



FEBRUARY EDITION

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CHARGRILLED CHICKEN AND BROCCOLI WITH MASH

Low-Cal Alternative

160g potatoes → 120g potatoes
No sour cream
No milk

Calories - 263
Protein - 30g
Carbs - 28g
Fat - 3g

Plant-Based Alternative

chicken → 100g This plant-based chicken
milk → 20ml plant-based milk
honey → ½ tsp agave syrup
No sour cream

Calories - 364
Protein - 30g
Carbs - 38g
Fat - 7g

Time Saver Alternative

potatoes → 200g microwave mashed
potatoes

New Time - 15 mins

Calories - 327
Protein - 32g
Carbs - 31g
Fat - 7g

CHARGRILLED CHICKEN AND BROCCOLI WITH MASH

Chicken breast marinated in honey, garlic, lemon & herbs grilled to perfection, served with tenderstem broccoli and sour cream and chive mashed potatoes.

Ingredients

- 100g chicken breast
- 160g Maris Piper potatoes
- 20ml skimmed milk
- 1 tbsp reduced-fat sour cream
- 1 tsp chargrilled chicken seasoning
- ½ tsp honey
- 3 whole stalks tenderstem broccoli
- 2 stems chives
- 1 lemon wedge
- ½ clove garlic
- small handful fresh parsley
- olive oil spray
- salt
- pepper

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 they are fork-tender.
- **Prepare the chicken** - Season the chicken with the chargrilled chicken seasoning and salt and pepper to taste. Crush in the garlic using a garlic press, spritz with olive oil, sprinkle in some parsley, drizzle in the honey and squeeze in some lemon juice before massaging into the chicken.
- **Chop the aromatics and veg** - Cut the broccoli stems into small bite-size pieces before thinly slicing the chives and parsley.
- **Grill** - Preheat a griddle to medium heat before adding in the chicken and broccoli, cook for 10-12 mins flipping every minute until cooked through before removing from the pan to rest.
- **Prepare the mash** - When the potatoes are fork-tender, drain and add them back into the pan to steam dry for 2-3 mins. Push the potatoes through a potato ricer, mix in the milk, sour cream and fresh chives before seasoning with salt and pepper to taste.
- **Plate** - Spoon the mash onto a plate, add the broccoli, top with the chicken and serve.
- **Tip** - To make a quick pan sauce, add 100ml of chicken stock to the same pan used to cook the chicken and broccoli. Reduce by half and pour over the dish. You can also make an extra portion of chicken to be used for the Honey Mustard Club Sub recipe.

Calories - 321

Protein - 32g

Carbs - 36g

Fat - 4g



30 mins



Serves 1



STEAK EGGS AND PAPRIKA POTATOES

Low-Cal Alternative

steak → 100g lean beef medallions
160g potatoes → 120g potatoes

Calories - 291
Protein - 32g
Carbs - 21g
Fat - 8g

Plant-Based Alternative

steak → 100g Meatless Farm plant-based
steak
No egg

Calories - 400
Protein - 22g
Carbs - 37g
Fat - 17g

Time Saver Alternative

potatoes → 200g microwave mashed
potatoes

New Time - 10 mins

Calories - 421
Protein - 31g
Carbs - 23g
Fat - 21g

STEAK EGGS AND PAPRIKA POTATOES

Pan seared sirloin steak served with crispy air fried paprika potatoes topped with a perfect sunny side up egg, garnished with fresh chives.

Ingredients

- 100g sirloin steak
- 160g Maris Piper potatoes
- 1 medium egg
- ¼ tsp hot paprika
- ¼ tsp smoked paprika
- ¼ tsp sweet paprika
- rapeseed oil spray
- chives, garnish
- salt
- pepper

Method

- **Prepare the potatoes** - Cut the potato into small bite-size cubes, place into a bowl and rinse off any excess starch with cold water, before draining and patting dry with a paper towel. Add them to a large mixing bowl, season with the sweet paprika, smoked paprika, hot paprika, rapeseed oil spray, salt and pepper. Mix well to combine and set aside.
- **Air fry** - Place the potatoes into the air fryer and cook for 15-20 mins at 200C.
- **Cook the steak** - Preheat a non-stick frying pan to high heat, spritz the steak with oil spray and season heavily with salt and pepper. Cook for 5-6 mins flipping every 30 secs. Once cooked to your liking, remove from the pan to rest.
- **Fry the egg** - Turn the heat down to medium and carefully crack in the egg, cook until the whites have set and the yolk is cooked to your liking.
- **Plate** - Add the potatoes to a plate, slice and add the steak, top with the fried egg, garnish with fresh chives and serve.
- **Tip** - Make an extra portion of steak to be used in the Beef Stroganoff recipe.

Calories - 414

Protein - 31g

Carbs - 28g

Fat - 18g



22 mins



Serves 1



SPAGHETTI CARBONARA

Low-Cal Alternative

pancetta + bacon → 80g bacon medallions
70g spaghetti → 50g spaghetti
egg → ½ egg
20g Pecorino Romano → 10g Pecorino Romano

Calories - 353
Protein - 30g
Carbs - 20g
Fat - 17g

Plant-Based Alternative

pancetta + bacon → 100g This plant-based bacon
egg → 50ml Elmlea plant-based
Pecorino Romano → 1 tsp nutritional yeast

Calories - 453
Protein - 31g
Carbs - 42g
Fat - 17g

Time Saver Alternative

spaghetti → 100g fresh pasta
New Time - 7 minutes

Calories - 505
Protein - 36g
Carbs - 27g
Fat - 27g

Pork-Free Alternative

pancetta + bacon → 80g smoked turkey bacon rashers

Calories - 384
Protein - 39g
Carbs - 27g
Fat - 13g

SPAGHETTI CARBONARA

Our version of the classic carbonara. Crispy pancetta and bacon medallion pieces with spaghetti coated in a creamy egg yolk and Pecorino Romano sauce heavily seasoned with freshly cracked black pepper.

Ingredients

- 60g bacon medallions
- 70g dried spaghetti
- 20g diced pancetta
- 20g grated Pecorino Romano
- 1 medium egg
- ½ tbsp black pepper
- salt

Method

- **Cook the pasta** - Add the pasta to boiling salted water and cook until al-dente.
- **Cook the pancetta** - Add the pancetta to a cold non-stick frying pan and heat over medium heat to render out the fat. Once the fat begins to render, cut the bacon medallions into small bite-size pieces and add to the pan along with half the black pepper. Cook for a further 5 mins until crisp.
- **Prepare the eggs** - Add the whole egg, half the black pepper, and Pecorino Romano to a bowl large enough to sit on top of the pan used to cook the pasta and whisk well to combine. Place the bowl on top of the pasta pan for two minutes stirring constantly. This will begin to cook the eggs gently and melt the cheese without curdling the eggs.
- **Finish the sauce** - When the pasta is al-dente, drain and add to the pan with the pancetta and bacon. Next, turn off the heat, add a splash of pasta water and toss well. Add the bowl with the egg mixture back on top of the pan used to boil the pasta and place over medium heat, add the spaghetti directly into the bowl and mix vigorously to avoid curdling the eggs. The residual heat from pasta and boiling water beneath the bowl will cook the eggs slowly and create a creamy sauce.
- **Plate** - When the sauce is creamy and coats the spaghetti well, add to a plate, top with extra black pepper if desired and serve.
- **Tip** - Swap the pancetta for diced chorizo to make chorizo carbonara.

Calories - 486

Protein - 34g

Carbs - 27g

Fat - 26g



12 mins



Serves 1



CARBONARA WINGS

Low-Cal Alternative

wings → 80g chicken mini fillets
pancetta → 20g bacon medallions
egg → ½ egg
15g Pecorino Romano → 10g Pecorino Romano

Calories - 213
Protein - 31g
Carbs - 2g
Fat - 9g

Plant-Based Alternative

wings → 80g Taste & Glory roast tenderstrips
pancetta → 20g This plant-based bacon
egg → 20ml Elmlea plant-based Pecorino Romano → 1 tsp nutritional yeast

Calories - 230
Protein - 24g
Carbs - 9g
Fat - 10g

Time Saver Alternative

wings → 80g chicken mini fillets

New Time - 12 mins

Calories - 292
Protein - 34g
Carbs - 2g
Fat - 16g

Pork-Free Alternative

pancetta → 20g smoked turkey bacon rashers

Calories - 371
Protein - 37g
Carbs - 2g
Fat - 24g

CARBONARA WINGS

Crispy air fried chicken wings coated in a creamy egg yolk and Pecorino Romano sauce with crispy pancetta, heavily seasoned with freshly cracked black pepper.

Ingredients

- 3 whole chicken wings
- 20g diced pancetta
- 15g grated Pecorino Romano
- 1 medium egg
- ½ tbsp black pepper
- 1 tsp baking powder
- salt
- pepper

Method

- **Prepare the wings** - Separate the wings into drums and flats by cutting through the joints and discarding the wing tips. Add the drums and flats to a large mixing bowl and combine with the baking powder and salt and pepper to taste.
- **Air fry** - Add the wings into an air fryer and cook for 15-20 mins at 200C, or in an oven at 220C for 20-25 mins, flipping halfway.
- **Fry the pancetta** - Add the pancetta to a cold non-stick frying pan and heat over medium heat to render out the fat. Once the fat begins to render, add in half the black pepper and fry until crisp.
- **Prepare the eggs** - Add the egg and Pecorino Romano to a large mixing bowl along with the remaining black pepper and whisk well. Add the crisp pancetta along with the rendered fat into the egg mixture and stir well to combine.
- **Toss the wings** - When the wings are crisp and cooked through, add them directly to the eggs and pancetta and toss constantly to avoid scrambling the eggs. Toss well to coat the wings, the residual heat will cook the eggs and melt the cheese creating a creamy sauce.
- **Plate** - Once the sauce has become creamy and coats the wings well, add to a plate, garnish with additional freshly cracked black pepper and serve.
- **Tip** - Swap the pancetta for diced chorizo for an extra kick.

Calories - 416

Protein - 34g

Carbs - 3g

Fat - 30g



22 mins



Serves 1



BEEF STROGANOFF

Low-Cal Alternative

steak → 100g lean beef medallions
70g tagliatelle → 70g tagliatelle
No Elmlea

Calories - 315
Protein - 30g
Carbs - 27g
Fat - 7g

Plant-Based Alternative

beef → 100g Taste & Glory beef strips
pasta → 70g egg free tagliatelle
beef stock → 100ml vegetable stock
cream + sour cream → 45ml Elmlea plant-based
wine → 30ml vegan white wine
Worcestershire sauce → 1 tsp HP brown sauce

Calories - 599
Protein - 34g
Carbs - 61g
Fat - 19g

BEEF STROGANOFF

Fresh tagliatelle pasta topped with perfectly cooked sirloin steak slices in a sour cream and beef stock gravy, seasoned with Dijon mustard and paprika, garnished with fresh chopped chives.

Ingredients

- 100g sirloin steak
- 100g fresh tagliatelle
- 100ml beef stock
- 30ml white wine
- 1 tbsp Elmlea single light
- 1 tbsp reduced fat sour cream
- 1 tsp paprika
- 1 tsp plain flour
- 1 tsp Worcestershire sauce
- ½ tsp Dijon mustard
- 1 clove garlic
- ⅛ onion
- rapeseed oil spray
- fresh chives, garnish
- salt
- pepper

Calories - 467

Protein - 30g

Carbs - 36g

Fat - 19g

Method

- **Chop the aromatics** - Dice the onion, chop the garlic and thinly slice the chives.
- **Cook the steak** - Preheat a non-stick frying pan to high heat, spray the steak with oil and season heavily with salt and pepper. Cook for 5-6 mins flipping every 30 secs. Once cooked to your liking, remove from the pan to rest.
- **Make the sauce** - Turn the heat down to medium and add the onion and garlic into the pan, sauté for 1-2 mins until softened before adding in the garlic and paprika. Sauté for a further minute, stir in the flour and cook for 30 seconds. Next, deglaze with white wine and whisk in the beef stock, Worcestershire sauce and Dijon mustard. Mix well to combine and leave to simmer on low for 3-5 mins. Finally, turn the heat to low and stir in the cream and sour cream.
- **Boil the pasta** - Add the tagliatelle to boiling salted water and cook for 3-4 mins until al-dente.
- **Finish the sauce** - Slice and add the steak into the sauce along with any resting juices.
- **Plate** - Drain and add the pasta to a plate before pouring over the sauce and sliced beef, garnish with fresh chives and serve.
- **Tip** - This dish can alternatively be served with mash or steamed rice.



16 mins



Serves 1



CHICKEN LO MEIN

Low-Cal Alternative

100g noodles → 70g noodles

Calories - 324
Protein - 30g
Carbs - 33g
Fat - 9g

Plant-Based Alternative

chicken → 100g This plant-based chicken
noodles → 100g fresh udon noodles
chicken stock → 30ml vegetable stock
oyster sauce → ½ tbsp vegetable stir-fry
sauce

Calories - 477
Protein - 30g
Carbs - 53g
Fat - 14g

Time Saver Alternative

No marinating

New Time - 10 mins

Calories - 366
Protein - 30g
Carbs - 40g
Fat - 9g

CHICKEN LO MEIN

Soft Chinese egg noodles with chicken, carrot, cabbage, beansprouts and spring onion, stir-fried in an oyster sauce and soy-based sauce.

Ingredients

- 100g chicken breast
- 100g fresh egg noodles
- 30ml chicken stock
- ½ tbsp light soy sauce
- ½ tbsp oyster sauce
- 1 tsp sesame oil
- ½ tsp cornflour
- ½ tsp sugar
- ¼ tsp dark soy sauce
- 1 spring onion
- ½ carrot
- ½ clove garlic
- ⅛ onion
- small handful beansprouts
- small wedge white cabbage
- rapeseed oil spray
- white pepper

Calories - 366

Protein - 30g

Carbs - 40g

Fat - 9g

Method

- **Prepare the chicken** - Cut the chicken into small bite-size pieces and marinate in ¼ tbsp of soy sauce for 5 mins.
- **Chop the aromatics** - Cut the carrot into thin strips and the spring onion into thirds, slice the onion and roughly chop the cabbage and garlic.
- **Make the stir-fry sauce** - Combine the chicken stock, cornflour, remaining soy sauce, oyster sauce, dark soy sauce, sugar, sesame oil and a pinch of white pepper. Mix well to dissolve the sugar and cornflour.
- **Stir-fry** - Preheat a wok to high heat, once up to temperature, spray in some oil and add in the chicken. Sear the chicken for 20 secs before adding in the cabbage, spring onion and carrot. Stir-fry for 30 secs, add in the garlic, beansprouts and onion. Stir-fry for a further 30 secs before adding in the noodles and the stir-fry sauce. Toss to ensure the sauce coats the noodles and cook for a final 1-2 mins until the chicken is cooked through and the sauce has been absorbed by the noodles.
- **Plate** - Transfer everything from the wok directly to a plate and serve.
- **Tip** - Swap out the chicken for steak or prawns if desired and follow the same method of cooking.



15 mins



Serves 1



PRAWN AND CHORIZO PAELLA

Low-Cal Alternative

chorizo → 30g bacon medallions

Calories - 407
Protein - 30g
Carbs - 55g
Fat - 5g

Plant-Based Alternative

prawns + chorizo → 200g plant-based
chorizo style sausages
chicken stock → 300ml vegetable stock
wine → 40ml vegan white wine

Calories - 442
Protein - 16g
Carbs - 62g
Fat - 12g

Pork-Free Alternative

chorizo → 30g smoked turkey
bacon rashers

Calories - 393
Protein - 30g
Carbs - 55g
Fat - 3g

PRAWN AND CHORIZO PAELLA

One-pan crispy chorizo and succulent prawns with rice, all cooked in chicken stock laced with saffron, seasoned with smoked paprika and topped with fresh parsley and lemon wedges.

Ingredients

- 200g prawns
- 30g diced chorizo
- 120g Spanish paella rice
- 100g chopped tomatoes
- 300ml chicken stock
- 40ml white wine
- 1 clove garlic
- 1 pinch saffron threads
- ½ tsp smoked paprika
- ¼ onion
- ¼ red pepper
- 2 lemon wedges, garnish
- fresh parsley, garnish
- salt
- pepper

Calories - 428

Protein - 30g

Carbs - 56g

Fat - 7g

Method

- **Prepare the stock** - Combine the chicken stock with the saffron threads and stir well.
- **Chop the aromatics** - Finely dice the onion, pepper and garlic.
- **Cook the paella** - Add the chorizo into a cold non-stick frying pan and render the fat over medium heat. Once rendered add in the aromatics and sauté for 2-3 mins until softened before deglazing with white wine. Once the wine has reduced and almost completely evaporated, stir in the paprika and chopped tomatoes. Fry for one more minute before adding in the rice. Mix well to coat the rice evenly then pour in the chicken stock and 150ml of water. Season with salt and pepper to taste before leaving to simmer with the lid off over medium-low heat for 25 mins.
- **Cook the prawns** - Season the prawns with salt and pepper and place on top of the rice for the final 5-7 mins of cooking.
- **Plate** - Once the rice has absorbed all the liquid and the prawns are cooked through, remove from the heat, garnish with fresh parsley and lemon wedges and serve.
- **Tip** - Swap out the prawns for chicken to make chicken and chorizo paella. Cut the chicken into small bite-size pieces and add to the pan along with the aromatics.



35 mins



Serves 2



HONEY MUSTARD CLUB SUB

Low-Cal Alternative

1 baguette → ½ baguette

Calories - 289
Protein - 30g
Carbs - 24g
Fat - 9g

Plant-Based Alternative

chicken → 120g This plant-based chicken
bacon → 100g This streaky plant-based
rashers
mayo → 3 tbsp plant-based mayo
honey → 1 tsp agave syrup

Calories - 457
Protein - 30g
Carbs - 42g
Fat - 17g

Time Saver Alternative

No marinating

New Time - 15 mins

Calories - 366
Protein - 31g
Carbs - 39g
Fat - 9g

Pork-Free Alternative

bacon → 75g smoked turkey bacon
rashers

Calories - 330
Protein - 32g
Carbs - 39g
Fat - 4g

HONEY MUSTARD CLUB SUB

A crusty baguette filled with air fried seasoned chicken breast and smoked bacon medallions with tomato slices, onion, lambs lettuce and a honey-mustard mayo-based dressing.

Ingredients

- 120g chicken breast
- 75g smoked bacon medallions
- 3 tbsp lightest mayonnaise
- 1 hollowed-out baguette
- 1 tbsp Dijon mustard
- 1 tsp honey
- ½ tsp apple cider vinegar
- ½ tsp chargrilled chicken seasoning
- ¼ tsp paprika
- 4 slices tomato
- ⅛ onion
- small handful lambs lettuce
- olive oil spray
- salt
- pepper

Calories - 366

Protein - 31g

Carbs - 39g

Fat - 9g

Method

- **Marinate the chicken** - Season the chicken with chargrilled chicken seasoning, paprika, salt and pepper to taste. Spray in some olive oil and rub the seasoning into the chicken then set aside for 5-10 mins.
- **Prepare the toppings** - Slice the tomato into 4 thick slices and thinly slice the onion.
- **Prepare the sauce** - In a small bowl combine the mayonnaise, honey, mustard and apple cider vinegar. Season with salt and pepper to taste and mix well to combine.
- **Cook the chicken and bacon** - Place the chicken into an air fryer at 200C for 10-12 mins, flipping halfway. Once cooked through, remove and set aside to rest. Cook the bacon in the air fryer for 3-5 mins until crisp.
- **Hollow out the baguette** - Remove some of the bread from the inside of the baguette to create a pocket for the fillings.
- **Plate** - Top the bottom half of the baguette with half of the sauce and evenly lay the lettuce across. Place the tomato slices on top and season with salt and pepper. Add the onion before slicing and adding the chicken breast and bacon. Finally spread the remaining sauce across the inside of the top baguette half and fold the baguette over to form a sandwich. Slice in half and serve.
- **Tip** - Add 1 tbsp of sriracha or hot sauce to the honey mustard sauce for an extra kick.



25 mins



Serves 2



CHICKEN SHAWARMA WRAP

Low-Cal Alternative

1 flatbread → ½ flatbread

Calories - 231
Protein - 30g
Carbs - 22g
Fat - 3g

Plant-Based Alternative

chicken → 200g This plant-based chicken
yoghurt → 2 tbsp Oatly oatgurt
mayo → 2 tbsp plant-based mayo

Calories - 451
Protein - 30g
Carbs - 37g
Fat - 19g

Time Saver Alternative

No marinating

New Time - 15 mins

Calories - 287
Protein - 30g
Carbs - 34g
Fat - 3g

CHICKEN SHAWARMA WRAP

Succulent grilled sliced chicken breast marinated in yoghurt and spices, served with a fresh pickled gherkin and tomato salad and a homemade yoghurt-based garlic sauce wrapped in a soft toasted Lebanese flatbread.

Ingredients

- 200g chicken breast
- 1 large Dina Lebanese flatbread
- 2½ tbsp 0% Greek yoghurt
- 2 tbsp lightest mayonnaise
- ½ tsp cardamom powder
- ½ tsp chilli powder
- ½ tsp coriander powder
- ½ tsp cumin powder
- ¼ tsp cinnamon powder
- ¼ tsp smoked paprika
- ¼ tsp tomato purée
- 4 baby pickled gherkins
- 1 clove garlic
- ½ lemon
- ½ tomato
- ¼ onion
- olive oil spray
- fresh parsley, garnish
- salt
- pepper

Calories - 287

Protein - 30g

Carbs - 34g

Fat - 3g

Method

- **Marinate the chicken** - In a mixing bowl, grate half a garlic clove, add in ½ tbsp of yoghurt, the juice from ¼ lemon, olive oil spray, cardamom powder, chilli powder, coriander powder, cinnamon powder, smoked paprika, cumin powder, tomato purée, salt and pepper. Mix well to combine and marinate the chicken breast in the mixture for 20 mins.
- **Prepare the salad** - Finely slice the onion, cut the tomato into wedges and the gherkins into spears. Add everything to a bowl along with a squeeze of lemon juice, salt and pepper to taste. Top with fresh parsley and toss to combine.
- **Make the sauce** - In a small bowl grate in the remaining garlic and combine with the remaining yoghurt, mayonnaise and squeeze in the remaining lemon juice. Season with salt and pepper and mix well.
- **Grill the chicken** - Preheat a griddle or frying pan to medium-high heat. Lay the chicken breast down, sear on one side for 1-2 mins before flipping every 30 secs for 8-10 mins until the chicken is charred on the outside and cooked through. Remove from the pan and set aside to rest.
- **Toast the flat bread** - Add the flatbread to the same pan and toast on each side for 20-30 secs until warmed through.
- **Assemble the wrap** - Lay the flatbread down on some foil and top with the garlic sauce. Slice the chicken as thinly as possible against the grain and add to the wrap before topping with the salad. Fold the sides inwards and over the filling towards the center. Pull the bottom flap over the filling away from you tucking it under, before rolling forwards to form a wrap. Wrap in the foil and seal off the ends.
- **Plate** - Slice the wrap straight through the foil at an angle, place on a plate and serve.
- **Tip** - Add some sriracha or chilli sauce if desired.



35 mins



Serves 2



THAI RED CURRY NOODLE SOUP

Low-Cal Alternative

coconut milk → 200ml water

Calories - 381
Protein - 30g
Carbs - 52g
Fat - 5g

Plant-Based Alternative

prawns → 100g This plant-based chicken
curry paste → 15g vegan red curry paste
fish sauce → 1 tsp vegan fish sauce

Calories - 537
Protein - 30g
Carbs - 57g
Fat - 19g

THAI RED CURRY NOODLE SOUP

Fresh vermicelli rice noodles with sliced red pepper, chilli, beansprouts, fresh Thai basil and coriander in a red curry coconut broth.

Ingredients

- 120g prawns
- 100g fresh vermicelli rice noodles
- 15g Thai red curry paste
- 200ml light coconut milk
- 1 tsp fish sauce
- 1 tsp sugar
- 1 lime
- ½ red chilli
- ⅛ red pepper
- small handful beansprouts
- small handful fresh coriander
- small handful fresh Thai basil

Method

- **Chop the aromatics** - Thinly slice both the red pepper and the chilli.
- **Cook the broth** - Preheat a saucepan to medium heat, add in a splash of coconut milk, cook until the coconut milk is bubbling and the oil begins to separate. Next, add in the curry paste and mix well using a whisk. Cook for 2-3 mins until the oil separates before pouring in another splash of coconut milk. Mix well to combine and repeat the process until all the coconut milk has been added. Pour in 200ml of water and season with sugar, the juice from half a lime and fish sauce.
- **Cook the prawns** - Add the prawns to the broth and poach for 1-2 mins before removing and setting aside.
- **Plate** - Add the noodles to a large bowl, top with the fresh herbs, pepper, chilli, beansprouts and half a lime, before finally pouring over the broth.
- **Tip** - Feel free to swap out the rice noodles for fresh egg noodles instead. We recommend using 'Mae Ploy' or 'Maesri' red Thai curry paste.

Calories - 503

Protein - 31g

Carbs - 54g

Fat - 17g



10 mins



Serves 1



RED CURRY PORK BURGER

Low-Cal Alternative

burger bun → 1 Warburtons sliced roll

Calories - 336
Protein - 30g
Carbs - 34g
Fat - 9g

Plant-Based Alternative

pork mince → 1 Richmond meat free burger
curry paste → 5g vegan red curry paste
mayo → ½ tbsp plant-based mayo
fish sauce → ½ tsp vegan fish sauce

Calories - 454
Protein - 22g
Carbs - 48g
Fat - 17g

Pork-Free Alternative

pork → 100g 2% fat turkey mince

Calories - 365
Protein - 33g
Carbs - 41g
Fat - 6g

RED CURRY PORK BURGER

A juicy pork patty seasoned with Thai red curry paste grilled to perfection with cucumber slices, red chilli, fresh Thai basil, fresh coriander and a homemade red curry and coconut mayo, all served in a warm toasted burger bun.

Ingredients

- 100g 5% fat pork mince
- 5g Thai red curry paste
- 1 Hovis premium burger bun
- 1 tbs light coconut milk
- ½ tbs lightest mayonnaise
- 1 tsp sugar
- ½ tsp fish sauce
- 4 slices cucumber
- ¼ red chilli
- fresh coriander, garnish
- fresh Thai basil, garnish
- rapeseed oil spray

Method

- **Prepare the accompaniments** - Thinly slice the cucumber and chilli.
- **Form the pork patty** - In a mixing bowl, add the fish sauce, half the sugar, half the curry paste, half the coconut milk and a squeeze of lime juice. Mix well to combine and add in the pork mince. Massage the mixture into the mince until distributed evenly throughout. Next, roll the mixture into a large meatball before flattening to form a burger patty slightly wider than the burger bun.
- **Prepare the sauce** - In a small bowl combine the remaining curry paste and coconut milk with mayonnaise and a squeeze of lime juice.
- **Cook the burger** - Preheat a griddle or non-stick frying pan to medium-high heat before spraying in some oil and adding in the pork patty. Cook for 6-8 mins flipping every 30 secs. Once cooked through, remove from the pan and add in the burger bun. Toast on all sides until golden brown and warmed through.
- **Plate** - Top the bottom bun half with the sauce, the cucumber slices and the pork patty. Garnish with the chilli, fresh coriander and Thai basil. Place the top bun half on top to form the burger, add to a plate and serve.
- **Tip** - If you do not wish to use fresh herbs, a good alternative would be lettuce or Asian slaw. We recommend using 'Mae Ploy' or 'Maesri' red Thai curry paste.

Calories - 378

Protein - 30g

Carbs - 41g

Fat - 10g



12 mins



Serves 1