

03

ULTIMATE TASTE

Recipe Book

VOLUME THREE





MARCH

SPRING 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.

WHAT'S IN THIS MONTHS RECIPE PACK

BREAKFAST

RECIPE 1

BONANZA PANCAKES

RECIPE 2

DELICIOUS BANANA & PEANUT BUTTER POTS

RECIPE 3

TASTY SMOOTHIE BOWL

RECIPE 4

PEPPER, TOMATO & HAM OMELETTE

LUNCH

RECIPE 1

THE SPICED CHICKEN WRAP

RECIPE 2

THE MEGA NUTRITION SOUP

RECIPE 3

THE TUNA PASTA LUNCH BOX

RECIPE 4

VEGAN CURRY & CHICKPEA JACKET

DINNER

RECIPE 1

EASY VEGAN SINGAPORE NOODLES

RECIPE 2

EXTRA TASTY SALMON BURGERS

RECIPE 3

THE MEDITERRANEAN EVENING

RECIPE 4

THE ONE POT ROAST DINNER



BREAKFAST

BONANZA PANCAKES



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

15 Min



PORTION

TWO

INGREDIENTS

- 125ml oat milk
- 2 eggs, separated
- 1 small banana
- 100g rolled oats
- 2 tsp baking powder
- 3 x drops of vanilla extract
- Oil, we used avocado oil spray
- Low-fat yoghurt and fruit to top

INSTRUCTION

Put the oat milk, egg yolks, banana, oats, baking powder and vanilla in a blender and mix to a smooth. Whisk the eggs whites until they hold stiff peaks. Whisk 1-2 tbsp of the whites into the batter, then fold in the rest. Heat a non-stick pan over a medium heat and spray with a whisper of oil, pour about 2 tbsp of batter into the pan and cook for 1-2 mins, until the base sets and bubbles appear all over the top. Flip and cook the other side for a minute.

Repeat in batches, making sure the top looks dryish before attempting the flip, or the centre will collapse.

MACROS
PER PORTION

CALORIES
350

PROTEIN
15G

CARBS
46G

FATS
9.9G

DELICIOUS BANANA & PEANUT BUTTER POTS

INGREDIENTS

- 300g porridge oats
- 2 tsp cinnamon, plus extra for sprinkling
- 2 medium bananas, finely chopped
- 500g pot fortified soya yoghurt
- 80g crunchy peanut butter



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

5 MIN



PORTION

SIX



INSTRUCTION

Put the oats and cinnamon in a large pan with 1.3 litres water, then bring to the boil. Reduce to a low heat and simmer until the oats are cooked and the mixture has thickened, stirring occasionally. Stir in the chopped bananas, cook for 1 min, then remove the pan from the heat. Leave to cool for a few minutes, then stir in 6 tbsp of the soya yoghurt.

Beat the peanut butter into the remaining yoghurt until well combined. Divide half the oat mixture into the base of six glass tumblers and spoon in half of the nutty yoghurt. Top with the rest of the oat mixture, then the remaining yoghurt mixture to create layers. Will keep covered and chilled for up to four days.

To serve, dust with a little cinnamon, if you like.

MACROS
PER PORTION

CALORIES
356

PROTEIN
13G

CARBS
43G

FATS
13G

TASTY SMOOTHIE BOWL



MACROS PER PORTION

CALORIES
230

PROTEIN
9G

CARBS
37G

FATS
3G



PREPARATION

5 MINS



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE

INGREDIENTS

- 200g frozen mixed berries
- 1 ripe banana
- 75ml oat milk
- 1 tsp maple syrup
- ½ tbsp vanilla protein powder

TO TOP

- Sliced kiwis, bananas and fresh berries
- 25g granola
- 1 tbsp mixed nuts and seeds
- 1 tbsp almond butter

INSTRUCTION

Put the berries, banana, oat milk, maple syrup and protein powder in a powerful blender and blend until smooth. Add a splash more milk if needed, but remember it needs to be quite thick.

Spoon the smoothie into a bowl and dot over the fresh fruit, granola and mixed nuts and seeds. Drizzle over the almond butter to serve.

PEPPER, TOMATO & HAM OMELETTE



PREPARATION
15 MIN



DIFFICULTY
EASY



COOKING
10 Min



PORTION
TWO



INGREDIENTS

- 2 whole eggs and 3 egg whites
- 1 tsp olive oil
- 1 red pepper, deseeded and finely chopped
- 2 spring onions, white and green parts kept separate, and finely chopped
- A few slices of wafer-thin extra-lean ham, shredded
- 25g reduced-fat mature cheddar
- wholemeal toast, to serve (optional)
- 1-2 chopped fresh tomatoes, to serve (optional)

INSTRUCTION

Mix the eggs and egg whites with some seasoning and set aside. Heat the oil in a medium non-stick frying pan and cook the pepper for 3-4 mins. Throw in the white parts of the spring onions and cook for 1 min more. Pour in the eggs and cook over a medium heat until almost completely set.

Sprinkle on the ham and cheese, and continue cooking until just set in the centre, or flash it under a hot grill if you like it more well done. Serve straight from the pan with the green part of the spring onions sprinkled on top, the chopped tomato and some wholemeal toast, if you like.



LUNCH

THE SPICED CHICKEN WRAP



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

8 MIN



PORTION

TWO

INGREDIENTS

- 1 chicken breast (approx 180g), thinly sliced
- ½ tsp mild chilli powder
- 1 garlic clove, chopped
- 1 tsp olive oil
- 2 seeded wraps
- Generous squeeze juice 0.5 lime
- 1 avocado, halved and stoned
- 1 roasted red pepper from a jar, sliced
- A few sprigs of coriander, chopped

INSTRUCTION

Mix the chicken with the lime juice, chilli powder and garlic. Heat the oil in a non-stick frying pan then fry the chicken for a couple of mins – it will cook very quickly so keep an eye on it. Meanwhile, warm the wraps following the pack instructions or, if you have a gas hob, heat them over the flame to slightly char them. Do not let them dry out or they are difficult to roll. Squash half an avocado onto each wrap, add the peppers to the pan to warm them through then pile onto the wraps with the chicken, and sprinkle over the coriander. Roll up, cut in half and eat with your fingers.

**MACROS
PER PORTION**

CALORIES
403

PROTEIN
29G

CARBS
32G

FATS
16G

THE MEGA NUTRITION SOUP

INGREDIENTS

- 1 tbsp rapeseed oil
- 1 onion, finely chopped
- 1 large garlic clove, crushed
- 400g broccoli, chopped into small florets
- 300g frozen peas
- 200g chard, chopped
- 1 litre low-salt veg stock
- ½ small bunch of basil, chopped
- A small bunch of dill, chopped
- 1 lemon, zested and juiced
- 2 tbsp pumpkin seeds, toasted



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

FOUR



INSTRUCTION

Heat the oil in a large saucepan and add the onion and fry for 8 mins until soft and translucent. Add the garlic and cook for 1 min more. Tip in the broccoli, peas and chard, then pour over the stock and bring the mixture to the boil. Reduce the heat to a simmer, cover and cook for 25 mins.

Stir through the herbs, lemon zest and juice, then blitz the soup with a stick blender until completely smooth. Ladle into bowls and serve with the toasted pumpkin seeds scattered over the top.

MACROS
PER PORTION



THE TUNA PASTA LUNCH BOX



MACROS PER PORTION

CALORIES
444

PROTEIN
25G

CARBS
54G

FATS
12G



PREPARATION
20 MIN



DIFFICULTY
EASY



COOKING
20 MIN



PORTION
FOUR

INGREDIENTS

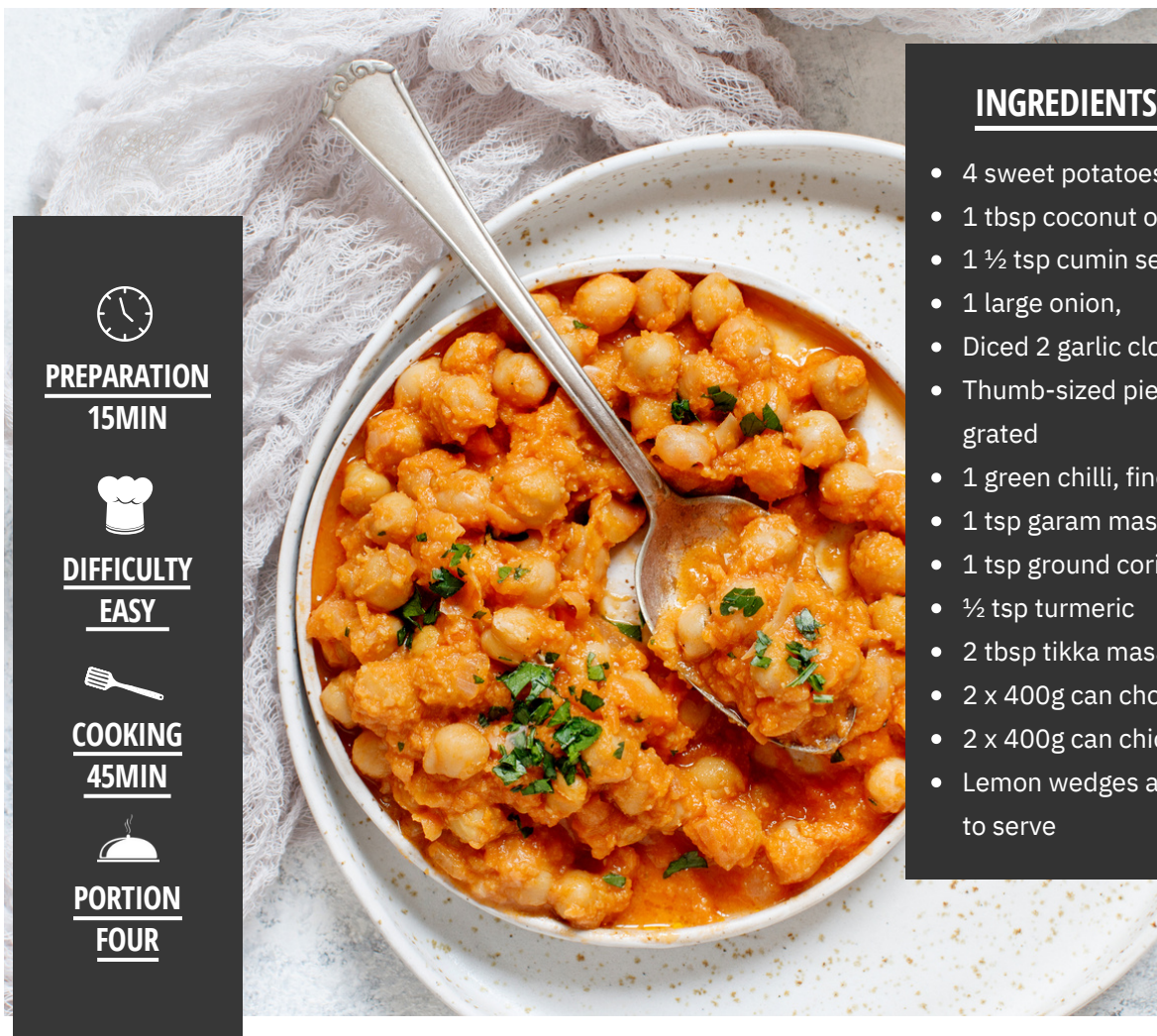
- 250g wholemeal penne
- 240g bio yoghurt
- 2 tsp English mustard powder
- 2 tbsp extra virgin olive oil
- 4 tsp apple cider vinegar
- 1 red onion, finely chopped
- Handful of basil leaves, finely chopped
- 320g tuna in spring water
- 2 red peppers, deseeded and diced
- 340g can sweetcorn, drained

INSTRUCTION

Boil the pasta for 10 mins until al dente, then drain and rinse under cold running water. Drain again. Meanwhile, mix the yoghurt, mustard, olive oil, vinegar, onion and basil together in a large bowl, then stir in the tuna, red peppers and sweetcorn.

Stir through the pasta and pack into containers for work or a picnic. Will keep, covered, in the fridge to eat the next day.

VEGAN CURRY & CHICKPEA JACKET



PREPARATION
15MIN



DIFFICULTY
EASY



COOKING
45MIN



PORTION
FOUR

INGREDIENTS

- 4 sweet potatoes
- 1 tbsp coconut oil
- 1 ½ tsp cumin seeds
- 1 large onion,
- Diced 2 garlic cloves, crushed
- Thumb-sized piece ginger, finely grated
- 1 green chilli, finely chopped
- 1 tsp garam masala
- 1 tsp ground coriander
- ½ tsp turmeric
- 2 tbsp tikka masala paste
- 2 x 400g can chopped tomatoes
- 2 x 400g can chickpeas, drained
- Lemon wedges and coriander leaves, to serve

INSTRUCTION

Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.

Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.

Put the garlic, ginger and green chilli into the pan, and cook for 2-3 mins. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season.

Put the roasted sweet potatoes on four plates and cut open lengthways. Spoon over the chickpea curry and squeeze over the lemon wedges. Season, then scatter with coriander before serving.

MACROS
PER PORTION

CALORIES
276

PROTEIN
12G

CARBS
32G

FATS
9G



DINNER

EASY VEGAN SINGAPORE NOODLES




PREPARATION
15 MIN


DIFFICULTY
EASY


COOKING
15 MIN


PORTION
FOUR

MACROS
PER PORTION

CALORIES
288

PROTEIN
7G

CARBS
47G

FATS
7G

INGREDIENTS

- 200g vermicelli rice noodles
- 1 tbsp mild curry powder
- ¼ tsp turmeric
- 1 tsp caster sugar
- 1 tbsp sesame oil
- 2½ tbsp low-salt soy sauce
- 1 tbsp sunflower or vegetable oil
- 1 onion, sliced
- 1 pepper, sliced
- 200g beansprouts
- 1 red chilli, sliced (optional)

INSTRUCTION

Boil the kettle and put the noodles in a large pan or bowl. Pour over enough boiled water to cover, pushing the noodles under the water to help them soften evenly. Set aside for 5-10 mins, until the noodles are completely soft. Mix the curry powder, turmeric, sugar, sesame oil, soy sauce and 1 tbsp water in a bowl.

Heat the wok until very hot. Add the sunflower oil, onion and pepper. Stir-fry for 3-4 mins until softened and starting to brown in places. Drain the noodles and add to the pan, along with the sauce mixture and beansprouts. Stir-fry for a further 3-4 mins, tossing everything through the sauce, until hot.

Adjust the seasoning with a little more soy or sugar, if you like, and scatter over the chilli, if you like more spice.

EXTRA TASTY SALMON BURGERS



MACROS
PER PORTION

CALORIES
292

PROTEIN
29G

CARBS
7G

FATS
17G



PREPARATION
20 MIN



DIFFICULTY
EASY



COOKING
10 MIN



PORTION
FOUR

INGREDIENTS

- 4 boneless, skinless salmon fillets, about 550g - cut into chunks
- 2 tbsp Thai red curry paste
- thumb-size piece fresh root ginger, grated
- 1 tsp soy sauce
- 1 bunch coriander, half chopped, half leaves picked
- 1 tsp vegetable oil
- Lemon wedges, to serve

INSTRUCTION

Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers.

Heat the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.

Meanwhile, peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves.

Divide the salad between 4 plates and serve with the burgers and rice.

FOR THE SALAD

- 2 carrots
- Half a large or 1 small cucumber
- 2 tbsp white wine vinegar
- 1 tsp golden caster sugar

THE MEDITERRANEAN EVENING



PREPARATION
4 MIN



DIFFICULTY
EASY



COOKING
16 MIN



PORTION
FOUR

INGREDIENTS

- 1 onion, sliced
- 1 red and 1 green pepper, deseeded and sliced
- 50g chorizo, sliced
- 2 garlic cloves, crushed
- 1 tbsp olive oil
- 250g easy cook basmati rice
- 400g can chopped tomato
- 200g raw, peeled prawns, defrosted if frozen

INSTRUCTION

Boil the kettle.

In a non-stick frying or shallow pan with a lid, fry the onion, peppers, chorizo and garlic in the oil over a high heat for 3 mins. Stir in the rice and chopped tomatoes with 500ml boiling water, cover, then cook over a high heat for 12 mins.

Uncover, then stir – the rice should be almost tender. Stir in the prawns, with a splash more water if the rice is looking dry, then cook for another min until the prawns are just pink and rice tender.

MACROS
PER PORTION

CALORIES
356

PROTEIN
19G

CARBS
59G

FATS
7G

THE ONE POT ROAST DINNER

MACROS
PER PORTION



PREPARATION

20 MIN



DIFFICULTY

EASY



COOKING

1 HOUR 20

MIN



PORTION

FOUR



INGREDIENTS

- 1½ kg chicken
- 1 lemon, halved
- 50g softened butter
- 2 tsp dried mixed herbs
- 750g potatoes, chopped into roastie size
- 7 carrots, roughly 500g, each chopped into 2-3 chunks
- 2 tbsp olive oil
- 100g frozen peas
- 300ml chicken stock
- 1 tsp Marmite

INSTRUCTION

Heat oven to 220C/200C fan/gas 7

Snip the string or elastic off the chicken if it's tied up, then place in a big roasting tin. Place the lemon halves into the cavity and rub the butter, herbs and seasoning all over the chicken. Put the potatoes and carrots around it, drizzle everything with oil, season and toss together.

Roast for 20 mins, then turn the oven down to 200C/180C fan/gas 6 and roast for 50 mins more. Stir the peas, stock and Marmite into the veg in the tin, then return to the oven for 10 mins more.

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