



OCTOBER EDITION

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BAKED ZITI

Low-Cal Alternative

5% beef mince → 300g 3% fat beef mince
200g penne rigate → 100g penne rigate
120g mozzarella → 80g mozzarella
No parmesan

Calories - 272
Protein - 30g
Carbs - 24g
Fat - 7g

Plant-Based Alternative

beef mince → 300g This Isn't plant mince
mozzarella → 100g Violife grated
No parmesan

Calories - 458
Protein - 23g
Carbs - 49g
Fat - 17g

Time Saver Alternative

Simmer the sauce for 10 mins
Place under hot grill for 2-3 mins instead of
baking

New time - 20 mins

Calories - 453
Protein - 35g
Carbs - 42g
Fat - 15g

BAKED ZITI

This American classic baked pasta dish consists of pasta tossed in a tomato-based meat sauce topped with melted mozzarella cheese.

Ingredients

- 300g 5% beef mince
- 200g dried penne rigate
- 250g passata
- 120g low-moisture mozzarella
- 50g grated Parmigiano Reggiano
- ½ tbsp paprika
- ½ tbsp dried oregano
- 1 tsp sugar
- 1 tsp chilli flakes
- 2 garlic cloves
- ½ onion
- small handful fresh basil
- olive oil spray
- salt
- black pepper

Calories - 453

Protein - 35g

Carbs - 42g

Fat - 15g

Method

- **Chop the aromatics** - Finely dice the onion and garlic.
- **Cook the sauce** - Preheat a non-stick pan to medium heat and spritz with oil before adding in the onion. Sauté for 2-3 mins until translucent then add in the mince and season with paprika, oregano, chilli flakes, sugar, salt, and pepper. Stir to combine and allow the mince to caramelize on one side for 2-3 mins before stirring. Break up the mince using a spatula and sauté for a further 2 mins before adding the garlic. Cook the garlic out for 30 secs until fragrant and deglaze with passata and 200ml of water. Leave the sauce to simmer covered with a lid on medium-low for 40 mins.
- **Boil the pasta** - Add the pasta to boiling salted water and cook for 2 mins less than stated on the packet for 'al-dente'.
- **Finish the pasta** - Drain and add the pasta to the sauce along with half the parmesan cheese and stir well to combine. Season with salt and pepper to taste.
- **Bake the pasta** - Add the pasta to a baking dish and top with the grated mozzarella and remaining parmesan cheese before placing into an oven preheated to 180C for 20 mins until golden brown.
- **Plate** - When the pasta bake comes out of the oven, garnish with fresh basil and leave to sit for 10 mins before cutting out 4 squares and serving.
- Tip - Make extra mince for the 'Ziti Pizza'.



70 mins



Serves 4



VIETNAMESE SHAKING BEEF

Low-Cal Alternative

beef → 80g lean beef medallions

Calories - 317
Protein - 30g
Carbs - 43g
Fat - 4g

Plant-Based Alternative

beef → 120g Taste & Glory beef strips
oyster sauce → 1 tbsp vegetarian stir-fry
sauce
No fish sauce

Calories - 383
Protein - 31g
Carbs - 47g
Fat - 6g

Time Saver Alternative

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

New time - 10 mins

Calories - 382
Protein - 31g
Carbs - 41g
Fat - 10g

VIETNAMESE SHAKING BEEF

Vietnamese-inspired marinated chunks of caramelised sirloin steak served with steamed fragrant Jasmine rice, cucumber slices, and a pepper lime dip.

Ingredients

- 120g sirloin steak
- 40g uncooked Jasmine rice
- 2 tsp oyster sauce
- 1 tsp fish sauce
- 1 tsp light soy sauce
- ½ tsp sugar
- ¼ tsp dark soy sauce
- 4 slices cucumber
- 1 lime
- 1 garlic clove
- rapeseed oil spray
- salt
- black pepper

Calories - 378

Protein - 31g

Carbs - 43g

Fat - 9g

Method

- **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.
- **Marinate the beef** - Cut the beef into 1-inch chunks and place in a mixing bowl along with the oyster sauce, soy sauce, fish sauce, dark soy sauce, sugar, salt, and pepper. Mix well to combine and leave to marinate for 10 mins at room temp or covered in the fridge for up to 8 hours.
- **Cook the beef** - Preheat a wok or frying pan to high heat and spritz with oil. Allow the excess marinade to drip off the beef chunks before placing them in the pan. Sear the beef for 1 min on each side before pouring in the reserved marinade. Toss well and cook for a further 30 secs to 1 min, or until cooked to your liking. Remove from the pan to rest.
- **Prepare the dipping sauce** - Squeeze the lime juice into a small bowl and season heavily with black pepper.
- **Plate** - Add the rice to a bowl, top with the beef, and serve with the cucumber slices and dipping sauce.
- **Tip** - Make extra rice to use in the 'Hoisin Beef Fried Rice' and 'Huli Huli Chicken' recipes.



25 mins



Serves 1



HOISIN BEEF FRIED RICE

Low-Cal Alternative

5% beef mince → 120g 3% fat beef mince
100g cooked rice → 50g cooked rice
No egg

Calories - 320
Protein - 31g
Carbs - 34g
Fat - 6g

Plant-Based Alternative

beef mince → 100g This Isn't plant mince
No egg

Calories - 482
Protein - 24g
Carbs - 53g
Fat - 17g

HOISIN BEEF FRIED RICE

Stir-fried rice with beef mince, mixed veg, and egg in a spicy Hoisin-based sauce.

Ingredients

- 80g 5% beef mince
- 100g cooked Jasmine rice
- 25g mixed veg (carrot, sweetcorn, peas)
- 1 tbsp Hoisin sauce
- ½ tbsp sriracha
- 1 tsp light soy sauce
- ¼ tsp sugar
- 4 slices cucumber
- 1 medium egg
- ½ spring onion
- rapeseed oil spray
- salt
- black pepper

Method

- **Chop the aromatics** - Thinly slice the spring onion.
- **Prepare the stir-fry sauce** - In a small bowl, combine the hoisin sauce, sriracha sauce, soy sauce, oyster sauce, and sugar.
- **Stir-fry** - Preheat a wok to high heat and spritz with oil before adding in the mince. Season with salt and pepper before breaking up the mince with a spatula. Allow the beef to caramelize on one side for 1-2 mins. Next, add in the cooked rice pressing down on it using the back of a spatula to help separate each grain before adding the veg and cooking for 1-2 mins. Pour in the sauce and toss well to combine. Cook for 1-2 mins before finally stirring in the spring onion and turning off the heat.
- **Fry the egg** - Preheat a non-stick frying pan to medium heat, spritz with oil, and crack in the egg. Cook for 3-4 mins until the whites have set and the yolk is still runny.
- **Plate** - Add the fried rice to a bowl, top with the fried egg, and serve with cucumber slices.
- **Tip** - Day-old refrigerated rice works best for fried rice.

Calories - 442

Protein - 31g

Carbs - 51g

Fat - 13g



10 mins



Serves 1



HULI HULI CHICKEN BURGER

Low-Cal Alternative

chicken thighs → 100g chicken breast

Calories - 356
Protein - 30g
Carbs - 48g
Fat - 4g

Plant-Based Alternative

chicken → 100g This Isn't chicken
brioche bun → 1 Warburtons sliced roll

Calories - 421
Protein - 30g
Carbs - 51g
Fat - 8g

Time Saver Alternative

chicken → 100g chicken breast
Marinating time → 1 min

New time - 15 mins

Calories - 356
Protein - 30g
Carbs - 48g
Fat - 4g

HULI HULI CHICKEN BURGER

Hawaiian-inspired BBQ chicken thighs and grilled pineapple served in a warm toasted brioche bun.

Ingredients

- 140g boneless skinless chicken thighs
- 50g pineapple slices in juice
- 1 brioche burger bun
- 1 tbsp light soy sauce
- 1 tbsp ketchup
- ½ tbsp sriracha
- ½ tbsp rice vinegar
- 1 tsp sugar
- 4 slices cucumber
- ¼ garlic clove
- 1cm ginger piece
- rapeseed oil spray

Method

- **Marinate the chicken** - Add the ketchup, sriracha, soy sauce, rice vinegar, pineapple juice, and sugar to a mixing bowl before grating in garlic and ginger, whisking well to combine. Reserve half the marinade to baste the chicken with while cooking, before adding the chicken to the other half leaving to marinate for 10 mins at room temp or covered in the fridge for up to 12 hours.
- **Grill** - Add the top and bottom bun to a griddle and toast over medium heat until golden brown then remove from the pan. Spritz the pan with oil and allow the excess marinade to drip off the chicken. Grill for 9-10 mins flipping halfway. Brush the chicken with the marinade for the final 2 mins of cooking and remove from the pan to rest once cooked through. Finally, grill the pineapple slice for 3 mins until charred.
- **Plate** - Top the bottom bun with the cucumber slices followed by the grilled chicken and pineapple before crowning the burger.
- **Tip** - Make extra chicken to use in the 'Huli Huli Chicken and Charred Pineapple Salsa' recipe.

Calories - 476

Protein - 31g

Carbs - 48g

Fat - 17g

 30 mins

 Serves 1



HULI HULI CHICKEN AND CHARRED PINEAPPLE SALSA

Low-Cal Alternative

chicken thighs → 100g chicken breast

Calories - 362
Protein - 30g
Carbs - 55g
Fat - 2g

Plant-Based Alternative

chicken → 100g This Isn't chicken

Calories - 423
Protein - 30g
Carbs - 59g
Fat - 6g

Time Saver Alternative

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

New time - 17 mins

Calories - 366
Protein - 30g
Carbs - 53g
Fat - 3g

HULI HULI CHICKEN AND CHARRED PINEAPPLE SALSA

Hawaiian-inspired BBQ chicken thighs and grilled pineapple and cucumber salsa served over steamed fragrant Jasmine rice.

Ingredients

- 140g boneless skinless chicken thighs
- 50g Pineapple slices in juice
- 40g uncooked Jasmine rice
- 1 tbsp light soy sauce
- 1 tbsp ketchup
- ½ tbsp sriracha
- ½ tbsp rice vinegar
- 1 tsp sugar
- 4 slices cucumber
- ¼ spring onion
- ¼ garlic clove
- 1 cm ginger piece
- ½ lime
- rapeseed oil spray

Method

- **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 and cover leaving to rest until serving.
- **Marinate the chicken** - Add the ketchup, sriracha, soy sauce, rice vinegar, pineapple juice, and sugar to a mixing bowl before grating in garlic and ginger and whisking well to combine. Reserve half the marinade to baste the chicken with while cooking before adding the chicken to the other half and marinating for 10 mins at room temp or covered in the fridge for up to 12 hours.
- **Grill** - Preheat a griddle to medium heat, spritz with oil, and grill the chicken for 9-10 mins flipping halfway. Brush the chicken with the marinade for the final 2 mins of cooking. Remove from the pan to rest once cooked through. Finally, grill the pineapple slice for 2 mins on each side until charred.
- **Make the salsa** - Cut the pineapple and cucumber into bite-size chunks and thinly slice the spring onion. Add to a bowl along with a squeeze of lime juice and a pinch of salt before mixing well.
- **Plate** - Add the rice to a bowl, slice and add the chicken, and serve with the salsa and any remaining sauce.
- **Tip** - Feel free to substitute the chicken for a smashed beef patty to be served in the burger topped with the sauce.

Calories - 481

Protein - 30g

Carbs - 56g

Fat - 15g



30 mins



Serves 1



ZITI PIZZA

Low-Cal Alternative

5% beef mince → 150g 3% fat beef mince
No parmesan

Calories - 403
Protein - 30g
Carbs - 52g
Fat - 8g

Plant-Based Alternative

beef mince → 250g This Isn't plant mince
mozzarella → 40g Violife grated
No parmesan

Calories - 592
Protein - 30g
Carbs - 30g
Fat - 23g

Time Saver Alternative

Use left over mince from the 'Baked
Ziti' recipe

New time - 15 mins

Calories - 438
Protein - 31g
Carbs - 52g
Fat - 10g

ZITI PIZZA

Oven-baked naan pizza topped with a tomato-based beef mince sauce, melted mozzarella cheese, grated Parmigiano Reggiano, and fresh basil leaves.

Ingredients

- 150g 5% beef mince
- 40g low-moisture mozzarella
- 125g passata
- 10g grated Parmigiano Reggiano
- 1 flame baked naan bread, 180g
- ¼ tbsp paprika
- ¼ tbsp dried oregano
- ½ tsp sugar
- ½ tsp chilli flakes
- 1 garlic clove
- ¼ onion
- small handful fresh basil
- olive oil spray
- salt
- black pepper

Method

- **Chop the aromatics** - Finely dice the onion and garlic.
- **Cook the sauce** - Preheat a non-stick pan to medium heat and spritz with oil before adding in the onion. Sauté for 2-3 mins until translucent then add in the mince and season with paprika, oregano, chilli flakes, sugar, salt, and pepper. Stir to combine and allow the mince to caramelize on one side for 2-3 mins before stirring. Break up the mince using a spatula and sauté for a further 2 mins before adding the garlic. Cook the garlic out for 30 secs until fragrant and deglaze with passata and 100ml of water. Leave the sauce to simmer on medium-low for 40 mins. Once cooked, allow to cool down to room temp.
- **Assemble the pizza** - Spread the mince evenly across the naan and top with grated mozzarella and parmesan cheese.
- **Bake the pizza** - Place on the middle shelf in an oven preheated to 180C for 8-10 mins or until the cheese is melted and slightly golden brown.
- **Plate** - Remove the pizza from the oven, garnish with fresh basil, slice, and serve.
- **Tip** - Leftover Huli Huli chicken and grilled pineapple can be used in place of the mince for a Hawaiian BBQ pizza.

Calories - 438

Protein - 31g

Carbs - 52g

Fat - 10g



60 mins



Serves 2



CHICKEN TINGA TACOS

Low-Cal Alternative

chicken thighs → 400g chicken breast
No feta

Calories - 352
Protein - 31g
Carbs - 39g
Fat - 7g

Plant-Based Alternative

chicken → 400g This Isn't chicken
chicken stock → 200ml vegetable stock
No feta

Calories - 413
Protein - 30g
Carbs - 42g
Fat - 11g

Time Saver Alternative

chicken → 400g chicken breast
simmer chicken for 15 mins before shredding

New time - 40 mins

Calories - 386
Protein - 32g
Carbs - 39g
Fat - 10g

CHICKEN TINGA TACOS

Slow-cooked chipotle pulled chicken served with warm toasted flour tacos, crumbled feta cheese, and fresh coriander.

Ingredients

- 500g boneless skinless chicken thighs
- 250g passata
- 50g feta cheese
- 200ml chicken stock
- 8 soft flour tacos, 30g each
- 2 tbsp chipotle paste
- 2 garlic cloves
- 1 lime
- ½ onion
- fresh coriander, garnish
- olive oil spray
- salt
- pepper

Method

- **Prepare the aromatics** - Dice the onion and peel the whole garlic cloves.
- **Cook the chicken** - Preheat a heavy-bottomed pan with a lid to medium heat, spritz with oil, and add in the onion. Sauté for 3-5 mins before adding in the garlic and chipotle paste. Cook for 2-3 mins and deglaze with the passata, chicken stock, and 100ml of water. Add the chicken thighs, cover with a lid and leave to simmer over medium-low heat for an hour.
- **Shred the chicken** - Remove the lid, turn off the heat, and leave to sit for 10 mins. Season with salt and pepper to taste before shredding the chicken using two forks.
- **Warm the tacos** - Heat the tacos in a hot pan for 20 secs or according to instructions on the packet.
- **Plate** - Serve the chicken tinga in a large bowl along with the tacos, crumbled feta, fresh coriander, and lime wedges.
- **Tip** - Leftover chicken tinga can be served with pasta.

Calories - 482

Protein - 32g

Carbs - 40g

Fat - 22g



80 mins



Serves 4



CHICKEN FETA WRAP

Low-Cal Alternative

100g chicken → 70g chicken breast

Calories - 329
Protein - 30g
Carbs - 30g
Fat - 9g

Plant-Based Alternative

chicken → 100g This Isn't chicken
yoghurt → 10g Oatly oatgurt
No feta

Calories - 357
Protein - 30g
Carbs - 33g
Fat - 9g

Time Saver Alternative

Marinating time → 1 min

New time - 25 mins

Calories - 361
Protein - 35g
Carbs - 29g
Fat - 10g

CHICKEN FETA WRAP

Grilled chicken breast chunks served with a fresh sumac feta salad in a warm toasted flour tortilla.

Ingredients

- 100g chicken breast
- 25g cherry tomatoes
- 25g cucumber
- 25g romaine lettuce
- 25g feta cheese
- 20g Fage 0% Greek yoghurt
- 1 plain tortilla
- 1 tsp chargrilled chicken seasoning
- ½ tsp sumac
- ½ lemon
- ⅛ onion
- small handful fresh parsley
- olive oil spray
- salt
- pepper

Calories - 361

Protein - 35g

Carbs - 30g

Fat - 10g

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 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 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 dice the onion, parsley, cucumber, lettuce, and tomatoes before adding to a bowl. Crumble in the feta, squeeze in some lemon juice, and season with salt, pepper, and sumac. Mix well to combine and set aside.
- **Assemble the wrap** - Top the tortilla with yoghurt, cut the chicken into bite-size chunks and add to the wrap, then finally top with the fresh salad. 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 to form a wrap.
- **Toast the wrap** - Place the wrap seam side down in a non-stick frying pan preheated to medium heat and toast on all sides.
- **Plate** - Slice the wrap in half at an angle and serve with extra sauce if desired.
- **Tip** - Make extra salad to use in the 'Steak Feta Salad' recipe.



25 mins



Serves 1



STEAK FETA SALAD

Low-Cal Alternative

beef → 160g lean beef medallions
50g feta → 25g feta

Calories - 183
Protein - 30g
Carbs - 4g
Fat - 5g

Plant-Based Alternative

beef → 250g Taste & Glory no-beef strips
No feta

Calories - 213
Protein - 30g
Carbs - 6g
Fat - 5g

STEAK FETA SALAD

Grilled Sirloin steak cooked to perfection served over a fresh sumac feta salad.

Ingredients

- 250g sirloin steak
- 50g feta cheese
- 50g cherry tomatoes
- 50g romaine lettuce
- 50g cucumber
- 1 tsp sumac
- ½ lemon
- ¼ onion
- handful fresh parsley
- olive oil spray
- salt
- pepper

Method

- **Cook the steak** - Preheat a non-stick frying pan to high heat, spritz the steak with oil and season heavily with salt and pepper. Cook for 5-6 mins flipping every 30 secs. Once cooked to your liking, remove from the pan to rest.
- **Prepare the salad** - Finely dice the onion, parsley, cucumber, lettuce, and tomatoes before adding to a bowl. Crumble in the feta, squeeze in some lemon juice, and season with salt, pepper, and sumac. Mix well to combine and set aside.
- **Plate** - Add the salad to a large plate, slice and top with the steak, and serve.
- **Tip** - Grilled chicken makes a great substitute for steak in this recipe.

Calories - 286

Protein - 34g

Carbs - 4g

Fat - 14g



10 mins



Serves 2



GINGER PRAWN NOODLES

Low-Cal Alternative

150g prawns → 90g prawns
100g noodles → 50g noodles

Calories - 285
Protein - 30g
Carbs - 25g
Fat - 5g

GINGER PRAWN NOODLES

Stir-fried egg noodles with prawns and spring onion in a ginger-based savoury sauce.

Ingredients

- 150g prawns
- 100g fresh egg noodles
- 25ml chicken stock
- 1 tbsp light soy sauce
- 2 tsp oyster sauce
- 1 tsp Shaoxing wine
- 1 tsp cornflour
- 2 dried red chillies
- 1 spring onion
- 1 garlic clove
- 1 inch piece ginger
- rapeseed oil spray
- white pepper

Method

- **Chop the aromatics** - Finely chop the ginger and garlic before cutting the spring onion into quarters.
- **Make the stir-fry sauce** - In a small bowl combine the chicken stock, 25ml of water, oyster sauce, soy sauce, Shaoxing wine, cornflour, and white pepper. Whisk well to dissolve the cornflour and set aside.
- **Stir-fry** - Preheat a non-stick frying pan or wok to high heat, spritz with oil, and add in the prawns, dried chillies, and aromatics. Sauté for 1-2 mins before adding in the noodles and stir fry sauce. Mix well to combine and stir-fry for a further 1-2 mins. Add extra water if you prefer a thinner sauce.
- **Plate** - When the prawns are cooked through, add the noodles to a bowl and serve.
- **Tip** - The prawns can also be served over steamed Jasmine rice instead of noodles.

Calories - 371

Protein - 35g

Carbs - 38g

Fat - 7g



8 mins



Serves 1



PAN FRIED GARLIC PAPRIKA WINGS

Low-Cal Alternative

wings → 130g chicken mini fillets

Calories - 225
Protein - 31g
Carbs - 11g
Fat - 5g

Plant-Based Alternative

wings → 150g Taste & Glory roast
tenderstrips

Calories - 389
Protein - 31g
Carbs - 11g
Fat - 23g

Time Saver Alternative

Marinating time → 1 min

New time - 35 mins

Calories - 389
Protein - 31g
Carbs - 11g
Fat - 23g

PAN FRIED GARLIC PAPRIKA WINGS

Chicken wings marinated in paprika and garlic, pan-fried until crisp and charred.

Ingredients

- 4 whole chicken wings
- 1 tbsp light soy sauce
- ½ tbsp paprika
- 1 tsp chargrilled chicken seasoning
- 1 tsp brown sugar
- 1 garlic clove
- 1 spring onion
- ¼ lemon
- rapeseed oil spray
- 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 large mixing bowl along with the paprika, soy sauce, chargrilled chicken seasoning, and brown sugar. Grate in the garlic, slice and add the spring onion, and squeeze in some lemon juice. Spritz with oil and season with salt and pepper before finally massaging the marinade into the wings. Leave to marinate at room temp for 10 mins or up to 12 hours in the fridge.
- **Cook the wings** – Preheat a non-stick frying pan to medium heat and add in the wings. Cook for 25 mins flipping every 5 mins.
- **Plate** – Once the wings are cooked through, leave to sit for 5 mins before serving.
- **Tip** – These wings can be air fried for a more crisp finish if desired.

Calories - 389

Protein - 32g

Carbs - 12g

Fat - 24g



45 mins



Serves 1