



VOLUME XIV

Recipes

WHAT'S INSIDE

01

Honey Cajun Drumsticks

Chicken drumsticks and corn on the cob tossed in a honey-Cajun sauce, baked until tender.

02

Buttermilk BBQ Chicken

Chicken breast marinated and tenderized in BBQ seasoned buttermilk, grilled to perfection and coated in a BBQ glaze served with a creamy chive and onion potato salad.

03

Blackened Salmon Tacos

Cajun and Creole-inspired grilled salmon served in 2 mini flour tortillas with a grilled corn and mango salsa.

04

Mackerel Fried Rice

Southeast Asian-inspired egg fried rice with lightly smoked mackerel, spinach and green beans.

05

Asian Fusion Pork Spaghetti

Spaghetti coated in a Chinese-inspired oyster based, sweet and savoury sauce with minced pork and spring onions.

06

Piri-Piri Chicken Pitta Pockets

Nando's style pittas filled with piri-piri grilled chicken, grilled halloumi cheese, salad and a piri-piri spiced yoghurt dressing.

07

Red Curry Grilled Prawns

Head and shell on prawns, marinated in a Thai red curry and coconut sauce, infused with kaffir lime leaves served with fragrant Thai Jasmine rice.

08

Honey Balsamic Lamb Chops

Lamb chops in a honey balsamic glaze served over crispy, crushed, garlic and herb baby potatoes.

09

Steak Sandwich

Grilled sirloin steak served in a toasted ciabatta roll with watercress, beef tomato slices, mustard mayonnaise and a coriander and parsley chimichurri.

10

Lemongrass Chicken Wings

Vietnamese grilled chicken wings in a spicy, fragrant, fish sauce and lemongrass marinade.

11

Coconut Chicken Skewers

Grilled chicken thigh skewers in a coconut BBQ marinade served with savoury, turmeric, fragrant Thai Jasmine rice.

Honey Cajun Drumsticks

Total Calories - 437
Protein - 31g
Carbohydrate - 42g
Fat - 17g



Lower Calorie Alternative:

- Swap the chicken drumsticks to 100g of chicken mini fillets (127 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 324
Protein - 30g
Carbohydrate - 42g
Fat - 6g

Plant-Based Alternative:

- Swap the chicken drumsticks to 120g of This Isn't Chicken (192 Cals)
- Swap the honey to 1 tbsp. of agave syrup (60 Cals)

Total Calories - 415
Protein - 32g
Carbohydrate - 50g
Fat - 11g



HONEY CAJUN DRUMSTICKS

INGREDIENTS

- 2 Chicken Drumsticks
- 1 Corn On The Cob
- 1 Tbsp. Cajun Seasoning
- 1 Tbsp. Honey
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Smoked Paprika
- 2 Cloves Garlic
- Salt
- Pepper

 **55 MINUTES**

METHOD

- Preheat the oven to 200C. Finely chop the garlic and combine with the Cajun seasoning, smoked paprika, rapeseed oil, honey, salt and pepper to taste. Rub the chicken and corn with the honey and Cajun mix.
- Place the chicken on a baking tray and onto the middle shelf of the oven. Bake for 45 minutes, flipping halfway.
- Loosely wrap the corn in foil and place into the oven for the last 25 minutes of the cooking time. Unwrap and bake uncovered for the final 5 minutes.
- Remove both the chicken and corn from the oven and leave to rest for 5 minutes.
- When rested, plated both and serve.

Buttermilk BBQ Chicken

Total Calories - 390

Protein - 34g

Carbohydrate - 38g

Fat - 9g



Lower Calorie Alternative:

- Only use 70g of potatoes instead of 100g (50 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 338

Protein - 33g

Carbohydrate - 34g

Fat - 7g

Plant-Based Alternative:

- Swap the chicken breast to 120g of This Isn't Chicken (192 Cals)
- Swap the mayonnaise to 2 tbsps. of Hellmann's Vegan Mayonnaise (196 Cals)
- No buttermilk (-38 Cals)

Total Calories - 576

Protein - 30g

Carbohydrate - 39g

Fat - 31g



BUTTERMILK BBQ CHICKEN

INGREDIENTS

- 100g Chicken Breast
- 100g Salad Potatoes
- 4 Tbsps. Buttermilk
- 4 Tbsps. Lightest Mayonnaise
- 1 Tbsp. BBQ Sauce
- 1 Tbsp. Nando's BBQ Seasoning
- 1 Tsp. Apple Cider Vinegar
- 1 Tsp. Dijon Mustard
- 1 Tsp. Rapeseed Oil
- 3 Stems Chive
- ¼ Red Onion
- Salt
- Pepper

 **60 MINUTES**

METHOD

- Begin by butterflying the chicken breast or flatten it out to create an even thickness. Combine the buttermilk with the Nando's BBQ seasoning, salt and pepper to taste. Marinate the chicken in the buttermilk mixture for 20 minutes.
- Cut the potatoes into even-sized pieces, place into a saucepan with cold salted water and bring to a boil. Leave to simmer on medium for 25 minutes or until fork-tender. When cooked through, drain and leave to cool completely.
- Preheat the oven to 180C. Peel off the skin and cut the potatoes into smaller bite-size pieces. Next, finely chop the red onion and chives before combining with the mayonnaise, dijon mustard, apple cider vinegar, salt and pepper. Mix the potato pieces into the mayonnaise mixture and place into the fridge until the chicken is cooked.
- Preheat a frying pan to high heat, once up to temperature add in the rapeseed oil. Let the excess buttermilk drip off the chicken before placing it into the pan. Cook the chicken breast for 1-2 minutes on each side.
- Next, brush the BBQ sauce onto the chicken breast and place into the oven for 6-8 minutes or until cooked through. Remove from the oven, and leave to rest for 5 minutes.
- Slice the chicken breast and plate with the potato salad and serve.

Blackened Salmon Tacos

Total Calories - 602

Protein - 34g

Carbohydrate - 54g

Fat - 28g



Lower Calorie Alternative:

- Only use 1 mini tortilla instead of 2 (75 Cals)
- Swap the butter to low-cal oil spray (10 Cals)

Total Calories - 517

Protein - 32g

Carbohydrate - 41g

Fat - 25g

Plant-Based Alternative:

- Swap the salmon to 120g of Plant Pioneers No Salmon Fillets (259 Cals)
- Swap the butter to 1 tsp. of vegan butter (35 Cals)

Total Calories - 613

Protein - 24g

Carbohydrate - 72g

Fat - 26g



BLACKENED SALMON TACOS

INGREDIENTS

- 120g Salmon (Skinless)
- 2 Mini Flour Tortillas
- 2 Tbsps. Cajun Seasoning
- 2 Tbsps. Sweetcorn
- 1 Tsp. Brown Sugar
- 1 Tsp. Light Butter
- 1 Tsp. Smoked Paprika
- ½ Lime
- ½ Red Chilli
- ¼ Avocado
- ¼ Mango
- ⅛ Red Onion
- ⅛ Red Pepper
- Salt
- Pepper

METHOD

- Begin by combining the brown sugar, Cajun seasoning, smoked paprika, salt and pepper. Rub the mixture over the salmon and leave to marinate while preparing the corn and mango salsa.
- Cut the mango, red pepper and avocado into equal small bite-size pieces and finely chop the red onion, red chilli and coriander. Mix everything together along with the corn, the zest and juice of half a lime, salt and pepper to taste.
- Preheat a non-stick pan to medium-high heat before adding in the butter, along with the salmon. Cook on each side for 3-4 minutes or until cooked through. Remove from the pan and leave to rest for 5 minutes.
- Heat the tacos in the same pan for 10 seconds on each side. Place on a plate and flake the salmon on top of the tacos followed by the corn and mango salsa and serve.

 **30 MINUTES**

Mackerel Fried Rice

Total Calories - 549

Protein - 30g

Carbohydrate - 43g

Fat - 28g



Lower Calorie Alternative:

- Swap the mackerel to 100g of prawns (94 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 373

Protein - 33g

Carbohydrate - 43g

Fat - 7g

Plant-Based Alternative:

- Swap the mackerel and egg to 150g of tofu (185 Cals)
- Swap the fish sauce to 1 tsp. of soy sauce (6 Cals)
- Swap the red Thai curry paste to 1 tsp. of Thai Taste Red Thai Curry Paste (6 Cals)

Total Calories - 420

Protein - 25g

Carbohydrate - 46g

Fat - 14g



MACKEREL FRIED RICE

INGREDIENTS

- 80g Smoked Mackerel
- 90g Jasmine Rice (Cooked)
- 1 Egg
- 1 Tsp. Fish Sauce
- 1 Tsp. Kicap Manis
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Red Curry Paste
- 2 Green Beans
- ½ Spring Onion
- ¼ Onion
- ⅓ Cucumber
- Spinach (Handful)
- Fresh Coriander (Garnish)
- Lime Wedge (Garnish)
- Red Chilli (Garnish)
- Salt
- White Pepper

METHOD

- Begin by slicing the onion, spring onion, green beans and spinach. Whisk the egg in a bowl and set aside.
- Preheat a wok to high heat. Once smoking, pour in the oil along with the egg and scramble. Once cooked through, remove and set aside.
- Next, add in the red curry paste and stir-fry for 30-60 seconds until fragrant. Add in the onion and green beans and cook for a further 30-60 seconds before flaking in the mackerel.
- Add in the rice, using a spatula to break it up. Pour in the fish sauce and kicap manis and stir fry for 1-2 minutes before adding the egg back in.
- Finally add in the spinach and spring onion before tossing everything to combine well. Season with salt and white pepper to taste.
- Slice the red chilli, cucumber and a wedge of lime. Plate the fried rice, garnish with coriander and chilli, add the cucumber and lime wedge to the side and serve.

 **15 MINUTES**

Asian Fusion Pork Spaghetti

Total Calories - 346

Protein - 33g

Carbohydrate - 36g

Fat - 7g



Lower Calorie Alternative:

- Only use 50g of spaghetti instead of 70g (88 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 281
Protein - 31g
Carbohydrate - 29g
Fat - 4g

Plant-Based Alternative:

- Swap the pork mince to 120g of Vivera Plant Mince (151 Cals)
- Swap the oyster sauce to 1 tbsp. of vegetarian mushroom stir-fry sauce (22 Cals)

Total Calories - 376
Protein - 30g
Carbohydrate - 48g
Fat - 5g

Pork-Free Alternative:

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

Total Calories - 380
Protein - 37g
Carbohydrate - 36g
Fat - 9g



ASIAN FUSION PORK SPAGHETTI

INGREDIENTS

- 100g Pork Mince (5%)
- 70g Spaghetti
- 1 Tbsp. Chopped Garlic
- 1 Tbsp. Oyster Sauce
- ½ Tbsp. Chopped Ginger
- ½ Tbsp. Chopped Red Chilli
- ½ Tbsp. Soy Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Sugar
- 1 Spring Onion
- Salt
- Pepper

 **20 MINUTES**

METHOD

- Begin by adding the spaghetti to boiling salted water and cook for 2 minutes less than stated on the packet.
- Fry off the mince with rapeseed oil in a non-stick frying pan at high heat. Once browned, remove from the pan and set aside.
- Chop the garlic, ginger and chilli. Add only the garlic and ginger to the same pan and fry at medium heat for 30 seconds before adding in the red chilli.
- Next, stir in the soy sauce, oyster sauce and sugar before adding the pork back into the pan, stirring to combine everything well. Add a splash of pasta water to loosen the sauce and season with salt and pepper.
- When the spaghetti is cooked, drain well but save some of the water. Add the spaghetti to the mince along with some of the pasta water and cook for a final 1-2 minutes.
- Finally chop and stir in the spring onion, plate and serve.

Piri-Piri Chicken Pitta Pockets

Total Calories - 381
Protein - 34g
Carbohydrate - 39g
Fat - 9g



Lower Calorie Alternative:

- Swap the pitta to 1 Warburtons Sandwich Thins (100 Cals)

Total Calories - 337
Protein - 32g
Carbohydrate - 29g
Fat - 10g

Plant-Based Alternative:

- Swap the chicken breast to 100g of This Isn't Chicken (160 Cals)
- Swap the halloumi to 10g of Violife Mediterranean Style Grill Me (26 Cals)
- Swap the yoghurt to 30g of Oatly Greek Style Oatgurt (44 Cals)

Total Calories - 435
Protein - 31g
Carbohydrate - 52g
Fat - 10g



PIRI-PIRI CHICKEN PITTA POCKETS

INGREDIENTS

- 80g Chicken Breast
- 30g Greek Yoghurt (0%)
- 10g Halloumi Cheese
- 6 Tbsps. Hot Nando's Sauce
- 1 Pitta
- ½ Tomato
- ½ Lemon
- ⅛ Cucumber
- ⅛ Onion
- Iceberg Lettuce (Handful)
- Salt
- Pepper

 **25 MINUTES**

METHOD

- Begin by cutting the chicken breast into bite-size chunks. Marinate in 5 tbsps. of Nando's sauce, salt and pepper for 15 minutes.
- Mix the yoghurt with the remaining tbsp. of Nando's sauce and the juice from half a lemon and set aside.
- Cut the tomato and cucumber into very small bite-size pieces and finely dice the onion.
- Preheat a non-stick pan to high heat, add in the chicken and cook for 5-6 minutes turning frequently. Add in the halloumi for the final minute of cooking. Remove all from the pan and leave to rest for 3 minutes.
- Prepare the pitta according to the instructions on the packet. Fill the pitta with the chicken and halloumi first, followed by the lettuce and the rest of the salad and add the yoghurt mix, plate and serve.

Red Curry Grilled Prawns

Total Calories - 456

Protein - 32g

Carbohydrate - 59g

Fat - 9g



Lower Calorie Alternative:

- Only use 40g of Jasmine rice instead of 60g (153 Cals)
- Swap the sugar to 1 tsp. of granular sweetener (4 Cals)

Total Calories - 367

Protein - 30g

Carbohydrate - 39g

Fat - 9g

Plant-Based Alternative:

- Swap the prawns to 150g of Vegan Zeastar Lemon Shrimpz (208 Cals)
- Swap the red Thai curry paste to ½ a tbsp. of Thai Taste Red Thai Curry Paste (6 Cals)

Total Calories - 549

Protein - 14g

Carbohydrate - 83g

Fat - 18g



RED CURRY GRILLED PRAWNS

INGREDIENTS

- 120g Whole Prawns
- 60g Jasmine Rice
- 4 Tbsps. Light Coconut Milk
- ½ Tbsp. Red Thai Curry Paste
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Sugar
- 1 Kaffir Lime Leaf
- ½ Red Chilli (Garnish)
- Lime Wedge (Garnish)
- Salt

 **30 MINUTES**

METHOD

- To begin, rinse the rice in cold water until it runs clear. Add the rice to a non-stick saucepan along with 125ml of cold salted water and bring to a boil for 2 minutes. Cover and turn the heat down to low and leave to cook for 15 minutes. Remove from the heat and leave to sit for a further 5-10 minutes before fluffing with a fork.
- Prepare the prawns by deveining them and trimming off the feet and antennae. Remove the stalk from the kaffir lime leaf and finely slice. Combine this with the curry paste, sugar and coconut milk before coating the prawns in the mixture.
- Preheat a non-stick pan to medium-high heat. Add in the oil along with the prawns and fry for 3-5 minutes on each side or until the prawns are cooked through ensuring you do not overcook them. Once cooked, remove from the pan and leave to rest for 1-2 minutes.
- Plate the rice along with the grilled prawns, slice and garnish with red chilli. Slice and add a lime wedge on the side and serve.

Honey Balsamic Lamb Chops

Total Calories - 573
Protein - 30g
Carbohydrate - 34g
Fat - 35g



Lower Calorie Alternative:

- Swap the lamb chops to 100g of extra lean diced lamb (205 Cals)
- Only use 60g of potatoes instead of 80g (40 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 352
Protein - 37g
Carbohydrate - 35g
Fat - 7g

Plant-Based Alternative:

- Swap the lamb to 120g of Taste & Glory Meat Free Vegan No-Beef Strips (175 Cals)
- Swap the honey to 1 tbsp. of agave syrup (60 Cals)

Total Calories - 402
Protein - 30g
Carbohydrate - 36g
Fat - 14g



HONEY BALSAMIC LAMB CHOPS

INGREDIENTS

- 100g Lamb Chops
- 80g Baby Potatoes
- 2 Tbsps. Balsamic Vinegar
- 1 Tbsp. Honey
- 2 Tsp. Olive Oil
- 1 Clove Garlic
- 1 Sprig Rosemary
- 1 Sprig Thyme
- Salt
- Pepper

 **60 MINUTES**

METHOD

- Preheat the oven to 220C. Wash the potatoes in water before draining and adding to a saucepan with cold salted water. Bring to a boil and leave to simmer over medium-high heat for 20-30 minutes or until fork-tender. When cooked drain well.
- Chop up the garlic, rosemary and thyme. Lightly crush the potatoes with a masher and add only half the garlic, rosemary and thyme, with 1 tsp. of olive oil. Toss well to combine, season with salt and pepper and place into the oven to bake for 30 minutes or until golden and crisp.
- Preheat a non-stick frying pan to high heat. Season the lamb chops with salt and pepper and coat in the remaining tsp. of olive oil. Add in the lamb chops and cook for 1-2 minutes on each side and remove.
- Turn the heat down to medium and add in the remaining chopped garlic, rosemary and thyme and cook for 1 minute before adding in the balsamic vinegar and honey.
- Reduce the sauce for 3-5 minutes over medium heat before adding the lamb chops back into the pan to finish off cooking them. Season with more salt and pepper if necessary.
- Plate the crushed roasted potatoes along with the lamb chops, spoon over the honey balsamic glaze and serve.

Steak Sandwich

Total Calories - 500

Protein - 31g

Carbohydrate - 48g

Fat - 20g



Lower Calorie Alternative:

- Swap the steak to 80g of lean beef medallions (102 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 403

Protein - 30g

Carbohydrate - 48g

Fat - 10g

Plant-Based Alternative:

- Swap the steak to 100g of Taste & Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)

Total Calories - 556

Protein - 31g

Carbohydrate - 48g

Fat - 25g



STEAK SANDWICH

INGREDIENTS

- 80g Sirloin Steak
- 1 Ciabatta Roll
- 2 Tbsps. Lightest Mayonnaise
- ½ Tbsp. Dijon Mustard
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Red Wine Vinegar
- ¼ Clove Garlic
- ¼ Onion
- ¼ Red Chilli
- 2 Slices Beef Tomato
- Fresh Coriander (Handful)
- Fresh Parsley (Handful)
- Watercress (Handful)
- Salt
- Pepper

 **25 MINUTES**

METHOD

- Take the steak out of the fridge, pat dry with a paper towel and allow to come to room temperature before cooking.
- To make the chimichurri, chop the garlic, onion and red chilli as finely as possible. Combine them with coriander, parsley, salt, pepper and red wine vinegar.
- Preheat a pan to high heat. Season the steak with salt and coat in the rapeseed oil. When the pan is smoking, add in the steak. Cook on high for 3-4 minutes or until cooked to your desired doneness, flipping every 30 seconds. Remove and leave to rest for 3-5 minutes when cooked.
- Turn the heat down to medium, slice the ciabatta and toast both sides of the halves. Combine the mayonnaise and mustard and spread evenly on the inside of both ciabatta halves.
- Top the bottom half with the tomato slices and season with salt and pepper, followed by the watercress. Slice the steak and add also, followed by the chimichurri. Place the top half of the ciabatta on top, slice at an angle, plate and serve.

Lemongrass Chicken Wings

Total Calories - 376

Protein - 32g

Carbohydrate - 19g

Fat - 18g



Lower Calorie Alternative:

- Swap the chicken wings to 120g of chicken mini fillets (152 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 243

Protein - 31g

Carbohydrate - 19g

Fat - 5g

Plant-Based Alternative:

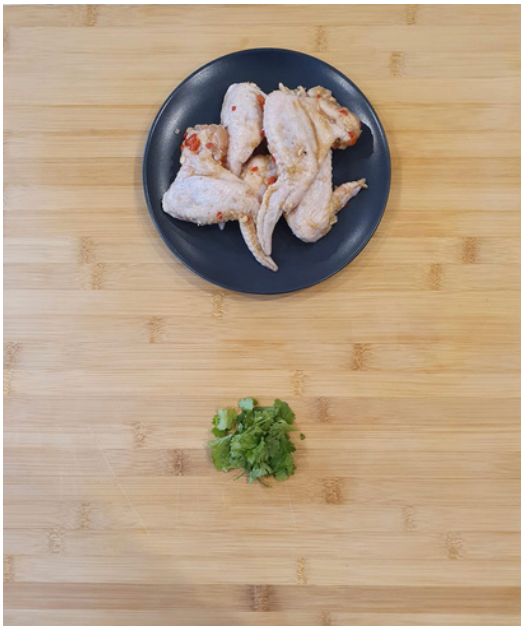
- Swap the chicken wings to 130g of Taste & Glory Vegan Chicken-Style Roast Tenderstrips (186 Cals)
- Swap the fish sauce to 1 tbsp. of soy sauce (10 Cals)

Total Calories - 309

Protein - 27g

Carbohydrate - 24g

Fat - 10g



LEMONGRASS CHICKEN WINGS

INGREDIENTS

- 120g Chicken Wings
- 1 Tbsp. Brown Sugar
- 1 Tbsp. Fish Sauce
- 1 Tsp. Rapeseed Oil
- 1 Clove Garlic
- 1 Lime
- 1 Red Chilli
- 1 Stalk Lemongrass
- Fresh Coriander (Garnish)
- Pepper

METHOD

- Preheat the oven to 180C.
- Remove the root from the lemongrass along with the outer layers. Smash the lemon grass with the handle of a knife and finely chop along with the garlic and red chilli. However, save a few slices of chilli for garnish. In a bowl, combine all with the juice from the lime, oil, fish sauce, brown sugar and black pepper.
- Coat all the wings in the marinade and place into the oven on a baking tray for 45 minutes turning halfway.
- Once cooked, remove from the oven and leave to rest for 5 minutes. Garnish with fresh coriander and red chilli and serve.

 **55 MINUTES**

Coconut Chicken Skewers

Total Calories - 468

Protein - 30g

Carbohydrate - 64g

Fat - 10g



Lower Calorie Alternative:

- Swap the chicken thighs to 80g of chicken breast (102 Cals)
- Only use 40g of Jasmine rice instead of 60g (153 Cals)

Total Calories - 342

Protein - 30g

Carbohydrate - 47g

Fat - 4g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (160 Cals)
- Swap the chicken stock to 125ml of vegetable stock (8 Cals)
- Swap the oyster sauce for ½ tsp. of vegetarian mushroom stir fry sauce (3 Cals)

Total Calories - 465

Protein - 30g

Carbohydrate - 73g

Fat - 7g



COCONUT CHICKEN SKEWERS

INGREDIENTS

- 80g Chicken Thigh Fillets
- 60g Jasmine Rice
- 125ml Chicken Stock
- ½ Tbsp. Chopped Garlic
- ½ Tbsp. Chopped Ginger
- 1 Tsp. Brown Sugar
- 1 Tsp. Coconut Cream
- 1 Tsp. Soy Sauce
- ½ Tsp. Dark Soy Sauce
- ½ Tsp. Oyster Sauce
- ¼ Tsp. Turmeric Powder
- ⅛ Cucumber
- Spring Onion (Garnish)
- Salt
- Pepper

 **35 MINUTES**

METHOD

- To begin, rinse the rice in cold water until it runs clear. Add the rice to a non-stick saucepan along with 125ml of cold chicken stock, turmeric powder and salt and bring to a boil for 2 minutes. Cover and turn the heat down to low and leave to cook for 15 minutes. Remove from the heat and leave to sit for a further 5-10 minutes before fluffing with a fork.
- Preheat the oven to 180C. Cut the chicken thighs into bite-size chunks. Chop the garlic and ginger and combine with oyster sauce, dark soy sauce, soy sauce, coconut cream and brown sugar. Coat the chicken thighs in the mixture before skewering and seasoning with salt and pepper.
- Preheat a non-stick pan or griddle to medium-high heat. Add in the chicken skewers and grill for 2 minutes on each side and remove from the pan
- Place into the oven for 10-15 minutes to finished off cooking. Remove and leave to rest for 3-5 minutes.
- Slice the cucumber and spring onion. Plate the rice along with the chicken skewers and cucumber, garnish with spring onion and serve.