

# ULTIMATE TASTE

*Recipe Book*

DECEMBER EDITION





# DECEMBER

## WINTER 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.

# BREAKFAST

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KALE SMOOTHIE

## RECIPE 2

BAKED SALMON & EGGS

## RECIPE 3

SCRAMBLED EGGS &  
CROISSANTS

## RECIPE 4

WINTER FRUIT SALAD

# LUNCH

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## RECIPE 3

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# DINNER

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ROAST CHICKEN TRAY  
BAKE

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ONE POT SPAGETTI

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HEALTHY CHOCOLATE  
BROWNIES



# BREAKFAST

# KALE SMOOTHIE



**PREPARATION**  
**5 MIN**



**DIFFICULTY**  
**EASY**



**COOKING**  
**N/A**



**PORTION**  
**TWO**

## INGREDIENTS

- 2 handfuls kale
- 1/2 avocado
- 1/2 lime, juice only
- large handful frozen pineapple chunks
- medium-sized chunk ginger
- 1 tbsp cashew nuts
- 1 banana, optional

## INSTRUCTION

Put all of the ingredients into a bullet or smoothie maker, add a large splash of water and blitz.

Add more water until you have the desired consistency and serve.

**MACROS**  
**PER PORTION**

**CALORIES**  
**152**

**PROTEIN**  
**4G**

**CARBS**  
**8G**

**FATS**  
**11G**

# BAKED SALMON & EGGS

## INGREDIENTS

- 6 crusty white rolls (poppy seed ones look lovely)
- 25g butter, melted
- 6 slices of smoked salmon
- 6 medium eggs
- a few snipped chives



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

10-15 MIN



PORTION

SIX



## INSTRUCTION

Heat oven to 180C/160C fan/gas 4. Slice off the top of each roll, then gently remove the bread inside until there is a hole large enough to accommodate a slice of salmon and an egg. Arrange the rolls on a baking sheet, reserving the tops. (If you like, whizz the middles into crumbs and keep in the freezer for another recipe.)

Brush the inside and edges of the rolls with a little melted butter, then arrange a slice of salmon inside each one. Crack an egg into each and season. Bake for 10-15 mins or until the eggs are cooked to your liking. Scatter with snipped chives. Toast the tops, brush with the remaining butter, then cut into soldiers and use to dip into eggs.

MACROS  
PER PORTION

CALORIES  
238

PROTEIN  
15G

CARBS  
22G

FATS  
10G

# CHEESY SCRAMBLED EGG & CROISSANTS



MACROS  
PER PORTION

CALORIES  
502

PROTEIN  
26G

CARBS  
24G

FATS  
33G



**PREPARATION**

**5 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**5 MIN**



**PORTION**

**FOUR**

## INGREDIENTS

- 8 large eggs
- 100g grated cheddar
- a splash of milk
- small bunch chives, snipped
- 4 large croissants

## INSTRUCTION

In a bowl, whisk the eggs, cheddar, milk and some seasoning. Pour into a saucepan and heat gently, stirring continuously, until softly scrambled. Stir in chives, then split open croissants (warm them first if you have an oven) and put the scrambled eggs inside.

# WINTER FRUIT SALAD



**PREPARATION**  
20 MIN



**DIFFICULTY**  
EASY



**COOKING**  
10 MINS



**PORTION**  
SIX

## INGREDIENTS

- 600g good-quality ready-to-eat dried fruit (such as prunes, pears, apricots, figs cranberries)
- 3 tbsp clear honey
- 1 vanilla pod, split lengthways
- 1 Earl Grey tea bag
- 1 tbsp fresh lemon juice
- mascarpone or Greek yogurt, to serve

## MACROS PER PORTION



## INSTRUCTION

Tip the fruits and 700ml cold water into a large saucepan. Add the honey and vanilla, scraping the seeds from the pod into the pan and bring to the boil. Stir well, lower the heat and simmer for 10 minutes until slightly syrupy.

Take the pan off the heat and stir in the tea bag. Leave to infuse for 10 minutes.

Discard the tea bag and vanilla pod, tip the fruits and liquid into a non-metallic bowl and pour over the lemon juice. Stir, then leave to cool.

Cover and chill until ready to serve.





# LUNCH

# HOISIN WRAPS



**PREPARATION**

**5 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**5 MIN**



**PORTION**

**TWO**

## **INGREDIENTS**

- 200g cooked turkey or chicken cut into strips
- 4 tbsp hoisin sauce
- 2 flour tortillas
- 1/4 cucumber, deseeded and shredded
- 4 spring onions, trimmed and finely shredded
- good handful watercress

## **INSTRUCTION**

Heat the grill to high. Mix the turkey or chicken with half of the hoisin sauce so that it's coated, then spread out onto an ovenproof dish and grill until sizzling.

Warm the tortillas under the grill or according to pack instructions.

Spread the tortillas with the rest of the hoisin sauce, then use to wrap up the turkey or chicken with the cucumber, onions and watercress. Cut in half and enjoy while still warm.

**MACROS  
PER PORTION**



# FETA & CLEMENTINE LUNCH BOWL

## INGREDIENTS

- 1 red onion, halved and thinly sliced
- 1 lemon, zested and juiced
- 2 clementines, 1 zested, flesh sliced
- 2 garlic cloves, chopped
- 400g can green lentils, drained
- 1 tbsp balsamic vinegar
- 1 1/2 tbsp rapeseed oil
- 1 red pepper, quartered and sliced
- 60g feta, crumbled
- small handful mint, chopped
- 4 walnut halves, chopped



### PREPARATION

15 MIN



### DIFFICULTY

EASY



### COOKING

15 MIN



### PORTION

TWO



## INSTRUCTION

Mix the onion with the lemon juice, lemon and clementine zest and garlic. Tip the lentils into two bowls or lunchboxes and drizzle over the balsamic and 1 tbsp oil.

Heat the remaining oil in a large non-stick wok, add the pepper and stir-fry for 3 mins. Tip in half the onion and cook until tender.

Pile on top of the lentils, then mix the clementines, remaining onions, feta, mint and walnut pieces.

## MACROS PER PORTION

CALORIES  
357

PROTEIN  
13G

CARBS  
29G

FATS  
19G

# BOXING DAY SOUP



## MACROS PER PORTION

CALORIES  
214

PROTEIN  
8G

CARBS  
31G

FATS  
6G



### PREPARATION

45 MIN



### DIFFICULTY

EASY



### COOKING

30-45 MIN



### PORTION

FOUR

## INGREDIENTS

- 1 tbsp sunflower oil
- 1 medium onion, chopped
- 2 celery sticks, chopped
- 2 medium potatoes, about 350g/12oz total weight, peeled and cut into small chunks
- 1 tbsp curry paste
- 1.2 litre vegetable stock, made from a stock cube
- 550g left over roasted or boiled vegetables such as carrots, parsnips and squash, roughly chopped
- natural or crème fraîche, to serve.

## INSTRUCTION

To fry the vegetables, heat the oil in a large saucepan and fry the onion for 5 minutes until golden. Stir in the celery and fry for 5 minutes, then tip in the potatoes and fry for a further 1-2 minutes, stirring often.

Stir in the curry paste, let it cook for a minute or so, then pour in the stock. Bring to the boil and stir well. Lower the heat, cover and simmer for 15-20 minutes until the potatoes are tender.

To serve, tip the leftover veg into the pan and warm through for a few minutes. Pour the soup into a food processor or blender and blitz to a smooth purée. Thin down to the consistency you like with hot water or stock then taste for seasoning. Cool and freeze, or serve in bowls with spoonfuls of yogurt or crème fraîche swirled on top.

# CHEESE & BACON TURNOVERS



**PREPARATION**

**10 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**20 Min**



**PORTION**

**SIX**

MACROS  
PER PORTION

CALORIES

366

PROTEIN

13G

CARBS

17G

FATS

27G

## INSTRUCTION

Heat the oven to 200C/180C fan/gas 6. Unravel the pastry on the sheet of baking parchment it comes with, and cut into six squares. Mix the soft cheese with the mustard, if using, and a good grinding of black pepper. Divide between the middles of the pastry squares, and smooth over in a diagonal line from one corner to the opposite side.

Lay a bacon rasher over the soft cheese, then scatter over the cheese. Brush the two exposed corners of pastry with beaten egg, and fold over the top of the filling to join together. Brush the tops with more egg, then slide the baking parchment on to a baking sheet and bake for 15-20 mins until the cheese has melted and the pastry is golden.

Transfer to a cooling rack for 5-10 mins before serving warm. Will keep chilled in an airtight container for two-three days.

## INGREDIENTS

- 1 sheet ready-rolled puff pastry
- 3 tbsp soft cheese
- 1 tsp Dijon mustard (optional)
- 6 rashers dry-cured smoked bacon
- 100g mature cheddar or gruyère or Swiss cheese, grated
- 1 egg, beaten



# DINNER

# ROAST CHICKEN TRAY BAKE



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

1HR 5 MIN



PORTION

TWO

## INGREDIENTS

- 2 red onions (320g), sliced across into rings
- 1 large red pepper, deseeded and chopped into 3cm pieces
- 300g potatoes, peeled and cut into 3cm chunks
- 2 tbsp rapeseed oil
- 4 bone in chicken thighs, skin and fat removed
- 1 lime, zested and juiced
- 3 large garlic cloves, finely grated
- 1 tsp smoked paprika
- 1 tsp thyme leaves
- 2 tsp vegetable bouillon powder
- 200g long stem broccoli, stem cut into lengths if very thick

## INSTRUCTION

Heat the oven to 200C/180C fan/gas 6. Put the onion, pepper, potatoes and oil in a non-stick roasting tin and toss everything together. Roast for 15 mins while you rub the chicken with the lime zest, garlic, paprika and thyme. Take the veg from the oven, stir, then snuggle the chicken thighs among the veg, covering them with some of the onions so they don't dry out as it roasts for 40 mins.

As you approach the end of the cooking time, mix 200ml boiling water with the bouillon powder. Take the roasting tin from the oven, add the broccoli to the tin, and pour over the hot stock followed by the lime juice, then quickly cover with the foil and put back in the oven for 10 more mins until the broccoli is just tender.

MACROS  
PER PORTION

CALORIES  
483

PROTEIN  
31G

CARBS  
34G

FATS  
22G

# HEALTHY TIKKA MASSALA



MACROS  
PER PORTION

CALORIES  
365

PROTEIN  
38G

CARBS  
13G

FATS  
17G

## INGREDIENTS

- 1 large onion, chopped
- 4 large garlic cloves
- thumb-sized piece of ginger
- 2 tbsp rapeseed oil
- 4 small skinless chicken breasts, cut into chunks
- 2 tbsp tikka spice powder
- 1 tsp cayenne pepper
- 400g can chopped tomatoes
- 40g ground almonds
- 200g spinach
- 3 tbsp fat free natural yoghurt
- 1/2 small bunch of coriander, chopped
- brown basmati rice to serve

## INSTRUCTION

Put the onion, garlic and ginger in a food processor and whizz to a smooth paste.

Heat 1 tbsp of the oil in a flameproof casserole dish over a medium heat. Add the onion mixture and fry for 15 mins. Tip into a bowl and wipe out the pan.

Add the remaining oil and the chicken and fry for 5-7 mins, or until lightly brown. Stir in the tikka spice and cayenne and fry for a further minute. Tip the onion mixture back into the pan, along with the tomatoes and 1 can full of water. Bring to the boil, then reduce to a simmer and cook, uncovered, for 15 mins. Stir in the almonds and spinach and cook for a further 10 mins.

Season, then stir through the yoghurt and coriander. Serve with brown rice.



**PREPARATION**

**5 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**25 MIN**



**PORTION**

**FOUR**



# ONE POT SPAGHETTI



**PREPARATION**

**5 MIN**



**DIFFICULTY**

**EASY**



**COOKING**

**30 MIN**



**PORTION**

**FOUR**



## INGREDIENTS

- 1 tbsp rapeseed oil
- 12 meatballs (300g)
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 tbsp ketchup
- 2 x 400g cans chopped tomatoes
- 1 large bunch of basil, finely chopped, plus a few whole leaves
- 225g dried spaghetti

## INSTRUCTION

Heat the oil in a deep, wide frying pan or casserole dish over a medium-high heat. Tip in the meatballs and cook for 5 mins, turning until browned all over. Add the onion and garlic, and fry for 8 more mins until softened.

Add the ketchup, chopped tomatoes, chopped basil and 400ml water to the pan and bring to the boil. Add the spaghetti and cook for 10-12 mins, stirring occasionally.

When the pasta is cooked and the sauce has reduced, season and sprinkle with the basil leaves to serve.

# HEALTHY CHOCOLATE BROWNIES

MACROS  
PER PORTION

CALORIES  
121

PROTEIN  
6G

CARBS  
18G

FATS  
2G



PREPARATION

10 MIN



DIFFICULTY

EASY



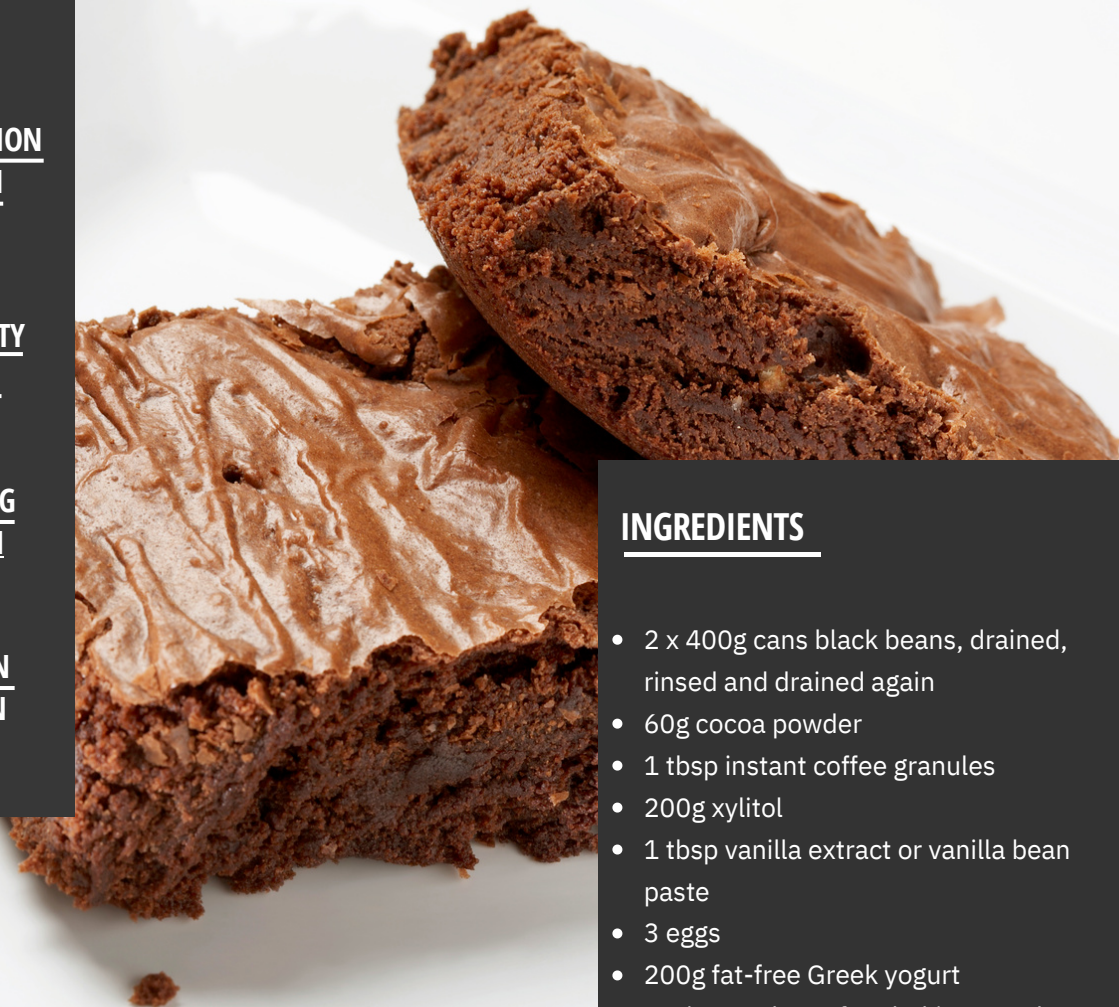
COOKING

30 MIN



PORTION

SIXTEEN



## INGREDIENTS

- 2 x 400g cans black beans, drained, rinsed and drained again
- 60g cocoa powder
- 1 tbsp instant coffee granules
- 200g xylitol
- 1 tbsp vanilla extract or vanilla bean paste
- 3 eggs
- 200g fat-free Greek yogurt
- 1 1/2 tsp gluten free baking powder

## INSTRUCTION

Heat the oven to 190C/170C fan/gas 5 and line a shallow 23cm square baking tin with baking parchment. Tip the beans, cocoa, coffee granules, xylitol, vanilla, eggs and yoghurt into a large bowl. Blitz using a hand blender until smooth. Or, do this in a food processor. Add the baking powder, then blitz again.

Quickly tip the mixture into the tin and bake for 25-30 mins until set. Leave to cool in the tin for a few minutes, then lift out onto a wire rack to cool completely. Remove the baking parchment, then cut into 16 squares.

Will keep chilled for up to three days.

# 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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