



JUNE EDITION

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SHRIMP PO' BOY

Low-Cal Alternative

No cornmeal, cornflour or egg

Calories - 344
Protein - 30g
Carbs - 41g
Fat - 9g

Plant-Based Alternative

prawns + cornmeal + cornflour + egg
→ 200g VFC chicken tenders
mayo → 2 tbsp vegan mayo

Calories - 566
Protein - 24g
Carbs - 48g
Fat - 29g

Time Saver Alternative

No cornmeal, cornflour or egg

New Time - 8 mins

Calories - 344
Protein - 30g
Carbs - 41g
Fat - 9g

SHRIMP PO' BOY

Originating in Louisiana, this sandwich consists of breaded air fried prawns with shredded lettuce and tomato served in a French baguette and lathered with a spicy mayonnaise-based sauce.

Ingredients

- 220g prawns
- 1 baguette
- 4 tbsp lightest mayonnaise
- 1 tbsp Cajun seasoning
- 1 tbsp cornflour
- 1 tbsp Dijon mustard
- 1 tbsp fine cornmeal
- 2 tsp hot sauce
- ¼ tsp dried parsley
- 4 pickled gherkin slices
- 2 iceberg lettuce leaves
- 1 tomato
- ¼ garlic clove
- ¼ lemon
- ¼ medium egg
- rapeseed oil spray
- salt
- pepper

Calories - 391

Protein - 30g

Carbs - 50g

Fat - 10g

Method

- **Bread the prawns** - In a bowl, combine the cornmeal, cornflour, Cajun seasoning, salt, and pepper. Add the egg to a separate bowl and whisk until smooth. Coat the prawns in the flour mixture, dip in the egg wash, then add them back into the flour mixture and ensure each piece is coated evenly.
- **Cook the prawns** - Add the prawns into an air fryer preheated to 200C, spritz with oil, and cook for 5-7 mins flipping halfway.
- **Prepare the accompaniments** - Thinly slice the lettuce and tomato.
- **Make the sauce** - Finely chop the pickle before adding to a small bowl along with the mayo, mustard, and hot sauce. Add the dried parsley, season with salt and pepper, grate in the garlic, and squeeze in lemon juice. Mix well to combine and set aside.
- **Plate** - Hollow out the baguette using your hands and evenly spread the sauce across both sides. Top the bottom half with the shredded lettuce and tomato slices, top with prawns, and serve.
- **Tip** - Feel free to swap the prawns for salmon to make a Salmon Po' Boy.



12 mins



Serves 2



CHEDDAR BURGER

Low-Cal Alternative

5% beef → 90g 3% beef mince
brioche bun → 1 Warburtons sliced roll
20g cheese → 10g lighter cheddar

Calories - 343
Protein - 30g
Carbs - 33g
Fat - 11g

Plant-Based Alternative

beef mince → 1 Taste & Glory vegan burger
brioche bun → 1 Warburtons roll
cheese → 25g Violife smoky cheddar slices
mayo → ½ tbsp vegan mayo
No Worcestershire sauce

Calories - 498
Protein - 24g
Carbs - 45g
Fat - 23g

CHEDDAR BURGER

Juicy pan-seared beef patty covered in melted cheddar cheese with shredded lettuce, tomato, pickles and a homemade mustard and mayonnaise-based sauce, served in a warm toasted brioche bun.

Ingredients

- 90g 5% beef mince
- 20g lighter cheddar cheese
- 1 seeded brioche roll
- 1 tbsp lightest mayonnaise
- 2 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 4 pickled gherkin slices
- 2 tomato slices
- 1 leaf iceberg lettuce
- rapeseed oil spray
- salt
- pepper

Method

- **Form the patty** - Add the mince to a mixing bowl along with the Worcestershire sauce. Mix well to combine before rolling the mince into a large ball. Flatten the meatball by pressing down with your hand to form a burger patty slightly wider than the bun.
- **Make the sauce** - In a small bowl, combine the mayo, mustard, and Worcestershire sauce.
- **Prepare the accompaniments** - Thinly slice the lettuce and tomato.
- **Toast the bun** - Toast both halves of the bun in a non-stick frying pan at medium heat until golden brown.
- **Cook the patty** - Turn the heat up to medium-high, spritz with oil, and carefully add the patty. Season one side heavily with salt and pepper and cook for 5-6 mins flipping halfway. Once flipped, add the cheese on top and cover with a lid to allow the cheese to melt.
- **Plate** - Add half the sauce to the bottom bun and top with the lettuce and tomato. Season the tomato with salt and pepper before laying down the burger patty. Place the pickles on top before adding the remaining sauce to the top bun and crowning the burger.
- **Tip** - Add extra spices and hot sauce to the sauce for an extra kick.

Calories - 392

Protein - 32g

Carbs - 31g

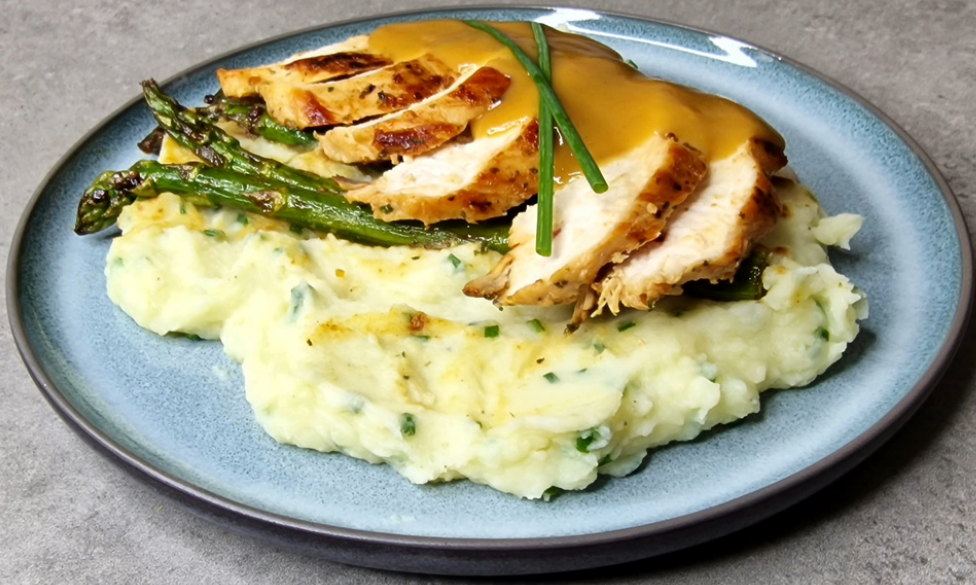
Fat - 16g



14 mins



Serves 1



HONEY MUSTARD CHICKEN

Low-Cal Alternative

100g chicken → 120g chicken
No potato, milk, chives or cream

Calories - 242
Protein - 31g
Carbs - 17g
Fat - 5g

Plant-Based Alternative

chicken → 100g This Isn't chicken
chicken stock → 150 ml vegetable stock
cream → 25ml Elmlea plant
milk → 20ml unsweetened soy milk
honey → 1 tbsp agave syrup

Calories - 476
Protein - 30g
Carbs - 48g
Fat - 15g

Time Saver Alternative

potatoes + chives + milk → 200g
microwave mash
Marinating time → 1 min

New Time - 15 mins

Calories - 390
Protein - 30g
Carbs - 41g
Fat - 10g

HONEY MUSTARD CHICKEN

Sautéed chicken breast and asparagus served with creamy chive mashed potato and a homemade honey and mustard pan sauce.

Ingredients

- 100g chicken breast
- 160g Maris Piper potatoes
- 150ml chicken stock
- 25ml Elmlea single light
- 20ml skimmed milk
- 1 tbsp Dijon mustard
- 1 tbsp honey
- 1 tsp chargrilled chicken seasoning
- 4 asparagus tips
- 2 chive stems
- 1 lemon wedge
- olive oil spray
- salt
- pepper

Calories - 390

Protein - 31g

Carbs - 47g

Fat - 7g

Method

- **Boil the potatoes** - Peel the potatoes and cut into 2-inch cubes before placing them in a saucepan with cold salted water. Bring to a boil and leave to simmer until fork-tender.
- **Marinate the chicken** - Season the chicken with chargrilled chicken seasoning, salt, and pepper. Spritz with oil and massage the marinade into the chicken. Leave to sit for 10 mins at room temp or covered and in the fridge for up to 24 hours.
- **Cook the chicken** - Preheat a non-stick frying pan to medium-high heat and add in the chicken. Cook the chicken for 8-10 mins flipping halfway. Cooking times will vary depending on the thickness of the chicken. Once flipped, add in the asparagus and sauté for 3 mins rotating every minute.
- **Make the sauce** - Remove the chicken and asparagus from the pan to rest before pouring in the chicken stock. Allow the chicken stock to reduce by half over high heat then turn the heat down to low and whisk in the honey, mustard, and cream. Squeeze in lemon juice and turn off the heat once thick enough to coat the back of a spoon.
- **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 milk, slice, and add the chives, and season with salt and pepper to taste.
- **Plate** - Add the mash to a plate, top with the asparagus, slice and add the chicken, then finally spoon over the sauce and garnish with fresh chives if desired.
- **Tip** - Make an extra portion of mash to be used in the Lemon Dill Salmon recipe



30 mins



Serves 1



HOT HONEY CHICKEN MAC 'N' CHEESE

Low-Cal Alternative

chicken → 100g chicken mini fillets
cheddar cheese → 10g lighter cheddar
No mozzarella cheese
No cornflour, panko or buttermilk
1 tbsp flour → ½ tbsp flour

Calories - 411
Protein - 34g
Carbs - 43g
Fat - 9g

Plant-Based Alternative

chicken + plain flour + cornflour + panko +
buttermilk → 50g VFC chicken tenders
cheddar → 25g Violife smoky cheddar slices
milk → 100ml unsweetened soy milk
honey → ½ tbsp agave syrup
No mozzarella

Calories - 390
Protein - 18g
Carbs - 37g
Fat - 18g

Time Saver Alternative

Marinating time → 1 min

New Time - 20 mins

Calories - 463
Protein - 32g
Carbs - 48g
Fat - 14g

HOT HONEY CHICKEN MAC 'N' CHEESE

Crispy breaded air fried chicken tenders in a sweet and spicy glaze served with macaroni in a Cajun spiced cheese sauce.

Ingredients

- 50g chicken mini fillets
- 50g dried elbow macaroni
- 30g lighter cheddar cheese
- 10g Flora lighter
- 10g low-moisture mozzarella
- 100ml skimmed milk
- 2 tbsp hot sauce
- 1 tbsp buttermilk
- 1 tbsp plain flour
- ½ tbsp honey
- ½ tbsp panko breadcrumbs
- ¼ tbsp cornflour
- 1 tsp Cajun seasoning
- rapeseed oil spray
- fresh chives, garnish
- salt
- pepper

Calories - 463

Protein - 32g

Carbs - 48g

Fat - 14g

Method

- **Marinate the chicken** - Add the chicken to a mixing bowl along with the buttermilk and ½ tbsp of hot sauce. Season with salt and pepper and leave to marinate for 10 mins at room temp or covered in the fridge for up to 12 hours.
- **Bread the chicken** - Add the panko, cornflour, and plain flour to a large bowl. Season with salt and pepper and whisk well to combine. Next, add in the chicken and coat each piece evenly before pressing down to ensure the breading adheres to the chicken.
- **Air fry** - Place the breaded chicken into an air fryer preheated to 200C, spritz with oil, and cook for 10-12 mins flipping halfway.
- **Prepare the glaze** - In a small bowl combine the honey with ½ tbsp of hot sauce.
- **Boil the pasta** - Add the pasta to a saucepan with boiling salted water until al-dente.
- **Make the cheese sauce** - Melt the butter in a non-stick pan over medium heat before whisking in the flour. Cook the flour for 2-3 mins until golden before gradually whisking in the milk. Once all the milk has been incorporated and no lumps are left, gradually add in the grated cheddar cheese until melted. Finally, add in the remaining hot sauce and the Cajun seasoning and whisk well to combine.
- **Finish the Mac 'n' Cheese** - Drain and add the pasta to the cheese sauce, mix well to ensure the pasta is evenly coated in the sauce before adding to an ovenproof dish. Top with grated mozzarella cheese and place under a hot grill until melted and golden brown.
- **Glaze the chicken** - When the chicken is crispy and cooked through, remove from the air fryer and brush with the hot honey.
- **Plate** - Serve the Mac 'n' Cheese with the glazed chicken strips and extra hot honey and sliced chives if desired.
- **Tip** - Make extra hot honey chicken to be used in the Hot Honey Chicken Pizza recipe. Reserve the hot honey to glaze the chicken after reheating.



30 mins



Serves 1



HOT HONEY CHICKEN PIZZA

Low-Cal Alternative

chicken → 200g chicken mini fillets
cheese → 20g mozzarella + 20g lighter cheddar
naan → 1 flour tortilla
No plain flour, cornflour, panko or buttermilk

Calories - 315
Protein - 31g
Carbs - 23g
Fat - 9g

Plant-Based Alternative

chicken + plain flour + cornflour + panko + buttermilk → 200g VFC chicken tenders
cheese → 50g Violife smoky cheddar slices
honey → 1 tbsp agave syrup

Calories - 585
Protein - 25g
Carbs - 68g
Fat - 22g

Time Saver Alternative

Marinating time → 1 min

New Time - 20 mins

Calories - 495
Protein - 31g
Carbs - 65g
Fat - 11g

HOT HONEY CHICKEN PIZZA

Oven-baked flatbread pizza topped with crispy breaded air fried chicken pieces in a sweet and spicy glaze.

Ingredients

- 100g chicken mini fillets
- 40g low-moisture mozzarella
- 40g lighter cheddar cheese
- 50ml passata
- 1 flame baked naan bread, 180g
- 4 tbsp hot sauce
- 2 tbsp buttermilk
- 1 tbsp plain flour
- 1 tbsp panko breadcrumbs
- 1 tbsp honey
- ½ tbsp cornflour
- fresh chives, garnish
- rapeseed oil spray
- salt
- pepper

Method

- **Marinate the chicken** - Add the chicken to a mixing bowl along with the buttermilk and half the hot sauce. Season with salt and pepper and leave to marinate for 10 mins at room temp or covered in the fridge for up to 12 hours.
- **Bread the chicken** - Add the panko, cornflour, and plain flour to a large bowl. Season with salt and pepper and whisk well to combine. Next, add in the chicken and coat each piece evenly before pressing down to ensure the breading adheres to the chicken.
- **Air fry** - Place the breaded chicken into an air fryer preheated to 200C, spritz with oil, and cook for 10-12 mins flipping halfway.
- **Prepare the glaze** - In a small bowl combine the honey with the remaining hot sauce.
- **Assemble the pizza** - Top the naan with the passata and season with salt and pepper if desired before evenly spreading over the grated cheddar and mozzarella cheese.
- **Bake the pizza** - Add the pizza to the top shelf of an oven preheated to 220C for 4-6 mins.
- **Finish the chicken** - When the chicken is crispy and cooked through, remove from the air fryer and brush with the hot honey before cutting into small bite-size pieces.
- **Plate** - Remove the pizza from the oven, top with the chicken pieces, garnish with sliced chives, and drizzle over any remaining hot honey before slicing and serving.
- **Tip** - If using leftover chicken, reheat in an air fryer at 200C for 5-6 mins before glazing with hot honey and slicing.

Calories - 495

Protein - 31g

Carbs - 65g

Fat - 11g



26 mins



Serves 2



HONEY MUSTARD WINGS

Low-Cal Alternative

chicken wings → 120g chicken mini fillets

Calories - 232
Protein - 31g
Carbs - 16g
Fat - 4g

Plant-Based Alternative

chicken → 150g Taste & Glory roast
tenderstrips
honey → 1 tbsp agave syrup

Calories - 291
Protein - 30g
Carbs - 20g
Fat - 9g

Time Saver Alternative

Marinating time → 1 min

New Time - 25 mins

Calories - 388
Protein - 30g
Carbs - 17g
Fat - 22g

HONEY MUSTARD WINGS

Marinated air fried chicken wings in a honey, mustard and garlic glaze.

Ingredients

- 4 whole chicken wings
- 1 tbsp Dijon mustard
- 1 tbsp honey
- 1 tsp chargrilled chicken seasoning
- 1 lemon wedge
- ½ clove garlic
- fresh chives, garnish
- salt
- pepper

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 wings to a mixing bowl and season with chargrilled chicken seasoning, salt, and pepper. Mix well to combine before grating in the garlic and adding in the honey, mustard, and lemon juice. Mix well and leave to marinate for 10 mins at room temp or covered in the fridge for up to 12 hours.
- **Cook the wings** - Place the wings into an air fryer at 200C for 20 mins flipping halfway.
- **Plate** - Add the wings to a plate and garnish with chopped chives before serving.
- **Tip** - Using the same method, marinate the wings in hot honey to make Hot Honey Wings.

Calories - 388

Protein - 30g

Carbs - 17g

Fat - 22g



35 mins



Serves 1



LEMON DILL SALMON

Low-Cal Alternative

100g salmon → 120g salmon
No potato, milk or chives

Calories - 266
Protein - 31g
Carbs - 5g
Fat - 13g

Plant-Based Alternative

salmon → 1 Plant Pioneers salmon fillet
chicken stock → 150ml vegetable stock
cream → 50ml Elmlea plant
milk → 20ml unsweetened soy milk

Calories - 569
Protein - 22g
Carbs - 49g
Fat - 31g

Time Saver Alternative

potatoes + chives + milk → 200g
microwave mash

New Time - 15 mins

Calories - 374
Protein - 30g
Carbs - 27g
Fat - 14g

LEMON DILL SALMON

Pan seared salmon and asparagus served with creamy chive mashed potato and a homemade creamy lemon and dill sauce.

Ingredients

- 100g skinless wild salmon
- 160g Maris Piper potatoes
- 100ml chicken stock
- 50ml Elmlea single light
- 20ml skimmed milk
- 4 asparagus tips
- 4 fresh dill stems
- 2 chive stems
- ¼ lemon
- olive oil spray
- salt
- pepper

Method

- **Boil the potatoes** - Peel the potatoes and cut into 2-inch cubes before placing them in a saucepan with cold salted water. Bring to a boil and leave to simmer until fork-tender.
- **Prepare the herbs and veg** - Cut the woody ends off the asparagus and finely slice the dill and chives.
- **Cook the Salmon** - Preheat a non-stick frying pan to medium heat and spritz with oil before seasoning the salmon with salt and pepper. Carefully add the salmon into the pan and cook for 5-6 mins, or to your liking, flipping halfway. Once flipped, add in the asparagus and sauté for 3 mins rotating every minute.
- **Make the sauce** - Remove the salmon and asparagus from the pan to rest before pouring in the chicken stock. Allow the chicken stock to reduce by half over high heat then turn the heat down to low before whisking in the cream. Squeeze in lemon juice, stir in the dill, and turn off the heat once thick enough to coat the back of a spoon.
- **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 milk, slice, and add the chives, and season with salt, and pepper to taste.
- **Plate** - Add the mash to a plate, top with the asparagus and salmon, then finally spoon over the sauce and garnish with fresh dill if desired.
- **Tip** - Swap the lemon dill cream sauce for honey mustard gravy from the Honey Mustard Chicken recipe to make Honey Mustard Salmon.

Calories - 374

Protein - 31g

Carbs - 32g

Fat - 12g



30 mins



Serves 1



KAFTA KEBAB

Low-Cal Alternative

5% beef → 110g 3% beef mince
flatbread → 1 flour tortilla

Calories - 373
Protein - 31g
Carbs - 39g
Fat - 9g

Plant-Based Alternative

beef → 100g This Isn't lamb kebabs
yoghurt → 10g Oatly oatgurt
mayo → ½ tbsp vegan mayo

Calories - 586
Protein - 27g
Carbs - 53g
Fat - 29g

KAFTA KEBAB

Lebanese-inspired minced beef skewers with a fresh sumac salad and homemade garlic yoghurt sauce served on a warm toasted flatbread.

Ingredients

- 90g 5% beef mince
- 10g Fage 0% Greek yoghurt
- 1 Lebanese style flatbread
- ½ tbsp lightest mayonnaise
- ½ tsp Lebanese 7 spice
- ½ tsp sumac
- ¼ clove garlic
- ¼ lemon
- ¼ onion
- ¼ tomato
- ⅓ cucumber
- handful fresh parsley
- olive oil spray
- salt
- pepper

Method

- **Prepare the mince** – Dice the onion and parsley as finely as possible before adding to a bowl along with the mince. Next, season the mince with seven spice, and salt and pepper to taste. Mix well to combine and set aside. Alternatively, this can all be done in a food processor.
- **Prepare the sauce** – In a small bowl, add in the mayo and yoghurt, before grating in the garlic and squeezing in lemon juice. Season with salt and mix well to combine.
- **Prepare the salad** – Finely dice the onion, parsley, cucumber, and tomato then add to a bowl. Squeeze in lemon juice, and season with salt, pepper, and sumac. Mix well to combine and set aside.
- **Form the kafta kebab** – Wet your hands with cold water before tightly moulding the meat around the skewer to form a long kebab.
- **Cook the kebab** – Preheat a griddle to high heat, spritz with oil, and add in the skewer. Grill for 1 minute per side then remove to rest.
- **Toast the flatbread** – Add the flatbread to the griddle and toast on both sides until golden brown.
- **Plate** – Top the flatbread with the salad and kafta kebab before drizzling over the sauce and serving.
- **Tip** – Make extra kafta meat, salad, and sauce to be used in the Cheese Stuffed Arayes and One Pan Chicken Recipes.

Calories – 446

Protein – 33g

Carbs – 47g

Fat – 13g



20 mins



Serves 1



ONE PAN CHICKEN AND RICE

Low-Cal Alternative

chicken thighs → 200g chicken mini fillets

Calories - 355
Protein - 30g
Carbs - 45g
Fat - 5g

Plant-Based Alternative

chicken → 200g This Isn't chicken
yoghurt → 20g Oatly oatgurt
stock → 340ml vegetable stock
mayo → 1 tbsp vegan mayo

Calories - 436
Protein - 25g
Carbs - 48g
Fat - 12g

Time Saver Alternative

chicken stock + rice → 250g Ben's Original
savory chicken microwave rice
Marinating time → 1 min

New Time - 15 mins

Calories - 455
Protein - 31g
Carbs - 45g
Fat - 17g

ONE PAN CHICKEN AND RICE

Marinated chicken thighs and savoury rice, all cooked in one pan served with a fresh sumac salad and homemade garlic yoghurt sauce.

Ingredients

- 260g boneless skinless chicken thighs
- 90g uncooked Basmati rice
- 20g Fage 0% Greek yoghurt
- 340ml chicken stock
- 1 tbsp lightest mayonnaise
- 1 tbsp hot sauce
- 2 tsp all-purpose seasoning
- 1 tsp Lebanese 7 spice
- 1 tsp sumac
- ¼ tsp turmeric powder
- ½ clove garlic
- ½ lemon
- ½ tomato
- ¼ cucumber
- ¼ onion
- handful fresh parsley
- olive oil spray
- salt
- pepper

Calories - 423

Protein - 30g

Carbs - 45g

Fat - 15g

Method

- **Marinate the chicken** - Add the chicken to a mixing bowl along with half the seven spice, all-purpose seasoning, turmeric, and hot sauce. Season with salt and pepper to taste, squeeze in lemon juice, spritz with oil, and mix well. Leave to marinate for 10 mins at room temp or covered in the fridge for up to 12 hours.
- **Wash the rice** - Rinse the rice in cold water until it runs clear then drain well.
- **Sear the chicken** - Add the marinated chicken into a non-stick pan that has a lid preheated to medium-high heat and sear for 2 mins on each side.
- **Cook the rice** - Remove the chicken from the pan and add in the rice along with the remaining seven spice, all-purpose seasoning, turmeric, and hot sauce. Mix well to combine before pouring in the chicken stock. Place your index finger on top of the rice and check the stock comes up to your first knuckle to ensure the right amount of liquid is being used. Next, add the chicken back into the pan and bring to a rapid boil over high heat before covering with a lid and cooking over low heat for 15-20 mins.
- **Prepare the sauce** - In a small bowl, add in the mayo and yoghurt, before grating in the garlic and squeezing in lemon juice. Season with salt and mix well to combine.
- **Prepare the salad** - Finely dice the onion, parsley, cucumber, and tomato then add to a bowl. Squeeze in lemon juice, and season with salt, pepper, and sumac. Mix well to combine and set aside.
- **Finish the rice** - Turn off the heat and leave the rice and chicken to sit for 5-10 mins before fluffing with a fork.
- **Plate** - Add the rice to a bowl or plate, then slice and top with the chicken, add the salad, and drizzle over the sauce before serving.
- **Tip** - Feel free to marinate the chicken in herbs and spices of your choosing while using the same cooking method.



40 mins



Serves 2



CHEESE STUFFED ARAYES

Low-Cal Alternative

5% beef → 90g 3% beef mince
No cheese

Calories - 308
Protein - 30g
Carbs - 35g
Fat - 6g

Plant-Based Alternative

beef → 100g This Isn't lamb kebabs
yoghurt → 10g Oatly oatgurt
mayo → ½ tbsp vegan mayo
No cheese

Calories - 465
Protein - 23g
Carbs - 41g
Fat - 24g

CHEESE STUFFED ARAYES

Lebanese-inspired grilled pita bread stuffed with minced beef and cheese served with a homemade garlic yoghurt sauce.

Ingredients

- 90g 5% beef mince
- 1 Warburton's soft white pitta
- 20g low-moisture mozzarella
- 10g Fage 0% Greek yoghurt
- ½ tbsp lightest mayonnaise
- ½ tsp Lebanese 7 spice
- ¼ clove garlic
- ¼ lemon
- ⅛ onion
- handful fresh parsley
- olive oil spray
- salt
- pepper

Method

- **Prepare the mince** - Dice the onion and parsley as finely as possible before adding to a bowl along with the mince. Next, season the mince with seven spice, and salt and pepper to taste. Mix well to combine and set aside. Alternatively, this can be done in a food processor.
- **Prepare the sauce** - In a small bowl, add in the mayo and yoghurt, before grating in the garlic and squeezing in lemon juice. Season with salt and mix well to combine.
- **Assemble the arayes** - Open up the pita to form a pocket to stuff with the mince then slice and add the mozzarella before cutting into triangles.
- **Grill the arayes** - Preheat a griddle or non-stick frying pan to medium heat, spritz with oil, add in the arayes. Cook for 8-10 mins flipping every 2 mins to ensure the meat is cooked evenly.
- **Plate** - Add the arayes to a plate along with a side of sauce and garnish with fresh parsley if desired before serving.
- **Tip** - Substitute the beef with minced lamb if preferred.

Calories - 378

Protein - 33g

Carbs - 35g

Fat - 12g



20 mins



Serves 1



CAJUN SHRIMP AND ASPARAGUS LINGUINE

Low-Cal Alternative

linguine → 50g linguine
50ml Elmlea → 25ml Elmlea
cheese → 10g lighter cheddar

Calories - 302
Protein - 30g
Carbs - 25g
Fat - 8g

Plant-Based Alternative

chicken → 100g This Isn't chicken
cheddar → 25g Violife smoky cheddar slices
chicken stock → 150 ml vegetable stock
cream → 50ml Elmlea plant

Calories - 540
Protein - 30g
Carbs - 38g
Fat - 27g

Time Saver Alternative

linguine → 100g fresh linguine

New Time - 10 mins

Calories - 417
Protein - 35g
Carbs - 33g
Fat - 14g

CAJUN SHRIMP AND ASPARAGUS LINGUINE

Cajun spiced sautéed prawns and asparagus with cherry tomatoes and linguine tossed in a creamy Cajun inspired sauce.

Ingredients

- 100g prawns
- 70g dried linguine
- 20g lighter cheddar cheese
- 100ml chicken stock
- 50ml Elmlea single light
- 5 cherry tomatoes
- 3 asparagus tips
- ½ tbsp Cajun seasoning
- 2 tsp hot sauce
- ½ clove garlic
- ¼ lemon
- fresh parsley, garnish
- olive oil spray
- salt
- pepper

Calories - 398

Protein - 33g

Carbs - 33g

Fat - 13g

Method

- **Prepare the aromatics** - Remove the woody ends of the asparagus and slice into bite-size pieces at an angle before slicing the tomatoes in half and finely chopping the garlic.
- **Cook the pasta** - Add the linguine to a pot of boiling salted water and cook for 2 mins less than stated on the packet for al-dente.
- **Sauté the shrimp and asparagus** - Preheat a non-stick frying pan to high heat, spritz with oil, and add in the shrimp and asparagus. Sprinkle in half the Cajun seasoning and season with salt and pepper to taste. Sauté for 2 mins then remove and set aside.
- **Make the sauce** - Turn the heat down to medium and add in the garlic. Cook the garlic for 30 secs until fragrant before pouring in the stock. Add in a splash of pasta water and reduce by half over high heat before turning to low and stirring in the cream. Next, add in the hot sauce along with the remaining Cajun seasoning, squeeze in lemon juice, stir in the grated cheddar cheese, and add in the tomatoes.
- **Finish the pasta** - Drain and add the linguine into the sauce along with the prawns and asparagus before tossing well to combine.
- **Plate** - Add the pasta to a bowl, garnish with fresh parsley, and serve.
- **Tip** - Feel free to use different proteins such as chicken or salmon and use any pasta shape you like.



17 mins



Serves 1