



JANUARY EDITION

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## BANGERS AND MASH

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### Low-Cal Alternative

sausages → 100g 5% pork mince  
160g potatoes → 120g potatoes  
No milk

Calories - 348  
Protein - 30g  
Carbs - 38g  
Fat - 8g

### Plant-Based Alternative

sausages → 130g This plant-based sausages  
chicken stock → 150ml vegetable stock + 1 tbsp  
Bisto gravy granules  
milk → 30ml plant-based milk  
Worcestershire sauce → 1 tsp HP sauce

Calories - 539  
Protein - 30g  
Carbs - 51g  
Fat - 21g

### Time Saver Alternative

potatoes + milk + chives → 200g microwave  
mash

New Time - 15 mins

Calories - 461  
Protein - 30g  
Carbs - 56g  
Fat - 10g

### Pork-Free Alternative

sausages → 120g turkey sausages

Calories - 480  
Protein - 31g  
Carbs - 57g  
Fat - 12g

# BANGERS AND MASH

*A British classic, sautéed pork sausages served with creamy chive mashed potatoes and steamed garden peas smothered in a rich onion Guinness gravy.*

## Ingredients

- 150g 50% reduced fat sausages
- 160g Maris Piper potatoes
- 50g frozen peas
- 150ml beef stock
- 30ml skimmed milk
- 20ml Guinness
- 2 stems chives
- ½ tbsp cornflour
- ½ red onion
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- rapeseed oil spray
- salt
- pepper

Calories - 465

Protein - 31g

Carbs - 63g

Fat - 8g

## Method

- **Boil the potatoes** - Peel the potatoes and cut into small 2-inch cubes before placing them in a saucepan with cold salted water. Bring to a boil and leave to simmer until fork-tender.
- **Chop the aromatics** - Thinly slice the onion and chives.
- **Cook the sausages** - Preheat a non-stick frying pan to medium heat, once up to temperature, spritz with oil spray and add the sausages. Sear on all sides for 3-5 mins, remove from the pan and set aside.
- **Make the gravy** - Add the onion to the pan and sauté over medium heat for 6-8 mins until caramelised. Deglaze with the Guinness and Worcestershire sauce, simmer until the liquid has evaporated before stirring in the beef stock and Dijon mustard. Add the sausages back into the pan along with any resting juices and simmer over medium-low heat for 10-12 mins.
- **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 through a potato ricer and into a bowl. Mix in the remaining milk and fresh chives before seasoning with salt and pepper to taste.
- **Finish the gravy** - Remove the sausages from the pan, combine the cornflour with equal parts cold water and pour into the gravy. Stir well to combine and simmer for 2-3 mins over medium heat until thickened.
- **Cook the peas** - Prepare the peas according to the instructions on the packaging.
- **Plate** - Spoon the mash onto a plate, top with the sausages, add the peas before pouring over the rich onion gravy and serve.



35 mins



Serves 1



## HOISIN DUCK PIZZA

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### Low-Cal Alternative

80g mozzarella → 60g mozzarella  
naan → 1 fat reduced naan

Calories - 406  
Protein - 30g  
Carbs - 41g  
Fat - 13g

### Plant-Based Alternative

duck → 200g Linda McCartney's vegetarian  
duck  
mozzarella → 60g Violife grated

Calories - 517  
Protein - 26g  
Carbs - 70g  
Fat - 14g

# HOISIN DUCK PIZZA

*Flatbread pizza topped with a sweet and savoury Hoisin and tomato-based sauce, topped with melted mozzarella cheese, sautéed duck breast and garnished with spring onion.*

## Ingredients

- 160g duck breast
- 80g low-moisture grated mozzarella
- 50ml passata
- 1 flame baked naan bread, 180g
- 2 tbsp hoisin sauce
- 1 tsp Chinese five-spice
- 1 spring onion
- salt
- pepper

## Method

- **Cook the duck** - Pat the duck dry with a paper towel and score the skin with a sharp knife. Make sure to not cut into the flesh and only score the skin and fat. Season the duck on both sides with salt and pepper and place into a cold non-stick pan skin side down. Turn the heat to medium and cook for 7-8 mins until crisp, flip and cook for a final 3 mins or until cooked to your liking. Remove the duck breast from the pan and leave to rest.
- **Preheat the oven** - To 220C and place the oven rack on the second-highest shelf.
- **Prepare the sauce** - In a small bowl, combine the passata, hoisin sauce, Chinese five-spice and salt to taste.
- **Chop the aromatics** - Julienne the spring onion or slice thinly at an angle.
- **Assemble the pizza** - Evenly spread the sauce over the naan and sprinkle over the grated mozzarella cheese. Place into the oven and bake for 6-8 mins until the base is crisp and the cheese has melted.
- **Slice the duck** - Cut the duck into thin slices.
- **Top the pizza** - Remove the pizza from the oven and top with the duck slices and spring onion.
- **Plate** - Drizzle over some hoisin sauce if desired, slice the pizza and serve.
- **Tip** - Make an extra portion of duck and refrigerate for up to 3 days to be used for the Duck Fried Rice recipe.

Calories - 513

Protein - 34g

Carbs - 59g

Fat - 15g



20 mins



Serves 2



## BLACK PEPPER BEEF

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### Low-Cal Alternative

steak → 100g lean beef medallion  
60g rice → 45g rice

Calories - 364  
Protein - 30g  
Carbs - 49g  
Fat - 5g

### Plant-Based Alternative

beef → 100g Taste & Glory vegan beef strips  
oyster sauce → 1 ½ tbsp vegetable stir-fry sauce

Calories - 475  
Protein - 30g  
Carbs - 69g  
Fat - 7g

### Time Saver Alternative

uncooked rice → 125g microwave rice

New Time - 18 mins

Calories - 516  
Protein - 30g  
Carbs - 58g  
Fat - 18g

# BLACK PEPPER BEEF

*An American Chinese dish originating in Fujian, China. This stir-fry consists of tender marinated beef strips with ginger, garlic and capsicums in a soy and oyster sauce-based sweet and savoury sauce. Heavily seasoned with black pepper served on a bed of fragrant steamed Jasmine rice.*

## Ingredients

- 100g sirloin steak
- 60g uncooked Jasmine rice
- 1 tbsp oyster sauce
- 1 tsp freshly cracked black pepper
- ½ tsp cornflour
- ½ tsp light soy sauce
- ½ tsp Shaoxing wine
- ¼ tsp brown sugar
- ¼ tsp sesame oil
- ½ clove garlic
- ½ inch piece ginger
- ¼ onion
- ⅛ green pepper
- ⅛ red pepper
- rapeseed oil spray
- pepper

Calories - 507

Protein - 30g

Carbs - 61g

Fat - 15g

## Method

- **Make the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 125ml of water and salt to taste. Cover with a lid, bring to a boil before turning down to low for 10 mins. Leave to sit off the heat for a further 10 mins before fluffing with a fork or chopstick before serving.
- **Prepare the beef** - Thinly slice the beef against the grain and set aside. In a bowl combine the Shaoxing wine with the black pepper, ¼ tsp light soy, ¼ tsp cornflour and sesame oil. Marinate the beef in the mixture for 10 mins.
- **Make the stir-fry sauce** - In a small bowl combine the oyster sauce, brown sugar, ½ tbsp of water and the remaining cornflour and light soy.
- **Chop the aromatics** - Julienne the ginger, red pepper, green pepper and onion before roughly chopping the garlic.
- **Stir-fry** - Preheat a wok to high heat, once up to temperature, spritz with oil spray and add in the beef. Leave to sear for 30 secs to a minute before flipping. When seared on all sides, remove from the pan and set aside. Next, turn the heat down to medium-high and add in the garlic and ginger. Stir-fry for 30 secs before adding in the red pepper, green pepper and onion. Cook for 1-2 mins stirring frequently before adding the beef back into the pan along with the stir-fry sauce. Leave to cook until the sauce has thickened and coats the beef well before turning off the heat.
- **Plate** - Add the rice to a bowl, top with the beef stir-fry and serve.
- **Tip** - Make an extra portion of rice to be used for the Duck Fried Rice recipe. Store in the fridge for up to 3 days.



30 mins



Serves 1





## CHICKEN SCHNITZEL SANDWICH

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### Low-Cal Alternative

No cranberry sauce  
No sour cream

Calories - 398  
Protein - 34g  
Carbs - 51g  
Fat - 5g

### Plant-Based Alternative

chicken + panko + flour + egg → 1 Linda  
McCartney's chicken burger  
No sour cream

Calories - 455  
Protein - 28g  
Carbs - 45g  
Fat - 16g

# CHICKEN SCHNITZEL SANDWICH

*Air fried breaded chicken cutlet served in a toasted multiseed roll with Scandinavian-inspired dill pickled cucumber salad.*

## Ingredients

- 90g chicken breast
- 20g panko breadcrumbs
- 15g cranberry sauce/lingonberry sauce
- 1 multiseed roll
- 1 tbsp fresh dill
- 1 tbsp plain flour
- ¼ tsp apple cider vinegar
- ¼ tsp 50% less fat sour cream
- ¼ cucumber
- ¼ medium egg
- rapeseed oil spray
- salt
- pepper

## Method

- **Prepare the dill pickled cucumber** - Begin by cutting the cucumber in half lengthways, slice thinly and add to a bowl. Add salt to the cucumber and leave to sit for 3-5 mins. Drain the excess liquid, add the apple cider vinegar, sour cream and fresh dill to the cucumber, mix well to combine and set aside.
- **Bread the chicken** - Place the breadcrumbs, flour and egg into 3 separate shallow bowls. Beat the egg well and season both the flour and breadcrumbs with salt and pepper to taste. Coat the chicken in the flour, then the egg and finally in the breadcrumbs pressing down firmly.
- **Cook the chicken** - Preheat the air fryer to 200C, spritz the chicken with oil spray and place into the air fryer to cook for 8-10 mins flipping halfway.
- **Prepare the roll** - Slice the roll in half and toast in a non-stick frying pan until golden brown.
- **Plate** - Top the bottom roll half with half the cranberry/lingonberry sauce, followed by the chicken schnitzel. Add the cucumber salad and the remaining cranberry/lingonberry sauce to the top half of the roll, place on a plate and serve.

Calories - 426

Protein - 35g

Carbs - 56g

Fat - 6g



25 mins



Serves 1



## DUCK FRIED RICE

### Low-Cal Alternative

duck → 90g skinless duck breast  
110g rice → 90g rice

Calories - 435  
Protein - 38g  
Carbs - 49g  
Fat - 8g

### Plant-Based Alternative

duck → 100g Linda McCartney vegetarian  
shredded hoisin duck  
oyster sauce → ½ tbsp vegetable stir fry sauce  
No egg

Calories - 480  
Protein - 28g  
Carbs - 63g  
Fat - 11g

### Time Saver Alternative

duck → leftover cooked duck

New Time - 10 mins

Calories - 489  
Protein - 31g  
Carbs - 56g  
Fat - 15g

# DUCK FRIED RICE

*Sweet and savoury Hoisin-based fried rice with peas, ginger and garlic topped with sautéed sliced duck and a fried egg.*

## Ingredients

- 80g skin-on duck breast
- 110g cooked Jasmine rice
- 20g frozen peas
- ½ tbsp hoisin sauce
- ½ tbsp oyster sauce
- 1 tsp brown sugar
- 1 tsp soy sauce
- ½ tsp Chinese five spice
- 4 slices cucumber
- 1 medium egg
- 1cm piece ginger
- ½ clove garlic
- ½ spring onion
- rapeseed oil spray
- salt
- pepper

Calories - 489

Protein - 31g

Carbs - 56g

Fat - 15g

## Method

- **Cook the duck** - Pat the duck dry with a paper towel and score the skin with a sharp knife. Make sure to not cut into the flesh and only score the skin and fat. Season the duck on both sides with salt and pepper and place into a cold non-stick pan skin side down. Turn the heat to medium and cook for 7-8 mins until crisp, flip and cook for a final 3 mins or until cooked to your liking. Remove the duck breast from the pan and leave to rest.
- **Chop the aromatics** - Roughly chop the garlic, thinly slice the spring onion, cucumber and ginger.
- **Prepare the sauce** - In a small bowl, combine the oyster sauce, hoisin sauce, Chinese five-spice, sugar and soy sauce.
- **Stir-fry** - Preheat the same pan used for the duck to medium-high heat. Once up to temperature, add in the spring onion, garlic and ginger. Stir-fry for 30 secs until fragrant and add in the cooked rice. Next, pour in the sauce, toss well to combine before adding in the peas. Toss well again to ensure each grain of rice is separated and coated with the sauce. When all the sauce has been absorbed by the rice, turn off the heat.
- **Fry the egg** - In the same pan, carefully crack in the egg and cook for 2-3 mins until the edges are slightly crisp, the white has set and the yolk is still runny.
- **Slice the duck** - Slice the duck thinly to top the rice with.
- **Plate** - Add the fried rice to a bowl, top with the duck, fried egg and cucumber slices and serve immediately.
- **Tip** - Use day-old cooked rice for the best results. Alternatively, Tilda Basmati microwave rice is a great alternative.



20 mins



Serves 1



## CHILLI BURRITO

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### Low-Cal Alternative

beef mince → 80g 3% beef mince  
No cheese  
No rice

Calories - 431  
Protein - 30g  
Carbs - 46g  
Fat - 12g

### Plant-Based Alternative

beef mince → 80g Vivera plant mince  
cheese → 10g Violife original flavour grated  
beef stock → 100ml vegetable stock + 1 tbsp  
Bisto granules  
sour cream → 20g Oatly oat fraiche

Calories - 513  
Protein - 29g  
Carbs - 60g  
Fat - 14g

### Time Saver Alternative

Simmer the chilli for 5-10 mins

New Time - 25 mins

Calories - 503  
Protein - 32g  
Carbs - 53g  
Fat - 17g

# CHILLI BURRITO

*Tex-Mex-inspired beef mince and kidney beans in a tomato-based sauce seasoned heavily with cumin, chilli and paprika with Mexican-inspired spicy rice, sour cream, melted cheese and homemade guacamole encased in a warm toasted flour tortilla.*

## Ingredients

- 80g 5% beef mince
- 30g red kidney beans
- 20g Ben's Mexican rice
- 10g avocado
- 10g lighter cheddar cheese
- 100ml beef stock
- 50ml passata
- 30ml Guinness
- 30ml 50% less fat sour cream
- ½ tbsp tomato purée
- 1 tsp chilli powder
- 1 tsp cumin
- ½ tsp brown sugar
- ½ tsp smoked paprika
- ½ tsp oregano
- 1 bay leaf
- 1 clove garlic
- 1 plain tortilla
- ½ lime
- ½ red chilli
- ½ tomato
- ¼ onion
- ¼ red pepper
- handful fresh coriander
- olive oil spray

Calories - 503

Protein - 32g

Carbs - 53g

Fat - 17g

## Method

- **Chop the aromatics** - Dice the onion, pepper, tomato, garlic, chilli and set aside.
- **Make the chilli** - Preheat a saucepan to medium-high heat, spritz with oil spray and add the beef mince. Season with salt and pepper, sear for 1 min before breaking up the mince. Reserve 1 tsp of diced onion and chilli for the guacamole, add the rest to the pan along with the red pepper and sauté for 2-3 mins until softened. Next, stir in the tomato purée, garlic, smoked paprika, cumin, chilli powder, bay leaf and oregano, cook for a further 2-3 mins and deglaze with the Guinness. Once the Guinness has evaporated, pour in the beef stock, passata, kidney beans and brown sugar. Season with salt and pepper to taste and simmer on medium for 20-30 mins. Add a splash of water if the chilli dries out too much while simmering. Stir every 10 mins to avoid burning the bottom.
- **Prepare the guacamole** - Smash the avocado in a pestle and mortar or in a bowl using a fork before squeezing in the lime juice. Add in the tomato along with the remaining onion and chilli. Tear in some fresh coriander, season with salt and pepper to taste and mix well.
- **Heat the rice** - Prepare the rice according to the instructions on the pack.
- **Assemble the burrito** - Warm the tortilla in a microwave for 10-20 secs to make it more pliable. Lay it down and spread with the guacamole and sour cream, top with the chilli followed by the grated cheddar cheese and rice. Fold the sides inwards and over the filling towards the centre, pull the bottom flap over the filling away from you tucking it under before rolling it forwards away from you to form a burrito. Add the burrito seam side down in a non-stick frying pan at medium heat to seal.
- **Plate** - Slice the burrito in half at an angle, add to a plate and serve.
- **Tip** - Make 2 extra portions of the chilli and guacamole to be used for the Chilli Cheeseburger and Nachos recipes. This can be stored in the fridge for up to 3 days or in the freezer for up to 3 months.



45 mins



Serves 1



## CHILLI CHEESEBURGER

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### Low-Cal Alternative

beef mince → 100g 3% beef mince  
brioche bun → 1 Warburtons sliced roll  
American cheese → 1 slice light American  
cheese  
No sour cream

Calories - 381  
Protein - 34g  
Carbs - 37g  
Fat - 14g

### Plant-Based Alternative

beef mince → 1 Richmond meat free burger +  
40g Viverra plant mince

Calories - 513  
Protein - 31g  
Carbs - 46g  
Fat - 19g

### Time Saver Alternative

Simmer the chilli for 5-10 mins

New Time - 25 mins

Calories - 436  
Protein - 32g  
Carbs - 34g  
Fat - 17g

# CHILLI CHEESEBURGER

*One thin caramelised beef patty topped with American cheese and homemade beef chilli with sour cream, pickled jalapeño slices and diced onion served in a warm toasted brioche bun.*

## Ingredients

- 100g 5% beef mince
- 15g red kidney beans
- 50ml beef stock
- 25ml passata
- 15ml Guinness
- 1 brioche bun
- 1 tbsp 50% less fat sour cream
- ¼ tbsp tomato purée
- ½ tsp chilli powder
- ½ tsp cumin
- ¼ tsp brown sugar
- ¼ tsp oregano
- ¼ tsp smoked paprika
- 3 slices pickled jalapeño
- 1 slice American cheese
- 1 bay leaf
- ½ clove garlic
- ⅓ red chilli
- ⅓ onion
- ⅓ red pepper
- olive oil spray

Calories - 436

Protein - 32g

Carbs - 34g

Fat - 17g

## Method

- **Chop the aromatics** - Dice the onion, pepper, garlic, chilli, and set aside.
- **Make the chilli** - Preheat a saucepan to medium-high heat, spritz with olive spray and add 40g of beef mince. Season with salt and pepper and sear for 1 min before breaking up the mince. Reserve 1 tsp of diced onion and chilli for the guacamole, add the rest to the pan along with the red pepper and sauté for 2-3 mins until softened. Next, stir in the tomato purée, garlic, smoked paprika, cumin, chilli powder, bay leaf and oregano, cook for a further 2-3 mins and deglaze with the Guinness. Once the Guinness has evaporated, pour in the beef stock, passata, kidney beans and brown sugar. Season with salt and pepper to taste and simmer on medium for 20-30 mins. Add a splash of water if the chilli dries out too much while simmering. Stir every 10 mins to avoid burning the bottom.
- **Form the patty** - Roll the remaining 60g of beef mince into a ball, flatten to form a patty slightly wider than the burger bun before seasoning both sides with salt and pepper.
- **Cook the burger** - Add both halves of the burger bun to a frying pan at medium-high heat and toast until golden brown before removing and setting aside. Spritz with oil spray and carefully lay the beef patty into the pan searing for 2-3 mins. Flip and cook for a final 1-2 mins or until cooked to your liking.
- **Assemble the burger** - Top the bottom bun with sour cream, jalapeños and onion, followed by the burger patty and a slice of American cheese. Spoon over the chilli and crown the burger.
- **Plate** - Add the burger to a plate and serve along with extra sour cream and leftover guacamole if desired.



45 mins



Serves 1





## NACHOS

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### Low-Cal Alternative

beef mince → 60g 3% beef mince  
cheddar cheese → 30g mozzarella  
plain tortilla → ½ plain tortilla  
No sour cream  
No avocado

Calories - 374  
Protein - 30g  
Carbs - 34g  
Fat - 11g

### Plant-Based Alternative

beef mince → 60g Vivera plant mince  
cheese → 40g Violife original flavour grated  
beef stock → 100ml vegetable stock + 1 tbsp  
Bisto gravy granules  
sour cream → 20g Oatly oat fraiche

Calories - 567  
Protein - 26g  
Carbs - 60g  
Fat - 22g

### Time Saver Alternative

Simmer the chilli for 5-10 mins  
Use leftover guacamole

New Time - 20 mins

Calories - 559  
Protein - 36g  
Carbs - 57g  
Fat - 23g

*Homemade oven-baked tortilla chips topped with spicy beef chilli, melted cheddar cheese, sour cream and homemade guacamole garnished with pickled jalapeño slices and fresh coriander.*

## Ingredients

- 60g 5% beef mince
- 40g lighter cheddar cheese
- 30g red kidney beans
- 20g avocado
- 100ml beef stock
- 50ml passata
- 30ml Guinness
- 30ml 50% less fat sour cream
- 1 plain tortilla
- ½ tbsp tomato purée
- 1 tsp chilli powder
- 1 tsp cumin
- ½ tsp brown sugar
- ½ tsp oregano
- ½ tsp smoked paprika
- 6 slices pickled jalapeños
- 1 bay leaf
- 1 clove garlic
- ½ red chilli
- ¼ lime
- ¼ onion
- ¼ red pepper
- ¼ tomato
- handful fresh coriander
- olive oil spray

Calories - 559

Protein - 36g

Carbs - 57g

Fat - 23g

## Method

- **Chop the aromatics** - Dice the onion, pepper, tomato, garlic, chilli and set aside.
- **Make the chilli** - Preheat a saucepan to medium-high heat, spritz with oil spray and add the beef mince. Season with salt and pepper and sear for 1 min before breaking up the mince. Reserve 1 tsp of diced onion and chilli for the guacamole, add the rest to the pan along with the red pepper and sauté for 2-3 mins until softened. Next, stir in the tomato purée, garlic, smoked paprika, cumin, chilli powder, bay leaf and oregano, cook for a further 2-3 mins and deglaze with the Guinness. Once the Guinness has evaporated, pour in the beef stock, passata, kidney beans and brown sugar. Season with salt and pepper to taste and simmer on medium for 20-30 mins. Add a splash of water if the chilli dries out too much while simmering. Stir every 10 mins to avoid burning the bottom.
- **Toast the tortilla chips** - Cut the tortilla into triangles and bake them in the oven for 5 mins at 160C until crisp.
- **Prepare the guacamole** - Smash the avocado in a pestle and mortar or in a bowl using a fork before squeezing in the lime juice. Add in the tomato along with the remaining onion and chilli. Tear in some fresh coriander, season with salt and pepper to taste and mix well.
- **Assemble the nachos** - Lay half the tortilla chips down in an ovenproof baking dish, top with half the chilli and cheese. Repeat with the remaining tortilla chips, chilli and cheese, top with the jalapeño slices and place under a hot grill for 2-3 mins until the cheese has melted.
- **Plate** - Top the nachos with the guacamole and sour cream, sprinkle over some fresh coriander if desired and serve.



45 mins



Serves 1



## SPICY SAUSAGE PASTA

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### Low-Cal Alternative

sausages → 100g 5% pork mince  
70g pasta → 50g pasta

Calories - 315  
Protein - 30g  
Carbs - 21g  
Fat - 10g

### Plant-Based Alternative

sausages → 130g This plant-based  
sausages  
white wine → 20ml vegan white wine  
No Parmigiano Reggiano

Calories - 426  
Protein - 24g  
Carbs - 29g  
Fat - 19g

### Time Saver Alternative

Dried pasta → 70g fresh pasta

New Time - 8 mins

Calories - 488  
Protein - 33g  
Carbs - 38g  
Fat - 19g

### Pork-Free Alternative

sausages → 120g turkey sausages

Calories - 435  
Protein - 31g  
Carbs - 38g  
Fat - 14g

# SPICY SAUSAGE PASTA

*Conchiglie pasta with caramelised pork sausage pieces seasoned with fennel seeds, paprika and chilli flakes tossed in a white wine and tomato-based sauce, topped with grated Parmigiano Reggiano and fresh basil.*

## Ingredients

- 120g 50% reduced fat sausages
- 70g dried Conchiglie
- 10g grated Parmigiano Reggiano
- 50ml passata
- 30ml white wine
- 1 clove garlic
- 1 tsp chilli flakes
- ¼ tsp fennel seeds
- ¼ tsp paprika
- fresh basil, garnish
- olive oil spray
- salt
- pepper

## Method

- **Boil the pasta** - Add the pasta to boiling salted water and cook for 2 mins less than stated on the packet for 'al-dente'.
- **Chop the aromatics** - Roughly chop the garlic and set aside.
- **Prepare the sauce** - Preheat a non-stick frying pan to medium-high heat and spritz with olive oil. Next, pinch small amounts of sausage out of the sausage casing and place directly into the pan. Add in the paprika, fennel seeds and chilli flakes, season with salt and pepper to taste. Once the sausage pieces have browned, turn the heat down to medium, add in the garlic and sauté for 2-3 mins until fragrant. Deglaze with white wine and once evaporated pour in the passata and simmer for 2-3 mins. When the pasta is cooked, drain and add directly to the sauce along with the grated Parmigiano Reggiano and a splash of pasta water. Cook for a final 1-2 mins until the sauce coats the pasta well.
- **Plate** - Spoon the pasta and sauce into a bowl, garnish with extra grated Parmigiano Reggiano and fresh basil if desired.

Calories - 476

Protein - 31g

Carbs - 38g

Fat - 18g



15 mins



Serves 1



## PAD SEE EW

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### Low-Cal Alternative

70g chicken → 90g chicken  
50g noodles → 40g noodles  
No egg

Calories - 343  
Protein - 30g  
Carbs - 52g  
Fat - 3g

### Plant-Based Alternative

chicken → 80g This plant-based chicken  
oyster sauce → 1 tbsp vegetarian stir-fry sauce  
fish sauce → 1 tsp Thai Taste vegetarian fish  
sauce  
No egg

Calories - 424  
Protein - 26g  
Carbs - 65g  
Fat - 5g

### Time Saver Alternative

Boil the noodles for 3 mins instead of soaking

New Time - 13 mins

Calories - 423  
Protein - 30g  
Carbs - 60g  
Fat - 7g

*Thai-inspired stir-fried wide rice noodles with chicken, garlic and broccoli in a sweet and savoury sauce.*

## Ingredients

- 70g chicken breast
- 50g dried wide flat rice noodles
- 1 tbsp oyster sauce
- ½ tbsp light soy sauce
- 2 tsp sugar
- 1 tsp dark soy sauce
- 1 tsp fish sauce
- 2 cloves garlic
- 2 stems tenderstem broccoli/gai lan
- 1 medium egg
- small handful spinach
- rapeseed oil spray
- white pepper

Calories - 423

Protein - 30g

Carbs - 60g

Fat - 7g

## Method

- **Soak the noodles** - Add the dried noodles to warm water and leave to soak for 40 minutes until softened or boil according to instructions on the pack and drain before cooking.
- **Prepare the stir-fry sauce** - In a small bowl, combine the oyster sauce, light soy sauce, dark soy sauce, fish sauce and sugar.
- **Chop the aromatics** - Roughly chop the garlic, cut the broccoli stems thinly at an angle. Slice the chicken thinly also.
- **Stir-fry** - Preheat a wok to medium-high heat, spritz with oil spray and add in the garlic, chicken, broccoli stems and a pinch of white pepper. Stir-fry for 1-2 mins until the chicken is no longer pink and the broccoli has softened slightly before stirring in the spinach. Next, push everything to one side and crack in the egg, scramble the egg slightly but allow the egg to cook through before mixing it with the chicken and broccoli. Remove everything from the wok and set it aside. Turn the heat to high and add the noodles into the wok along with the stir-fry sauce, allow the noodles and sauce to caramelise for 1 min before tossing. Finally, add the chicken, veg and egg back into the pan and toss well to combine.
- **Plate** - Add all the contents from the wok to a plate or large bowl and serve.



50 mins



Serves 1



## FIVE-SPICE SALMON BAO BUNS

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### Low-Cal Alternative

salmon → 100g skinless wild salmon

Calories - 341  
Protein - 30g  
Carbs - 37g  
Fat - 7g

### Plant-Based Alternative

salmon → 160g Plant Pioneers no salmon fillet

Calories - 535  
Protein - 24g  
Carbs - 61g  
Fat - 20g

### Time Saver Alternative

Microwave the bao buns

New Time - 13 mins

Calories - 440  
Protein - 30g  
Carbs - 38g  
Fat - 19g

# FIVE-SPICE SALMON BAO BUNS

*Fluffy steamed bao buns filled with five-spice seasoned sautéed salmon, cucumber slices and hoisin sauce all garnished with fresh dill.*

## Ingredients

- 100g salmon
- ½ tbsp Chinese five-spice
- ½ tbsp hoisin sauce
- 4 slices cucumber
- 2 small bao buns
- 1 sprig dill
- rapeseed oil spray
- salt
- pepper

## Method

- **Slice the cucumber** - Cut the cucumber into 4 even slices or 2 longer slices lengthways.
- **Prepare the salmon** - Slice the salmon down the middle diagonally, sprinkle the five-spice over and season with salt and pepper to taste.
- **Cook the salmon** - Preheat a non-stick frying pan to medium heat, spritz with oil spray and add in the salmon skin-side down. Sauté for 3-5 mins until the skin is crisp before searing on all remaining sides. Once the salmon is cooked to your liking, remove it from the pan to rest.
- **Steam the bao buns** - Steam the bao buns for 10 mins or according to instructions on the packet.
- **Plate** - Spread each bun with hoisin sauce, add in the cucumber slices, top with the salmon and garnish with the fresh dill and serve.

Calories - 440

Protein - 30g

Carbs - 38g

Fat - 19g



20 mins



Serves 1