

05

ULTIMATE TASTE

Recipe Book

MAY EDITION





MAY

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.

WHAT'S IN THIS MONTHS RECIPE PACK

BREAKFAST

RECIPE 1

BREAKFAST FRUIT BOWL

RECIPE 2

SPINACH PROTEIN PANCAKES

RECIPE 3

VEGAN BANANA PANCAKES

RECIPE 4

HEALTHY COOKED BREAKFAST

LUNCH

RECIPE 1

QUICK & EASY SALMON PASTA

RECIPE 2

TASTY TEN MINUTE COUS COUS

RECIPE 3

STEAK & BROCCOLI POTS

RECIPE 4

HALLOUMI & BEETROOT OPEN SANDWICH

DINNER

RECIPE 1

ONE POT GARLIC CHICKEN

RECIPE 2

THE MEXICAN CHICKEN BURGER

RECIPE 3

SPEED COD TRAYBAKE

RECIPE 4

LEAN BOLOGNESE



BREAKFAST

BREAKFAST FRUIT BOWL



PREPARATION
10 - 15 MIN



DIFFICULTY
EASY



COOKING
N/A



PORTION
ONE

INGREDIENTS

- 1 firm but ripe red-skinned pear, unpeeled
- 2 tbsp oats
- 150g pot 0% fat bio-yoghurt
- 3 tbsp skimmed milk, plus a bit extra
- 1 tbsp pumpkin seeds
- 2 handfuls blueberries

INSTRUCTION

Grate the pear into a bowl and add the oats, half the yoghurt, the milk and most of the seeds. Leave for 5-10 mins, then check the consistency and dilute with a little more milk or water if it is too thick.

Spoon on the remaining yoghurt, pile on the berries and remaining seeds, then serve.

MACROS
PER PORTION

CALORIES
415

PROTEIN
20G

CARBS
57G

FATS
10G

SPINACH PROTEIN PANCAKES

INGREDIENTS

- 284ml pot buttermilk
- 1 egg, beaten, plus 2 poached eggs per person, to serve (optional)
- 200g spinach
- 175g buckwheat flour
- 1 tsp gluten-free baking powder
- pinch of paprika
- rapeseed oil, for frying



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

25 MIN



PORTION

TWELVE



INSTRUCTION

Boil the kettle, and put the buttermilk and beaten egg in a food processor. Put the spinach in a colander and pour over boiling water to wilt. Squeeze out any excess water, add to the processor and blitz to a smooth puree.

Put all the dry ingredients, plus 1 tsp salt, in a bowl and gradually mix in the purée. If a little thick, add 1 tbsp water to loosen to a batter consistency.

Heat a drizzle of oil in a large, non-stick pan over a medium heat and spoon in two or three ladlefuls of batter. Cook for 1-2 mins or until bubbles appear, then flip over for 1 min more or until cooked. Repeat until you have 12 pancakes.

Serve topped with poached eggs, if you like.

MACROS PER PORTION

CALORIES
214

PROTEIN
11G

CARBS
34G

FATS
4G

VEGAN BANANA PANCAKES



PREPARATION

10 MINS



DIFFICULTY

EASY



COOKING

12 MINS



PORTION

TWELVE

INGREDIENTS

- 1 large ripe banana (around 150g)
- 2 tbsp golden caster sugar
- ¼ tsp fine salt
- 2 tbsp vegetable oil, plus extra for cooking
- 120g self-raising flour
- ½ tsp baking powder
- 150ml oat, almond milk or soya milk
- syrup, sliced banana and berries, to serve (optional)

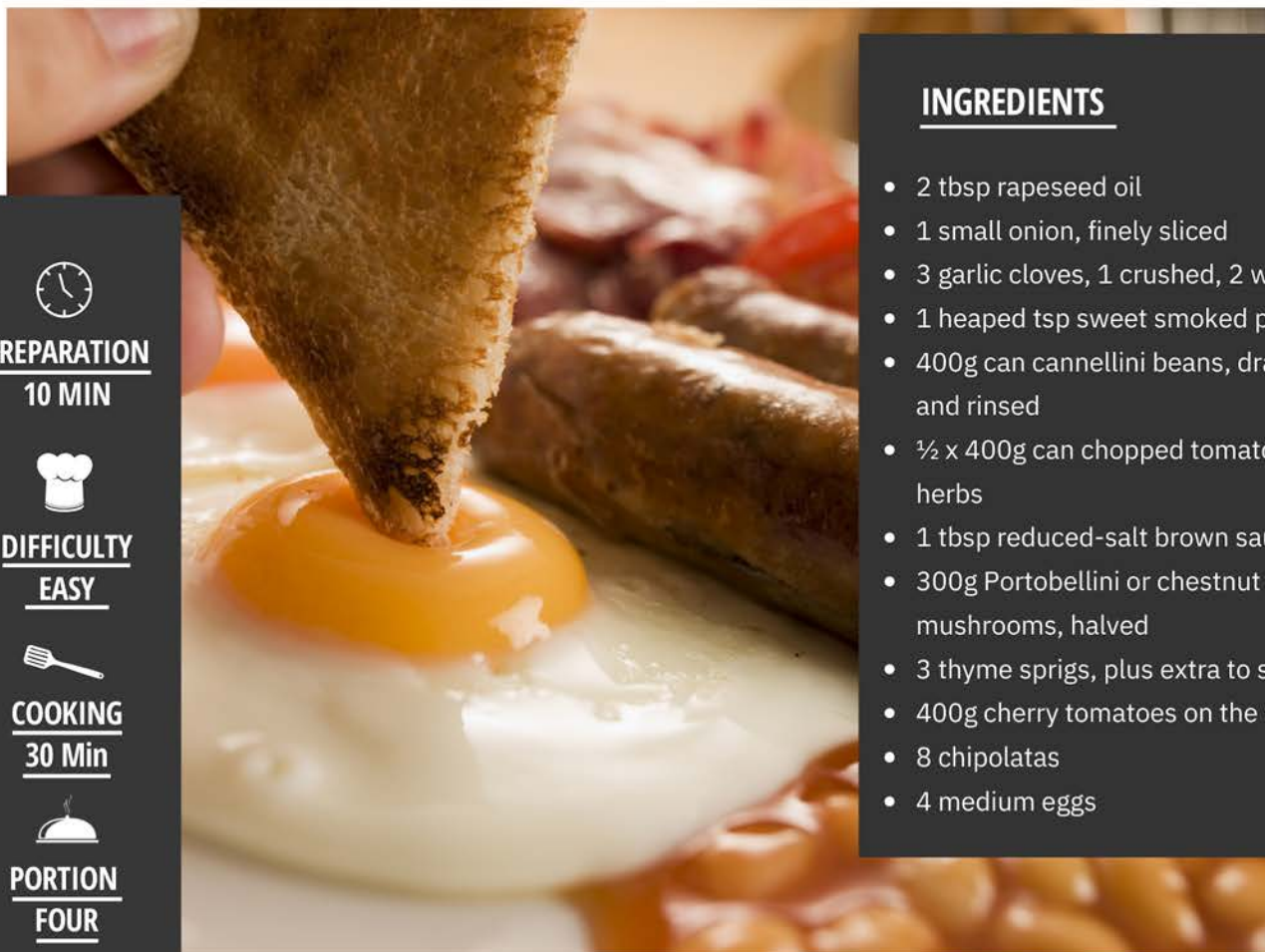
INSTRUCTION

Mash the banana in a mixing bowl. Stir in the sugar, salt and oil. Add the flour and baking powder and mix thoroughly. Make a well in the centre and gradually whisk in the milk. The batter should be a thick, droppable consistency.

Heat a little oil in a frying pan over a medium heat. Add 2 tbsp of the batter to make American-style pancakes. You will be able to make about 4-5 at a time.

Fry on each side for 2-3 mins until golden. Serve with syrup, sliced banana and berries, if you like.

HEALTHY COOKED BREAKFAST



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
30 Min



PORTION
FOUR

INGREDIENTS

- 2 tbsp rapeseed oil
- 1 small onion, finely sliced
- 3 garlic cloves, 1 crushed, 2 whole
- 1 heaped tsp sweet smoked paprika
- 400g can cannellini beans, drained and rinsed
- ½ x 400g can chopped tomatoes with herbs
- 1 tbsp reduced-salt brown sauce
- 300g Portobellini or chestnut mushrooms, halved
- 3 thyme sprigs, plus extra to serve
- 400g cherry tomatoes on the vine
- 8 chipolatas
- 4 medium eggs

MACROS PER PORTION



INSTRUCTION

Heat oven to 200C/180C fan/gas 6, heat 1 tbsp of the oil in a small saucepan. Add the onion fry over a medium heat for 8-10 mins. Add the crushed garlic and paprika and cook for 1 min more, then add the beans, chopped tomatoes and brown sauce and bring to the boil. Lower to a simmer and cook for 10-12 mins, stirring occasionally. Cover to keep warm and set aside.

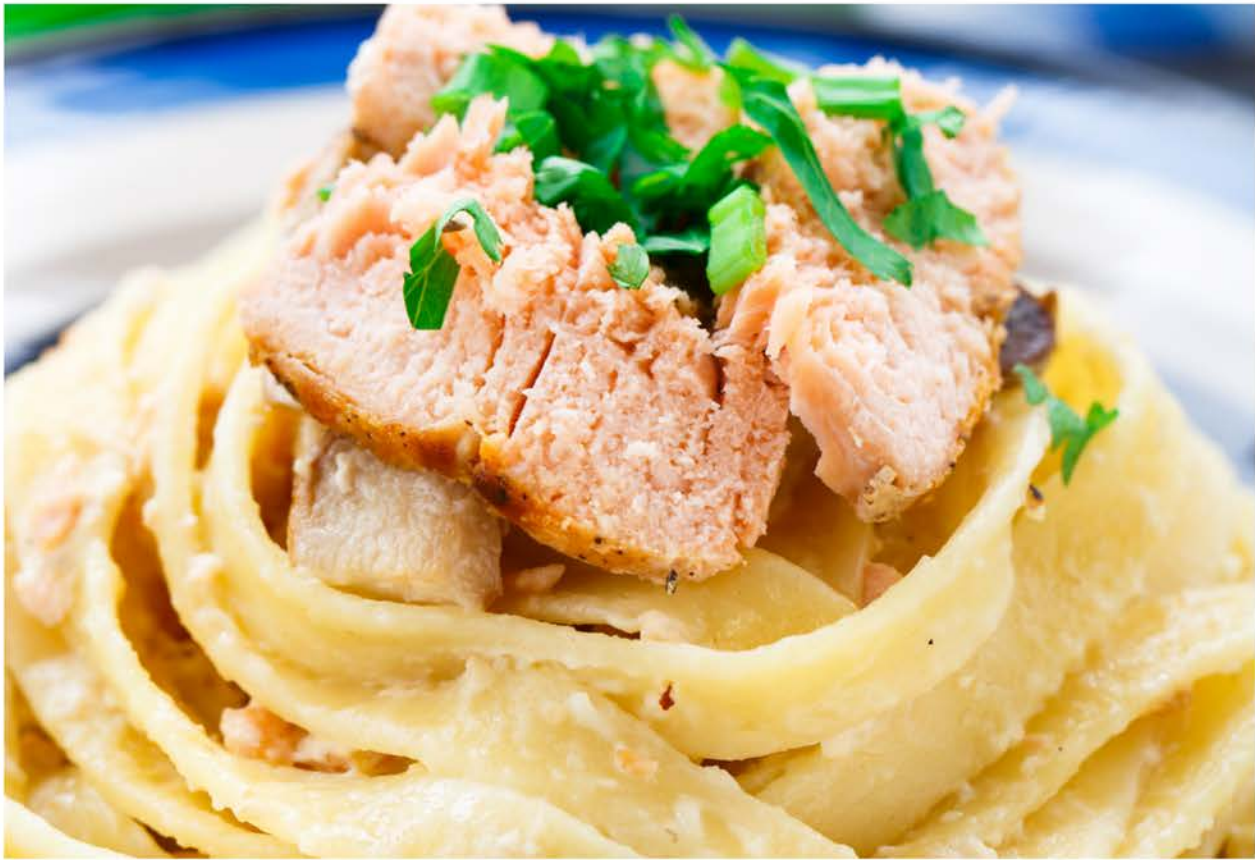
Toss the mushrooms, thyme and cherry tomatoes in a roasting tin with the remaining garlic and oil. Roast for 12 mins until the mushrooms and tomatoes are soft, then remove from the oven and cover to keep warm. Turn the grill to its highest setting. Put the chipolatas on a foil-lined baking sheet and grill for 4-5 mins on each side, or until golden brown and cooked through.

Crack the eggs into a small bowl. Bring a pan of lightly salted water to the boil and swirl vigorously with a wooden spoon to create a whirlpool. Once the whirlpool has almost subsided, tip in one egg, then lower the heat and gently cook for 3 mins. Scoop out with a slotted spoon, transfer to a plate and repeat with the remaining eggs. Serve the roasted veg with the sausages, eggs and beans, season and scatter with thyme leaves.



LUNCH

QUICK & EASY SALMON PASTA



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
15 Mins



PORTION
FOUR

INGREDIENTS

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

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

MACROS
PER PORTION

CALORIES
543

PROTEIN
31G

CARBS
4G

FATS
18G

TASTY TEN MINUTE COUS COUS

INGREDIENTS

- 100g couscous
- 200ml hot low salt vegetable stock (from a cube is fine)
- 2 spring onions
- 1 red pepper
- ½ cucumber
- 50g feta cheese, cubed
- 2 tbsp pesto
- 2 tbsp pine nuts



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

TWO



INSTRUCTION

Tip the couscous into a large bowl and pour over the stock. Cover, then leave for 10 mins until fluffy and all the stock has been absorbed.

Meanwhile, slice the onions and pepper, and dice the cucumber. Add these to the couscous, fork through the pesto, crumble in the feta, then sprinkle over pine nuts to serve.

MACROS
PER PORTION

CALORIES
327

PROTEIN
13G

CARBS
33G

FATS
17G

STEAK & BROCCOLI POTS



MACROS PER PORTION

CALORIES
385

PROTEIN
30G

CARBS
38G

FATS
10G



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

9 MIN



PORTION

TWO

INGREDIENTS

- 250g pack wholegrain rice mix with seaweed (Merchant Gourmet)
- 2 tbsp chopped sushi ginger
- 4 spring onions, the green part finely chopped, the white halved lengthways and cut into lengths
- 160g broccoli florets, cut into bite-sized pieces
- 225g lean fat-trimmed fillet steak

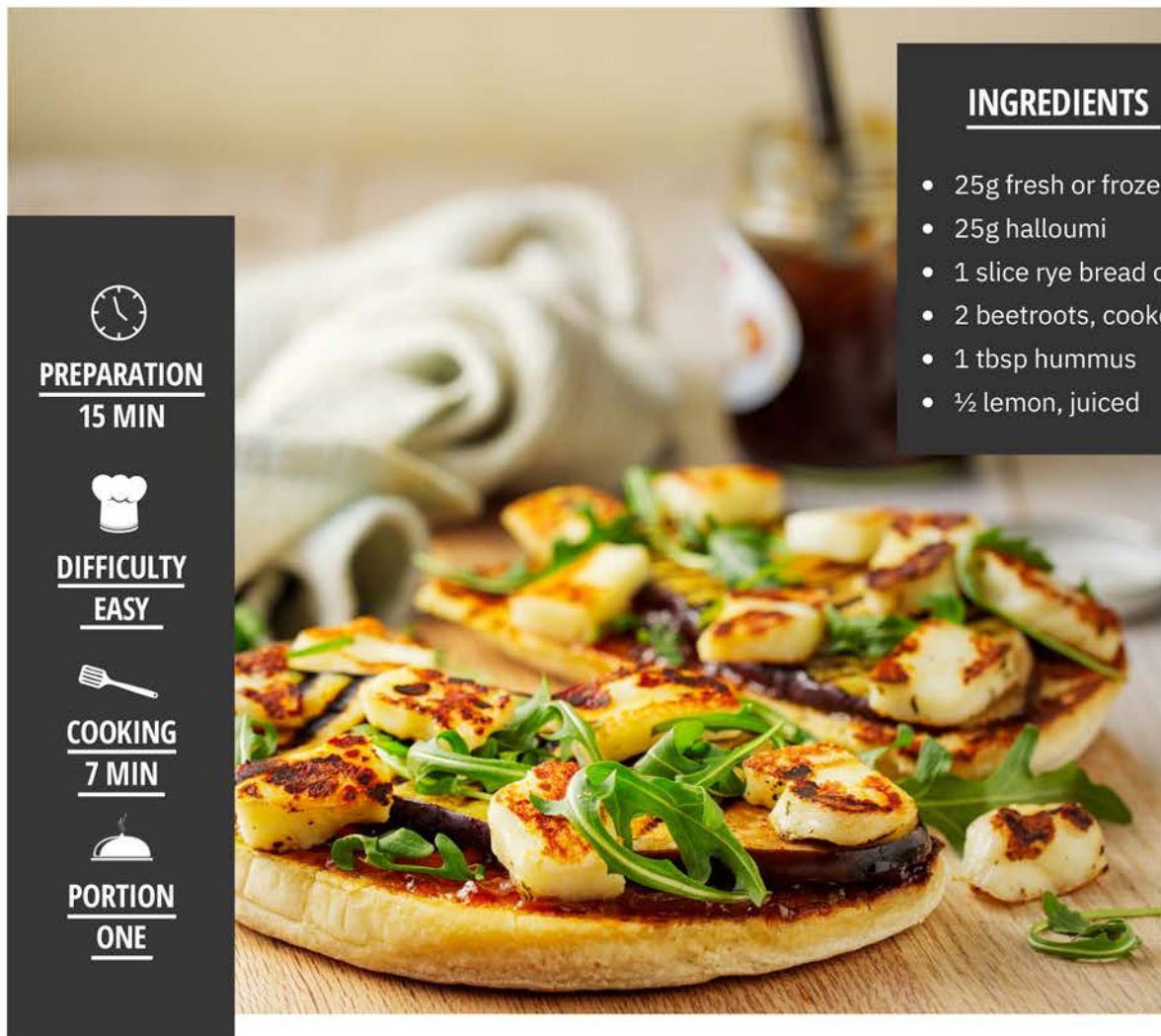
INSTRUCTION

Tip the rice mix into a bowl and stir in the ginger, chopped onion greens and 4 tbsp water. Add the broccoli and the spring onion whites, but keep the onions together, on top, as you will need them in the next step. Cover with cling film, pierce with the tip of a knife and microwave for 5 mins.

Meanwhile heat a non-stick frying pan and sear the steak for 2 mins each side, then set aside. Take the onion whites from the bowl and add to the pan so they char a little in the meat juices while the steak rests.

Tip the rice mixture into 2 large packed lunch pots or eat right away. Slice the steak, pile the charred onions on top and seal until you're ready to eat.

HALLOUMI & BEETROOT OPEN SANDWICH



PREPARATION
15 MIN



DIFFICULTY
EASY



COOKING
7 MIN



PORTION
ONE

INGREDIENTS

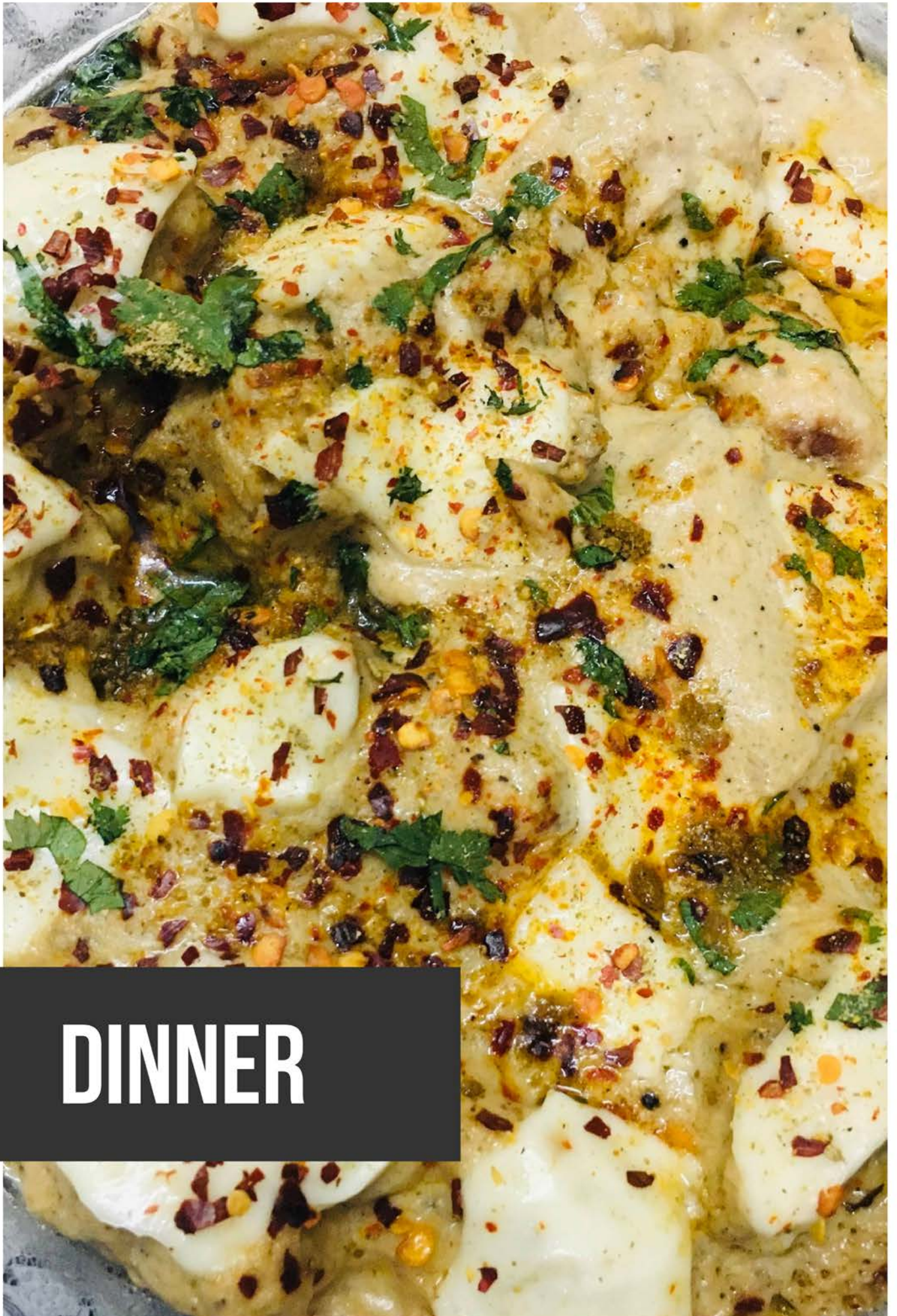
- 25g fresh or frozen broad beans
- 25g halloumi
- 1 slice rye bread or sourdough
- 2 beetroots, cooked and quartered
- 1 tbsp hummus
- ½ lemon, juiced

INSTRUCTION

Bring a saucepan of water to the boil, add the broad beans and cook for 1-2 mins. Drain and run under cold water, then peel off the outer skins. Put the beans to one side.

Heat grill to its highest setting. Put the halloumi on a baking tray and grill for 3 mins, turning halfway through to brown on both sides. Toast the bread and transfer to a serving plate.

Spread the hummus on the bread, then top with the beetroot and grilled halloumi. Scatter over the broad beans and lemon juice to serve.



DINNER

ONE POT GARLIC CHICKEN



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

FOUR

MACROS
PER PORTION

CALORIES

570

PROTEIN

44G

CARBS

17G

FATS

36G

INGREDIENTS

- 4 medium chicken breasts, skin removed, sliced crosswise into thick strips
- 75g plain flour
- 2 tbsp olive or rapeseed oil
- 50g unsalted butter
- 10-15 small garlic cloves, or to taste
- 250ml hot chicken stock
- 100ml double cream
- 30g Parmigiano-Reggiano, finely grated
- small bunch of flat-leaf parsley, finely chopped (optional)
- cooked rice and steamed green beans, to serve (optional)

INSTRUCTION

Tip the chicken into a shallow bowl and sprinkle over the flour. Season well. Heat the oil in a large frying pan over a medium-high heat and fry the chicken, shaking off any excess flour first, for 1-2 mins until lightly golden all over. (You may need to do this in batches.)

Reduce the heat to medium and add the butter. Peel as many garlic cloves as you prefer, and drop these into the pan. Cook for 5 mins until the garlic has turned lightly golden, stirring to keep the chicken from burning. Pour in the stock and simmer for 10 mins until the garlic is tender. Add the cream and cheese and simmer for a further 5 mins until the sauce thickens slightly.

Taste for seasoning and adjust as needed. Scatter with the chopped parsley, if using, and serve hot with rice and green beans, if you like.

THE MEXICAN CHICKEN BURGER



MACROS PER PORTION

CALORIES
709

PROTEIN
46G

CARBS
52G

FATS
34G



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

8 MIN



PORTION

ONE

INGREDIENTS

- 1 chicken breast
- 1 tsp chipotle paste
- 1 lime, juiced
- 1-2 slices cheese
- 1 brioche bun, split
- ½ avocado
- 2 cherry tomatoes, chopped
- 3-4 pickled jalapeño slices, chopped
- ½ small garlic clove, finely grated

INSTRUCTION

Put the chicken breast between two pieces of cling film and bash with a rolling pin or pan to about 1cm thick. Mix the chipotle paste with half the lime juice and spread over the chicken.

Heat a griddle pan over a high heat. Once hot, cook the chicken for 3 mins each side until cooked through, adding the cheese for the final 2 mins of cooking. Add the bun, cut-side down, to the griddle pan to toast lightly. Season the chicken.

Meanwhile, mash the avocado with the remaining lime juice. Stir in the cherry tomatoes, jalapeño and garlic, and season with a little salt. Spread over the base of the bun, then add the chicken followed by the top of the bun.

SPEED COD TRAYBAKE



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

20 MIN



PORTION

TWO

INGREDIENTS

- ½ tbsp olive oil, plus a drizzle
- 1 onion, chopped
- 1 tsp smoked paprika, plus a pinch
- ½-1 tbsp chipotle paste
- 200g long-stem broccoli
- 400ml hot vegetable stock
- 150g orzo
- ½ small bunch of dill, chopped
- ½ small bunch of parsley, chopped
- 50g frozen peas
- 2 sustainable skinless cod fillets
- 4 tbsp fat-free yoghurt

INSTRUCTION

Heat the oven to 200C/180C fan/gas 6. Heat the oil in a deep ovenproof frying pan, and fry the onion for 5 mins until tender. Add the paprika, chipotle paste, broccoli and stock. Stir in the orzo, and transfer to the oven for 10 mins.

Stir in half the herbs and the peas, and nestle the fish into the orzo. Sprinkle over a pinch of paprika and drizzle with oil, then season. Cook for 8-10 mins until the fish is cooked and the orzo is tender. Mix the remaining herbs with the yoghurt. Loosen with a little water if needed, then serve with the orzo and fish.

**MACROS
PER PORTION**

CALORIES
618

PROTEIN
57G

CARBS
78G

FATS
6G

LEAN BOLOGNESE

MACROS
PER PORTION



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

20 MIN



PORTION

TWO



INGREDIENTS

- 100g wholewheat linguine
- 2 tsp rapeseed oil
- 1 fennel bulb, finely chopped
- 2 garlic cloves, sliced
- 200g pork mince with less than 5% fat
- 200g whole cherry tomatoes
- 1 tbsp balsamic vinegar
- 1 tsp vegetable bouillon powder
- generous handful chopped basil

INSTRUCTION

Bring a large pan of water to the boil, then cook the linguine following pack instructions, about 10 mins.

Meanwhile, heat the oil in a non-stick wok or wide pan. Add the fennel and garlic and cook, stirring every now and then, until tender, about 10 mins.

Tip in the pork and stir-fry until it changes colour, breaking it up as you go so there are no large clumps. Add the tomatoes, vinegar and bouillon, then cover the pan and cook for 10 mins over a low heat until the tomatoes burst and the pork is cooked and tender. Add the linguine and basil and plenty of pepper, and toss well before serving.

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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