

02



ULTIMATE TASTE

Recipe Book

VOLUME TWO



FEBRUARY

WINTER WARMERS

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.

WHAT'S IN THIS MONTHS RECIPE PACK

BREAKFAST

RECIPE 1

BERRY NICE SMOOTHIE

RECIPE 3

MEXICAN BREAKFAST PLATE

RECIPE 2

SIMPLE PROTEIN PANCAKES

RECIPE 4

POWER PROTEIN BALLS

LUNCH

RECIPE 1

PERFECT PESTO PASTA SALAD

RECIPE 3

SPANISH SOUP

RECIPE 2

THE MIGHTY OPEN SANDWICH

RECIPE 4

MICROWAVE VEG CURRY

DINNER

RECIPE 1

PEPPERED STEAK WITH NOODLES

RECIPE 3

CHICKEN TAGINE

RECIPE 2

FISH TACOS

RECIPE 4

VEGGIE ENCHILADAS



BREAKFAST

BERRY NICE SMOOTHIE



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

FOUR

INGREDIENTS

- 450g bag frozen berry
- 450g pot fat-free strawberry yogurt
- 100ml milk
- 25g porridge oat
- 2 tsp honey (optional)

INSTRUCTION

Whizz the berries, yogurt and milk together with a stick blender until smooth.

Stir through the porridge oats, then pour into 4 glasses and serve with a drizzle of honey, if you like.

**MACROS
PER PORTION**

CALORIES
117

PROTEIN
8G

CARBS
18G

FATS
1G

SIMPLE PROTEIN PANCAKES

INGREDIENTS

- 1 banana
- 75g oats
- 3 large eggs
- 2 tbsp milk (dairy, soya, oat or nut milks all work)
- 1 tbsp baking powder
- Pinch of cinnamon
- 2 tbsp protein powder (whey, pea or whatever your preference)
- Coconut oil, or a flavourless oil, for frying
- Nut butter, maple syrup and berries or sliced banana to serve



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

TWO



INSTRUCTION

Whizz the banana, oats, eggs, milk, baking powder, cinnamon and protein powder in a blender for 1-2 mins until smooth. Check the oats have broken down, if not, blend for another minute.

Heat a drizzle of oil in a pan. Pour or ladle in 2-3 rounds of batter, leaving a little space between each to spread. Cook for 1-2 minutes, until bubbles start to appear on the surface and the underside is golden. Flip over and cook for another minute until cooked through.

Transfer to a warmed oven and repeat with the remaining batter. Serve in stacks with nut butter, maple syrup and fruit.

MACROS
PER PORTION

CALORIES
437

PROTEIN
31G

CARBS
39G

FATS
16G

MEXICAN BREAKFAST PLATE



MACROS PER PORTION

CALORIES
540

PROTEIN
21G

CARBS
44G

FATS
29G

INGREDIENTS

- 2 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, crushed
- 400g can red kidney beans, drained and rinsed
- 1 tsp ground cumin
- ¼ tsp chilli powder
- ½ tsp dried oregano
- 4 eggs
- 4 small flour tortillas, warmed
- 1 large tomato, diced
- handful pickled jalapeño peppers, roughly chopped
- 30g cheddar, grated
- 1 avocado, peeled, de-stoned and diced
- 1 lime, half juiced, half cut into wedges, to serve
- Chopped coriander, to serve

INSTRUCTION

Heat 1 tbsp oil in a large pan. Add the onions with a pinch of salt, and cook until translucent, around 3-4 mins. Add the garlic and cook for a minute more. Stir in the beans, cumin, chilli powder, oregano, some seasoning and 100ml water. Cook for 5-7 mins, stirring occasionally, or until the beans have softened, then remove from the heat, mash and set aside. Heat the remaining oil in a large frying pan over a medium-high heat. Crack in the eggs, then reduce the heat to low and cook slowly until the whites are completely firm. To assemble, spread the beans onto the tortillas, add the tomatoes and jalapeños and sprinkle with cheese. Top with some avocado, a squeeze of lime juice and a fried egg, then scatter with coriander. Serve with the lime wedges on the side.



PREPARATION

10 MINS



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

FOUR

PROTEIN POWER BALLS



PREPARATION
15 MIN



DIFFICULTY
EASY



COOKING
N/A



PORTION
FIFTEEN

INGREDIENTS

- 150g porridge oats
- 50g protein powder of your choice (we used vanilla whey)
- 1 tbsp ground flaxseeds
- pinch of ground cinnamon
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 150g nut butter of your choice (we used peanut)
- 4 tbsp plant milk
- 25g chocolate chips or raisins (optional)

INSTRUCTION

Combine the oats, protein powder, flaxseed and cinnamon in a large bowl.

Stir in the maple syrup, nut butter, milk and chocolate chips.

Stir well to combine the mixture, then, using damp hands, roll it into 15 balls (they should be about 30g each).

Arrange on a plate and chill for 30 mins until firm, then serve.



Ultimate Taste - February

LUNCH

PESTO PASTA SALAD



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

12 MIN



PORTION

SIX

INGREDIENTS

- 400g mini pasta shapes
- 200ml crème fraîche
- 4 tbsp fresh pesto
- ½ cucumber, cut into small cubes
- 16 cherry tomatoes, cut into quarters, or halved
- 200g frozen peas, cooked and chilled
- Handful basil leaves

INSTRUCTION

Cook the pasta for 10 mins in salted boiling water until al dente, drain, then tip into a bowl. Stir in the crème fraîche followed by the pesto, then leave to cool.

When the pasta is cool, stir in the cucumber, tomatoes and peas followed by the basil leaves.

Season if it needs it, and tip into a container to transport it.

**MACROS
PER PORTION**

CALORIES
420

PROTEIN
11G

CARBS
49G

FATS
19G

THE MIGHTY OPEN SANDWICH

INGREDIENTS

- 2 medium eggs
- 1 ripe avocado
- juice 1 lime
- 2 slices rye bread
- 2 tsp hot chilli sauce - we used sriracha
- Handful cress, to serve



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

10 MIN



PORTION

ONE



INSTRUCTION

Bring a medium pan of water to the boil. Add the eggs and cook for 8-9 mins until hard-boiled. Meanwhile, halve the avocado and scoop the flesh into a bowl. Add the lime juice, season well and mash with a fork. When the eggs are cooked, run under cold water for 2 mins before removing the shells. Spread the avocado on the rye bread. Slice the eggs into thin rounds and place on top of the avocado. Drizzle some chilli sauce over the eggs, scatter the cress on top and add a good grinding of black pepper.

**MACROS
PER PORTION**



SPANISH SOUP



MACROS
PER PORTION

CALORIES
366

PROTEIN
23G

CARBS
30G

FATS
18G



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

10 MIN



PORTION

TWO

INGREDIENTS

- 400g can chopped tomato
- 110g pack of chorizo sausage (unsliced)
- 140g wedge Savoy cabbage
- Sprinkling dried chilli flakes
- 400g can chickpea, drained and rinsed
- 1 chicken or vegetable stock cube
- Crusty bread or garlic bread, to serve

INSTRUCTION

Put a medium pan on the heat and tip in the tomatoes, followed by a can of water. While the tomatoes are heating, quickly chop the chorizo into chunky pieces (removing any skin) and shred the cabbage.

Pile the chorizo and cabbage into the pan with the chilli flakes and chickpeas, then crumble in the stock cube. Stir well, cover and leave to bubble over a high heat for 6 mins or until the cabbage is just tender. Ladle into bowls and eat with crusty or garlic bread.

MICROWAVE VEGETABLE CURRY



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
10 MIN



PORTION
YWO

INGREDIENTS

- 1 tbsp coconut oil
- ½ onion, finely chopped
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tbsp tomato purée
- ½ tsp turmeric paste or 1 tsp ground turmeric
- 2 tsp garam masala
- ½ tsp cumin
- ½ tsp ground coriander
- 400g can chopped tomatoes
- 50g baby spinach leaves, washed
- 400g can chickpeas, drained
- 100ml coconut milk
- 1 tbsp finely chopped coriander, plus 1 tbsp chopped coriander leaves to garnish
- 1 tsp lime juice
- basmati rice or naan, to serve

INSTRUCTION

Put the coconut oil in a microwavable dish or bowl and cook for 30 seconds or until melted. Add the chopped onion, stir well and cook for another 1 min.

Add the ginger, garlic, tomato purée, turmeric, spices and a good pinch of salt to the cooked onions. Stir well and cook for 1 min to warm up the spices – you will be able to smell them when you open the microwave.

Add the tomatoes, spinach leaves, chickpeas, coconut milk and chopped coriander, and stir well. Cook for 2 mins, then stir again, followed by another 2 mins. The curry should be bubbling slightly. If not, give it another minute.

Add the lime juice and serve immediately, with basmati rice or naan bread on the side and a sprinkling of coriander leaves.

MACROS
PER PORTION

CALORIES
374

PROTEIN
14G

CARBS
32G

FATS
19G



DINNER

PEPPERED STEAK WITH NOODLES



PREPARATION

15 MIN



DIFFICULTY

EASY



COOKING

12 MIN



PORTION

FOUR

MACROS
PER PORTION

CALORIES
479

PROTEIN
36G

CARBS
47G

FATS
15G

INGREDIENTS

- 2 tbsp light soy sauce
- 4 tbsp shaohsing wine (or dry sherry)
- 3 garlic cloves, crushed
- 1-inch piece of ginger, peeled and grated
- 450g steak (skirt steak works well)
- 1 tbsp vegetable oil
- 2 tbsp cornflour
- 1 tbsp sesame oil
- 1 onion, cut into thick slices
- 1 red and 1 yellow pepper, both cut into 1-inch pieces
- pinch of sesame seeds
- 1-2 tsp crushed black peppercorns
- 500g cooked noodles, to serve

INSTRUCTION

Mix 1 tbsp of the soy with 1 tbsp of the shaohsing wine, 1 crushed garlic clove and half the ginger. Pour over the steak and leave for at least 20 mins or up to 1 hr. Heat a frying pan over a high heat until very hot. Take the steak out of the marinade and scrape off as much of it as you can. Rub with the vegetable oil and put in the frying pan. Leave for 2 mins, then gently move it around to catch any bits of char, which will add to the flavour. After another 30 seconds, turn the steak and cook for 2½ mins on the other side. Transfer to a plate and set aside.

Mix the cornflour into the remaining soy sauce and shaohsing wine and add 150ml water. Heat the sesame oil in a wok or frying pan over a medium-high heat and add the onion. Cook for 1 min, stirring, then add the peppers. Cook for 4 mins, stirring regularly. Once they are starting to soften with bits of char on them, add the remaining garlic and ginger, and soy mixture. As soon as the sauce starts to thicken, remove from the heat. Slice the steak thinly and add to the wok, just stirring through. Sprinkle with the sesame seeds and crushed peppercorns and serve with the noodles.

FISH TACOS



MACROS
PER PORTION

CALORIES
665

PROTEIN
33G

CARBS
48G

FATS
36G



PREPARATION
20 MIN



DIFFICULTY
EASY



COOKING
10 MIN



PORTION
FOUR

INGREDIENTS

- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tsp smoked paprika
- 2 limes
- 500g white fish fillets, such as cod, haddock, pollack or tilapia, skin and bones removed
- ¼ red cabbage
- 2 large tomatoes
- 2 large avocados
- 2 tbsp vegetable oil
- 8 small corn or wheat tortilla wraps
- small bunch coriander, chopped
- 1 green chilli, finely sliced, optional
- 100g soured cream
- chilli sauce, to serve

INSTRUCTION

Combine the cumin, coriander, paprika and a generous pinch of salt in a large bowl, add the juice from 1 lime and mix well. Toss the fish fillets in the spiced lime paste and set aside while you prepare the salad.

Finely slice the cabbage, squeeze over the juice from half a lime and season with a little salt. Chop the tomatoes, stone the avocado, scoop out the soft inside and slice (or mash it in a bowl with a little lime and salt).

Heat the grill to high. Line a baking tray with foil and brush with a little oil, place the fish fillets on the tray, pour over any paste from the bowl and brush with a little more oil. Cook the fish close to the grill for 8-10 mins until the fish is cooked and starting to scorch in places.

To serve, spread a little soured cream over each warm tortilla, top with a handful of cabbage, some tomatoes and a few slices of avocado. Flake the fish and add a few big chunks to each tortilla then top with coriander, chilli and chilli sauce.

CHICKEN TAGINE



PREPARATION
10 MIN



DIFFICULTY
EASY



COOKING
40 MIN



PORTION
FOUR

INGREDIENTS

- 2 tbsp olive oil
- 8 skinless boneless chicken thighs, halved if large
- 1 onion, chopped
- 2 tsp grated fresh root ginger
- pinch saffron or tumeric
- 1 tbsp honey
- 400g carrot, cut into sticks
- small bunch parsley, roughly chopped
- lemon wedges, to serve

INSTRUCTION

Heat the oil in a large, wide pan with a lid, add the chicken, then fry quickly until lightly coloured. Add the onion and ginger, then fry for a further 2 mins.

Add 150ml water, the saffron, honey and carrots, season, then stir well. Bring to the boil, cover tightly, then simmer for 30 mins until the chicken is tender. Uncover and increase the heat for about 5 mins to reduce the sauce a little. Sprinkle with parsley and serve with lemon wedges for squeezing over.

VEGGIE ENCHILADAS

MACROS
PER PORTION



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

FOUR



INGREDIENTS

- 1 tsp olive oil
- 2 onions, chopped
- 280g carrots, grated
- 2-3 tsp chilli powder (mild or hot, according to your taste)
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans pulses in water, drained (we used mixed beans and lentils)
- 6 small wholemeal tortillas
- 200g low-fat natural yogurt
- 50g extra-mature cheddar cheese (or veg alternative), finely grated

INSTRUCTION

Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more. Pour in the tomatoes and pulses and bring to the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Remove from the heat and season well.

Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top. Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few mins until the top is golden and bubbling.

Serve with a green salad.

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

No parts of this recipe book shall be copied,
edited or otherwise published without prior
consent of The Retention Hub.

Copyright 2023© All rights reserved