



JULY EDITION

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VIETNAMESE CARAMELISED PORK

Low-Cal Alternative

No egg

Calories - 342
Protein - 30g
Carbs - 45g
Fat - 6g

Plant-Based Alternative

pork → 100g This Isn't plant-based mince
fish sauce → 1 tbsp light soy sauce
No egg

Calories - 425
Protein - 21g
Carbs - 48g
Fat - 14g

Time Saver Alternative

uncooked rice → 100g microwave
Jasmine rice

New Time - 10 mins

Calories - 412
Protein - 32g
Carbs - 43g
Fat - 11g

Pork-Free Alternative

pork → 90g 5% beef mince

Calories - 393
Protein - 30g
Carbs - 45g
Fat - 10g

VIETNAMESE CARAMELISED PORK

Sweet and savoury caramelised stir-fried pork mince served over a bed of steamed Jasmine rice with fresh chilli, coriander, and cucumber slices topped with a fried egg.

Ingredients

- 100g 5% pork mince
- 40g uncooked Jasmine rice
- 1 tbsp brown sugar
- 1 tbsp fish sauce
- 1 medium egg
- ½ garlic clove
- ½ red chilli
- ¼ shallot
- 4 slices cucumber
- 1 cm ginger piece
- fresh coriander, garnish
- rapeseed oil spray
- salt
- pepper

Calories - 408

Protein - 32g

Carbs - 45g

Fat - 10g

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, turn down to low and cover with a lid to steam for 15 mins. Fluff the rice with chopsticks or a fork, cover and leave to rest until serving.
- **Prepare the aromatics** - Finely chop the shallot, garlic, ginger, and chilli.
- **Stir-fry** - Preheat a wok to high heat and spritz with oil before adding in the pork mince. Sear the pork on one side for 30 secs before breaking it up with a spatula. Next, add in the chopped aromatics and stir-fry for 30 secs until fragrant. Add in the fish sauce and brown sugar and toss to combine well, cook for a further 1-2 mins until the meat is caramelised and cooked through.
- **Fry the egg** - Preheat a non-stick frying pan to medium heat and spritz with oil before cracking in the egg. Cook the egg until the whites have set and the yolk is cooked to your liking.
- **Plate** - Add the rice to a bowl, top with the pork and fried egg, garnish with fresh coriander, red chilli, and cucumber slices before serving.
- **Tip** - Make an extra portion of rice to be used for the Thai Fried Rice recipe.



25 mins



Serves 1



RED CURRY GRILLED CHICKEN BURGER

Low-Cal Alternative

chicken thighs → 100g chicken breast
No egg

Calories - 342
Protein - 30g
Carbs - 36g
Fat - 7g

Plant-Based Alternative

chicken → 100g This Isn't chicken
brioche → 1 Warburtons white roll
curry paste → 10g Blue Dragon red curry paste
mayo → 2 tbsp vegan mayo
No fish sauce or egg

Calories - 528
Protein - 30g
Carbs - 40g
Fat - 24g

Time Saver Alternative

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

New Time - 15 mins

Calories - 414
Protein - 37g
Carbs - 38g
Fat - 12g

RED CURRY GRILLED CHICKEN BURGER

Grilled chicken thighs marinated in coconut milk and Thai red curry paste with a fried egg, homemade red curry mayo, fresh chilli, coriander, and cucumber slices, served in a toasted brioche bun.

Ingredients

- 100g boneless skinless chicken thighs
- 5g Mae Ploy Thai red curry paste
- 20ml light coconut milk
- 1 seeded brioche bun
- 1 medium egg
- 2 tbsp lightest mayo
- ½ tbsp brown sugar
- 1 tsp fish sauce
- 4 slices cucumber
- ½ lime
- fresh coriander, garnish
- red chilli, garnish
- rapeseed oil spray

Method

- **Marinate the chicken** - In a bowl, combine half the curry paste, fish sauce, coconut milk, and sugar before squeezing in the lime juice and massaging into the chicken. Leave to marinate for 10 mins at room temperature or covered in the fridge for up to 24 hours.
- **Make the sauce** - in a small bowl combine the remaining curry paste, the remaining coconut milk, the mayo, and a squeeze of lime juice.
- **Grill the chicken** - Preheat a griddle to medium heat and spritz with oil before adding the chicken and cooking for 12-14 mins flipping halfway. Once cooked through, remove to rest for 5 mins.
- **Toast the bun** - Add both bun halves to the griddle and toast until golden brown.
- **Fry the egg** - Preheat a non-stick frying pan to medium heat and spritz with oil before cracking in the egg. Cook the egg until the whites have set and the yolk is cooked to your liking.
- **Plate** - Spread the mayo evenly across both the bottom and top bun, top the bottom bun with cucumber slices, slice and add the chicken, followed by the egg, garnish with fresh coriander and chilli slices before crowning the burger.
- **Tip** - Any leftover chicken can be added in the Thai Fried Rice recipe.

Calories - 468

Protein - 31g

Carbs - 38g

Fat - 20g



30 mins



Serves 1



THAI FRIED RICE (KHAO PAD)

Low-Cal Alternative

100g prawns → 150g prawns
100g rice → 50g uncooked Jasmine rice
No egg

Calories - 288
Protein - 33g
Carbs - 25g
Fat - 5g

Plant-Based Alternative

prawns → 100g This Isn't chicken
No fish sauce
No egg

Calories - 379
Protein - 28g
Carbs - 44g
Fat - 8g

THAI FRIED RICE (KHAO PAD)

Spicy savoury stir-fried Jasmine rice with prawns and kale served with fresh cucumber, coriander, and lime.

Ingredients

- 100g prawns
- 100g cooked Jasmine rice
- 10g kale
- 1 medium egg
- ½ tbsp fish sauce
- ½ tbsp light soy sauce
- ½ tsp chilli flakes
- ¼ tsp brown sugar
- 4 slices cucumber
- 1 garlic clove
- ¼ shallot
- ½ lime, garnish
- fresh coriander, garnish
- rapeseed oil spray
- white pepper

Calories - 388

Protein - 31g

Carbs - 42g

Fat - 10g

Method

- **Chop the aromatics** - Separate the leaves from the stalks of the kale and slice into bite-size pieces at an angle before roughly chopping the shallot and garlic.
- **Prepare the stir-fry sauce** - In a small bowl combine the soy sauce, sugar, fish sauce, chilli flakes, and a pinch of white pepper.
- **Stir-fry** - Preheat a wok to high heat and spritz with oil before adding in the prawns and searing on both sides for 10 secs. Remove the prawns from the pan and add in the aromatics. Stir-fry for 30 secs until fragrant before adding in the cooked rice. Press down on the rice using a spatula to help separate the grains before pouring over the sauce. Toss well to combine and stir-fry for a final 1 min before adding the prawns back into the pan. Toss well to combine and turn off the heat.
- **Fry the egg** - Preheat a non-stick frying pan to medium heat and spritz with oil before cracking in the egg. Cook the egg until the whites have set and the yolk is cooked to your liking.
- **Plate** - Add the rice to a plate, top with the fried egg and garnish with fresh coriander, lime, and cucumber slices before serving.
- **Tip** - Day-old refrigerated rice works best for fried rice.



10 mins



Serves 1



CHOPPED CHEESE

Low-Cal Alternative

beef → 90g 3% fat beef mince
submarine roll → 1 Warburton's white roll
2 American cheese slices → 1 American
cheese slice

Calories - 360
Protein - 30g
Carbs - 38g
Fat - 8g

Plant-Based Alternative

beef → 100g This Isn't plant based mince
2 American cheese slices → 25g Violife
smoky cheddar slices
mayo → 2 tbsp vegan mayo

Calories - 670
Protein - 26g
Carbs - 54g
Fat - 36g

CHOPPED CHEESE

Inspired by the iconic 'Chopped Cheese' served in bodega's all throughout New York. A toasted submarine roll filled with a seasoned chopped up beef patty topped with melted cheese, shredded lettuce, tomato, ketchup, and mayo.

Ingredients

- 90g 5% beef mince
- 1 submarine roll
- 2 tbsp lightest mayo
- 1 tbsp ketchup
- 1 tsp all-purpose seasoning
- 2 lighter American cheese slices
- 2 iceberg lettuce leaves
- ½ tomato
- ¼ shallot
- rapeseed oil spray
- salt
- pepper

Method

- **Prepare the aromatics** – Finely slice the shallot, lettuce, and tomato.
- **Toast the roll** – Slice the roll in half and toast in a frying pan until golden brown then remove and set aside.
- **Cook the beef** – Spritz the pan with oil and add in the beef. Season with all-purpose seasoning, salt, and pepper before breaking up the mince using two spatulas. Allow the beef to caramelize for 30 secs before adding in the shallot. Cook for a further 1-2 mins before moulding the mince into a rectangle roughly the size of the roll. Turn off the heat and place the cheese slices on top of the mince to melt.
- **Plate** – Spread the mayo and ketchup across both halves of the roll before adding the mince and melted cheese to the bottom. Top with the shredded lettuce and tomato slices before crowing the sandwich and serving.
- **Tip** – Use any sauce you like, leftover sauce from the Grilled Paprika Chicken Sandwich would work well in place of the mayo and ketchup.

Calories - 472

Protein - 35g

Carbs - 52g

Fat - 12g



10 mins



Serves 1



CAJUN LOADED FRIES

Low-Cal Alternative

beef → 80g pan fried extra lean beef medallions
140g potato → 100g potato
No Flora, cheese, plain flour, milk or chicken stock

Calories - 255
Protein - 30g
Carbs - 24g
Fat - 4g

Plant-Based Alternative

beef → 120g Taste & Glory beef strips
140g potato → 100g potato
cheese → 25g Violife smoky cheddar slices
milk → 100ml soy milk
chicken stock → 100ml vegetable stock

Calories - 500
Protein - 36g
Carbs - 45g
Fat - 18g

Time Saver Alternative

potato → 100g frozen microwave chips
Marinating time - 1 min
No Flora, plain flour, milk or chicken stock

New Time - 10 mins

Calories - 409
Protein - 30g
Carbs - 34g
Fat - 15g

CAJUN LOADED FRIES

Homemade fries and Cajun seasoned skirt steak cooked to perfection, topped with a Cajun inspired cheese sauce, garnished with fresh chilli and coriander.

Ingredients

- 90g beef skirt
- 140g Maris Piper potatoes
- 10g Flora lighter
- 10g lighter cheddar cheese
- 100ml chicken stock
- 100ml skimmed milk
- 1 lighter American cheese slice
- 1 tbsp Cajun seasoning
- ½ tbsp plain flour
- ½ lime
- ½ red chilli
- ¼ shallot
- ⅛ green pepper
- ⅛ red pepper
- fresh coriander, garnish
- rapeseed oil spray
- salt
- pepper

Calories - 464

Protein - 36g

Carbs - 44g

Fat - 14g

Method

- **Marinate the beef** - Add the beef to a bowl along with half the Cajun seasoning, salt, and pepper. Spritz with oil and squeeze in some lime juice then massage the marinade into the beef. Leave to marinate for 10 mins at room temperature or covered in the fridge for up to 24 hours.
- **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.
- **Chop the aromatics** - Finely dice the shallot, chilli, and both the green and red pepper.
- **Grill the steak** - Preheat a griddle to high heat and spritz with oil before adding the beef and cooking for 4-6 mins flipping every 30 secs. Once cooked to your liking, remove from the pan to rest.
- **Make the sauce** - Melt the butter in a saucepan over medium heat before adding in the aromatics. Sauté for 2-3 mins until softened before whisking in the flour and remaining Cajun seasoning. Cook the flour for 1-2 mins until golden before gradually whisking in the milk and chicken stock. Once incorporated, slowly add in both cheeses until melted. Season with salt and pepper to taste, then turn off the heat.
- **Plate** - Add the fries to a plate, slice and top with the steak, pour over the cheese sauce, and garnish with fresh coriander and sliced red chilli before serving.
- **Tip** - Make an extra portion of cheese sauce to use in the Cheesy Beef Burrito.



40 mins



Serves 1



CHEESY BEEF BURRITO

Low-Cal Alternative

beef → 90g 3% fat beef mince
No rice, Flora, plain flour, milk, chicken stock
or American cheese slice

Calories - 340
Protein - 30g
Carbs - 28g
Fat - 11g

Plant-Based Alternative

beef → 100g This Isn't plant based mince
cheese → 25g Violife smoky cheddar slices
milk → 100ml soy milk
chicken stock → 100ml vegetable stock

Calories - 609
Protein - 30g
Carbs - 55g
Fat - 30g

Time Saver Alternative

No Flora, plain flour, milk or chicken stock

New Time - 8 mins

Calories - 391
Protein - 30g
Carbs - 42g
Fat - 11g

CHEESY BEEF BURRITO

Cajun seasoned beef and Mexican rice topped with a Cajun-inspired cheese sauce, served in a warm toasted flour tortilla.

Ingredients

- 70g 5% beef mince
- 40g Bens Mexican style microwave rice
- 10g Flora lighter
- 10g lighter cheddar
- 100ml skimmed milk
- 100ml chicken stock
- 1 lighter American cheese slice
- 1 plain flour tortilla
- 1 tbsp Cajun seasoning
- ½ tbsp plain flour
- ½ lime
- ½ red chilli
- ¼ shallot
- ⅛ red pepper
- ⅛ green pepper
- fresh coriander, garnish
- olive oil spray
- salt
- pepper

Calories - 489

Protein - 32g

Carbs - 54g

Fat - 14g

Method

- **Chop the aromatics** - Finely dice the shallot, chilli, and both the green and red pepper.
- **Cook the mince** - Preheat a non-stick frying pan to medium-high heat, spritz with oil, and add in the beef. Season with half the Cajun seasoning, salt, and pepper then cook for 3-4 mins until cooked through.
- **Make the sauce** - Melt the butter in a saucepan over medium heat before adding in the aromatics. Sauté for 2-3 mins until softened before whisking in the flour and remaining Cajun seasoning. Cook the flour for 1-2 mins until golden before gradually whisking in the milk and chicken stock. Once incorporated, slowly add in both cheeses until melted. Season with salt and pepper to taste then turn off the heat.
- **Prepare the rice** - Microwave the rice for 10-20 secs.
- **Assemble the burrito** - Warm the tortilla in a microwave for 5 secs to make it more pliable. Lay it down, spread over the cheese sauce, top with the rice, beef, and fresh coriander. 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 burrito. Add the burrito seam side down to the griddle at medium heat to seal.
- **Plate** - Slice the burrito in half at an angle and add to a plate to serve.
- **Tip** - Any leftover mince can be used in the Chopped Cheese recipe.



15 mins



Serves 1



TERIYAKI STEAK PANCAKES

Low-Cal Alternative

beef → 80g pan fried extra lean beef medallions
pancakes → 25g Chinese duck pancakes

Calories - 292
Protein - 30g
Carbs - 34g
Fat - 4g

Plant-Based Alternative

beef → 120g Taste & Glory vegan no beef strips

Calories - 449
Protein - 31g
Carbs - 54g
Fat - 7g

Time Saver Alternative

Marinating time - 1 min

New Time - 15 mins

Calories - 449
Protein - 31g
Carbs - 52g
Fat - 10g

TERIYAKI STEAK PANCAKES

Sweet and savoury grilled skirt steak served with Chinese duck pancakes, homemade teriyaki sauce, and fresh chilli, coriander, and cucumber.

Ingredients

- 120g beef skirt
- 50g Chinese duck pancakes
- 1 tbsp brown sugar
- 1 tbsp light soy sauce
- 1 tbsp mirin
- ½ tsp cornflour
- 4 slices cucumber
- 1 clove garlic
- 1 cm ginger piece
- fresh coriander, garnish
- red chilli, garnish
- rapeseed oil spray
- salt
- pepper

Method

- **Marinate the beef** - Add the soy sauce, mirin, and 100ml of water to a mixing bowl, grate in the ginger and garlic, add in the brown sugar, season with salt and pepper before whisking to dissolve the sugar. Add the beef to the marinade and leave to sit at room temp for 10 mins or covered in the fridge for up to 12 hours.
- **Cook the beef** - Preheat a non-stick frying pan to high heat and spritz with oil before adding in the beef. Cook for 5-6 mins flipping every 30 secs. Once cooked to your liking, remove from the pan to rest.
- **Make the sauce** - Pour the remaining marinade into the pan and simmer for 2-3 mins over medium heat. Next, combine the cornflour with equal parts cold water and stir into the sauce. Simmer for 30 secs until thick enough to coat the back of a spoon before turning off the heat.
- **Steam the pancakes** - Heat the pancakes in the microwave according to instructions on the packaging.
- **Plate** - Place the pancakes onto a board or plate, slice and add the steak along with the sauce, cucumber slices, and fresh coriander and chilli.
- **Tip** - Swap the pancakes for bao buns to make Teriyaki Steak Baos.

Calories - 449

Protein - 31g

Carbs - 52g

Fat - 10g



25 mins



Serves 1



COCONUT CARAMEL WINGS

Low-Cal Alternative

chicken wings → 130g chicken mini fillets

Calories - 210
Protein - 31g
Carbs - 10g
Fat - 4g

Plant-Based Alternative

chicken wings → 150g Taste & Glory roast
tenderstrips
fish sauce → ½ tbsp light soy sauce

Calories - 263
Protein - 30g
Carbs - 14g
Fat - 8g

Time Saver Alternative

Marinating time - 1 min

New Time - 25 mins

Calories - 345
Protein - 30g
Carbs - 10g
Fat - 21g

COCONUT CARAMEL WINGS

Air fried caramelised chicken wings in a sweet and savoury coconut milk-based marinade, garnished with fresh chilli and coriander.

Ingredients

- 4 whole chicken wings
- 20ml light coconut milk
- ½ tbsp brown sugar
- ½ tbsp fish sauce
- 1 garlic clove
- ½ lime
- ½ red chilli
- fresh coriander, 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** - Grate the garlic, chilli, and lime zest into a bowl before squeezing in the lime juice and adding in the coconut milk and brown sugar. Season with salt and pepper then massage the marinade into the wings and leave to sit 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 fresh coriander and sliced chilli if desired before serving.
- **Tip** - Marinate the wings in the Teriyaki marinade from the Teriyaki Steak Pancakes to make Teriyaki Wings.

Calories - 345

Protein - 30g

Carbs - 10g

Fat - 21g



35 mins



Serves 1



SPICY PORK AND KALE RIGATONI

Low-Cal Alternative

pasta → 50g dried rigatoni
20g Parmigiano Reggiano → 10g
Parmigiano Reggiano

Calories - 283
Protein - 30g
Carbs - 20g
Fat - 9g

Plant-Based Alternative

pork → 100g This Isn't based plant based
mince
chicken stock → 100ml vegetable stock

Calories - 375
Protein - 24g
Carbs - 32g
Fat - 15g

Pork-Free Alternative

pork → 90g 5% beef mince

Calories - 350
Protein - 30g
Carbs - 29g
Fat - 11g

SPICY PORK AND KALE RIGATONI

Pork mince and kale with rigatoni pasta in a spicy garlic sauce, topped with grated Parmigiano Reggiano.

Ingredients

- 100g 5% pork mince
- 70g dried Rigatoni
- 20g Parmigiano Reggiano
- 10g kale
- 100ml chicken stock
- 2 garlic cloves
- 1 tsp chilli flakes
- ½ lime
- olive oil spray
- salt
- pepper

Method

- **Chop the aromatics** - Separate the leaves from the stalks of the kale and slice into bite-size pieces at an angle before thinly slicing the garlic.
- **Boil the Pasta** - Add the pasta to boiling salted water and cook for 2 mins less than stated on the packet for al-dente.
- **Make the sauce** - Preheat a non-stick frying pan to medium-high heat and spritz with olive oil before adding in the pork. Season with chilli flakes, salt, and pepper. Sear on one side before breaking up the mince using a spatula. Next, add the kale and garlic and sauté for 1-2 mins until fragrant. Add the chicken stock and a splash of pasta cooking water then leave to simmer for 2-3 mins over medium heat until reduced by half.
- **Finish the pasta** - Drain and add the rigatoni to the sauce and toss well to combine. Cook the pasta in the sauce for a further 1-2 mins until al-dente before stirring in the Parmigiano Reggiano. Squeeze in some lime juice and when the sauce has thickened and coats the pasta well, turn off the heat.
- **Plate** - Spoon the pasta into a bowl and top with additional Parmigiano Reggiano before serving.
- **Tip** - Add a splash of cream at the end for a more saucy finish to the dish.

Calories - 364

Protein - 32g

Carbs - 30g

Fat - 12g



12 mins



Serves 1



GRILLED PAPRIKA CHICKEN SANDWICH

Low-Cal Alternative

sourdough bread → 2 small slices
Warburtons medium white bread
No cheese

Calories - 324
Protein - 30g
Carbs - 34g
Fat - 6g

Plant-Based Alternative

chicken → 50g This Isn't chicken
bacon → 50g This Isn't Bacon Rashers

Calories - 645
Protein - 27g
Carbs - 57g
Fat - 31g

Time Saver Alternative

Marinating time - 1 min

New Time - 15 mins

Calories - 474
Protein - 39g
Carbs - 50g
Fat - 12g

Pork-Free Alternative

bacon → 50g Mattessons smoked
turkey rashers

Calories - 480
Protein - 42g
Carbs - 51g
Fat - 11g

GRILLED PAPRIKA CHICKEN SANDWICH

Grilled paprika chicken breast with smoked bacon medallions, melted cheddar cheese, shredded lettuce, tomato, pickles, shallot, and homemade paprika mayo, served between two slices of toasted sourdough bread.

Ingredients

- 50g chicken breast
- 50g smoked bacon medallions
- 2 slices sourdough bread
- 20g lighter cheddar cheese
- 2 tbsp lightest mayo
- ½ tbsp all-purpose seasoning
- ½ tbsp paprika
- 4 pickled gherkin slices
- 2 iceberg lettuce leaves
- 1 tomato
- ½ lime
- ¼ shallot
- olive oil spray
- salt
- pepper

Calories - 474

Protein - 39g

Carbs - 50g

Fat - 12g

Method

- **Marinate the chicken** - Coat the chicken in half the all-purpose seasoning and paprika, season with salt and pepper, squeeze in half the lime juice, and spritz with oil. Massage the marinade into the chicken and leave to sit at room temp for 10 mins or covered in the fridge for up to 24 hours.
- **Prepare the accompaniments** - Thinly slice the tomato, shallot, and lettuce.
- **Make the sauce** - In a small bowl combine the mayo, remaining paprika, remaining all-purpose seasoning, and lime juice. Season with salt and pepper and mix well.
- **Grill** - Preheat a griddle to medium-high heat and spritz with oil before adding the bacon and chicken. Cook the bacon for 4-5 mins and the chicken for 8-10 mins flipping halfway.
- **Toast the bread** - Toast both sides of the bread under a hot grill until golden brown before topping both slices with cheese. Once the cheese has melted, remove from under the grill.
- **Plate** - Top each slice with sauce before adding the pickles, shallot, lettuce, and tomato to the bottom slice, followed by the chicken and bacon. Finally, add the top slice, cut the sandwich in half at an angle and serve.
- **Tip** - Swap out the chicken for extra bacon to make a BLT.



25 mins



Serves 1



CRISPY SALMON WITH SAUTÉED KALE

Low-Cal Alternative

salmon → 120g skinless wild salmon

Calories - 251
Protein - 33g
Carbs - 5g
Fat - 9g

Plant-Based Alternative

salmon → 1 Plant Pioneers no salmon fillet
chicken stock → 100ml vegetable stock
mayo → 2 tbsp vegan mayo

Calories - 330
Protein - 20g
Carbs - 24g
Fat - 16g

CRISPY SALMON WITH SAUTÉED KALE

Crispy pan-seared salmon fillet, served with garlic and chilli sauteed kale.

Ingredients

- 120g skin-on salmon
- 100g kale
- 100ml chicken stock
- 2 garlic cloves
- 1 tsp chilli flakes
- ½ lime
- olive oil spray
- salt
- pepper

Method

- **Chop the aromatics** - Separate the leaves from the stalks of the kale and slice into bite-size pieces at an angle before thinly slicing the garlic.
- **Cook the salmon** - Preheat a non-stick frying pan to medium heat, spritz with olive oil and season the salmon with salt and pepper before adding to the pan skin-side down. Leave the salmon to cook for 5-6 mins until the skin is crisp before flipping. Cook for a further 1-2 mins or until cooked to your liking, then remove to rest.
- **Sauté the kale** - Add the garlic into the pan and cook for 30 secs before adding the kale. Season with chilli flakes, salt, and pepper and sauté for 1-2 mins before pouring in the chicken stock. Simmer for a further 2-3 mins until the kale is tender and the stock has reduced and thickened.
- **Plate** - Add the kale to a plate and top with the salmon before squeezing over the lime and serving.
- **Tip** - The salmon and kale pair well with pasta and a touch of cream. Any leftover kale can be added to the Spicy Pork and Kale Rigatoni recipe.

Calories - 371

Protein - 31g

Carbs - 7g

Fat - 23g



12 mins



Serves 1