



**VOLUME XVI**

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# Chicken Big Mac

**Total Calories - 597**

**Protein - 44g**

**Carbohydrate - 69g**

**Fat - 16g**



## Lower Calorie Alternative:

- No flour, cornflour, egg or baking powder (-160 Cals)
- No cheese (-58 Cals)

**Total Calories - 380**

**Protein - 38g**

**Carbohydrate - 37g**

**Fat - 10g**

## Plant-Based Alternative:

- Swap the chicken to 1 Tesco Plant Chef Meat Free Southern Fried Fillet (251 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- Swap the cheese slice to 1 Violife Non-Dairy Cheese Alternative Slices (57 Cals)
- No flour, cornflour, egg or chicken bouillon (-163 Cals)

**Total Calories - 652**

**Protein - 30g**

**Carbohydrate - 57g**

**Fat - 34g**



# CHICKEN BIG MAC

## INGREDIENTS

- 100g Chicken Breast
- 1 Seeded Burger Bun
- 1 Slice American Cheese
- 2 Tbsps. Plain Flour
- 1 Tbsp. Cornflour
- 1 Tbsp. Lightest Mayonnaise
- ½ Tbsp. Ketchup
- ½ Tbsp. Diced Onion
- ¼ Tbsp. Yellow Mustard
- 1 Tsp. Chicken Bouillon
- ½ Tsp. Baking Powder
- ¼ Tsp. White Vinegar
- 5 Slices Pickled Gherkin
- ¼ Egg
- Pinch of Paprika
- Handful Shredded Iceberg Lettuce
- Rapeseed Oil Spray
- Salt
- Pepper

 **45 MINUTES**

## METHOD

- Begin by adding the chicken breast to a blender along with the chicken bouillon and blend until it forms into a paste. Roll into two equally sized balls and place between two sheets of greaseproof paper. Flatten with a pan to form 2 thin patties before placing in the freezer for 20 minutes.
- In a small bowl add the mayonnaise, ketchup, yellow mustard, vinegar, paprika, diced onion, 2 slices of pickle chopped, salt and pepper. Mix well, cover and place in the fridge.
- Preheat the air-fryer to 220C. Combine the flour, cornflour, baking powder, salt and pepper to a shallow bowl. Add the egg to a separate bowl and whisk well.
- Remove the burger patties from the freezer and place each one into the flour mixture first, then into the egg - allowing the excess to drip off, before adding back to the flour mixture. Place into the air fryer before spritzing with oil spray. Cook for 10-15 minutes or until golden brown, flip and spritz again halfway through.
- Slice the burger bun into three and toast in a non-stick pan at medium heat. Slice the iceberg lettuce as finely as possible and place in cold water. When cooked remove the burger patties and place on a wire rack to rest.
- Top one patty with the cheese slice. Next, top the bottom bun with half the sauce and lettuce followed by the burger patty with the cheese slice. Place the middle part of the bun on top and add the remaining sauce and lettuce, followed by the the second burger patty, pickle slices and the top of the burger bun. Plate and serve.

# Spaghetti and Meatballs

**Total Calories - 522**

**Protein - 40g**

**Carbohydrate - 40g**

**Fat - 21g**



## Lower Calorie Alternative:

- Swap the 5% beef mince to 100g of 3% beef mince (118 Cals)
- Only use half the amount of olive oil (30 Cals)
- Only use 40g of spaghetti instead of 60g (70 Cals)

**Total Calories - 426**

**Protein - 36g**

**Carbohydrate - 34g**

**Fat - 15g**

## Plant-Based Alternative:

- Swap the beef mince to 4 Taste & Glory Meat Free Vegan Meatballs (177 Cals)
- Swap the parmesan cheese to 20g of Just Like Parmesan Cheese (54 Cals)
- No milk, egg or panko breadcrumbs (-75 Cals)

**Total Calories - 454**

**Protein - 20g**

**Carbohydrate - 45g**

**Fat - 19g**



# SPAGHETTI AND MEATBALLS

## INGREDIENTS

- 120g Beef Mince (5%)
- 60g Spaghetti
- 20g Parmesan Cheese
- 150g Passata
- 3 Cloves Garlic
- 1 Tbsp. Skimmed Milk
- 1 Tbsp. Panko Breadcrumbs
- 1 Tbsp. Whisked Egg
- ½ Tbsp. Olive Oil
- 1 Tsp. Chilli Flakes
- Handful Fresh Basil
- Handful Fresh Parsley
- Salt
- Pepper

 **35 MINUTES**

## METHOD

- To begin, finely chop the parsley, grate and add 1 clove of garlic and add combine in a mixing bowl along with 5g of the parmesan cheese, ½ tbsp. of passata, skimmed milk, panko breadcrumbs, salt and pepper. Mix well with your hands then roll into three equally sized meatballs.
- Finely slice the remaining garlic and set aside. Preheat a non-stick pan to medium-high heat. Add in half the olive oil and brown the meatballs on all sides but do not cook through, remove and set aside.
- Separate the basil leaves from the stems. Add the remaining olive oil, basil stems and garlic to a cold saucepan. Turn to medium and leave to sit until the garlic and basil begin to fry. When the edges of the garlic turn golden, pour in the passata and add the chilli flakes. Season with salt and pepper before covering with a lid leaving to simmer for 15 minutes.
- After 15 minutes, add the meatballs to the sauce and leave to simmer with the lid off for 10 minutes or until the meatballs are cooked through and the sauce has thickened.
- Next add the spaghetti to boiling salted water and cook for 2 minutes less than stated on the packet. Drain the spaghetti but reserve some of the pasta water. Add the pasta to the sauce and combine well. Add some pasta water to thin the sauce along with the basil.
- Season with salt and pepper to taste. Plate the spaghetti along with the meatballs and sauce. Garnish with the remaining parmesan cheese and serve.



# Gochujang Glazed Salmon

**Total Calories - 537**

**Protein - 31g**

**Carbohydrate - 61g**

**Fat - 19g**



## Lower Calorie Alternative:

- Only use 40g of rice instead of 60g (142 Cals)

**Total Calories - 466**

**Protein - 30g**

**Carbohydrate - 45g**

**Fat - 18g**

## Plant-Based Alternative:

- Swap the salmon to 120g of Plant Pioneers No Salmon Fillets (259 Cals)
- Swap the honey to ¼ tbsp. of maple syrup (13 Cals)

**Total Calories - 526**

**Protein - 20g**

**Carbohydrate - 77g**

**Fat - 15g**



# GOCHUJANG GLAZED SALMON

## INGREDIENTS

- 120g Salmon (Skinless)
- 60g Japanese Sushi Rice
- ¼ Tbsp. Gochujang Paste
- ¼ Tbsp. Honey
- ½ Tsp. White Vinegar
- ½ Tsp. Soy Sauce
- ½ Tsp. Gochugaru Chilli Powder
- ¼ Tsp. Sesame Oil
- 5 Cucumber Slices
- 1 Clove Garlic
- Sesame Seeds (Garnish)
- Salt
- Pepper

 **45 MINUTES**

## METHOD

- To begin, combine the gochujang paste, sesame oil, vinegar, gochugaru chilli powder, honey, soy sauce, salt and pepper. Let the salmon sit in the marinade for 15 minutes.
- Rinse the rice in cold water until it runs clear and drain. Soak the rice in clean cold water for 20 minutes.
- Drain the rice and add to a saucepan with 85ml of cold water. Season with salt and bring to a boil, immediately cover and simmer on low 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 200C. Place a piece of greaseproof paper in the air-fryer basket and the marinated salmon on top. Cook the salmon for 7-9 minutes then remove and leave to rest for 1-2 minutes.
- Plate the rice along with the salmon. Slice and add the cucumber slices, garnish with sesame seeds and serve.



# Garlic Parmesan Wings

**Total Calories - 408**

**Protein - 34g**

**Carbohydrate - 4g**

**Fat - 28g**



## Lower Calorie Alternative:

- Swap the chicken wings to 120g of chicken mini fillets (127 Cals)

**Total Calories - 279**

**Protein - 31g**

**Carbohydrate - 4g**

**Fat - 15g**

## Plant-Based Alternative:

- Swap the chicken wings to 130g of Taste & Glory Vegan Chicken-Style Roast Tenderstrips (186 Cals)
- Swap the Lurpak to 1 tbsp. of Plant-Based Flora (84 Cals)
- Swap the parmesan cheese to 1 tbsp. of grated Violife Just Like Parmesan (56 Cals)

**Total Calories - 352**

**Protein - 26g**

**Carbohydrate - 13g**

**Fat - 20g**



# GARLIC PARMESAN WINGS

## INGREDIENTS

- 100g Chicken Wings
- 1 Clove Garlic
- 1 Tbsp. Lurpak Lightest
- 1 Tbsp. Grated Parmesan
- 1 Tsp. Baking Powder
- 1 Tsp. Garlic Powder
- 1 Lemon Wedge
- Rapeseed Oil Spray
- Parsley (Garnish)
- Salt
- Pepper

 **35 MINUTES**

## METHOD

- Preheat the air fryer to 220C.
- Begin by separating the wings into flats and drums. Evenly coat the wings in the baking and garlic powder, season with salt and pepper to taste.
- Place the wings evenly in the air fryer without overlapping them. Spritz them with the oil spray and cook for 25-30 minutes, flipping and spritzing again halfway through.
- Whilst the wings cook, finely chop the clove of garlic and set aside.
- In a non-stick pan at medium heat, add the butter along with the chopped garlic and sauté until lightly golden and fragrant.
- Next, stir in the grated parmesan cheese and cook on medium for 2-3 minutes stirring frequently.
- When the wings are cooked through and crispy, remove from the air fryer and add them to the pan to coat with the garlic and parmesan sauce. Toss well to combine.
- Plate the wings, slice and add a lemon wedge, chop and garnish with fresh parsley and serve.

# Surf and Turf Burrito

**Total Calories - 525**

**Protein - 31g**

**Carbohydrate - 55g**

**Fat - 19g**



## Lower Calorie Alternative:

- No rice (-48 Cals)
- Swap the tortilla to 1 mini tortilla (88 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 348**

**Protein - 30g**

**Carbohydrate - 31g**

**Fat - 12g**

## Plant-Based Alternative:

- Swap the steak and prawns to 100g of Taste & Glory Meat Free Vegan No Beef Strips (146 Cals)
- Swap the sour cream to 20g of Oatly Creamy Oat Fraiche (35 Cals)

**Total Calories - 554**

**Protein - 30g**

**Carbohydrate - 59g**

**Fat - 20g**



# SURF AND TURF BURRITO

## INGREDIENTS

- 40g Sirloin Steak (Thin Cut)
- 50g Prawns
- 30g Uncle Ben's Mexican Rice
- 20g Avocado
- 20g Low-Fat Sour Cream
- 1 Flour Tortilla
- 1 Tbsp. Chipotle and Cumin Seasoning
- 1 Tsp. Rapeseed Oil
- 1 Tomato
- 1 Lime
- 1 Jalapeño
- ¼ Onion
- Handful Coriander
- Salt
- Pepper

 **10 MINUTES**

## METHOD

- Marinate the prawns and steak with the chipotle and cumin seasoning and rapeseed oil. Add salt and pepper to taste also.
- Add the avocado to a bowl and mash with a fork. Add in the juice of a lime and mix well.
- Dice the tomato into bite-size pieces and discard the pulp. Finely dice the onion, jalapeño, chilli and slice the fresh coriander. Mix everything with the avocado and season with salt and pepper to taste.
- Preheat a non-stick frying pan to high heat, once smoking add in the steak and prawns. Cook both the steak and prawns for 1-2 minutes on each side until cooked before removing and setting aside to rest.
- Prepare the rice according to instructions on the packet. Chop the steak into small bite-size pieces and slice the prawns in half.
- Lay the tortilla down and top with the guacamole and sour cream, followed by the steak, prawns and finally the rice.
- Fold both ends of the tortilla over the filling towards the centre and assemble into a burrito.
- In the same pan at medium heat, place the burrito seam side down and toast until golden brown to seal. Flip and repeat, plate and serve.



# Kimchi Tuna Fried Rice

**Total Calories - 444**

**Protein - 35g**

**Carbohydrate - 49g**

**Fat - 13g**



## Lower Calorie Alternative:

- Only use 90g of cooked rice (135 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 365**

**Protein - 33g**

**Carbohydrate - 41g**

**Fat - 8g**

## Plant-Based Alternative:

- Swap the tuna to 100g of Vuna (266 Cals)
- Swap the kimchi to 80g of plant-based kimchi (27 Cals)
- No egg (-73 Cals)

**Total Calories - 565**

**Protein - 33g**

**Carbohydrate - 54g**

**Fat - 24g**





# KIMCHI TUNA FRIED RICE

## INGREDIENTS

- 100g Tuna In Spring Water (Drained)
- 125g Japanese Rice (Cooked)
- 80g Kimchi
- 1 Egg
- ½ Tbsp. Gochujang Paste
- 1 Tsp. Sweet Soy Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Gochugaru Chilli Powder
- ½ Spring Onion
- Sesame Seeds (Garnish)

 **10 MINUTES**

## METHOD

- Drain the kimchi well whilst reserving the liquid. Chop the kimchi into bite-size pieces and slice the spring onion.
- Preheat a wok to high heat. Once smoking, add in the oil and the kimchi. Stir-fry for 1 minute until caramelised and fragrant.
- Next, add in the gochujang paste and gochugaru chilli powder and cook for a further 30 seconds stirring frequently to avoid burning.
- Turn the heat down to medium-high and add the rice breaking it up with a spatula. Toss the rice well to combine with the kimchi.
- Add in the sweet soy sauce and ½ tbsp of the kimchi liquid. Stir well to combine and turn the heat down to medium.
- Drain and stir in the tuna along with the spring onion, immediately turn off the heat.
- Cook the egg in a separate non-stick pan until the white is set but the yolk is still runny.
- Plate the rice, top with the egg, garnish with sesame seeds and serve.

# Sausage and Colcannon Mash

**Total Calories - 494**

**Protein - 30g**

**Carbohydrate - 69g**

**Fat - 8g**



## Lower Calorie Alternative:

- Only use 100g of potato instead of 200g (81 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 376**

**Protein - 27g**

**Carbohydrate - 53g**

**Fat - 4g**

## Plant-Based Alternative:

- Swap the sausages to 100g of This Isn't Pork Plant-Based Sausages (222 Cals)
- Swap the milk to 50ml of oat milk (23 Cals)
- Swap the Worcestershire sauce to 1 tsp. of HP brown sauce (6 Cals)

**Total Calories - 577**

**Protein - 21g**

**Carbohydrate - 66g**

**Fat - 23g**

## Pork-Free Alternative:

- Swap the sausages to 120g of turkey sausages (215 Cals)

**Total Calories - 564**

**Protein - 32g**

**Carbohydrate - 71g**

**Fat - 15g**



# SAUSAGE AND COLCANNON MASH

## INGREDIENTS

- 100g Reduced Fat Pork Sausages
- 200g Maris Piper Potatoes
- 50ml Skimmed Milk
- 30ml Guinness
- 20g Kale
- 1 Tbsp. Plain Flour
- 1 Tsp. Worcestershire Sauce
- 1 Tsp. Dijon Mustard
- 1 Tsp. Rapeseed Oil
- ½ Spring Onion
- ½ Onion
- Salt
- Pepper

 **35 MINUTES**

## METHOD

- Begin by peeling the potatoes and cutting them into equal size chunks. Rinse under cold water before placing in a saucepan with cold salted water and bringing to a boil. Simmer for 20-30 minutes until the potatoes are fork-tender, before draining and leaving to steam dry.
- Slice the onion and set aside. Remove the stems of the kale and discard. Preheat a non-stick frying pan to medium-high heat.
- Add the oil to the pan with the sausages and sear on all sides but do not cook through. Remove from the pan and set aside. Next, add the onion and sauté for 8-10 minutes on medium heat.
- Stir in the flour and cook for 1-2 minutes until the flour has turned slightly brown. Add the Worcestershire sauce and cook for a further 1-2 minutes before pouring in the Guinness. Leave to simmer for 5 minutes over medium-high heat.
- Add in 50ml of boiling water along with the dijon mustard stirring well to combine. Add the sausages to the sauce along with any resting juices and leave to simmer over medium heat until the sausages are cooked through.
- Boil the kale in boiling salted water for 1 minute and drain. Chop the kale and spring onion into small bite-size pieces.
- Mash the potatoes and pour in the milk and mix well. Season with salt and pepper then mix in the chopped kale and spring onion.
- Plate the mash and top with the sausages, spoon over the onions and sauce and serve.

# Thai Fish Cakes

**Total Calories - 254**

**Protein - 30g**

**Carbohydrate - 10g**

**Fat - 10g**



## **Lower Calorie Alternative:**

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

**Total Calories - 218**

**Protein - 30g**

**Carbohydrate - 10g**

**Fat - 5g**



# THAI FISH CAKES

## INGREDIENTS

- 120g Basa Fish
- 15g Fine Green Beans
- 2 Tbsps. Fresh Coriander
- ½ Tbsp. Thai Red Curry Paste
- 1 Tsp. Fish Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Sugar
- 1 Lime Wedge
- 1 Lime Leaf
- ½ Egg Yolk
- ½ Red Chilli

 **10 MINUTES**

## METHOD

- Add the fish, fish sauce, curry paste, sugar, egg yolk and lime leaf into a blender and blend for 1 minute until a fine paste forms.
- Finely slice the green beans and chilli and stir into the mixture along with the fresh coriander.
- Lay down some greaseproof paper. Use a spoon to scoop out a small sized ball and place onto the paper. Repeat this process until all the mixture has been used.
- Place another piece of greaseproof paper on top and press down on each ball to form small pancakes that are roughly 1-inch thick.
- Preheat a non-stick frying pan to medium-high heat and add in the oil. Once up to temperature, add in the fish cakes and fry on each side for roughly 2 minutes then remove from the pan.
- Plate the fish cakes, slice a lime wedge and add to the side and serve.



# Pickle-Brined Grilled Chicken

**Total Calories - 274**

**Protein - 33g**

**Carbohydrate - 8g**

**Fat - 11g**



## Lower Calorie Alternative:

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

**Total Calories - 204**

**Protein - 33g**

**Carbohydrate - 8g**

**Fat - 4g**

## Plant-Based Alternative:

- Swap the chicken breast to 100g of This Isn't Chicken (160 Cals)
- No pickling liquid (-3 Cals)

**Total Calories - 303**

**Protein - 27g**

**Carbohydrate - 15g**

**Fat - 13g**



# PICKLE-BRINED GRILLED CHICKEN

## INGREDIENTS

- 100g Chicken Breast
- 100g Tenderstem Broccoli
- 3 Tbsps. Pickling Liquid
- 1 Tsp. All Purpose Seasoning
- ½ Tbsp. Balsamic Vinegar
- 2 Tsp. Olive Oil
- 1 Clove Garlic
- ½ Lemon
- ¼ Red Chilli
- Salt
- Pepper

 **30 MINUTES**

## METHOD

- Begin by wrapping the chicken breast in cling film and pounding it out using a rolling pin, so the thickness is even. Marinate the chicken breast in the pickling liquid for 10-15 minutes at room temperature.
- Trim off the bottom ends of the tenderstem before thinly slicing at an angle. Chop the garlic and slice the chilli.
- Preheat a non-stick frying pan over medium-high heat. Remove the chicken from the pickling liquid and pat dry using a paper towel. Drizzle the chicken with 1 tsp. of olive oil and season with the all purpose seasoning, salt and pepper.
- Cook the chicken breast for 5-6 minutes on each side. Remove from the pan and leave to rest covered with foil for 5 minutes. Cut the lemon in half, place in the pan and char.
- In the same pan at medium-high heat, add in the remaining olive oil and the garlic. Sauté for 30 seconds before adding in the broccoli. Season with salt and pepper to taste. Cook the broccoli for 3-5 minutes stirring frequently.
- Pour in the balsamic vinegar and cook until the liquid has evaporated and has coated the broccoli well. Finally, stir in the sliced chilli and cook for a few minutes before removing from the pan.
- Plate the sautéed broccoli, grilled chicken, lemon half and serve.

# Sweet Chilli Chicken Baguette

**Total Calories - 495**

**Protein - 35g**

**Carbohydrate - 67g**

**Fat - 12g**



## Lower Calorie Alternative:

- Swap the chicken thighs to 80g of chicken breast (102 Cals)
- Only use half the baguette (95 Cals)

**Total Calories - 296**

**Protein - 30g**

**Carbohydrate - 42g**

**Fat - 3g**

## Plant-Based Alternative:

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

**Total Calories - 448**

**Protein - 32g**

**Carbohydrate - 76g**

**Fat - 5g**



# SWEET CHILLI CHICKEN BAGUETTE

## INGREDIENTS

- 80g Chicken Thigh Fillets
- 100g Baguette (Hollowed Out)
- 20g Carrot
- 20g Purple Cabbage
- 2 Tbsps. Thai Sweet Chilli Sauce
- 1 Tbsp. Lime Juice
- 1 Tsp. Sesame Seeds
- 1 Tsp. Soy Sauce
- 5 Slices Cucumber
- ½ Spring Onion
- ½ Red Chilli
- Salt

 **30 MINUTES**

## METHOD

- Preheat the air fryer to 200C.
- Coat the chicken in the sweet chilli sauce, soy sauce and salt to taste. Add the chicken into the air fryer, cook for 20-25 minutes or until cooked through.
- Whilst the chicken cooks, slice the cabbage and julienne the carrot or cut into thin matchsticks. Toss in the lime juice and season with salt to taste. Finely slice the spring onion and chilli and set aside.
- Slice the baguette in half and scoop out some of the bread to create a pocket for the filling.
- When the chicken is cooked through, remove from the air fryer and leave to rest for 3-5 minutes before slicing.
- Add the cucumber slices, followed by the carrot and cabbage. Slice and top with the chicken, followed by the sesame seeds and finally the spring onion and chilli. Plate and serve.



# Grilled Sea Bass with Beetroot Salad

**Total Calories - 373**

**Protein - 32g**

**Carbohydrate - 11g**

**Fat - 21g**



## Lower Calorie Alternative:

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

**Total Calories - 303**

**Protein - 32g**

**Carbohydrate - 11g**

**Fat - 14g**

## Plant-Based Alternative:

- Swap the sea bass to 140g of Plant  
Pioneers No Salmon Fillets (302 Cals)

**Total Calories - 442**

**Protein - 22g**

**Carbohydrate - 37g**

**Fat - 26g**





# GRILLED SEA BASS WITH BEETROOT SALAD

## INGREDIENTS

- 120g Sea Bass Fillet (Skin On)
- 50g Carrot
- 50g Beetroot
- ½ Tbsp. Apple Cider Vinegar
- 2 Tsp. Olive Oil
- 1 Tsp. Dijon Mustard
- 1 Tsp. Cumin Seeds
- 1 Tsp. Chopped Fresh Mint
- Lemon Wedge
- Salt
- Pepper

 **15 MINUTES**

## METHOD

- Grate the carrot and beetroot and place into a large mixing bowl. Combine with the apple cider vinegar, dijon mustard, cumin seeds, chopped mint, half of the oil, salt and pepper.
- Preheat a non-stick frying pan to medium heat before adding the remaining olive oil.
- Pat the sea bass dry using a paper towel and season with salt and pepper before placing into the pan skin side down.
- Cook the sea bass for 5-6 minutes or until golden and crisp. Flip the fish and cook flesh side down for 30 seconds, then remove from the pan and leave to rest skin side up for 1-2 minutes.
- Plate the beetroot and carrot salad, top with the fish skin side up, add the lemon wedge and serve.