



**VOLUME XII**

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# Grilled Chicken and Avocado Ciabatta

**Total Calories - 399**  
**Protein - 34g**  
**Carbohydrate - 37g**  
**Fat - 13g**



## Lower Calorie Alternative:

- Swap the ciabatta to 1 Warburtons Sandwich Thins (100 Cals)
- Only use 20g of avocado instead of 40g (20 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 317**  
**Protein - 33g**  
**Carbohydrate - 32g**  
**Fat - 6g**

## Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the honey to 1 tsp. of agave syrup (21 Cals)

**Total Calories - 432**  
**Protein - 30g**  
**Carbohydrate - 44g**  
**Fat - 15g**



# GRILLED CHICKEN AND AVOCADO CIABATTA

## INGREDIENTS

- 100g Chicken Breast
- 50g Ciabatta Roll
- 40g Avocado
- 6 Cherry Tomatoes
- 1 Tbsp. Balsamic Vinegar
- 1 Tsp. Extra Virgin Olive Oil
- 1 Tsp. Honey
- ¼ Tsp. Dijon Mustard
- ¼ Clove Garlic
- Lemon Wedge
- Salt
- Pepper

 **15 MINUTES**

## METHOD

- Begin by butterflying the chicken breast or flattening it. Ensure it is at room temperature before cooking.
- Slice the cherry tomatoes in half, place in a bowl and mix in the balsamic vinegar, honey and dijon mustard along with salt to taste and a ¼ clove of minced garlic. Slice the avocado or mash in a separate bowl using a fork and add a squeeze of lemon juice.
- Pre-heat a non-stick pan at medium-high heat. Coat the chicken breast with olive oil, salt and pepper. Place the chicken breast in the pan and leave to cook for 6-8 minutes, flipping halfway. Ensure the chicken is cooked before removing from the pan to rest.
- Slice the ciabatta roll in half and toast over medium heat in the same pan, before removing from the pan when toasted and golden.
- Top the bottom half of the ciabatta with the avocado first, slice and add the chicken breast, followed by the cherry tomatoes and finally the top half of the ciabatta, plate and serve.

# Beef and Broccoli Stir-Fry

**Total Calories - 501**

**Protein - 33g**

**Carbohydrate - 67g**

**Fat - 10g**



## Lower Calorie Alternative:

- Swap the steak to 100g of extra lean beef escalopes (128 Cals)
- Only use 40g of Jasmine rice instead of 60g (153 Cals)
- Swap the rapeseed oil to low-cal oil spray (10 Cals)

**Total Calories - 370**

**Protein - 33g**

**Carbohydrate - 48g**

**Fat - 5g**

## Plant-Based Alternative:

- Swap the steak to 100g of Taste & Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the oyster sauce for ½ a tbsp. of Vegetarian Mushroom Stir-Fry Sauce (11 Cals)

**Total Calories - 481**

**Protein - 30g**

**Carbohydrate - 68g**

**Fat - 7g**



# BEEF AND BROCCOLI STIR-FRY

## INGREDIENTS

- 80g Skirt Steak
- 60g Jasmine Rice
- 100g Broccoli
- ½ Tbsp. Oyster Sauce
- ½ Tbsp. Shaoxing Cooking Wine
- ¼ Tbsp. Cornflour
- 1 Tsp. Soy Sauce
- ½ Tsp. Rapeseed Oil
- ¼ Tsp. Bicarbonate of Soda
- ¼ Tsp. Dark Soy Sauce
- ¼ Tsp. Sugar
- ⅛ Tsp. Sesame Oil
- ⅛ Tsp. White Pepper
- ½ Clove Garlic
- ½-Inch Ginger
- Salt

 **40 MINUTES**

## METHOD

- Begin by slicing the beef thinly against the grain and place in a bowl. Add only half of the following, oyster sauce, soy sauce, cooking wine, sugar, along with the bicarbonate of soda, white pepper and 1 tbsp. of water. Leave to marinate for 20 minutes.
- Rinse the rice in cold water until it runs clear and drain. Add the rice to a non-stick saucepan with 125ml water and some salt. Bring to a boil and cook for 2 minutes. Cover and simmer on low for 10 minutes. When cooked, turn off the heat and leave to sit covered for a further 10 minutes.
- Finely chop the garlic and ginger, cut the broccoli into small bite-size pieces and set aside. Boil the broccoli in boiling salted water for 1-2 minutes and drain. In a small bowl, combine the remaining oyster sauce, soy sauce, cooking wine, sugar with dark soy sauce, cornflour, 1 tbsp. of water and white pepper.
- Pre-heat a wok to high heat and add in the rapeseed oil along with the marinated beef cooking for a minute. Flip halfway and when browned on both sides, then remove from the pan.
- Turn the heat to medium-high and add in the ginger and garlic. Stir-fry for 30 seconds before adding in the broccoli florets. Cook for a further 30 seconds before adding the beef back in, along with the sauce and sesame oil. Cook for a final 30-60 seconds or until the sauce has thickened and coated the beef and broccoli.
- Place the rice in a bowl, along with the beef and broccoli stir-fry and serve.

# Irish Beef Stew

**Total Calories - 428**

**Protein - 35g**

**Carbohydrate - 34g**

**Fat - 13g**



## Lower Calorie Alternative:

- Swap the steak to 100g of extra lean beef escalopes (128 Cals)
- Only use 70g of potatoes instead of 100g (57 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 286**

**Protein - 30g**

**Carbohydrate - 27g**

**Fat - 4g**

## Plant-Based Alternative:

- Swap the steak to 100g of Taste & Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the beef stock to 100ml of vegetable stock (6 Cals)

**Total Calories - 361**

**Protein - 26g**

**Carbohydrate - 35g**

**Fat - 9g**



# IRISH BEEF STEW

## INGREDIENTS

- 100g Skirt Steak
- 100g White Potato
- 100ml Beef Stock
- 50ml Guinness Beer
- 1 Bay Leaf
- ½ Tbsp. Tomato Purée
- ¼ Tbsp. Plain Flour
- 1 Tsp. Rapeseed Oil
- ½ Clove Garlic
- ½ Onion
- ½ Sprig Rosemary
- ½ Sprig Thyme
- ¼ Carrot
- ¼ Stick Celery
- Fresh Parsley (Garnish)
- Salt
- Pepper

 **145 MINUTES**

## METHOD

- Begin by cutting the steak, carrot, and celery into 2-inch pieces and dicing the onion and garlic.
- Preheat a Dutch oven or heavy-based pan to high-heat. Pat the beef dry with a paper towel and season with salt. When the pan is smoking, add in the oil along with the steak and brown on all sides but do not cook through, remove from the pan and set aside.
- Turn the heat down to medium and add in the onion, cooking for 10-15 minutes until caramelised. Add in the garlic and cook for 30 seconds before adding in the carrot and celery. After 3 minutes, stir in the tomato purée cooking for a further 1-2 minutes
- Sprinkle in the flour and continue to cook for another minute before pouring in the Guinness beer, cooking for 2-3 minutes until the alcohol smell has disappeared. Next, pour in the beef stock and return the steak chunks back to the pan stirring well.
- Add in the rosemary, thyme and bay leaf. Season with salt and pepper and leave to simmer covered for 1 ½ hours over medium-low heat.
- Peel and cut the potatoes into 2-inch chunks and add them into the stew for a final 30 minutes uncovered at medium heat until the potatoes are fork-tender and the stew has thickened.
- Season with salt and pepper to taste and place in a bowl, garnish with chopped fresh parsley and serve.



# Jack Daniels BBQ Wings

**Total Calories - 435**  
**Protein - 32g**  
**Carbohydrate - 34g**  
**Fat - 18g**



## Lower Calorie Alternative:

- Swap the chicken wings to 130g of chicken mini fillets (138 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 287**  
**Protein - 32g**  
**Carbohydrate - 34g**  
**Fat - 2g**

## Plant-Based Alternative:

- Swap the wings to 130g of Taste & Glory Vegan Chicken-Style Roast Tenderstrips (186 Cals)
- No Worcestershire sauce (-3 Cals)

**Total Calories - 362**  
**Protein - 27g**  
**Carbohydrate - 37g**  
**Fat - 10g**



# JACK DANIELS BBQ WINGS

## INGREDIENTS

- 130g Chicken Wings
- 2 Tbsps. Brown Sugar
- 2 Tbsps. Pineapple Juice
- ¼ Tbsp. Worcestershire Sauce
- 1 Tsp. Ketchup
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Jack Daniels Whiskey
- ½ Tsp. Soy Sauce
- ½ Tsp. Sweet Soy Sauce
- ½ Clove Garlic
- ⅓ Onion
- Pinch Cayenne Powder
- Salt
- Pepper

## METHOD

- Begin by separating the drums and flats by cutting through the joints.
- Dice the onion and chop the garlic. In a saucepan at medium heat, add in the rapeseed oil along with the onion and garlic, cook for 10 minutes until caramelised and softened.
- Preheat the air fryer to 200C. Add the Jack Daniels to the pan and cook for 2-3 minutes. Add in the pineapple juice, 1 tbsp. of water, Worcestershire sauce, brown sugar, sweet soy sauce, soy sauce, ketchup, cayenne powder, salt and pepper cooking for a further 2-3 minutes. Take off the heat and leave to come to room temperature.
- Toss the wings in the sauce before placing them evenly in the air fryer. Cook for 35-45 minutes or until the wings are cooked through and the sauce has thickened.

 **55 MINUTES**

# Shrimp Fried Rice

**Total Calories - 434**

**Protein - 31g**

**Carbohydrate - 41g**

**Fat - 14g**



## Lower Calorie Alternative:

- Only use 75g of cooked rice instead of 125g (101 Cals)
- Swap the rapeseed oil to low-cal oil spray (10 Cals)

**Total Calories - 336**

**Protein - 30g**

**Carbohydrate - 27g**

**Fat - 11g**

## Plant-Based Alternative:

- Swap the prawns to 120g of firm tofu (148 Cals)
- No egg (-73 Cals)

**Total Calories - 416**

**Protein - 20g**

**Carbohydrate - 44g**

**Fat - 16g**



# SHRIMP FRIED RICE

## INGREDIENTS

- 80g Prawns
- 125g Cooked Jasmine Rice
- 50g Frozen Mixed Vegetables
- 1 Egg
- ½ Tbsp. Soy Sauce
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Sesame Oil
- ½ Clove Garlic
- ½ Spring Onion
- Salt
- White Pepper

 **15 MINUTES**

## METHOD

- Bring the prawns to room temperature before cooking. Preheat a wok to high heat and add in half the rapeseed oil along with the prawns. Stir fry for 30-60 seconds or until pink but not fully cooked, remove and set aside.
- Next, chop the garlic and add to the same pan along with the rest of the rapeseed oil stir-frying for 30 seconds. Whisk the egg in a bowl before adding to the same pan stirring constantly to scramble the eggs.
- Add in the frozen vegetables and cook for 30 seconds before adding in the rice separating the grains stir-frying for 1-2 minutes. Chop the spring onion and add with the sesame oil, soy sauce, prawns, salt and white pepper. Stir to combine everything well, ensuring the vegetables are cooked.
- Remove from the wok and onto a plate, garnish with more spring onion if desired and serve.

# Quarter Pounder

**Total Calories - 516**  
**Protein - 45g**  
**Carbohydrate - 35g**  
**Fat - 21g**



## Lower Calorie Alternative:

- Swap the 5% beef mince to 114g of 3% beef mince (135 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 429**  
**Protein - 35g**  
**Carbohydrate - 36g**  
**Fat - 16g**

## Plant-Based Alternative:

- Swap the beef mince to 1 Taste & Glory Meat Free Vegan Burger (210 Cals)
- Swap the cheese slices to 2 Violife Non-Dairy Cheese Alternative Slices (114 Cals)

**Total Calories - 532**  
**Protein - 21g**  
**Carbohydrate - 51g**  
**Fat - 25g**



# QUARTER POUNDER

## INGREDIENTS

- 114g Beef Mince (5%)
- 1 Seeded Burger Bun
- 1 Tbsp. Ketchup
- 1 Tsp. American Yellow Mustard
- 1 Tsp. Rapeseed Oil
- 8 Slices Onion
- 4 Slices Pickles
- 2 Slices American Cheese
- Salt
- Pepper

 **15 MINUTES**

## METHOD

- Begin by forming a burger patty from the beef mince. Allow the burger to come to room temperature before cooking.
- Bring a frying pan to high heat. Once smoking, add in the oil. Season the beef patty heavily with salt and pepper on both sides and carefully place into the pan. Cook for 2-3 minutes on each side.
- Slice the bun in half and toast the inside of both halves in the same pan.
- Once the burger patty is cooked through and both halves of the burger bun are toasted and browned, remove from the pan and set aside.
- Place one slice of American cheese on the bottom half of the burger bun, followed by the beef patty, then the second slice of American cheese. Slice the onion and pickles and add also.
- Finally spread the ketchup and mustard on the inside of the top burger bun half, place on top of the burger, plate and serve.

# Semur Ayam

**Total Calories - 525**

**Protein - 36g**

**Carbohydrate - 65g**

**Fat - 12g**



## Lower Calorie Alternative:

- Swap the chicken drumsticks to 100g of chicken breast (128 Cals)
- No potato (-41 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 417**

**Protein - 37g**

**Carbohydrate - 56g**

**Fat - 4g**

## Plant-Based Alternative:

- Swap the chicken drumsticks to 100g of This Isn't Chicken (160 Cals)
- Swap the chicken stock to 200ml of vegetable stock (12 Cals)

**Total Calories - 499**

**Protein - 31g**

**Carbohydrate - 75g**

**Fat - 10g**



# SEMUR AYAM

## INGREDIENTS

- 100g Chicken Drumsticks
- 50g White Potato
- 40g Jasmine Rice
- 200ml Chicken Stock
- 1 Tbsp. Kicap Manis (Sweet Soy Sauce)
- 1 Tsp. Rapeseed Oil
- 1 Bird's Eye Chilli
- 1 Clove Garlic
- 1 Shallot
- 1 Stick Lemongrass
- 1cm Ginger
- Pinch Grated Nutmeg
- Salt
- Pepper

 **45 MINUTES**

## METHOD

- To begin, blend together the shallot, ginger, garlic and bird's eye chilli and set aside.
- Sauté the blended paste in a heavy-based pot along with the rapeseed oil for 6-8 minutes on medium-high heat until the oil separates from the paste.
- Peel and cut the potatoes into large chunks. Add the lemongrass stalk, chicken drumsticks and potato chunks into the pan and combine well. Cook for 2-3 minutes.
- Next, add in the chicken stock, kicap manis, grated nutmeg, salt and pepper. Simmer on medium for 30 minutes or until the chicken is cooked through and the potatoes are fork-tender.
- Rinse the rice in cold water until it runs clear and drain. Add the rice to a non-stick saucepan with 80ml water and some salt. Bring to a boil cooking for 2 minutes. Cover and simmer on low for 10 minutes. When cooked, turn off the heat and leave to sit covered for a further 10 minutes.
- When both the rice and stew have finished cooking, place in a bowl together and serve.



# One Pot Chicken and Rice

**Total Calories - 503**  
**Protein - 33g**  
**Carbohydrate - 52g**  
**Fat - 17g**



## Lower Calorie Alternative:

- Swap the chicken thighs to 100g of mini chicken fillets (106 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 372**  
**Protein - 32g**  
**Carbohydrate - 52g**  
**Fat - 4g**

## Plant-Based Alternative:

- Swap the chicken thighs to 100g of This Isn't Chicken (160 Cals)
- Swap the chicken stock to 120ml of vegetable stock (7 Cals)

**Total Calories - 444**  
**Protein - 30g**  
**Carbohydrate - 51g**  
**Fat - 11g**



# ONE POT CHICKEN AND RICE

## INGREDIENTS

- 80g Chicken Thigh Fillets
- 60g Basmati Rice
- 120ml Chicken Stock
- 1 Bay Leaf
- 1 Tsp. Olive Oil
- 1 Tsp. Tomato Purée
- ½ Tsp. Smoked Paprika
- ¼ Tsp. All Purpose Seasoning
- ¼ Tsp. Garlic Powder
- ½ Clove Garlic
- ¼ Onion
- Lemon Wedge
- Fresh Parsley (Garnish)
- Salt
- Pepper

 **50 MINUTES**

## METHOD

- To begin, cut the chicken into small bite-size pieces and combine with the olive oil, smoked paprika, garlic powder, all-purpose seasoning, salt and pepper. Leave to marinate for a minimum of 10 minutes.
- Rinse the rice under cold water until it runs clear and drain. Bring a non-stick, heavy-based pot to high heat. Once up to temperature add in the chicken thighs. Sear for 2 minutes on each side or until both sides are browned, remove and set aside.
- Dice the onion and chop the garlic. Turn the heat down to medium and add to the pan. Fry the onion and garlic for 3-5 minutes until the onions are slightly golden brown and translucent.
- Next, stir in the tomato purée and cook for 1-2 minutes before adding in the rice. Coat the rice well and cook for 30 seconds before adding in the chicken pieces, chicken stock and the bay leaf. Season with salt and pepper to taste.
- Cook on high for 2 minutes, cover and turn to low for 15 minutes. Leave to rest for a further 10 minutes covered off the heat.
- Fluff the rice with a fork before placing in a bowl, add a squeeze of lemon juice, garnish with parsley and serve.

# Chicken and Halloumi Salad

**Total Calories - 424**

**Protein - 34g**

**Carbohydrate - 30g**

**Fat - 19g**



## Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- No Greek style flatbread (-51 Cals)

**Total Calories - 343**

**Protein - 31g**

**Carbohydrate - 22g**

**Fat - 14g**

## Plant-Based Alternative:

- Swap the chicken to 60g of This Isn't Chicken (96 Cals)
- Swap the halloumi to 40g of Violife Mediterranean Cheese Alternative Style Block (104 Cals)
- Swap the yoghurt to 40g of Oatly Oatgurt Greek (58 Cals)
- Swap the flatbread to a ¼ pitta bread (36 Cals)

**Total Calories - 437**

**Protein - 20g**

**Carbohydrate - 47g**

**Fat - 19g**



# CHICKEN AND HALLOUMI SALAD

## INGREDIENTS

- 60g Chicken Breast
- 40g Halloumi
- 40g Low Fat Greek Style Yoghurt
- 10g Reduced Fat Houmous
- 1 Tbsp. Sweet Chilli Sauce
- ½ Tbsp. Dill
- ½ Tbsp. Fresh Mint
- 1 Tsp. Dijon Mustard
- 1 Tsp. Olive Oil
- ½ Tsp. Dried Oregano
- ¼ Tsp. Smoked Paprika
- 6 Cherry Tomatoes
- 3 Leaves Romaine Lettuce
- ½ Lemon
- ¼ Cucumber
- ¼ Greek Style Flatbread
- ⅛ Onion
- Salt
- Pepper

## METHOD

- Firstly, butterfly or flatten the chicken breast and rub in the smoked paprika, oregano, olive oil, salt and pepper.
- Bring a non-stick pan to medium-high heat and add in the chicken. Slice the halloumi and add into the pan also. Cook the chicken for 6-8 minutes and the halloumi for 3-4 minutes, flipping both halfway before removing and setting aside.
- In a large bowl, combine the yoghurt, dijon mustard, sweet chilli, houmous, juice from half a lemon, chopped fresh mint and dill, salt and pepper.
- Cut the flatbread into small crouton size pieces and toast under a grill until golden brown and crunchy.
- Chop the lettuce, tomato and cucumber into equal bite-size pieces and finely slice the onion. Add to the bowl and toss in the salad dressing combining well.
- Slice the chicken and halloumi and add to the bowl along with the flatbread croutons, mixing well. Plate the salad and serve.

 **20 MINUTES**

# Chicken Penne Arrabbiata

**Total Calories - 417**  
**Protein - 33g**  
**Carbohydrate - 37g**  
**Fat - 15g**



## Lower Calorie Alternative:

- Only use 50g of penne instead of 70g (88 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- No parmesan cheese (-43 Cals)

**Total Calories - 268**  
**Protein - 30g**  
**Carbohydrate - 29g**  
**Fat - 3g**

## Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the parmesan to 10g of Violife Just Like Parmesan (28 Cals)

**Total Calories - 459**  
**Protein - 30g**  
**Carbohydrate - 47g**  
**Fat - 16g**



# CHICKEN PENNE ARRABBIATA

## INGREDIENTS

- 80g Chicken Breast
- 70g Penne
- 10g Parmesan Cheese
- 2 Tsp. Extra Virgin Olive Oil
- 1 Clove Garlic
- 1 Red Chilli
- ½ Can Peeled Plum Tomatoes
- Fresh Basil (Garnish)
- Salt
- Pepper

 **20 MINUTES**

## METHOD

- Cut the chicken breast into small bite-size pieces and season with salt and pepper.
- Bring a non-stick pan to high heat, add in 1 tsp. of olive oil and the chicken pieces. Brown on all sides for 1 minute, before removing from the pan.
- Boil the penne pasta in salted boiling water for 2 minutes less than stated on the packet.
- Slice the garlic and chilli. At medium heat, in the same pan used to sear the chicken, add in the remaining tsp. of olive oil along with the garlic and chilli and sauté until the edges of the garlic slices begin to turn slightly golden.
- Next, add in the peeled plum tomatoes breaking them up using a wooden spoon or spatula. Cook for 5-6 minutes on medium heat.
- When the pasta is cooked, drain and add to the sauce, however save some of pasta water.
- Add the grated parmesan to the sauce, along with some pasta water to loosen the sauce if necessary. Season with salt and pepper, garnish with fresh basil, place in a bowl and serve.

# Loaded Potato Skins

**Total Calories - 437**  
**Protein - 35g**  
**Carbohydrate - 37g**  
**Fat - 14g**



## Lower Calorie Alternative:

- Only use 10g of cheddar cheese instead of 20g (42 Cals)
- No Lurpak Light (-36 Cals)

**Total Calories - 359**  
**Protein - 32g**  
**Carbohydrate - 37g**  
**Fat - 8g**

## Plant-Based Alternative:

- Swap the bacon to 70g of Vivera Veggie Bacon Pieces (61 Cals)
- Swap the cheddar cheese to 20g of Violife Epic Mature Block (61 Cals)
- Swap the light cream cheese to 10g of Violife Viospread Light & Creamy Vegan Spread (23 Cals)
- Swap the milk to 30ml of Alpro Organic Unsweetened Soya (10 Cals)
- Swap the Lurpak Light to 1 tsp. of Flora Lighter Vegan Spread (13 Cals)

**Total Calories - 328**  
**Protein - 16g**  
**Carbohydrate - 40g**  
**Fat - 10g**

## Pork-Free Alternative:

- Swap the bacon medallions to 70g of Mattessons Smoked Turkey Rashers (96 Cals)

**Total Calories - 402**  
**Protein - 32g**  
**Carbohydrate - 36g**  
**Fat - 12g**



# LOADED POTATO SKINS

## INGREDIENTS

- 70g Smoked Bacon Medallions
- 150g Raw Baking Potato
- 20g Mature Cheddar Cheese
- 10g Light Cream Cheese
- 30ml Skimmed Milk
- 1 Tbsp. Fresh Chopped Chives
- 1 Tsp. Lurpak Light
- Salt
- Pepper

 **75 MINUTES**

## METHOD

- Place the potato in the oven at 200C for 20 minutes on the top shelf, then turn the temperature down to 170C and bake for a further 45 minutes. Add the bacon medallions to the oven for the last 10 minutes.
- When the potato is cooked through and the bacon medallions are crispy, remove from the oven and set aside. Slice the potato in half and scoop out the cooked potato, leaving the skin intact.
- In a bowl, mash the potato using a ricer and combine with milk, chopped chives, butter, cream cheese, salt and pepper.
- Fill the potato skins back with the mashed potato mixture, chop and top with bacon pieces and grated cheddar cheese, place under a grill until the cheese is melted and slightly golden brown. Remove from the oven, plate and serve.