

06

ULTIMATE TASTE

Recipe Book

JUNE EDITION





JUNE

SUMMER 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

GREEN SMOOTHIE

RECIPE 2

VEGGIE COOKED
BREAKFAST

RECIPE 3

FROZEN BERRY
YOGHURT

RECIPE 4

CREAMY MUSHROOMS
ON TOAST

LUNCH

RECIPE 1

FETA AND CLEMENTINE
LUNCH BOWL

RECIPE 2

VEGAN CHICKPEA CURRY
JACKET SPUDS

RECIPE 3

CHICKEN SATAY SALAD

RECIPE 4

VEGETARIAN CLUB
SANDWICH

DINNER

RECIPE 1

FALAFEL BURGERS

RECIPE 2

PESTO LASAGNE

RECIPE 3

THAI PRAWN CURRY

RECIPE 4

CHICKEN AND TOMATOES



BREAKFAST

GREEN SMOOTHIE



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
N/A



PORTION
TWO

INGREDIENTS

- 1 handful spinach (about 50g/2oz), roughly chopped
- 100g broccoli florets, roughly chopped
- 2 celery sticks
- 4 tbsp desiccated coconut
- 1 banana
- 300ml rice milk (good dairy alternative)
- ¼ tsp spirulina or 1 scoop of greens powder or vegan protein powder (optional)

INSTRUCTION

Whizz 300ml water and the ingredients in a blender until smooth.

MACROS
PER PORTION

CALORIES
243

PROTEIN
7G

CARBS
27G

FATS
10G

VEGGIE COOKED BREAKFAST

INGREDIENTS

- 4 large field mushrooms
- 8 tomatoes, halved
- 1 garlic clove, thinly sliced
- 2 tsp olive oil
- 200g bag spinach
- 4 eggs



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

FOUR



INSTRUCTION

Heat oven to 200C/180C fan/gas 6.

Put the mushrooms and tomatoes into 4 ovenproof dishes. Divide garlic between the dishes, drizzle over the oil and some seasoning, then bake for 10 mins.

Meanwhile, put the spinach into a large colander, then pour over a kettle of boiling water to wilt it. Squeeze out any excess water, then add the spinach to the dishes. Make a little gap between the vegetables and crack an egg into each dish.

Return to the oven and cook for a further 8-10 mins or until the egg is cooked to your liking.

MACROS
PER PORTION

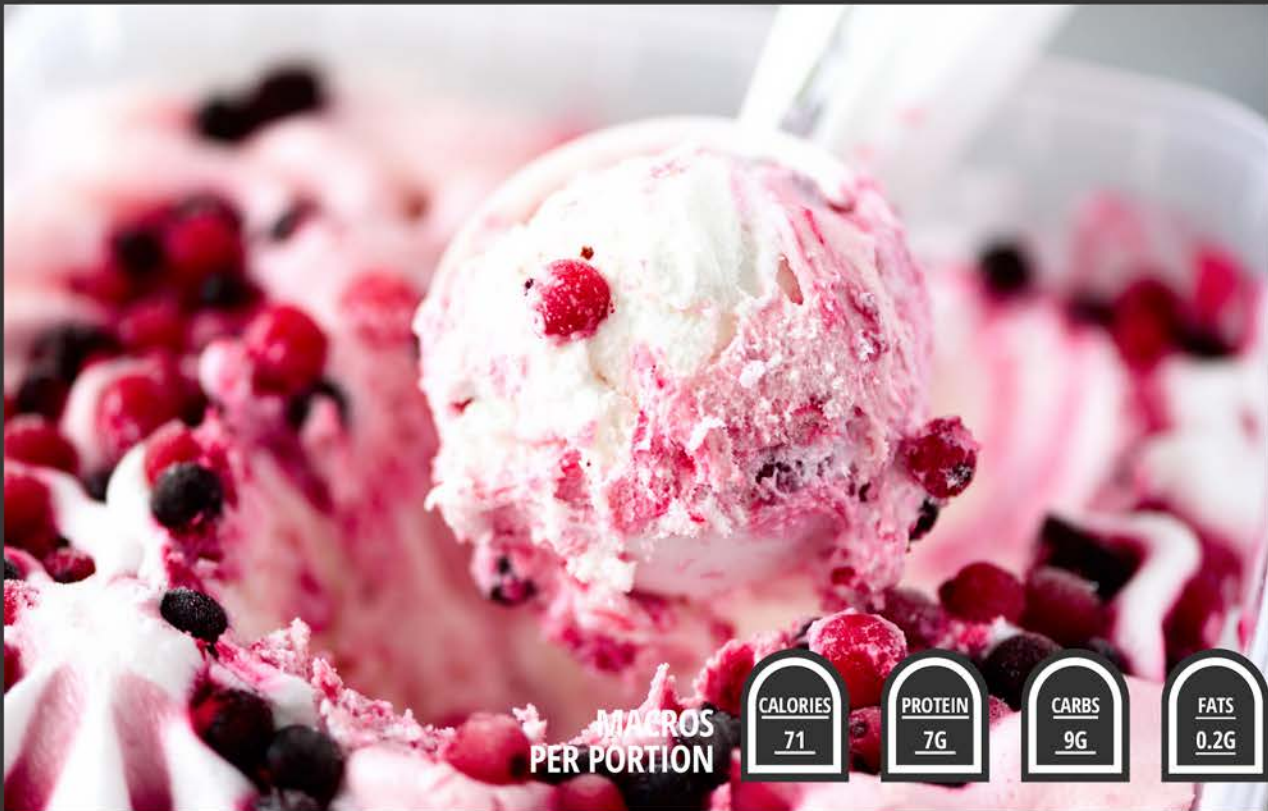
CALORIES
127

PROTEIN
9G

CARBS
5G

FATS
8G

FROZEN BERRY YOGHURT



MACROS
PER PORTION

CALORIES
71

PROTEIN
7G

CARBS
9G

FATS
0.2G



PREPARATION

2 MINS



DIFFICULTY

EASY



COOKING

N/A



PORTION

FOUR

INGREDIENTS

- 250g frozen mixed berry
- 250g 0%-fat Greek yoghurt
- 1 tbsp honey

INSTRUCTION

Blend berries, yoghurt and honey in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture.

Scoop into bowls and serve.

CREAMY MUSHROOMS ON TOAST



PREPARATION
5 MIN



DIFFICULTY
EASY



COOKING
5 MIN



PORTION
ONE

INGREDIENTS

- 1 slice wholemeal bread
- 1 ½ tbsp light cream cheese
- 1 tsp rapeseed oil
- 3 handfuls sliced, small flat mushrooms
- 2 tbsp skimmed milk
- ¼ tsp wholegrain mustard
- 1 tbsp snipped chives

MACROS PER PORTION

CALORIES
187

PROTEIN
13G

CARBS
17G

FATS
6G

INSTRUCTION

Toast the bread, then spread with a little of the cream cheese.

Meanwhile, heat the oil in a non-stick pan and cook the mushrooms, stirring frequently, until softened. Spoon in the milk, remaining cheese and the mustard and stir well until coated.

Tip onto the toast and top with chives.



LUNCH

FETA & CLEMENTINE LUNCH BOWL



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

TWO

INGREDIENTS

- 1 red onion, halved and thinly sliced
- 1 lemon, zested and juiced
- 2 clementines, 1 zested, flesh sliced
- 2 garlic cloves, chopped
- 400g can green lentils, drained
- 1 tbsp balsamic vinegar
- 1 ½ tbsp rapeseed oil
- 1 red pepper, quartered and sliced
- 60g feta, crumbled
- small handful mint, chopped
- 4 walnut halves, chopped

INSTRUCTION

Mix the onion with the lemon juice, lemon and clementine zest and garlic and tip the lentils into two bowls or lunchboxes and drizzle over the balsamic and 1 tbsp oil.

Heat the remaining oil in a large non-stick wok, add the pepper and stir-fry for 3 mins. Tip in half the onion and cook until tender. Pile on top of the lentils, then mix the clementines, remaining onions, feta, mint and walnut pieces.

**MACROS
PER PORTION**

CALORIES
357

PROTEIN
13G

CARBS
29G

FATS
19G

VEGAN CHICKPEA CURRY JACKET SPUDS

INGREDIENTS

- 4 sweet potatoes
- 1 tbsp coconut oil
- 1 ½ tsp cumin seeds
- 1 large onion, diced
- 2 garlic cloves, crushed
- thumb-sized piece ginger, grated
- 1 green chilli, finely chopped
- 1 tsp garam masala
- 1 tsp ground coriander
- ½ tsp turmeric
- 2 tbsp tikka masala paste
- 2 x 400g can chopped tomatoes
- 2 x 400g can chickpeas, drained
- lemon wedges and coriander leaves, to serve



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

45 MIN



PORTION

FOUR



INSTRUCTION

Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, put on a baking tray and roast for 45 mins or until tender when pierced with a knife. Melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened. Put the garlic, ginger and green chilli into the pan, and cook for 2-3 mins. Add the spices and tikka masala paste and cook for a further 2 mins and tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened and season.

Put the roasted sweet potatoes on four plates and cut open lengthways. Spoon over the chickpea curry and squeeze over the lemon wedges. Season, then scatter with coriander before serving.

MACROS
PER PORTION

CALORIES
276

PROTEIN
12G

CARBS
32G

FATS
9G

CHICKEN SATAY SALAD



MACROS
PER PORTION

CALORIES
353

PROTEIN
38G

CARBS
24G

FATS
10G



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

5-10 MIN



PORTION

TWO

INGREDIENTS

- 1 tbsp tamari
- 1 tsp medium curry powder
- ¼ tsp ground cumin
- 1 garlic clove, finely grated
- 1 tsp clear honey
- 2 skinless chicken breast fillets (or use turkey breast)
- 1 tbsp crunchy peanut butter
- 1 tbsp sweet chilli sauce
- 1 tbsp lime juice
- sunflower oil, for wiping the pan
- 2 Little Gem lettuce hearts, cut into wedges
- ¼ cucumber, halved and sliced
- 1 banana shallot, halved and thinly sliced
- coriander, chopped
- seeds from ½ pomegranate

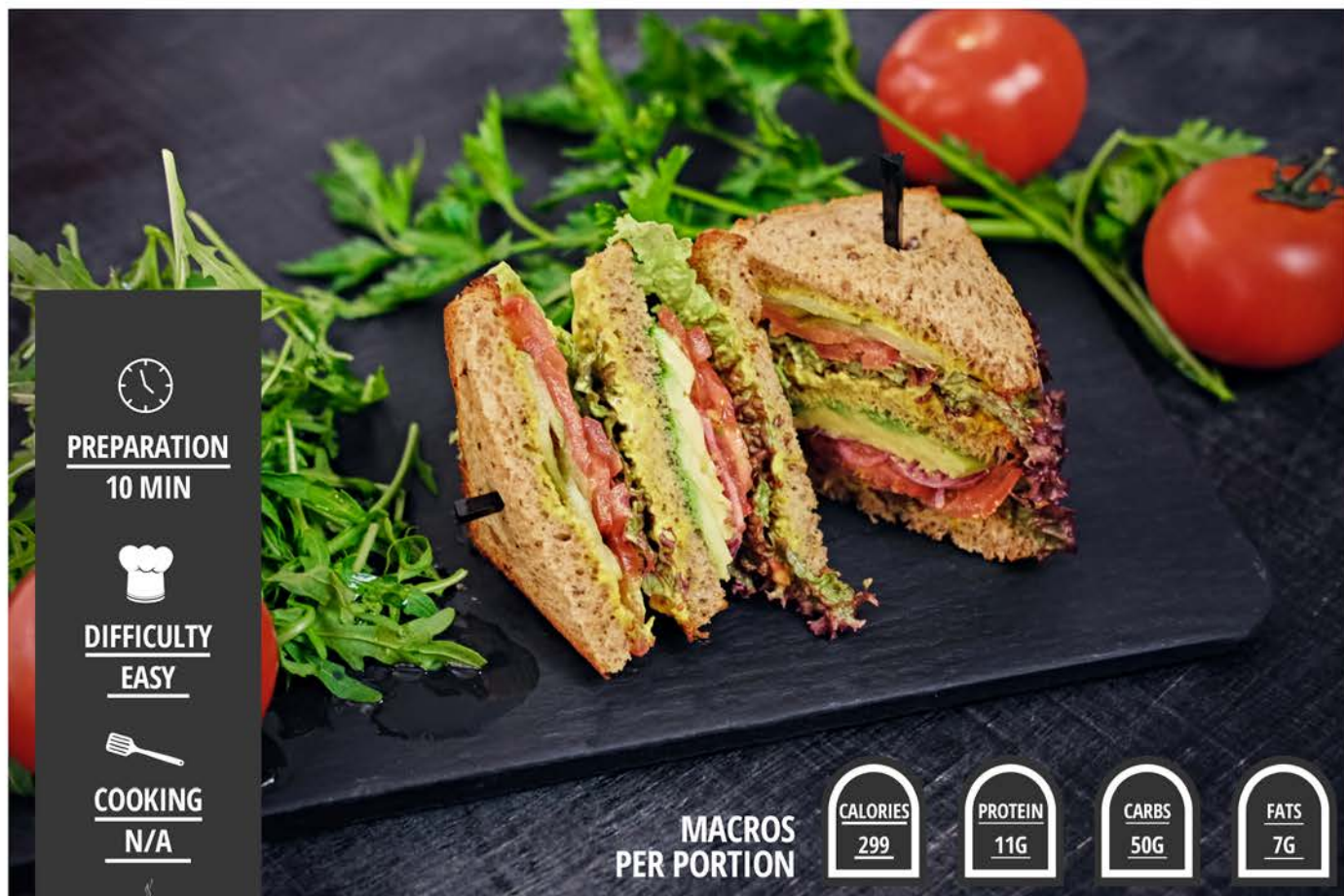
INSTRUCTION

Pour the tamari into a large dish, stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.

Mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min. Set aside, covered, to rest for a few mins.

Toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.

VEGETARIAN CLUB SANDWICH



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
N/A



PORTION
ONE

MACROS
PER PORTION

CALORIES
299

PROTEIN
11G

CARBS
50G

FATS
7G

INSTRUCTION

Toast the bread. Meanwhile, mix the watercress, carrot, lemon juice and olive oil together.

In a small bowl spread the hummus over each slice of toast. Top 1 slice with the watercress and carrot salad, sandwich with another slice of toast and top with the tomato.

Lay the final slice of bread, hummus side down, then press down and eat as is or cut the sandwich into quarters.

INGREDIENTS

- 3 slices granary bread
- 1 large handful watercress
- 1 carrot, peeled and coarsely grated
- small squeeze lemon juice
- 1 tbsp olive oil
- 2 dessertspoons reduced-fat hummus
- 2 tomatoes, thickly sliced



DINNER

FALAFEL BURGERS



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

6 MIN



PORTION

FOUR

INGREDIENTS

- 400g can chickpeas, rinsed and drained
- 1 small red onion, roughly chopped
- 1 garlic clove, chopped
- handful of flat-leaf parsley or curly parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp harissa paste or chilli powder
- 2 tbsp plain flour
- 2 tbsp sunflower oil
- toasted pitta bread, to serve
- 200g tub tomato salsa, to serve
- green salad, to serve

INSTRUCTION

Drain the chickpeas and pat dry with kitchen paper. Tip into a food processor along with the onion, garlic, parsley, cumin, coriander, harissa paste, flour and a little salt and blend until fairly smooth.

Shape into four patties with your hands. Heat the sunflower oil in a non-stick frying pan, and fry the burgers for 3 mins on each side until lightly golden.

Serve with the toasted pitta bread, tomato salsa and green salad.

MACROS
PER PORTION

CALORIES
161

PROTEIN
6G

CARBS
18G

FATS
8G

PESTO LASAGNE



MACROS
PER PORTION

CALORIES
787

PROTEIN
21G

CARBS
27G

FATS
62G



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

45 MIN



PORTION

FOUR - SIX

INGREDIENTS

- 190g jar pesto
- 500g tub mascarpone
- 200g bag spinach, roughly chopped
- 250g frozen pea
- small pack basil, leaves chopped, and a few leaves reserved to finish
- small pack mint, leaves chopped
- 12 fresh lasagne sheets
- splash of milk
- 85g parmesan, grated (or vegetarian alternative)
- 50g pine nuts
- green salad, to serve (optional)

INSTRUCTION

Heat oven to 180C/160C fan/gas 4. Place the pesto, half the mascarpone and 250ml water in a pan. Heat and mix until smooth and bubbling. Add the spinach and peas and cook for a few more mins until the spinach has wilted and the peas thawed. Add the herbs and season.

Place a third of the pesto mixture into a baking dish roughly 18 x 25cm. Top with 4 lasagne sheets, then repeat with 2 more layers of sauce and lasagne sheets, finishing with a layer of pasta. Mix enough milk into the remaining mascarpone to make a white sauce consistency, season, then pour over the top. Sprinkle with the Parmesan and pine nuts. Bake for 35-40 mins until golden brown on top and bubbling around the edges.

Scatter over the reserved basil leaves and serve with a green salad.

THAI PRAWN CURRY



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

FOUR

INGREDIENTS

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp fresh root ginger
- 1-2 tsp Thai red curry paste
- 400g can chopped tomatoes
- 50g sachet coconut cream
- 400g raw frozen prawns
- coriander, chopped, to serve

INSTRUCTION

Heat the oil in a medium saucepan and tip in the onion and ginger, then cook for a few mins until softened. Stir in the curry paste, then cook for 1 min more. Pour over the chopped tomatoes and coconut cream. Bring to the boil, then leave to simmer for 5 mins, adding a little boiling water if the mixture gets too thick.

Tip in the prawns, then cook for 5-10 mins more, depending on how large they are. Serve alongside some plain rice and sprinkle with a little chopped coriander.

**MACROS
PER PORTION**



CHICKEN AND TOMATOES

MACROS
PER PORTION



PREPARATION

25 MIN



DIFFICULTY

EASY



COOKING

25 MIN



PORTION

FOUR



INGREDIENTS

- 1 tbsp olive oil
- 4 boneless skinless chicken breasts
- 200g pack cherry tomatoes
- 3 tbsp pesto
- 3 tbsp crème fraîche (half fat is fine)
- fresh basil, if you have it

INSTRUCTION

Heat the oil in a frying pan, preferably non-stick. Add the chicken and fry without moving it until it takes on a bit of colour. Turn the chicken and cook on the other side. Continue cooking for 12-15 mins until the chicken is cooked through. Season all over with a little salt and pepper.

Halve the tomatoes and throw them into the pan, stirring them around for a couple of minutes until they start to soften. Reduce the heat and stir in the pesto and crème fraîche until it makes a sauce.

Scatter with a few basil leaves if you have them, then serve with rice and salad or mash and broccoli.

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

No parts of this recipe book shall be copied,
edited or otherwise published without prior
consent of The Retention Hub.

Copyright 2023© All rights reserved