

01

ULTIMATE TASTE

Recipe Book

JANUARY EDITION





JANUARY

WINTER WARMERS

Always consult your medical practitioner, registered dietitian or nutritionist before making any significant changes to your diet.

This is particularly important if you are pregnant, breastfeeding or have or have a medical condition requiring medical intervention.

Whilst our recipes can help most people lose weight (as part of a calorie controlled diet and active lifestyle), they have not been specifically tailored for you and individual results will vary.

The calorie and macronutrient information provided is to be used as a guide only and due to variations between brands, these cannot be counted as being 100% accurate.

WHAT'S IN THIS MONTHS RECIPE PACK

BREAKFAST

RECIPE 1

SMASHED AVOCADO
ON TOAST

RECIPE 3

OVERNIGHT CHIA
PORRIDGE

RECIPE 2

BANANA AND VANILLA
SMOOTHIE

RECIPE 4

GRAB & GO MUSELI
BARS

LUNCH

RECIPE 1

WINTER VEG
SOUP

RECIPE 3

TORTILLA PIZZA

RECIPE 2

TURKEY CHILI JACKET
POTATOES

RECIPE 4

MEDITERRANEAN
TOASTIE

DINNER

RECIPE 1

CHEEKY CHINESE
CHICKEN CURRY

RECIPE 3

CHICKEN ROASTED WITH
ROOT VEG

RECIPE 2

CAPONATA PASTA

RECIPE 4

EASY PRAWN
STIR FRY



BREAKFAST

SMASHED AVOCADO ON TOAST



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE

INGREDIENTS

- 1 ripe avocado
- ½ of a lemon
- Big pinch chilli flakes
- 2 slices sourdough bread - toasted
- Good drizzle of extra virgin olive oil
- 1 poached egg (optional - add 65cals)

INSTRUCTION

Cut the avocado in half and carefully remove its stone, then scoop out the flesh into a bowl.

Squeeze in the lemon juice then mash with a fork to your desired texture.

Season to taste with sea salt, black.

Serve on toasted sourdough.

**MACROS
PER PORTION**

CALORIES
500

PROTEIN
10G

CARBS
37G

FATS
33G

BANANA & VANILLA SMOOTHIE

INGREDIENTS

- 1 banana
- 1 tbsp porridge oats
- 80g soft fruit (strawberries, blueberries, and mango all work well)
- 150ml milk
- 1 tsp honey
- 1 tsp vanilla extract



PREPARATION

2 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

TWO



INSTRUCTION

Put all the ingredients in a blender for 1 minute until smooth.

Pour the banana oat smoothie into two glasses to serve.

MACROS PER PORTION

CALORIES
156

PROTEIN
4G

CARBS
25G

FATS
3G

OVERNIGHT CHIA PORRIDGE



MACROS
PER PORTION

CALORIES
437

PROTEIN
10G

CARBS
65G

FATS
16G



PREPARATION

8 hours



DIFFICULTY

EASY



COOKING

10 MIN



PORTION

TWO

INGREDIENTS

- 50g traditional rolled oats
- 2 tbsp chia seeds
- 1/4 tsp ground cinnamon
- 500ml almond milk
- Raspberry jam, to swirl
- Greek-style yoghurt, to serve
- Fresh raspberries, to serve
- Sliced natural almonds, to sprinkle
- Maple syrup, to drizzle

INSTRUCTION

Combine the oats, chia seeds, cinnamon and almond milk in a bowl. Cover and place in the fridge overnight to soak.

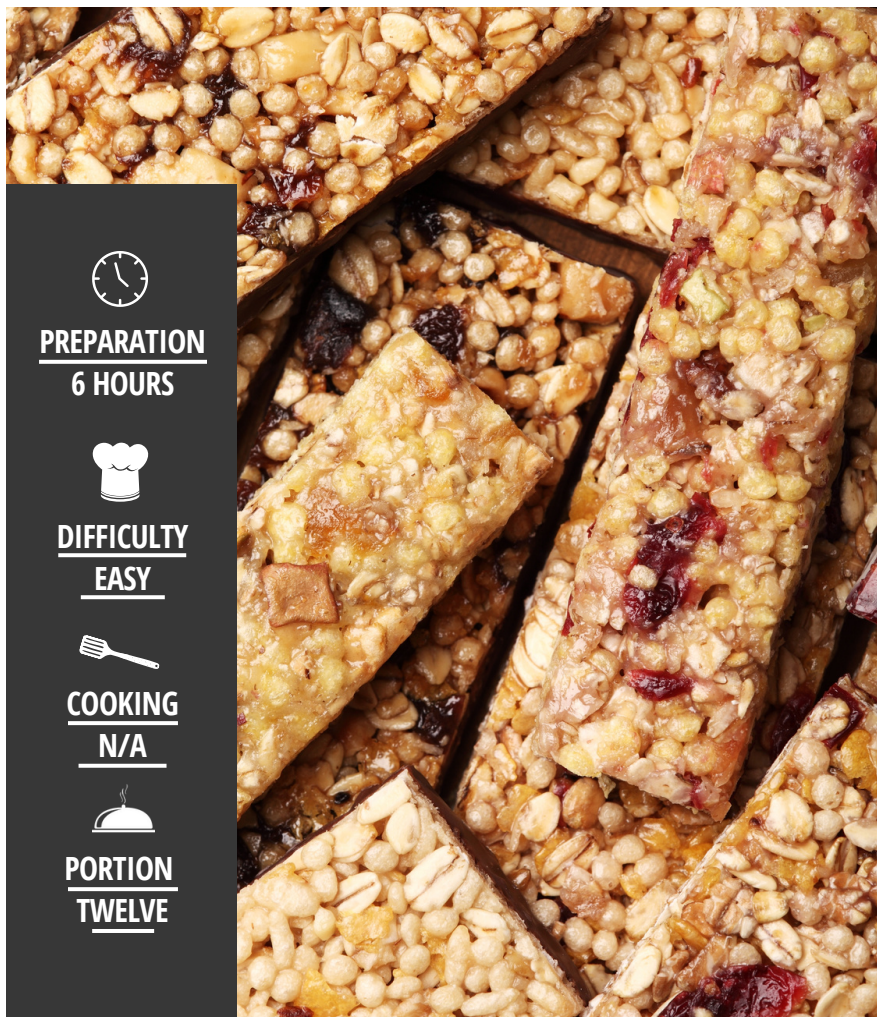
Transfer the oat mixture to a saucepan. Cook, stirring, over medium-low heat for 5-10 minutes or until thick and creamy.

Divide the porridge among bowls.

Swirl some jam through some yoghurt. Dollop over the porridge.

Top with raspberries and almonds and drizzle with maple syrup.

GRAB & GO MUSELI BARS



PREPARATION
6 HOURS



DIFFICULTY
EASY



COOKING
N/A



PORTION
TWELVE

INGREDIENTS

- 185g almond meal
- 150g toasted muesli
- 12 Medjool dates, pitted, chopped
- 170g pitted prunes, chopped
- 50g currants, chopped
- 55g cup dried cranberries, chopped
- 80g sunflower seeds
- 2 tbsp linseed or chia seeds
- 110g almonds, lightly toasted, chopped
- 2 tbsp raw cacao powder (available from health food shops)
- 2 tsp ground cinnamon
- 2 tbsp tahini
- 80ml maple syrup

INSTRUCTION

Grease and line the base and sides of a 20cm square cake pan with baking paper and combine all the dry ingredients, reserving 100g muesli, in a bowl.

In a separate bowl, combine the tahini, maple syrup and apple juice, whisking until smooth. Pour over the dry ingredients and stir to combine. Add extra juice if the mixture is dry.

Press mixture into cake pan, sprinkle over remaining muesli, then cover with plastic wrap and chill overnight.



LUNCH

WINTER VEG SOUP



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

TWO

INGREDIENTS

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

INSTRUCTION

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

Ladle into bowls and eat straight away or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.

**MACROS
PER PORTION**

CALORIES
264

PROTEIN
16G

CARBS
37G

FATS
3G

TURKEY CHILLI JACKET POTATOES

INGREDIENTS

- 4 large baking potatoes
- 1 tbsp olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 300g turkey mince
- 1 tbsp smoked paprika
- 1 tbsp cider vinegar
- 1 tbsp soft light brown sugar
- 350ml passata
- reduced-fat red leicester, grated, to serve
- 4 spring onions, chopped, to serve



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

45 MIN



PORTION

FOUR



INSTRUCTION

Heat oven to 200C/180C fan/gas 6. Use a fork to prick the potatoes all over. Rub with a little of the oil, and bake for 45 mins until tender.

Meanwhile, make the chilli. Heat the remaining oil in a large frying pan over a medium heat. Add the onion, garlic and some seasoning, and cook for 5 mins until soft.

Add the turkey mince and season again, then increase the heat and break up the mince with the back of your spoon. When it's cooked through, add the spices, vinegar, sugar and passata. Reduce to a simmer and cook for 10 mins or until the liquid has reduced.

Cut a cross in the top of each potato and spoon in the chilli. Serve each potato sprinkled with cheese and spring onions.

MACROS PER PORTION

CALORIES
410

PROTEIN
30G

CARBS
61G

FATS
5G

TORTILLA PIZZA



MACROS PER PORTION

CALORIES
266

PROTEIN
11G

CARBS
23G

FATS
14G



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

8 MIN



PORTION

TWO

INGREDIENTS

- 4 tbsp passata
- 1 garlic clove, crushed
- ½ tbsp olive oil
- ½ tsp dried herbs (mixed herbs, basil or oregano work well)
- 2 plain tortillas
- 50g grated mozzarella
- 6-8 slices pepperoni
- 6-8 pickled jalapeño slices

INSTRUCTION

Heat the oven to 220C/200C fan/gas 7.

Mix the passata, garlic, olive oil, herbs and season well.

Put the tortillas on one large baking sheet, or two smaller ones. Spread over the tomato sauce leaving a 1cm border around the edges.

Scatter with the mozzarella, add the pepperoni and jalapeños.

Bake for 6-8 minutes until the edges of the tortillas are crisp and golden, and the cheese has melted and is bubbling.

MEDITERRANEAN TOASTIE



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

5 MIN



PORTION

ONE

INGREDIENTS

- 2 slices of bread
- 2 tbsp tomato pasta or pizza sauce
- 50g torn mozzarella
- a few torn basil leaves and a few whole leaves
- shredded chicken
- butter

INSTRUCTION

Spread the bread with the tomato pizza or pasta sauce. Scatter torn mozzarella and a few torn basil leaves over one slice, then add shredded chicken.

Top with the other slice of bread, then butter the outsides of the sandwich.

Cook in a hot pan, weighed down by another heavy pan, for 2-3 mins on each side until the outside is crisp and the cheese has melted.

Alternatively, cook in a sandwich toaster. Top with a few whole basil leaves and serve.

**MACROS
PER PORTION**





DINNER

CHEEKY CHINESE CHICKEN CURRY



MACROS
PER PORTION

CALORIES
264

PROTEIN
40G

CARBS
7G

FATS
8G



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

40 MIN



PORTION

FOUR

INGREDIENTS

- 4 skinless chicken breasts
- 2 tsp cornflour
- 1 onion, diced
- 2 tbsp rapeseed oil
- 1 garlic clove, crushed
- 2 tsp curry powder
- 1 tsp turmeric
- ½ tsp ground ginger
- pinch sugar
- 400ml chicken stock
- 1 tsp soy sauce
- handful frozen peas
- Rice to serve

INSTRUCTION

Toss the chicken pieces in the cornflour and season well. Set them aside.

Fry the onion in half of the oil in a wok on a low to medium heat, until it softens – about 5-6 minutes. Then add the garlic and cook for a minute. Stir in the spices and sugar and cook for another minute, then add the stock and soy sauce, bring to a simmer and cook for 20 minutes. Tip everything into a blender and blitz until smooth.

Wipe out the pan and fry the chicken in the remaining oil until it is browned all over. Tip the sauce back into the pan and bring everything to a simmer, stir in the peas and cook for 5 minutes. Add a little water if you need to thin the sauce. Serve with rice.

CAPONATA PASTA



INGREDIENTS

- 4 tbsp olive oil (or use the oil from your chargrilled veg, see below)
- 1 large onion, finely chopped
- 4 garlic cloves, finely sliced
- 250g chargrilled Mediterranean veg (from a jar in oil) or chopped bell peppers)
- 400g can chopped tomatoes
- 1 tbsp small capers
- 2 tbsp raisins
- 350g rigatoni, penne or another short pasta shape
- bunch basil leaves, picked
- parmesan (or vegetarian alternative), shaved, to serve

INSTRUCTION

Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelise (or for longer if you have time – the sweeter the better). Add the garlic for the final 2 mins of cooking time.

Tip in the mixed veg, tomatoes, capers and raisins. Season well and simmer, uncovered, for 10 mins, or until you have a rich sauce.

Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan.



PREPARATION

2 MIN



DIFFICULTY

EASY



COOKING

18 MIN



PORTION

TWO

CHICKEN ROASTED WITH ROOT VEG



PREPARATION
15 MIN



DIFFICULTY
EASY



COOKING
90 MIN



PORTION
FOUR

INGREDIENTS

- 1 small celeriac, peeled and cut into 1 inch chunks
- 400g swede, peeled and cut into 1 inch chunks
- 2 large sweet potatoes, scrubbed and cut into 1 inch chunks
- 2 medium parsnips, scrubbed and quartered lengthways
- 2 large garlic cloves, thinly sliced
- 2 tbsp olive oil
- ½ tsp cumin seeds
- a few sprigs of sage
- 4 skinless boneless chicken breast fillets, weighing about 140g each
- 4 slices prosciutto

INSTRUCTION

Preheat the oven to 200C/gas 6/fan 180C.

Put the celeriac, swede, sweet potato, parsnips and garlic in a large roasting tin. Sprinkle with the olive oil and cumin, and season with salt and pepper. Toss the vegetables together so they are lightly coated in oil. Put in the oven towards the top and roast for 30 minutes.

Meanwhile, lay a couple of sage leaves on each chicken breast, then wrap each with a slice of prosciutto to enclose.

Take the roasting pan from the oven and turn the vegetables over. Now lay the chicken on top.

Roast for 30- 35 minutes more, until the vegetables are tender and the chicken is done. Serve with steamed broccoli or lightly cooked Savoy cabbage.

MACROS
PER PORTION

CALORIES
420

PROTEIN
43G

CARBS
39G

FATS
12G

EASY PRAWN STIR FRY

INGREDIENTS

- 500g vegetables (carrots, baby corn, broccoli, courgettes, red peppers and cabbage)
- 1 tbsp rapeseed oil
- 1 garlic clove, sliced
- 1cm fresh ginger, grated
- 1½ tbsp reduced salt soy sauce
- 2 tbsp sweet chilli sauce (optional)
- 200g cooked prawns, salmon (flaked) or chicken breast (shredded)
- 200g egg noodles, cooked



PREPARATION

20 MIN



DIFFICULTY

EASY



COOKING

10 MIN



PORTION

FOUR



MACROS PER PORTION

CALORIES
193

PROTEIN
14G

CARBS
23G

FATS
4G

INSTRUCTION

Finely chop or slice the vegetables into pieces roughly the same size. Slice the carrots diagonally, slice the baby corn, cut the broccoli into small florets, then slice the stem, and finely slice the peppers and cabbage

Heat the oil in a large frying pan or wok, then fry the garlic and ginger for 1 min.

Add the veg and toss to coat. Fry for 2-3 mins, then add the soy sauce and chilli sauce, if using, and mix well.

Cook for 2-3 mins more until the veg is tender. Stir in the prawns, salmon or chicken and heat through. Serve over the noodles.

THANK YOU

We hope you love them!

We hope you enjoy these recipes as much as we enjoyed creating them!

Please feel free to share your creations on social media and don't forget to tag us!



ULTIMATE TASTE

Recipe Book

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