
- 1 clove garlic
- 1/8 onion
- 1/8 green pepper
- 1/8 red pepper
- fresh parsley, garnish

## Method

- **Boil the pasta** - add to a large saucepan with boiling salted water and cook according to instructions on the packet.
- **Season the salmon** - add 1 tbsp of Cajun seasoning to the salmon in a bowl and set aside.
- **Prepare the aromatics** - chop the red and green pepper into bite-size pieces before finely chopping the garlic and onion.
- **Sear the salmon** - preheat a non-stick pan to medium-high heat and add the butter. Next, add the salmon and cook for 5 minutes flipping halfway. When cooked, remove and set aside.
- **Make the sauce** - in the same pan at medium heat, add in the onion and peppers and sauté for 2-3 mins. Stir in the garlic and 1 tbsp of Cajun seasoning. Cook for a further 30 seconds, add the flour and sauté for 1-2 minutes. Stir in the chicken stock and skimmed milk and simmer on low for 5 mins. Flake in the salmon and gradually add in the cheese. Season with salt and pepper to taste and add a splash of pasta water to thin out the sauce if necessary.
- **Drain the pasta** - and add straight to the sauce mixing well to combine. Pour the contents directly into a small baking dish and top with the panko breadcrumbs.
- **Grill** - place the dish under the grill on high for 2-3 mins or until golden brown. Leave to rest for 3-5 mins, garnish with fresh parsley, plate and serve.

Calories - 478

Protein - 37g

Carbs - 46g

Fat - 16g



30 mins



Serves 2





## NANDO'S PERI-PERI WINGS

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### Low-Cal Alternative

chicken wings → 120g chicken mini fillets

Calories - 169  
Protein - 32g  
Carbs - 4g  
Fat - 3g

### Plant-Based Alternative

chicken wings → 140g Taste & Glory roast  
tenderstrips

Calories - 242  
Protein - 31g  
Carbs - 8g  
Fat - 8g

### Time Saver Alternative

chicken wings → 120g chicken mini fillets

New time - 20 mins

Calories - 169  
Protein - 32g  
Carbs - 4g  
Fat - 3g

# NANDO'S PERI-PERI WINGS

*Nando's copycat air fryer peri-peri wings served with peri-peri yoghurt dip.*

## Ingredients

- 140g chicken wings
- 3 tbsp Nando's hot peri-peri sauce
- 1 tbsp Fage 0% yoghurt
- ½ tsp Nando's hot seasoning
- ¼ lemon
- salt
- pepper

## Method

- **Prepare the wings** - remove the wing tips by cutting straight through the joint with a sharp knife. Next, season the wings in the Nando's seasoning, 1 tbsp of Nando's sauce, a squeeze of lemon juice, salt and pepper. Toss well to combine.
- **Cook the wings** - add the wings to an air-fryer at 200C for 15-20 minutes. Halfway through cooking, brush with the peri-peri sauce then flip and repeat. Brush again with the sauce when cooked and leave to rest for 3-5 mins.
- **Make the dipping sauce** - combine ½ tsp of Nando's sauce with 1 tbsp yoghurt and mix well.
- **Plate** - once the wings have been rested, place them on a plate and serve with the peri-peri yoghurt dip.

Calories - 334

Protein - 30g

Carbs - 4g

Fat - 22g



25 mins



Serves 1