



APRIL EDITION

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SOY SAUCE BRAISED CHICKEN

Low-Cal Alternative

chicken thighs → 100g chicken breast
40g rice → 30g rice
No egg

Calories - 277
Protein - 30g
Carbs - 37g
Fat - 2g

Plant-Based Alternative

chicken → 100g This isn't chicken

Calories - 439
Protein - 34g
Carbs - 48g
Fat - 11g

Time Saver Alternative

chicken → 100g chicken breast
rice → 100g microwave rice
No egg

New Time - 15 mins

Calories - 347
Protein - 30g
Carbs - 49g
Fat - 4g

SOY SAUCE BRAISED CHICKEN

Tender chicken thigh pieces and a boiled egg braised in soy sauce, garlic, ginger and spices, served over steamed fragrant Jasmine rice with steamed bok choy.

Ingredients

- 120g boneless skinless chicken thighs
- 40g uncooked Jasmine rice
- 2 tbsp light soy sauce
- 1½ tsp dark soy sauce
- 1 tsp sugar
- 1 clove garlic
- 1 medium egg
- 1 spring onion
- 1 whole star anise
- ½ head bok choy
- ½ inch ginger
- 3cm stick cinnamon
- rapeseed oil spray
- salt
- white pepper

Calories - 465

Protein - 33g

Carbs - 45g

Fat - 17g

Method

- **Make the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 130ml of water and salt to taste. Bring to a boil then turn down to low and cover with a lid to steam for 15 mins. Fluff the rice with a fork or chopsticks then cover and leave to rest until serving.
- **Boil the egg** - Place the egg into a saucepan with cold water and bring to a rapid boil over high heat. Once boiling, turn the heat off and cover with a lid, leave to sit for 8 mins then remove and place into a bowl of ice water to stop the cooking.
- **Prepare the chicken** - Cut the chicken into small bite size pieces and set aside.
- **Chop the aromatics** - Julienne the ginger, roughly chop the garlic and cut the spring onion into quarters.
- **Make the sauce** - In a small bowl combine the light soy, dark soy, sugar and a pinch of white pepper.
- **Cook the chicken** - Preheat a wok or frying pan with a lid to medium heat, spray in oil, then add in the star anise and cinnamon. Sauté for 10 secs before adding in the ginger, garlic and whites of the spring onion. Stir-fry for 20 secs until fragrant then add in the chicken pieces, brown the chicken on all sides before adding in the sauce. Stir to coat the chicken well and cook for a further 10-20 secs before pouring in 170ml of water. Next, deshell and place the egg into the sauce, then cover and leave to simmer over low heat for 20-30 mins. Stir every 5 mins to ensure the chicken and egg is coloured evenly on all sides.
- **Steam the bok choy** - Place the bok choy into a steamer and leave to steam for 3-4 mins or until cooked to your liking.
- **Finish the sauce** - Remove the egg and reduce the sauce over medium heat for 2-3 mins with the lid off until slightly thickened.
- **Plate** - Lay a bed of rice down in a bowl, add the steamed bok choy, spoon over the chicken and sauce, then finally slice the egg in half and place on top of the steamed rice.
- **Tip** - Make an extra portion of rice for the Lemongrass Chicken Rice Bowl recipe.



30 mins



Serves 1



CHORIZO MAC 'N' CHEESE

Low-Cal Alternative

chorizo → 30g Najma Spanish turkey chorizo
70g macaroni → 50g macaroni
No panko

Calories - 381
Protein - 30g
Carbs - 33g
Fat - 15g

Plant-Based Alternative

chorizo → 150g Linda McCartney chorizo
sausages
cheese → 25g Violife smoky cheddar slices
milk → 200ml unsweetened soy milk
½ tbsp nutritional yeast

Calories - 572
Protein - 34g
Carbs - 58g
Fat - 18g

Pork-Free Alternative

chorizo → 30g Najma Spanish turkey chorizo

Calories - 442
Protein - 30g
Carbs - 46g
Fat - 15g

CHORIZO MAC 'N' CHEESE

Diced chorizo and macaroni in a cheddar and mozzarella cheese sauce, topped with crispy panko breadcrumbs.

Ingredients

- 30g diced chorizo
- 70g dried elbow macaroni
- 20g lighter cheddar cheese
- 20g low-moisture mozzarella
- 5g panko breadcrumbs
- 200ml skimmed milk
- 1 tbsp plain flour
- salt
- pepper

Method

- **Cook the pasta** - Add the macaroni to boiling salted water and cook for 6-7 mins until al-dente.
- **Prepare the cheese** - Grate both the mozzarella and cheddar cheese.
- **Make the sauce** - Add the chorizo to a cold non-stick frying pan and render out the fat over medium heat for 3-4 mins. When the fat is rendered and the chorizo is slightly crisp, add in the flour and cook for 1-2 mins stirring frequently to avoid burning. Next, gradually whisk in the milk until it has all been incorporated and you are left with a smooth white sauce. Stir in the grated cheese in small amounts and when it has all been incorporated, drain and add in the pasta. Stir well to ensure it is all coated well in the cheese sauce then season with salt and pepper to taste before turning off the heat.
- **Finish the mac 'n' cheese** - Spoon the macaroni into an oven-safe dish, sprinkle over the panko breadcrumbs and place under a hot grill for 3-5 mins until browned.
- **Plate** - When the breadcrumbs are golden brown and crisp, remove from under the grill and serve.
- **Tip** - Swap the chorizo for bacon lardons to make Bacon Mac 'n' Cheese.

Calories - 465

Protein - 30g

Carbs - 46g

Fat - 18g



15 mins



Serves 1



CHICKEN AND CHORIZO PIZZA

Low-Cal Alternative

70g chicken breast → 120g chicken breast
chorizo → 30g Najma Spanish turkey chorizo
No cheddar cheese

Calories - 388
Protein - 30g
Carbs - 48g
Fat - 8g

Plant-Based Alternative

chicken → 100g This isn't chicken
chorizo → 150g Linda McCartney vegetarian
chorizo sausages
cheese → 50g Violife smoky cheddar slices

Calories - 496
Protein - 30g
Carbs - 62g
Fat - 12g

Time Saver Alternative

Marinate for 1 min

New Time - 20 mins

Calories - 436
Protein - 30g
Carbs - 48g
Fat - 14g

Pork-Free Alternative

chorizo → 30g Najma Spanish turkey chorizo

Calories - 423
Protein - 30g
Carbs - 48g
Fat - 12g

CHICKEN AND CHORIZO PIZZA

Oven-baked flatbread pizza topped with diced crispy chorizo, grilled chicken pieces, melted cheddar and mozzarella cheese, garnished with fresh basil.

Ingredients

- 70g chicken breast
- 40g lighter cheddar cheese
- 40g low-moisture mozzarella
- 30g diced chorizo
- 50ml passata
- 1 flame baked naan bread, 180g
- ¼ tsp smoked paprika
- ¼ tsp chargrilled chicken seasoning
- fresh basil, garnish
- salt
- pepper

Method

- **Marinate the chicken** - Add the chicken to a mixing bowl and season with smoked paprika, chargrilled chicken seasoning, salt and pepper. Rub the seasoning into the chicken and leave to sit at room temp for 5-10 mins. Preheat the oven to 220C.
- **Cook the chorizo** - Add the chorizo to a cold non-stick pan, turn the heat to medium and render out the fat. When the fat is rendered and the chorizo is slightly crisp, remove from the pan and set aside.
- **Cook the chicken** - Add the chicken to the same pan and cook for 6-7 mins flipping halfway. Once cooked through, remove from the pan to rest.
- **Prepare the cheese** - Grate both the mozzarella and cheddar cheese.
- **Assemble the pizza** - Evenly spread the passata over the naan and season with salt to taste. Next, cut the chicken into small bite size pieces and add to the pizza along with the chorizo before sprinkling over the grated cheese.
- **Bake the pizza** - Add the pizza onto the top shelf of a preheated oven at 220C for 4-5 mins or until cooked to your liking.
- **Plate** - Remove the pizza from the oven, garnish with fresh basil, cut into slices and serve.

Calories - 436

Protein - 30g

Carbs - 48g

Fat - 14g



30 mins



Serves 2



LEMONGRASS CHICKEN RICE BOWL

Low-Cal Alternative

chicken thighs → 100g chicken breast
40g rice → 30g rice

Calories - 294
Protein - 30g
Carbs - 38g
Fat - 3g

Plant-Based Alternative

chicken → 100g This isn't chicken
fish sauce → 1 tbsp light soy sauce

Calories - 389
Protein - 30g
Carbs - 50g
Fat - 6g

Time Saver Alternative

rice → 100g microwave rice
No pickled carrot and daikon
Marinate for 1 min

New Time - 15 mins

Calories - 440
Protein - 30g
Carbs - 43g
Fat - 16g

LEMONGRASS CHICKEN RICE BOWL

Vietnamese-inspired grilled chicken thighs marinated in lemongrass, chilli, garlic and fish sauce with homemade pickled carrot and daikon, cucumber slices, fresh coriander and chilli served on a bed of steamed Thai Jasmine rice.

Ingredients

- 130g boneless skinless chicken thighs
- 40g uncooked Jasmine rice
- 20g carrot
- 20g daikon/mooli
- 1 tbsp fish sauce
- 1 tbsp white vinegar
- ½ tbsp sugar
- 5 slices cucumber
- ½ clove garlic
- ½ lime
- ½ red chilli
- ¼ stalk lemongrass
- small handful fresh coriander
- rapeseed oil spray
- salt
- pepper

Method

- **Make the rice** – Rinse the rice until the water runs clear and drain. Add to a saucepan with 130ml of water and salt to taste. Bring to a boil then turn down to low and cover with a lid to steam for 15 mins. Fluff the rice with a fork or chopsticks then cover and leave to rest until serving.
- **Prepare the pickled salad** – Cut both the carrot and daikon into thin matchsticks and add to a bowl. Mix in a generous amount of salt and leave to sit for 5-10 mins until softened. Next, rinse off the salt and drain well before adding in ¼ tbsp of sugar and the vinegar along with 60ml of warm water. Mix well to dissolve the sugar and leave to sit for 15-20 mins or in an airtight container in the fridge for up to 3 months.
- **Marinate the chicken** – Smash the lemongrass with the back of a knife and remove the outer layers. Finely chop the lemongrass, half the chilli, the garlic and add to a mixing bowl. Next, add in the fish sauce, remaining sugar and the juice from ½ a lime. Spray in oil and massage the marinade into the chicken. Leave to marinate for 10 mins at room temperature or covered in the fridge for up to 12 hours.
- **Grill the chicken** – Preheat a griddle to medium heat and once up to temperature add in the chicken. Grill for 12 mins flipping halfway then remove from the pan to rest.
- **Plate** – Add the rice to a bowl, slice and top with the chicken, drain and add the pickled salad, then finally garnish with cucumber slices, fresh coriander and sliced chilli.
- **Tip** – Make two extra portions of both the chicken and pickled salad to be used in the Banh Mi recipe.

Calories – 432

Protein – 30g

Carbs – 46g

Fat – 14g



30 mins



Serves 1



BANH MI

Low-Cal Alternative

chicken thighs → 200g chicken breast

Calories - 370
Protein - 33g
Carbs - 51g
Fat - 3g

Plant-Based Alternative

chicken → 200g This isn't chicken
fish sauce → 2 tbsp light soy sauce
mayo → 2 tbsp vegan mayo

Calories - 509
Protein - 31g
Carbs - 54g
Fat - 17g

Time Saver Alternative

No pickled carrot and daikon
Marinate for 1 min

New Time - 15 mins

Calories - 446
Protein - 32g
Carbs - 45g
Fat - 15g

BANH MI

Vietnamese-inspired grilled chicken thighs marinated in lemongrass, chilli, garlic and fish sauce with homemade pickled carrot and daikon, sriracha mayo, cucumber slices, fresh coriander and chilli served in a crusty baguette.

Ingredients

- 260g boneless skinless chicken thighs
- 40g carrot
- 40g daikon/mooli
- 1 baguette
- 3 tbsp lightest mayonnaise
- 2 tbsp fish sauce
- 2 tbsp white vinegar
- 1 tbsp sugar
- 1 tbsp sriracha
- 1 tsp Maggi liquid seasoning
- 5 slices cucumber
- 1 clove garlic
- 1 lime
- 1 red chilli
- ½ stalk lemongrass
- small handful fresh coriander
- rapeseed oil spray
- salt
- pepper

Calories - 473

Protein - 32g

Carbs - 52g

Fat - 15g

Method

- **Prepare the pickled salad** - Cut both the carrot and daikon into thin matchsticks and add to a bowl. Mix in a generous amount of salt and leave to sit for 5-10 mins until softened. Next, rinse off the salt and drain well before adding in ½ tbsp of sugar and the vinegar along with 120ml of warm water. Mix well to dissolve the sugar and leave to sit for 15-20 mins or in an airtight container in the fridge for up to 3 months.
- **Marinate the chicken** - Smash the lemongrass with the back of a knife and remove the outer layers. Finely chop the lemongrass, half the chilli, the garlic and add to a mixing bowl. Next, add in the fish sauce, remaining sugar and the juice from a lime. Spray in some oil and massage the marinade into the chicken. Leave to marinate for 10 mins at room temperature or covered in the fridge for up to 12 hours.
- **Grill the chicken** - Preheat a griddle to medium heat and once up to temperature add in the chicken. Grill for 12 mins flipping halfway then remove from the pan to rest.
- **Prepare the sauce** - In a small bowl combine the sriracha and mayo.
- **Plate** - Begin by hollowing out the baguette before spreading the sriracha mayo evenly on both sides. Next, add the Maggi seasoning and top the bottom half with the cucumber slices, slice and top with the chicken, drain and add the pickled salad, garnish with fresh coriander, then slice and add the chilli.
- **Tip** - Swap the baguette for brioche burger buns to make Lemongrass Chicken Burgers.



30 mins



Serves 2



CHAR KUEY TEOW

Low-Cal Alternative

110g noodles → 55g noodles

Calories - 307
Protein - 30g
Carbs - 28g
Fat - 9g

Plant-Based Alternative

prawns → 100g This isn't chicken
oyster sauce → ½ tbsp vegetarian stir-fry
sauce

Calories - 446
Protein - 33g
Carbs - 47g
Fat - 13g

CHAR KUEY TEOW

Penang island-inspired spicy and savoury stir-fried flat rice noodles with Chinese chives, prawns, egg and beansprouts.

Ingredients

- 100g prawns
- 110g fresh wide flat rice noodles
- 20g beansprouts
- 2 tbsp light soy sauce
- ½ tbsp kicap manis
- ½ tbsp oyster sauce
- 1 tsp chilli paste
- 1 clove garlic
- 1 medium egg
- 1 stem Chinese garlic chives/spring onion
- rapeseed oil spray
- white pepper

Method

- **Chop the aromatics** – Roughly chop the garlic and cut the chive stem into 5 pieces.
- **Prepare the sauce** – In a small bowl combine the oyster sauce, kicap manis, soy sauce and a pinch of white pepper.
- **Stir-Fry** – Preheat a wok to high heat, spray in oil and add in the garlic. Stir-fry for 10 secs before adding in the prawns. Cook the prawns for a further 10 secs, add in the chilli paste and stir well to combine. Next, add in the noodles and stir-fry for 10-20 secs before pouring in the sauce. Toss well to ensure the sauce coats each noodle and cook for 30 secs stirring continuously. Push everything to one side and crack in the egg, scramble the egg until it is nearly cooked through before mixing into the noodles. Finally, add in the chives and beansprouts, toss well and once it is all incorporated well, turn off the heat.
- **Plate** – Tip everything out into a bowl and serve.
- **Tip** – Make a homemade chilli paste by soaking dried chillies and once softened blend with shallots, fresh red chillies and garlic.

Calories – 380

Protein – 30g

Carbs – 43g

Fat – 10g



7 mins



Serves 1



BBQ BACON CHEESEBURGER

Low-Cal Alternative

80g 5% beef → 100g 3% beef mince
brioche bun → 1 Warburtons sliced roll
No cheese

Calories - 373
Protein - 32g
Carbs - 39g
Fat - 8g

Plant-Based Alternative

beef mince → 1 Taste & Glory vegan burger
bacon → 15g This isn't streaky bacon
cheese → 25g Violife smoky cheddar slices
brioche bun → 1 Warburtons sliced roll
mayo → ½ tbsp vegan mayo
No Worcestershire sauce

Calories - 546
Protein - 30g
Carbs - 54g
Fat - 22g

Pork-Free Alternative

bacon → 10g Najma turkey rashers

Calories - 398
Protein - 30g
Carbs - 37g
Fat - 17g

BBQ BACON CHEESEBURGER

1 juicy seared beef patty with crispy bacon, melted cheddar cheese, homemade apple slaw, pickles, and smoky BBQ sauce served in a warm toasted brioche bun.

Ingredients

- 80g 5% fat beef mince
- 15g smoked bacon medallion
- 15g lighter cheddar cheese
- 15g red apple
- 15g red cabbage
- 1 brioche bun
- 1 tbsp BBQ sauce
- ½ tbsp lightest mayonnaise
- 1 tsp BBQ seasoning
- 1 tsp Worcestershire sauce
- 3 slices pickled gherkins
- rapeseed oil spray
- salt
- pepper

Calories - 414

Protein - 31g

Carbs - 36g

Fat - 18g

Method

- **Make the slaw** - Grate both the apple and cabbage into a mixing bowl, combine with the mayo, season with salt and pepper to taste and mix well to combine. Cover and place in the fridge for 10-15 mins.
- **Form the beef patty** - Add the mince to a mixing bowl along with the Worcestershire sauce and BBQ seasoning. Season with salt and pepper then mix well using your hands to ensure the seasoning is evenly distributed. Roll the mince into a large ball before flattening into a thin patty slightly wider than the burger bun.
- **Toast the bun** - Preheat a frying pan to medium-high heat and add in the burger bun halves. Toast on both sides until golden brown then remove from the pan.
- **Fry the bacon** - In the same pan, spray in oil and add in the bacon. Fry the bacon for 1-2 mins on each side or until cooked to your liking then remove and set aside.
- **Cook the patty** - Add in the burger patty and fry for 1-2 mins on each side or until cooked to your liking. Turn the heat to low and add the cheese on top of the patty. Add a splash of water to the pan and cover with a lid to melt the cheese.
- **Assemble the burger** - Spread both burger bun halves with BBQ sauce, add the slaw to the bottom bun, lay the burger patty down, top with the bacon and pickles and crown the burger.
- **Tip** - Make an extra portion of slaw to be served with the Buttermilk BBQ Chicken Tenders.



15 mins



Serves 1



TOMATO AND BASIL CHICKEN PANINI

Low-Cal Alternative

1 ciabatta → ½ ciabatta roll

Calories - 331
Protein - 31g
Carbs - 26g
Fat - 11g

Plant-Based Alternative

chicken → 100g This isn't chicken
cheese → 30g Violife original flavour grated

Calories - 532
Protein - 33g
Carbs - 56g
Fat - 17g

Time Saver Alternative

Marinate for 1 min

New Time - 20 mins

Calories - 455
Protein - 35g
Carbs - 47g
Fat - 13g

TOMATO AND BASIL CHICKEN PANINI

Garlic & herb grilled chicken breast with melted mozzarella cheese, fresh basil and passata served in a toasted ciabatta roll.

Ingredients

- 70g chicken breast
- 40g low-moisture mozzarella
- 25ml passata
- 1 ciabatta roll
- ½ clove garlic
- ¼ tsp tomato purée
- ¼ lemon
- small handful fresh basil
- olive oil spray
- salt
- pepper

Calories - 455

Protein - 35g

Carbs - 47g

Fat - 13g

Method

- **Marinate the chicken** - Add the garlic, tomato purée and half the basil into a pestle and mortar. Season with salt and pepper then grind to a paste. Squeeze in some lemon juice, spray in olive oil and mix well before massaging into the chicken breast. Leave the chicken to marinate for 10 mins at room temp or up to 12 hours in the fridge. The marinade can also be made using a blender.
- **Grill the chicken** - Preheat a griddle to medium heat, once up to temperature, lay in the chicken breast and cook for 6-8 mins flipping halfway through. When cooked to your liking, remove from the pan and set aside to rest.
- **Prepare the cheese** - Cut the mozzarella into thin slices.
- **Assemble the panini** - Spread the passata evenly across both ciabatta halves and season with salt. Top the bottom half with cheese, followed by the chicken and basil, then finally the remaining cheese and the top ciabatta half.
- **Toast the panini** - Add the panini to the griddle, press down with your hand or use a heavy pan as a weight and toast over medium heat for 2-3 mins on both sides. Once the cheese has melted and the ciabatta is golden brown remove from the pan. This can also be done in a panini press.
- **Plate** - Slice the panini in half at an angle and serve.



30 mins



Serves 1



BBQ BUTTERMILK CHICKEN TENDERS

Low-Cal Alternative

No potato

Calories - 334
Protein - 30g
Carbs - 42g
Fat - 4g

Plant-Based Alternative

chicken + cornflour + plain flour + panko +
BBQ seasoning + buttermilk → 100g VFC
chicken tenders
mayo → ½ tbsp vegan mayo

Calories - 471
Protein - 16g
Carbs - 56g
Fat - 19g

Time Saver Alternative

Marinate for 1 min

New Time - 20 mins

Calories - 449
Protein - 32g
Carbs - 65g
Fat - 5g

BBQ BUTTERMILK CHICKEN TENDERS

Crispy air fried chicken tenders marinated in buttermilk and glazed in BBQ sauce served with a side of fries and homemade apple slaw.

Ingredients

- 100g chicken mini fillets
- 140g Maris Piper potatoes
- 15g red apple
- 15g red cabbage
- 2 tbsp BBQ sauce
- 2 tbsp buttermilk
- 1 tbsp BBQ seasoning
- 1 tbsp panko breadcrumbs
- 1 tbsp plain flour
- ½ tbsp cornflour
- ½ tbsp lightest mayonnaise
- rapeseed oil spray
- salt
- pepper

Calories - 449

Protein - 32g

Carbs - 65g

Fat - 5g

Method

- **Marinate the chicken** - Add the chicken to a mixing bowl along with half the BBQ seasoning, salt, pepper and buttermilk. Massage the marinade into the chicken and leave to sit at room temperature for 10 mins or up to 12 hours in the fridge.
- **Make the slaw** - Grate both the apple and cabbage into a mixing bowl, combine with the mayo, season with salt and pepper to taste and mix well to combine. Cover and place in the fridge for 10-15 mins.
- **Prepare the fries** - Cut the potato into 1cm batons, rinse the starch off in cold water, then drain and dry well with a paper towel.
- **Cook the fries** - Place the chips into a preheated air fryer at 200C, spray the chips with oil and cook for 15-20 mins tossing halfway through.
- **Bread the chicken** - Add the remaining BBQ seasoning, plain flour, cornflour and panko to a large bowl. Season with salt and pepper to taste and mix well. Allow the excess marinade to drip off the chicken before adding into the seasoned flour. Coat the chicken in the breading and press down using your hands to ensure the breading adheres to the chicken well.
- **Air fry the chicken** - Move the fries to one side of the basket and lay the chicken tenders down on the other. Spray with oil and cook for 8-10 mins flipping halfway.
- **Plate** - Brush the chicken with BBQ sauce and season the fries with salt to taste. Add to a plate along with a side of slaw and serve.
- **Tip** - Serve the chicken tenders, slaw and pickles in a brioche bun to make a BBQ Chicken Tender Sandwich.



30 mins



Serves 1



GINGER CHILLI AND LIME SALMON SKEWERS

Plant-Based Alternative

salmon → 1 Plant Pioneers no salmon fillet
No fish sauce

Calories - 291
Protein - 16g
Carbs - 23g
Fat - 15g

Time Saver Alternative

Marinate for 1 min

New Time - 8 mins

Calories - 219
Protein - 32g
Carbs - 5g
Fat - 8g

GINGER CHILLI AND LIME SALMON SKEWERS

Grilled salmon skewers marinated in ginger, lime, chilli and fish sauce served with grilled bok choy.

Ingredients

- 120g skinless wild salmon
- ½ tbsp fish sauce
- ½ tbsp light soy sauce
- ½ clove garlic
- ½ head bok choy
- ½ lime
- ½ inch ginger
- ½ red chilli
- rapeseed oil spray
- fresh coriander, garnish
- salt
- pepper
- 1 bamboo skewer

Method

- **Marinate the salmon** – Using a microplane grater, grate the ginger, chilli, garlic and lime zest directly into a mixing bowl. Squeeze in the juice from the lime, spray in oil and combine with the fish sauce, soy sauce, salt and pepper. Mix well to combine, cut the salmon into 1-inch chunks and add to the marinade for 5-10 mins at room temperature.
- **Skewer the salmon** – Thread each piece of salmon onto the skewer.
- **Grill** – Preheat a griddle to medium heat, add in the salmon skewer and the bok choy, grill for 4 mins flipping every minute, once cooked to your liking remove from the pan to rest.
- **Plate** – Add the grilled bok choy to a small plate, top with the salmon skewer, garnish with fresh coriander and sliced chilli if desired and serve.
- **Tip** – This dish pairs well with a side of steamed Jasmine rice.

Calories - 219

Protein - 32g

Carbs - 5g

Fat - 8g



12 mins



Serves 1



HONEY CHIPOTLE PRAWN QUESADILLA

Low-Cal Alternative

80g prawns → 120g prawns
1 tortilla → ½ tortilla
No cheddar cheese

Calories - 310
Protein - 31g
Carbs - 22g
Fat - 11g

Plant-Based Alternative

prawns → 100g This isn't chicken
cheese → 50g Violife smoky cheddar slices
mayo → 2 tbsp vegan mayo
honey → ½ tsp agave syrup

Calories - 667
Protein - 30g
Carbs - 47g
Fat - 39g

Time Saver Alternative

Marinate for 1 min

New Time - 6 mins

Calories - 390
Protein - 30g
Carbs - 33g
Fat - 15g

HONEY CHIPOTLE PRAWN QUESADILLA

Sautéed juicy prawns marinated in honey and chipotle paste, with melted cheddar cheese and homemade chipotle mayo served in a folded crispy tortilla.

Ingredients

- 80g prawns
- 20g lighter cheddar cheese
- 20g low-moisture mozzarella
- 2 tbsp lightest mayonnaise
- 1 tsp chipotle paste
- ½ tsp honey
- 1 plain tortilla
- ½ lime
- olive oil spray
- fresh coriander, garnish
- salt
- pepper

Method

- **Marinate the prawns** - Begin by adding half the chipotle paste, honey, juice from half a lime, salt, pepper and olive oil into a mixing bowl. Cut the prawns into small bite size pieces, mix into the marinade and leave to sit at room temperature for 5-10 mins.
- **Make the sauce** - Add the mayo and remaining chipotle paste into a small bowl and mix well to combine.
- **Prepare the cheese** - Grate both the cheddar and mozzarella cheese.
- **Cook the prawns** - Preheat a non-stick frying pan slightly wider than the tortilla to high heat. Once up to temperature add in the marinated prawns and sauté for 1 min then remove and set aside.
- **Assemble the quesadilla** - Spread the chipotle mayo evenly across the tortilla, top one half with half the cheese, followed by the sautéed prawns, fresh coriander and finally the remaining cheese before folding over the other half.
- **Toast the quesadilla** - Place the quesadilla into the frying pan and toast over medium heat until golden brown then flip and repeat on the other side until the cheese has melted.
- **Plate** - Cut the quesadilla into strips or triangles and serve with extra chipotle mayo if desired.
- **Tip** - Swap the prawns for chicken to make Honey Chipotle Chicken Quesadillas.

Calories - 390

Protein - 30g

Carbs - 33g

Fat - 15g



10 mins



Serves 1