

04

ULTIMATE TASTE

Recipe Book

APRIL EDITION





APRIL

SPRING TIME FAVOURITES

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 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.

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BREAKFAST

SWEET OVERNIGHT OATS



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE

INGREDIENTS

- 1/4 tsp ground cinnamon
- 50g rolled porridge oats
- 2 tbsp natural yoghurt
- 50g mixed berries
- drizzle of honey
- ½ tbsp nut butter

INSTRUCTION

The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.

The next day, loosen with a little more water (or milk) if needed. Top with the yoghurt, berries, a drizzle of honey and the nut butter.

**MACROS
PER PORTION**

CALORIES
348

PROTEIN
13G

CARBS
46G

FATS
11G

BREAKFAST BAGEL CLUB

INGREDIENTS

- 50g cream cheese
- 2 bagels, halved and lightly toasted
- 100g smoked salmon, cut into slices
- 1 avocado, sliced
- ½ lemon, cut into wedges
- 1 tbsp olive oil
- 2 eggs
- pinch of cayenne pepper



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

5 MIN



PORTION

TWO



INSTRUCTION

Spread the cream cheese over both halves of the toasted bagels. Add the salmon to the bottom halves, then top with the avocado. Squeeze over a little lemon juice and season well.

Heat the oil in a non-stick frying pan. When hot, crack in the eggs, season and cook for 2-3 mins until the white is set and starting to crisp up around the edges. Sit the eggs on top of each bagel base and sprinkle cayenne on each yolk. Top with the other half of the bagel and serve with lemon wedges on the side, for squeezing over.

VEGAN BREAKFAST MUFFIN



MACROS PER PORTION

CALORIES
224

PROTEIN
4G

CARBS
30G

FATS
9G



PREPARATION

25 MINS



DIFFICULTY

EASY



COOKING

25 MINS



PORTION

TWELVE

INGREDIENTS

- 150g muesli mix
- 50g light brown soft sugar
- 160g plain flour
- 1 tsp baking powder
- 250ml sweetened soy milk
- 1 apple, peeled and grated
- 2 tbsp grapeseed oil
- 3 tbsp nut butter (we used almond)
- 4 tbsp demerara sugar
- 50g pecans, roughly chilled

INSTRUCTION

Heat the oven to 200C/180C fan/gas 6. Line a muffin tin with cases. Mix 100g muesli with the light brown sugar, flour and baking powder in a bowl. Combine the milk, apple, oil and 2 tbsp nut butter in a jug, then stir into the dry mixture.

Divide equally between the cases. Mix the remaining muesli with the demerara sugar, remaining nut butter and the pecans, and spoon over the muffins.

Bake for 25-30 mins or until the muffins are risen and golden. Will keep for two to three days in an airtight container or freeze for one month. Refresh in the oven before serving.

ONE PAN BREAKFAST



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

15 Min



PORTION

FOUR

INGREDIENTS

- 4 good-quality pork chipolatas
- 4 rashers smoked back bacon
- 140g button mushroom
- 6 eggs, beaten
- 8 cherry tomatoes, halved
- handful grated cheese (optional)
- 1 tbsp snipped chives

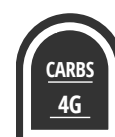
INSTRUCTION

Heat the grill to high and heat a medium non-stick frying pan. Add the chipolatas and fry for 3 mins. Add the bacon, turning occasionally, until it starts to crisp, about 5 mins more. Tip in the mushrooms and continue to cook for a further 3-5 mins. Drain any excess fat and move the ingredients so they are evenly spread out.

Season the eggs, then add to the pan, swirling to fill the spaces. Gently move with a fork for 2 mins over a low-medium heat until beginning to set. Scatter over the tomatoes, cheese, if using, and chives, then grill for 2 mins until set.

Cut into wedges and serve with your favourite sauces.

**MACROS
PER PORTION**





LUNCH

CAESAR PITTA



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE

INGREDIENTS

- 1 tsp lemon juice
- ½ small garlic clove, crushed
- 1 tbsp fat-free Greek yoghurt
- 1 tbsp lighter mayonnaise
- ¼ tsp mustard powder
- 1 brown anchovy, rinsed and finely chopped
- ½ tbsp grated parmesan
- 1 small skinless cooked chicken breast, or 80g cooked chicken, shredded
- ¼ small cucumber, cubed
- 3 cherry tomatoes, halved
- 4 Little Gem lettuce leaves, shredded
- 1 wholemeal pitta bread

INSTRUCTION

Whisk the lemon juice, garlic, yoghurt, mayonnaise, mustard powder, anchovy, parmesan and 2-3 tbsp water together with a good grinding of black pepper.

Toss in the chicken, cucumber, tomatoes and lettuce, until everything is well coated and toast the pitta and split, then stuff with the salad and chicken mixture.

**MACROS
PER PORTION**



SPICED CARROT & LENTIL SOUP

INGREDIENTS

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated (no need to peel)
- 140g split red lentils
- 1 litre hot vegetable stock (from a cube is fine)
- 125ml milk
- plain yoghurt and naan bread, to serve



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

FOUR



INSTRUCTION

Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas. Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1litre hot vegetable stock and 125ml milk to the pan and bring to the boil. Simmer for 15 mins until the lentils have swollen and softened. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).

Season to taste and finish with a dollop of plain yoghurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.

MACROS PER PORTION

CALORIES

238

PROTEIN

11G

CARBS

34G

FATS

7G

THE LEAN SALMON PASTA BOWL



MACROS PER PORTION

CALORIES
543

PROTEIN
31G

CARBS
69G

FATS
18G



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

FOUR

INGREDIENTS

- 350g penne
- 2 salmon steaks, about 175g/6oz each
- 1 tbsp olive oil
- 2 tbsp pine nut
- 1 red pepper, deseeded and chopped
- 300g mushroom, sliced
- handful basil leaves

INSTRUCTION

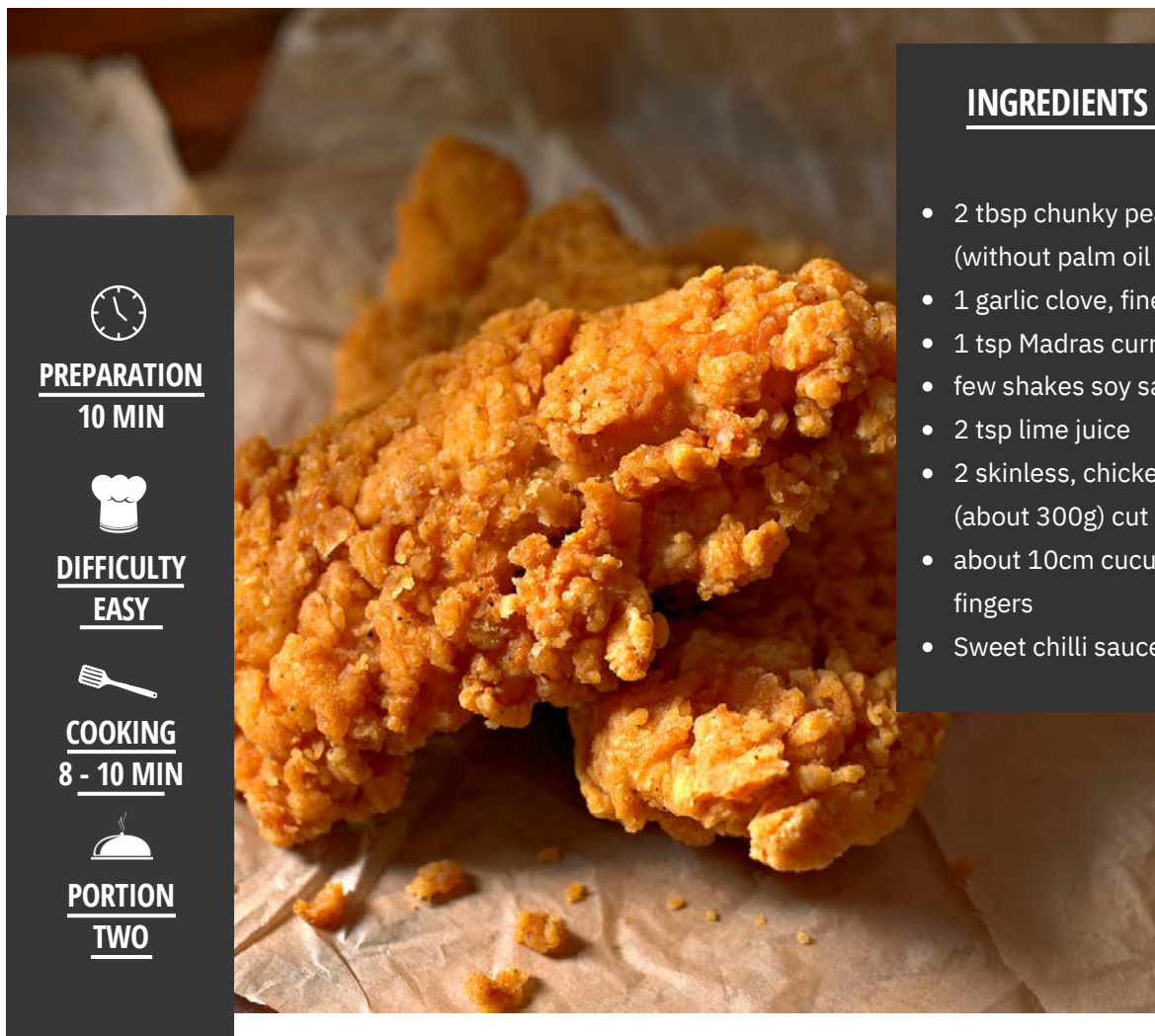
Cook the pasta following pack instructions, adding the salmon to the water 6 mins before the end of the cooking time.

Heat the oil in a pan, then cook the pine nuts until toasted. Add the pepper and fry until softened. Tip in the mushrooms and stir until they start to soften, then add a ladleful of the pasta water.

When the pasta is cooked, remove the salmon to a plate, then drain the pasta. Fork the salmon into flakes and add to the vegetables along with the pasta and the basil leaves.

Season with pepper and lightly toss together before serving

NUTTY CHICKEN SATAY STRIPS



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
8 - 10 MIN



PORTION
TWO

INGREDIENTS

- 2 tbsp chunky peanut butter (without palm oil or sugar)
- 1 garlic clove, finely grated
- 1 tsp Madras curry powder
- few shakes soy sauce
- 2 tsp lime juice
- 2 skinless, chicken breast fillets (about 300g) cut into thick strips
- about 10cm cucumber, cut into fingers
- Sweet chilli sauce, to serve

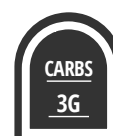
INSTRUCTION

Heat oven to 200C/180C fan/gas 4 and line a baking tray with non-stick paper.

Mix 2 tbsp chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency. Add 2 skinless chicken breast fillets, cut into strips, and mix well. Arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.

Eat warm with roughly 10cm cucumber, cut into fingers, and sweet chilli sauce. Alternatively, leave to cool and keep in the fridge for up to 2 days.

MACROS
PER PORTION





DINNER

TURKEY BURGER & CHIPS



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

25 MIN



PORTION

TWO

MACROS
PER PORTION

CALORIES

428

PROTEIN

40G

CARBS

32G

FATS

13G

INGREDIENTS

- 1 sweet potato (about 190g), cut into wedges
- 260g turkey breast mince (under 5% fat)
- 1 red onion, diced
- 2 garlic clove, grated
- 1 egg, beaten
- 1 apple (about 70g), peeled and coarsely grated
- 1 tbsp dried oregano
- 1 tbsp paprika
- 15g coconut oil, melted
- 135g green vegetables (spinach, kale, broccoli, mangetout or green beans)

INSTRUCTION

Heat oven to 180C/160C fan/gas 4. Cook the sweet potato wedges in the microwave for about 6 mins on full power until just turning soft. Leave to rest for 30 secs. While the sweet potato is spinning in the microwave, mix the mince in a bowl with the onion, garlic, egg and apple. Get your hands stuck in and work the ingredients together with a good pinch of salt and pepper, the oregano and paprika. Shape the mixture into two burgers about 3cm thick. Place on a lined baking tray in the oven for 20-25 mins, turning half way through cooking, until cooked through.

Heat the coconut oil in a large frying pan over a high heat. Add the sweet potato wedges and shallow-fry for about 3 mins each side until they are nicely browned all over and cooked through to the centre. (Alternatively, toss in the oil and roast in the oven for 15-20 mins.) Drain on kitchen paper, then season with a good pinch of salt.

Serve the burgers with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled.

THE SIMPLE SEAFOOD RICE



MACROS PER PORTION

CALORIES
518

PROTEIN
32G

CARBS
75G

FATS
12G



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

25 MIN



PORTION

FOUR

INGREDIENTS

- 1 tbsp olive oil
- 1 leek or onion, sliced
- 110g pack chorizo sausage, chopped
- 1 tsp turmeric
- 300g long grain rice
- 1l hot fish or chicken stock
- 200g frozen peas
- 400g frozen seafood mix, defrosted

INSTRUCTION

Heat the oil in a deep frying pan, then soften the leek for 5 mins without browning. Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.

Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked.

Check for seasoning and serve immediately with lemon wedges.

VEGGIE ENCHILADAS



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
30 MIN



PORTION
FOUR

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
- 6 small wholemeal tortillas
- 200g low-fat natural yoghurt
- 50g extra-mature cheddar cheese (or veg alternative), finely grated

INSTRUCTION

Heat the oil in a large frying pan and 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 yoghurt 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.

MACROS
PER PORTION

CALORIES
430

PROTEIN
23G

CARBS
60G

FATS
13G

HEALTHY CHOC BROWNIES

MACROS
PER PORTION



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

SIXTEEN



INGREDIENTS

- 2 x 400g cans black beans, drained, rinsed and drained again
- 60g cocoa powder
- 1 tbsp instant coffee granules
- 200g xylitol
- 1 tbsp vanilla extract or vanilla bean paste
- 3 eggs
- 200g fat-free Greek yoghurt
- 1½ tsp gluten-free baking powder

INSTRUCTION

Heat the oven to 190C/170C fan/gas 5 and line a shallow 23cm square baking tin with baking parchment. Tip the beans, cocoa, coffee granules, xylitol, vanilla, eggs and yoghurt into a large bowl. Blitz using a hand blender until smooth. Or, do this in a food processor. Add the baking powder, then blitz again.

Quickly tip the mixture into the tin and bake for 25-30 mins until set. Leave to cool in the tin for a few minutes, then lift out onto a wire rack to cool completely. Remove the baking parchment, then cut into 16 squares.

Will keep chilled for up to three days.

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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