



JULY EDITION

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## SMASH BURGER

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Calories - 449

Protein - 32g

Carbs - 28g

Fat - 23g

### Low-Cal Alternative

5% beef mince → 100g 3% beef mince

2 slices cheese → 1 slice cheese

Calories - 385

Protein - 31g

Carbs - 26g

Fat - 17g

### Plant-Based Alternative

beef mince → 1 Taste & Glory vegan burger

2 slices cheese → 1 Violife cheddar flavour  
slices

brioche bun → 1 vegan brioche bun

mayonnaise → 1 tbsp vegan mayonnaise

Calories - 554

Protein - 21g

Carbs - 41g

Fat - 32g

# SMASH BURGER

*Two thin caramelised beef patties with two slices of melted American cheese, pickles and burger sauce served in a toasted brioche bun.*

## Ingredients

- 100g 5% beef mince
- 2 slices American cheese
- 1 brioche burger bun
- 1 tbsp lightest mayonnaise
- ½ tbsp hot sauce
- 1 tsp Dijon mustard
- ½ tsp rapeseed oil
- ½ tsp white vinegar
- ½ small dill pickle
- salt
- pepper

## Method

- **Prepare the sauce** - add mayonnaise, hot sauce, Dijon mustard and white vinegar to a small bowl and mix well.
- **Slice the pickle** - at an angle for more surface area. Feel free to use ready-sliced pickles instead.
- **Divide the mince** - into two balls of equal size. If you do not have a cast iron or cast aluminium pan and are using a non-stick pan instead, form the meatballs into burger patties before cooking them. Sandwich both balls between 2 sheets of greaseproof paper and press down using a heavy-based object like a pan to form two thin beef patties.
- **Toast the bun** - place both halves face down in the pan before turning the heat to medium-high. Remove when golden brown.
- **Cook the patties** - place the oil in the pan and add the patties before seasoning with salt and pepper. Alternatively, add the meatballs and smash if you're using a burger press, season with salt and pepper. When a crust forms on the bottom, flip and top each patty with a cheese slice.
- **Assemble the burger** - spread the bottom bun with some sauce. Place both patties on top using a spatula, followed by the pickle slices. Finally, add more sauce to the top bun and place it on the burger, plate and serve.



15 mins



Serves 1



## CHIPOTLE HONEY SALMON TACOS

---

Calories - 428

Protein - 31g

Carbs - 45g

Fat - 13g

### Low-Cal Alternative

3 tortillas → 2 tortillas

Calories - 375

Protein - 30g

Carbs - 35g

Fat - 12g

### Plant-Based Alternative

salmon → 1 Plant Pioneers no salmon  
fillet

mayonnaise → 1 tbsp vegan mayonnaise

honey → 1 tsp agave syrup

Calories - 588

Protein - 18g

Carbs - 60g

Fat - 30g

# CHIPOTLE HONEY SALMON TACOS

*Chipotle and honey glazed salmon with shredded cabbage and carrot, homemade smoky chipotle and lime mayonnaise, all served on 3 warm toasted corn tacos.*

## Ingredients

- 100g skinless wild salmon
- 20g red cabbage
- 10g carrot
- 3 small corn tortillas
- 2 tbsp lightest mayonnaise
- 1 tsp chipotle paste
- 1 tsp honey
- ½ tsp rapeseed oil
- 1 lime
- fresh coriander, garnish
- salt

## Method

- **Prepare the salmon** - remove the skin with a knife if you have bought skin-on salmon. Pat dry with a piece of kitchen roll and cut it into bite-sized pieces.
- **Marinate the salmon** - slice the lime in half. Combine ½ tsp of chipotle paste with honey, ½ lime juice and salt in a bowl. Add the salmon and leave for 10-15 minutes at room temperature.
- **Prepare the salad** - break the cabbage and carrot into smaller more manageable pieces. Slice the cabbage as thin as possible. Cut the carrot into long strips before cutting into matchsticks.
- **Prepare the sauce** - combine the mayonnaise with ½ tsp of chipotle paste, ½ lime juice and salt in a bowl.
- **Cook the salmon** - preheat a non-stick pan to medium-high heat, add the oil and salmon and cook for 1-2 minutes on each side. Remove from the pan when cooked and set aside to rest.
- **Toast the tacos** - in a small non-stick pan at medium-heat heat for 15 seconds on each side or prepare according to the instructions on the packet.
- **Assemble the tacos** - top each taco with sauce and place them on a plate. Add the salad followed by the salmon, garnish with fresh coriander serve.



30 mins



Serves 1



## MIE GORENG

---

Calories - 428

Protein - 31g

Carbs - 43g

Fat - 13g

### Low-Cal Alternative

85g noodles → 70g noodles  
rapeseed oil → rapeseed oil spray

Calories - 382

Protein - 31g

Carbs - 39g

Fat - 10g

### Plant-Based Alternative

chicken + prawns → 100g This isn't  
chicken  
egg noodles → 85g udon noodles  
No egg

Calories - 482

Protein - 31g

Carbs - 54g

Fat - 13g

# MIE GORENG

*Indonesian-inspired stir-fried egg noodles with prawns, chicken, Choi sum and beansprouts in a spicy sweet and savoury sauce, topped with a fried egg and served with cucumber slices.*

## Ingredients

- 40g mini chicken fillets
- 40g frozen tiger prawns
- 85g fresh egg noodles
- 20g beansprouts
- 20g Choi sum
- 1 medium egg
- 1 tbsp kicap manis
- 1 tbsp light soy sauce
- 1 tbsp sambal oelek
- ½ tbsp ketchup
- 1 tsp dark soy sauce
- 1 tsp rapeseed oil
- 4 slices cucumber
- 2 bird eye chillies
- 1 clove garlic
- 1 lime wedge
- ¼ medium onion
- salt

## Method

- **Defrost the prawns** - place in a large bowl or colander and run under cold water for a few minutes. Pat dry with a piece of kitchen roll before cooking.
- **Cut the chicken** - dice into small bite-sized pieces.
- **Prepare the vegetables** - separate the leaf and stalk from the Choi sum. Slice the stalk into 1.5-inch strips. Slice the leaf along with the onion and cucumber before roughly chopping the garlic. Finally, slice a wedge of lime.
- **Prepare the sauce** - combine light soy sauce, dark soy sauce, kicap manis, sambal oelek and ketchup in a small bowl.
- **Stir-fry** - preheat the wok to high heat. Add ½ tsp of oil along with the chicken before seasoning with salt. Add the prawns and toss. Next, add the garlic, onion, Choi sum stems, beansprouts, whole chillies and noodles, one at a time while stir-frying. Pour in the sauce and toss to combine. Finally, add and mix in the Choi sum leaves before taking off the heat.
- **Cook the egg** - preheat a non-stick pan to medium-high heat, add ½ tsp of oil and carefully crack in the egg. Cook until the yolk is runny but the white has set.
- **Plate the noodles** - add the cucumber slices and lime wedge, top with the egg and serve.



20 mins



Serves 1





## HOT HONEY TENDER SANDWICH

---

Calories - 494  
Protein - 34g  
Carbs - 67g  
Fat - 9g

### Low-Cal Alternative

No plain flour, cornflour, panko or baking powder

Calories - 394  
Protein - 31g  
Carbs - 46g  
Fat - 9g

### Plant-Based Alternative

chicken → 100g Plant Pioneer goujons  
brioche bun → 1 vegan brioche bun  
honey → 1 tbsp agave syrup  
mayonnaise → 1 tbsp vegan mayonnaise  
No plain flour, cornflour, panko, baking powder or oil spray

Calories - 563  
Protein - 15g  
Carbs - 67g  
Fat - 25g

# HOT HONEY TENDER SANDWICH

*Two crispy tender mini chicken fillets tossed in a sweet and spicy hot honey glaze with homemade slaw and sliced pickles served in a warm toasted brioche bun.*

## Ingredients

- 100g mini chicken fillets
- 10g carrot
- 10g red cabbage
- 50ml pickled juice
- 3 sweet cucumber slices
- 1 brioche burger bun
- 1 tbsp honey
- 1 tbsp hot sauce
- 1 tbsp lightest mayonnaise
- 1 tbsp plain flour
- ½ tsp cornflour
- ½ tbsp panko breadcrumbs
- ½ tsp baking powder
- ½ tsp cayenne pepper
- ½ tsp smoked paprika
- rapeseed oil spray
- salt
- pepper

## Method

- **Brine the chicken** - in a bowl with the pickle juice and salt. Cover with cling film or place in a zip lock bag for 15 minutes at room temperature. Save a tbsp of pickled juice for the slaw.
- **Prepare the slaw** - break the cabbage and carrot into smaller more manageable pieces. Slice the cabbage as thin as possible. Cut the carrot into long strips before cutting into matchsticks. Add the mayonnaise to a bowl with the reserved tbsp of pickle juice, add the cabbage, carrot and salt and mix well.
- **Bread the chicken** - combine flour, cornflour, panko breadcrumbs, baking powder, salt and pepper in a bowl. Add the chicken tenders and coat well.
- **Cook the chicken** - preheat the air fryer to 190C. Place the chicken in - spray with oil spray for a crisper finish. Cook for 12-15 minutes or until crisp on the outside and cooked all the way through. Leave to rest for a few minutes.
- **Toast the bun** - in a non-stick frying pan at medium heat until golden brown while the chicken rests.
- **Prepare the sauce** - combine the hot sauce, honey, cayenne pepper and smoked paprika in a bowl. Add the cooked tenders to the sauce and coat well.
- **Assemble the sandwich** - place the sliced pickles on the bottom bun half, followed by the tenders and slaw. Crown the burger with the top bun, place on a plate and serve.

### Low-Cal Method

- Marinate the chicken in the hot honey sauce for 15 minutes at room temperature before cooking in an air fryer at 190C for 6-8 minutes.



40 mins



Serves 1



## RED CURRY FRIED RICE

---

Calories - 503

Protein - 31g

Carbs - 56g

Fat - 17g

### Low-Cal Alternative

125g rice → 100g rice  
2 tbsp coconut milk → 2 tbsp water  
→  
→

Calories - 441  
Protein - 30g  
Carbs - 47g  
Fat - 14g

### Plant-Based Alternative

prawns → 110g This isn't chicken  
fish sauce → 1 tsp light soy sauce  
Thai red curry paste → 1 tsp vegan Thai  
red curry paste  
No egg or oil spray  
Calories - 514  
Protein - 31g  
Carbs - 58g  
Fat - 15g

# RED CURRY FRIED RICE

*Spicy fragrant Thai-inspired red curry fried rice with fine beans and succulent prawns, topped with a fried egg.*

## Ingredients

- 90g frozen tiger prawns
- 125g cooked Jasmine rice
- 10g fine beans
- 1 medium egg
- 2 tbsp light coconut milk
- 1 tsp fish sauce
- 1 tsp rapeseed oil
- 1 tsp Thai red curry paste
- ½ tsp sugar
- 4 slices cucumber
- 2 bird eye chillies
- 1 lime wedge
- 1 small Kaffir lime leaf
- ¼ medium onion
- rapeseed oil spray
- small handful fresh Thai basil
- pinch white pepper
- salt

## Method

- **Defrost the prawns** – place in a large bowl or colander and run under cold water for a few minutes. Pat dry with a piece of kitchen roll before cooking.
- **Prepare the vegetables** – cut the onion into long thin wedges. Top and tail the fine beans before slicing them into small bite-sized pieces. Cut out the lime leaf stem, roll up and chop as fine as possible. Slice the cucumber at an angle. Finally, slice a lime wedge.
- **Stir-fry** – preheat a wok over high heat and add ½ tsp of oil and the prawns, season with salt. Char on both sides then remove. Add ½ tsp of oil, the fine beans, onion slices and whole bird eye chillies and stir-fry. Add the curry paste and stir-fry for 30 seconds before adding coconut milk. Add the lime leaf followed by the rice and combine well. Add the fish sauce, sugar, white pepper and fresh Thai basil and stir-fry. Finally, add the prawns back in and stir-fry for a few minutes before taking off the heat.
- **Cook the egg** – preheat a non-stick frying pan to medium-high heat and add the oil spray and egg. Cook until your degree of doneness is achieved.
- **Plate the fried rice** – add cucumber and the lime wedge, top with the fried egg and serve.



15 mins



Serves 1



## HOISIN DUCK PANCAKES

---

Calories - 397

Protein - 30g

Carbs - 32g

Fat - 15g

### Low-Cal Alternative

duck leg → 120g duck breast  
3 pancakes → 2 pancakes

Calories - 335

Protein - 32g

Carbs - 26g

Fat - 11g

### Plant-Based Alternative

duck leg → 120g Linda McCartney  
vegetarian duck

Calories - 387

Protein - 30g

Carbs - 39g

Fat - 10g

# HOISIN DUCK PANCAKES

*Crispy oven-baked tender duck leg, served with Chinese pancakes, hoisin sauce, cucumber and spring onion.*

## Ingredients

- 1 whole duck leg (220g)
- 70g cucumber
- 3 Chinese duck pancakes
- 1 tbsp hoisin sauce
- 1 tsp chinese five spice
- ½ spring onion
- salt

## Method

- **Prepare the duck** - remove it from the fridge 30 minutes before cooking to allow it to come to room temperature. Pat dry with a piece of kitchen roll, season with salt and Chinese five spice. Place into a cold air fryer at 160C and cook for 90 minutes.
- **Rest the duck** - remove it from the air fryer and leave it to sit for 10 minutes.
- **Slice the cucumber** - into long batons and the spring onion into long thin strips while the duck rests.
- **Heat the pancakes** - in the microwave according to the instructions on the packet.
- **Assemble the pancakes** - Place everything on a board or plate. Shred the duck with two forks. Assemble each pancake as you eat, place hoisin sauce on the pancake first, followed by the duck, spring onion and cucumber.

### Low-Cal Method

- Score the skin of the duck breast and season. Place skin side down in a cold pan at medium heat. Flip when crisp and cooked through before removing to rest and slice.



1 hr 40 mins



Serves 1



## SPICY BEEF AND JALAPEÑO PIZZA

---

Calories - 443

Protein - 30g

Carbs - 49g

Fat - 14g

### Low-Cal Alternative

5% beef mince → 160g 3% beef mince

80g mozzarella → 70g mozzarella

10g Parmigiano Reggiano → 5g Parmigiano  
Reggiano

1 Clay Oven naan → 1 reduced fat naan

Calories - 352

Protein - 30g

Carbs - 30g

Fat - 12g

### Plant-Based Alternative

beef mince → 160g Vivera mince

mozzarella → 80g Violife mozzarella

Parmigiano Reggiano → 10g Violife  
prosociano wedge

Calories - 465

Protein - 24g

Carbs - 60g

Fat - 13g

# SPICY BEEF AND JALAPEÑO PIZZA

*Flame-baked naan bread topped with fresh tomato sauce, grated Parmigiano Reggiano, melted mozzarella cheese, spicy caramelised beef mince, sliced pickled jalapeños and fresh basil.*

## Ingredients

- 130g 5% beef mince
- 100g tinned peeled plum tomatoes
- 80g low-moisture mozzarella
- 10g grated Parmigiano Reggiano
- 8 pickled jalapeño slices
- 1 flame baked naan bread (180g)
- ½ tsp cayenne powder
- ½ tsp smoked paprika
- rapeseed oil spray
- fresh basil, garnish
- salt
- pepper

## Method

- **Preheat the oven** - to the highest setting. Place the oven rack on the second-highest shelf.
- **Cook the spicy beef** - preheat a non-stick pan to medium-high heat, add the rapeseed oil spray followed by the beef mince. Break up the mince using a wooden spoon or spatula. Season with cayenne pepper, smoked paprika, salt and pepper. Once charred and crisp, remove from the pan and set aside.
- **Prepare the sauce** - place a metal sieve inside a bowl, pour in the tomatoes and push them through using the back of a ladle or large spoon. Remove the sieve and season with salt to taste and stir.
- **Grate the mozzarella** - using a box grater or food processor. Alternatively, you can cut it into small cubes or long thin slices.
- **Prepare the pizza** - evenly spread the tomato sauce across the naan bread. Top with Parmigiano Reggiano, followed by the mozzarella and finally the spicy beef and jalapeño slices. Place the pizza into the oven for 5-10 minutes, until the cheese has browned slightly and melted.
- **Remove the pizza** - place it on a board, top with fresh basil, slice and serve.



20 mins



Serves 2





## LEMONGRASS BEEF SKEWERS

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Calories - 305

Protein - 30g

Carbs - 18g

Fat - 13g

### Low-Cal Alternative

beef fillet → 130g lean beef medallions

Calories - 247

Protein - 32g

Carbs - 18g

Fat - 5g

### Plant-Based Alternative

beef fillet → 130g Taste & Glory no beef strips

fish sauce → ½ tbsp light soy sauce

Calories - 292

Protein - 31g

Carbs - 21g

Fat - 7g

# LEMONGRASS BEEF SKEWERS

*Vietnamese-inspired marinated and grilled lemongrass beef skewers, served with a fresh salad.*

## Ingredients

- 130g beef fillet
- 10g beansprouts
- 10g carrot
- 10g cucumber
- 10g red cabbage
- ½ tbsp brown sugar
- ½ tbsp fish sauce
- ½ tbsp sambal oelek
- 1 lime
- ½ clove garlic
- ½ red chilli
- ½ stalk lemongrass
- small handful fresh basil
- small handful fresh coriander
- small handful fresh Thai basil
- rapeseed oil spray
- salt
- pepper
- 2 wooden skewers

## Method

- **Chop the aromatics** - slice the root off the lemongrass, remove the outer layers, bash with the back of a knife before slicing as fine as possible. Smash the garlic with the side of the knife and chop. Slice a ¼ of the chilli into thin long matchsticks and set aside for the salad. Dice the remaining ¼ chilli, before slicing the lime in half.
- **Marinate the beef** - add to a bowl the garlic, lemongrass, diced chilli, the juice from half a lime, brown sugar, fish sauce, pepper, salt and oil spray and mix. Cut the beef into 1.5-inch bite-sized pieces, add to the marinade and mix well. Leave to marinate at room temperature for 15 minutes while the salad is prepared.
- **Prepare the salad** - break the cabbage and carrot into smaller more manageable pieces. Slice the cabbage as thin as possible. Cut the carrot into long strips before cutting them into matchsticks. Next, cut the cucumber into long batons.
- **Make the salad** - combine the sambal oelek, the juice from the remaining lime half and salt in a large mixing bowl. Add the carrot, cucumber and beansprouts, chilli matchsticks and cabbage. Next, tear in the coriander, fresh basil and Thai basil and mix well using your hands.
- **Grill the beef skewers** - skewer the beef and preheat a griddle pan to medium-high heat. Add the skewers and grill for 3-5 minutes turning every 30 seconds. However, feel free to cook the meat to your liking. Rest for 3-5 minutes.
- **Plate the salad** - add the beef skewers and serve.



30 mins



Serves 1



## CHOO CHEE DUCK

---

Calories - 582

Protein - 33g

Carbs - 58g

Fat - 24g

### Low-Cal Alternative

duck leg → 110g duck breast  
150ml coconut milk → 75ml coconut milk +  
75ml water  
60g rice → 45g rice

Calories - 436  
Protein - 32g  
Carbs - 45g  
Fat - 14g

### Plant-Based Alternative

duck Leg → 120g Linda McCartney  
vegetarian duck  
Thai red curry paste → 1 tbsp vegan Thai red  
curry paste  
fish sauce → ½ tsp light soy sauce

Calories - 565  
Protein - 33g  
Carbs - 63g  
Fat - 19g

# CHOO CHEE DUCK

*Thai-inspired crispy oven-baked duck leg with a rich red curry coconut sauce served with fragrant steamed Thai Jasmine rice.*

## Ingredients

- 1 whole duck leg (220g)
- 60g uncooked Thai Jasmine rice
- 150ml light coconut milk
- 1 tbsp Thai red curry paste
- ½ tsp fish sauce
- ½ tsp sugar
- ¼ red chilli
- 1 Kaffir lime leaf
- 1 lime wedge, garnish
- salt

## Method

- **Prepare the duck** - remove it from the fridge 30 minutes before cooking to allow it to come to room temperature. Pat dry with a piece of kitchen roll. Trim the fat and pierce the duck skin with a wooden skewer, season with salt and place on a foil-lined baking tray and into a cold oven. Turn to 160C fan and leave to cook for 90 minutes.
- **Prepare the rice** - wash it until the water runs clear and drain. Add to a saucepan with 125ml of water and salt. Cover with a lid and bring to a boil before turning it down to low for 10 minutes. Leave to sit off the heat for a further 10 minutes before fluffing with a fork.
- **Prepare the garnish** - remove the tough stem that runs through the lime leaf and slice into long thin matchsticks along with the chilli before setting them aside.
- **Prepare the sauce** - add just some of the coconut milk into a non-stick pan at medium-high heat. When the fat separates from the milk, add the curry paste and stir-fry. When the oil separates again, add in more coconut milk. Repeat until all the milk is added. Finally, stir in the sugar and fish sauce.
- **Remove the duck** - leave it to rest for 10 minutes uncovered.
- **Plate the rice** - in a bed before placing the duck leg next to it. Spoon over the sauce, garnish with the chilli and lime leaf matchsticks and serve.

### Low-Cal Method

- Score the skin of the duck breast and season. Place skin side down in a cold pan at medium heat. Flip when crisp and cooked through before removing to rest and slice.



1 hr 40 mins



Serves 1



## CAJUN SURF 'N' TURF LINGUINE

---

Calories - 380

Protein - 31g

Carbs - 31g

Fat - 14g

### Low-Cal Alternative

beef fillet → 50g lean beef medallions  
70g linguine → 60g linguine  
30ml Elmlea → 15ml Elmlea

Calories - 321

Protein - 30g

Carbs - 27g

Fat - 9g

### Plant-Based Alternative

beef + prawns → 110g Taste & Glory no beef strips  
Parmigiano Reggiano → 10g Violife prosociano wedge  
chicken stock → 50ml vegetable stock  
Elmlea single light → 50ml Elmlea plant-based

Calories - 448

Protein - 31g

Carbs - 35g

Fat - 18g

# CAJUN SURF 'N' TURF LINGUINE

*Cajun seasoned steak and prawns with linguine, tossed in a rich cream and tomato-based sauce.*

## Ingredients

- 50g beef fillet
- 50g frozen tiger prawns
- 70g uncooked linguine
- 20g tinned peeled plum tomatoes, liquid only
- 10g grated Parmigiano Reggiano
- 50ml chicken stock
- 30ml Elmlea single light
- 1 clove garlic
- 1 tbsp Cajun seasoning
- olive oil spray
- small handful fresh basil
- salt

## Method

- **Defrost the prawns** - place them in a large bowl or colander and run under cold water for a few minutes. Pat dry with a piece of kitchen tissue before cooking.
- **Prepare the beef and prawns** - cut the beef into small bite-sized pieces. Add to bowl with prawns, oil and Cajun seasoning.
- **Rough chop the garlic** - and set aside.
- **Boil the linguine** - add boiling water to a pan and salt generously before adding the pasta.
- **Sear the beef and prawns** - preheat a non-stick frying pan to medium-high heat and add the oil spray along with the prawns and beef. Sear on all sides and remove them from the pan as they will finish cooking in the sauce later.
- **Cook the sauce** - add the garlic to the same pan and sauté for 30 seconds at medium heat. Pour in the chicken stock and reduce by half before adding in the peeled plum tomato liquid and stir. Add a splash of pasta water and stir also.
- **Add the pasta** - using a pair of tongs, transfer the pasta directly to the sauce straight from the saucepan and toss. Add more pasta water if necessary before turning the heat to low. Stir in the cream and cook for a further minute tossing and stirring to help the sauce emulsify and coat the pasta.
- **Add the beef and prawns** - to the sauce, along with any resting juices. Add in half the Parmigiano Reggiano and stir. Next, add more pasta water if necessary. Finally, add the fresh basil, stir and cook for a final minute.
- **Plate the pasta** - add the remaining grated Parmigiano Reggiano and serve.



25 mins



Serves 1



## BLACKENED SALMON

---

Calories - 282

Protein - 34g

Carbs - 4g

Fat - 14g

### Low-Cal Alternative

10g Parmigiano Reggiano → 5g Parmigiano  
Reggiano  
Lurpak → rapeseed oil spray

Calories - 241

Protein - 33g

Carbs - 3g

Fat - 10g

### Plant-Based Alternative

salmon → 1 Plant Pioneers no salmon fillet  
Parmigiano Reggiano → 10g Violife  
prosociano wedge  
chicken stock → 50ml vegetable stock  
Lurpak → 2 tsp plant-based butter

Calories - 379

Protein - 16g

Carbs - 25g

Fat - 23g

# BLACKENED SALMON

*Skinless salmon fillet coated in Cajun seasoning, sautéed in butter and served with garlic parmesan sautéed fine beans.*

## Ingredients

- 120g skinless wild salmon
- 50g fine beans
- 10g grated Parmigiano Reggiano
- 50ml chicken stock
- 2 tsp lightest Lurpak
- ½ clove garlic
- ½ lime
- salt
- pepper

## Method

- **Prepare the salmon** - remove the skin with a knife if you have bought skin-on salmon. Pat dry with a piece of kitchen roll and cut it into bite-sized pieces. Next, season with Cajun.
- **Prepare the beans** - cut off the top and tail. Roughly chop the garlic however, be sure to not chop too fine as it will burn and turn bitter.
- **Cook the salmon** - preheat a non-stick frying pan to medium heat. Once up to temperature, add the butter. When foaming, carefully place the salmon in away from you. Cook untouched for the first 6-7 minutes. When cooked halfway, carefully flip and finish cooking on the other side for 3-7 minutes before removing it from the pan to rest.
- **Cook the beans** - add them to the same pan at medium heat. Add in the garlic, salt and pepper to taste and toss. Sauté for a further 3 minutes then add in half the Parmigiano Reggiano cheese. Cook for a final 30 seconds before removing them from the pan and leaving to rest.
- **Deglaze the pan** - turn the heat to high, pour in the chicken stock and reduce until thick.
- **Slice half a lime** - and set it aside.
- **Plate the beans** - garnish with the remaining Parmigiano Reggiano, add the salmon. add a squeeze of lime, drizzle over the deglazed sauce and serve.



25 mins



Serves 1