



**VOLUME XVII**

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# Pork Souvlaki

**Total Calories - 448**  
**Protein - 35g**  
**Carbohydrate - 48g**  
**Fat - 12g**



## Lower Calorie Alternative:

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

**Total Calories - 331**  
**Protein - 33g**  
**Carbohydrate - 31g**  
**Fat - 7g**

## Plant-Based Alternative:

- Swap the pork tenderloin to 100g Vivera Plant Greek Kebab (173 Cals)
- Swap the honey to a ¼ tsp. of agave syrup (5 Cals)

**Total Calories - 511**  
**Protein - 30g**  
**Carbohydrate - 51g**  
**Fat - 18g**

## Pork-Free Alternative:

- Swap the pork tenderloin to 100g chicken thighs (135 Cals)

**Total Calories - 472**  
**Protein - 35g**  
**Carbohydrate - 45g**  
**Fat - 16g**



# PORK SOUVLAKI

## INGREDIENTS

- 100g Pork Tenderloin
- 40g Fage Yoghurt (0%)
- 1 Tsp. Olive Oil
- ½ Tsp. Dijon Mustard
- ½ Tsp. Dried Oregano
- ¼ Tsp. Honey
- 1 Greek Style Flatbread
- 1 Tomato
- ½ Lemon
- ¼ Red Onion
- ⅛ Cucumber
- Small Handful Fresh Dill
- Small Handful Fresh Parsley
- Salt
- Pepper

 **35 MINUTES**

## METHOD

- Begin by mincing the garlic and add  $\frac{3}{4}$  of it to a bowl. Squeeze in the juice of a  $\frac{1}{4}$  lemon and add in the dried oregano, honey, Dijon mustard, olive oil and season generously with salt and pepper and whisk well. Cut the pork into chunks and leave to marinate in the bowl for 20 minutes.
- To make the tzatziki, slice the cucumber in half, discard the pulp and grate it before seasoning with salt. Squeeze out all the excess water with your hands, add to a bowl and combine with yoghurt, fresh chopped dill, a squeeze of lemon, the remaining garlic, salt and pepper.
- Preheat the grill to high heat and skewer the meat. Place the skewers on a baking tray on the highest shelf under the grill for 3-4 minutes each side or until charred and cooked through. Remove from the grill and cover in foil to rest for 5 minutes.
- Toast the flatbread under the grill. Slice the onion, tomato and parsley and set aside.
- Lay the flatbread down and spread the tzatziki over first, top with the pork, add the tomato and onion and finally garnish with chopped parsley, plate and serve.

# Spicy Beef Noodles

**Total Calories - 404**

**Protein - 31g**

**Carbohydrate - 37g**

**Fat - 14g**



## Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Only use 70g of noodles instead of 100g (116 Cals)

**Total Calories - 316**  
**Protein - 30g**  
**Carbohydrate - 28g**  
**Fat - 9g**

## Plant-Based Alternative:

- Swap the noodles to 100g of fresh Udon noodles (127 Cals)
- Swap the beef stock to 30ml of vegetable stock (2 Cals)
- Swap the beef mince to 120g Viverra Plant Mince (132 Cals)
- Swap the oyster sauce to 1 tsp. of vegetable stir-fry sauce (9 Cals)

**Total Calories - 350**  
**Protein - 30g**  
**Carbohydrate - 38g**  
**Fat - 6g**



# SPICY BEEF NOODLES

## INGREDIENTS

- 120g Beef Mince (5%)
- 100g Fresh Egg Noodles
- 30ml Beef Stock
- 1 Tsp. Hoisin Sauce
- 1 Tsp. Oyster Sauce
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Soy Sauce
- ¼ Tsp. Brown Sugar
- ¼ Tsp. Cornflour
- ¼ Tsp. White Vinegar
- 1 Bird's Eye Chilli
- 1 Clove Garlic
- 1 Leaf Chinese Lettuce
- ½ Spring Onion
- ⅛ Carrot

## METHOD

- Prepare the noodles according to instructions on the packet. Julienne the carrot and Chinese leaf lettuce, slice the spring onion, chop the garlic and bird's eye chilli and set aside.
- Combine the soy, oyster and hoisin sauce, with brown sugar, beef stock and vinegar in a small bowl mixing well to dissolve the sugar.
- Preheat a wok to high heat. Once up to temperature, add in the oil along with the beef. Do not stir or move the beef for the first 30 seconds. When a crust forms, begin breaking up the mince with a spatula.
- Add in the chilli and garlic and stir fry for 30 seconds. Pour in the sauce and leave to simmer for 1-2 minutes on medium heat. Mix the cornflour with 1 tsp. of cold water and add to the sauce to thicken.
- Next, add in the noodles and toss well to combine. Finally, add in the carrot and lettuce mixing well again. Garnish with sliced spring onion, plate and serve.

 **15 MINUTES**

# Pasta Norcina

**Total Calories - 490**  
**Protein - 32g**  
**Carbohydrate - 28g**  
**Fat - 24g**



## Lower Calorie Alternative:

- Only use 55g of rigatoni instead of 75g (87 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 420**  
**Protein - 31g**  
**Carbohydrate - 22g**  
**Fat - 20g**

## Plant-Based Alternative:

- Swap the pork mince to 130g This Isn't Pork Plant Based Sausages (246 Cals)
- Swap the Elmlea to 50ml Elmlea Plant-Based Double (145 Cals)
- Swap the wine to vegan wine (23 Cals)
- Swap the cheese to 30g of Violife Prosciutto Wedge (84 Cals)

**Total Calories - 681**  
**Protein - 25g**  
**Carbohydrate - 38g**  
**Fat - 43g**

## Pork-Free Alternative:

- Swap the pork mince to 80g of 7% turkey mince (112 Cals)

**Total Calories - 501**  
**Protein - 34g**  
**Carbohydrate - 28g**  
**Fat - 24g**



# PASTA NORCINA

## INGREDIENTS

- 80g Pork Mince (5%)
- 75g Rigatoni
- 30g Pecorino Romano Cheese
- 50ml Elmlea Single Light
- 30ml White Wine
- 1 Tsp. Olive Oil
- ¼ Tsp. Fresh Rosemary
- ½ Clove Garlic
- ¼ Onion
- Pinch Grated Nutmeg
- Salt
- Pepper

 **20 MINUTES**

## METHOD

- Begin by adding the pork mince to a mixing bowl. Mince the garlic and add to the bowl along with chopped rosemary and grated nutmeg. Mix well to combine.
- Boil the pasta in boiling, salted water for 2 minutes less than stated on the packet.
- Preheat a non-stick pan to high heat and add in the olive oil along with the pork mixture. Season with salt and pepper. Once a crust forms, break up the mince using a spatula.
- Turn the heat down to medium, finely dice the onion and add to the pan. Sauté until softened and translucent. Next, pour in the wine and cook off the alcohol. Once reduced, turn the heat to low and stir in the cream.
- When the pasta is cooked, drain but reserve some of the pasta water. Add the pasta into the sauce and toss well to combine. Cook for 1-2 minutes before adding a splash of pasta water. Grate and stir in the cheese but save some for garnish.
- When the pasta has cooked through, plate and garnish with the remaining cheese and pepper, then serve.



# Vietnamese Pork Burger

**Total Calories - 463**  
**Protein - 30g**  
**Carbohydrate - 49g**  
**Fat - 15g**



## Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Swap the brioche bun to 1 Warburtons Sliced Roll (146 Cals)

**Total Calories - 373**  
**Protein - 30g**  
**Carbohydrate - 43g**  
**Fat - 8g**

## Plant-Based Alternative:

- Swap the pork mince to 130g of This Isn't Pork Plant-Based Meatballs (222 Cals)
- Swap the burger bun to 1 vegan brioche burger bun (151 Cals)
- Swap the mayonnaise to 1 tbsp. of Hellman's Vegan Mayonnaise (98 Cals)
- No fish sauce (-4 Cals)

**Total Calories - 588**  
**Protein - 18g**  
**Carbohydrate - 45g**  
**Fat - 37g**

## Pork-Free Alternative:

- Swap the pork mince to 100g of 5% beef mince (124 Cals)

**Total Calories - 460**  
**Protein - 30g**  
**Carbohydrate - 49g**  
**Fat - 15g**



# VIETNAMESE PORK BURGER

## INGREDIENTS

- 100g Pork Mince (5%)
- 20g Carrot
- 20g Daikon
- 1 Seeded Brioche Burger Bun
- 2 Tbsps. Lightest Mayonnaise
- 1 ¼ Tbsp. Sriracha
- 1 Tbsp. Sugar
- 1 Tbsp. White Vinegar
- 1 Tsp. Fish Sauce
- 1 Tsp. Maggi Seasoning
- 1 Tsp. Rapeseed Oil
- 5 Slices Cucumber
- ½ Clove Garlic
- Fresh Coriander (Garnish)
- Red Chilli (Garnish)
- Salt
- Pepper

 **25 MINUTES**

## METHOD

- Begin by cutting the carrot and daikon into thin matchsticks. Season heavily with salt to draw out the moisture. Let sit for 5 minutes. Squeeze out all remaining liquid and rinse away the salt. Add to a bowl with vinegar, 2/3 of the sugar and 1 tbsp. of warm water. Leave to sit for a minimum of 20 minutes.
- In a mixing bowl, combine the pork mince with finely chopped garlic, fish sauce and the remaining sugar. Form the pork mixture into a large meatball before flattening into a burger patty and seasoning with salt and pepper.
- Preheat a pan, add the rapeseed oil and the burger patty. Cook for 3 minutes on each side or until cooked through. Remove from the pan and set aside to rest.
- Toast the burger buns in the same pan at medium heat until golden brown. In a small bowl combine the mayonnaise, sriracha, and Maggi seasoning.
- Spread the sauce equally on both burger bun halves, top the bottom half with the cucumber slices along with the pickled carrot and daikon. Add the burger patty, top with fresh coriander and sliced red chilli, place the other half of the bun on top, plate and serve.

# Honey Prawns and Egg Fried Rice

**Total Calories - 514**  
**Protein - 30g**  
**Carbohydrate - 58g**  
**Fat - 14g**



## Lower Calorie Alternative:

- Only use 70g of rice instead of 100g (123 Cals)
- No plain flour, cornflour or baking powder (-43 Cals)

**Total Calories - 381**  
**Protein - 30g**  
**Carbohydrate - 38g**  
**Fat - 9g**

## Plant-Based Alternative:

- Swap the prawns for 100g of Vegan Zeastar Lemon Shrimpz (192 Cals)
- Swap the honey for 1 tbsp of agave syrup (60 Cals)
- No egg (-77 Cals)
- Swap the chicken stock for 1 tbsp. vegetable stock (2 Cals)

**Total Calories - 549**  
**Protein - 11g**  
**Carbohydrate - 86g**  
**Fat - 18g**



# HONEY PRAWNS AND EGG FRIED RICE

## INGREDIENTS

- 100g Jasmine Rice (Cooked)
- 120g King Prawns
- 1 Tbsp. Chicken Stock
- 1 Tbsp. Honey
- ½ Tbsp. Cornflour
- ½ Tbsp. Plain Flour
- 2 Tsp. Soy Sauce
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Baking Powder
- ½ Tsp. Shaoxing Wine
- 1 Cloves Garlic
- 1 Egg
- ½ Spring Onion
- Low-Cal Oil Spray
- Sesame Seeds (Garnish)
- White Pepper

 **35 MINUTES**

## METHOD

- Begin by marinating the prawns in half the rapeseed oil, Shaoxing wine, baking powder and salt. Leave to sit for 20 minutes. Slice the spring onion, chop the garlic and set aside. In a small bowl combine the honey, 1 tsp. of soy sauce and the chicken stock.
- Preheat the air fryer to the highest setting. Mix the flour and cornflour together in a shallow bowl and season with salt. Toss the prawns in the flour mixture before spraying with oil spray. Place into the air fryer for 3-4 minutes on each side or until golden and crispy. Remove and leave to rest.
- Preheat a wok over high heat. Add the garlic along with the remaining rapeseed oil. Stir-fry for 10-20 seconds before adding in the cooked rice, separating the grains with a spatula.
- Next, push the rice to the side, crack in the egg and scramble. Fold the egg into the rice and add the remaining soy sauce. Stir well to combine, add in the sliced spring onion and season with salt and white pepper. Remove the fried rice from the pan to rest.
- Wipe the wok with a paper towel, place over high heat and add in the honey mixture. Once the sauce has thickened, toss the prawns in the sauce. Plate the fried rice along with the prawns, garnish with sesame seeds and serve.

# Pastitizio

**Total Calories - 635**

**Protein - 40g**

**Carbohydrate - 52g**

**Fat - 28g**



## Lower Calorie Alternative:

- Only use 30g of bucatini instead of 50g (106 Cals)
- Only use 10g of feta cheese instead of 20g (27 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 499**

**Protein - 36g**

**Carbohydrate - 38g**

**Fat - 21g**

## Plant-Based Alternative:

- Swap the beef mince to 80g of Vivera Plant Mince (88 Cals)
- No feta cheese (-55 Cals)
- No egg (-39 Cals)
- Swap the Lurpak for 1 tsp. of Flora Light (13 Cals)
- Swap the red wine to vegan red wine (13 Cals)
- Swap the milk to 120ml of unsweetened almond milk (16 Cals)
- Swap the pecorino romano to 12g of Violife Prosciano Wedge (34 Cals)

**Total Calories - 452**

**Protein - 25g**

**Carbohydrate - 51g**

**Fat - 11g**

# PASTITISIO



## INGREDIENTS

- 80g Beef Mince (5%)
- 50g Bucatini Pasta
- 50g Chopped Tomatoes
- 20g Feta Cheese
- 12g Lurpak Lightest
- 12g Pecorino Romano
- 12g Plain Flour
- 120ml Skimmed Milk
- 20ml Red Wine
- 1 Tsp. Olive Oil
- 1 Tsp. Tomato Purée
- ¼ Tsp. Dried Oregano
- ¼ Tsp. Dried Thyme
- 1 Bay Leaf
- ½ Clove Garlic
- ½ Egg
- ¼ Cinnamon Stick
- ¼ Onion
- Pinch Grated Nutmeg

 **85 MINUTES**

## METHOD

- Begin by chopping the onion and garlic and set aside. Preheat a non-stick pan to high heat and add in the oil along with the beef mince and season with salt and pepper. Once a crust forms, break up the mince with a spatula.
- Next, add in the chopped onion and turn the heat down to medium. Sauté for 2-3 minutes before adding in the garlic. After 30 seconds, stir in the tomato purée and cook for a further 1-2 minutes.
- Pour in the wine and cook until evaporated. Add in the chopped tomatoes, bay leaf, cinnamon stick, thyme and oregano. Bring to a boil and leave to simmer with the lid on for 20-30 minutes.
- Cook the bucatini in boiling salted water for 2 minutes less than stated on the packet. Drain the water but leave the pasta in the pan before stirring in an egg white (save the yolk) and crumbled feta.
- Preheat the oven to 180C. In a separate saucepan prepare the béchamel sauce by melting the butter over medium-low heat. Whisk in the flour to form a paste. Cook for 1-2 minutes before slowly whisking in the milk. Once thick, remove from the heat and stir in the egg yolk, grated nutmeg and pecorino cheese. Season with salt and pepper to taste.
- Place the pasta in a baking dish and evenly spread the meat and sauce over before topping with the béchamel sauce. Place into the preheated oven for 30-40 minutes until golden brown. Remove from the oven and allow to cool for 10 minutes before plating serving.

# Croque Madame

**Total Calories - 581**  
**Protein - 36g**  
**Carbohydrate - 47g**  
**Fat - 26g**



## Lower Calorie Alternative:

- Only use 1 slice of sourdough bread instead of 2 (102 Cals)
- Only use 10g of cheese instead of 20g (40 Cals)

**Total Calories - 439**  
**Protein - 30g**  
**Carbohydrate - 28g**  
**Fat - 21g**

## Plant-Based Alternative:

- Swap the ham to 60g of Plant Pioneers No Ham Slices (106 Cals)
- Swap the cheese to 1 Violife Vegan Sliced Cheese (57 Cals)
- Swap the Lurpak to 1 tbsp. of Flora Light (41 Cals)
- Swap the skimmed milk to 60ml of almond milk (8 Cals)
- No egg (-77 Cals)

**Total Calories - 444**  
**Protein - 21g**  
**Carbohydrate - 52g**  
**Fat - 17g**

## Pork-Free Alternative:

- Swap the ham to 60g of roast turkey slices (67 Cals)

**Total Calories - 580**  
**Protein - 37g**  
**Carbohydrate - 47g**  
**Fat - 26g**



# CROQUE MADAME

## INGREDIENTS

- 60g French Torchon Ham
- 20g Gruyere Cheese
- 60ml Skimmed Milk
- 2 Slices White Sourdough Bread
- 1 Egg
- 1 Tbsp. Lurpak Lighter
- ½ Tbsp. Plain Flour
- Pinch Grated Nutmeg
- Salt
- Pepper

 **15 MINUTES**

## METHOD

- Begin by grating the cheese. Lightly spread the outside of both bread slices with only half the butter. Spread the inside of one slice with Dijon mustard. Top this slice with the ham followed by  $\frac{3}{4}$  of the cheese. Place the other slice of bread on top with the buttered side facing up.
- Preheat a non-stick frying pan over medium heat. Place the sandwich in the frying pan and leave to cook for 4-5 minutes.
- To make the béchamel sauce, melt the remaining butter in a small sauce pan over medium heat and whisk in the flour, cooking for 1 minute until slightly golden. Gradually whisk in the milk until a thick sauce has formed. Thin out with a splash of water if necessary. The sauce should be thick as it will sit on top of the sandwich. Season with freshly grated nutmeg and salt and pepper to taste.
- Flip the sandwich when golden brown and cook for a further 4-5 minutes. Cook the egg in a small non-stick frying pan over medium heat until the white has set but the yolk is runny.
- Remove the sandwich from the pan once cooked through, top with the béchamel sauce and cover with the remaining grated cheese. Place under the grill on high until the cheese has melted and golden brown. Remove from the grill, place on a plate, top with the fried egg and serve.



# Mongolian Beef

**Total Calories - 487**

**Protein - 30g**

**Carbohydrate - 66g**

**Fat - 12g**



## Lower Calorie Alternative:

- Only use 40g of rice instead of 60g (140 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 379**

**Protein - 30g**

**Carbohydrate - 51g**

**Fat - 7g**

## Plant-Based Alternative:

- Swap the beef to 100g of Taste & Glory No Beef Strips (146 Cals)
- Swap the oyster sauce to 2 tsps. of vegetarian stir-fry sauce (18 Cals)

**Total Calories - 507**

**Protein - 30g**

**Carbohydrate - 71g**

**Fat - 10g**



# MONGOLIAN BEEF

## INGREDIENTS

- 100g Beef Skirt
- 60g Jasmine Rice
- 1 Tbsp. Soy Sauce
- ¼ Tbsp. Shaoxing Wine
- 2 Tsp. Oyster Sauce
- 2 Tsp. Brown Sugar
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Cornflour
- ⅛ Tsp. Baking Soda
- 2 Dried Red Chillies
- 1 Clove Garlic
- 1 Spring Onion
- 1-Inch Ginger
- ¼ Onion
- Salt

 **30 MINUTES**

## METHOD

- Begin by slicing the beef as thinly as possible. In a bowl, combine the baking soda, cornflour, Shaoxing wine, 1 tsp. of soy sauce and salt to taste. Marinate the beef in the mixture for 20 minutes.
- Rinse the rice in cold water until it runs clear. Add to a non-stick saucepan along with 125ml of cold water and salt. Bring to a boil on high heat for 2 minutes before covering and turning down to low for 15 minutes. Remove from the heat and leave to sit for a further 5-10 minutes before fluffing with a fork.
- Chop the ginger and garlic, slice the onion and cut the spring onion into quarters. In a small bowl mix together the brown sugar, the remaining soy sauce and oyster sauce.
- Preheat a wok to high heat. Once smoking, add in the oil with the beef. Spread the beef out in the pan the leave to cook for the first 30-60 seconds. Once a crust forms, begin to stir-fry. Add in the red chillies and spring onion, followed by the ginger and garlic, cook until fragrant. Next, add in the onion and sauté for 10-20 seconds before pouring in the sauce.
- Allow the sauce to reduce. When thickened, turn off the heat. Plate the rice along with the beef stir-fry and serve.

# One-Pot Chicken Biryani

**Total Calories - 566**

**Protein - 39g**

**Carbohydrate - 65g**

**Fat - 14g**



## Lower Calorie Alternative:

- Swap the oil to low-cal oil spray (10 Cals)
- Only use 40g of rice instead of 60g (140 Cals)
- No potato (-45 Cals)

**Total Calories - 413**  
**Protein - 36g**  
**Carbohydrate - 40g**  
**Fat - 10g**

## Plant-Based Alternative:

- Swap the chicken for 100g of This Isn't chicken (167 Cals)
- Swap the yoghurt to ½ tbsp. of Oatly Oatgurt (5 Cals)

**Total Calories - 531**  
**Protein - 30g**  
**Carbohydrate - 68g**  
**Fat - 11g**



# ONE-POT CHICKEN BIRYANI

## INGREDIENTS

- 2 Chicken Drumsticks
- 60g Basmati Rice
- 60g White Potato
- ½ Tbsp. Plain Yoghurt
- 1 Tsp. Rapeseed Oil
- ½ Tsp. Biryani Masala
- ½ Tsp. Chilli Powder
- ½ Tsp. Cumin Seeds
- ½ Tsp. Turmeric
- 4 Threads Saffron
- 2 Cloves Garlic
- 1 Bay Leaf
- 1 Clove
- 1 Green Cardamom
- 1-Inch Ginger
- ¼ Cinnamon Stick
- ¼ Lemon
- ¼ Onion
- ¼ Star Anise
- Handful Fresh Mint
- Handful Fresh Coriander

## METHOD

- Begin by rinsing and draining the rice three times. Leave to soak covered in room temperature water for 20 minutes.
- Remove the skin from the chicken and make a couple of cuts in the meat. Place in a bowl and add the yoghurt, turmeric powder, biryani masala, lemon juice, chilli powder and salt to taste. Mix everything well and leave to marinate covered.
- Add the saffron threads to 2 tbsps. of boiling water in a bowl and leave covered also. Drain and rinse the rice for a final time and cook in a saucepan with a large amount of boiling salted water for 6-7 minutes before draining in a colander.
- Slice the onion, peel and cut the potato into small bite-size pieces, mince the ginger and garlic and chop the mint and coriander. Preheat a pan to medium heat and add the oil along with the cumin seeds, bay leaf, cardamom, star anise, clove, and cinnamon stick. Sauté for 1 minute then add in the onion slices. Cook on medium for 10 minutes until dark brown.
- Next, add in the ginger and garlic and sauté for 2 minutes. Add in the chicken along with the marinade and potatoes and brown on all sides before covering and cooking at medium-low heat for 6-8 minutes.
- Remove the lid, add in half the chopped mint and coriander, stir and cover and cook for a further 6-8 minutes or until the chicken is cooked through and the potatoes are fork-tender. Add water if necessary.
- Add the rice to the pan on top of the chicken and potatoes but do not stir. Pour over the saffron water and top with the remaining chopped mint and coriander. Cover with the lid and leave to cook at medium-low heat for 20 minutes before turning off the heat, leaving to sit covered for a further 10 minutes. Remove the lid, gently fluff the rice and carefully mix in with the chicken and potatoes. Plate and serve

 **80 MINUTES**

# Harissa Grilled Tilapia

**Total Calories - 330**

**Protein - 30g**

**Carbohydrate - 32g**

**Fat - 8g**



## Lower Calorie Alternative:

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

**Total Calories - 292**

**Protein - 30g**

**Carbohydrate - 32g**

**Fat - 4g**

## Plant-Based Alternative:

- Swap the tilapia to 1 Plant Pioneers No Salmon Fillet (259 Cals)
- Swap the chicken stock to 100ml of vegetable stock (6 Cals)

**Total Calories - 484**

**Protein - 21g**

**Carbohydrate - 50g**

**Fat - 21g**



# HARISSA GRILLED TILAPIA

## INGREDIENTS

- 130g Tilapia
- 80g Couscous (Uncooked)
- 100ml Chicken Stock
- 1 Tsp. Harissa Paste
- 1 Tsp. Olive Oil
- 1 Clove Garlic
- ¼ Lemon
- Small Handful Fresh Parsley
- Salt
- Pepper

 **15 MINUTES**

## METHOD

- Begin by coating the tilapia in the harissa paste and half the olive oil, season with salt and pepper to taste and set aside. Mince the garlic and set aside also.
- Preheat a saucepan over medium-low heat. Once up to temperature, add in the remaining olive oil and sauté the minced garlic until fragrant but do not brown. Remove the pan from the heat and add the chicken stock, both the juice and the zest from the lemon before seasoning with salt and pepper.
- Place back on the heat, turn the heat up and bring to a boil. Once boiling, add in the couscous, remove from the heat and cover with a lid. Leave to sit off the heat for 5 minutes.
- Preheat a non-stick pan or griddle to medium heat. Add the tilapia and cook for 2-3 minutes on each side or until cooked through. Remove from the pan and leave to rest for 1-2 minutes before serving.
- Roughly slice the parsley and add to the couscous. Use a fork to stir through while gently fluffing the couscous. Plate the couscous, top with the grilled tilapia and serve.

# Tuscan Salmon

**Total Calories - 437**

**Protein - 35g**

**Carbohydrate - 7g**

**Fat - 27g**



## Lower Calorie Alternative:

- No parmesan cheese (-40 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

**Total Calories - 358**

**Protein - 35g**

**Carbohydrate - 7g**

**Fat - 23g**

## Plant-Based Alternative:

- Swap the salmon to 1 Plant Pioneers No Salmon Fillet (259 Cals)
- Swap the Elmlea to 50ml Elmlea Plant-Based Double (145 Cals)
- Swap the wine to vegan white wine (19 Cals)
- Swap the parmesan to 10g of Violife Prosciutto Wedge (28 Cals)

**Total Calories - 544**

**Protein - 17g**

**Carbohydrate - 27g**

**Fat - 38g**



# TUSCAN SALMON

## INGREDIENTS

- 120g Salmon (Skinless)
- 20g Sun-dried Tomatoes
- 50ml Elmlea Single Light
- 25ml White Wine
- 10g Parmesan
- 1 Tsp. Olive Oil
- 1 Clove Garlic
- ¼ Lemon
- Handful Spinach
- Salt
- Pepper

 **20 MINUTES**

## METHOD

- Preheat a non-stick frying pan to medium-high heat. Pat the salmon dry with a paper towel. Coat the salmon with half the oil and season generously with salt and pepper. Chop the garlic, slice the sun-dried tomatoes and set aside.
- Carefully lay the salmon down in the pan. Sear on each side for 2 minutes or until golden brown before removing from the pan.
- Turn the heat down to medium, add in the remaining oil along with the garlic and sauté for 1-2 minutes until fragrant.
- Next, add in the sun-dried tomatoes and spinach, cook for a further 1-2 minutes before adding in the wine, cooking for 2-3 minutes.
- Turn the heat down to low and stir in the cream and parmesan cheese. Place the salmon back into the pan and spoon over some of the sauce. Leave to simmer on medium-low for 3-5 minutes or until the sauce has reached your desired consistency and the salmon is cooked through.
- Add a squeeze of lemon juice and season with salt and pepper if necessary. Add a splash of water to thin out the sauce if needed also. Plate the salmon, spoon over the sauce and serve.