



VOLUME XVIII

Recipes

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Tomato based lamb ragu infused with fresh mint, served with pappardelle pasta and grated Parmigiano Reggiano.

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Grilled skewers of marinated chicken, green and red peppers, onion and pineapple in a sweet and sour glaze, served with fragrant garlic Jasmine rice, garnished with sliced spring onion.

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Saffron infused grilled chicken with fresh salad and a mint yoghurt, all served in a warm toasted flour tortilla.

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Vietnamese baguette sandwich filled with grilled, marinated, turmeric and lemongrass chicken, cucumber, pickled daikon and carrot, fresh coriander and sriracha mayonnaise.

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McDonald's Double Cheeseburger

Two caramelised beef patties topped with two slices of melted American cheese, diced onion, pickles, ketchup and American mustard, all served in a warm toasted bun.

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Two corn tortillas topped with a smoky, spicy chipotle dressing, grilled honey and chipotle prawns, topped with a fresh, vibrant mango salsa.

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Two chicken drumsticks marinated and air fried until crisp and glazed in sweet and smoky BBQ sauce, served with homemade apple and red cabbage slaw.

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Crispy panko coated air fried batons of cod, served with dill mayonnaise and ketchup, sandwiched between two slices of toasted white bread.

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Southern American-inspired, seasoned, braised, tender chicken thighs served with fluffy chive mashed potatoes and smothered in rich, thick gravy.

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Tuna and elbow macaroni tossed in a spicy, mayonnaise-based dressing with fresh dill, parsley, chives and spring onion.

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Crispy Ginger Pork and Rice

Stir-fried crispy pork mince in a ginger infused, sweet and savoury glaze, served with fragrant Thai Jasmine rice and cucumber slices.

Lamb Ragu Pappardelle

Total Calories - 535

Protein - 36g

Carbohydrate - 57g

Fat - 15g



Lower Calorie Alternative:

- No parmesan cheese (-60 Cals)
- Only use 40g of pasta instead of 60g (143 Cals)

Total Calories - 403

Protein - 30g

Carbohydrate - 43g

Fat - 10g

Plant-Based Alternative:

- Swap the lamb mince to 80g of Vivera Plant Mince (110 Cals)
- Swap the wine to vegan red wine (20 Cals)
- Swap the parmesan to 15g of Violife Prosociano Wedge (42 Cals)
- Swap the lamb stock to 100ml of vegetable stock (6 Cals)

Total Calories - 486

Protein - 31g

Carbohydrate - 63g

Fat - 5g



LAMB RAGÙ PAPPARDELLE

INGREDIENTS

- 100g Lamb Mince (10%)
- 80g Tinned Plum Tomatoes
- 60g Pappardelle Pasta
- 15g Parmesan Cheese
- 100ml Lamb Stock
- 20ml Red Wine
- 1 Tbsp. Tomato Purée
- 1 Tsp. Chopped Thyme
- 1 Tsp. Chopped Rosemary
- ½ Onion
- ¼ Carrot
- ¼ Stick Celery
- 1 Bay Leaf
- 2 Mint Leaves
- Salt
- Pepper

 **70 MINUTES**

METHOD

- Begin by chopping the onion, celery, carrot, garlic, rosemary, thyme and mint as fine as possible and set aside.
- Preheat a heavy bottom saucepan to medium-high heat. Add in the mince breaking it up with a spatula as it cooks. Sauté for 3-5 minutes until caramelised before removing from the pan with a slotted spoon so the fat remains.
- Add in the chopped onion, carrot, celery and garlic to the pan. Sauté for 5-6 minutes stirring occasionally. Once softened, add in the rosemary and thyme. Cook for 30 seconds before stirring in the tomato purée cooking for a further 2-3 minutes.
- Next, pour in the wine and cook until the alcohol has evaporated. Add in the plum tomatoes and cook for 3-5 minutes. Pour in the lamb stock and add in the bay leaf. Leave to simmer on medium-low for 45 minutes. Stir occasionally to avoid burning the sauce and season with salt and pepper to taste.
- For the final 10 minutes, add the pasta to a saucepan with boiling salted water and cook for 2 minutes less than stated on the pack. When cooked, drain well but reserve some of the pasta water.
- Add the pasta directly to the meat sauce, along with some pasta water and combine well. Cook for 1-2 minutes until the sauce has thickened and the pasta is al-dente. Season with salt and pepper to taste.
- Finally stir in the mint and plate the pasta and spoon over any remaining sauce. Grate and top with grated parmesan cheese and serve.

Sweet 'n' Sour Chicken Skewers

Total Calories - 412
Protein - 30g
Carbohydrate - 64g
Fat - 4g



Lower Calorie Alternative:

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

Total Calories - 330
Protein - 30g
Carbohydrate - 48g
Fat - 2g

Plant-Based Alternative:

- Swap the chicken breast to 100g This Isn't Chicken (167 Cals)

Total Calories - 473
Protein - 30g
Carbohydrate - 67g
Fat - 7g



SWEET 'N' SOUR CHICKEN SKEWERS

INGREDIENTS

- 100g Chicken Breast
- 60g Jasmine Rice
- 1 Tbsp. Canned Pineapple Juice
- ½ Tbsp. Cornflour
- 1 Tsp. Brown Sugar
- 1 Tsp. Rice Vinegar
- 1 Tsp. Ketchup
- ½ Tsp. Rapeseed Oil
- ½ Tsp. Soy Sauce
- 4 Pineapple Chunks
- 1 Clove Garlic
- ⅛ Onion
- ⅛ Red Pepper
- ⅛ Green Pepper
- Spring Onion (Garnish)
- Salt

METHOD

- Begin by cutting the chicken, onion and both peppers into equal 1-inch pieces. In a bowl combine the pineapple juice, ketchup, rice vinegar, brown sugar, soy sauce and half the oil, mixing well to combine. Add the chicken and leave to marinate for 15 minutes covered at room temperature.
- Rinse the rice in cold water until it runs clear and drain. Preheat a non-stick saucepan to medium heat, once up to temperature roughly chop the garlic and add to the pan along with the remaining oil. Sauté for 30 seconds over medium heat before stirring in the rice.
- Pour in 125ml of water, season with salt and bring to a boil for 30 seconds. Stir, cover and leave to simmer on low for 10-15 minutes. Finally, remove from the heat and leave to sit covered for a further 10 minutes.
- Preheat a griddle pan to medium-high heat. Assemble the skewers starting with the onion or pepper first followed by the chicken and pineapple and repeat. Add the skewers to the griddle and grill for 3 minutes on each side or until cooked through. Remove from the pan and cover with foil to rest.
- Add the left-over marinade to a pan along with equal amounts of water and bring to a simmer over medium heat for 3 minutes. Combine the cornflour with 2 tbsps. of cold water and stir into the pan. When the desired consistency is achieved, turn off the heat.
- Plate the rice along with the chicken skewers and sauce, slice and garnish with the spring onion and serve.

 **50 MINUTES**

Saffron Chicken Wrap

Total Calories - 367

Protein - 34g

Carbohydrate - 39g

Fat - 8g



Lower Calorie Alternative:

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

Total Calories - 332

Protein - 30g

Carbohydrate - 39g

Fat - 6g

Plant-Based Alternative:

- Swap the chicken mini fillets to 100g This Isn't Chicken (167 Cals)
- Swap the yoghurt to 3 tbsps. of Oatly Greek Style Oatgurt (58 Cals)

Total Calories - 464

Protein - 30g

Carbohydrate - 45g

Fat - 15g



SAFFRON CHICKEN WRAP

INGREDIENTS

- 100g Chicken Mini Fillets
- 40g Cucumber
- 25g White Cabbage
- 1 Flour Tortilla
- 3 Tbsps. Greek Yoghurt (0%)
- ½ Tsp. Dried Mint
- ½ Tsp. Saffron
- ½ Tsp. Olive Oil
- ½ Lemon
- ½ Tomato
- ⅛ Onion
- Parsley (Garnish)
- Salt

 **40 MINUTES**

METHOD

- Begin by crushing or grinding the saffron threads in a pestle and mortar or in a bowl using the back of a spoon. Add 2 tbsps. of boiling water and leave to sit - covered for 5 minutes.
- Slice the onion and add to the saffron water along with a big squeeze of lemon juice and the oil. Add the chicken to the marinade, season with salt and leave to sit for 20 minutes, covered at room temperature.
- Combine the yoghurt with the dried mint, a squeeze of lemon juice and salt to taste. Cover and place in the fridge.
- Preheat a griddle pan to medium-high heat, once up to temperature - add in the marinated chicken and grill for 5-6 minutes flipping halfway. Remove from the pan, cover with foil and leave to rest for 5 minutes.
- Slice the cabbage as thin as possible and cut the tomato and cucumber into small bitesize pieces.
- Lay the wrap down and top with the mint yoghurt, slice and add the chicken, followed by the cabbage, tomato, cucumber and finally top with fresh parsley.
- Fold both ends of the tortilla and 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 from the pan, slice in half at an angle and serve.

Turmeric Lemongrass Chicken Bahn Mi

Total Calories - 546
Protein - 32g
Carbohydrate - 71g
Fat - 13g



Lower Calorie Alternative:

- Swap the chicken thighs to 100g of chicken breast (106 Cals)
- Only use 50g of baguette instead of 100g (130 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 403
Protein - 30g
Carbohydrate - 60g
Fat - 3g

Plant-Based Alternative:

- Swap the chicken thighs to 120g of Taste & Glory Roast Tenderstrips (172 Cals)
- Swap the fish sauce to ½ tbsp. of soy sauce (5 Cals)
- Swap the mayonnaise to 1 tbsp. of vegan mayonnaise (98 Cals)

Total Calories - 634
Protein - 32g
Carbohydrate - 72g
Fat - 22g



TURMERIC LEMONGRASS CHICKEN BAHN MI

INGREDIENTS

- 120g Chicken Thighs
- 100g Baguette (Hollowed Out)
- 40g Cucumber
- 20g Daikon
- 20g Carrot
- 2 Tbsp. Lightest Mayonnaise
- 1 Tbsp. Sriracha
- 1 Tbsp. White Vinegar
- ½ Tbsp. Brown Sugar
- ½ Tbsp. Fish Sauce
- 2 Tsp. Sugar
- 1 Tsp. Maggi Seasoning
- 1 Tsp. Rapeseed Oil
- 2 Sprigs Coriander
- 1 Clove Garlic
- ½ Stalk Lemongrass
- ½ Red Chilli
- ½ Lime
- ¼ Tsp. Turmeric Root/Powder
- Salt

METHOD

- Begin by shredding the daikon and carrot using a julienne peeler or cut into thin matchsticks. Heavily salt them and leave to sit for 5 minutes. Thoroughly rinse off the salt and squeeze out any remaining liquid using your hands. Combine the white sugar, vinegar and 1 tbsp of hot water. Add the daikon and carrot and leave to sit for 20 minutes.
- Smash the turmeric root using the side of a knife and mince as finely as possible. Bash the lemongrass stalk with the back of a knife. Cut off the bottom part of the root, remove the outer layers and slice as fine as possible.
- Roughly chop the garlic and half the chilli and add everything to a bowl. Combine with the brown sugar, fish sauce, rapeseed oil and lime juice. Marinate the chicken thigh fillets in the mixture for 5 minutes at room temperature.
- Preheat the air-fryer to 180C. Cook the chicken for 12-15 minutes flipping halfway. Remove the chicken and leave to rest for 5 minutes.
- Combine the mayonnaise, sriracha and Maggi seasoning and set aside. Slice the cucumber into batons and slice the remaining chilli before draining the pickled daikon and carrot.
- Slice the baguette in half and remove some of the dough to leave a pocket for the filling. Spread the sriracha mayonnaise mixture evenly on both halves of the baguette. Top the bottom half with the cucumber and pickled daikon and carrot, slice and add the chicken, then finally top with the sliced red chilli and coriander and serve.

 **35 MINUTES**

McDonald's Double Cheeseburger

Total Calories - 416

Protein - 31g

Carbohydrate - 33g

Fat - 17g



Lower Calorie Alternative:

- Swap the 5% beef mince to 100g of 3% beef mince (118 Cals)
- Only use 1 slice of cheese instead of 2 (58 Cals)

Total Calories - 352

Protein - 30g

Carbohydrate - 32g

Fat - 11g

Plant-Based Alternative:

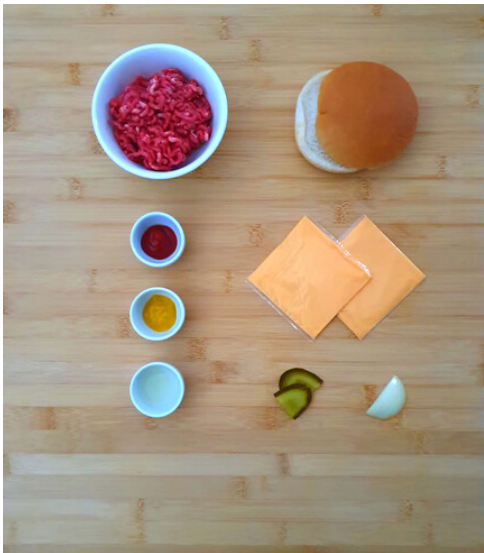
- Swap the beef mince to 1 Naked Glory Vegan Quarter Pounder (217 Cals)
- Swap the cheese to 2 Violife Sliced Cheese Alternative (114 Cals)

Total Calories - 507

Protein - 23g

Carbohydrate - 49g

Fat - 22g



MCDONALD'S DOUBLE CHEESEBURGER

INGREDIENTS

- 100g Beef Mince (5%)
- 1 Warburtons Sliced Roll
- 1 Tbsp. Diced Onion
- ½ Tbsp. Ketchup
- ¼ Tbsp. American Yellow Mustard
- ¼ Tsp. White Vinegar
- 2 Slices Pickled Gherkin
- 2 Slices American Cheese
- Rapeseed Oil Spray
- Salt
- Pepper

 **10 MINUTES**

METHOD

- Preheat a non-stick pan to high heat. Toast the inside of both bun halves until golden brown. Separate the mince into two even-sized chunks before rolling into two large equal-sized balls. Flatten to form two thin patties slightly wider than the bun itself.
- Finely mince the onion and set aside. Remove the buns from the pan when toasted and spray the pan with rapeseed oil and add the burger patties. Season with salt and pepper. Once a crust has formed after 1-2 minutes, flip and cook for a further 30 seconds or until cooked.
- Remove from the pan and place one patty on the bottom bun half followed by the cheese. Add the second patty and second slice of cheese.
- Top with the pickles and diced onion before spreading the mustard and ketchup evenly on the top half of the bun. Crown the burger and serve.

Shrimp Tacos

Total Calories - 300

Protein - 30g

Carbohydrate - 36g

Fat - 4g



Lower Calorie Alternative:

- No honey (-20 Cals)

Total Calories - 281

Protein - 30g

Carbohydrate - 31g

Fat - 4g

Plant-Based Alternative:

- Swap the prawns to 100g Vegan Zeastar Shrimpz (192 Cals)
- Swap the yoghurt to 2 tbsps of Oatly Greek Style Oatgurt (44 Cals)
- Swap the honey to 1 tsp. of agave syrup (18 Cals)

Total Calories - 419

Protein - 10g

Carbohydrate - 61g

Fat - 16g



SHRIMP TACOS

INGREDIENTS

- 160g Prawns
- 2 Corn Tortillas
- 30g Mango
- 2 Tbsp. Greek Yoghurt (0%)
- 1 Tsp. Chipotle Paste
- 1 Tsp. Honey
- 1 Sprig Coriander
- 1 Lime
- ½ Green Chilli
- ¼ Red Onion
- Rapeseed Oil Spray
- Salt
- Pepper

 **10 MINUTES**

METHOD

- Marinate the prawns in half the chipotle and half the honey, add a squeeze of lime juice and season with salt and pepper before setting aside.
- Finely chop the onion, green chilli, coriander and mango. Add to a bowl and season with salt, pepper and a squeeze of lime juice. Mix well and leave to sit.
- Next, combine the yoghurt with the remaining honey and chipotle, along with a squeeze of lime juice and salt and pepper to taste.
- Preheat a non-stick pan to high heat and spray with the oil spray. Add in the prawns and cook for 30-60 seconds on each side, being careful to not overcook the prawns. Remove from the pan to rest. Turn down to medium and warm the tacos in the pan for 10 seconds each side before removing.
- Top both tacos with the chipotle yoghurt sauce followed by the prawns, spoon over the mango salsa and serve.

BBQ Chicken and Apple Slaw

Total Calories - 294
Protein - 33g
Carbohydrate - 16g
Fat - 8g



Lower Calorie Alternative:

- Swap the chicken drumsticks to 130g of chicken mini fillets (138 Cals)

Total Calories - 229
Protein - 32g
Carbohydrate - 16g
Fat - 1g

Plant-Based Alternative:

- Swap the chicken drumsticks to 120g of Taste & Glory Roast Tenderstrips (172 Cals)
- Swap the mayonnaise to 1 tbsp. of vegan mayonnaise (98 Cals)

Total Calories - 342
Protein - 25g
Carbohydrate - 17g
Fat - 16g



BBQ CHICKEN AND APPLE SLAW

INGREDIENTS

- 2 Chicken Drumsticks
- 40g Red Cabbage
- 40g Apple
- 20g Carrot
- 10g Red Onion
- 2 Tbsps. Lightest Mayonnaise
- 2 Tbsps. BBQ Sauce
- ½ Tbsp. Apple Cider Vinegar
- 2 Tsps. Paprika Pepper
- Salt
- Pepper

 **35 MINUTES**

METHOD

- Preheat the air fryer to 180C. Season both drumsticks with the paprika pepper, salt and pepper to taste.
- Place the chicken in the air fryer and cook for 20 minutes, flipping halfway.
- Place the cabbage, onion, apple, and carrot into a food processor or alternatively grate using box grater. Pour the contents into a fine mesh strainer and squeeze out all the moisture. Add to a bowl, combine with the apple cider vinegar, mayonnaise, salt and pepper to taste. Mix well, cover and place in the fridge.
- After 20 minutes of cooking the chicken, brush on the BBQ sauce and cook for a further 10 minutes, flipping halfway. Remove and leave to rest for 5 minutes.
- Plate the apple slaw and BBQ chicken and serve.

Fish Finger Sandwich

Total Calories - 461

Protein - 33g

Carbohydrate - 67g

Fat - 6g



Lower Calorie Alternative:

- Swap the bread to 2 slices of Warburtons Lighter Danish White Bread (124 Cals)

Total Calories - 353

Protein - 30g

Carbohydrate - 47g

Fat - 5g

Plant-Based Alternative:

- Swap the cod to 4 Birdseye Fishless Fingers (282 Cals)
- No panko breadcrumbs, egg, plain flour or rapeseed oil spray (-115 Cals)
- Swap the mayonnaise to 1 tbsp. of vegan mayonnaise (98 Cals)

Total Calories - 628

Protein - 18g

Carbohydrate - 77g

Fat - 26g



FISH FINGER SANDWICH

INGREDIENTS

- 100g Cod
- 20g Panko Breadcrumbs
- 2 Slices Thick Sliced White Bread
- 1 Tbsp. Lightest Mayonnaise
- ½ Tbsp. Ketchup
- ½ Tbsp. Diced Pickled Gherkins
- 1 Tsp. Chopped Dill
- 1 Tsp. Plain Flour
- ¼ Lemon
- ¼ Egg (Whisked)
- Rapeseed Oil Spray
- Salt
- Pepper

 **20 MINUTES**

METHOD

- Preheat the air fryer to 190C. Pat the fish dry with a paper towel and cut into even 1-inch strips. Place the flour, panko, and egg (whisked) into three separate shallow bowls. Season both the flour and the panko bowls with salt and pepper.
- Season the fish with salt and pepper also. Coat each piece of fish in the flour, dust off any excess before dipping into the egg. Again, allow any excess egg to drip off before coating in panko breadcrumbs.
- Spritz the fish fingers with rapeseed oil and place into the air fryer for 10 minutes flipping halfway. Toast both slices of bread in the toaster.
- Finely chop the gherkins and dill, combine with mayonnaise and a squeeze of lemon juice. Season with salt and pepper to taste.
- Remove the fish fingers from the air fryer when crisp and cooked through. Leave to rest on a wire rack for 2 minutes.
- Spread one slice of toast with the ketchup and the other with the dill mayonnaise. Top one slice with the fish fingers then place the other slice on top. Slice in half, plate and serve.

Smothered Chicken and Mash

Total Calories - 472

Protein - 31g

Carbohydrate - 37g

Fat - 21g



Lower Calorie Alternative:

- Swap the chicken thighs to 100g of chicken breast (106 Cals)
- Swap the oil to low-cal oil spray (10 Cals)

Total Calories - 323

Protein - 33g

Carbohydrate - 37g

Fat - 3g

Plant-Based Alternative:

- Swap the chicken to 100g of This Isn't Chicken (167 Cals)
- Swap the Worcestershire sauce to 1 tsp. of HP Brown Sauce (6 Cals)
- Swap the skimmed milk to 1 tbsp. of soy milk (2 Cals)
- Swap the chicken stock to 200ml vegetable stock (12 Cals)

Total Calories - 401

Protein - 29g

Carbohydrate - 41g

Fat - 11g



SMOTHERED CHICKEN AND MASH

INGREDIENTS

- 2 Whole Chicken Thighs
- 100g Maris Piper Potatoes
- 200ml Chicken Stock
- 1 Tbsp. Plain Flour
- 1 Tbsp. Skimmed Milk
- 1 Tsp. Olive Oil
- 1 Tsp. Worcestershire Sauce
- 1 Tsp. Chargrilled Chicken Seasoning
- ½ Tsp. Chopped Rosemary
- ½ Tsp. Chopped Thyme
- 2 Stalks Chives
- 1 Clove Garlic
- ¼ Lemon
- ¼ Onion
- 1 Small Bay Leaf
- Parsley (Garnish)
- Salt
- Pepper

METHOD

- Season the chicken thighs in the chicken seasoning, salt and pepper. Chop the onion, garlic, rosemary and thyme before setting aside.
- Preheat a small sauté pan to medium-high heat, add the oil and chicken skin side down. Sear only on all sides for 1-2 minutes then remove and set-aside.
- Turn the heat down to medium and add in the onion. Sauté for 2-3 minutes, add in the garlic, bay leaf, rosemary and thyme, cooking for 30 seconds before stirring in the flour. Cook for another 30 seconds until dissolved before deglazing with the Worcestershire sauce.
- Pour in the chicken stock, bring to a boil then leave to simmer. Place the chicken thighs into the sauce skin side up and cover with a lid. Simmer over medium-low heat for 25 minutes.
- Peel and cut the potato into 2-inch chunks. Add to a saucepan with cold salted water and bring to a boil at medium-high until the potatoes are fork-tender. Drain, and place back into the pan to steam dry.
- Once dry, mash using a potato ricer or masher. Add the milk, slice and add the chives and mix well. Season with salt and pepper to taste.
- When the chicken is cooked through and the sauce has thickened to form a gravy, remove the chicken from the pan to rest for 2 minutes. Squeeze some lemon juice over the sauce and season with salt and pepper if needed.
- Plate the mash, top with the chicken thighs, spoon over the gravy, slice and garnish with fresh parsley and serve.



Tuna Mac Salad

Total Calories - 269

Protein - 32g

Carbohydrate - 29g

Fat - 1g



Lower Calorie Alternative:

- Only use 40g of macaroni instead of 60g (64 Cals)

Total Calories - 238

Protein - 31g

Carbohydrate - 22g

Fat - 1g

Plant-Based Alternative:

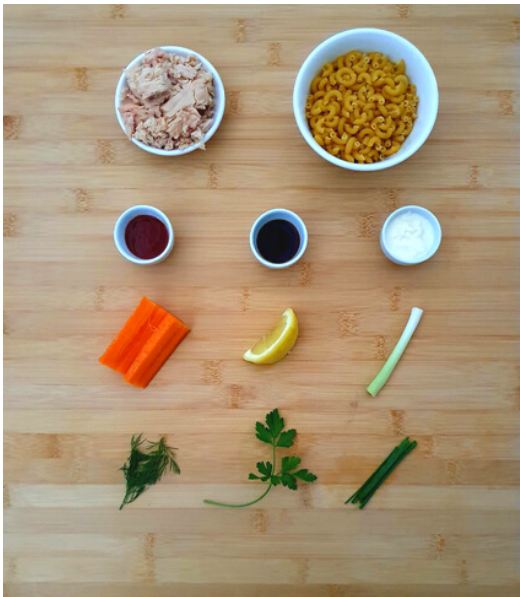
- Swap the tuna to 120g of Plant Pioneers No Chuna (78 Cals)
- Swap the mayonnaise to 1 tbsp. of vegan mayonnaise (98 Cals)

Total Calories - 309

Protein - 18g

Carbohydrate - 30g

Fat - 12g



TUNA MAC SALAD

INGREDIENTS

- 120g Tuna (Drained)
- 60g Macaroni
- 2 Tbsps. Lightest Mayonnaise
- 1 Tbsp. Sriracha
- 1 Tsp. Chopped Dill
- 1 Tsp. Chopped Chives
- 1 Tsp. Chopped Parsley
- 1 Tsp. Sliced Spring Onion
- ½ Tsp. Soy Sauce
- ¼ Carrot
- ¼ Lemon
- Salt
- Pepper

METHOD

- Begin by cooking the pasta in boiling salted water according to instructions on the packet.
- In a large bowl, combine the tuna, mayonnaise, sriracha, a squeeze of lemon juice, soy sauce, salt and pepper before setting aside.
- Finely slice the spring onion, parsley, dill, chives and grate the carrot and set aside also.
- When the pasta is cooked, drain and run under water until cooled.
- Add the pasta to the large bowl, add in the salad and stir to combine. Season with salt and pepper to taste, plate and serve.

 **15 MINUTES**

Crispy Ginger Pork and Rice

Total Calories - 469
Protein - 31g
Carbohydrate - 60g
Fat - 11g



Lower Calorie Alternative:

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

Total Calories - 364
Protein - 30g
Carbohydrate - 45g
Fat - 7g

Plant-Based Alternative:

- Swap the pork mince to 120g of Vivera Plant Mince (132 Cals)

Total Calories - 450
Protein - 30g
Carbohydrate - 63g
Fat - 6g

Pork-Free Alternative:

- Swap the pork mince to 100g of 7% turkey mince (140 Cals)

Total Calories - 458
Protein - 30g
Carbohydrate - 60g
Fat - 11g



CRISPY GINGER PORK AND RICE

INGREDIENTS

- 120g Pork Mince (5%)
- 60g Jasmine Rice
- ½ Tbsp. Hoisin Sauce
- 1 Tsp. Rapeseed Oil
- 1 Tsp. Dark Soy Sauce
- 1 Tsp. Soy Sauce
- 1 Tsp. Brown Sugar
- 1 Tsp. Rice Vinegar
- 1 Inch Ginger
- ½ Spring Onion
- 5 Slices Cucumber

 **25 MINUTES**

METHOD

- Rinse the rice in cold water until it runs clear and drain. Add the rice to a non-stick saucepan with 125ml water and some salt. Bring to a boil, cooking for 2 minutes. Cover and simmer on low for 10-15 minutes. When cooked, turn off the heat and leave to sit covered for a further 10 minutes.
- In a small bowl, combine soy sauce, dark soy sauce, hoisin, rice vinegar and sugar. Slice the ginger into matchsticks and set aside.
- Preheat a wok to high heat. Add the oil along with the pork mince. Flatten it out and leave to caramelise for 1 minute. Once a crust has formed, break up the mince using a spatula.
- Add the ginger and cook for 30 seconds, followed by the sauce mixture and a splash of water if needed. Cook for 1-2 minutes or until the sauce has reduced and become a glaze.
- Plate the rice and cucumber along with the pork, slice and garnish with spring onion and serve.