



FEBRUARY WINTER WARMERS

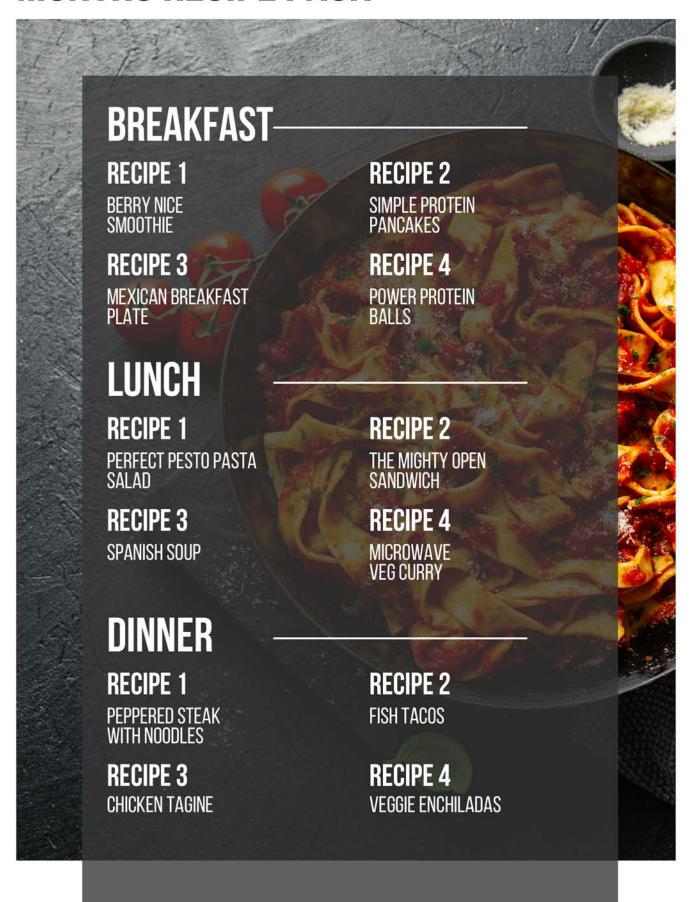
Always consult your medical practitioner, registered dietitian or nutritionist before making any significant changes to your diet.

This is particularly important if you are pregnant, breastfeeding or have a medical condition requiring medical intervention.

Whilst our recipes can help most people lose weight (as part of a calorie controlled diet and active lifestyle), they have not been specifically tailored for you and individual results will vary.

The calorie and macronutrient information provided is to be used as a guide only and due to variations between brands, these cannot be counted as being 100% accurate.

WHAT'S IN THIS MONTHS RECIPE PACK





BERRY NICE SMOOTHIE





INGREDIENTS

- · 450g bag frozen berry
- 450g pot fat-free strawberry yogurt
- 100ml milk
- 25g porridge oat
- 2 tsp honey (optional)

INSTRUCTION

Whizz the berries, yogurt and milk together with a stick blender until smooth.

Stir through the porridge oats, then pour into 4 glasses and serve with a drizzle of honey, if you like.











SIMPLE PROTEIN PANCAKES

INGREDIENTS

- 1 banana
- 75g oats
- 3 large eggs
- 2 tbsp milk (dairy, soya, oat or nut milks all work)
- 1 tbsp baking powder
- · Pinch of cinnamon
- 2 tbsp protein powder (whey, pea or whatever your preference)
- Coconut oil, or a flavourless oil, for frying
- Nut butter, maple syrup and berries or sliced banana to serve



INSTRUCTION

Whizz the banana, oats, eggs, milk, baking powder, cinnamon and protein powder in a blender for 1-2 mins until smooth. Check the oats have broken down, if not, blend for another minute.

Heat a drizzle of oil in a pan. Pour or ladle in 2-3 rounds of batter, leaving a little space between each to spread. Cook for 1-2 minutes, until bubbles start to appear on the surface and the underside is golden. Flip over and cook for another minute until cooked through.

Transfer to a warmed oven and repeat with the remaining batter. Serve in stacks with nut butter, maple syrup and fruit.











MEXICAN BREAKFAST PLATE



MACROS PER PORTION









INGREDIENTS





DIFFICULTY EASY



COOKING **15 MIN**



PORTION **FOUR**

- 2 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, crushed
- 400g can red kidney beans, drained and rinsed
- 1 tsp ground cumin
- ¼ tsp chilli powder
- ½ tsp dried oregano
- 4 eggs

- · 4 small flour tortillas, warmed
- 1 large tomato, diced
- · handful pickled jalapeño peppers, roughly chopped
- · 30g cheddar, grated
- 1 avocado, peeled, de-stoned and diced
- · 1 lime, half juiced, half cut into wedges, to serve
- Chopped coriander, to serve

INSTRUCTION

Heat 1 tbsp oil in a large pan. Add the onions with a pinch of salt, and cook until translucent, around 3-4 mins. Add the garlic and cook for a minute more. Stir in the beans, cumin, chilli powder, oregano, some seasoning and 100ml water. Cook for 5-7 mins, stirring occasionally, or until the beans have softened, then remove from the heat, mash and set aside. Heat the remaining oil in a large frying pan over a medium-high heat. Crack in the eggs, then reduce the heat to low and cook slowly until the whites are completely firm. To assemble, spread the beans onto the tortillas, add the tomatoes and jalapeños and sprinkle with cheese. Top with some avocado, a squeeze of lime juice and a fried egg, then scatter with coriander. Serve with the lime wedges on the side.

PROTEIN POWER BALLS



INGREDIENTS

- 150g porridge oats
- 50g protein powder of your choice (we used vanilla whey)
- · 1 tbsp ground flaxseeds
- · pinch of ground cinnamon
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 150g nut butter of your choice (we used peanut)
- · 4 tbsp plant milk
- 25g chocolate chips or raisins (optional)

INSTRUCTION

Combine the oats, protein powder, flaxseed and cinnamon in a large bowl.

Stir in the maple syrup, nut butter, milk and chocolate chips.

Stir well to combine the mixture, then, using damp hands, roll it into 15 balls (they should be about 30g each).

Arrange on a plate and chill for 30 mins until firm, then serve.

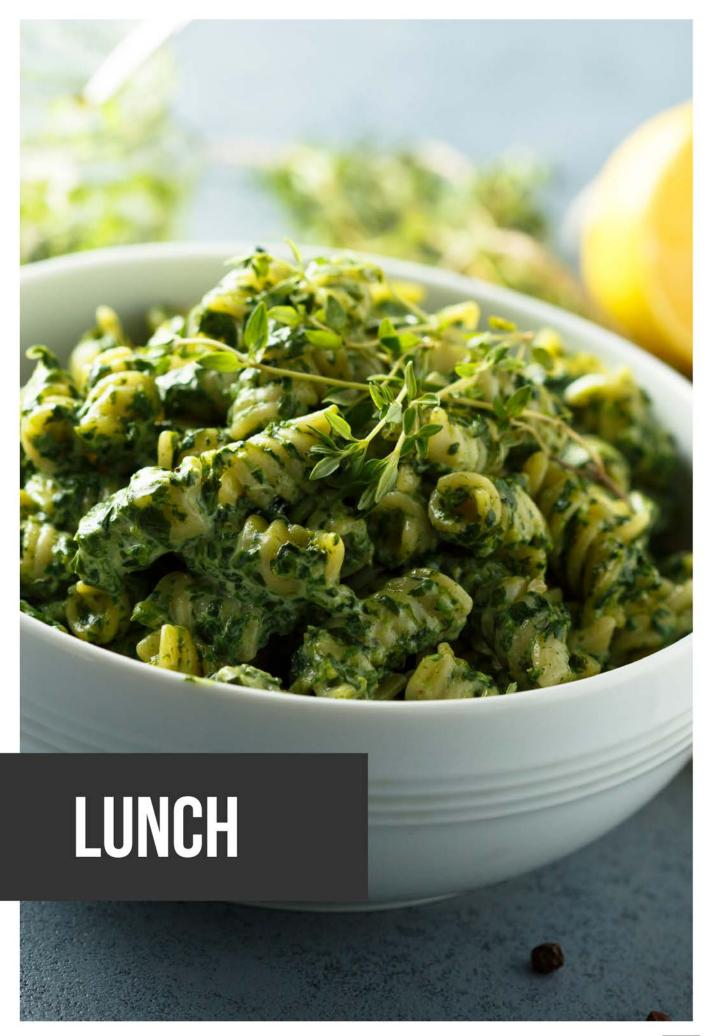












PESTO PASTA SALAD





INGREDIENTS

- · 400g mini pasta shapes
- · 200ml crème fraîche
- · 4 tbsp fresh pesto
- 1/2 cucumber, cut into small cubes
- · 16 cherry tomatoes, cut into quarters, or halved
- · 200g frozen peas, cooked and chilled
- · Handful basil leaves

INSTRUCTION

Cook the pasta for 10 mins in salted boiling water until al dente, drain, then tip into a bowl. Stir in the crème fraîche followed by the pesto, then leave to cool.

When the pasta is cool, stir in the cucumber, tomatoes and peas followed by the basil leaves.

Season if it needs it, and tip into a container to transport it.

MACROS PER PORTION





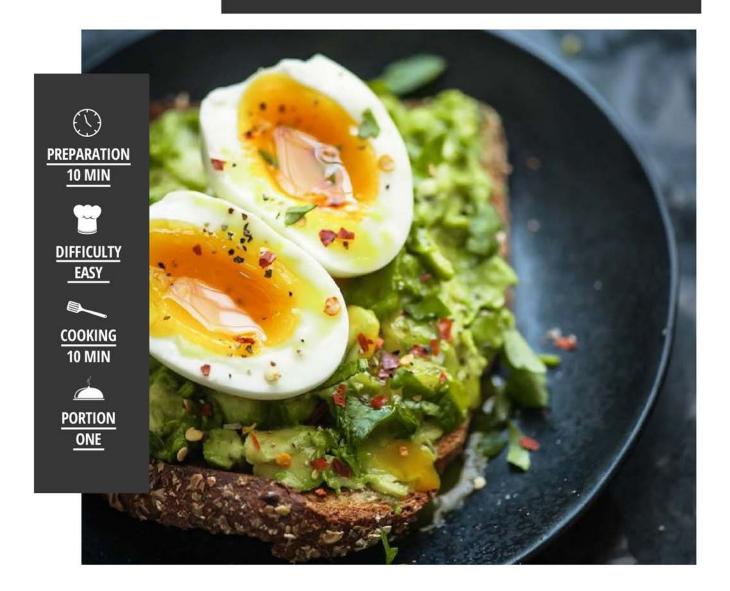




THE MIGHTY OPEN SANDWICH

INGREDIENTS

- · 2 medium eggs
- 1 ripe avocado
- juice 1 lime
- · 2 slices rye bread
- · 2 tsp hot chilli sauce we used sriracha
- Handful cress, to serve



INSTRUCTION

Bring a medium pan of water to the boil. Add the eggs and cook for 8-9 mins until hard-boiled. Meanwhile, halve the avocado and scoop the flesh into a bowl. Add the lime juice, season well and mash with a fork. When the eggs are cooked, run under cold water for 2 mins before removing the shells. Spread the avocado on the rye bread. Slice the eggs into thin rounds and place on top of the avocado. Drizzle some chilli sauce over the eggs, scatter the cress on top and add a good grinding of black pepper.











SPANISH SOUP











INGREDIENTS

- 400g can chopped tomato
- 110g pack of chorizo sausage (unsliced) 1 chicken or vegetable stock cube
- 140g wedge Savoy cabbage
- Sprinkling dried chilli flakes
- 400g can chickpea, drained and rinsed
- Crusty bread or garlic bread, to serve

INSTRUCTION

Put a medium pan on the heat and tip in the tomatoes, followed by a can of water. While the tomatoes are heating, quickly chop the chorizo into chunky pieces (removing any skin) and shred the cabbage.

Pile the chorizo and cabbage into the pan with the chilli flakes and chickpeas, then crumble in the stock cube. Stir well, cover and leave to bubble over a high heat for 6 mins or until the cabbage is just tender. Ladle into bowls and eat with crusty or garlic bread.

MICROWAVE VEGETABLE CURRY



INSTRUCTION

Put the coconut oil in a microwavable dish or bowl and cook for 30 seconds or until melted. Add the chopped onion, stir well and cook for another 1 min.

Add the ginger, garlic, tomato purée, turmeric, spices and a good pinch of salt to the cooked onions. Stir well and cook for 1 min to warm up the spices – you will be able to smell them when you open the microwave.

Add the tomatoes, spinach leaves, chickpeas, coconut milk and chopped coriander, and stir well. Cook for 2 mins, then stir again, followed by another 2 mins. The curry should be bubbling slightly. If not, give it another minute.

Add the lime juice and serve immediately, with basmati rice or naan bread on the side and a sprinkling of coriander leaves.















- · 3 garlic cloves, crushed
- 1-inch piece of ginger, peeled and grated
- 450g steak (skirt steak works well)
- 1 tbsp vegetable oil
- · 2 tbsp cornflour

- 1 red and 1 yellow pepper, both cut into
 1-inch pieces
- · pinch of sesame seeds
- 1-2 tsp crushed black peppercorns
- 500g cooked noodles, to serve

INSTRUCTION

PORTION

FOUR

Mix 1 tbsp of the soy with 1 tbsp of the shaohsing wine, 1 crushed garlic clove and half the ginger. Pour over the steak and leave for at least 20 mins or up to 1 hr. Heat a frying pan over a high heat until very hot. Take the steak out of the marinade and scrape off as much of it as you can. Rub with the vegetable oil and put in the frying pan. Leave for 2 mins, then gently move it around to catch any bits of char, which will add to the flavour. After another 30 seconds, turn the steak and cook for $2\frac{1}{2}$ mins on the other side. Transfer to a plate and set aside.

Mix the cornflour into the remaining soy sauce and shaohsing wine and add 150ml water. Heat the sesame oil in a wok or frying pan over a medium-high heat and add the onion. Cook for 1 min, stirring, then add the peppers. Cook for 4 mins, stirring regularly. Once they are starting to soften with bits of char on them, add the remaining garlic and ginger, and soy mixture. As soon as the sauce starts to thicken, remove from the heat. Slice the steak thinly and add to the wok, just stirring through. Sprinkle with the sesame seeds and crushed peppercorns and serve with the noodles.











INGREDIENTS

- 1 tsp ground cumin
- 1 tsp ground coriander
- · 2 tsp smoked paprika
- 2 limes
- 500g white fish fillets, such as cod,
 small bunch coriander, chopped haddock, pollack or tilapia, skin and • 1 green chilli, finely sliced, optional bones removed
- ¼ red cabbage

- · 2 large tomatoes
- · 2 large avocados
- 2 tbsp vegetable oil
- 8 small corn or wheat tortilla wraps

- 100g soured cream
- · chilli sauce, to serve

INSTRUCTION

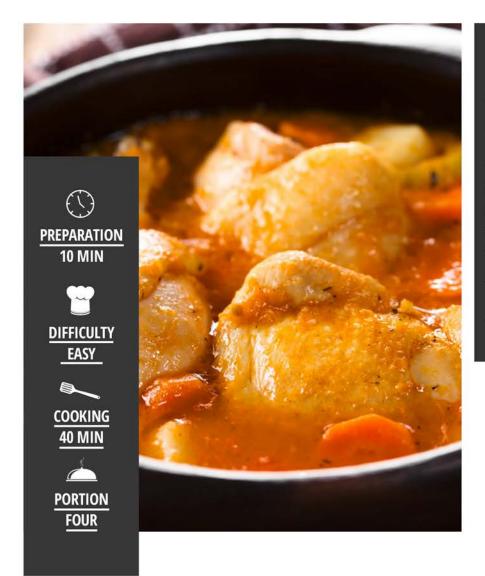
Combine the cumin, coriander, paprika and a generous pinch of salt in a large bowl, add the juice from 1 lime and mix well. Toss the fish fillets in the spiced lime paste and set aside while you prepare the salad.

Finely slice the cabbage, squeeze over the juice from half a lime and season with a little salt. Chop the tomatoes, stone the avocado, scoop out the soft inside and slice (or mash it in a bowl with a little lime and salt).

Heat the grill to high. Line a baking tray with foil and brush with a little oil, place the fish fillets on the tray, pour over any paste from the bowl and brush with a little more oil. Cook the fish close to the grill for 8-10 mins until the fish is cooked and starting to scorch in places.

To serve, spread a little soured cream over each warm tortilla, top with a handful of cabbage, some tomatoes and a few slices of avocado. Flake the fish and add a few big chunks to each tortilla then top with coriander, chilli and chilli sauce.

CHICKEN TAGINE



INGREDIENTS

- 2 tbsp olive oil
- 8 skinless boneless chicken thighs, halved if large
- · 1 onion, chopped
- 2 tsp grated fresh root ginger
- pinch saffron or tumeric
- 1 tbsp honey
- · 400g carrot, cut into sticks
- small bunch parsley, roughly chopped
- · lemon wedges, to serve

INSTRUCTION

Heat 1 tbsp oil in a wide, shallow casserole dish or ovenproof pan. Season the chicken and cook, skin-side down, for 8-10 mins, until crispy. Flip over and cook for another 5 mins. Transfer to a plate. Heat oven to 170C/150C fan/gas 3.

Add the rest of the oil and the onion to the pan. Stir for a few mins, then add the garlic and Moroccan spice mix. Stir, scraping any bits of onions and chicken from the bottom, until the spices smell fragrant. Add the preserved lemon, tomatoes, stock cube, honey, vinegar and 750ml water. Bring to the boil, then place the chicken on top. Cover with a lid or foil and transfer to the oven for 1 hr.

Uncover, place the olives and lemon slices on top and drizzle the lemons with a little oil. Return to the oven for 20 mins, or until the sauce has reduced a little (you can do this on the hob if you're short on time). Check the seasoning, adding a squeeze of lemon, more honey or salt if you think it needs it.

Scatter over the pomegranate seeds, feta and mint, and serve with couscous.











VEGGIE ENCHILADAS















INGREDIENTS

- 1 tsp olive oil
- 2 onions, chopped
- · 280g carrots, grated
- 2-3 tsp chilli powder (mild or hot, according to your taste)
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans pulses in water, drained (we used mixed beans and lentils)
- 6 small wholemeal tortillas
- · 200g low-fat natural yogurt
- 50g extra-mature cheddar cheese (or veg alternative), finely grated

INSTRUCTION

Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more. Pour in the tomatoes and pulses and bring to the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Remove from the heat and season well.

Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top. Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few mins until the top is golden and bubbling.

Serve with a green salad.

THANK

YOU
We hope you
love them!

We hope you enjoy these recipes as much as we enjoyed creating them!

Please feel free to share your creations on social media and don't forget to tag us!



ULTIMATE TASTE Recipe Book

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