



SEPTEMBER EDITION

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FRITA CUBANA

Low-Cal Alternative

5% beef → 90g 3% fat beef mince
100g potato → 50g potato

Calories - 346
Protein - 30g
Carbs - 42g
Fat - 6g

Plant-Based Alternative

beef → 240g Taste & Glory beef strips

Calories - 491
Protein - 25g
Carbs - 62g
Fat - 13 g

Time Saver Alternative

potato → 18g Walkers French Fries ready
salted

New time - 15 mins

Calories - 415
Protein - 30g
Carbs - 46g
Fat - 11g

FRITA CUBANA

Paprika and cumin seasoned beef patty, pan seared in a smoky spicy ketchup, served in a warm toasted bun with diced onion and air fried shoestring fries.

Ingredients

- 100g 5% beef mince
- 100g Maris Piper potatoes
- 1 Warburtons sliced white roll
- 1 tbsp ketchup
- 1 tsp apple cider vinegar
- ½ tsp smoked paprika
- ¼ tsp cumin powder
- ¼ onion
- ¼ garlic clove
- 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.
- **Cook the fries** - Place the fries into an air fryer preheated to 200C, spritz with oil, and cook for 15 mins tossing every 5 mins. Once cooked, season with salt immediately.
- **Chop the onion** - Finely dice the onion and set aside.
- **Make the sauce** - In a small bowl combine half the ketchup, cumin, and paprika with the apple cider vinegar, and ½ tbsp of water.
- **Form the burger patty** - Add the mince to a large mixing bowl along with the remaining paprika and cumin. To this, add half the diced onion and grate in the garlic before seasoning with salt and pepper to taste. Mix all the ingredients into the mince using your hands before forming into a large meatball.
- **Cook the burger** - Preheat a frying pan to high heat, spritz with oil, and add in the mince. Press down using a spatula to form a thin patty. Add the remaining diced onion to the top of the patty and pour over the sauce. Leave to cook for 2 mins before flipping. Once flipped, cook for a final 2 mins before removing from the pan to rest.
- **Toast the bun** - Toast the bun in the same pan over medium heat until golden brown.
- **Plate** - Place the patty on the bottom half of the bun and top with the fries before spreading the ketchup across the top half of the bun and crowing the burger.

Calories - 419

Protein - 31g

Carbs - 52g

Fat - 9g



40 mins



Serves 1



HAWAIIAN SHOYU CHICKEN

Low-Cal Alternative

chicken thighs → 200g chicken breast

Calories - 371
Protein - 30g
Carbs - 59g
Fat - 2g

Plant-Based Alternative

chicken → 200g This Isn't chicken

Calories - 432
Protein - 30g
Carbs - 62g
Fat - 5g

Time Saver Alternative

rice → 200g microwave Jasmine rice
Marinating time - 1 min

New time - 15 mins

Calories - 375
Protein - 30g
Carbs - 57g
Fat - 3g

HAWAIIAN SHOYU CHICKEN

Hawaiian-inspired braised chicken thighs in a garlic and ginger, sweet and savoury, soy-based sauce, served with steamed Jasmine rice.

Ingredients

- 270g boneless skinless chicken thighs
- 80g uncooked Jasmine rice
- 45g brown sugar
- 60ml light soy sauce
- 1 tbsp rice vinegar
- 1 tsp cornflour
- 1 garlic clove
- 1 spring onion
- ½ inch piece ginger

Method

- **Cook the chicken** - Add the soy sauce, sugar, vinegar, 60ml of water, ginger, spring onion, and garlic to a saucepan. Bring to a simmer over medium heat before adding in the chicken thighs. Simmer for 25 mins flipping halfway. Combine the cornflour with equal amounts of cold water and stir into the sauce. Simmer for a final 2-3 mins until slightly thickened then turn off the heat and leave to sit for 10 mins.
- **Make the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 250ml of water. 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.
- **Plate** - Add the rice to a bowl and add the chicken before pouring over the sauce and garnishing with extra spring onion if desired.
- **Tip** - Make extra rice to be used in the 'Mongolian Beef' and 'Beef and Broccoli Fried Rice' recipes.

Calories - 479

Protein - 30g

Carbs - 59g

Fat - 14g



40 mins



Serves 2



CHILLI AND GARLIC TUNA SPAGHETTI

Low-Cal Alternative

60g spaghetti → 40g spaghetti

Calories - 324
Protein - 30g
Carbs - 37g
Fat - 3g

Plant-Based Alternative

tuna → 150g Loma vegan tuno
wine → 30ml vegan white wine
No anchovies

Calories - 404
Protein - 30g
Carbs - 51g
Fat - 3g

CHILLI AND GARLIC TUNA SPAGHETTI

Tuna fish chunks, sautéed broccoli, and cherry tomatoes served with spaghetti in a spicy, garlic, white wine sauce with anchovies, capers, lemon, and fresh parsley.

Ingredients

- 70g drained tuna in spring water
- 60g dried spaghetti
- 50g tenderstem broccoli
- 50g cherry tomatoes
- 5g drained anchovy fillets
- 5g drained capers
- 30ml white wine
- 2 garlic cloves
- ½ red chilli
- ¼ lemon
- small handful fresh parsley
- olive oil spray
- salt
- pepper

Method

- **Chop the aromatics** - Finely chop the anchovies, slice the broccoli stems at an angle but keep the florets whole, half the tomatoes, and thinly slice the chilli, parsley, and garlic.
- **Boil the pasta** - Add the spaghetti 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 heat, spritz with olive oil, and add in the broccoli. Season with salt and pepper to taste and sauté for 2-3 mins until golden brown. Next, add in the anchovies, garlic, capers, and chilli and cook for 30 secs to 1 min until fragrant before deglazing with white wine. Allow the wine to reduce until almost completely evaporated before adding in the tomatoes and tuna. Add the pasta to the pan using a pair of tongs along with a splash of pasta water, toss well to combine and cook for 1-2 mins until the pasta is 'al-dente'. Finally squeeze in lemon juice, toss in the parsley, and season with salt and pepper to taste.
- **Plate** - Twirl the pasta around the tongs and add to a plate to serve.
- **Tip** - Add a splash of cream for a creamier sauce.

Calories - 403

Protein - 31g

Carbs - 52g

Fat - 3g



12 mins



Serves 1



MONGOLIAN BEEF

Low-Cal Alternative

beef → 80g pan fried beef medallions

Calories - 386
Protein - 30g
Carbs - 55g
Fat - 4g

Plant-Based Alternative

beef → 120g Taste & Glory beef strips

Calories - 443
Protein - 31g
Carbs - 58g
Fat - 6g

Time Saver Alternative

rice → 100g microwave Jasmine rice
No freezing before marinating
Marinating time - 5 mins

New time - 12 mins

Calories - 448
Protein - 30g
Carbs - 53g
Fat - 10g

MONGOLIAN BEEF

Thinly sliced skirt steak stir-fried with ginger, garlic, and dried chillies in a sweet and savoury soy-based sauce, served over steamed Jasmine rice.

Ingredients

- 120g beef skirt
- 40g uncooked Jasmine rice
- 1 tbsp light soy sauce
- 1 tbsp brown sugar
- 2 tsp oyster sauce
- 1 tsp Shaoxing wine
- ½ tsp cornflour
- ⅛ tsp baking soda
- 2 dried red chillies
- 1 garlic clove
- 1 spring onion
- ¼ onion
- ½ inch piece ginger
- rapeseed oil spray
- salt
- pepper

Calories - 444

Protein - 31g

Carbs - 55g

Fat - 9g

Method

- **Make the rice** - Rinse the rice until the water runs clear and drain. Add to a saucepan with 125 ml of water. 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 beef** - Slice the beef against the grain as thinly as possible, placing the beef in the freezer for 15-20 mins beforehand will help with this. Add the beef to a mixing bowl along with the baking soda, cornflour, 1 tbsp of water, 1 tsp of soy sauce, 1 tsp of oyster sauce, salt, and pepper. Massage the marinade into the beef, leave to sit at room temp for 10 mins.
- **Chop the aromatics** - Finely chop the ginger and garlic, slice the onion, and quarter the spring onion.
- **Prepare the stir-fry sauce** - In a small bowl combine the remaining soy sauce and oyster sauce with the Shaoxing wine, sugar, and 1 tbsp of water.
- **Stir-fry** - Preheat a wok to high heat and spritz the beef with oil and massage well to stop the beef sticking together. Next, add the beef, and spread out each piece, you may have to do this in two batches to avoid over crowding the pan. Sear the beef on one side for 30 secs until a crust has formed before flipping and cooking for a final 30 secs. Remove the beef from the pan and set aside before adding in the dried chillies, onion, garlic, ginger, and spring onion. Stir fry for 30 secs until fragrant before stirring in the sauce. Add the beef back into the pan and toss well to combine, stir-fry over high heat until the sauce is reduced and coats the beef.
- **Plate** - Add the rice to a bowl and top with the beef before serving.
- **Tip** - Any leftovers can be turned into fried rice. Simply add to a preheated wok and stir fry along with any veg you like.



30 mins



Serves 1



BEEF AND BROCCOLI FRIED RICE

Low-Cal Alternative

beef → 80g pan fried beef medallions
100g rice → 50g rice

Calories - 293
Protein - 30g
Carbs - 32g
Fat - 5g

Plant-Based Alternative

beef → 120g Taste & Glory beef strips

Calories - 438
Protein - 33g
Carbs - 52g
Fat - 8g

Time Saver Alternative

No freezing before marinating
Marinating time - 5 mins

New time - 10 mins

Calories - 438
Protein - 34g
Carbs - 50g
Fat - 11g

BEEF AND BROCCOLI FRIED RICE

Thinly sliced skirt steak and broccoli fried rice in a sweet and savoury soy and oyster sauce-based sauce.

Ingredients

- 120g beef skirt
- 100g cooked Jasmine rice
- 50g tenderstem broccoli
- 1 tbsp light soy sauce
- ½ tbsp rice vinegar
- 2 tsp oyster sauce
- 1 tsp brown sugar
- ½ tsp Shaoxing wine
- ½ tsp corn flour
- ⅛ tsp baking soda
- 1 garlic clove
- 1 spring onion
- 1 red chilli
- rapeseed oil spray
- salt
- pepper

Calories - 438

Protein - 34g

Carbs - 50g

Fat - 11g

Method

- **Marinate the beef** - Slice the beef against the grain as thinly as possible, placing the beef in the freezer for 15-20 mins beforehand will help with this. Add the beef to a mixing bowl along with the baking soda, corn flour, 1 tbsp of water, 1 tsp of soy sauce, 1 tsp of oyster sauce, salt, and pepper. Massage the marinade into the beef and leave to sit at room temp for 10 mins.
- **Chop the aromatics** - Thinly slice the broccoli, spring onion, and chilli before dicing the garlic.
- **Make the sauce** - In a small bowl combine the remaining soy sauce and oyster sauce with the Shaoxing wine, sugar, and rice vinegar.
- **Stir-fry** - Preheat a wok to high heat and spritz the beef with oil and massage well to stop the slices of beef from sticking together. Next, add in the beef, and spread out each piece, you may have to do this in two batches to avoid over crowding the pan. Sear the beef on one side for 30 secs until a crust has formed before flipping and cooking for a final 30 secs. Remove the beef from the pan and set aside before adding in the broccoli and cooking for 1-2 mins. Once the broccoli is golden and almost cooked through, add in the garlic, chilli, and whites of the spring onion. Stir-fry for 30 secs until fragrant before adding in the day-old rice. Press down with a spatula to help separate each grain and toss well cooking over high heat for 1 min. Pour in the sauce and ensure each grain of rice is coated well before adding the beef back into the pan and cooking for a final 20-30 secs.
- **Plate** - Tip the fried rice out onto a plate and garnish with the greens of the spring onion before serving.
- Tip - Day-old refrigerated rice works best for fried rice.



25 mins



Serves 1



CHICKEN FAJITAS

Low-Cal Alternative

200g chicken → 350g chicken
8 tacos → 4 tacos
No cheese

Calories - 269
Protein - 30g
Carbs - 28 g
Fat - 4g

Plant-Based Alternative

chicken → 350g This Isn't chicken
yoghurt → 100g Oatly oatgurt
cheese → 100g Violife grated

Calories - 506
Protein - 30g
Carbs - 52g
Fat - 17g

Time Saver Alternative

Marinating time - 1 min

New time - 15 mins

Calories - 415
Protein - 30g
Carbs - 44g
Fat - 12g

CHICKEN FAJITAS

Chargrilled chicken strips, peppers, and onion seasoned with paprika, cumin, oregano, and garlic served with soft warm tacos, grated cheese, salsa, and a cool yoghurt dip.

Ingredients

- 200g chicken breast
- 200g salsa
- 150g fat-free Greek style yoghurt
- 120g lighter cheddar cheese
- 8 soft flour tacos, 30g each
- 1 tbsp smoked paprika
- ½ tbsp chilli powder
- ½ tbsp cumin powder
- ½ tbsp dried oregano
- 2 garlic cloves
- 1 lime
- ½ green pepper
- ½ red pepper
- ½ onion
- fresh coriander, garnish
- olive oil spray
- salt
- pepper

Method

- **Chop the aromatics** - Slice the green and red peppers into strips along with the onion before mincing the garlic.
- **Marinate the chicken** - Cut the chicken breasts in half horizontally from the thickest part to the thinnest. Next, cut into strips against the grain and add to a large mixing bowl along with the aromatics. Season with chilli powder, cumin powder, dried oregano, smoked paprika, salt, and pepper. Squeeze in some lime juice and spritz with olive oil before mixing well. Leave to marinate for 10 mins at room temp or up to 12 hours in the fridge.
- **Cook the chicken** - Preheat a large frying pan or griddle to high heat and add in the marinated chicken, peppers, and onion in a single layer to avoid overcrowding the pan, do this in batches if necessary. Cook on one side for 2-3 mins until charred before tossing and cooking through. Once cooked, remove from the pan onto a serving plate to rest.
- **Toast the tortillas** - Turn the heat down to medium-low and heat the tortillas for 30 secs flipping halfway.
- **Plate** - Serve the chicken and tortillas with the yoghurt, salsa, grated cheese, fresh coriander, red chilli, and lime wedges.
- **Tip** - Leftover cooked chicken can be used in the 'Chicken Fajita Pasta Bake' recipe.

Calories - 415

Protein - 30g

Carbs - 44g

Fat - 12g



25 mins



Serves 4



CHICKEN FAJITA PASTA BAKE

Low-Cal Alternative

200g pasta → 100g pasta
No milk, flour, chicken stock or Flora

Top the pasta with all the grated cheese
before placing under a hot grill for 2-3 mins

Calories - 323
Protein - 30g
Carbs - 26g
Fat - 11g

Plant-Based Alternative

chicken → 350g This Isn't chicken
cheese → 100g Violife grated
milk → 200ml soy milk
chicken stock → 200ml vegetable stock

Calories - 449
Protein - 24g
Carbs - 57g
Fat - 13g

Time Saver Alternative

Marinating time - 1 min

Place under a hot grill for 5 mins instead of
baking

New time - 25 mins

Calories - 478
Protein - 35g
Carbs - 53g
Fat - 13g

CHICKEN FAJITA PASTA BAKE

Chargrilled chicken strips, peppers, and onion seasoned with paprika, cumin, oregano, and garlic with Penne Rigate pasta in a creamy cheese sauce, topped with grated cheddar cheese and baked to perfection.

Ingredients

- 200g chicken breast
- 200g dried penne rigate
- 160g lighter cheddar cheese
- 100g salsa
- 20g Flora lighter
- 200ml skimmed milk
- 200ml chicken stock
- 2 tbsp plain flour
- 1 tbsp smoked paprika
- ½ tbsp chilli powder
- ½ tbsp cumin powder
- ½ tbsp dried oregano
- 2 garlic cloves
- 1 lime
- ½ green pepper
- ½ red pepper
- ½ onion
- fresh coriander, garnish
- olive oil spray
- salt
- pepper

Calories – 478

Protein – 35g

Carbs – 53g

Fat – 13g

Method

- **Chop the aromatics** – Slice the green and red peppers into strips along with the onion before mincing the garlic.
- **Marinate the chicken** – Cut the chicken breasts in half horizontally from the thickest part to the thinnest. Next, cut into strips against the grain and add to a large mixing bowl along with the aromatics. Season with chilli powder, cumin powder, dried oregano, smoked paprika, salt, and pepper. Squeeze in some lime juice and spritz with olive oil before mixing well. Leave to marinate for 10 mins at room temp or up to 12 hours in the fridge.
- **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 chicken** – Preheat a large frying pan or griddle to high heat and add in the marinated chicken, peppers, and onion in a single layer to avoid overcrowding the pan, do this in batches if necessary. Cook on one side for 2-3 mins until charred before tossing and cooking for 1 min until almost cooked through. Remove from the pan and set aside.
- **Make the sauce** – Turn the heat down to medium-low and add in the butter. Once melted, stir in the flour, and cook for 1 min stirring constantly to avoid burning. Next, whisk in the milk, chicken stock, and salsa before stirring in the grated cheese until melted. Reserve a handful of grated cheese to top the pasta before baking.
- **Bake** – Drain and add the pasta to the sauce along with the cooked chicken, peppers, and onion. Mix well to combine before pouring the contents into a baking dish, top with the remaining grated cheese and place into a preheated oven at 180C for 20 mins.
- **Plate** – Remove from the oven once golden and rest for 10 mins before finally garnishing with fresh coriander and chilli and serving.
- **Tip** – Swap the pasta for lasagne sheets and layer with the chicken and cream sauce for ‘Chicken Fajita Lasagne’.



50 mins



Serves 4



GARLIC PARM CHICKEN AND MASH

Low-Cal Alternative

160g potato → 100g potato
10g Parmigiano Reggiano → 5g Parmigiano
Reggiano

Calories - 339
Protein - 32g
Carbs - 28g
Fat - 7g

Plant-Based Alternative

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

Calories - 468
Protein - 31g
Carbs - 40g
Fat - 15g

Time Saver Alternative

potatoes → 200g microwave mash
Marinating time - 1 min

New time - 15 mins

Calories - 415
Protein - 34g
Carbs - 33g
Fat - 11g

GARLIC PARM CHICKEN AND MASH

Chargrilled chicken breast and tenderstem broccoli served with parmesan parsley mashed potatoes and a white wine cream sauce with parsley, Parmigiano Reggiano, capers, and lemon.

Ingredients

- 100g chicken breast
- 160g Maris Piper potatoes
- 50g tenderstem broccoli
- 10g grated Parmigiano Reggiano
- 5g drained capers
- 100ml chicken stock
- 30ml white wine
- 25ml Elmlea single light
- 20ml skimmed milk
- 1 tsp chargrilled chicken seasoning
- 1 garlic clove
- ¼ onion
- ¼ lemon
- small handful fresh parsley
- olive oil spray
- salt
- pepper

Calories - 409

Protein - 36g

Carbs - 39g

Fat - 9g

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 chargrilled chicken seasoning, salt, and pepper, squeeze in some lemon juice, spritz with oil, and massage into the chicken. Leave to sit for 10 mins at room temp or covered in the fridge for up to 24 hours.
- **Chop the aromatics** - Finely chop the garlic, onion, and parsley before separating the broccoli stems from the florets and slicing at an angle.
- **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. Remove from the pan to rest once cooked.
- **Sauté the broccoli** - Add the broccoli to the pan, season with salt and pepper, and cook for 3-4 mins flipping every minute.
- **Make the sauce** - Remove the broccoli from the pan before adding in the onion. Sauté for 2-3 mins until translucent before adding in the garlic, cooking for a further 30 secs. Next, pour in the wine and reduce until all the liquid has evaporated before pouring in the cream and chicken stock. Add the capers along with the chicken and leave to simmer over medium low for 3-4 mins until the sauce is thick enough to coat the back of a spoon. Finally, stir in half the parmesan cheese, half the parsley, and season with salt, pepper, and lemon juice 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 and remaining parmesan cheese and parsley before seasoning with salt and pepper to taste.
- **Plate** - Add the mash to a plate and top with the broccoli and chicken before spooning over the sauce and serving.
- **Tip** - Any leftover chicken can be used in the 'Chicken Caesar Salad' recipe.



45 mins



Serves 1



GRILLED CHEESE

Low-Cal Alternative

90g cheese → 70g cheese
No Flora

Calories - 341
Protein - 28g
Carbs - 23g
Fat - 15g

GRILLED CHEESE

This Classic grilled cheese sandwich contains melted cheddar cheese served between two slices of white bread toasted to perfection.

Ingredients

- 90g lighter cheddar cheese
- 2 slices Warburtons lighter medium Danish bread
- 10g Flora lighter

Method

- **Grate the cheese** - Grate the cheese and set aside.
- **Prepare the bread** - Butter one side of both slices of bread.
- **Cook the sandwich** - Preheat a non-stick frying pan over medium heat, add one slice of bread buttered side down and top with the grated cheese before adding the other slice buttered side up. Cook over medium heat for 4-5 mins before flipping and repeating until the bread is golden brown and the cheese has melted.
- **Plate** - Slice the sandwich in half and serve immediately.
- **Tip** - Feel free to use a sandwich press instead of grilling in a pan.

Calories - 428

Protein - 31g

Carbs - 24g

Fat - 23g





TUNA CRUNCH

Low-Cal Alternative

1 baguette → ½ baguette

Calories - 291
Protein - 30g
Carbs - 40g
Fat - 3g

Plant-Based Alternative

tuna → 150g Loma vegan tuno
mayo → 2 tbsp vegan mayo

Calories - 447
Protein - 33g
Carbs - 72g
Fat - 4g

TUNA CRUNCH

Tuna fish chunks with capers, anchovies, diced onion, and parsley in Dijon mustard-based mayo served with cucumber slices in a crusty baguette.

Ingredients

- 70g drained tuna in spring water
- 5g drained anchovy fillets
- 5g drained capers
- 1 baguette
- 2 tbsp lightest mayonnaise
- ½ tsp Dijon mustard
- 4 slices cucumber
- ¼ lemon
- ⅛ onion
- small handful fresh parsley
- salt
- pepper

Method

- **Chop the aromatics** - Finely chop the onion, capers, anchovies, and parsley.
- **Prepare the filling** - In a mixing bowl combine the tuna with the aromatics, mayonnaise, mustard, and a squeeze of lemon juice. Season with salt and pepper to taste.
- **Assemble the sandwich** - Slice open the baguette, spread the filling across the bottom half, and top with the cucumber slices before adding on the top half of the baguette.
- **Plate** - Slice the baguette in half at an angle and serve.
- **Tip** - Leftover tuna filling can be added to the grilled cheese to make a 'Tuna Melt'.

Calories - 446

Protein - 31g

Carbs - 72g

Fat - 4g



6 mins



Serves 1



CHICKEN CAESAR SALAD

Low-Cal Alternative

No croutons

Calories - 226
Protein - 31g
Carbs - 10g
Fat - 8g

Plant-Based Alternative

tuna → 150g Loma vegan tuno
mayo → 2 tbsp vegan mayo
No anchovies, Worcestershire sauce or
Parmigiano Reggiano

Calories - 386
Protein - 36g
Carbs - 37g
Fat - 11g

Time Saver Alternative

Marinating time - 1 min

New time - 15 mins

Calories - 386
Protein - 36g
Carbs - 37g
Fat - 11g

CHICKEN CAESAR SALAD

Seasoned chargrilled chicken breast served with romaine lettuce, anchovies, and croutons in a Dijon mustard and mayo-based dressing with Worcestershire sauce, grated Parmigiano Reggiano, and fresh garlic.

Ingredients

- 100g chicken breast
- 50g romaine lettuce
- 40g croutons
- 10g drained anchovy fillets
- 10g grated Parmigiano Reggiano
- 2 tbsp lightest mayonnaise
- 2 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 1 tsp chargrilled chicken seasoning
- ¼ garlic clove
- ¼ lemon
- olive oil spray
- salt
- pepper

Calories - 386

Protein - 36g

Carbs - 37g

Fat - 11g

Method

- **Marinate the chicken** - Place the chicken into a small mixing bowl and season with chargrilled chicken seasoning, salt, and pepper, squeeze in some lemon juice, 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. Remove from the pan to rest once cooked.
- **Prepare the salad** - Finely chop the anchovy fillets and add to a large mixing bowl along with the mayo, Worcestershire sauce, mustard, and half the parmesan cheese. Squeeze in lemon juice, grate in the garlic, and season with salt and pepper to taste. Whisk well to combine before cutting the chicken and lettuce into bite-size pieces and tossing in the salad dressing.
- **Plate** - Add the salad to a bowl and top with the croutons and remaining parmesan cheese.
- **Tip** - Feel free to marinate the chicken in any spices you like.



25 mins



Serves 1