

# ULTIMATE TASTE

*Recipe Book*

VOLUME 10





# OCTOBER

## 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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### RECIPE 1

STRAWBERRY SMOOTHIE

### RECIPE 2

ON THE RUN BREAKFAST BAR

### RECIPE 3

BLUEBERRY AND LEMON PANCAKES

### RECIPE 4

OVERNIGHT OATS WITH APRICOTS

## LUNCH

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### RECIPE 1

CHICKEN & CHORIZO RAGU

### RECIPE 2

INDIAN CHICKEN PROTEIN POT

### RECIPE 3

NUTTY CHICKEN SATAY STRIPS

### RECIPE 4

VEGAN BURRITO BOWL

## DINNER

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### RECIPE 1

CHEESY SEAFOOD BAKE

### RECIPE 2

LOW FAT TURKEY BOLOGNESE

### RECIPE 3

MEXICAN BEAN BURGERS WITH LIME YOGHURT SALSA

### RECIPE 4

CHICKEN WITH CRUSHED HARRISA CHICKPEAS



# BREAKFAST

# STRAWBERRY SMOOTHIE



**PREPARATION**

**5 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**N/A**



**PORTION**

**ONE**

## **INGREDIENTS**

- 10 strawberries hulled (approx 175g)
- 1 small banana sliced
- 100ml orange juice chilled

## **INSTRUCTION**

Blitz the strawberries in a blender with the banana and orange juice until smooth.

Pour the smoothie into a tall glass to serve.

**MACROS  
PER PORTION**

**CALORIES**  
170

**PROTEIN**  
3G

**CARBS**  
34G

**FATS**  
1G

# ON THE RUN BREAKFAST BAR

## INGREDIENTS

- 100g butter
- 3 tbs golden syrup
- 85g demerara sugar
- 140g porridge oat
- 1/2 tsp ground cinnamon
- 50g desiccated coconut
- 2 tbsp linseeds, slightly crushed
- 1 tbsp sesame seeds
- 100g chopped hazelnut



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MINS



PORTION

TWELVE



## INSTRUCTION

Heat oven to 160C/fan 140C/gas 3 and butter a 22cm square baking tin.

Melt the butter, syrup and sugar in a pan. Pour in the oats, cinnamon, coconut, seeds and nuts, mix and pour into tin.

Bake for 30-35 mins. Leave to cool for 5 mins, then cut into slices.

Will keep for 1 week in an airtight container.

MACROS  
PER PORTION

CALORIES  
245

PROTEIN  
4G

CARBS  
20G

FATS  
17G

# BLUEBERRY & LEMON PANCAKES



MACROS  
PER PORTION

CALORIES  
69

PROTEIN  
2G

CARBS  
12G

FATS  
1G



**PREPARATION**

**10 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**20 MIN**



**PORTION**

**FOURTEEN  
TO  
SIXTEEN**

## INGREDIENTS

- 200g plain flour
- 1 tsp cream of tartar
- ½ tsp bicarbonate of soda
- 1 tsp golden syrup
- 75g blueberry
- zest of 1 lemon
- 200ml milk
- 1 large egg
- butter, for cooking

## INSTRUCTION

Put the flour, cream of tartar and bicarbonate of soda in the bowl. Mix them well with the fork. Drop the golden syrup into the dry ingredients along with the blueberries and lemon zest.

Pour the milk into a measuring jug and break in the egg and mix well with a fork. Pour most of the milk mixture into the bowl and mix well with a rubber spatula. Keep adding more milk until you get a smooth, thick, pouring batter.

Heat the frying pan and brush with a little butter. Then spoon in the batter, 1 tbsp at a time, in heaps. Bubbles will appear on top as the pancakes cook – turn them at this stage, using the metal spatula to help you. Cook until brown on the second side, then keep warm on a plate, covered with foil. Repeat until all the mixture is used up.

# OVERNIGHT OATS WITH APRICOTS & YOGHURT



**PREPARATION**  
10 MIN



**DIFFICULTY**  
EASY



**COOKING**  
5 MINS



**PORTION**  
FOUR

## INGREDIENTS

### For the oats

- 200g oats
- 50g chia seeds
- 1 tbsp vanilla extract
- 550ml almond milk or cow's milk (if non-vegan)

### For the apricots

- 1 tsp rapeseed oil
- 320g pack fresh apricots stoned and quartered
- 400g pot fortified oat or plain bio yoghurt
- 4 tsp sunflower seeds

## MACROS PER PORTION



## INSTRUCTION

Mix the oats and chia in a bowl with the vanilla and almond milk. Cover and chill overnight.

Heat the oil in a small non-stick pan. Add the apricots in a single layer, then cover the pan and cook over a low heat for 5 mins, until softened. Stir well and cook a few minutes more if needed – they will cook a little more in the residual heat as they cool. Cover and keep chilled until needed.

The next day, stir the yoghurt into the oats and spoon into tumblers, small jars or small bowls. Top with the cooked apricots and sunflower seeds. Will keep covered and chilled for up to four days.





# LUNCH

# CHICKEN & CHORIZO RAGU



**PREPARATION**

**15 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**40 MIN**



**PORTION**

**FOUR**

## **INGREDIENTS**

- 120g cooking chorizo, chopped
- 1 red onion, chopped
- 2 garlic cloves, grated
- 1 tsp hot smoked paprika
- 80g sundried tomatoes, roughly chopped
- 600g skinless and boneless chicken thighs
- 400g can chopped tomatoes
- 100ml chicken stock
- 1 lemon, juiced
- jacket potatoes, chopped parsley and soured cream, to serve (optional)

## **INSTRUCTION**

Fry the chorizo over a medium heat in a large saucepan or flameproof casserole dish for 5 mins or until it releases its oil and starts to char at the edges. Add the onion and fry for 5 mins more or until soft. Tip in the garlic and cook for 2 mins before stirring in the paprika and sundried tomatoes. Add the chicken thighs and fry for 2 mins each side until they are well coated in the spices and beginning to brown.

Pour in the chopped tomatoes and stock, and turn the heat down. Cover and cook for 40 mins until the chicken is falling apart and the sauce is thick. Stir the lemon juice through. Serve by piling spoonfuls of the ragu into hot jacket potatoes with parsley sprinkled over and a dollop of soured cream, if you like.

**MACROS  
PER PORTION**

**CALORIES**  
383

**PROTEIN**  
44G

**CARBS**  
16G

**FATS**  
44G

# INDIAN CHICKEN PROTEIN POTS

## INGREDIENTS

- 90g pack Indian spiced lentils
- 160g cherry tomatoes, quartered
- 150g cooked, skinless chicken breast, chopped
- handful fresh coriander, chopped
- 4 tbsp tzatziki



### PREPARATION

10 MIN



### DIFFICULTY

EASY



### COOKING

1 MIN



### PORTION

TWO



## INSTRUCTION

Tear the corner from the lentil pack and microwave on High for 1 min and Leave to cool.

Tip into 2 large packed lunch pots. Top with the cherry tomatoes and chicken, add the fresh coriander then spoon on the tzatziki.

Seal until ready to eat

## MACROS PER PORTION

CALORIES  
230

PROTEIN  
29G

CARBS  
12G

FATS  
7G

# NUTTY CHICKEN SATAY STRIPS



MACROS  
PER PORTION

CALORIES  
276

PROTEIN  
41G

CARBS  
3G

FATS  
10G



## 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

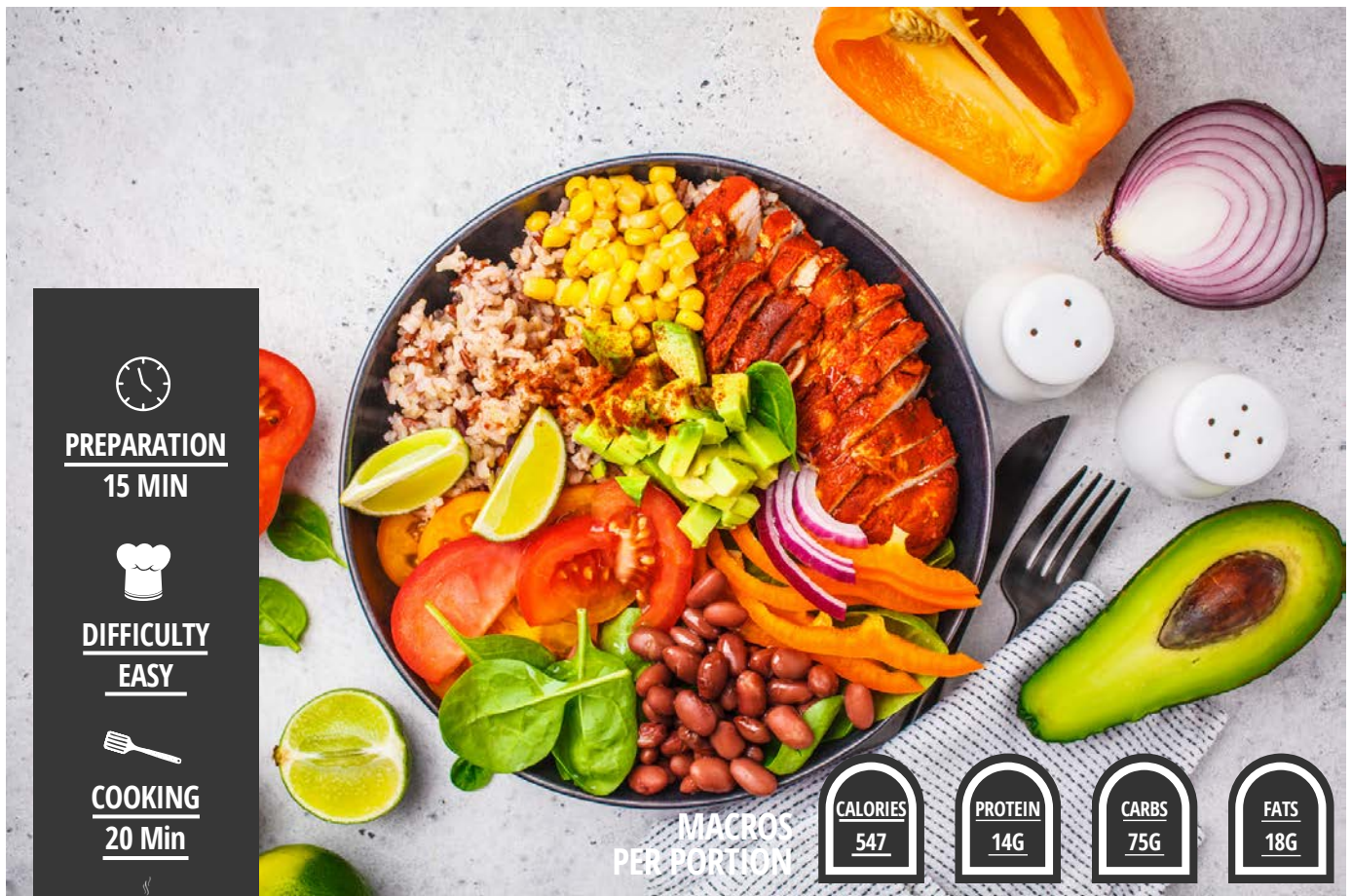
## INSTRUCTION

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.

# VEGAN BURRITO BOWL



**PREPARATION**

**15 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**20 Min**



**PORTION**

**FOUR**

**MACROS  
PER PORTION**

**CALORIES**

**547**

**PROTEIN**

**14G**

**CARBS**

**75G**

**FATS**

**18G**

## **INSTRUCTION**

Tip the rice and 600ml water into a pan, then stir in the tomato purée, cumin, chilli and bouillon powder. Cover and cook over a low heat for 20 mins until the rice is tender and it has absorbed the liquid. Remove from the heat and stir in the black beans.

Meanwhile, mix the tomatoes with the red onion, coriander and the juice of 1 lime to make a salsa. Roughly mash the remaining lime juice with the avocados to create a chunky texture.

Spoon the rice into four bowls or rigid containers (cool the half you are saving for another day first). Top with the tomato salsa, avocado and corn. The rice will keep for up to two days – just make the toppings fresh on the day.

## **INGREDIENTS**

- 250g easy-cook brown rice
- 1 tbsp tomato purée
- 1 tsp cumin seeds
- 1/2 tsp hot chilli powder
- 1 tsp vegetable bouillon powder (gluten-free, if needed)
- 400g black beans, drained
- 4 tomatoes, chopped
- 1 small red onion, finely chopped, about 75g
- 20g fresh coriander, chopped
- 2 limes, juiced
- 2 avocados
- 2 x 198g cans of sweetcorn



# DINNER

# CHEESY SEAFOOD BAKE



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

25 MIN



PORTION

TWO

## INGREDIENTS

- 300g medium potatoes (about 3), thinly sliced
- 2 tbsp milk
- 40g mature cheese, finely grated
- 1 tsp rapeseed oil
- 1 onion (160g), finely chopped
- 1 red pepper, deseeded and finely diced (270g)
- 2 tsp balsamic vinegar
- 1 tsp vegetable bouillon powder
- 400g can chopped tomatoes
- 1/2 x 30g pack basil, leaves picked and finely chopped
- 1 garlic clove, finely grated
- 280g pack skinless cod loins
- 100g frozen small Atlantic cooked prawns, defrosted
- 160g broccoli florets

## INSTRUCTION

Boil the potato slices for 10 mins then drain, tip into a bowl and gently mix in the milk and half the cheese. Don't worry if the potatoes break up a little.

Meanwhile, heat the oil in a large frying pan and cook the onion until softened. Stir in the pepper and cook for 5 mins more. Spoon in the balsamic vinegar and bouillon powder, then stir in the tomatoes, basil and garlic. Lay the cod fillets on top, then cover and cook for 6-8 mins until the cod flakes when tested. Heat the grill to high.

Take off the heat, stir in the prawns and tip into a shallow baking dish, breaking up the cod into large chunks. Cover with the potatoes and sprinkle with the remaining cheese.

Grill until golden. While it's grilling, steam or boil the broccoli to serve with the bake.

MACROS  
PER PORTION

CALORIES  
511

PROTEIN  
49G

CARBS  
46G

FATS  
12G

# LOW-FAT TURKEY BOLOGNESE



MACROS  
PER PORTION

CALORIES  
267

PROTEIN  
23G

CARBS  
15G

FATS  
13G

## INGREDIENTS

- 400g lean turkey mince
- 2 tsp vegetable oil
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 celery sticks, chopped
- 250g pack brown mushrooms, finely chopped
- pinch of sugar
- 1 tbsp tomato purée
- 2 x 400g cans chopped tomatoes with garlic & herbs
- 400ml chicken stock, made from 1 low-sodium stock cube
- cooked wholemeal pasta and fresh basil leaves (optional), to serve

## INSTRUCTION

Heat a large non-stick frying pan and dry-fry the turkey mince until browned. Tip onto a plate and set aside.

Add the oil and gently cook the onion, carrot and celery until softened, about 10 mins (add a splash of water if it starts to stick). Add the mushrooms and cook for a few mins, then add the sugar and tomato purée, and cook for 1 min more, stirring to stop it from sticking.

Add the tomatoes, turkey and stock with some seasoning. Simmer for at least 20 mins (or longer) until thickened. Serve with the pasta and fresh basil, if you have it.



**PREPARATION**

**10 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**45 MIN**



**PORTION**

**FOUR - SIX**



# MEXICAN BEAN BURGERS WITH LIME YOGURT & SALSA



**PREPARATION**

**10 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**10 MIN**



**PORTION**

**SIX**



## **INSTRUCTION**

Heat grill to high. Tip the beans into a large bowl, then roughly crush with a potato masher. Add the breadcrumbs, chilli powder, coriander stalks and 1/2 the leaves, egg and 2 tbsp salsa, season to taste, then mix together well with a fork. Divide the mixture into 6, then wet your hands and shape into burgers. The burgers can now be frozen.

Place on a non-stick baking tray, then grill for 4-5 mins on each side until golden and crisp. To cook from frozen, bake at 200C/fan 180C/gas 6 for 20-30 mins until hot through. While the burgers are cooking, mix the remaining coriander leaves with the yogurt, lime juice and a good grind of black pepper. Split the buns in half and spread the bases with some of the yoghurt.

Top each with leaves, avocado, onion, a burger, another dollop of the lime yogurt and some salsa, then serve.

## **INGREDIENTS**

- 2 x 400g/14oz cans kidney beans, rinsed and drained
- 100g breadcrumb
- 2 tsp mild chilli powder
- small bunch coriander, stalks and leaves chopped
- 1 egg
- 200g tub fresh salsa
- 150ml low fat natural yoghurt
- juice 1/2 lime
- 6 wholemeal burger buns, sliced avocado, sliced red onion and salad leaves, to serve

# CHICKEN WITH CRUSHED HARISSA CHICKPEAS

MACROS  
PER PORTION

CALORIES  
366

PROTEIN  
44G

CARBS  
16G

FATS  
12G



PREPARATION

5 MIN



DIFFICULTY

EASY



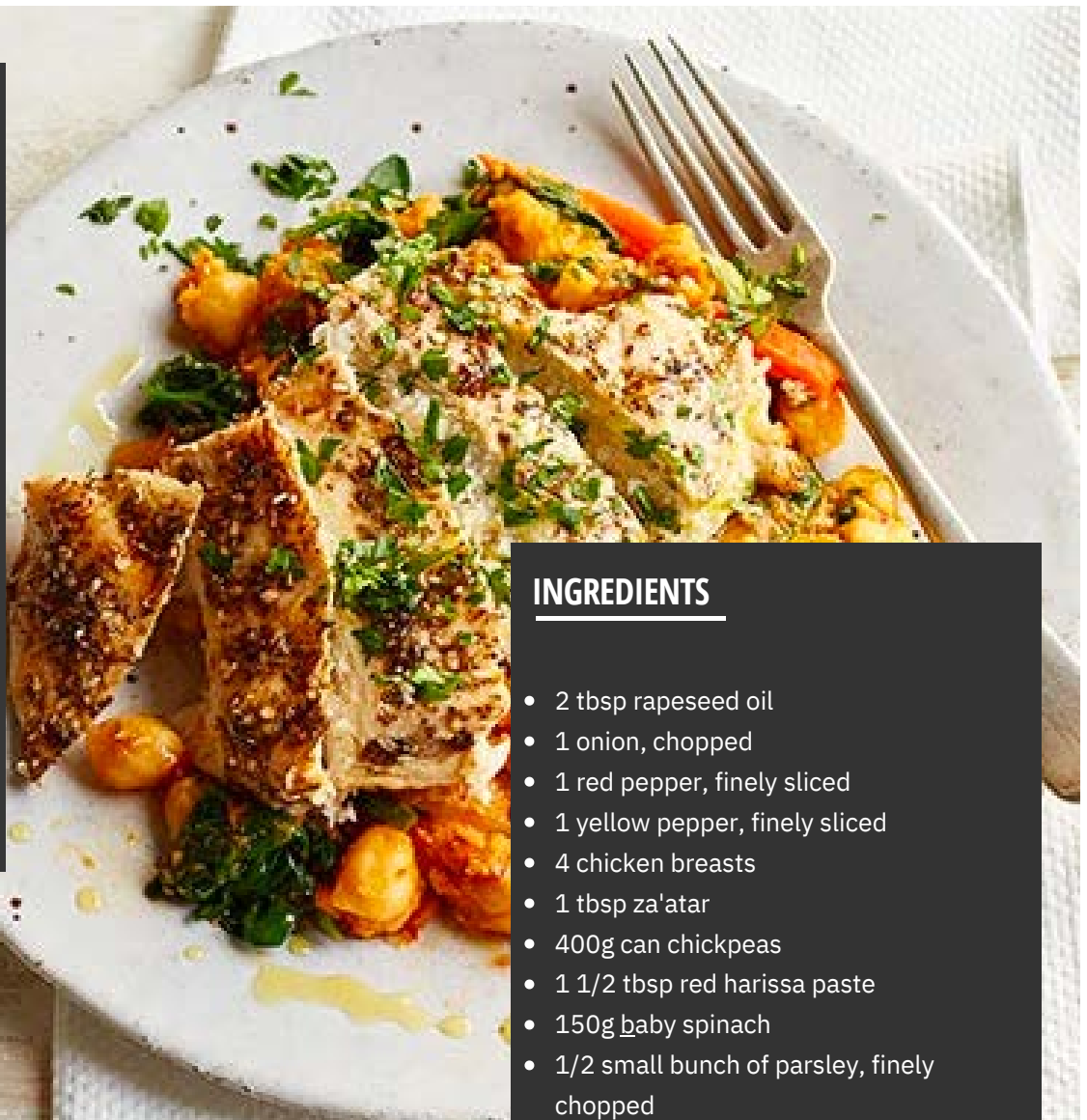
COOKING

10 MIN



PORTION

FOUR



## INGREDIENTS

- 2 tbsp rapeseed oil
- 1 onion, chopped
- 1 red pepper, finely sliced
- 1 yellow pepper, finely sliced
- 4 chicken breasts
- 1 tbsp za'atar
- 400g can chickpeas
- 1 1/2 tbsp red harissa paste
- 150g baby spinach
- 1/2 small bunch of parsley, finely chopped
- lemon wedges, to serve

## INSTRUCTION

Heat 1 tbsp of oil in a frying pan over a medium heat and fry the onions and peppers for 7 mins until softened and golden. Meanwhile, put the chicken between two sheets of baking parchment and lightly bash until about 2cm thick. Mix together the remaining oil and the za'atar, then rub over the chicken. Season to taste.

Heat the grill to high. Put the chicken on a baking tray lined with foil, and grill for 3-4 mins each side, or until golden and cooked through.

Heat the chickpeas in a pan with the harissa paste and 2 tbsp water until warmed through, then roughly mash with a potato masher. Wilt the spinach in a pan with 1 tbsp of water or in the microwave in a heatproof bowl. Stir the pepper and onion mixture, spinach and parsley through the chickpeas. Serve with the sliced chicken and the lemon 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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