



MAY EDITION

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KARAAGE DON

Low-Cal Alternative

chicken thigh → 100g chicken breast

Calories - 379
Protein - 31g
Carbs - 48g
Fat - 8g

Plant-Based Alternative

chicken → 100g This Isn't chicken
mayo → 1 tbsp vegan mayo
No egg

Calories - 508
Protein - 30g
Carbs - 50g
Fat - 18g

Time Saver Alternative

chicken thigh → 100g chicken breast
rice → 100g microwave Jasmine rice
Marinating time - 1 min

New Time - 15 mins

Calories - 414
Protein - 31g
Carbs - 53g
Fat - 10g

KARAAGE DON

Crispy Japanese fried chicken pieces marinated in ginger, garlic, soy and sake served on a bed of fluffy steamed Jasmine rice, drizzled with 'hotto mayo' and garnished with sesame seeds, nori and spring onion.

Ingredients

- 130g boneless skinless chicken thighs
- 40g uncooked Jasmine rice
- 1 tbsp lightest mayonnaise
- ½ tbsp cornflour
- ½ tbsp light soy sauce
- ½ tbsp plain flour
- 1 tsp sake
- 1 tsp sriracha sauce
- ¼ tsp sesame oil
- ½ clove garlic
- ½ inch piece ginger
- ¼ medium egg
- nori seaweed, garnish
- sesame seeds, garnish
- spring onion, garnish
- rapeseed oil spray
- salt
- pepper

Calories - 482

Protein - 31g

Carbs - 48g

Fat - 19g

Method

- **Make the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 130 ml 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 chopsticks or a fork then cover and leave to rest until serving.
- **Marinate the chicken** - Cut the chicken into small bite-size pieces. Next, beat the egg until smooth and add to a mixing bowl along with the sake, soy sauce, sesame oil, and the chicken. Season with salt and pepper, grate in the ginger and garlic, mix well with your hands and leave to marinate at room temperature for 10 mins or covered in the fridge for up to 12 hours.
- **Bread the chicken** - Add the plain flour and cornflour into a mixing bowl, season with salt and pepper and whisk to combine. Toss the marinated chicken in the flour mixture until every piece is evenly coated.
- **Cook the chicken** - Place the chicken into a preheated air fryer at 200C, spritz with oil and cook for 15 mins flipping halfway.
- **Prepare the sauce** - In a small bowl combine the sriracha and mayo.
- **Plate** - Add the rice to a bowl, top with the chicken, drizzle over the sauce and finally garnish with sliced spring onion, seaweed and sesame seeds.
- **Tip** - Make extra portions of rice to be used in the Teriyaki Beef Fried Rice and Hawaiian Loco Moco recipes.



30 mins



Serves 1



TERIYAKI BEEF FRIED RICE

Low-Cal Alternative

skirt beef → 110g lean beef medallions
No egg

Calories - 361
Protein - 30g
Carbs - 45g
Fat - 6g

Plant-Based Alternative

beef → 120g Taste & Glory no-beef strips
No egg

Calories - 416
Protein - 31g
Carbs - 47g
Fat - 8g

TERIYAKI BEEF FRIED RICE

Fried rice with slices of beef, egg, spring onion and choy sum in a sweet and savoury Teriyaki sauce.

Ingredients

- 90g beef skirt
- 100g cooked Jasmine rice
- 20g choy sum
- 1 tbsp light soy sauce
- ½ tbsp mirin
- ½ tsp sugar
- ¼ tsp dark soy sauce
- 1 medium egg
- 1 spring onion
- ½ clove garlic
- ½ inch piece ginger
- sesame seeds, garnish
- rapeseed oil spray
- salt
- pepper

Calories - 438

Protein - 31g

Carbs - 45g

Fat - 14g

Method

- **Prepare the beef** - Cut the beef into thin strips against the grain and set aside.
- **Chop the aromatics** - Thinly slice the spring onion, mince the garlic and ginger, then the choy sum into small bite-size pieces.
- **Make the sauce** - In a small bowl combine the light soy, dark soy, mirin and sugar.
- **Stir-fry** - Preheat a wok to high heat, spray in some oil and add in the beef. Season the beef with salt and pepper and leave to sear for 30 secs. Next, add in the ginger, garlic and choy sum. Stir-fry for 30-60 secs then push everything to one side and crack in the egg. Scramble the egg before adding in the cooked rice and sauce. Toss well to combine and press down on the rice using the back of a spatula to help separate each grain. Stir-fry for 30 secs on high heat before adding in the spring onion. Once each grain of rice is evenly coated in the sauce, turn off the heat and set aside.
- **Plate** - Tip the rice into a bowl, garnish with sesame seeds and serve.
- **Tip** - Feel free to swap the beef for any other protein you like.



12 mins



Serves 1



HARISSA CHICKEN WRAP

Low-Cal Alternative

chicken thigh → 100g chicken breast

Calories - 310
Protein - 31g
Carbs - 32g
Fat - 5g

Plant-Based Alternative

chicken → 100g This Isn't chicken
yoghurt → 20g Oatly oatgurt

Calories - 389
Protein - 30g
Carbs - 36g
Fat - 11g

Time Saver Alternative

chicken thigh → 100g chicken breast
Marinating time - 1 min

New Time - 15 mins

Calories - 310
Protein - 31g
Carbs - 32g
Fat - 5g

HARISSA CHICKEN WRAP

Air fried chicken thighs marinated in harissa paste with homemade harissa yoghurt dressing and cucumber and tomato sumac salad, wrapped in a warm toasted flour tortilla.

Ingredients

- 130g boneless skinless chicken thighs
- 20g Fage 0% Greek yoghurt
- 1 plain tortilla
- 1 tbs harissa paste
- ½ tsp sumac
- ½ lemon
- ½ tomato
- ⅛ cucumber
- ⅛ onion
- small handful fresh parsley
- olive oil spray
- salt
- pepper

Method

- **Marinate the chicken** - Add half the harissa paste to a mixing bowl, spritz with oil, squeeze in some lemon juice, season with salt and pepper to taste. Add the chicken to the marinade and coat well. Leave to marinate at room temperature for 10 mins or covered in the fridge for up to 12 hours.
- **Prepare the salad** - Finely dice the onion, parsley, cucumber, and tomato and add to a bowl. Squeeze in some lemon juice and season with salt, pepper and sumac. Mix well to combine and set aside.
- **Cook the chicken** - Place the chicken into an air fryer preheated to 200C and cook for 14 mins. Once cooked through, leave to rest for 5 mins.
- **Make the sauce** - In a small bowl, add in the yoghurt and remaining harissa paste, squeeze in some lemon juice and season with salt and pepper. Mix well to combine and set aside.
- **Assemble the wrap** - Top the tortilla with the sauce, slice the chicken against the grain and add to the wrap, then finally top with the fresh salad. 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 forwards away from you to form a wrap.
- **Toast the wrap** - Place the wrap seam side down in a non-stick frying pan preheated to medium heat and toast on all sides.
- **Plate** - Slice the wrap in half at an angle and serve with extra sauce if desired.
- **Tip** - Make extra sauce and salad to use for the Harissa Sea Bass recipe.

Calories - 413

Protein - 31g

Carbs - 32g

Fat - 16g



30 mins



Serves 1



TERIYAKI WINGS

Low-Cal Alternative

chicken wings → 100g chicken mini fillets

Calories - 178
Protein - 30g
Carbs - 9g
Fat - 2g

Plant-Based Alternative

chicken → 130g Taste & Glory roast
tenderstrips

Calories - 240
Protein - 30g
Carbs - 12g
Fat - 6g

Time Saver Alternative

Marinating time - 1 min

New Time - 21 mins

Calories - 343
Protein - 30g
Carbs - 9g
Fat - 20g

TERIYAKI WINGS

Air fried chicken wings marinated in a sweet and savoury homemade Teriyaki sauce, garnished with spring onion and sesame seeds.

Ingredients

- 4 whole chicken wings
- 1 tbsp light soy sauce
- ½ tbsp mirin
- ½ tsp sugar
- ¼ tsp dark soy sauce
- ½ clove garlic
- ½ inch piece ginger
- sesame seeds, garnish
- spring onion, garnish

Method

- **Prepare the wings** - Separate the wings into drums and flats by cutting through the joints and discarding the wing tips.
- **Marinate the wings** - Add the light soy, dark soy, mirin and sugar to a mixing bowl. Next, grate in the garlic and ginger, then mix well. Coat the wings in the marinade and leave to sit for 15 mins.
- **Cook the wings** - Place the wings into an air fryer at 200C for 15 mins flipping halfway.
- **Prepare the garnish** - Thinly slice the spring onion at an angle.
- **Plate** - Place the wings on a plate and garnish with sesame seeds and sliced spring onion to serve.
- **Tip** - Add sriracha or hot sauce to the marinade for an extra kick.

Calories - 343

Protein - 30g

Carbs - 9g

Fat - 20g



35 mins



Serves 1



MAGGI GORENG

Low-Cal Alternative

noodles → 100g fresh egg noodles
No Maggi seasoning packet

Calories - 344
Protein - 30g
Carbs - 36g
Fat - 9g

Plant-Based Alternative

chicken → 100g This Isn't chicken
No oyster sauce
No egg

Calories - 492
Protein - 31g
Carbs - 48g
Fat - 16g

MAGGI GORENG

A Malaysian street food favourite, stir-fried instant Maggi ramen noodles with chicken and choy sum in a spicy-savoury sauce, topped with a fried egg.

Ingredients

- 70g chicken breast
- 20g choy sum
- 1 medium egg
- 1 packet Maggi dried instant noodles
- 1 packet Maggi curry powder
- ½ tbsp kicap manis
- ½ tbsp light soy sauce
- ½ tbsp oyster sauce
- 1 tsp chilli paste
- 1 tsp ketchup
- ½ clove garlic
- cucumber, garnish
- rapeseed oil spray

Calories - 473

Protein - 31g

Carbs - 46g

Fat - 17g

Method

- **Cook the noodles** - Boil the noodles for 1-2 minutes then drain and set aside.
- **Prepare the aromatics** - Roughly chop the garlic and cut the choy sum and chicken into bite-size pieces.
- **Make the sauce** - In a small bowl combine the soy sauce, kicap manis, oyster sauce, ketchup, chilli paste and curry powder.
- **Stir-fry** - Preheat a wok to medium-high heat, spray in some oil and add in the chicken. Brown on all sides before adding in the garlic and choy sum. Stir fry for 30 secs before adding in the noodles and sauce. Toss well to combine and cook until the noodles have absorbed all the sauce then turn off the heat and set aside.
- **Fry the egg** - Preheat a non-stick frying pan to medium heat, spray in some oil and crack in the egg. Cook the egg until the whites have set and the yolk is cooked to your liking.
- **Plate** - Add the noodles to a plate, top with the fried egg, garnish with cucumber slices and serve.
- **Tip** - Fresh egg noodles are a great substitution for instant ramen noodles.



15 mins



Serves 1



PATTY MELT

Low-Cal Alternative

beef → 90g 3% beef mince
40g Emmental → 20g Emmental

Calories - 324
Protein - 30g
Carbs - 26g
Fat - 10g

Plant-Based Alternative

beef + Worcestershire sauce → 1 Richmond
vegan & vegetarian burger
cheese → 40g Violife slice

Calories - 358
Protein - 20g
Carbs - 36g
Fat - 14g

PATTY MELT

Minced beef burger patty with melted Emmental cheese and crispy onions served between two slices of griddled bread.

Ingredients

- 90g 5% beef mince
- 40g Emmental cheese
- 2 slices Warburtons medium white bread
- 1 tsp Worcestershire sauce
- ¼ onion
- rapeseed oil spray
- salt
- pepper

Method

- **Prepare the onions** – Thinly slice the onion and add to a non-stick frying pan preheated to medium heat. Spritz with oil and cook for 8-10 mins.
- **Make the patty** – Add the mince and Worcestershire sauce to a large mixing bowl and mix well using your hands. Roll the mince into a large ball before flattening to form a thin patty slightly wider than the sliced bread.
- **Cook the patty** – Preheat a non-stick frying pan to high heat, spray in some oil, add in the patty and season with salt and pepper to taste. Cook for 2 mins on each side, or until cooked to your liking, then remove and set aside.
- **Assemble the patty melt** – Place both slices of bread in the frying pan, top each slice with cheese and toast over medium heat until the bread is golden brown and the cheese has melted. Add the caramelised onions to once slice, place the patty on top and fold over the other slice to form a sandwich.
- **Plate** – Slice the patty melt in half at an angle, add to a plate and serve.
- **Tip** – Make an extra burger patty to be used for the Hawaiian Loco Moco recipe.

Calories – 415

Protein – 36g

Carbs – 25g

Fat – 17g



20 mins



Serves 1



NANDO'S GRILLED CHICKEN BURGER

Low-Cal Alternative

white plait roll → 1 Warburtons sliced
white roll

Calories - 313
Protein - 30g
Carbs - 34g
Fat - 7g

Plant-Based Alternative

chicken → 120g Meatless Farm plant-
based chicken breast
mayo → 1 tbsp vegan mayo

Calories - 627
Protein - 30g
Carbs - 60g
Fat - 28g

Time Saver Alternative

Marinating time - 1 min

New Time - 15 mins

Calories - 425
Protein - 33g
Carbs - 56g
Fat - 8g

NANDO'S GRILLED CHICKEN BURGER

This Nando's copycat grilled chicken burger consists of chicken breast marinated in Nando's peri-peri sauce and spices grilled to perfection, served with homemade lemon and herb mayo, peri-peri ketchup, lettuce and tomato in a warm toasted white roll.

Ingredients

- 100g chicken breast
- 1 white plait roll
- 1 tbsp lightest mayonnaise
- 1 tbsp Nando's peri-peri sauce
- ½ tbsp ketchup
- ½ tbsp Nando's peri-peri rub
- ¼ tsp dried parsley
- 2 slices tomato
- 1 leaf gem lettuce
- lemon wedge
- olive oil spray
- salt
- pepper

Method

- **Marinate the chicken** - Add the chicken to a mixing bowl and marinate with half the peri-peri sauce and rub, a squeeze of lemon, salt, pepper and olive oil. Leave to sit at room temperature for 10 mins or covered in the fridge for up to 12 hours.
- **Make the sauces** - In a small bowl, combine the remaining peri-peri sauce and rub with the ketchup. In a separate bowl, add the mayo, dried parsley and a squeeze of lemon. Mix well and set aside.
- **Grill** - Add the chicken to a griddle preheated to medium heat and grill for 4-5 mins on each side. Once cooked through, remove from the pan to rest. Next, slice the roll in half and grill until golden brown.
- **Plate** - Top the bottom half of the roll with the peri ketchup, followed by the lettuce, and tomato slices before placing the chicken breast on top. Spread the lemon and herb mayo over the top half of the roll and crown the burger before serving.
- **Tip** - Make an extra portion of chicken to use for the Creamy Peri-Peri Chicken Pasta recipe.

Calories - 425

Protein - 33g

Carbs - 56g

Fat - 8g



25 mins



Serves 1



CREAMY PERI-PERI CHICKEN PASTA

Low-Cal Alternative

70g pasta → 50g pasta
50ml Elmlea → 25ml Elmlea
No Parmigiano Reggiano

Calories - 289
Protein - 30g
Carbs - 23g
Fat - 8g

Plant-Based Alternative

chicken → 120g Meatless Farm plant-based chicken breast
cream → 50ml Elmlea plant
No Parmigiano Reggiano

Calories - 527
Protein - 28g
Carbs - 35g
Fat - 31g

Time Saver Alternative

Marinating time - 1 min

New Time - 20 mins

Calories - 368
Protein - 33g
Carbs - 31g
Fat - 11g

CREAMY PERI-PERI CHICKEN PASTA

Chicken breast marinated in Nando's peri-peri sauce and spices grilled to perfection, served with penne pasta and spinach in a creamy peri-peri sauce.

Ingredients

- 100g chicken breast
- 70g dried penne pasta
- 10g grated Parmigiano Reggiano
- 50ml 45% less fat Elmlea single light
- 1 tbsp Nando's peri-peri sauce
- ½ tbsp Nando's peri-peri rub
- lemon wedge
- handful fresh spinach
- fresh parsley, garnish
- olive oil spray
- salt
- pepper

Method

- **Marinate the chicken** - Add the chicken to a mixing bowl and marinate with half the peri-peri sauce and rub, a squeeze of lemon, salt, pepper, and olive oil. Leave to sit at room temperature for 10 mins or covered in the fridge for up to 12 hours.
- **Cook the chicken** - Preheat a non-stick frying pan to medium heat and cook the chicken for 4-5 mins on each side then remove from the pan to rest.
- **Boil the pasta** - Add the pasta to boiling salted water and cook for 6-7 mins until al-dente.
- **Make the sauce** - Cook the spinach in the same pan used for the chicken for 1 min until slightly wilted. Next, add in the remaining peri-peri rub and sauce, along with a splash of pasta water. Slowly stir in the cream and Parmigiano Reggiano. Mix well and add any resting juices from the chicken into the sauce.
- **Finish the pasta** - Drain and add the pasta to the sauce and mix well to ensure each piece of pasta is well coated, squeeze in some lemon juice, and season with salt, and pepper to taste.
- **Plate** - Spoon the pasta out into a bowl, slice and top with the chicken, garnish with fresh parsley and serve.
- **Tip** - This dish works well with any pasta shape you like.

Calories - 368

Protein - 33g

Carbs - 31g

Fat - 11g



30 mins



Serves 1



STEAK POUTINE

Low-Cal Alternative

skirt beef → 120g lean beef medallions
40g mozzarella → 10 mozzarella
140g potato → 100g potato

Calories - 281
Protein - 31g
Carbs - 24g
Fat - 6g

Plant-Based Alternative

beef → 100g Taste & Glory no-beef strips
beef stock → 150ml vegetable stock
mozzarella → 30g Violife grated
Worcestershire sauce → 1 tsp HP brown sauce

Calories - 400
Protein - 28g
Carbs - 40g
Fat - 13g

Time Saver Alternative

potato → 100g microwave chips

New Time - 10 mins

Calories - 444
Protein - 30g
Carbs - 36g
Fat - 18g

STEAK POUTINE

Inspired by Canada's famous 'Poutine', this dish consists of crispy air fried chips and mozzarella cubes drowned in beef gravy, topped with skirt steak and garnished with fresh parsley.

Ingredients

- 90g beef skirt
- 140g Maris Piper potatoes
- 40g low-moisture mozzarella
- 150ml beef stock
- ½ tbsp cornflour
- 1 tsp Worcestershire sauce
- fresh parsley, garnish
- rapeseed oil spray
- salt
- pepper

Method

- **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.
- **Prepare the cheese** – Cut the mozzarella into small bite-size cubes.
- **Cook the steak** – Bring the steak to room temperature, spritz with oil and season with salt and pepper before adding to a non-stick frying pan preheated to high heat. Cook for 4-5 mins flipping every 30 secs then remove from the pan to rest.
- **Make the gravy** – Deglaze the pan with beef stock and simmer over medium heat for 2 mins. Next, combine the cornflour with equal parts cold water and stir into the stock. Once thickened, season with Worcestershire sauce, salt and pepper.
- **Plate** – Add the chips to a plate, top with the cheese cubes, pour over the gravy, slice and top with the steak, garnish with fresh parsley and serve.
- **Tip** – Make an extra portion of gravy to be used in the Hawaiian Loco Moco recipe.

Calories - 393

Protein - 31g

Carbs - 32g

Fat - 14g



22 mins



Serves 1



HAWAIIAN LOCO MOCO

Low-Cal Alternative

5% beef mince → 120g 3% beef mince
No egg

Calories - 357
Protein - 30g
Carbs - 46g
Fat - 5g

Plant-Based Alternative

beef mince → 1 Richmond vegan & vegetarian
burger
beef stock → 150 ml vegetable stock
Worcestershire sauce → 1 tsp HP brown sauce
No egg

Calories - 378
Protein - 20g
Carbs - 53g
Fat - 9g

Time Saver Alternative

rice → 100g microwave Jasmine rice

New Time - 15 mins

Calories - 440
Protein - 31g
Carbs - 50g
Fat - 13g

HAWAIIAN LOCO MOCO

This Hawaiian comfort food classic consists of a homemade seared beef patty served on a bed of fluffy steamed Jasmine rice, topped with beef gravy and a fried egg.

Ingredients

- 90g 5% beef mince
- 40g uncooked Jasmine rice
- 150ml beef stock
- 1 medium egg
- ½ tbsp cornflour
- ½ tbsp light soy sauce
- 2 tsp Worcestershire sauce
- ½ tsp sugar
- ¼ onion
- spring onion, garnish
- rapeseed oil spray
- salt
- pepper

Calories - 405

Protein - 31g

Carbs - 46g

Fat - 11g

Method

- **Make the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 130 ml 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 chopsticks or a fork then cover and leave to rest until serving.
- **Make the patty** - Add the mince and half the Worcestershire sauce to a large mixing bowl and mix well using your hands. Roll the mince into a large ball before flattening to form a patty.
- **Prepare the onions** - Thinly slice the onion and set aside.
- **Cook the patty** - Preheat a non-stick frying pan to high heat, spray in some oil, add in the patty and season with salt and pepper to taste. Cook for 2 mins on each side, or until cooked to your liking, then remove and set aside.
- **Make the gravy** - Sauté the sliced onion in the same pan for 3-5 mins over medium heat until softened. Next, deglaze with beef stock and simmer over medium heat for 2 mins. Combine the cornflour with equal parts cold water and stir into the stock. Once thickened, season with Worcestershire sauce, soy sauce, salt and pepper.
- **Fry the egg** - Preheat a non-stick frying pan to medium heat, spray in some oil and crack in the egg. Cook the egg until the whites have set and the yolk is cooked to your liking.
- **Plate** - Spoon the rice out onto a plate, add the burger patty, pour over the gravy, top with the fried egg, garnish with sliced spring onion and serve.
- **Tip** - Sautéed mushrooms make a great addition to this dish. Slice and sauté the mushrooms with the onion before adding in the beef stock.



30 mins



Serves 1



HARISSA SEA BASS

Low-Cal Alternative

sea bass → 100g skinless sea bass fillet
140g potato → 100g potato

Calories - 298
Protein - 30g
Carbs - 28g
Fat - 5g

Plant-Based Alternative

sea bass → 1 Plant Pioneers no salmon fillet
yoghurt → 20g Oatly oatgurt

Calories - 479
Protein - 22g
Carbs - 54g
Fat - 17g

Time Saver Alternative

potatoes → 200g microwave mash

New Time - 15 mins

Calories - 435
Protein - 31g
Carbs - 33g
Fat - 16g

HARISSA SEA BASS

Harissa marinated pan-seared sea bass served on a bed of crispy air fried sumac potatoes with homemade harissa yoghurt dressing and cucumber and tomato sumac salad.

Ingredients

- 100g sea bass fillet
- 140g Maris Piper potatoes
- 20g Fage 0% Greek yoghurt
- 1 tbsp harissa paste
- 1 tsp sumac
- ½ lemon
- ½ tomato
- ⅓ cucumber
- ⅓ onion
- small handful fresh parsley
- olive oil spray
- salt
- pepper

Method

- **Prepare the potatoes** - Cut the potato into small bite-size cubes then place into a bowl and rinse off any excess starch with cold water before draining and patting dry with a paper towel.
- **Air fry** - Place the potatoes into the air fryer and cook for 15-20 mins at 200C.
- **Prepare the salad** - Finely dice the onion, parsley, cucumber, and tomato and add to a bowl. Squeeze in some lemon juice and season with salt, pepper and sumac. Mix well to combine and set aside.
- **Make the sauce** - In a small bowl, add in the yoghurt, half the harissa paste, a squeeze of lemon and season with salt and pepper. Mix well to combine and set aside.
- **Cook the fish** - Preheat a non-stick frying pan to medium heat, coat the flesh of the fish with the remaining harissa paste and season with salt and pepper. Spritz the pan with oil and cook the fish skin side down for 3-4 mins then flip and cook for a final 30 secs.
- **Plate** - Season the potatoes with salt, pepper and sumac. Add to a plate along with the salad, top with the fish, add the sauce, garnish with fresh parsley and a lemon wedge and serve.
- **Tip** - Salmon is a great substitution for sea bass in this recipe.

Calories - 412

Protein - 31g

Carbs - 35g

Fat - 14g



22 mins



Serves 1