



VOLUME XIII

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A warming winter soup with chicken thigh pieces, carrots and egg pasta noodles.

Honey BBQ Pork Burger

Total Calories - 511
Protein - 30g
Carbohydrate - 66g
Fat - 12g



Lower Calorie Alternative:

- Swap the brioche bun to 1 Warburtons Sliced White Roll (146 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- No Lurpak Light (-36 Cals)
- No honey (-21 Cals)

Total Calories - 430
Protein - 30g
Carbohydrate - 58g
Fat - 8g

Plant-Based Alternative:

- Swap the pork mince to 1 Taste & Glory Meat Free Vegan Burger (210 Cals)
- Swap the honey to 1 tsp. of agave syrup (21 Cals)
- Swap the honey BBQ sauce to plain BBQ sauce (32 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- No Lurpak Light (-36 Cals)

Total Calories - 651
Protein - 23g
Carbohydrate - 67g
Fat - 28g

Pork-Free Alternative:

- Swap the pork mince to 100g of 5% beef mince (168 Cals)

Total Calories - 553
Protein - 38g
Carbohydrate - 66g
Fat - 12g



HONEY BBQ PORK BURGER

INGREDIENTS

- 100g Pork Mince (5%)
- 1 Brioche Burger Bun
- 2 Tbsps. Honey BBQ Sauce
- 1 Tbsp. Lightest Mayonnaise
- 1 Tsp. Apple Cider Vinegar
- 1 Tsp. Honey
- 1 Tsp. Lurpak Light
- 1 Tsp. Nando's BBQ Seasoning
- ½ Tsp. Rapeseed Oil
- 2 Leaves Cabbage
- ½ Onion
- ¼ Carrot
- ¼ Red Apple
- Salt
- Pepper

 **55 MINUTES**

METHOD

- Begin by finely slicing the onion. Add to a small non-stick saucepan with the butter. Cook over medium heat until fully caramelised. Stir occasionally, add a splash of water if necessary and season with salt to taste.
- Finely slice the cabbage, grate the carrot and apple and add to a small bowl before combining with mayonnaise, apple cider vinegar and honey. Season with salt and pepper and leave to sit in the fridge covered.
- Form the pork mince into a thin patty. Season the pork patty with the Nando's BBQ seasoning, salt and pepper. Bring a non-stick pan to high heat, add the rapeseed oil and the pork patty.
- Cook for 2-3 minutes until a crust has formed on the bottom flip and cook for a further 2-3 minutes or until cooked through, remove and set aside.
- When the onions are fully caramelised and almost jam like, turn off the heat and set aside.
- Toast the brioche bun in the same pan used to cook the patty until golden brown. Spread the honey BBQ sauce equally on the inside of both halves of the burger bun. Top the bottom half with the apple slaw first, followed by the pork patty and then the caramelised onions. Finally, top the burger with the top half of the bun, plate and serve.

Prawn Fettuccine Alfredo

Total Calories - 392

Protein - 31g

Carbohydrate - 26g

Fat - 14g



Lower Calorie Alternative:

- Swap the Lurpak Light to low-cal oil spray (10 Cals)
- Only use 50g of fettuccine instead of 70g (75 Cals)
- Only use 10g of parmesan cheese instead of 20g (38 Cals)
- Only use 20ml of Elmlea instead of 40ml (24 Cals)

Total Calories - 274

Protein - 30g

Carbohydrate - 19g

Fat - 7g

Plant-Based Alternative:

- Swap the prawns to 100g of This Isn't Chicken (160 Cals)
- Swap the Lurpak Light to 1 tsp. of Flora Lighter Vegan Spread (13 Cals)
- Swap the parmesan cheese to 20g of Violife Just Like Parmesan (56 Cals)
- Swap the Elmlea to 40ml of Elmlea Double Plant Cream Alternative (116 Cals)
- Swap wine to 20ml of vegan white wine (20 Cals)

Total Calories - 485

Protein - 27g

Carbohydrate - 38g

Fat - 22g



PRAWN FETTUCCHINE ALFREDO

INGREDIENTS

- 100g Prawns
- 70g Dried Fettuccine
- 20g Parmesan Cheese
- 40ml Elmlea Single Cream (45% Less Fat)
- 20ml White Wine
- 1 Tsp. Lurpak Light
- 1 Clove Garlic
- ¼ Onion
- Fresh Parsley (Garnish)
- Salt
- Pepper

 **15 MINUTES**

METHOD

- To begin, add the fettuccine to boiling salted water and cook for 2 minutes less than stated on the packet.
- Heat a non-stick pan over high heat. Season the prawns with salt and pepper and add to the pan. Sear for 1 minute on each side, remove and set aside.
- Turn the heat down to medium and add the butter. Dice and add the onion. Sauté for 2-3 minutes before chopping and adding the garlic.
- Sauté for a further 30 seconds before adding in the white wine. Cook for 1-2 minutes or until the alcohol has cooked off.
- Slowly stir in the cream along with the parmesan cheese and add the prawns back into the pan continuing to stir.
- Drain the pasta but save some of the water. Add the pasta to the sauce, along with some reserved pasta water stirring well, cook for a further 1-2 minutes.
- Plate the pasta and top with the prawns, garnish with chopped fresh parsley and serve.

Cottage Pie

Total Calories - 476

Protein - 34g

Carbohydrate - 52g

Fat - 12g



Lower Calorie Alternative:

- Swap the 5% beef mince to 100g of 3% beef mince (94 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- Only use 100g of potatoes instead of 150g (81 Cals)

Total Calories - 350

Protein - 30g

Carbohydrate - 37g

Fat - 7g

Plant-Based Alternative:

- Swap the beef mince to 100g of Vivera Veggie Mince (126 Cals)
- Swap milk to unsweetened soya milk (4 Cals)
- Swap the red wine to vegan red wine (20 Cals)
- Swap the chicken stock to 200ml of vegetable stock (12 Cals)
- Swap the Worcestershire sauce to 1 tbsp. of brown sauce (16 Cals)
- Swap the cheddar cheese to 10g of Violife Epic Mature Block (30 Cals)

Total Calories - 430

Protein - 27g

Carbohydrate - 55g

Fat - 9g



COTTAGE PIE

INGREDIENTS

- 80g Beef Mince (5%)
- 150g Maris Piper Potatoes
- 10g Mature Cheddar Cheese
- 200ml Beef Stock
- 20ml Red Wine
- 10ml Skimmed Milk
- 1 Tbsp. Worcestershire Sauce
- ½ Tbsp. Fresh Chopped Chives
- ½ Tbsp. Plain Flour
- 1 Tsp. Rapeseed Oil
- 1 Bay Leaf
- 1 Sprig Rosemary
- 1 Sprig Thyme
- ¼ Carrot
- ¼ Celery
- ¼ Onion
- Salt
- Pepper

 **65 MINUTES**

METHOD

- Begin by cutting the potatoes into 1.5-Inch pieces, add to a saucepan with cold salted water, cover and bring to a boil. When fork-tender, drain and add potatoes back into the pan and cover leaving to steam dry. Mash using a potato ricer and add the milk and chives, stirring to combine well. Salt and pepper to taste.
- Finely chop the onion, celery, carrot, rosemary and thyme and set aside. Bring a non-stick pan to medium-high heat and add the oil and onion cooking for a minute before adding the carrot and celery, cooking for a further 2-3 minutes until softened. Add the rosemary, thyme and garlic and cook for 30 seconds more.
- Next, add the beef mince and cook for 5-6 minutes until browned. Add the flour and cook for another minute. Add the Worcestershire sauce and the wine and cook for another minute. Then add the beef stock stirring to combine well. Finally, add the bay leaf and leave to simmer on medium-low heat for 30 minutes. Season with salt and pepper to taste.
- Preheat the oven to 180C. Add the mince when cooked to a baking tray and top with the mash. Use a fork to even out the mash and ruffle creating texture. Place in the oven and bake for 20 minutes or until browned.
- Finally top with the grated cheddar cheese and bake for a further 5-10 minutes or until the cheese has melted and slightly browned. Remove from the oven and leave to sit for at least 10 minutes, plate and serve.

Beef Masaman Curry

Total Calories - 567

Protein - 31g

Carbohydrate - 60g

Fat - 23g



Lower Calorie Alternative:

- Swap the beef to 100g of beef medallions (128 Cals)
- No potatoes (-36 Cals)

Total Calories - 526

Protein - 32g

Carbohydrate - 53g

Fat - 21g

Plant-Based Alternative:

- Swap the beef to 100g of Taste & Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the masaman curry paste to 15g of vegan masaman curry paste (13 Cals)
- No fish sauce (-3 Cals)

Total Calories - 576

Protein - 30g

Carbohydrate - 63g

Fat - 22g



BEEF MASAMAN CURRY

INGREDIENTS

- 100g Beef Short Rib
- 50g Baby Potatoes
- 40g Jasmine Rice
- 15g Masaman Curry Paste
- 200ml Light Coconut Milk
- 1 Tbsp. Unsalted Peanuts
- ½ Tbsp. Brown Sugar
- ½ Tbsp. Fish Sauce
- ½ Tbsp. Tamarind Paste
- ¼ Onion
- Salt
- Pepper

 **160 MINUTES**

METHOD

- Begin by cutting the beef into large 2-Inch chunks.
- Heat just 50ml of coconut milk in a heavy-based saucepan over medium-high heat. When the oil begins to separate in the coconut milk, add in the curry paste.
- Cook the paste for 8-10 minutes before adding in the beef chunks, cooking for a further 5 minutes then pour in the remaining coconut milk.
- Leave to simmer at medium-low heat covered for 2 hours, stirring occasionally. After 2 hours, remove the lid and leave to simmer for a further 30 minutes.
- Next, peel and half the potatoes before adding to the curry. Slice and add the onion and peanuts and cook until 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 85ml of water and salt. Bring to a boil and cook for 2 minutes. Cover and simmer on low for 10 minutes. Turn off the heat and leave to sit covered for a further 10 minutes.
- Finally add in the sugar, tamarind, and fish sauce to the beef and season with salt and pepper.
- Place the rice in a bowl and top with the curry and serve.

Sweet Soy Prawn Noodles

Total Calories - 505

Protein - 36g

Carbohydrate - 57g

Fat - 15g



Lower Calorie Alternative:

- Only use 100g of noodles instead of 125g (166 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- No egg (-73 Cals)

Total Calories - 362

Protein - 30g

Carbohydrate - 50g

Fat - 5g

Plant-Based Alternative:

- Swap the prawns to 100g of This Isn't Chicken (160 Cals)
- Swap the egg noodles to 125g of udon noodles (159 Cals)
- Swap the chicken stock to 1 tbsp. of vegetable stock (1 Cal)

Total Calories - 519

Protein - 38g

Carbohydrate - 61g

Fat - 13g



SWEET SOY PRAWN NOODLES

INGREDIENTS

- 80g Prawns
- 125g Fresh Egg Noodles
- 1 Tbsp. Chicken Stock
- 1 Tbsp. Kicap Manis
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Soy Sauce
- 1 Clove Garlic
- 1 Egg
- ½ Bird's Eye Chilli
- ¼ Onion
- Handful Spinach
- Salt
- Pepper

METHOD

- Begin by whisking the egg in a small bowl. Heat a wok at high heat, pour in the egg and scramble.
- Chop the garlic and add into the pan with the oil and stir-fry for 30 seconds. Next, slice and add in the onion and chilli. Cook for a further 30 seconds before adding in the prawns cooking for another minute.
- Pour in the chicken stock, kicap manis and soy sauce and cook for 30 seconds. Add the noodles to the wok and stir well to combine followed by the spinach. Season with salt and pepper to taste.
- When the noodles are cooked through and have absorbed the sauce, remove from the wok, plate and serve.

 **10 MINUTES**

Poutine

Total Calories - 411
Protein - 30g
Carbohydrate - 43g
Fat - 13g



Lower Calorie Alternative:

- Only use 100g of potatoes instead of 150g (81 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 282
Protein - 30g
Carbohydrate - 26g
Fat - 6g

Plant-Based Alternative:

- Swap the bacon medallions to 100g of Vivera Veggie Bacon Pieces (87 Cals)
- Swap the Mozzarella to 20g of Violife Mozzarella Flavour Block (59 Cals)
- Swap the beef stock to 200ml of vegetable stock (12 Cals)
- Swap the Worcestershire sauce for ½ a tbsp. of brown Sauce (8 Cals)

Total Calories - 375
Protein - 23g
Carbohydrate - 42g
Fat - 13g

Pork-Free Alternative:

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

Total Calories - 404
Protein - 30g
Carbohydrate - 42g
Fat - 13g



POUTINE

INGREDIENTS

- 60g Smoked Bacon Medallions
- 150g Maris Piper Potatoes
- 20g Low Moisture Mozzarella
- 200ml Beef Stock
- ½ Tbsp. Plain Flour
- ½ Tbsp. Rapeseed Oil
- ½ Tbsp. Worcestershire Sauce
- Salt
- Pepper

METHOD

- Preheat the oven to 200C. Cut the potatoes into thin batons, rinse them in cold water until the water runs clear. Dry well and coat in half the oil.
- Add the batons to a baking tray before seasoning with salt and placing in the oven. Bake for 30 minutes, flipping halfway through.
- Heat the remaining oil in a non-stick pan over high heat and add in the bacon medallions.
- Cook for 3-4 minutes on each side or until crispy and cooked through and remove. Chop into tiny pieces and set aside.
- Turn the heat down to medium and add in the flour. Cook for 30 seconds to 1 minute until the flour has slightly browned. Slowly whisk in the beef stock and simmer until thickened. Season with Worcestershire sauce, salt and pepper.
- When the chips are cooked through and golden, remove and plate. Cut the mozzarella into small bite-size cubes and place on top of the chips. Pour over the gravy, top with crispy bacon pieces and serve.

 **30 MINUTES**

Tuna Mayo Baguette

Total Calories - 358

Protein - 34g

Carbohydrate - 66g

Fat - 3g



Lower Calorie Alternative:

- Only use 70g of baguette instead of 100g (132 Cals)

Total Calories - 301
Protein - 32g
Carbohydrate - 49g
Fat - 2g

Plant-Based Alternative:

- Swap the tuna to 100g of Vuna (266 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)

Total Calories - 602
Protein - 32g
Carbohydrate - 65g
Fat - 30g



TUNA MAYO BAGUETTE

INGREDIENTS

- 100g Tuna In Spring Water (Drained)
- 100g Baguette (Hollowed Out)
- 2 Tbsps. Lightest Mayonnaise
- ½ Tbsp. Capers
- 1 Tsp. Fresh Dill
- 1 Tsp. Fresh Lemon Juice
- Handful Rocket
- 1 Beef Tomato
- ¼ Cucumber
- ¼ Onion
- Salt
- Pepper

METHOD

- Begin by chopping the dill and capers. Combine them with the tuna, mayonnaise and lemon juice in a bowl. Season with salt and pepper to taste.
- Slice the baguette in half length ways and hollow out some of the inside to create a pocket to hold the fillings.
- Slice and add the cucumber, onion and tomato to the bottom half of the baguette, followed by the tuna mixture. Top with rocket and finally place the top half of the baguette on to close the sandwich, plate and serve.

 **05 MINUTES**

Spicy Tomato Cod

Total Calories - 446

Protein - 32g

Carbohydrate - 59g

Fat - 8g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 416

Protein - 32g

Carbohydrate - 58g

Fat - 4g

Plant-Based Alternative:

- Swap the cod to 120g of firm tofu (148 Cals)

Total Calories - 496

Protein - 25g

Carbohydrate - 63g

Fat - 15g



SPICY TOMATO COD

INGREDIENTS

- 100g Cod
- 40g Basmati Rice
- 1 Tsp. Chilli Powder
- 1 Tsp. Olive Oil
- ½ Tsp. Sumac
- ½ Tsp. Turmeric Powder
- ¼ Tsp. Cayenne Pepper
- ¼ Tsp. Cumin Powder
- ¼ Tsp. Ground Corriander
- 4 Asparagus Spears
- 1 Can Peeled Plum Tomatoes
- 1 Clove Garlic
- 1-Inch Ginger
- 1 Sprig Thyme
- ¼ Lemon
- ¼ Onion
- Fresh Parsley (Garnish)
- Salt
- Pepper

METHOD

- Rinse the rice in cold water until it runs clear and drain. Add the rice to a non-stick saucepan with 80ml of water and salt. Bring to a boil and cook for 2 minutes. Cover and simmer on low for 10 minutes before turning off the heat, leaving to sit covered for a further 10 minutes.
- Next, chop the onion, garlic and ginger. In a pan, heat the olive oil over medium-high heat and add the onion cooking for 5 minutes.
- Add in the garlic and ginger cooking for 30 seconds before stirring in the sumac, cayenne, turmeric, chilli and cumin powder, ground coriander and thyme. Cook for 1-2 minutes.
- Following this, pour in the plum tomatoes and simmer for 10 minutes. Season with salt and pepper to taste.
- Add in the cod fillet, cover with a lid and leave to cook on medium-low for 8-10 minutes until cooked through. Next, squeeze in the lemon juice, garnish with fresh chopped parsley and leave to sit covered off the heat.
- Cook the the asparagus in a pan for 4-5 minutes on medium-high heat, season with salt and pepper.
- Plate the rice, asparagus and cod with the sauce and serve.

 **30 MINUTES**

Teriyaki Chicken Wrap

Total Calories - 496

Protein - 34g

Carbohydrate - 64g

Fat - 10g



Lower Calorie Alternative:

- Swap the wrap to 1 Warbutons High Protein Wraps With Super Seeds (126 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 417

Protein - 36g

Carbohydrate - 47g

Fat - 7g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)

Total Calories - 608

Protein - 30g

Carbohydrate - 69g

Fat - 22g



TERIYAKI CHICKEN WRAP

INGREDIENTS

- 100g Chicken Breast
- 1 Flour Tortilla
- 2 Tbsps. Lightest Mayonnaise
- 2 Tbsps. Soy Sauce
- 1 Tbsp. Mirin
- 1 Tbsp. Sugar
- 1 Tsp. Chopped Garlic
- 1 Tsp. Chopped Ginger
- 1 Tsp. Rapeseed Oil
- 5 Slices Cucumber
- 2 Leaves Cabbage
- ½ Spring Onion
- ¼ Carrot
- Sesame Seeds (Garnish)
- Salt
- Pepper

 **15 MINUTES**

METHOD

- Begin by butterflying the chicken breast. Chop the ginger and garlic and combine with the chicken along with soy sauce, mirin, sugar, salt and pepper, then set aside.
- Grate the carrot and finely slice the cabbage and combine with mayonnaise and some salt and set aside also.
- Bring a non-stick pan to medium-high heat before adding in the oil and the marinated chicken. Cook for approximately 2 minutes on each side, add the remaining marinade and coat the chicken well. Cook until the sauce has thickened and the chicken is cooked through. Remove from the pan and leave to rest for a couple minutes.
- Next slice the spring onion and the cucumber. Place the tortilla flat and add the slaw first before slicing the chicken and adding it on top along with the sesame seeds. Next, add the spring onion and cucumber. Fold both ends of the tortilla over and then roll the wrap over on itself.
- Bring a clean non-stick pan to medium-high heat and add the wrap seam side down, toast on each side until golden brown. Remove the wrap, slice in half at an angle, plate and serve.

Baked Chicken Leg and Crispy Potatoes

Total Calories - 460

Protein - 30g

Carbohydrate - 41g

Fat - 22g



Lower Calorie Alternative:

- Swap the chicken leg to 100g of chicken breast (128 Cals)
- Only use 100g of potatoes instead of 150g (81 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 248

Protein - 30g

Carbohydrate - 25g

Fat - 3g

Plant-Based Alternative:

- Swap the chicken to 1 Vivera Plant Garlic Kiev (205 Cals)
- Swap the honey to 1 tsp. of agave syrup (21 Cals)

Total Calories - 415

Protein - 16g

Carbohydrate - 47g

Fat - 17g



BAKED CHICKEN LEG AND CRISPY POTATOES

INGREDIENTS

- 1 Whole Chicken Leg
- 150g Maris Piper Potatoes
- ½ Tbsp. Olive Oil
- 1 Tsp. Honey
- 1 Tsp. Thyme
- ¼ Tsp. All Purpose Seasoning
- ¼ Tsp. Cajun Seasoning
- ¼ Tsp. Cayenne Pepper
- ¼ Tsp. Garlic Powder
- ¼ Tsp. Smoked Paprika
- Salt
- Pepper

METHOD

- Preheat the oven to 240C. Peel the potatoes and cut into small 1-Inch cubes. Rinse with cold water until it runs clear, drain and dry well.
- In a large bowl combine the potato chunks and chicken leg with the cajun seasoning, cayenne pepper, garlic powder, smoked paprika, all-purpose seasoning, thyme, olive oil, honey, salt and pepper.
- Add everything onto a baking tray and place into the oven. Immediately turn the heat down to 180C and bake for 40 minutes or until the chicken is cooked through and the potatoes are golden and crisp. Leave to rest for 5-10 minutes, plate and serve.

 **50 MINUTES**

Chicken Noodle Soup

Total Calories - 425

Protein - 39g

Carbohydrate - 31g

Fat - 14g



Lower Calorie Alternative:

- Swap the chicken thighs to 80g of chicken breast (102 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 310

Protein - 36g

Carbohydrate - 31g

Fat - 4g

Plant-Based Alternative:

- Swap the chicken to 80g of This Isn't Chicken (128 Cals)
- Swap chicken stock to 400ml of vegetable stock (34 Cals)
- Swap the egg pasta to 60g of Amoy noodles (91 Cals)

Total Calories - 335

Protein - 27g

Carbohydrate - 40g

Fat - 10g



CHICKEN NOODLE SOUP

INGREDIENTS

- 80g Chicken Thigh Fillets
- 60g Fresh Egg Pasta
- 400ml Chicken Stock
- 1 Clove Garlic
- 1 Spring Onion
- 1 Stalk Lemongrass
- ½ Tsp. Olive Oil
- ½ Carrot
- ¼ Onion
- ¼ Stick Celery
- Handful Fresh Parsley
- Salt
- Pepper

METHOD

- Cut the chicken into small bite-size pieces and set aside.
- Dice the onion and chop the celery, carrot and garlic. In a saucepan, heat the olive oil at medium-high heat. Add the onion and sauté for 2-3 minutes before adding in the celery and carrot, cooking for a further 1-2 minutes. Lastly, add in the garlic and cook for 30 seconds more.
- Add in the chicken pieces and cook for 2 minutes before pouring in the chicken stock and adding the lemongrass stalk. Leave to simmer on medium heat for 30-40 minutes, adding water if necessary.
- Chop and stir in fresh parsley, slice and add spring onion along with the pasta and cook for a final 3-4 minutes or until the pasta is cooked through. Season with salt and pepper to taste, place in a bowl and serve.

 **45 MINUTES**