



DECEMBER EDITION

RECIPES

Spaghetti and Meatballs	3
Meat Cheese and Potato Pie	5
KFC Zinger Burger	7
Lemon & Herb Roast Chicken Dinner	9
Meatball Marinara Sub	11
Rose Harissa Honey Chicken Thighs	13
One Pot Lamb Chops and Rice	15
Harissa Chicken Pasta Bake	17
Steak and Cheddar Mash	19
Moqueca	21
Mushroom Garlic and Thyme Braised Chicken Thighs	23



SPAGHETTI AND MEATBALLS

Low-Cal Alternative

beef mince → 90g 3% beef mince
70g spaghetti → 50g spaghetti
20g parmesan → 10g parmesan

Calories - 356
Protein - 32g
Carbs - 34g
Fat - 9g

Plant-Based Alternative

beef mince + parmesan + milk + parsley +
panko + egg → 140g Linda McCartney's
vegetarian meatballs

Calories - 515
Protein - 26g
Carbs - 49g
Fat - 21g

Time Saver Alternative

beef mince + panko + egg + 10g parmesan +
parsley + milk → 100g 5% beef meatballs
70g dried spaghetti → 100g fresh spaghetti

New Time - 15 mins

Calories - 408
Protein - 33g
Carbs - 40g
Fat - 11g

SPAGHETTI AND MEATBALLS

Classic Italian American pasta dish with juicy beef meatballs and spaghetti in a garlic tomato and basil marinara sauce.

Ingredients

- 90g 5% beef mince
- 70g dried spaghetti
- 150g passata
- 20g grated Parmigiano Reggiano
- 1 tbsp panko breadcrumbs
- 1 tbsp skimmed milk
- 1 tbsp whisked egg
- 1 tsp chilli flakes, optional
- 2 cloves garlic
- handful fresh basil
- handful fresh parsley
- olive oil spray
- salt
- pepper

Method

- **Chop the aromatics** - Dice the garlic cloves, separate the basil leaves from the stems and finely slice along with the fresh parsley and set aside.
- **Form the meatballs** - In a mixing bowl, combine the beef mince with half a clove of chopped garlic, parsley, panko, milk, 10g Parmigiano Reggiano, 1 tbsp of whisked egg, 1 tbsp of passata, salt and pepper to taste. Next, roll into 5 equal-sized balls and place in the fridge for 5-10 mins to firm up.
- **Sear the meatballs** - Preheat a frying pan to medium-high heat, spritz with olive oil spray and add the meatballs searing on all sides. Once seared, remove and set aside.
- **Make the sauce** - Turn the pan down to medium-low, add in the chopped basil stems and garlic. Sauté for 1 min until fragrant, before stirring in the passata and chilli flakes if using. Season with salt and pepper to taste and leave to simmer on low for 6-7 mins. Next, add the meatballs back into the pan along with any resting juices and half the sliced basil leaves. Leave to simmer for a further 6-7 mins.
- **Boil the spaghetti** - Add the pasta to a saucepan with boiling salted water and cook for 2 mins less than stated on the pack for 'al-dente'.
- **Finish the sauce** - When the pasta is ready, transfer directly to the sauce using a pair of tongs, add in a splash of pasta water and mix well to combine. Leave to cook on medium-low for a final 1-2 mins until the pasta has absorbed most of the sauce and is cooked to your liking.
- **Plate** - Twirl the spaghetti around a pair of tongs and transfer to a bowl, top with the meatballs and remaining sauce, sprinkle over the remaining Parmigiano Reggiano, garnish with the remaining sliced basil and serve.
- **Tip** - Make an extra portion of meatballs and sauce to be used in the Meatball Marinara Sub recipe.

Calories - 436

Protein - 35g

Carbs - 41g

Fat - 13g



45 mins



Serves 1



MEAT CHEESE AND POTATO PIE

Low-Cal Alternative

beef mince → 180g 3% beef mince
100g pastry → 70g pastry
cheddar cheese → 20g low-moisture
mozzarella
No potato

Calories - 393
Protein - 30g
Carbs - 34g
Fat - 14g

Plant-Based Alternative

beef mince → 180g Vivera plant mince
cheese → 40g Violife original slices
beef stock → 300ml Bisto gravy
red wine → 40ml vegan red wine
Worcestershire sauce → 3 tbsp HP brown sauce

Calories - 528
Protein - 26g
Carbs - 56g
Fat - 19g

Time Saver Alternative

Bake the pastry separately while cooking the filling

New Time - 20 mins

Calories - 540
Protein - 30g
Carbs - 45g
Fat - 24g

MEAT CHEESE AND POTATO PIE

Golden puff pastry pot pie with a rich savoury beef and potato filling topped with melted cheddar cheese.

Ingredients

- 180g 5% beef mince
- 100g Jus Rol puff pastry
- 60g Maris Piper potatoes
- 40g grated cheddar cheese
- 300ml beef stock
- 40ml red wine
- 2 tbsp Worcestershire sauce
- 2 tbsp plain flour
- 1 dried bay leaf
- 1 sprig thyme
- 1 sprig rosemary
- 1 clove garlic
- ½ onion
- ½ carrot
- ½ stick celery
- rapeseed oil spray
- salt
- pepper

Calories - 540

Protein - 30g

Carbs - 45g

Fat - 24g

Method

- **Chop the aromatics** - Finely chop the carrot, onion, garlic, celery, rosemary, thyme and cut the potato into small bite-size chunks.
- **Cook the mince** - Preheat a non-stick frying pan to medium heat, spritz with oil spray and add in the aromatics and bay leaf. Sauté for 3-5 mins until the onions are translucent. Next, turn the heat to medium-high, create space in the pan and add in the beef mince. Season with salt and pepper to taste and leave to caramelise for a couple of mins before breaking up the mince using a spatula. Pour in the red wine and Worcestershire sauce, allow to reduce until most has evaporated. Stir in the flour and cook for 1-2 mins before pouring in the beef stock. Simmer the sauce over medium-low heat for 15-20 mins until it has reduced and thickened. Next, preheat the oven to 200C.
- **Assemble the pie** - Pour the cooled filling into a baking dish, top with grated cheese, wet the rim of the baking dish with some of the filling, place the puff pastry on top and fold the sides over to seal.
- **Bake** - Place the pie into the preheated oven for 10-15 mins or until browned and the pastry has puffed up.
- **Plate** - Remove the pie from the oven and leave to rest for 3-5 mins before serving.
- **Tip** - Brush the pastry with egg wash before baking for a more golden crust.



35 mins



Serves 2



KFC ZINGER BURGER

Low-Cal Alternative

brioche bun → 1 Warburtons sliced roll

Calories - 421
Protein - 33g
Carbs - 55g
Fat - 7g

Plant-Based Alternative

chicken breast → 120g Meatless Farm plant-based chicken breast
mayonnaise → 2 tbsp vegan mayonnaise

Calories - 758
Protein - 30g
Carbs - 63g
Fat - 41g

Time Saver Alternative

No marinating time

New Time - 20 mins

Calories - 472
Protein - 33g
Carbs - 60g
Fat - 9g

KFC ZINGER BURGER

KFC copycat Zinger Burger. Spicy marinated chicken fillet in a crispy flaky breading, sandwiched in a seeded buttery brioche bun with mayonnaise and shredded iceberg lettuce.

Ingredients

- 100g chicken breast
- 2 tbsp lightest mayonnaise
- 1 tbsp plain flour
- 1 tbsp cornflour
- ½ tbsp paprika
- ½ tbsp hot chilli powder
- ½ tbsp hot sauce
- ½ tsp baking powder
- ¼ tsp garlic powder
- 2 leaves iceberg lettuce
- 1 seeded brioche bun
- ¼ lemon
- rapeseed oil spray
- salt
- pepper

Method

- **Marinate the chicken** - Combine the paprika, garlic powder, hot chilli powder, hot sauce, a squeeze of lemon juice, salt and pepper in a mixing bowl. Marinate the chicken at room temperature for 10 mins or up to 24 hours in the fridge.
- **Bread the chicken** - In a mixing bowl combine the plain flour, cornflour, baking powder and season with salt and pepper to taste. Next, set a bowl of cold water beside the mixing bowl. Coat the marinated chicken in the flour mixture, shake off the excess, dunk in the water and leave to sit for 1 min. Take the chicken out of the water and allow the excess liquid to drip off before coating in the remaining flour. Press down to ensure the breading adheres to the chicken and set aside.
- **Air fry** - Place the chicken into an air fryer, spritz with oil spray and cook for 12-15 mins at 200C flipping halfway. When the chicken is cooked through and crisp, remove to rest for 2-3 mins before toasting the burger bun in the air fryer for 1 min until golden brown.
- **Prepare the accompaniments** - Finely slice the iceberg lettuce.
- **Plate** - Lay the bottom bun half down on a plate and add half the mayonnaise along with the shredded lettuce. Top with the crispy chicken fillet, add the remaining mayonnaise to the top bun half, crown the burger and serve.

Calories - 472

Protein - 33g

Carbs - 60g

Fat - 9g



30 mins



Serves 1



LEMON & HERB ROAST CHICKEN DINNER

Low-Cal Alternative

100g chicken breast → 100g skinless chicken breast
90g potato → 60g potato
No Yorkshire pudding

Calories - 290
Protein - 28g
Carbs - 34g
Fat - 4g

Plant-Based Alternative

chicken breast → 120g Meatless Farm plant-based chicken breast
chicken stock → 200ml vegetable stock
No Yorkshire pudding

Calories - 433
Protein - 26g
Carbs - 44g
Fat - 15g

Time Saver Alternative

No marinating time

New Time - 30 mins

Calories - 435
Protein - 31g
Carbs - 47g
Fat - 13g

LEMON & HERB ROAST CHICKEN DINNER

Air fried skin on chicken breast marinated in a lemon garlic and herb paste served with crispy roast potatoes, carrots, charred Brussel sprouts and a Yorkshire pudding, topped with a lemon and herb gravy.

Ingredients

- 90g skin-on chicken breast
- 90g Maris Piper potatoes
- 60g carrot
- 40g Brussels sprouts
- 200ml chicken stock
- 1 tbsp cornflour
- 4 sprigs thyme
- 2 sprigs rosemary
- 1 Aunt Bessie's Yorkshire pudding
- 1 clove garlic
- 1 small dried bay leaf
- 1 lemon
- handful fresh parsley
- rapeseed oil spray
- salt
- pepper

Method

- **Prepare the aromatics** - Zest and add the lemon to a pestle and mortar along with the parsley, garlic, rosemary, thyme, salt and pepper. Pound to a smooth paste before squeezing in some lemon juice.
- **Marinate the chicken** - Combine half the lemon, garlic and herb mixture with the chicken and set aside to marinate at room temperature for 10 mins or up to 6 hours in the fridge.
- **Prepare the accompaniments** - Peel the potato and carrot and cut them into chunks before halving the Brussels sprouts. Finally, rinse the starch off the potatoes and pat dry with a paper towel.
- **Air fry** - Add the potatoes and chicken into an air fryer at 200C, spritz with oil spray and cook for 15 mins. Remove the chicken to rest and in the carrots and sprouts for 5 mins. Finally, add in the Yorkshire pudding for the last min.
- **Make the gravy** - Add the chicken stock and the remaining garlic and herb mixture to a pan and simmer over medium heat. Combine the cornflour with 2 tbsp of water to form a slurry and add to the gravy. Simmer over medium heat for 3-5 mins until thickened and glossy, season with salt and pepper to taste and turn off the heat.
- **Plate** - Add the roast vegetables to a plate, top with the roast chicken fillet and Yorkshire pudding, pour over the gravy and serve.

Calories - 435

Protein - 31g

Carbs - 47g

Fat - 13g



40 mins



Serves 1



MEATBALL MARINARA SUB

Low-Cal Alternative

beef mince → 90g 3% beef mince
30g mozzarella → 10g mozzarella
1 sub roll → ½ sub roll

Calories - 371
Protein - 34g
Carbs - 30g
Fat - 11g

Plant-Based Alternative

beef mince + parmesan + milk + parsley +
panko + egg → 140g Linda McCartney's
vegetarian meatballs
mozzarella → 30g Violife original slices

Calories - 640
Protein - 27g
Carbs - 57g
Fat - 30g

Time Saver Alternative

beef + panko + egg + 10g parmesan +
parsley + milk → 100g 5% beef meatballs

New Time - 15 mins

Calories - 494
Protein - 38g
Carbs - 42g
Fat - 17g

MEATBALL MARINARA SUB

Juicy beef meatballs topped with homemade tomato and basil marinara sauce, melted mozzarella sauce and fresh basil served in a warm soft sub-roll.

Ingredients

- 90g 5% beef mince
- 150g passata
- 30g low-moisture mozzarella
- 10g grated Parmigiano Reggiano
- 1 tbsp panko breadcrumbs
- 1 tbsp skimmed milk
- 1 tbsp whisked egg
- 1 tsp chilli flakes, optional
- 2 cloves garlic
- 1 sub roll, hollowed out
- handful fresh basil
- handful fresh parsley
- olive oil spray
- salt
- pepper

Method

- **Chop the aromatics** - Dice the garlic cloves, separate the basil leaves from the stems and finely slice along with the fresh parsley and set aside.
- **Form the meatballs** - In a mixing bowl combine the beef mince with half a clove of chopped garlic, parsley, panko, milk, 10g Parmigiano Reggiano, 1 tbsp of whisked egg, 1 tbsp of passata, salt and pepper to taste. Next, roll into 5 equal-sized balls and place in the fridge for 5-10 mins to firm up.
- **Sear the meatballs** - Preheat a frying pan to medium-high heat, spritz with olive oil spray and add the meatballs searing on all sides. Once seared, remove and set aside.
- **Make the sauce** - Turn the pan down to medium-low, add in the chopped basil stems and garlic. Sauté for 1 min until fragrant, before stirring in the passata and chilli flakes if using. Season with salt and pepper to taste and leave to simmer on low for 6-7 mins. Next, add the meatballs back into the pan along with any resting juices and half the sliced basil leaves. Leave to simmer for a further 6-7 mins.
- **Prepare the roll** - Slice the roll in half and remove 40g of bread from the inside using your hands before topping each half with mozzarella cheese, place under the grill until melted.
- **Plate** - Place the bottom half of the roll onto a plate and top with the meatballs. Spoon over the sauce, top with the remaining basil and finally place the other half of the roll on top and serve.

Calories - 503

Protein - 39g

Carbs - 43g

Fat - 17g



30 mins



Serves 1



ROSE HARISSA HONEY CHICKEN THIGHS

Low-Cal Alternative

chicken thighs → 100g chicken breast
150g sweet potato → 100g sweet potato

Calories - 248
Protein - 30g
Carbs - 22g
Fat - 5g

Plant-Based Alternative

chicken → 120g Taste & Glory roast
tenderstrips
honey → ½ tbsp agave syrup

Calories - 346
Protein - 27g
Carbs - 32g
Fat - 9g

Time Saver Alternative

chicken → 100g chicken breast
Cut the sweet potato into thin chips

New Time - 15 mins

Calories - 283
Protein - 28g
Carbs - 29g
Fat - 5g

ROSE HARISSA HONEY CHICKEN THIGHS

Spicy sweet sticky savoury chicken thighs served with homemade sweet potato wedges.

Ingredients

- 140g whole chicken thighs
- 150g sweet potato
- ½ tbsp honey
- ½ tbsp rose harissa paste
- lemon wedge, garnish
- fresh parsley, garnish
- salt
- pepper

Method

- **Prepare the chicken and wedges** – Cut the sweet potato into thick wedges and add to a mixing bowl along with the chicken thighs. Combine with the honey, harissa paste and salt and pepper to taste.
- **Air fry** – Add the chicken and wedges into an air fryer and cook for 40 mins at 140C.
- **Plate** – Add the sweet potato wedges and chicken thighs to a plate, garnish with fresh parsley and a wedge of lemon and serve.

Calories - 499

Protein - 30g

Carbs - 30g

Fat - 26g



45 mins



Serves 1



ONE POT LAMB CHOPS AND RICE

Low-Cal Alternative

lamb chops → 130g lamb leg steaks
60g rice → 50g rice
200ml lamb stock → 180ml lamb stock

Calories - 429
Protein - 31g
Carbs - 48g
Fat - 12g

Plant-Based Alternative

lamb → 110g Taste & Glory no beef strips
lamb stock → 200ml vegetable stock

Calories - 419
Protein - 30g
Carbs - 57g
Fat - 5g

Time Saver Alternative

lamb chops → 130g lamb leg steaks
rice + lamb stock + spices + aromatics →
125g Tilda microwave pilau rice

New Time - 8 mins

Calories - 399
Protein - 30g
Carbs - 41g
Fat - 12g

ONE POT LAMB CHOPS AND RICE

Inspired by Afghanistan's national dish Qabili Palau, this quicker simpler version consists of lamb chops and Basmati rice with carrots and raisins cooked in lamb stock and spices.

Ingredients

- 130g lamb chops
- 60g uncooked Basmati rice
- 10g carrot
- 5g raisins
- 200ml lamb stock
- 1/8 tsp cumin seeds
- 1/8 tsp turmeric
- 1 green cardamom pod
- 1 small dried bay leaf
- 1/4 onion
- 1 cm cinnamon stick
- salt
- pepper

Method

- **Wash the rice** - Rinse the rice until the water runs clear and drain.
- **Chop the aromatics** - Julienne the carrot and finely slice the onion.
- **Cook** - Add the lamb chops fat side down in a cold saucepan and turn to medium heat. Render out the fat before searing on both sides. Next, remove the lamb chops from the pan and add in the aromatics and raisins, sauté for 3-5 mins until the onions have browned. Add the turmeric, cardamom pod, bay leaf, cumin seeds and cinnamon stick. Season with salt and pepper to taste before adding in the rice, stir well to combine and pour in the lamb stock. Bring to a boil, add the lamb chops back into the pan, cover immediately with a lid and turn to low. Cook for 20 mins and leave to sit off the heat for a further 10 mins.
- **Plate** - Remove the lid and fluff the rice with a fork. Add the rice to a plate, top with the lamb chops and serve.

Calories - 581

Protein - 31g

Carbs - 56g

Fat - 25g



40 mins



Serves 1



HARISSA CHICKEN PASTA BAKE

Low-Cal Alternative

140g fusilli → 100g fusilli
30g cheddar → 15g lighter cheddar cheese
No parmesan

Calories - 302
Protein - 30g
Carbs - 22g
Fat - 11g

Plant-Based Alternative

chicken → 180g This Isn't Chicken
cream → 80ml Elmlea Plant
cheddar → 15g Violife original slices
parmesan → ½ tbsp nutritional yeast

Calories - 470
Protein - 28g
Carbs - 33g
Fat - 23g

Time Saver Alternative

Grill instead of baking

New time - 23 mins

Calories - 433
Protein - 36g
Carbs - 30g
Fat - 18g

HARISSA CHICKEN PASTA BAKE

Chicken breast chunks and spinach with fusilli served in a harissa-cream based sauce topped with melted cheddar cheese.

Ingredients

- 180g chicken breast
- 140g fusilli
- 80ml Elmlea single light
- 30g grated cheddar cheese
- 30g grated Parmigiano Reggiano
- 1 tbsp rose harissa paste
- 1 clove garlic
- ¼ onion
- ¼ lemon
- spinach, handful
- parsley, optional garnish
- salt
- pepper

Calories - 433

Protein - 36g

Carbs - 30g

Fat - 18g

Method

- **Chop the aromatics** - Finely dice the onion and garlic and set aside.
- **Prepare the chicken** - Cut the chicken breast into small bite-size pieces.
- **Boil the pasta** - Cook the pasta in boiling salted water for 2 mins less than stated on the pack for 'al-dente'.
- **Cook the sauce** - Preheat a non-stick frying pan to medium-high heat and add in the harissa paste, onion and garlic. Sauté for 2-3 mins until softened before adding in the chicken. Season with salt and pepper to taste, cook for a further 2-3 mins and add in the spinach. Once wilted, turn the heat down to low, stir in the cream and add a squeeze of lemon juice. Mix well to combine, once thickened add in half the cheddar and parmesan cheese. Next, preheat the oven to 180C.
- **Finish the sauce** - Add the par-cooked pasta to the sauce using a strainer along with a splash of pasta water to thin out the sauce.
- **Bake** - Transfer the pasta and sauce to a baking dish, top with the remaining parmesan and cheddar cheese and bake at 180C for 20 mins until golden brown.
- **Plate** - Remove the pasta bake from the oven, garnish with fresh parsley and leave to rest for 5 mins before serving.



40 mins



Serves 2



STEAK AND CHEDDAR MASH

Low-Cal Alternative

steak → 100g lean beef medallions
120g potatoes → 80g potatoes
cheddar cheese → 10g lighter cheddar
No milk

Calories - 311
Protein - 32g
Carbs - 24g
Fat - 9g

Plant-Based Alternative

steak → 1 Plant Pioneers vegan steak
cheddar → 1 tsp nutritional yeast
beef stock → 100ml Bisto gravy
cream → 40ml Elmlea plant
milk → 20ml plant-based milk

Calories - 529
Protein - 23g
Carbs - 39g
Fat - 29g

Time Saver Alternative

steak → 100g lean beef medallions
potatoes + milk + chives → 180g microwave
mash

New Time - 10 mins

Calories - 409
Protein - 33g
Carbs - 30g
Fat - 16g

STEAK AND CHEDDAR MASH

Seared caramelised sirloin steak cooked to your liking served with creamy cheddar and chive mashed potatoes.

Ingredients

- 100g sirloin steak
- 120g Maris Piper potatoes
- 20g cheddar cheese
- 100ml beef stock
- 40ml Elmlea single light
- 20ml skimmed milk
- ½ tbsp plain flour
- 2 stems chives
- salt
- pepper

Method

- **Boil the potatoes** - Peel the potatoes and cut into small 2-inch cubes. Place in a saucepan with cold salted water and bring to a boil. Leave to simmer until they are fork-tender.
- **Cook the steak** - Add the steak fat side down into a cold frying pan and turn to medium heat. Render out the fat for 5-6 mins and turn the heat to high. Season the steak with salt and pepper to taste and cook for a further 3-5 mins flipping every 30 secs. Once cooked to your liking, remove from the pan to rest.
- **Make the sauce** - Turn the heat down to low, stir in the flour and cook for 1 min. Next, whisk in the beef stock and simmer for 2-3 mins. Turn off the heat, stir in the cream, season heavily with pepper, cover and leave to sit.
- **Prepare the mash** - When the potatoes are fork-tender, drain and add them back into the same pan to steam dry for 2-3 mins. Once dry, push the potatoes through a potato ricer, mix in the remaining milk and cheddar cheese. Slice and add the chives before seasoning with salt and pepper to taste.
- **Plate** - Add the mash to a plate, slice and top with the steak before pouring over the peppercorn sauce and serve.

Calories - 475

Protein - 32g

Carbs - 31g

Fat - 24g



30 mins



Serves 1



MOQUECA

Low-Cal Alternative

No rice

Calories - 255
Protein - 30g
Carbs - 15g
Fat - 10g

Plant-Based Alternative

cod → 100g soft tofu
chicken stock → 50ml vegetable stock

Calories - 478
Protein - 23g
Carbs - 62g
Fat - 15g

Time Saver Alternative

rice → Tilda microwave Basmati rice

New Time - 10 mins

Calories - 434
Protein - 30g
Carbs - 52g
Fat - 11g

MOQUECA

Moqueca, which comes from the term 'mu'keka' in Kimbundu language is a Brazilian seafood stew cooked in a coconut milk-based spicy tomato and pepper broth.

Ingredients

- 100g skinless cod fillet
- 60g uncooked Basmati rice
- 100ml light coconut milk
- 50ml chicken stock
- 1 tsp tomato purée
- ½ tsp paprika
- ¼ tsp cumin
- 1 clove garlic
- ½ tomato
- ½ lime
- ½ chilli
- ¼ onion
- ¼ carrot
- ¼ red pepper
- handful fresh coriander
- olive oil spray
- salt
- pepper

Calories - 466

Protein - 30g

Carbs - 62g

Fat - 10g

Method

- **Make the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 200ml of water and salt to taste. Cover with a lid, bring to a boil and turn down to low cooking for 20 mins. Finally, leave to sit off the heat for a further 5 mins, fluff with a fork or chopsticks before serving.
- **Prepare the fish** - Cut the fish into 2-inch chunks. Zest the lime and add to the fish along with a squeeze of lime juice. Mix well to combine and set aside.
- **Chop the aromatics** - Roughly chop the pepper, onion, carrot, tomato, chilli and garlic.
- **Cook the sauce** - Preheat a non-stick pan to medium-high heat, spritz with oil spray and add in the chopped onion. Sauté for 2-3 mins before adding in the remaining aromatics. Cook for 3-5 mins stirring occasionally to avoid burning. Next, add in the tomato purée, paprika and cumin and cook for 1-2 mins. Pour in the chicken stock, turn down to medium-low, cover and simmer for 4-5 mins.
- **Cook the fish** - Stir in the coconut milk and add the fish to the sauce. Tear in some fresh coriander and leave to simmer for 3-5 mins. Season with salt and pepper if necessary and a squeeze of lime juice.
- **Plate** - Add the rice to a plate and pour over the fish stew, garnish with fresh coriander and serve.



30 mins



Serves 1



MUSHROOM GARLIC AND THYME BRAISED CHICKEN THIGHS

Low-Cal Alternative

chicken → 90g chicken breast
potatoes → 60g Maris Piper potatoes
No milk

Calories - 283
Protein - 30g
Carbs - 21g
Fat - 6g

Plant-Based Alternative

chicken → 100g Taste & Glory roast tenderstrips
chicken stock → 150ml vegetable stock
cream → 40ml Elmlea plant
wine → 40 ml vegan white wine
milk → 20 ml plant-based milk

Calories - 456
Protein - 30g
Carbs - 30g
Fat - 19g

Time Saver Alternative

chicken → 100g chicken breast
potatoes + milk + chives → 180g microwave
mash

New Time - 20 mins

Calories - 348
Protein - 30g
Carbs - 28g
Fat - 8g

MUSHROOM GARLIC AND THYME BRAISED CHICKEN THIGHS

Slow cooked fall off the bone chicken thighs cooked in a white wine cream-based sauce with sautéed mushrooms served over creamy homemade chive mashed potatoes.

Ingredients

- 140g whole chicken thighs
- 120g Maris Piper potatoes
- 150ml chicken stock
- 40ml Elmlea single light
- 40ml white wine
- 20ml skimmed milk
- 3 chestnut mushrooms
- 2 sprigs thyme
- 2 stems chives
- 1 clove garlic
- ¼ onion
- handful spinach
- salt
- pepper

Method

- **Chop the aromatics** - Slice the mushrooms and dice the onion and garlic.
- **Sear the chicken** - Add the chicken thighs into a cold pan skin side down, season with salt and pepper before turning to medium-high heat to render out the fat. Once the fat has rendered out and the skin is browned, flip and sear the other side before removing and setting aside.
- **Make the sauce** - Add the diced onion to the pan and sauté for 2-3 mins until softened. Add in the mushrooms and cook for 5-6 mins until the moisture of the mushrooms has evaporated. Add in the garlic and thyme, cook for 30 secs, add in the spinach and cook until wilted. Next, pour in the wine, once evaporated stir in the chicken stock. Add the chicken thighs back into the pan skin side up, cover with a lid slightly ajar and leave to simmer over medium-low for 35-40 mins until tender. Finally, stir in the cream and leave to cook for a final 5 mins with the lid off.
- **Boil the potatoes** - Peel the potatoes and cut them into small 2-inch cubes before placing in a saucepan with cold salted water. Bring to a boil and leave to simmer until they are fork-tender.
- **Prepare the mash** - When the potatoes are fork-tender, drain and add them back into the same pan to steam dry for 2-3 mins. Once dry, push the potatoes through a potato ricer. Mix in the remaining milk, slice and add the chives before seasoning with salt and pepper to taste.
- **Plate** - Spoon the creamy mash onto a plate, top with the chicken thighs, spoon over the sauce and serve.

Calories - 538

Protein - 31g

Carbs - 30g

Fat - 28g



55 mins



Serves 1