



AUGUST EDITION

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SMOKEY STEAK AND EGG CIABATTA

Low-Cal Alternative

beef → 220g lean beef medallions
No cheese, egg or potato

Calories - 365
Protein - 30g
Carbs - 38g
Fat - 12g

Plant-Based Alternative

beef → 240g Taste & Glory beef strips
mayo → 2 tbsp vegan mayo
No cheese, egg or Worcestershire sauce

Calories - 494
Protein - 33g
Carbs - 45g
Fat - 17g

Time Saver Alternative

Marinating time → 1 min

New Time - 20 mins

Calories - 473
Protein - 30g
Carbs - 48g
Fat - 21g

SMOKEY STEAK AND EGG CIABATTA

Chipotle marinated skirt steak, fried eggs, cheddar cheese crisp, rocket, shoestring fries, and homemade chipotle mayo all served in a warm toasted ciabatta.

Ingredients

- 120g beef skirt
- 100g Maris Piper potatoes
- 20g lighter cheddar cheese
- 10g wild rocket
- 1 Ciabatta, 135g
- 4 tbsp lightest mayonnaise
- 1 tbsp chipotle paste
- 2 tsp Worcestershire sauce
- 2 medium eggs
- ¼ lemon
- fresh chives, garnish
- rapeseed oil spray
- salt
- pepper

Method

- **Prepare the shoestring fries** – Peel and julienne the potato using a knife, julienne peeler, or mandoline. Next, soak the potato in cold water for 10-20 mins before rinsing off the starch and patting dry with a paper towel.
- **Marinate the steak** – In a mixing bowl combine half the chipotle paste with half the Worcestershire sauce, a squeeze of lemon juice, salt, and pepper before massaging into the beef. Leave to marinate for 10 mins at room temp or covered and in the fridge for up to 24 hours.
- **Cook the fries** – Place the fries into an air fryer pre heated to 200C, spritz with oil, season with salt, and cook for 18 mins tossing every 5 mins.
- **Make the sauce** – Add the remaining Worcestershire sauce and chipotle paste to a small bowl along with the mayo and a squeeze of lemon juice. Mix well to combine and set aside.
- **Grill the steak** – Preheat a non-stick frying pan to medium-high heat and add in the steak. Cook the steak for 5-6 mins flipping every 30 secs. Once cooked to your liking, remove from the pan to rest for 5 mins.
- **Fry the eggs** – Crack the eggs into the pan and cook for 3-4 mins until the whites have set and the yolk is still runny, then remove and set aside.
- **Toast the ciabatta** – Toast both halves of the ciabatta in the frying pan until golden brown then remove. Next, add the grated cheese directly to the pan roughly in the shape of the ciabatta. When melted, place the bottom half of the ciabatta on top of the cheese and press down. Remove once the cheese has melted and a crust has formed underneath.
- **Dress the salad** – Toss the rocket in lemon juice and season with salt and pepper to taste.
- **Plate** – Top the bottom half of the ciabatta with rocket, slice and add the steak, followed by the fried eggs and shoestring fries. Garnish with chopped chives and spread the chipotle mayo across the top half of the ciabatta before crowning the sandwich.
- **Tip** – Make extra chipotle mayo to use with the 'Grilled Seabass Tacos'. Leftover steak can be used in the 'Chipotle Steak Tagliatelle' recipe.

Calories – 473

Protein – 30g

Carbs – 48g

Fat – 21g



30 mins



Serves 2



CREAMY CHIPOTLE CHICKEN WITH CHEDDAR CHIVE MASH

Low-Cal Alternative

160g potato → 100g potato
No cheese

Calories - 302
Protein - 30g
Carbs - 28g
Fat - 7g

Plant-Based Alternative

chicken → 100g This Isn't chicken
chicken stock → 150ml vegetable stock
cream → 25ml Elmlea plant
milk → 20ml unsweetened soy milk
No cheese

Calories - 452
Protein - 30g
Carbs - 40g
Fat - 17g

Time Saver Alternative

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

New Time - 12 mins

Calories - 413
Protein - 35g
Carbs - 33g
Fat - 14g

CREAMY CHIPOTLE CHICKEN WITH CHEDDAR CHIVE MASH

Chipotle marinated grilled chicken served with creamy cheddar cheese and chive mashed potatoes smothered in a creamy pan sauce.

Ingredients

- 100g chicken breast
- 160g Maris Piper potatoes
- 20g lighter cheddar cheese
- 10g wild rocket
- 150ml chicken stock
- 25ml Elmlea single light
- 20ml skimmed milk
- 1 tbsp chipotle paste
- 2 chive stems
- 1 garlic clove
- ½ lemon
- 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.
- **Marinate the chicken** - Place the chicken into a small mixing bowl and season with salt and pepper, squeeze in some lemon juice, and add in half the chipotle paste before massaging 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.
- **Chop the aromatics** - Finely chop the garlic and slice the chives.
- **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.
- **Make the sauce** - Remove the chicken from the pan to rest before adding in the garlic and remaining chipotle paste. Sauté for 30 secs until fragrant 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 stir in the cream. Squeeze in lemon juice and turn off the heat once thick enough to coat the back of a spoon. Season with salt and pepper to taste.
- **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, chives, and grated cheese before seasoning with salt and pepper to taste.
- **Dress the salad** - Toss the rocket in lemon juice and season with salt and pepper to taste.
- **Plate** - Add the mash to a plate, slice and add the chicken, top with the rocket, then finally spoon over the sauce and garnish with fresh chives if desired.
- **Tip** - Extra sauce can be used in the 'Chipotle Steak Tagliatelle' recipe.

Calories - 414

Protein - 36g

Carbs - 39g

Fat - 12g



30 mins



Serves 1



OKLAHOMA ONION BURGER

Low-Cal Alternative

beef → 90g 3% fat beef mince
2 American cheese slices → 1 American
cheese slice

Calories - 331
Protein - 30g
Carbs - 35g
Fat - 6g

Plant-Based Alternative

beef mince → 1 Taste & Glory vegan burger
cheese → 25g Violife smoky cheddar slices

Calories - 477
Protein - 22g
Carbs - 50g
Fat - 17g

OKLAHOMA ONION BURGER

Originating in Oklahoma in the 1920's, this burger consists of thinly sliced onion smashed directly into two thin caramelised burger patties, topped with melted American cheese, served in a warm bun with American mustard and dill pickle slices.

Ingredients

- 90g 5% beef mince
- 1 Warburton's sliced white roll
- 1 tsp American yellow mustard
- 4 pickled gherkin slices
- 2 lighter American cheese slices
- ½ onion
- salt
- pepper

Method

- **Prepare the onion** - Peel the onion and slice as thinly as possible. Use a mandoline set to the smallest setting if possible.
- **Cook the burger patties** - Preheat a cast iron, stainless steel, or cast aluminium pan to medium-high heat. Roll the mince into two equal sized balls and once the pan is up to temperature, spritz with oil, and add in the mince. Season with salt and pepper, top with the sliced onions, then press down using the back of a spatula to form thin patties. When the sides begin to peel away from the pan, flip the patties using a metal spatula, and top each with a slice of cheese.
- **Steam the buns** - Add mustard to both halves of the bun and add the pickles to the top half. Place each half on one patty each to warm through.
- **Plate** - When the patties are cooked through, transfer the bottom half to a plate and top with the other half before serving.
- **Tip** - Form the patties before cooking if you are using a non-stick pan.

Calories - 383

Protein - 34g

Carbs - 37g

Fat - 10g



12 mins



Serves 1



CHIPOTLE STEAK TAGLIATELLE

Low-Cal Alternative

beef → 80g lean beef medallions
No cheese

Calories - 409
Protein - 30g
Carbs - 49g
Fat - 9g

Plant-Based Alternative

beef → 120g Taste & Glory vegan beef strips
chicken stock → 150ml vegetable stock
cream → 25ml Elmlea plant
No cheese or Worcestershire sauce

Calories - 537
Protein - 35g
Carbs - 50g
Fat - 18g

Time Saver Alternative

Marinating time → 1 min

New Time - 12 mins

Calories - 473
Protein - 31g
Carbs - 49g
Fat - 15g

CHIPOTLE STEAK TAGLIATELLE

Chipotle marinated grilled steak with tagliatelle and rocket served in a creamy garlic sauce.

Ingredients

- 120g beef skirt
- 70g dried Tagliatelle
- 10g grated Parmigiano Reggiano
- 10g wild rocket
- 100ml chicken stock
- 25ml Elmlea single light
- 1 tbsp chipotle paste
- 1 tsp Worcestershire sauce
- 1 garlic clove
- ¼ lemon
- ⅓ onion
- fresh chives, garnish
- olive oil spray
- salt
- pepper

Method

- **Marinate the steak** - In a mixing bowl combine half the chipotle paste with the Worcestershire sauce, a squeeze of lemon juice, salt, and pepper before massaging into the beef. Leave to marinate for 10 mins at room temp or covered and in the fridge for up to 24 hours.
- **Chop the aromatics** - Finely dice the garlic and onion.
- **Boil the pasta** - Add the pasta to boiling salted water and cook for 2 mins less than stated on the packet for al dente.
- **Cook the steak** - Preheat a non-stick frying pan to medium-high heat and add in the steak. Cook the steak for 5-6 mins flipping every 30 secs. Once cooked to your liking, remove from the pan to rest for 5 mins.
- **Make the sauce** - Add the onion, garlic, and remaining chipotle paste to the pan. Sauté for 30 secs until fragrant before pouring in the chicken stock. Allow the stock to reduce by half before stirring in the cream and parmesan cheese.
- **Dress the salad** - Toss the rocket in lemon juice and season with salt and pepper to taste.
- **Finish the pasta** - Add the cooked pasta to the sauce along with a splash of pasta water. Toss well to combine and cook for a further 1-2 mins until al dente. Finally, stir in the sliced chives and a squeeze of lemon juice.
- **Plate** - Add the pasta to a plate, slice and top with the steak, and top with the rocket before serving.
- **Tip** - This recipe works well with leftover chicken from the 'Creamy Chipotle Chicken with Cheddar Chive Mash' recipe in place of the steak.

Calories - 473

Protein - 31g

Carbs - 49g

Fat - 15g



20 mins



Serves 1



PRAWN COCKTAIL ROLLS

Low-Cal Alternative

2 brioche rolls → 1 brioche roll

Calories - 305

Protein - 30g

Carbs - 31g

Fat - 14g

PRAWN COCKTAIL ROLLS

King prawn and cucumber chunks in a tangy mayo-based sauce served in toasted brioche rolls topped with fresh chives.

Ingredients

- 150g cooked peeled king prawns
- 2 brioche rolls, 32g each
- 4 tbsp lightest mayonnaise
- 1 tbsp ketchup
- 1 tsp paprika
- ½ tsp Worcestershire sauce
- ¼ cucumber
- ¼ lemon
- fresh chives, garnish
- salt
- pepper

Method

- **Make the prawn cocktail** – Cut the prawns and cucumber into bitesize chunks and add to a mixing bowl along with the mayo, ketchup, Worcestershire sauce, salt, pepper, paprika, and a squeeze of lemon juice. Mix well to combine and place in the fridge for 5 mins.
- **Prepare the rolls** – Slice down the sides of each roll to create a flat surface for even browning when toasting and make a deep cut through the top of each roll to hold the filling.
- **Toast the rolls** – Toast both sides of each roll in a non-stick frying pan over medium heat until golden brown.
- **Plate** – Fill each roll with the prawn cocktail and garnish with fresh chives before serving.
- **Tip** – Use raw prawns and grill over high heat then add to the roll before drizzling over the sauce if you prefer the prawns to be hot.

Calories – 418

Protein – 30g

Carbs – 48g

Fat – 18g



10 mins



Serves 1



GRILLED SEABASS TACOS

Low-Cal Alternative

sea bass → 113g skinless sea bass
2 tacos → 1 taco

Calories - 289
Protein - 30g
Carbs - 27g
Fat - 8g

Plant-Based Alternative

sea bass → 100g This Isn't chicken
mayo → 2 tbsp vegan mayo
No Worcestershire sauce

Calories - 532
Protein - 30g
Carbs - 42g
Fat - 24g

Time Saver Alternative

Marinating time → 1 min

New Time -12 mins

Calories - 438
Protein - 30g
Carbs - 43g
Fat - 16g

GRILLED SEA BASS TACOS

Crispy skinned grilled sea bass fillet served on soft flour tacos with grilled pineapple chunks, homemade chipotle mayo, and fresh coriander, chilli, and lime.

Ingredients

- 110g skin-on seabass fillet
- 2 soft flour tacos, 30g each
- 30g pineapple
- 2 tbsp lightest mayo
- ½ tbsp chipotle paste
- 1 tsp Worcestershire sauce
- ¼ lemon
- fresh coriander, garnish
- red chilli, garnish
- rapeseed oil spray
- salt
- pepper

Method

- **Marinate the fish** - Rub the flesh side of the fish with the chipotle paste, squeeze over lemon juice, and season with salt and pepper to taste. Leave to sit for 5-10 mins at room temp or up to 30 mins in the fridge.
- **Make the sauce** - Add the Worcestershire sauce and remaining chipotle paste to a small bowl along with the mayo and a squeeze of lemon juice. Mix well to combine and set aside.
- **Prepare the pineapple** - Cut the pineapple into bitesize chunks.
- **Grill the fish** - Preheat a non-stick frying pan to medium heat, spritz with oil, and cook the fish skin side down for 6 mins until crisp before flipping and cooking for 1 min. Once cooked through, remove from the pan to rest for 5 mins.
- **Grill the pineapple** - Add the pineapple into the pan and grill on each side for 30 secs.
- **Toast the tacos** - Heat the tacos in the same pan for 30 secs.
- **Plate** - Top each taco with the chipotle mayo before cutting the fish in half and adding one piece to each taco. Top each taco with the pineapple chunks and garnish with chilli and coriander before serving.
- **Tip** - Shoestring fries from the 'Smokey Steak and Egg Ciabatta' make a great addition to the tacos.

Calories - 438

Protein - 30g

Carbs - 43g

Fat - 16g



18 mins



Serves 1



DUCK AND PINEAPPLE THAI RED CURRY

Low-Cal Alternative

duck → 100g skinless duck breast
30g pineapple → 15g pineapple

Calories - 411
Protein - 30g
Carbs - 43g
Fat - 13g

Plant-Based Alternative

duck → 100g This Isn't chicken
fish sauce → ½ tbsp light soy sauce
curry paste → 25g Blue Dragon red Thai
curry paste

Calories - 519
Protein - 30g
Carbs - 50g
Fat - 15g

Time Saver Alternative

rice → 100g microwave Jasmine rice

New Time - 16 mins

Calories - 472
Protein - 30g
Carbs - 42g
Fat - 19g

DUCK AND PINEAPPLE THAI RED CURRY

Pan seared duck slices, pineapple, tomato, and onion in a rich fragrant Thai coconut curry, served over steamed Thai Jasmine rice.

Ingredients

- 100g duck breast
- 40g uncooked Jasmine rice
- 15g Mae Ploy Thai red curry paste
- 30g pineapple
- 150ml light coconut milk
- 1 tsp fish sauce
- 2 kaffir lime leaves
- ½ tomato
- ¼ onion

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 chopsticks or a fork then cover and leave to rest until serving.
- **Chop the aromatics** - Cut the onion and tomato into wedges before cutting the pineapple into bitesize pieces.
- **Cook the duck** - Score the duck skin with a knife but be careful not to cut into the flesh. Season the duck with salt then place into a cold non-stick pan skin side down and render the fat over medium heat for 8-10 mins until golden brown. Use a cooking weight or heavy pan on top of the duck for a more even crispy skin. Flip and cook for a further 3-4 mins or until cooked to your liking. Remove from the pan to rest.
- **Prepare the curry** - Sauté the curry paste in the duck fat for 2-3 mins before pouring in the coconut milk and 100ml of water. Next, thinly slice the duck and add to the curry along with the pineapple, lime leaves, onion, and tomato. Season the curry with fish sauce and simmer for 2-3 mins.
- **Plate** - Add the rice to a bowl, top with the curry, and serve.
- **Tip** - Leftover duck and sauce from the curry can be used in the 'Choo Chee Duck Baos' recipe.

Calories - 468

Protein - 30g

Carbs - 45g

Fat - 18g



25 mins



Serves 1



PINEAPPLE CHICKEN FRIED RICE

Low-Cal Alternative

rice → 50g cooked Jasmine rice

Calories - 311
Protein - 30g
Carbs - 28g
Fat - 8g

Plant-Based Alternative

chicken → 100g This Isn't chicken
fish sauce → ½ tbsp light soy sauce
No egg

Calories - 413
Protein - 30g
Carbs - 50g
Fat - 8g

PINEAPPLE CHICKEN FRIED RICE

Thai inspired fried rice with chicken, pineapple, and egg, seasoned with curry powder, fish sauce, and soy sauce.

Ingredients

- 80g chicken breast
- 100g cooked Jasmine rice
- 20g pineapple
- ½ tbsp light soy sauce
- ½ tbsp fish sauce
- ½ tbsp curry powder
- 4 slices cucumber
- 1 medium egg
- ½ clove garlic
- ½ tomato
- ¼ onion
- fresh coriander, garnish
- ½ lime, garnish
- red chilli, garnish
- rapeseed oil spray
- salt
- white pepper

Calories - 399

Protein - 32g

Carbs - 46g

Fat - 9g

Method

- **Chop the aromatics** - Finely chop the garlic and cut the onion and tomato into wedges before cutting the pineapple and chicken into small bitesize pieces.
- **Cook the egg and chicken** - Preheat a wok to high heat, spritz with oil, and crack in the egg. Scramble the egg and season with salt and white pepper, once nearly cooked through, remove from the pan and set aside. Add in the chicken, season with salt and white pepper, and cook for 1-2 mins until almost cooked through then remove from the pan and set aside.
- **Stir-Fry** - Add in the garlic and sauté for 30 secs before adding in the tomato, pineapple, and onion. Stir-fry for a further 30 secs before adding in the rice and press down on using the back of a spatula to help separate each grain. Stir-fry for 30 secs to 1 min before adding the egg and chicken back into the pan. Toss well to combine and add in the fish sauce, soy sauce, and curry powder. Ensure each grain of rice is coated well and cook for a final minute until the chicken is cooked through.
- **Plate** - Add the rice to a plate or bowl and garnish with coriander, chilli, cucumber, and a lime wedge before serving.
- **Tip** - Swapping out the curry powder for 1 tsp of the red curry paste makes for a great alternative to this recipe. Make use of extra lime leaves by chopping as finely as possible and adding in with the rice. Day-old refrigerated rice works best for fried rice.



10 mins



Serves 1



CHOO CHEE DUCK BAOS

Low-Cal Alternative

duck → 130g skinless duck breast
2 bao buns → 1 bao bun

Calories - 324
Protein - 30g
Carbs - 22g
Fat - 12g

Plant-Based Alternative

duck → 100g This Isn't chicken
fish sauce → ½ tbsp light soy sauce
curry paste → 10g Blue Dragon red Thai
curry paste

Calories - 426
Protein - 31g
Carbs - 38g
Fat - 16g

CHOO CHEE DUCK BAOS

Pan seared crispy duck breast served with cucumber slices in steamed bao buns with a Thai-inspired red curry coconut sauce garnished with kaffir lime leaves and red chilli.

Ingredients

- 110g duck breast
- 5g Mae Ploy Thai red curry paste
- 100ml light coconut milk
- ½ tsp fish sauce
- ½ tsp sugar
- 4 slices cucumber
- 2 small bao buns
- 1 kaffir lime leaf
- ½ lime
- red chilli, garnish
- salt

Method

- **Cook the duck** - Score the duck skin with a knife but be careful not to cut into the flesh. Season the duck with salt then place into a cold non-stick pan skin side down and render the fat over medium heat for 8-10 mins until golden brown. Use a cooking weight or heavy pan on top of the duck for a more even crispy skin. Flip and cook for a further 3-4 mins or until cooked to your liking. Remove from the pan to rest.
- **Make the sauce** - Sauté the curry paste in the duck fat for 2-3 mins before pouring in the coconut milk. Simmer for 2-3 mins until reduced and thickened before seasoning with fish sauce, sugar, and a squeeze of lime juice.
- **Steam the bao buns** - Steam the bao buns for 10 mins or according to instructions on the packet.
- **Prepare the garnish** - Remove the stem of the lime leaf before thinly slicing the leaves along with the chilli.
- **Plate** - Add the cucumber slices to the bao buns, slice and add the duck, drizzle over the sauce, and garnish with the chilli and lime leaf before serving.
- **Tip** - Chicken breast or steak work well in place of duck for this recipe.

Calories - 426

Protein - 31g

Carbs - 38g

Fat - 16g



16 mins



Serves 1



PINEAPPLE CHIPOTLE WINGS

Low-Cal Alternative

chicken wings → 130g chicken mini fillets

Calories - 231
Protein - 30g
Carbs - 10g
Fat - 6g

Plant-Based Alternative

chicken wings → 150g Taste & Glory roast
tenderstrips

Calories - 367
Protein - 30g
Carbs - 11g
Fat - 25g

Time Saver Alternative

Marinating time → 1 min

New Time - 23 mins

Calories - 368
Protein - 30g
Carbs - 12g
Fat - 25g

PINEAPPLE CHIPOTLE WINGS

Air-fried sweet smoky chicken wings marinated in chipotle and pineapple garnished with fresh coriander and red chilli.

Ingredients

- 4 whole chicken wings
- 20g pineapple
- 1 tbsp chipotle paste
- ½ tbsp light soy sauce
- 1 garlic clove
- fresh coriander, garnish
- ½ lime, garnish
- red chilli, 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 pineapple, chipotle paste, and soy sauce to a blender and blend until smooth. Add a splash of water if necessary. 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, chilli, and a lime wedge before serving.
- **Tip** - Cook the wings and sauce separately before tossing together to make 'Pineapple Chipotle Glazed Wings'.

Calories - 368

Protein - 30g

Carbs - 12g

Fat - 25g



32 mins



Serves 1



COCONUT PAPRIKA CHICKEN

Low-Cal Alternative

No cream or onion

Calories - 322
Protein - 30g
Carbs - 37g
Fat - 6g

Plant-Based Alternative

chicken → 100g This Isn't chicken
chicken stock → 150ml vegetable stock
No cream

Calories - 368
Protein - 30g
Carbs - 41g
Fat - 9g

Time Saver Alternative

rice → 100g microwave Jasmine rice
Marinating time → 1 min

New Time - 10 mins

Calories - 372
Protein - 30g
Carbs - 39g
Fat - 10g

COCONUT PAPRIKA CHICKEN

Chicken breast chunks in a garlic, paprika, and coconut milk-based sauce served over steamed Jasmine rice garnished with fresh coriander.

Ingredients

- 100g chicken breast
- 40g uncooked Jasmine rice
- 100ml chicken stock
- 50ml light coconut milk
- 25ml Elmlea single light
- 2 tsp paprika
- 2 garlic cloves
- ½ lime
- ¼ onion
- fresh coriander, garnish
- 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 chopsticks or a fork then cover and leave to rest until serving.
- **Marinate the chicken** - Cut the chicken into bitesize chunks and season with half the paprika, salt, and pepper before leaving to marinate at room temp for 10 mins or up to 24 hours in the fridge.
- **Chop the aromatics** - Finely dice the onion and garlic.
- **Cook the chicken** - Preheat a non-stick frying pan to high heat and spritz with oil before adding in the chicken. Sear the chicken on each side for 10-20 secs then remove and set aside.
- **Make the sauce** - Turn the heat down to medium and add in the garlic, onion, and remaining paprika. Sauté for 1-2 mins before pouring in the chicken stock. Allow the chicken stock to reduce by half before pouring in the coconut milk and cream. Add the chicken into the sauce and leave to simmer over medium-low heat for 3-5 mins until the chicken is cooked through. Finally, squeeze in lime juice and season with salt and pepper if needed.
- **Plate** - Add the rice to a bowl or plate, top with the chicken and sauce, and garnish with fresh coriander before serving.
- **Tip** - This dish also works well with mashed potatoes instead of rice.

Calories - 368

Protein - 30g

Carbs - 41g

Fat - 9g



20 mins



Serves 1