

11

ULTIMATE TASTE

Recipe Book

VOLUME 11





NOVEMBER

AUTUMN 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.

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BREAKFAST

PEANUT BUTTER & DATE OAT POTS



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
N/A



PORTION
SIX

INGREDIENTS

- 180g porridge oats
- 75g crunchy peanut butter
- 40g stoned dates, chopped
- 2 tsp vanilla extract
- 5 x 120g pots plain bio yogurt (or 600g from a large pot)
- ground cinnamon, for dusting

INSTRUCTION

Tip the oats into a large bowl and pour over 600ml boiling water. Add the peanut butter, dates and vanilla and stir well. Cool, then stir through 240g of the yogurt. Dilute with a small amount of water if the consistency is a little stiff.

Spoon into six glasses, then top with the remaining yogurt and dust with cinnamon. Cover each glass and keep in the fridge until ready to eat.

Will keep well for up to five days.

**MACROS
PER PORTION**

CALORIES
299

PROTEIN
13G

CARBS
34G

FATS
11G

BLUEBERRY BAKED OATS

INGREDIENTS

- 500ml almond milk
- 200g jumbo porridge oats
- 2 tbsp almond butter
- 1 tsp baking powder
- 1 egg, beaten
- 1 small banana, mashed
- 1/2 tsp almond extract
- 450g blueberries, plus extra to serve
- 30g whole almonds, roughly chopped
- milk or fat-free yogurt and honey, to serve (optional)



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

SIX



INSTRUCTION

Heat the oven to 200C/180C fan/gas 6.

Mix all of the ingredients together in a large bowl. Tip the mixture into a 2-litre ovenproof dish, then bake for 30-35 mins until piping hot in the middle.

Serve warm with a little milk or yogurt, honey and extra blueberries, if you like.

MACROS
PER PORTION

CALORIES
271

PROTEIN
10G

CARBS
34G

FATS
11G

PINEAPPLE SMOOTHIE



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE

INGREDIENTS

- 150g pineapple trimmed, peeled and chopped
- 1 small banana, peeled and sliced
- 1 lime, juiced
- ice (optional)

INSTRUCTION

Blitz the pineapple in a blender with the banana, lime juice and 50ml cold water until smooth.

Fill a tall glass with ice, if you like, pour over the smoothie and serve immediately.

VEGAN STRAWBERRY PANCAKES



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
8-10 MINS



PORTION
TWO

INGREDIENTS

- 115g wholemeal spelt flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 150ml soya milk
- 240g soya yogurt
- 1 tsp vanilla extract
- drop of rapeseed oil
- 200g strawberries, hulled and halved or quartered if large
- 2 tbsp chopped pecans
- a few small mint leaves, optional

MACROS PER PORTION

CALORIES
453

PROTEIN
16G

CARBS
46G

FATS
19G

INSTRUCTION

Mix the flour with the baking powder and cinnamon in a bowl using a balloon whisk. In a jug, whisk together the soya milk, 2 tbsp of the yoghurt and vanilla extract, then whisk this into the dry ingredients to make a thick batter.

Rub the oil around the pan using kitchen paper, then set the pan over a medium heat. Spoon in 1 1/2 tbsp batter in three or four places to make small pancakes. Cook over a low heat for 1-2 mins until set, and bubbles appear on the surface, then turn the pancakes using a palette knife. Cook for another 1-2 mins until golden and cooked through. Repeat with the remaining batter to make six pancakes in total.

Serve three pancakes per person topped with the remaining yoghurt, berries, pecans and mint leaves.



LUNCH

BLT PASTA SALAD



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

10 MIN



PORTION

ONE

INGREDIENTS

- 25g pasta bows
- 2 cooked crispy bacon rashers, broken into pieces
- 15g spinach, chopped
- 6 cherry tomatoes, halved
- 1/2 tbs crème fraîche
- 1/4 tsp wholegrain mustard

INSTRUCTION

The night before school, cook the pasta following pack instructions and run under cold water to cool quickly.

Mix in the bacon, spinach, tomatoes, crème fraîche and mustard, and season with a little salt.

Spoon into an airtight container and keep overnight in the fridge.

**MACROS
PER PORTION**



SMOKEY BEEF STEW

INGREDIENTS

- 1kg stewing beef, cut into large chunks
- 2 onions, chopped
- 800g chopped tomatoes
- 2 tsp each sweet paprika, ground cumin and mild chilli powder
- 2 tbsp red or white wine vinegar
- 2 tbsp caster sugar
- 400g can butter beans, rinsed and drained



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

3 HOUR



PORTION

SIX-EIGHT



INSTRUCTION

Heat oven to 160C/ 140C fan/gas 3.

Mix the beef, onions, tomatoes, spices, vinegar and sugar in a casserole dish. Cover and bake for 2½ hrs. Stir in the beans and bake for 30 mins more (with the lid off if the casserole is a little wet or lid on if good consistency), until the beef is tender.

Cool, then freeze in 6-8 portions in small food bags or plastic containers. Defrost in microwave or overnight in fridge, then heat in the morning and transfer to a thermos container, or heat in the microwave at lunchtime.

MACROS PER PORTION

CALORIES
341

PROTEIN
42G

CARBS
18G

FATS
12G

WINTER VEGETABLE LENTIL SOUP



MACROS
PER PORTION

CALORIES
264

PROTEIN
16G

CARBS
37G

FATS
3G



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

TWO

INGREDIENTS

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

INSTRUCTION

Tip all the ingredients into a large pan. Pour over 1 1/2 litres boiling water, then stir well.

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.

DELI PASTA SALAD



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

10 Min



PORTION

FOUR

**MACROS
PER PORTION**

CALORIES

426

PROTEIN

19G

CARBS

64G

FATS

12G

INSTRUCTION

Boil the pasta in salted water for 8 minutes then add the peas, return the water to the boil and cook for 2 minutes more until the pasta and peas are tender. Tip into a colander over the sink, cool the pasta and peas under the cold tap then drain really well.

While the pasta is boiling roughly chop the tomato and put in a food processor with half the sun-dried tomatoes, the olive oil, vinegar, garlic and about 8 basil leaves. Season with plenty of salt and freshly ground pepper then whizz until smooth.

INGREDIENTS

- 300g tagliatelle
- 200g frozen peas
- 1 large tomato
- 10 sundried tomatoes in oil
- 2 tbsp olive oil
- 2 tsp white wine vinegar
- 1 garlic clove
- large handful fresh basil leaves
- 85g prosciutto or salami



DINNER

GREEK STYLE ROAST FISH



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

50 MIN



PORTION

TWO

INGREDIENTS

- 5 small potatoes (about 400g), scrubbed and cut into wedges
- 1 onion, halved and sliced
- 2 garlic cloves, roughly chopped
- 1/2 tsp dried oregano or 1/2 tbsp chopped fresh oregano
- 2 tbsp olive oil
- 1/2 lemon, cut into wedges
- 2 large tomatoes, cut into wedges
- 2 fresh skinless pollock fillets (about 200g)
- small handful parsley, roughly chopped

INSTRUCTION

Heat oven to 200C/180C fan/gas 6.

Tip the potatoes, onion, garlic, oregano and olive oil into a roasting tin, season, then mix together with your hands to coat everything in the oil. Roast for 15 mins, turn everything over and bake for 15 mins more.

Add the lemon and tomatoes, and roast for 10 mins, then top with the fish fillets and cook for 10 mins more.

Serve with parsley scattered over.

MACROS
PER PORTION

CALORIES
388

PROTEIN
23G

CARBS
42G

FATS
13G

ONE POT COCONUT FISH CURRY



MACROS
PER PORTION

CALORIES
352

PROTEIN
22G

CARBS
13G

FATS
25G

INGREDIENTS

- 1 tbsp oil
- 1 onion, chopped
- 1 large garlic clove, crushed
- 1 tsp turmeric
- 1 tsp garam masala
- 1 tsp chilli flakes
- 400ml coconut
- 390g pack fish pie mix
- 200g frozen peas
- 1 lime, cut into wedges
- yoghurt and rice (or cauliflower rice), to serve



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

25 MIN



PORTION

FOUR

INSTRUCTION

Heat the oil in a large saucepan over a medium heat, add the onion and a big pinch of salt. Gently fry until the onion is translucent, so around 10 mins, then add the garlic and spices. Stir and cook for another minute, adding a splash of water to prevent them sticking. Tip in the coconut milk and stir well, then simmer for 10 mins.

Tip the fish pie mix and the frozen peas into the pan and cook until the peas are bright green and the fish is starting to flake, so around 3 mins.

Season and add lime juice to taste. Ladle into bowls and serve with yoghurt and rice.

SAUSAGE & WHITE BEAN CASSEROLE



PREPARATION

20 MIN



DIFFICULTY

EASY



COOKING

1 HOUR

5 MIN



PORTION

FOUR



INGREDIENTS

- 1 red or yellow pepper, deseeded and cut into chunks
- 2 carrots cut into thick slices
- 2 red onions, cut into wedges
- 8 chipolatas, cut into thirds
- 400g can peeled cherry tomatoes
- 400g can white beans, drained
- 200ml low-salt chicken stock
- 2 tsp Dijon mustard
- 100g frozen peas
- potatoes, pasta or rice, to serve

INSTRUCTION

Heat oven to 220C/200C fan/gas 7. Roast the pepper, carrots and onion in a deep baking dish for 15 mins. Add the sausages and roast for a further 10 mins.

Reduce oven to 200C/180C fan/gas 6, tip in the tomatoes and beans, then stir in the stock. Cook for another 35 mins. Stir in the mustard and peas and return to the oven for 5 mins.

Rest for 10 mins, then serve with potatoes, pasta or rice.

SQUASH & PESTO PASTA

MACROS
PER PORTION

CALORIES
540

PROTEIN
18G

CARBS
79G

FATS
14G



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

25 MIN



PORTION

FOUR



INGREDIENTS

- 1 small butternut squash 750g), peeled, deseeded and cut into 2cm cubes
- 3 tbsp rapeseed oil
- large bunch of parsley
- large bunch of basil
- 20g cashew nuts, toasted and chopped
- 1 garlic clove, crushed
- 1 lemon, zested and juiced
- 1 tsp chilli flakes (optional)
- 350g pasta, fusilli work well
- 30g parmesan or vegetarian alternative, shaved

INSTRUCTION

Heat the oven to 200C/180C fan/gas 6. Toss the butternut cubes on a baking tray with 1/2 tbsp of the oil and some seasoning. Roast for 20-25 mins or until tender.

Put the parsley, basil, cashew nuts, garlic, lemon zest and juice and chilli (if using) in a food processor along with the remaining oil and a splash of water, then whizz until very smooth. Season to taste.

Meanwhile, cook the pasta following pack instructions. Drain, reserving a little of the cooking water, then toss with the pesto and butternut squash and enough water to loosen the sauce.

Finish with a little shaved parmesan, if you like.

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

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