

ULTIMATE TASTE

Recipe Book

JULY EDITION





JULY

SUMMER TIME FAVOURITES

Always consult your medical practitioner, registered dietitian or nutritionist before making any significant changes to your diet.

This is particularly important if you are pregnant, breastfeeding or have or have a medical condition requiring medical intervention.

Whilst our recipes can help most people lose weight (as part of a calorie controlled diet and active lifestyle), they have not been specifically tailored for you and individual results will vary.

The calorie and macronutrient information provided is to be used as a guide only and due to variations between brands, these cannot be counted as being 100% accurate.

WHAT'S IN THIS MONTHS RECIPE PACK

BREAKFAST

RECIPE 1

KALE, TOMATO & POACHED EGG ON TOAST

RECIPE 2

EASY VEGAN PANCAKES

RECIPE 3

HEALTHY COOKIES

RECIPE 4

MUESLI

LUNCH

RECIPE 1

SALMON SALAD WITH SESAME DRESSING

RECIPE 2

VEGGIE OLIVE WRAPS WITH MUSTARD VINAIGRETTE

RECIPE 3

HUMMUS PASTA SALAD

RECIPE 4

TUNA RICE SALAD

DINNER

RECIPE 1

CHILLI CON CARNE

RECIPE 2

CHICKEN PASTA BAKE

RECIPE 3

VEGAN TACOS

RECIPE 4

SPICED HALLOUMI & PINEAPPLE BURGER WITH ZINGY SLAW



BREAKFAST

KALE, TOMATO & POACHED EGG ON TOAST



PREPARATION

2 MIN



DIFFICULTY

EASY



COOKING

7 MIN



PORTION

TWO

INGREDIENTS

- 2 tsp oil
- 100g ready-chopped kale
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 2 large eggs
- 2 slices multigrain bread
- 50g cherry tomatoes, halved
- 15g feta , crumbled

INSTRUCTION

Bring a large pan of water to the boil.

Heat the oil in a frying pan over a medium heat and add the kale, garlic and chilli flakes. Cook, stirring occasionally, for 4 mins until the kale begins to crisp and wilt to half its size. Set aside.

Adjust the heat so the water is at a rolling boil, then poach your eggs for 2 mins. Meanwhile, toast the bread.

Remove the poached eggs with a slotted spoon and top each piece of toast with half the kale, an egg, the cherry tomatoes and feta.

MACROS
PER PORTION

CALORIES

251

PROTEIN

15G

CARBS

18G

FATS

12G

VEGAN PANCAKES

INGREDIENTS

- 300g self-raising flour
- 1 tsp baking powder
- 1 tbsp sugar (any kind)
- 1 tbsp vanilla extract
- 400ml plant-based milk (such as oat, almond or soya)
- 1 tbsp vegetable oil for cooking



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

FOUR -SIX



INSTRUCTION

Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly pour in the milk until you get a smooth, thick batter.

Heat a little of the oil in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.

Serve stacked with lots of toppings of your choice.

MACROS
PER PORTION



HEALTHY COOKIES



MACROS
PER PORTION

CALORIES
86

PROTEIN
2G

CARBS
13G

FATS
3G



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

TWELVE

INGREDIENTS

- 2 ripe bananas, mashed
- 150g porridge oats
- 2 tbsp ground almonds
- 1/2 tsp cinnamon
- 100g raspberries (fresh or frozen)

INSTRUCTION

Heat the oven to 200C/180C fan/gas 4 and line two baking trays with baking parchment. Mix the banana, oats, almonds, cinnamon and a pinch of salt in a bowl to make a sticky dough and gently stir through the raspberries, trying not to break them up.

Scoop up tablespoons of the mixture and roll into balls, then place on a baking tray and flatten with your hand.

Bake for 15 mins until the cookies feel firm around the edges and are golden brown. Leave to cool.

Will keep in an airtight container for up to three days.

MUESLI



PREPARATION
5 - 15 MIN



DIFFICULTY
EASY



COOKING
N/A



PORTION
EIGHTEEN

INGREDIENTS

- 300g jumbo oats
- 100g All-Bran
- 25g wheatgerm
- 100g dark raisins
- 140g ready-to-eat apricots, snipped into chunks
- 50g golden linseed

MACROS PER PORTION

CALORIES
124

PROTEIN
4G

CARBS
23G

FATS
3G

INSTRUCTION

Mix everything in a large bowl.

You can store this for up to 2 months in an airtight container. When you're ready to serve, pour lots of chilled milk over and let it soak for a few minutes.



LUNCH

SALMON SALAD WITH SESAME DRESSING



PREPARATION

7 MIN



DIFFICULTY

EASY



COOKING

16 MIN



PORTION

TWO

INGREDIENTS

For the salad

- 250g new potatoes, sliced
- 160g French beans, trimmed
- 2 Salmon fillets
- 80g salad leaves
- 4 small clementines, 3 sliced, 1 juiced
- handful of basil, chopped
- handful of coriander, chopped

For the dressing

- 2 tsp sesame oil
- 2 tsp tamari
- ½ lemon, juiced
- 1 red chilli, deseeded and chopped
- Finely chopped onion (¼ small onion)

INSTRUCTION

Steam the potatoes and beans in a steamer basket set over a pan of boiling water for 8 mins. Arrange the salmon fillets on top and steam for a further 6-8 mins. Meanwhile, mix the dressing ingredients together along with the clementine juice. Divide the salad leaves between two plates and top with the warm potatoes and beans and the clementine slices. Arrange the salmon fillets on top, scatter over the herbs and spoon over the dressing.

**MACROS
PER PORTION**



OLIVE WRAPS WITH MUSTARD VINAIGRETTE

INGREDIENTS

- 1 carrot, shredded or coarsely grated
- 80g wedge red cabbage, finely shredded
- 2 spring onions, thinly sliced
- 1 courgette, shredded or coarsely grated
- handful basil leaves
- 5 green olives, pitted and halved
- 1/2 tsp English mustard powder
- 2 tsp extra virgin rapeseed oil
- 1 tbsp cider vinegar
- 1 large seeded tortilla



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE



INSTRUCTION

Mix all the ingredients except for the tortilla and toss well.

Put the tortilla on a sheet of foil and pile the filling along one side of the wrap – it will almost look like too much mixture, but once you start to roll it firmly it will compact.

Roll the tortilla from the filling side, folding in the sides as you go and fold the foil in at the ends to keep stuff

MACROS PER PORTION

CALORIES
281

PROTEIN
8G

CARBS
31G

FATS
12G

HUMMUS PASTA SALAD



MACROS
PER PORTION

CALORIES
385

PROTEIN
13G

CARBS
51G

FATS
12G

INGREDIENTS

- 400g can chickpeas, drained and liquid reserved
- 1 tbsp tahini
- 2 tbsp extra virgin olive oil
- 1/2 garlic clove
- 1/2 lemon, zested and juiced
- 250g short pasta of your choice
- 50g baby spinach, roughly chopped
- 200g cherry tomatoes halved
- 1/4 cucumber, quartered lengthways and cut into small triangles
- 75g pitted olives of your choice, roughly chopped

INSTRUCTION

Boil the kettle and tip half the chickpeas into a food processor, add roughly half the reserved liquid from the can (the liquid should come to just below the level of the chickpeas in the blender), the tahini, olive oil, garlic, lemon zest and juice and some seasoning. Blitz until you have a smooth, loose hummus and check for seasoning.

Cook the pasta following pack instructions. Drain, reserving a mugful of the cooking water, and rinse the under cold running water for a few seconds until cool. Toss the cooked pasta, spinach, tomatoes, cucumbers, olives, the rest of the chickpeas and the hummus dressing together in a large bowl until everything is well-coated. Add a splash of the reserved pasta cooking water if the dressing is too thick. Will keep covered and chilled for up to 6 hrs, or in an airtight container in a cool bag for 2 hrs. Add a splash of water to loosen the dressing again before serving.



PREPARATION

20 MIN



DIFFICULTY

EASY



COOKING

10 MIN



PORTION

FOUR

TUNA RICE SALAD



PREPARATION

30 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

EIGHT

**MACROS
PER PORTION**

**CALORIES
328**

**PROTEIN
14G**

**CARBS
49G**

**FATS
10G**

INSTRUCTION

The cooked rice will have probably clumped together, so break it up in a large mixing bowl. Flake in the tuna, then mix in the peas, peppers, tomatoes, spring onions, parsley and olives, if you're using them.

Stir through the mayonnaise, lemon juice and olive oil and season to taste.

Cover the bowl with cling film or place in a large plastic container and serve whenever you're hungry.

INGREDIENTS

- 2lb cold cooked rice (about 400g uncooked rice)
- 400g tuna in springwater
- 200g frozen petits pois, defrosted
- 2 red peppers, peeled with a potato peeler, deseeded and diced
- 3 tomatoes, chopped into small chunks
- 5 spring onions, finely sliced
- bunch flat-leaf parsley, chopped
- large handful stoned green olives, roughly chopped (optional)
- 4 tbsp mayonnaise
- juice 1 lemon
- 2 tbsp extra-virgin olive oil



DINNER

CHILLI CON CARNE



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

1 HOUR



PORTION

FOUR

INGREDIENTS

- 1 large onion
- 1 red pepper
- 2 garlic cloves
- 1 tbsp oil
- 1 heaped tsp hot chilli powder
- 1 tsp paprika
- 1 tsp ground cumin
- 500g lean minced beef
- 1 beef stock cube
- 400g can chopped tomatoes
- 1/2 tsp dried marjoram
- 1 tsp sugar or add a thumbnail-sized piece of dark chocolate along with the beans instead
- 2 tbsp tomato purée
- 410g can red kidney beans
- plain boiled long grain rice, to serve
- soured cream, to serve

INSTRUCTION

Put your pan on the hob over a medium heat. Add 1 tbsp oil and leave it for 1-2 minutes until hot. Add the chopped onion and cook, stirring frequently, for about 5 minutes, or until the onion is soft. Tip in the garlic, red pepper, hot chilli powder, paprika and ground cumin and give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally.

Brown the minced beef in a frying pan, then add mince to the pan and break it up with a spatula and cook until there are no more pink bits. Crumble 1 beef stock cube into 300ml hot water. Add a 400g can of chopped tomatoes. Add the marjoram, sugar and season well with salt and pepper. Add tomato purée and stir the sauce well. Simmer it gently for 20 minutes, stirring occasionally, add a little water if goes dry. Drain and rinse red kidney beans stir them into the chilli pot, cook for further 10 minutes. Once cooked let it stand for 10 minutes before serving. This is really important as it allows the flavours to mingle and serve with soured cream and the rice.

MACROS
PER PORTION

CALORIES

387

PROTEIN

36G

CARBS

25G

FATS

17G

CHICKEN PASTA BAKE



MACROS
PER PORTION

CALORIES
575

PROTEIN
33G

CARBS
41G

FATS
30G



PREPARATION

30 MIN



DIFFICULTY

EASY



COOKING

45 MIN



PORTION

SIX

INGREDIENTS

- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1/4 tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascarpone
- 4 skinless chicken breasts, sliced into strips
- 300g penne
- 70g mature cheddar, grated
- 50g grated mozzarella
- 1/2 small bunch of parsley, finely chopped

INSTRUCTION

Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.

Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.

Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil.

Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.

VEGAN TACOS



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

TWO

INGREDIENTS

- 175g pack baby corn
- 1 large red onion, sliced
- 1 red pepper, deseeded and roughly chopped
- ½ tsp cumin seeds
- 2 tsp olive oil
- 1 large ripe kiwi, halved lengthways
- 1 large tomato, halved
- 100g wholemeal flour, plus extra for rolling
- 1 large garlic clove
- 15g fresh coriander, chopped
- 1 tsp vegan bouillon powder
- 1/2 tsp smoked paprika
- 85g red cabbage, finely shredded

INSTRUCTION

Heat oven to 220C/200C fan/gas 7. Pile the corn, red onion and pepper into a large shallow roasting tin and toss with the cumin seeds and oil. Add the kiwi and tomato on one side of the tin and roast for 20 mins. Meanwhile, mix 60ml water into the flour with the blade of a knife to make a dough. Knead briefly until smooth, then cut equally into four and roll out each piece on a lightly floured surface into a 16cm round tortilla. Cover with a tea towel to stop them drying out.

Remove the cooked tomato and kiwi from the tin and return the veg to the oven for 10 mins. Remove the skin from the kiwi and scoop the flesh into a bowl with the tomato, garlic, half the coriander, bouillon and paprika. Blitz to a smooth salsa.

Heat a large non-stick frying pan, without oil, and cook the tortillas one at a time for a minute on one side and about 10 seconds on the other, until you see them puff up a little. Spread a tortilla with some salsa, top with cabbage and roasted veg, then scatter with the remaining coriander. Add a spoonful more salsa and eat with your hands.

HALLOUMI & PINEAPPLE BURGER WITH ZINGY SLAW

MACROS
PER PORTION

CALORIES
264

PROTEIN
11G

CARBS
19G

FATS
14G



PREPARATION

20 MIN



DIFFICULTY

EASY



COOKING

5 MIN



PORTION

TWO



INGREDIENTS

- 1/2 red cabbage, grated
- 2 carrots, grated
- 100g radishes, sliced
- Handful of coriander, chopped
- 2 limes, juiced
- 1 tbsp rapeseed oil
- big pinch of chilli flakes
- 1 tbsp chipotle paste
- 60g halloumi, cut into 4 slices
- 2 small slices of fresh pineapple
- For a healthier option instead of buns, use Little Gem lettuce, divided into 4 lettuce cups

INSTRUCTION

Put the cabbage, carrot, radish and coriander in a bowl. Pour over the lime juice, add 1/2 tbsp oil and the chilli flakes, then season with salt and pepper. Give everything a good mix with your hands. This can be done a few hours before and kept in the fridge.

Mix the remaining oil with the chipotle paste then coat the halloumi slices in the mixture. Put the halloumi slices on a sheet of foil with the pineapple on a hot griddle pan. Cook for 2 mins on each side until the cheese is golden, and the pineapple is beginning to caramelize. Brush the buns, with the remaining chipotle oil, then put your burger buns, if using, cut-side down, on the griddle for the last 30 seconds of cooking to toast.

Assemble your burgers with the lettuce or buns. Start with a handful of the slaw, then add halloumi and pineapple. Serve with the remaining slaw.

THANK YOU

We hope you love them!

We hope you enjoy these recipes as much as we enjoyed creating them!

Please feel free to share your creations on social media and don't forget to tag us!



ULTIMATE TASTE

Recipe Book

No parts of this recipe book shall be copied,
edited or otherwise published without prior
consent of The Retention Hub.

Copyright 2023© All rights reserved