



VOLUME XV

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A classic thick and creamy Italian risotto infused with saffron, served with prawns and garden peas.

Loco Moco

Total Calories - 545

Protein - 38g

Carbohydrate - 64g

Fat - 15g



Lower Calorie Alternative:

- Swap the beef mince to 80g of 3% beef mince (118 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- Only use 40g of Jasmine rice instead of 60g (153 Cals)

Total Calories - 447

Protein - 38g

Carbohydrate - 52g

Fat - 9g

Plant-Based Alternative:

- Swap the beef mince to 1 Taste & Glory Meat Free Vegan Burger (210 Cals)
- Swap the beef stock to 200ml of vegetable stock (12 Cals)
- Swap the Worcestershire sauce to 1 tsp. of brown sauce (6 Cals)
- No egg (-77 Cals)

Total Calories - 560

Protein - 27g

Carbohydrate - 76g

Fat - 17g



LOCO MOCO

INGREDIENTS

- 100g Beef Mince (5%)
- 60g Jasmine Rice
- 50g Shiitake Mushrooms
- 200ml Beef Stock
- 1 Large Egg
- ½ Tbsp. Cornflour
- ½ Tbsp. Dark Soy Sauce
- ½ Tbsp. Soy Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Worcestershire Sauce
- ¼ Onion
- 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 with 125ml of cold salted water and bring to a boil for 2 minutes. Cover and turn to low leaving to cook for 15 minutes. Remove from the heat and leave to sit for a further 5-10 minutes before fluffing with a fork.
- Form the beef mince into a meatball and flatten into a thin burger patty. Slice the mushrooms, onion and spring onion and set aside.
- In a small bowl combine the beef stock, soy sauce, dark soy sauce, Worcestershire sauce before whisking in the cornflour.
- Preheat a non-stick frying pan to high heat and add in the oil. Season the beef patty with salt and pepper and carefully place into the pan, cooking for 1-2 minutes until a crust has formed. Flip and cook for a further 30 seconds, remove and set aside.
- Add the mushrooms and sliced onion to the pan and sauté for 3-5 minutes stirring occasionally. Next, pour in the beef stock mixture, simmer for 1-2 minutes, turn to medium-low and season with salt and pepper. Add the burger patty to the sauce and leave to sit.
- Preheat a non-stick pan to medium heat and cook the egg.
- Plate the rice, top with the burger patty, spoon over the sauce along with the mushrooms and onions. Carefully place egg on top, slice and garnish with spring onion and serve.

Sweet Chilli Salmon Noodles

Total Calories - 451
Protein - 33g
Carbohydrate - 24g
Fat - 21g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Only use 40g of noodles instead of 60g (60 Cals)
- Only use 1 tbsp. of sweet chilli sauce instead of 2 (27 Cals)

Total Calories - 358
Protein - 32g
Carbohydrate - 17g
Fat - 16g

Plant-Based Alternative:

- Swap the salmon to 120g of Plant Pioneers No Salmon Fillets (259 Cals)

Total Calories - 487
Protein - 20g
Carbohydrate - 43g
Fat - 23g



SWEET CHILLI SALMON NOODLES

INGREDIENTS

- 100g Salmon
- 60g Instant Noodles
- 2 Tbsps. Sweet Chilli Sauce
- ½ Tbsp. Chopped Garlic
- ½ Tbsp. Chopped Ginger
- ½ Tbsp. Soy Sauce
- 1 Tsp. Rapeseed Oil
- ¼ Carrot
- Handful Beansprouts
- Handful Spinach
- Red Chilli (Garnish)
- Sesame Seeds (Garnish)
- Spring Onion (Garnish)
- Salt
- Pepper

 **10 MINUTES**

METHOD

- Begin by finely chopping the garlic and ginger, grating the carrot and slicing the spring onion and chilli before setting aside. Next, cut the salmon into 1-inch chunks and set aside also.
- Boil the instant noodles in boiling water for 2 minutes, drain and rinse under cold water. Whilst the noodles are boiling, combine the sweet chilli sauce and soy sauce in a small bowl.
- Preheat a non-stick wok to high heat. Once smoking, add in the oil along with the salmon pieces and season with salt and pepper. Cook on high for 30 seconds before adding in half the sweet chilli and soy mix. Cook for a further 10-20 seconds until the salmon pieces are glazed. Ensure the salmon is cooked, then remove from the pan.
- In the same wok, add the garlic and ginger and stir-fry for 20 seconds stirring continuously. Turn to medium and add in the beansprouts and cook for 30 seconds before adding in the noodles. Pour over the remaining sweet chilli and soy mix and toss to combine well with the noodles. Add in the carrot and spinach and combine well again.
- When the sauce has been absorbed, remove from the pan directly onto a plate. Top with the salmon chunks and garnish with sesame seeds, sliced spring onion and chilli and serve.

Chicken Shawarma Pitta Pocket

Total Calories - 400
Protein - 36g
Carbohydrate - 44g
Fat - 8g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Swap pitta to 1 Warburtons Sandwich Thins (100 Cal)

Total Calories - 306
Protein - 33g
Carbohydrate - 32g
Fat - 4g

Plant-Based Alternative:

- Swap the chicken for 100g of Vivera Plant Spicy Chicken Kebab Style Vegan (240 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- Swap the yoghurt to 40g of Oatly Oatgurt Greek (58 Cals)

Total Calories - 659
Protein - 24g
Carbohydrate - 50g
Fat - 39g



CHICKEN SHAWARMA PITTA POCKET

INGREDIENTS

- 100g Chicken Mini Fillets
- 40g Greek Yoghurt (0%)
- 1 Warburtons Pitta Pocket
- 1 Tbsp. Lightest Mayonnaise
- 1 Tbsp. Shawarma Spice Mix
- 1 Tsp. Dried Mint
- 1 Tsp. Dried Parsley
- 1 Tsp. Olive Oil
- 1 Clove Garlic
- ½ Lemon
- ½ Tomato
- ¼ Cucumber
- ⅛ Onion
- Small Handful Iceberg Lettuce
- Small Handful Pickled Red Cabbage
- Salt
- Pepper

METHOD

- To begin, chop the garlic and combine in a bowl with 20g of yoghurt, the shawarma spice mix, olive oil and the juice from a ¼ of a lemon. Season with salt and pepper and marinate the chicken in the mixture for 10 minutes.
- Chop the tomato and cucumber into very small bite-size cubes, finely chop the parsley and slice the onion. Add all to a bowl with a squeeze of lemon juice, salt and pepper, toss well.
- In a small bowl, combine the remaining 20g of yoghurt with mayonnaise, a squeeze of lemon juice, dried parsley and mint. Season with salt and pepper. Finely slice the iceberg lettuce and drain the pickled red cabbage before setting aside.
- Preheat a non-stick pan to medium-high heat and add in the chicken. Cook for 3-5 minutes or until cooked through before removing from the pan to rest.
- Toast the pitta pocket in a toaster and chop the chicken into smaller bite-size pieces.
- Spread the yoghurt sauce on the inside of the pitta pocket then fill with the chicken pieces, lettuce, pickled cabbage and the tomato and cucumber salad, plate and serve.



15 MINUTES

Thai Basil Chicken

Total Calories - 489

Protein - 34g

Carbohydrate - 63g

Fat - 11g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Only use 40g of Jasmine rice instead of 60g (153 Cals)

Total Calories - 403

Protein - 32g

Carbohydrate - 51g

Fat - 7g

Plant-Based Alternative:

- Swap the chicken breast to 100g of This Isn't Chicken (160 Cals)
- Swap the oyster sauce for ½ a tbsp. of Vegetarian Mushroom Stir-Fry Sauce (11 Cals)
- No egg (-77 Cals)
- No fish sauce (-2 Cals)

Total Calories - 500

Protein - 30g

Carbohydrate - 74g

Fat - 8g



THAI BASIL CHICKEN

INGREDIENTS

- 80g Chicken Breast
- 60g Jasmine Rice
- 50g Fine Green Beans
- 1 Egg
- ½ Tbsp. Oyster Sauce
- ½ Tbsp. Soy Sauce
- 1 Tsp. Dark Soy Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Sugar
- ½ Tsp. Fish Sauce
- 1 Bird's Eye Chilli
- 1 Clove Garlic
- ½ Red Chilli
- ¼ Onion
- Handful Fresh Thai Basil
- Salt

 **35 MINUTES**

METHOD

- To begin, rinse the rice in cold water until it runs clear. Add the rice to a non-stick saucepan with 125ml of cold salted water and bring to a boil for 2 minutes. Cover and turn to low leaving to cook for 15 minutes. Remove from the heat and leave to sit for a further 5-10 minutes before fluffing with a fork.
- Finely chop the chicken breast until it becomes similar to coarse ground chicken. Slice the green beans and onion into small bite-size pieces. Next, blend the bird's eye chilli, red chilli and garlic together. In a small bowl, combine the dark soy sauce, soy sauce, fish sauce, sugar and oyster sauce.
- Whilst the rice is resting, preheat a wok to high heat. Once smoking, pour in the oil followed by the chicken. Do not stir the chicken for the first 30 seconds, allow the chicken to brown and caramelise then stir-fry the chicken for 30 seconds.
- Next, add in the blended chilli and garlic paste and stir-fry for 20-30 more seconds. Add in the green beans and onion and toss well. Cook for 30 seconds before stirring in the sauce mixture.
- Continue to stir-fry until the sauce has become dry and coated the chicken. Turn off the heat and fold in the Thai basil and set aside. Finally, fry the egg in a non-stick pan. Plate the rice along with the stir-fry, top with the egg and serve.

Langoustine Linguine

Total Calories - 541
Protein - 39g
Carbohydrate - 67g
Fat - 9g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Only use 40g of linguine instead of 60g (141 Cals)
- No cream (-25 Cals)

Total Calories - 407
Protein - 36g
Carbohydrate - 52g
Fat - 3g

Plant-Based Alternative:

- Swap the langoustine to 150g of Vegan Zeastar Lemon Shrimpz (208 Cals)
- Swap the wine to 20ml of vegan white wine (20 Cals)
- Swap the cream to 20ml of Elmlea Plant-Based Cream Alternative (58 Cals)

Total Calories - 669
Protein - 20g
Carbohydrate - 88g
Fat - 23g

LANGOUSTINE LINGUINE



INGREDIENTS

- 140g Langoustine
- 100g Tinned Cherry Tomatoes
- 60g Linguine
- 20ml Elmlea Single Light
- 20ml White Wine
- ½ Tbsp. Chilli Flakes
- 1 Tsp. Olive Oil
- 1 Tsp. Tomato Purée
- 5 Cherry Tomatoes
- 2 Cloves Garlic
- 1 Bay Leaf
- 1 Onion
- ½ Lemon
- ½ Red Chilli
- ¼ Carrot
- Handful Fresh Parsley
- Salt
- Pepper

 **40 MINUTES**

METHOD

- Peel the garlic cloves but leave them whole, cut the carrot and chilli into two, quarter the onion and separate the leaves and stalks of parsley. Lay the langoustine down on a chopping board, twist off the head and claws and set aside.
- Preheat half the olive oil in a saucepan over medium-high heat and add 1 clove of garlic and the langoustine heads sautéing for 1 minute. Next, add in the onion, chilli, carrot, bay leaf, chilli flakes, parsley stems and tomato purée. Sauté for 3-5 minutes before adding in the wine. Cook off the wine for 1-2 minutes then pour in the tinned cherry tomatoes. Season with salt and pepper and leave to simmer covered for 20 minutes.
- Remove the shell, flesh and vein from the tails of the langoustines. Strain the stock, season with salt and pepper and set aside. Add the linguine to boiling salted water and cook for 2 minutes less than stated on the packet.
- Finely chop the remaining garlic clove and add into a cold non-stick frying pan with the remaining olive oil. Turn the heat to medium, once the garlic begins to fry, pour in the stock and cream. Leave to simmer for 3-5 minutes.
- Next, half the fresh cherry tomatoes and add them to the sauce along with the langoustine tails and cook for 1-2 minutes. Remove the linguine from the boiling water using a pair of tongs and place directly into the sauce, with a splash of pasta water.
- Toss the pasta in the sauce and cook for a further 1-2 minutes. Finally, stir in the fresh chopped parsley, squeeze in the lemon juice, plate and serve.

Sriracha Turkey Burger

Total Calories - 490

Protein - 37g

Carbohydrate - 40g

Fat - 18g



Lower Calorie Alternative:

- Swap the 7% turkey mince to 100g of 2% turkey mince 114 (Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- Swap the multiseed bun to 1 Warburtons Sliced White Roll (146 Cals)

Total Calories - 349

Protein - 34g

Carbohydrate - 36g

Fat - 7g

Plant-Based Alternative:

- Swap the turkey mince to 100g of Beyond Mince (238 Cals)
- Swap the mayonnaise and yoghurt to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)

Total Calories - 667

Protein - 26g

Carbohydrate - 44g

Fat - 41g

SRIRACHA TURKEY BURGER



INGREDIENTS

- 100g Turkey Mince (7%)
- 20g Avocado
- 1 Multiseed Burger Bun
- 1 Tbsp. Greek Style Yogurt (0%)
- 1 Tbsp. Lightest Mayonnaise
- ½ Tbsp. Sriracha Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Soy Sauce
- 5 Slices Cucumber
- 5 Slices Red Onion
- ½-Inch Ginger
- ½ Lemon
- ½ Spring Onion
- ¼ Clove Garlic
- ⅛ Carrot
- Salt
- Pepper

 **25 MINUTES**

METHOD

- Add the turkey mince to a large mixing bowl. Finely chop the spring onion, grate the ginger and garlic and add them all with the soy sauce, half the sriracha and pepper before mixing well. Cover and place in the fridge to firm up for 15 minutes.
- In a small bowl, add the remaining sriracha, a squeeze of lemon juice, the mayonnaise and yoghurt, salt, pepper and set aside.
- Take the meat mixture out of the fridge and place on greaseproof paper before rolling into a large ball. Lay a second sheet of greaseproof paper on top and using a pan, press down and form a 1-inch burger patty.
- Preheat a non-stick frying pan to medium-high heat and add in the oil. Carefully place in the burger patty and season with salt. Cook on each side for 3-5 minutes until cooked through. Whilst the burger cooks, smash the avocado using a fork, season with salt and pepper and squeeze in the remaining lemon juice and mix well.
- Finely slice the onion, cucumber and carrot. Cut the bun in half and toast the inner halves in the pan. Spread the avocado evenly on the bottom half of the bun before topping with the cucumber, onion and carrot. Next, add the burger patty, top with sriracha mayonnaise and the top half of the bun, plate and serve.

Mince and Tatties

Total Calories - 412
Protein - 30g
Carbohydrate - 42g
Fat - 10g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Only use 150g of potatoes instead of 200g (107 Cals)

Total Calories - 342
Protein - 30g
Carbohydrate - 34g
Fat - 7g

Plant-Based Alternative:

- Swap the beef mince to 120g of Vivera Plant Mince (151 Cals)
- Swap the wine to 20ml of vegan white wine (20 Cals)
- Swap the Worcestershire sauce to 1 tsp. of brown sauce (6 Cals)
- Add 1 tsp. tomato purée (2 Cals)

Total Calories - 422
Protein - 29g
Carbohydrate - 51g
Fat - 6g



MINCE AND TATTIES

INGREDIENTS

- 120g Beef Mince (5%)
- 200g Vivaldi Potatoes
- 250ml Beef Stock
- 20ml White Wine
- 1 Tsp. Chives
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Rosemary
- 1 Tsp. Thyme
- 1 Tsp. Worcestershire Sauce
- ½ Tbsp. Bisto Granules
- 1 Bay Leaf
- ½ Carrot
- ½ Clove Garlic
- ½ Onion
- ¼ Stick Celery
- Salt
- Pepper

 **50 MINUTES**

METHOD

- Begin by cutting the carrot into bite-size chunks and finely chopping the onion, celery, garlic, rosemary and thyme.
- Preheat a non-stick pan to medium heat and add the oil and the diced onion. Sauté for 3-5 minutes until softened and translucent before seasoning with salt and pepper. Next, add in the carrot and celery and cook for a further 3-5 minutes before adding in the garlic, rosemary and thyme.
- Add in the beef mince and turn up the heat to high. Sauté for 5-6 minutes until the beef is browned, season with salt and pepper also. Pour in the Worcestershire sauce and cook for 1 minute before pouring in the wine. Leave to simmer for 2-3 minutes until the alcohol has cooked off. Pour in the beef stock, add the bay leaf, cover with the lid and leave to simmer for 30 minutes on medium-low.
- Peel the potatoes and cut into equal chunks before rinsing. Place in a pot of cold salted water and bring to a boil. Leave to simmer for approximately 20 minutes, or until the potatoes are fork-tender. Drain the potatoes in a colander and place back in the pan to steam dry.
- Add the gravy granules to the sauce and stir well to combine. Leave to simmer for 1-2 minutes over medium heat before seasoning with salt and pepper.
- Mash the potatoes, finely slice the chives and mix in well before seasoning with salt and pepper. Plate the mash first, top with the mince and serve.

Korean Fried Chicken

Total Calories - 491
Protein - 31g
Carbohydrate - 77g
Fat - 5g



Lower Calorie Alternative:

- Only use 40g of sushi rice instead of 60g (142 Cals)
- No cornflour, plain flour, or baking powder (-71 Cals)

Total Calories - 349
Protein - 30g
Carbohydrate - 45g
Fat - 5g

Plant-Based Alternative:

- Swap the chicken mini fillets to 100g of This Isn't Chicken (160 Cals)

Total Calories - 544
Protein - 30g
Carbohydrate - 85g
Fat - 8g



KOREAN FRIED CHICKEN

INGREDIENTS

- 100g Mini Chicken Fillets
- 60g Japanese Sushi Rice
- 1 Tbsp. Cornflour
- 1 Tbsp. Plain Flour
- 1 Tbsp. Rice Wine
- ½ Tbsp. Soy Sauce
- 1 Tsp. Brown Sugar
- 1 Tsp. Honey
- ½ Tsp. Baking Powder
- ½ Tsp. Gochujang Paste
- ½ Tsp. Ketchup
- ½ Tsp. Grated Garlic
- ½ Tsp. Grated Ginger
- ½ Tsp. Sesame Oil
- Rapeseed Oil Spray
- Sesame Seeds (Garnish)
- Salt
- Pepper

 **40 MINUTES**

METHOD

- Begin by rinsing the rice in cold water until it runs clear, leave to soak for 20 minutes. Next, cut each chicken mini fillet into three equally sized chunks and place in a bowl. Grate the ginger and marinate the chicken along with half the rice wine and half the soy sauce. Cover and leave to sit for 20 minutes.
- Add the rice to a saucepan with 85ml of cold water and a pinch of salt. Bring to a boil, cover and turn to low, simmering for 10 minutes. Leave to sit covered off the heat for a further 10 minutes before fluffing with a fork.
- Preheat the air fryer to 220C. Whisk together in a bowl the cornflour, plain flour, baking powder, salt and pepper. Allow the excess marinade to drip off the chicken before coating each piece well with the flour mixture, set aside. Spray the chicken with rapeseed oil spray and cook in the air fryer for 10 minutes. Flip and spray again after 5 minutes.
- Grate the garlic and add the gochujang paste, honey, brown sugar, ketchup, sesame oil, the remaining rice wine and soy sauce to a saucepan and bring to a boil. Simmer on medium heat until thick before turning off the heat and leaving to sit.
- Remove the chicken from the air fryer and toss in the sauce. Plate the rice and the fried chicken, garnish with sesame seeds and serve.

Steak Quesadilla

Total Calories - 623

Protein - 37g

Carbohydrate - 41g

Fat - 29g



Lower Calorie Alternative:

- Swap the steak to 80g of lean beef medallions (102 Cals)
- Swap the oil to low-cal oil spray (10 Cals)
- Only use 15g of cheese instead of 30g (61 Cals)

Total Calories - 459

Protein - 32g

Carbohydrate - 41g

Fat - 18g

Plant-Based Alternative:

- Swap the steak to 100g of Taste & Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the cheese to 30g of Violife Epic Grated (89 Cals)
- Swap the sour cream to 30g of Oatly Creamy Oat Fraiche (53 Cals)

Total Calories - 590

Protein - 29g

Carbohydrate - 51g

Fat - 29g



STEAK QUESADILLA

INGREDIENTS

- 80g Sirloin Steak (Thin Cut)
- 30g Avocado
- 30g Grated Cheese Mix
- 30g Low-Fat Sour Cream
- 1 Tortilla Wrap
- 1 Tbsp. Chipotle and Cumin Seasoning
- 1 Tsp. Rapeseed Oil
- ½ Lime
- ¼ Onion
- ¼ Red Pepper
- Fresh Coriander
- Salt
- Pepper

 **15 MINUTES**

METHOD

- To begin, chop the pepper and onion into bite-size pieces and season the steak with the chipotle seasoning, salt and pepper. Preheat a non-stick pan to high heat and add the oil along with the steak, pepper and onion. Cook for 2 minutes per side, whilst stirring the pepper and onion at the side. Remove all from the pan to rest.
- Smash the avocado in a bowl with a fork and combine with the juice from half a lime, salt and pepper to taste. Next, cut the steak into small bite-size pieces.
- In the same pan at medium heat, lay the tortilla flat and top 1 side with half the cheese mix, followed by the steak, pepper, onion and coriander. Top with the remaining cheese and fold the other half of the tortilla over before pressing down to seal.
- Toast on each side until golden brown and the cheese has melted. Remove from the pan and onto a plate along with the smashed avocado and sour cream. Cut the quesadilla into three pieces and serve.

Char Siu Bao Buns

Total Calories - 454
Protein - 31g
Carbohydrate - 53g
Fat - 13g



Lower Calorie Alternative:

- Only use 1 bao bun instead of 2 (71 Cals)
- Swap the rapeseed oil to low-cal oil spray (10 Cals)

Total Calories - 333
Protein - 30g
Carbohydrate - 39g
Fat - 6g

Plant-Based Alternative:

- Swap the pork tenderloin to 150g of tofu (185 Cals)

Total Calories - 495
Protein - 24g
Carbohydrate - 58g
Fat - 19g

Pork-Free Alternative:

- Swap the pork tenderloin for 100g of chicken thigh fillets (207 Cals)

Total Calories - 517
Protein - 31g
Carbohydrate - 53g
Fat - 20g



CHAR SIU BAO BUNS

INGREDIENTS

- 120g Pork Tenderloin
- 2 Small Bao Buns (Frozen)
- ½ Tbsp. Brown Sugar
- ½ Tbsp. Hoisin Sauce
- ½ Tbsp. Honey
- ½ Tbsp. Rapeseed Oil
- 1 Tsp. Grated Garlic
- 1 Tsp. Shaoxing Cooking Wine
- ½ Tsp. Oyster Sauce
- ½ Tsp. Soy Sauce
- ¼ Tsp. Dark Soy Sauce
- ⅛ Tsp. Chinese Five Spice
- ⅛ Tsp. Sesame Oil
- 5 Slices Cucumber
- Red Food Colouring (Optional)
- Fresh Coriander (Garnish)
- Red Chilli (Garnish)

 **55 MINUTES**

METHOD

- Begin by grating the garlic, combine in a bowl with honey, Shaoxing wine, brown sugar, hoisin sauce, oyster sauce, soy sauce, dark soy sauce, Chinese five spice, rapeseed oil, sesame oil and red food colouring. Marinate the pork in the mixture for 20 minutes.
- Preheat the oven to 240C. Place a wire rack over a large roasting tray half filled with boiling water. The rack should be above the water and not touching. Roast the pork for 15-20 minutes turning halfway.
- Pour the leftover marinade into a saucepan, bring to a boil and simmer until the mixture thickens. Use this to baste the pork.
- Steam the bao buns according to instructions on the packaging. After the pork has been roasting for 15-20 minutes, place on the top shelf under the grill for 5 minutes. Flip the pork every minute and baste each time.
- Once slightly charred and sticky, remove from the oven and leave to rest for a further 10 minutes. Slice the pork and place into the bao buns. Slice the cucumber and chilli also and add along with fresh coriander. Spoon over the leftover sauce, plate and serve.

Prawn Risotto

Total Calories - 578
Protein - 36g
Carbohydrate - 54g
Fat - 19g



Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Only use 40g of risotto rice instead of 60g (139 Cals)
- No Lurpak (-103 Cals)

Total Calories - 375
Protein - 34g
Carbohydrate - 39g
Fat - 5g

Plant-Based Alternative:

- Swap the prawns to 150g of Vegan Zeastar Lemon Shrimpz (208 Cals)
- Swap the chicken stock to 300ml of vegetable stock (18 Cals)
- Swap the Lurpak lightest to 1 tsp. of olive oil (40 Cals)
- Swap the wine to 40ml of vegan white wine (40 Cals)

Total Calories - 604
Protein - 17g
Carbohydrate - 88g
Fat - 23g



PRAWN RISOTTO

INGREDIENTS

- 120g Prawns
- 60g Risotto Rice
- 40g Frozen Garden Peas
- 40ml White Wine
- 300ml Chicken Stock
- 1 Tbsp. Lurpak Lightest
- 1 Tsp. Chilli Flakes
- 1 Tsp. Olive Oil
- 3 Saffron Threads
- ½ Clove Garlic
- ¼ Lemon
- ¼ Onion
- Fresh Parsley (Garnish)
- Salt
- Pepper

 **35 MINUTES**

METHOD

- Heat the chicken stock with the saffron over medium heat and leave to simmer on low. Next finely dice the onion and garlic.
- Preheat a non-stick frying pan to high heat and add the olive oil and prawns, cook for 1 minute on each side and remove. Turn the heat down to medium and add in the butter and diced onion. Sweat the onions for 5 minutes before chopping and stirring in the garlic. Cook for a further minute then add in the rice.
- When the rice is coated well, pour in the wine and simmer until it has evaporated.
- Next, stir in the chicken stock a ladle at a time stirring continuously. Wait roughly 2-3 minutes after each ladle to allow the stock to reduce. Season with salt and pepper to taste.
- The rice should be cooked but still retain a slight bite to it and the risotto should be thick and creamy. Stir in the chilli flakes, peas and prawns for the final 1-2 minutes. Garnish with fresh parsley and a squeeze of lemon juice, plate and serve.