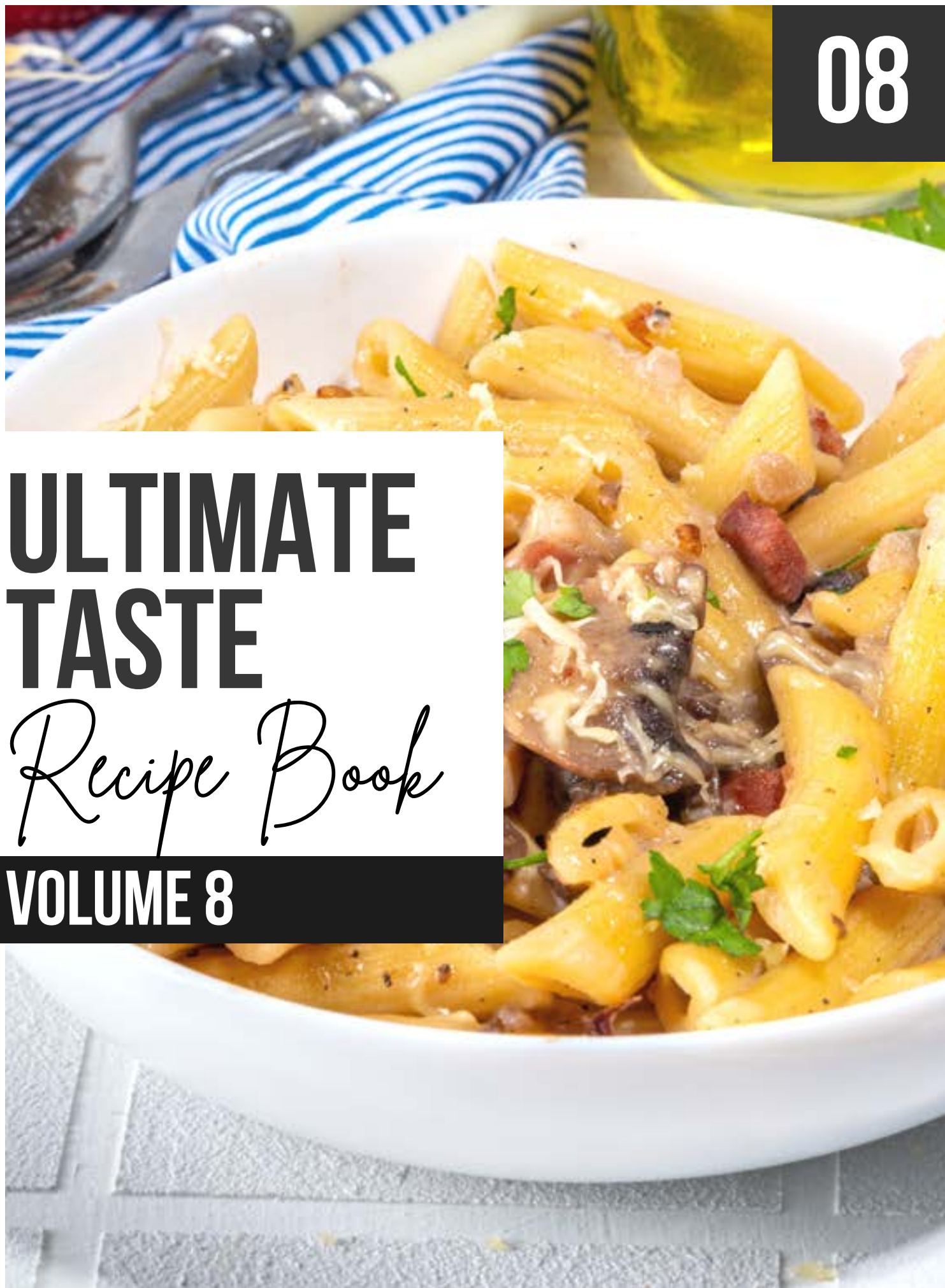


ULTIMATE TASTE

Recipe Book

VOLUME 8





AUGUST

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

CRUNCHY PEANUT BUTTER & BANANA POTS

RECIPE 2

BREAKFAST SMOOTHIE

RECIPE 3

ASPARAGUS SOLDIERS WITH A SOFT-BOILED EGG

RECIPE 4

HONEY NUT CRUNCH PEARS

LUNCH

RECIPE 1

BURRITO BOWL WITH CHIPOTLE BLACK BEANS

RECIPE 2

COUSCOUS SALAD WITH CHARRED VEG & TANGY PESTO

RECIPE 3

LIME PRAWN COCKTAIL PITTA SALAD

RECIPE 4

CORONATION CHICKEN SALAD

DINNER

RECIPE 1

COD & CELERIAC

RECIPE 2

MOROCCAN CHICKEN STEW

RECIPE 3

VEGAN CARBONARA

RECIPE 4

VEGETARIAN ENCHILADAS



BREAKFAST

CRUNCHY PEANUT BUTTER & BANANA POTS



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

5 MIN



PORTION

SIX

INGREDIENTS

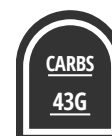
- 300g porridge oats
- 2 tsp cinnamon, plus extra for sprinkling
- 2 medium bananas, finely chopped
- 500g pot fortified soya yoghurt
- 80g crunchy peanut butter

INSTRUCTION

Put the oats and cinnamon in a large pan with 1.3 litres water, then bring to the boil. Reduce to a low heat and simmer until the oats are cooked and the mixture has thickened, stirring occasionally.

Stir in the chopped bananas, cook for 1 min, then remove the pan from the heat. Leave to cool for a few minutes, then stir in 6 tbsp of the soya yoghurt. Beat the peanut butter into the remaining yoghurt until well combined. Divide half the oat mixture into the base of six glass tumblers and spoon in half of the nutty yoghurt. Top with the rest of the oat mixture, then the remaining yoghurt mixture to create layers and dust with a little cinnamon

MACROS
PER PORTION



BREAKFAST SMOOTHIE

INGREDIENTS

- 1 small ripe banana
- 140g blackberries, blueberries, raspberries or strawberries (or use a mix), plus extra to serve
- Apple juice or mineral water, optional
- Runny honey, to serve



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE



INSTRUCTION

Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like.

Toss a few extra fruits on top, drizzle with honey and serve.

MACROS
PER PORTION

CALORIES
124

PROTEIN
2G

CARBS
25G

FATS
1G

ASPARAGUS SOLDIERS WITH A SOFT BOILED EGG



MACROS
PER PORTION

CALORIES
186

PROTEIN
12G

CARBS
12G

FATS
10G



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

10 MIN



PORTION

FOUR

INGREDIENTS

- 1 tbsp olive oil
- 50g fine dry breadcrumbs
- Pinch each chilli and paprika
- 16-20 asparagus spears
- 4 eggs

INSTRUCTION

Heat the oil in a pan, add the breadcrumbs, then fry until crisp and golden. Season with the spices and flaky sea salt, then leave to cool.

Cook the asparagus in a large pan of boiling salted water for 3-5 mins until tender. At the same time, boil the eggs for 3-4 mins.

Put each egg in an egg cup on a plate. Drain the asparagus and divide between plates. Scatter over the crumbs and serve.

HONEY NUT CRUNCH PEARS



PREPARATION
5 MIN



DIFFICULTY
EASY



COOKING
10 MINS



PORTION
FOUR

INGREDIENTS

- 4 ripe pears
- Knob of butter
- 1/2 tsp mixed spice
- 2 tbsp clear honey
- 50g cornflake
- 25g toasted flaked almond

MACROS PER PORTION

CALORIES
179

PROTEIN
3G

CARBS
31G

FATS
6G

INSTRUCTION

Heat oven to 200C/fan 180/gas 6. Cut the pears in half lengthways, take out the core then top with a small knob of butter and a sprinkling of the mixed spice. Sit the pears in a shallow baking dish, then roast for 5 mins until starting to soften.

Meanwhile, heat the honey and another knob of butter in a large bowl in the microwave for 30 secs. Toss with the cornflakes and nuts.

Take the pears out of the oven, then top with the cornflake mix. Cook for another 5 mins or until the cornflakes take on a rich golden colour. Allow to cool for a few mins (the cornflakes crisp up again as they cool).



LUNCH

BURRITO BOWL WITH CHIPOTLE BLACK BEANS



INGREDIENTS

- 125g basmati rice
- 1 tbsp olive oil
- 2 garlic cloves, chopped
- 400g can black beans, drained and rinsed
- 1 tbsp cider vinegar
- 1 tsp honey
- 1 tbsp chipotle paste
- 100g chopped curly kale
- 1 avocado, halved and sliced
- 1 medium tomato, chopped
- 1 small red onion, chopped

To serve (optional)

- Chipotle hot sauce
- Coriander leaves
- Lime wedges

INSTRUCTION

Cook the rice, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.

Boil the kale for 1 min, then drain. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and the lime wedges.



PREPARATION
15 MIN



DIFFICULTY
EASY



COOKING
15 MIN



PORTION
TWO

MACROS
PER PORTION

CALORIES
573

PROTEIN
16G

CARBS
72G

FATS
21G

COUSCOUS SALAD WITH CHARRED VEG & TANGY PESTO

INGREDIENTS

- 2-3 raw beetroot (320g), peeled and chopped
- 3 red onions (320g), cut into wedges
- 2 green or orange peppers, deseeded and cubed
- 1 tbsp olive oil
- 320g cherry tomatoes
- 200g wholewheat giant couscous

For the pesto

- 7g fresh coriander, roughly chopped
- 15g flat-leaf parsley, roughly chopped
- 1 garlic clove
- 1 green chilli, deseeded
- 1/2 tsp cumin
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 40g pine nuts, lightly toasted



PREPARATION

25 MIN



DIFFICULTY

EASY



COOKING

50 MIN



PORTION

FOUR



INSTRUCTION

Heat the oven to 200C/180C fan/gas 6. In a bowl, toss the beetroot, onions and peppers together with the oil, then spread out on a large roasting tray lined with baking paper and roast for 35 mins. Scatter over the cherry tomatoes, then return to the oven for 10 mins more until the tomatoes have softened and the vegetables are tender.

Meanwhile, cook the couscous following pack instructions, then rinse and drain.

To make the pesto, put the coriander and half the parsley in a bowl with the garlic, chilli, cumin, vinegar, oil and 25g of the pine nuts. Add 2 tbsp water, then blitz with a hand blender until smooth or use a small food processor.

Toss the roasted veg and chopped parsley through the couscous and pile on the pesto, then scatter with the remaining pine nuts.

MACROS PER PORTION



LIME PRAWN COCKTAIL PITTA SALAD



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

TWO

INGREDIENTS

- 1/2 wholemeal pitta
- 1/2 tbsp rapeseed oil
- 1 tsp Tabasco
- 1 tsp low-sugar, low-salt ketchup
- 1 tbsp low-fat mayonnaise
- 1 tbsp fat-free natural yoghurt
- 1/2 lime, zested and juiced, plus wedges to serve
- 60g cooked king prawns
- 1 Little Gem lettuce, leaves separated
- 1/4 small cucumber, peeled into ribbons
- 4 cherry tomatoes, halved

INSTRUCTION

Heat the oven to 200C/180C fan/gas 6. Slice the pitta into triangles, put on a baking sheet and drizzle over the oil. Bake for 10-15 mins until golden and crisp.

Mix together the Tabasco, ketchup, mayo, yoghurt and lime zest and juice. Toss the prawns in the dressing.

Layer the lettuce, cucumber, tomatoes and dressed prawns in a lunchbox or jar. Season, top with the pitta chips and serve with lime wedges.

CORONATION CHICKEN SALAD



PREPARATION
5 MIN



DIFFICULTY
EASY



COOKING
N/A



PORTION
TWO

**MACROS
PER PORTION**

CALORIES
559

PROTEIN
34G

CARBS
53G

FATS
21G

INSTRUCTION

Mix together the yoghurt, curry powder, mango chutney and lemon zest with some seasoning in a large bowl.

Add the grains, breaking them up with your fingers as you go, then add the chicken, onions, courgette and most of the coriander. Give everything a good stir and divide between two containers. Sprinkle over the remaining coriander, flaked almonds and nestle a lemon wedge to serve.

INGREDIENTS

- 3 tbsp low-fat Greek yoghurt
- 1 tsp curry powder
- 1 tsp mango chutney
- ½ lemon, zested and cut into 2 wedges
- 250g pre-cooked grain pouch
- 150g leftover roast chicken
- 2 roasted red onions
- 1 large courgette, peeled into ribbons
- 1 small pack coriander, roughly chopped
- 1 tbsp flaked almonds



DINNER



COD & CELERIAC



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

45 MIN



PORTION

TWO

INGREDIENTS

- 1 small celeriac, peeled and chopped
- 3 tbsp olive oil
- 1 tsp fennel seeds
- 4 spring onions, each cut into 3 on the diagonal
- 1 courgette, grated
- 1 garlic clove, crushed
- 2 x 125g skinless cod fillets
- 1 lemon, 1/2 juiced and 1/2 cut into wedges, to serve
- 1 tbsp chopped parsley leaves, to serve
- rocket leaves, to serve

INSTRUCTION

Heat oven to 200C/180C fan/gas 6. Put the celeriac into a roasting tin, drizzle with 2 tbsp oil, then sprinkle over the fennel seeds. Season and bake in the oven for 45 mins, stirring halfway through, until lightly charred.

While the celeriac cooks, put the spring onions in a dry pan and cook over a high heat for 3-4 mins, turning occasionally, until starting to char. Spread two large sheets of foil out on your work surface. Divide the spring onions between the foil sheets, then top with the grated courgette, garlic and fish. Season and drizzle over the lemon juice and the remaining 1 tbsp olive oil. Scrunch up the edges of the foil to seal and create two parcels. Put the parcels on a baking sheet and bake in the oven for 10-12 mins.

When the celeriac is cooked, mash the pieces with a potato masher or a fork and season well. Pile the smashed celeriac onto plates, then carefully open the fish parcels – the contents will be hot – and gently slide onto the plates next to the celeriac.

Garnish with parsley and serve with rocket leaves and lemon wedges.

MACROS
PER PORTION

CALORIES

326

PROTEIN

26G

CARBS

7G

FATS

19G

MOROCCAN CHICKEN STEW



MACROS
PER PORTION

CALORIES
348

PROTEIN
18G

CARBS
20G

FATS
20G

INGREDIENTS

- large handful flaked almonds
- 1 tbsp ghee
- 2 red onions, finely sliced
- 4 garlic cloves, finely chopped
- thumb-sized piece ginger (about 40g), unpeeled if organic, finely grated
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1/2 smoked sweet paprika
- 4 chicken thighs, skin on
- 2 red peppers, sliced into thin strips
- 1 large lemon, cut into 6 thick slices
- Handful green olives, stoned
- 250ml gluten-free chicken stock or bone broth
- 4 pitted dates or dried apricots, chopped
- A small pinch of chilli powder or 1 fresh, red chilli, chopped (optional)
- 150g green beans, halved
- handful fresh coriander, chopped
- handful fresh parsley, chopped



PREPARATION
15 MIN



DIFFICULTY
MODERATE



COOKING
40 MIN



PORTION
FOUR

INSTRUCTION

In a large, dry pan, gently toast the almonds for 2 mins until golden. In the same pan, heat the ghee and gently cook the onions for 8 mins until softened. Add the garlic, ginger and spices, and fry for 1 min more. Add the chicken thighs, skin-side down, and cook until the skin is golden and crisp, then turn and cook to lightly golden on the flesh side. Add the red peppers, lemon slices, olives, stock or bone broth and dates or apricots (and chilli, if using). Simmer with the lid on for about 40 mins until the chicken is cooked through.

If you find the sauce is too watery, take off the lid and leave it to reduce a little. If the sauce is too thick, add a few more tbsps of water. Add the green beans for the final 4 mins of cooking time. Season to taste and top with the coriander, parsley and the toasted almonds to serve.

VEGAN CARBONARA



PREPARATION
20 MIN



DIFFICULTY
EASY



COOKING
20 MIN



PORTION
FOUR



INGREDIENTS

- 360g wholewheat Penne
- 85g unsalted cashew nuts
- 2 tsp bouillon powder
- 2 tsp English mustard powder
- 1 tsp olive oil
- 200g baby chestnut mushrooms, halved and thinly sliced
- 3 garlic cloves, 2 finely grated
- 1 tsp smoked paprika
- 2 courgettes (about 320g), peeled then grated
- 4 tsp nutritional yeast flakes, optional
- 320g spinach, half cooked each evening as a side dish

INSTRUCTION

Boil the pasta for 10 mins until al dente, reserving a little of the water. Put the cashews, bouillon and mustard in a bowl, then pour over 350ml boiling water.

Heat the oil in a large non-stick pan. Add the mushrooms and grated garlic, and stir-fry over a high heat until the mushrooms are cooked and starting to crisp up. Take off the heat, stir in the paprika, then tip onto a plate and set aside.

Add the grated courgette to the pan and cook, stirring every now and then until softened. Meanwhile, whizz the soaked cashews, whole garlic clove and nutritional yeast flakes, if using, with a hand blender until completely smooth. Tip the mixture into the pan with the courgettes and briefly stir over the heat.

Add the spaghetti and toss in the cashew and courgette mixture until well coated, then toss through the smoky mushrooms. Will keep for three days. Reheat in a covered pan with a dash of water, and cook the remaining spinach to serve on the side.

VEGETARIAN ENCHILADAS

MACROS
PER PORTION

CALORIES
430

PROTEIN
23G

CARBS
60G

FATS
13G



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 (we used mixed beans and lentils)
- 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. 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.

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