

09

# ULTIMATE TASTE

*Recipe Book*

SEPTEMBER EDITION





# SEPTEMBER

## AUTUMN 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

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WARM BERRY COMPOTE  
WITH YOGHURT

### RECIPE 2

PEANUT BUTTER  
OVERNIGHT OATS

### RECIPE 3

MEDITERRANEAN OMELETTE

### RECIPE 4

SCRAMBLED EGGS WITH  
BASIL, SPINACH &  
TOMATOES

## LUNCH

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### RECIPE 1

MINT & BASIL GRIDDLED  
PEACH SALAD

### RECIPE 2

STUFFED RAINBOW  
BAGUETTE

### RECIPE 3

LEMON & YOGHURT CHICKEN  
FLATBREAD

### RECIPE 4

SALMON SALAD WITH  
SESAME DRESSING

## DINNER

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### RECIPE 1

CREAMY SALMON, LEEK &  
POTATO TRAYBAKE

### RECIPE 2

SUMMER MEATBALLS &  
SPAGHETTI

### RECIPE 3

VEGAN CHILLI

### RECIPE 4

VEGETARIAN THAI GREEN  
CURRY



# BREAKFAST

# WARM BERRY COMPOTE WITH YOGHURT



PREPARATION

2 MIN



DIFFICULTY

EASY



COOKING

5 MIN



PORTION

TWO

## INGREDIENTS

- 100g mixed frozen berries
- 2 soft pitted dates, finely chopped
- 200g full fat live Greek yoghurt

## INSTRUCTION

Put frozen berries and dates in a saucepan and heat gently for 3-5 minutes or until the fruit has thawed and warmed, keep stirring regularly. Add a splash of water if needed - this will help soften the fruit.

Divide the yoghurt between two bowls and spoon the warm compote on top, eat immediately.

MACROS  
PER PORTION

CALORIES  
190

PROTEIN  
6G

CARBS  
17G

FATS  
10G

# PEANUT BUTTER OVERNIGHT OATS

## INGREDIENTS

- 80g frozen raspberries
- 50g rolled porridge oats
- 1 tsp maple syrup
- 1 tbsp peanut butter



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE



## INSTRUCTION

Stir the frozen raspberries into your oats with 150ml water and a pinch of salt, then cover and chill in the fridge overnight.

The next day, mix in the maple syrup, then top the oats with the peanut butter.

MACROS  
PER PORTION

CALORIES  
345

PROTEIN  
11G

CARBS  
44G

FATS  
12G

# MEDITERRANEAN OMELETTE



MACROS  
PER PORTION

CALORIES  
359

PROTEIN  
21.2G

CARBS  
12.3G

FATS  
23.6G



**PREPARATION**

**5 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**10 MIN**



**PORTION**

**ONE**

## INGREDIENTS

- 1 tbsp olive oil
- 50g baby mushrooms, chopped
- 1 red pepper (capsicum), deseeded and chopped
- 2 large free-range eggs
- 50g tinned cannellini beans, washed and drained
- chilli flakes
- sea salt
- black pepper

## INSTRUCTION

Heat the oil in a frying pan over medium heat. Add the mushrooms and pepper and cook for 3-4 minutes, or until the pepper has softened.

Meanwhile, whisk the eggs in a large bowl. Add the cooked mushroom, pepper and beans to the mixture. Season with salt and pepper.

Pour the mixture back into the frying pan and sprinkle over chilli flakes. Cook until the eggs begin to set, flipping once.

# SCRAMBLED EGGS WITH BASIL, SPINACH & TOMATOES



**PREPARATION**  
5 MIN



**DIFFICULTY**  
EASY



**COOKING**  
5 MINS



**PORTION**  
TWO

## INGREDIENTS

- 1 tbsp olive oil, plus 1 tsp
- 3 tomatoes, halved
- 4 large eggs
- 4 tbsp natural bio yoghurt
- 1/3 small pack basil, chopped
- 175g baby spinach, dried well (if it needs washing)

**MACROS**  
**PER PORTION**

**CALORIES**  
297

**PROTEIN**  
20G

**CARBS**  
10G

**FATS**  
20G

## INSTRUCTION

Heat 1 tsp oil in a large non-stick frying pan, add the tomatoes and cook, cut-side down, over a medium heat. While they are cooking, beat the eggs in a jug with the yoghurt, 2 tbsp water, plenty of black pepper and the basil.

Transfer the tomatoes to serving plates. Add the spinach to the pan and wilt, stirring a few times while you cook the eggs.

Heat the rest of the oil in a non-stick pan over a medium heat, pour in the egg mixture and stir every now and then until scrambled and just set. Spoon the spinach onto the plates and top with the scrambled eggs.





# LUNCH

# MINT & BASIL GRIDDLED PEACH SALAD



**PREPARATION**  
10 MIN



**DIFFICULTY**  
EASY



**COOKING**  
25 MIN



**PORTION**  
TWO

## INGREDIENTS

- 1 lime, zested and juiced
- 1 tbsp rapeseed oil
- 2 tbsp finely chopped mint, plus a few whole leaves to serve
- 2 tbsp basil, chopped
- 2 peaches (300g), quartered
- 75g quinoa
- 160g fine beans, trimmed and halved
- 1 small red onion, very finely chopped
- 1 large Little Gem lettuce (165g), roughly chopped
- 1/2 x 60g pack rocket
- 1 small avocado, stoned and sliced

## INSTRUCTION

Mix the lime zest and juice, oil, mint and basil, then put half in a bowl with the peaches. Meanwhile, cook the quinoa following pack instructions. Cook the beans for 3-4 mins until just tender. Griddle the peaches for 1 min on each side. If you don't have a griddle pan, use a large non-stick frying pan with a drop of oil. Drain the quinoa and divide between shallow bowls. Toss the warm beans and onion in the remaining mint mixture and pile on top of the quinoa with the lettuce and rocket. Top with the avocado and peaches and scatter over the mint leaves. Serve while still warm.

**MACROS  
PER PORTION**

**CALORIES**  
395

**PROTEIN**  
10G

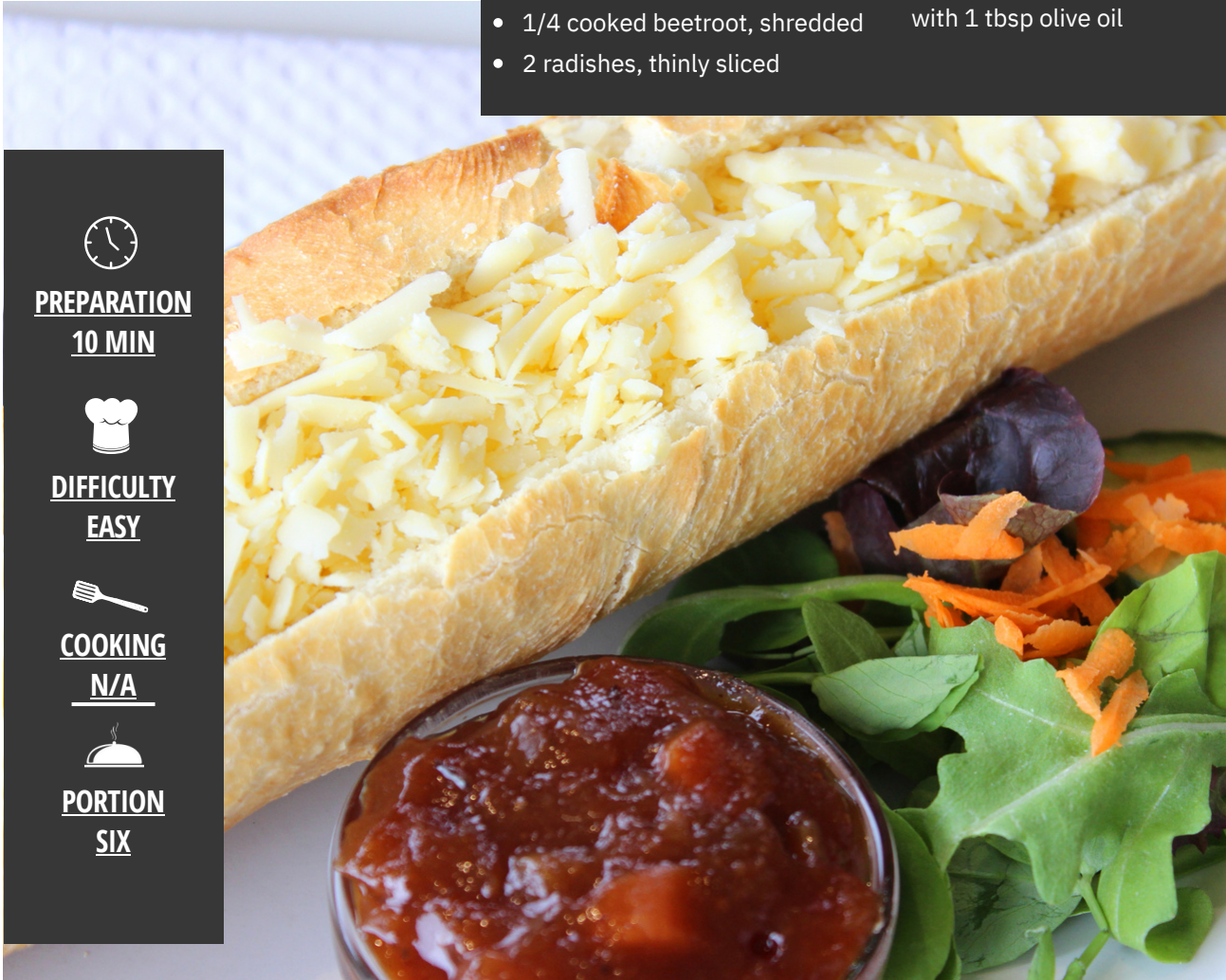
**CARBS**  
40G

**FATS**  
18G

# STUFFED RAINBOW BAGUETTE

## INGREDIENTS

- 1 artisan-style baguette
- 4 tbsp hummus
- 8 slices medium cheddar
- 1/4 red pepper, thinly sliced
- 1/4 cooked beetroot, shredded
- 2 radishes, thinly sliced
- 1 yellow or orange carrot, shredded or grated
- handful green leaves
- 1 tbsp vegetarian pesto, mixed with 1 tbsp olive oil



**PREPARATION**  
**10 MIN**



**DIFFICULTY**  
**EASY**



**COOKING**  
**N/A**



**PORTION**  
**SIX**

## INSTRUCTION

Cut the baguette in half so you can open it out like a book.

Spread the hummus over the bottom half of the baguette and add the cheese, breaking the slices up if you need to. Scatter the pepper, beetroot, radish and carrot along the baguette, then add the leaves, dribble with the pesto and close the baguette.

Wrap the baguette tightly in baking parchment and tie securely with string and eat when you're ready.

**MACROS**  
**PER PORTION**



# LEMON & YOGHURT CHICKEN FLATBREAD



**MACROS  
PER PORTION**

**CALORIES**  
364

**PROTEIN**  
28G

**CARBS**  
41G

**FATS**  
9G



**PREPARATION**

**20 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**5-10 MIN**



**PORTION**

**FOUR**

## INGREDIENTS

- 2 skinless chicken breasts, cut into strips
- 1 lemon
- 1 tsp dried oregano (optional)
- 1 garlic clove, crushed
- pinch of cinnamon
- 1 tbsp olive oil
- 4 flatbreads
- 4 tbsp Greek yoghurt
- 1/4 red pepper, finely chopped
- 1 Little Gem lettuce, finely chopped

## INSTRUCTION

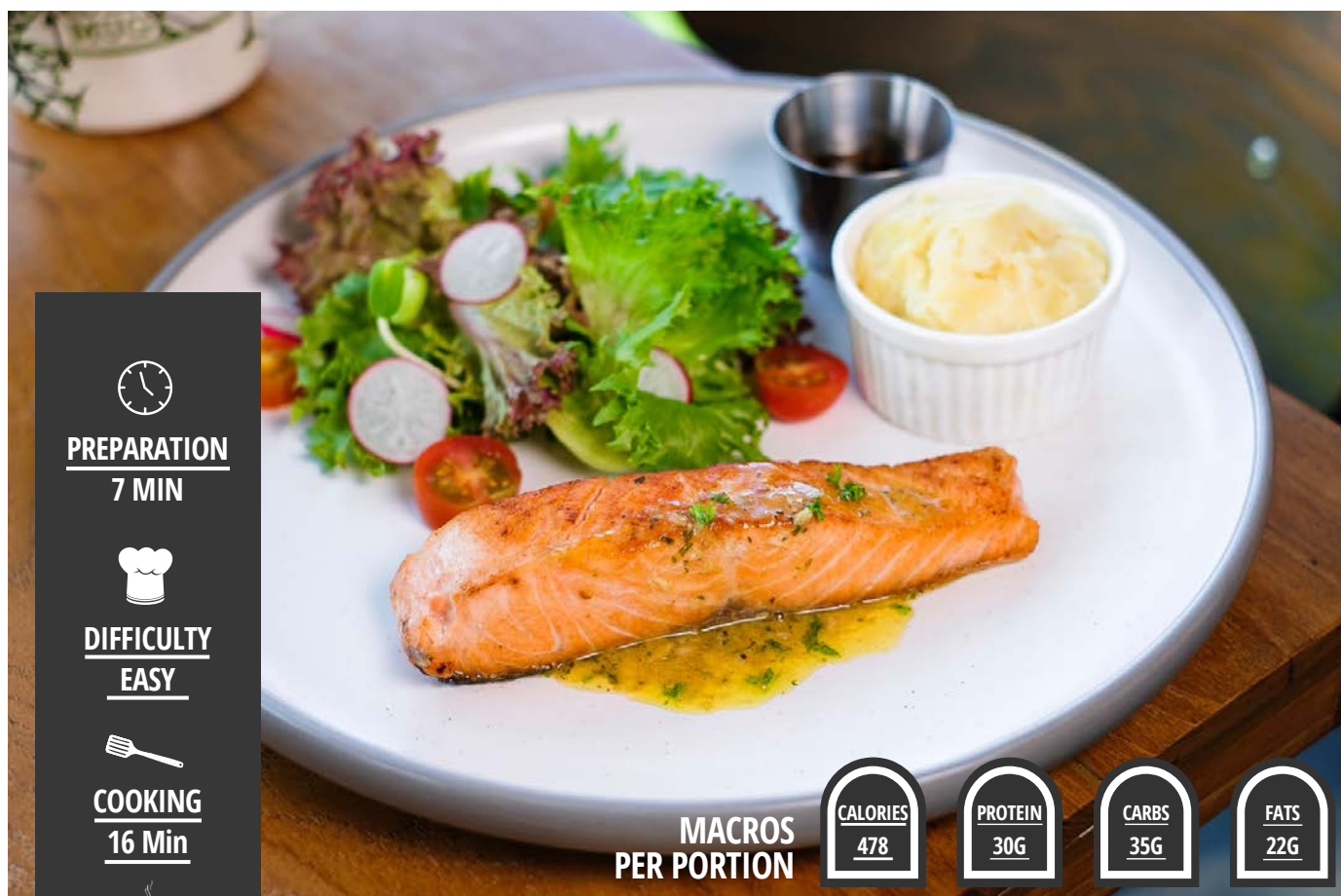
Put the chicken in a bowl. Pare strips of zest from the lemon using a vegetable peeler, then juice the lemon. Add lemon and half the juice to the chicken, along with the oregano, garlic, cinnamon and oil. Mix well, cover and chill for an hour.

Heat the griddle pan and add the chicken, cook for couple of minutes each side and season.

Warm the flatbreads on the edge the griddle for a minute, then transfer them to plates and spread each with 1/2 tbsp yoghurt. Divide the chicken strips between them, then dot on the remaining yoghurt and sprinkle over the pepper and lettuce.

Fold or roll the flatbreads to eat.

# SALMON SALAD WITH SESAME DRESSING



**PREPARATION**

**7 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**16 Min**



**PORTION**

**TWO**

**MACROS  
PER PORTION**

**CALORIES**  
478

**PROTEIN**  
30G

**CARBS**  
35G

**FATS**  
22G

## **INSTRUCTION**

Steam the potatoes and beans in a steamer basket set over a pan of boiling water for 8 mins. Arrange the salmon fillets on top and steam for a further 6-8 mins, or until the salmon flakes easily when tested with a fork.

Mix the dressing ingredients together along with the clementine juice. If eating straightaway, divide the salad leaves between two plates and top with the warm potatoes and beans and the clementine slices. Arrange the salmon fillets on top, scatter over the herbs and spoon over the dressing.

If taking to work, prepare the potatoes, beans and salmon the night before, then pack into a rigid airtight container with the salad leaves kept separate. Put the salad elements together and dress just before eating to prevent the leaves from wilting.

## **INGREDIENTS**

- 250g new potatoes, sliced
- 160g French beans, trimmed
- 2 wild salmon fillets
- 80g salad leaves
- 4 small clementines, 3 sliced, 1 juiced
- Handful of basil, chopped
- Handful of coriander, chopped

### **For the dressing**

- 2 tsp sesame oil
- 2 tsp tamari
- 1/2 lemon, juiced
- 1 red chilli, deseeded and chopped
- 2 tbsp finely chopped onion (1/4 small onion)



# DINNER

# CREAMY SALMON, LEEK & POTATO TRAYBAKE



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

35 MIN



PORTION

TWO

## INGREDIENTS

- 50g baby potatoes, thickly sliced
- 2 tbsp olive oil
- 1 leek halved, washed and sliced
- 1 garlic clove crushed
- 70ml double cream
- 1 tbsp capers, plus extra to serve
- 1 tbsp chives, plus extra to serve
- 2 skinless salmon fillets
- mixed rocket salad, to serve (optional)

## INSTRUCTION

Heat the oven to 200C/180C fan/gas 6. Bring a medium pan of water to the boil. Add the potatoes and cook for 8 mins and drain. Toss the potatoes with 1/2 of the oil and plenty of seasoning in a baking tray. Put in the oven for 20 mins, tossing halfway through the cooking time.

Meanwhile, heat the remaining oil in a frying pan over a medium heat. Add the leek and fry for 5 mins, or until beginning to soften. Stir through the garlic for 1 min, then add the cream, capers and 75ml hot water, then bring to the boil. Stir through the chives.

Heat the grill to high. Pour the creamy leek mixture over the potatoes, then sit the salmon fillets on top. Grill for 7-8 mins, or until just cooked through.

Serve topped with extra chives and capers and a salad on the side.

MACROS  
PER PORTION

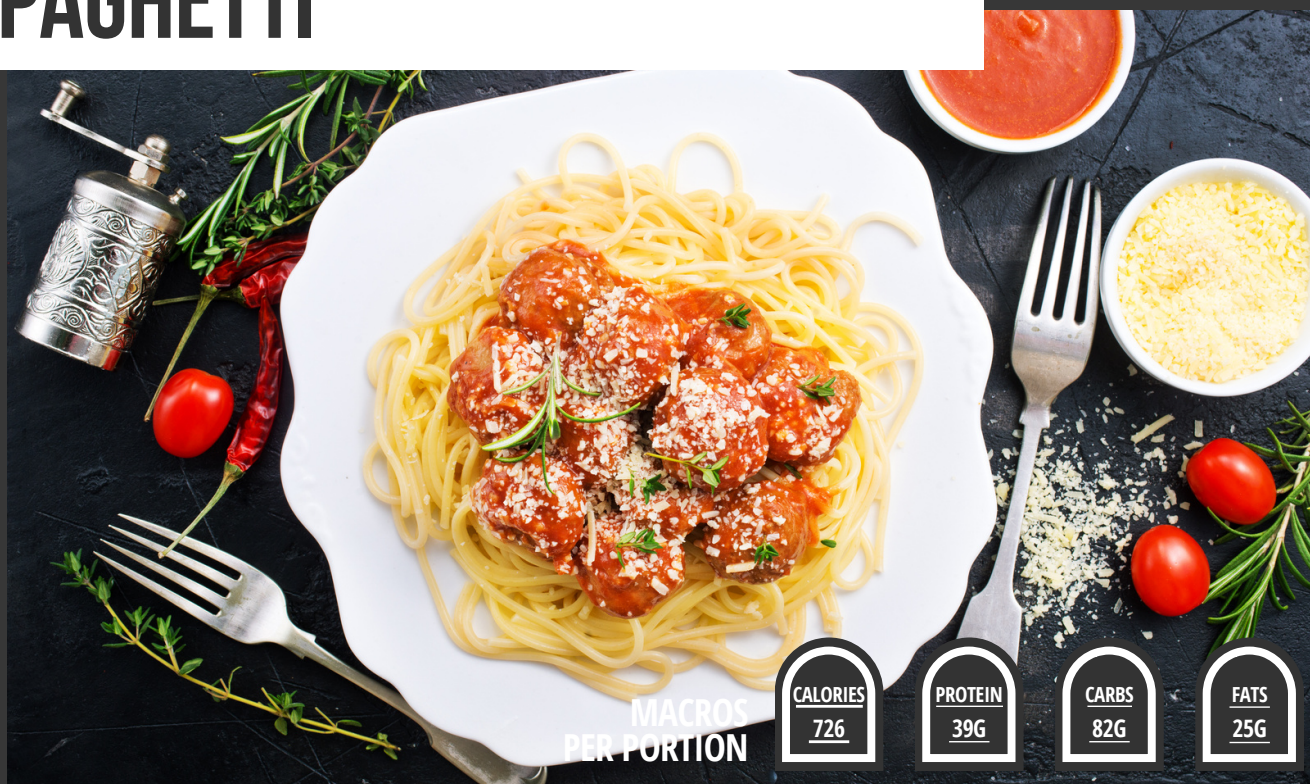
CALORIES  
326

PROTEIN  
26G

CARBS  
7G

FATS  
19G

# SUMMER MEATBALLS & SPAGHETTI



## INGREDIENTS

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 tsp fennel seeds
- 250g pork mince
- large handful parsley, leaves chopped, stalks finely chopped
- 1 large courgette, peeled into ribbons all around the edge, centre grated or finely chopped
- 200g spaghetti
- 1/2 a lemon, zested and juiced
- grated parmesan, to serve

## INSTRUCTION

Heat 1/2 tbsp of the olive oil in a large frying pan over a medium heat. Add the onion and soften for 5 mins, then add the garlic and fennel and cook for 2 mins longer. Tip into a bowl. Add the pork mince, parsley stalks and grated courgette to the bowl, season well, mix, and shape into 10 meatballs. Heat the remaining oil in the frying pan, add the meatballs and fry for 5-8 mins, turning occasionally, until golden brown and cooked through. Set the pan aside.

Bring a pan of salted water to the boil and cook the spaghetti for 1 min less than pack instructions. Using tongs, transfer the pasta to the pan of meatballs, sloshing in some of the cooking water as you go. Add the courgette ribbons to the pan and put it back over the heat. Toss the pasta and meatballs with the courgette ribbons in the pan with a ladleful of pasta water and add the lemon juice. Season well, tip into bowls and scatter over the chopped parsley leaves, lemon zest and a generous grating of parmesan.



**PREPARATION**

**15 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**20 MIN**



**PORTION**

**TWO**



# VEGAN CHILLI



**PREPARATION**

**2 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**30 MIN**



**PORTION**

**TWO**

## INGREDIENTS

- 400g pack oven-roasted vegetables
- 1 can kidney beans in chilli sauce
- 1 can chopped tomatoes
- 1 ready-to-eat mixed grain pouch

## INSTRUCTION

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

Cook the vegetables in a casserole dish for 15 mins. Tip in the beans and tomatoes, season, and cook for another 10-15 mins until piping hot.

Heat the pouch in the microwave on High for 1 min and serve with the chilli.

# VEGETARIAN THAI GREEN CURRY

MACROS  
PER PORTION

CALORIES  
339

PROTEIN  
6G

CARBS  
17G

FATS  
26G



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

40 MIN



PORTION

FOUR



## INGREDIENTS

- 2 tbsp vegetable oil
- 3 shallots, finely sliced
- 4 tbsp Thai green curry paste
- 1 red chilli, deseeded and finely chopped
- 350g butternut squash, peeled and cut into 1.5cm cubes
- 1 large red pepper, deseeded and cut into thick slices
- 400g can full fat coconut milk
- 5 lime leaves
- 150g mangetout
- 100g baby corn, halved lengthways
- 1 small bunch coriander, roughly chopped
- cooked rice and lime wedges, to serve

## INSTRUCTION

Heat the oil in a large flameproof casserole dish with a tight-fitting lid. Add the shallots with a generous pinch of salt and fry for 7-10 mins over a medium heat until softened and beginning to caramelize. Add the curry paste and chilli to the dish and fry for 2 mins. Tip in the squash and pepper, then stir through the coconut milk along with 200ml water. Add the lime leaves, cover and cook for 15-20 mins or until the squash is tender.

Stir the mangetout and baby corn through the curry, then re-cover, cooking over a medium-low heat for a further 5 mins or until the veg is just cooked. Season and stir through half the coriander. Remove the lime leaves and discard. Spoon the curry into deep bowls, scatter with the remaining coriander and serve with rice and lime wedges for squeezing over.

# 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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