



NOVEMBER EDITION

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IKEA MEATBALLS

Low-Cal Alternative

beef mince + panko + egg + milk → 110g 3%
beef mince
120g potato → 100g potato

Calories - 324
Protein - 30g
Carbs - 35g
Fat - 6g

Plant-Based Alternative

beef mince + panko + egg + 10ml milk → 120g
Richmond vegan meatballs
beef stock → 200ml vegetable stock
40ml milk → 40ml plant-based milk
Worcestershire sauce → ½ tbsp brown sauce

Calories - 461
Protein - 29g
Carbs - 51g
Fat - 13g

Time Saver Alternative

beef mince + panko + milk + egg → 120g
ready-made beef meatballs
potato + chives → 140g ready-cooked mash

New Time - 15 mins

Calories - 365
Protein - 31g
Carbs - 35g
Fat - 9g

IKEA MEATBALLS

IKEA copycat. Swedish-inspired caramelised meatballs served with creamy chive mashed potatoes, garden peas and homemade gravy.

Ingredients

- 100g 5% beef mince
- 120g Maris Piper potatoes
- 60g frozen peas
- 10g panko breadcrumbs
- 200ml beef stock
- 50ml skimmed milk
- 2 stems chives
- 1 tbsp cornflour
- ½ tbsp light soy
- 1 tsp Worcestershire sauce
- ⅛ tsp grated nutmeg
- ⅛ tsp white pepper
- ¼ medium egg
- rapeseed oil spray
- salt
- pepper

Calories - 405

Protein - 31g

Carbs - 48g

Fat - 8g

Method

- **Prepare the meatballs** - In a mixing bowl, combine the beef mince with panko breadcrumbs, grated nutmeg, ¼ whisked egg, 10ml of milk and salt and pepper to taste. Mix well using your hands and roll into 6 equally sized meatballs.
- **Boil the potatoes** - Peel the potatoes, cut them into small 2-inch cubes before placing in a saucepan with cold salted water. Bring to a boil and leave to simmer until fork-tender.
- **Sear the meatballs** - Preheat a non-stick frying pan to medium-high heat, spritz with oil spray and add in the meatballs. Brown on all sides then immediately remove from the pan and set aside.
- **Make the gravy** - In the same pan, pour in the beef stock and add in 30ml of milk, white pepper, Worcestershire sauce, soy sauce and salt to taste. Next, combine the cornflour with 2 tbsp of water to form a slurry and add this to the gravy. When the sauce has come together, add the meatballs back into the pan along with any resting juices and leave to simmer over medium-low for 3-5 mins until the meatballs are cooked through.
- **Prepare the mash** - When the potatoes are fork-tender, drain and add them back into the same pan to steam dry for 2-3 mins. Once dry, push the potatoes through a potato ricer, mix in the remaining milk, slice and add the chives and season with salt and pepper to taste.
- **Steam the peas** - Steam the peas in a microwave or boil them according to the instructions on the packet.
- **Plate** - Spoon the mash onto a plate, top with the meatballs, spoon over the gravy, add the peas and serve.
- **Tip** - Make extra portions of mash and refrigerate for up to 3 days or freeze for up to 3 months to be used for the Cottage Pie recipe.



30 mins



Serves 1



COTTAGE PIE

Low-Cal Alternative

5% beef mince → 220g 3% beef mince
200g potato → 160g potatoes
No cheese
No milk

Calories - 320
Protein - 30g
Carbs - 33g
Fat - 5g

Plant-Based Alternative

beef mince → 200g Vivera plant mince
beef stock → 300ml vegetable stock
milk → 20ml plant-based milk
Worcestershire sauce → 2 tbsp brown sauce
red wine → 40ml vegan red wine
No cheese

Calories - 665
Protein - 27g
Carbs - 41g
Fat - 3g

Time Saver Alternative

potatoes + chives → 400g ready-cooked mash
oven → grill 2-3 mins

New Time - 25 mins

Calories - 432
Protein - 30g
Carbs - 42g
Fat - 12g

COTTAGE PIE

Slow-cooked beef mince in a rich red wine beef gravy, topped with fluffy chive mashed potatoes and melted cheddar cheese.

Ingredients

- 200g 5% beef mince
- 200g Maris Piper potatoes
- 80g frozen peas
- 20g cheddar cheese
- 300ml beef stock
- 40ml red wine
- 20ml skimmed milk
- 2 tbsp Worcestershire sauce
- 1 tbsp plain flour
- 4 stems chives
- 1 clove garlic
- 1 dried bay leaf
- 1 sprig rosemary
- 1 sprig thyme
- ½ carrot
- ½ onion
- ½ stick celery
- rapeseed oil spray
- salt
- pepper

Calories - 376

Protein - 30g

Carbs - 37g

Fat - 10g

Method

- **Chop the aromatics** - Finely chop the carrot, onion, garlic, celery, rosemary, chives and thyme.
- **Boil the potatoes** - Peel the potatoes, cut them into small 2-inch cubes before placing in a saucepan with cold salted water. Bring to a boil and leave to simmer until fork-tender.
- **Cook the mince** - Preheat a non-stick frying pan to medium heat, spritz with oil spray and add in the aromatics. Sauté for 3-5 mins until the onions are translucent. Next, turn the heat to medium-high, create space in the pan and add in the beef mince. Season with salt and pepper to taste and leave to caramelize for a few mins before breaking up the mince using a spatula. Add the flour and cook for 1-2 mins before pouring in the red wine and Worcestershire sauce. Allow to reduce until most has evaporated and add in the beef stock and bay leaf. Simmer over medium-low heat for 15-20 mins until it has reduced and thickened.
- **Prepare the mash** - When the potatoes are fork-tender, drain and add them back into the same pan to steam dry for 2-3 mins. Once dry, push the potatoes through a potato ricer. Mix in the milk and chives and season with salt and pepper to taste.
- **Steam the peas** - Steam the peas in a microwave or boil them according to the instructions on the packet.
- **Bake** - Spoon the mince into a baking dish, add a layer of peas, top with the mash, grate and add the cheese before placing into a preheated oven at 190C for 15-20 mins.
- **Plate** - Allow to rest for 5 mins before serving to help keep its shape. Once cooled, transfer one portion onto a plate, garnish with freshly chopped parsley if desired and serve.
- **Tip** - Use a food processor to chop the aromatics.



45 mins



Serves 2



PAD KRA PAO GAI

Low-Cal Alternative

chicken → 100g chicken breast
60g rice → 50g rice
No egg

Calories - 339
Protein - 30g
Carbs - 48g
Fat - 3g

Plant-Based Alternative

chicken → 100g This Isn't Chicken
oyster sauce → ½ tbsp vegetarian stir-fry sauce
fish sauce → 1 tsp vegetarian fish sauce
No egg

Calories - 439
Protein - 30g
Carbs - 59g
Fat - 7g

Time Saver Alternative

chicken → 100g chicken mince
uncooked rice → 125g cooked rice

New Time - 8 mins

Calories - 461
Protein - 31g
Carbs - 53g
Fat - 13g

PAD KRA PAO GAI

Thai chicken stir-fry in a spicy savoury sauce with fresh fragrant Thai basil leaves served over steamed Thai Jasmine rice, topped with a fried egg.

Ingredients

- 40g chicken breast
- 40g chicken thigh fillets
- 60g uncooked Thai Jasmine rice
- 30g fine green beans
- ½ tbsp light soy
- ½ tbsp oyster sauce
- 1 tsp fish sauce
- ½ tsp dark soy
- ½ tsp sugar
- 1 medium egg
- 1 clove garlic
- ½ bird eye chilli
- ½ mild chilli
- handful fresh Thai basil
- rapeseed oil spray
- salt

Calories - 431

Protein - 31g

Carbs - 56g

Fat - 9g

Method

- **Prepare the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 125ml of water and salt to taste. Cover with a lid, bring to a boil before turning down to low for 10 mins. Leave to sit off the heat for a further 10 mins before fluffing with a fork or chopstick before serving.
- **Prepare the aromatics** - Slice the green beans and set aside. Add the garlic, bird eye chilli and mild chilli into a pestle and mortar and pound to a rough paste. This can also be done in a food processor or with a knife.
- **Chop the chicken** - Chop both the chicken breast and the chicken thigh into small bite-size pieces using a knife or food processor.
- **Mix the sauce** - In a small bowl, add the oyster sauce, dark soy, light soy, fish sauce and sugar. Mix well to combine then set aside.
- **Stir-fry** - Spritz a wok with oil spray, turn to medium-high heat and immediately add in the paste. Cook for 2-3 mins until fragrant before adding in the chicken. Stir-fry for 2-3 mins until the chicken has slightly caramelised. Next, add in the green beans and stir in the sauce, cook until the liquid has almost completely evaporated before adding in the Thai basil. Turn off the heat and mix well.
- **Fry the egg** - Spritz a small non-stick frying pan with oil spray and carefully crack in the egg. Cook for 2-3 mins until the edges are slightly crisp, the whites have set and the yolk is still runny.
- **Plate** - Add the rice to a bowl along with the mince, top with the fried egg and serve.
- **Tip** - Make extra portions of Jasmine rice to be used in the Steak Fried Rice and Thai Green Curry Prawns recipes. VeeTee Thai Jasmine microwave rice is a great alternative for homemade Jasmine rice.



25 mins



Serves 1



THAI GREEN CURRY PRAWNS

Low-Cal Alternative

coconut milk + chicken stock → 300ml
vegetable stock
60g rice → 50g rice

Calories - 373
Protein - 31g
Carbs - 50g
Fat - 4g

Plant-Based Alternative

prawns → 100g This Isn't Chicken
chicken stock → 150ml vegetable stock
fish sauce → 1 tsp Thai Taste vegetarian fish
sauce

Calories - 528
Protein - 31g
Carbs - 61g
Fat - 15g

Time Saver Alternative

uncooked rice → 125g cooked rice

New Time - 10 mins

Calories - 499
Protein - 31g
Carbs - 57g
Fat - 15g

THAI GREEN CURRY PRAWNS

Spicy fragrant coconut Thai green curry with prawns, green beans and Thai basil, served with fragrant Thai Jasmine rice, topped with a fried egg.

Ingredients

- 120g prawns
- 60g uncooked Thai Jasmine rice
- 15g Mae Ploy green Thai curry paste
- 20g fine green beans
- 150ml chicken stock
- 150ml light coconut milk
- 1 tsp fish sauce
- 1 tsp sugar
- 1 Kaffir lime leaf
- ½ mild chilli
- handful fresh Thai basil
- salt

Method

- **Prepare the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 125ml of water and salt to taste. Cover with a lid, bring to a boil before turning down to low for 10 mins. Leave to sit off the heat for a further 10 mins before fluffing with a fork or chopstick before serving.
- **Chop the aromatics** - Slice the green beans and chilli and set aside.
- **Cook the curry** - In a saucepan, add ½ of the coconut milk, turn to medium-high and cook until the fat separates from the milk. Next, add the curry paste and lime leaf, stir to combine and cook for 3-5 mins until fragrant. Add in the remaining coconut milk, chicken stock, fish sauce and sugar. Simmer over medium heat for 2-3 mins before adding in the green beans and prawns. Simmer for a final 1-2 mins until the prawns are cooked through. Turn off the heat and stir in the fresh Thai basil.
- **Plate** - Add the rice to a bowl, top with the curry, garnish with sliced chilli and serve.
- **Tip** - Feel free to use other protein sources such as chicken breast or white fish.

Calories - 489

Protein - 32g

Carbs - 59g

Fat - 12g



25 mins



Serves 1



KOREAN FRIED CHICKEN BAOS

Low-Cal Alternative

chicken thigh → 100g chicken breast
2 bao buns → 1 bao bun

Calories - 428
Protein - 32g
Carbs - 59g
Fat - 6g

Plant-Based Alternative

chicken → 90g This Isn't Chicken
kimchi → 20g plant-based kimchi
honey → 1 tsp agave syrup

Calories - 543
Protein - 30g
Carbs - 79g
Fat - 10g

Time Saver Alternative

chicken thigh → 90g chicken breast

New Time - 17 mins

Calories - 488
Protein - 30g
Carbs - 74g
Fat - 6g

KOREAN FRIED CHICKEN BAOS

Crispy air-fried chicken pieces tossed in a sweet tangy spicy gochujang-based sauce served in two fluffy steamed bao buns with a side of kimchi.

Ingredients

- 100g chicken thighs
- 20g kimchi
- 2 small bao buns
- 1 tbsp cornflour
- 1 tbsp plain flour
- ½ tbsp gochugaru chilli flakes
- ½ tbsp gochujang paste
- ½ tbsp ketchup
- ½ tbsp rice vinegar
- 1 tsp baking powder
- 1 tsp brown sugar
- 1 tsp honey
- 1 tsp light soy
- ½ tsp sesame oil
- 4 cucumber slices
- ½ clove garlic
- rapeseed oil spray
- sesame seeds, garnish
- spring onion, garnish
- salt
- pepper

Calories - 528

Protein - 30g

Carbs - 74g

Fat - 11g

Method

- **Prepare the chicken** - Begin by cutting the chicken into small bite-size pieces, combine with rice vinegar and set aside at room temperature for 10 mins or cover and place in the fridge for up to 6 hours.
- **Bread the chicken** - In a bowl, combine the cornflour, plain flour, baking powder, salt and pepper to taste. Next, add the marinated chicken to the bowl and coat well.
- **Cook the chicken** - Place the chicken in an air fryer, spritz with oil spray and cook for 15 mins at 160C. Turn the heat to 200C and cook for a final 5 mins.
- **Steam the bao buns** - Steam the bao buns for 10 mins or according to instructions on the packet.
- **Chop the aromatics** - Finely dice the garlic and slice the spring onion and cucumber.
- **Prepare the glaze** - Add the honey, brown sugar, gochujang paste, gochugaru chilli flakes, soy sauce, garlic, ketchup and a splash of water into a small non-stick pan. Heat over medium-high heat until thickened, finally turn off the heat and stir in the sesame oil.
- **Glaze the chicken** - Add the chicken pieces into the glaze and toss well to coat each piece.
- **Plate** - Fill each bao bun with 2 cucumber slices, add the chicken, garnish with sesame seeds, spring onion and serve with a side of kimchi.



27 mins



Serves 1



SALMON KIMCHI NOODLES

Low-Cal Alternative

salmon → 120g prawns
100g noodles → 80g noodles
No egg

Calories - 390
Protein - 31g
Carbs - 43g
Fat - 9g

Plant-Based Alternative

salmon → 100g This Isn't Chicken
kimchi → 50g plant-based kimchi
No egg

Calories - 470
Protein - 30g
Carbs - 54g
Fat - 12g

SALMON KIMCHI NOODLES

Spicy savoury sweet stir-fried udon noodles with salmon, caramelised kimchi and spring onion, topped with a fried egg.

Ingredients

- 80g skinless wild salmon
- 100g fresh udon noodles
- 50g kimchi
- 20g carrot
- ½ tbsp gochugaru chilli flakes
- ½ tbsp gochujang paste
- ½ tbsp light soy
- 1 tsp honey
- ½ tsp sesame oil
- 1 medium egg
- 1 spring onion
- rapeseed oil spray
- sesame seeds, garnish

Method

- **Mix the sauce** – Drain the kimchi but reserve the liquid in a small bowl. Combine the gochujang paste, soy sauce, gochugaru chilli flakes and honey in a small bowl.
- **Prepare the aromatics** – Cut the drained kimchi into bite-size pieces, slice the carrot into thin strips and thinly slice the spring onion before separating the white and green parts.
- **Cut the salmon** – Cut the salmon into small bite-size pieces and set aside.
- **Stir-fry** – Preheat a non-stick wok to medium-high heat, spritz with oil spray and add in the salmon pieces. Sear on all sides before removing from the pan. Next, add in the drained kimchi and leave to caramelise for 30-60 seconds, stir fry for a further 30 secs before adding in the carrot and the whites of the spring onion. Cook for 30-60 secs, add in the noodles and stir-fry sauce and toss to combine. Add the salmon pieces back into the pan along with the greens of the spring onion and toss well again. Stir in the sesame oil and turn off the heat.
- **Fry the egg** – Preheat a small non-stick frying pan to medium-high heat and spritz with oil spray. Next, carefully crack in the egg and cook for 2-3 mins until the edges are slightly crisp, the whites have set and the yolk is still runny.
- **Plate** – Place the noodles into a bowl, top with the fried egg and garnish with sesame seeds.
- **Tip** – Substitute the udon noodles for cooked Jasmine rice for Kimchi Salmon Fried Rice.

Calories - 487

Protein - 34g

Carbs - 49g

Fat - 16g



10 mins



Serves 1



HONEY-SOY GLAZED WINGS

Low-Cal Alternative

chicken wings + baking powder → 120g
chicken mini fillets

Calories - 203
Protein - 30g
Carbs - 17g
Fat - 2g

Plant-Based Alternative

chicken + baking powder → 120g Taste
& Glory tenderstrips
honey → ½ tbsp agave syrup

Calories - 245
Protein - 26g
Carbs - 21g
Fat - 6g

Time Saver Alternative

wings + baking powder → 120g chicken
mini fillets

New Time - 8 mins

Calories - 205
Protein - 30g
Carbs - 19g
Fat - 2g

HONEY-SOY GLAZED WINGS

Crispy succulent air-fried chicken wings tossed in a sweet and savoury honey-soy glaze.

Ingredients

- 4 whole chicken wings
- 1 tbsp light soy
- ½ tbsp brown sugar
- ½ tbsp honey
- 1 tsp baking powder
- 1 tsp dark soy
- 1 clove garlic
- sesame seeds, garnish
- spring onion, garnish
- salt
- pepper

Method

- **Prepare the wings** - Separate the wings into drums and flats by cutting through the joints and discarding the wing tips.
- **Bread the wings** - Coat the wings in the baking powder and season with salt and pepper to taste.
- **Cook the wings** - Add the wings to an air fryer and cook for 10 mins at 160C before turning up to 200C for a final 10 mins.
- **Chop the aromatics** - Finely dice the garlic and slice the spring onion.
- **Prepare the glaze** - Add a splash of water to a small frying pan along with the honey, light soy, dark soy, brown sugar and garlic. Heat over medium-high until thickened.
- **Glaze the wings** - Add the chicken wings into the glaze and toss well to coat each piece.
- **Plate** - Add the glazed wings to a plate, garnish with spring onion and sesame seeds and serve.
- **Tip** - Swap the honey-soy glaze for the Korean Fried Chicken recipe's glaze for an extra kick.

Calories - 371

Protein - 30g

Carbs - 19g

Fat - 21g



25 mins



Serves 1



JUICY LUCY

Low-Cal Alternative

5% beef mince → 100g 3% beef mince
cheddar cheese → 10g light cheddar cheese
brioche bun → 1 Warburtons sliced roll

Calories - 345
Protein - 31g
Carbs - 31g
Fat - 10g

Plant-Based Alternative

beef mince → 1 Taste & Glory burger
cheddar cheese → 1 Violife slice
mayonnaise → 1 tbsp vegan mayonnaise
Worcestershire sauce → 1 tsp HP brown
sauce
brioche bun → 1 vegan brioche bun

Calories - 557
Protein - 21g
Carbs - 45g
Fat - 29g

JUICY LUCY

Inspired by the 'Jucy Lucy' burger created by Matt Bristol at Matt's Bar in Minneapolis. 100% beef mince burger stuffed with melted cheddar cheese with sliced pickles and onion, homemade Worcestershire mayo, served in a warm toasted brioche bun.

Ingredients

- 100g 5% beef mince
- 20g cheddar cheese
- 1 brioche bun
- 1 tbsp lightest mayonnaise
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 3 slices dill pickle
- 1/8 onion
- rapeseed oil spray
- salt
- pepper

Method

- **Form the patty** - Separate the mince into two equal 50g balls. Place each ball in between two pieces of greaseproof paper and press down using a heavy pan or similar object. Place the cheese on top of one patty leaving a 1-inch border around the cheese. Next, lay the second patty on top and seal the sides ensuring there are no air pockets. Finally, place the patty into the fridge for 5 mins to firm up.
- **Prepare the sauce** - In a small bowl, combine the mayonnaise, Worcestershire sauce, Dijon mustard and black pepper.
- **Slice the aromatics** - Thinly slice the onion and set aside.
- **Cook the patty** - Preheat a non-stick frying pan to medium-high heat. Once up to temperature, spritz with oil spray, season the patty with salt and pepper and carefully place into the pan. Cook for 5-6 mins flipping halfway, cover with a lid for the last min to ensure the cheese melts well if necessary. Once cooked, remove from the pan to rest.
- **Toast the bun** - Place both halves of the bun into the same pan and toast until golden brown.
- **Plate** - Top the bottom bun half with half the sauce, the sliced onion and pickles. Add the burger patty, the remaining sauce and finally the top bun half and serve.
- **Tip** - Feel free to add any accompaniments to the burger such as lettuce or tomato.

Calories - 415

Protein - 33g

Carbs - 27g

Fat - 19g



15 mins



Serves 1



GARLIC-ROSEMARY LAMB CHOPS

Low-Cal Alternative

lamb chops → 100g lamb leg steaks
potatoes → 100g Maris Piper potatoes

Calories - 374
Protein - 30g
Carbs - 32g
Fat - 14g

Plant-Based Alternative

lamb chops → 1 Plant Pioneers vegan steak
beef stock → 150ml vegetable stock
Worcestershire sauce → 1 tsp HP brown
sauce

Calories - 425
Protein - 29g
Carbs - 44g
Fat - 14g

Time Saver Alternative

No marinating
Cut the potatoes half the size
Do not rinse the potatoes

New Time - 12 mins

Calories - 498
Protein - 30g
Carbs - 35g
Fat - 26g

GARLIC–ROSEMARY LAMB CHOPS

Garlic and rosemary pan-seared lamb chops with crispy garlic and rosemary roast potatoes served with roasted carrots and homemade pan sauce.

Ingredients

- 130g lamb chops
- 120g Maris Piper potatoes
- 60g carrot
- 150ml beef stock
- ½ tbsp plain flour
- 1 tsp Worcestershire sauce
- 1 clove garlic
- 1 sprig rosemary
- rapeseed oil spray
- salt
- pepper

Method

- **Chop the aromatics** – Remove the rosemary leaves from the stems and finely slice. Roughly chop the garlic and set everything aside.
- **Marinate the lamb** – Combine the lamb chops with half the Worcestershire sauce, half the rosemary and garlic before seasoning with salt and pepper to taste. Set aside for 10 mins at room temperature or cover and refrigerate for up to 24 hours.
- **Prepare the potatoes and carrots** – Peel the potatoes and carrot before cutting into chunks. Next, rinse the starch off the potatoes, pat dry with a paper towel before adding to a mixing bowl, along with the carrot, rapeseed oil spray, the remaining rosemary and garlic and salt and pepper to taste.
- **Air fry** – Add the potato and carrot chunks to an air fryer and cook for 15–20 mins at 180C flipping halfway.
- **Sear the lamb chops** – Preheat a frying pan to medium-high heat and add in the lamb chops fat side down. Render out the fat and sear each chop on both sides before removing from the pan and setting aside.
- **Make the gravy** – Turn the pan down to medium-low and add in the flour. Cook for 1–2 mins before stirring in the beef stock and remaining Worcestershire sauce. Add the chops back into the pan and leave to simmer on medium-low for 3–5 mins.
- **Plate** – Add the potatoes and carrots to a plate, top with the lamb chops, pour over the gravy and serve.
- **Tip** – The lamb chops also pair really well with the chive mashed potatoes.

Calories – 498

Protein – 30g

Carbs – 35g

Fat – 26g



25 mins



Serves 1



STEAK FRIED RICE

Low-Cal Alternative

steak + egg → 110g lean beef medallions
100g rice → 80g rice
No sugar

Calories - 326
Protein - 30g
Carbs - 38g
Fat - 6g

Plant-Based Alternative

steak → 100g Taste & Glory beef strips
beef stock → 1 tbsp vegetable stock
oyster sauce → ½ tbsp vegetarian stir-fry sauce
Worcestershire sauce → 1 tsp brown sauce
No egg

Calories - 416
Protein - 29g
Carbs - 55g
Fat - 7g

STEAK FRIED RICE

Sweet savoury and spicy fried rice with fillet steak chunks, carrot, peas and spring onion.

Ingredients

- 90g fillet steak
- 100g cooked Thai Jasmine rice
- 20g carrot
- 20g frozen peas
- 1 tbsp beef stock
- ½ tbsp light soy
- ½ tbsp oyster sauce
- 1 tsp brown sugar
- 1 tsp Worcestershire sauce
- 1 bird eye chilli
- 1 medium egg
- 1 spring onion
- ½ clove garlic
- ⅛ onion
- rapeseed oil spray
- salt
- pepper

Method

- **Prepare the stir-fry sauce** - In a small bowl, combine the beef stock, brown sugar, Worcestershire sauce, oyster sauce, light soy and black pepper.
- **Chop the aromatics** - Roughly chop the garlic, cut the carrot into small bite-size pieces, slice the onion and spring onion while separating the white from the green. Cut the steak into 1-inch cubes and set aside.
- **Stir-Fry** - Preheat a wok to high heat, spritz with oil spray and add in the steak. Season with salt and pepper to taste, sear on all sides and remove from the pan and set aside. Next, turn the heat down to medium-high and add in the whites of the spring onion, garlic, the bird eye chilli and carrot. Stir-fry for 30 secs and add the cooked rice and peas. Press down on the rice using the back of a spatula to separate the grains. Toss well to combine and pour in the sauce. Cook for a further 30-60 secs until each grain is coated in the sauce. Add the steak back into the pan along with any resting juices and the green parts of the spring onion. Toss well to combine before turning off the heat.
- **Fry the egg** - Preheat a small non-stick frying pan to medium-high heat and spray in some oil. Next, carefully crack in the egg and cook for 2-3 mins until the edges are slightly crisp, the whites have set and the yolk is still runny.
- **Plate** - Tip the rice out of the pan and onto a plate, top with the fried egg and fresh cracked pepper if desired and serve.
- **Tip** - Day-old refrigerated Jasmine rice works best for this dish but VeeTee Thai Jasmine microwave rice is a great alternative.

Calories - 465

Protein - 30g

Carbs - 50g

Fat - 15g



10 mins



Serves 2



CHICKEN POT PIE

Low-Cal Alternative

100g pastry → 70g pastry

Calories - 354
Protein - 30g
Carbs - 31g
Fat - 11g

Plant-Based Alternative

chicken → 200g This Isn't Chicken
skimmed milk + chicken stock → 500ml
vegetable stock

Calories - 456
Protein - 30g
Carbs - 35g
Fat - 18g

Time Saver Alternative

Bake the pastry separately

Do not poach the chicken, add directly to the pan along with onion, carrot, celery, flour, stock and milk

New Time - 15 mins

Calories - 412
Protein - 31g
Carbs - 36g
Fat - 14g

CHICKEN POT PIE

Golden flaky puff pastry pot pie with carrot and peas in a creamy savoury chicken filling.

Ingredients

- 180g chicken breast
- 100g Jus-Roll puff pastry
- 60g garden peas, frozen
- 300ml chicken stock
- 200ml skimmed milk
- 1 tbsp plain flour
- 1 dried bay leaf
- 1 sprig thyme
- ½ carrot
- ½ clove garlic
- ½ onion
- ½ stick celery
- rapeseed oil spray
- salt
- pepper

Method

- **Chop** - Finely chop the celery, thyme, garlic and onion. Cut the carrot and chicken into small bite-size pieces separately.
- **Poach the chicken** - Add the chicken stock, milk and bay leaf to a saucepan and bring to a simmer. Add in the chicken, cover and leave to poach on medium-low for 10-15 mins. Once cooked, remove the chicken from the liquid and set aside.
- **Prepare the filling** - Preheat the oven to 200C and a non-stick frying pan to medium-high heat, spritz with oil and add in the carrot, onion, garlic and thyme. Season with salt and pepper to taste and sauté for 3-5 mins until softened. Next, add in the flour and cook for a further 1-2 mins before stirring in the reserved poaching liquid. Simmer for 2-3 mins until thickened before adding in the peas and chicken and combine well. Turn off the heat and allow the filling to cool for 5 mins.
- **Assemble the pie** - Pour the cooled filling into a baking dish and wet the rim with water before placing the puff pastry on top, fold the sides over to seal and make a small hole in the middle of the pastry.
- **Bake** - Place the pie into the preheated oven at 220C for 15-20 mins or until browned and the pastry has puffed up.
- **Plate** - Remove the pie from the oven and leave to rest for 3-5 mins before serving.
- **Tip** - Brush the pastry with egg wash before baking for a more golden crust.

Calories - 412

Protein - 31g

Carbs - 36g

Fat - 14g



40 mins



Serves 2