



NOVEMBER EDITION

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HONEY SRIRACHA SALMON RICE BOWL

Low-Cal Alternative

1 tbsp honey → ½ tbsp honey
1 tbsp sriracha → ½ tbsp sriracha
No cabbage, apple or mayo

Calories - 379
Protein - 33g
Carbs - 41g
Fat - 9g

Plant-Based Alternative

salmon → 1 Plant Pioneers salmon fillet
honey → 1 tbsp agave syrup
mayo → ½ tbsp vegan mayo

Calories - 552
Protein - 18g
Carbs - 76g
Fat - 19g

Time Saver Alternative

rice → 100g microwave Jasmine rice
No cabbage, apple or mayo

New time - 10 mins

Calories - 424
Protein - 33g
Carbs - 49g
Fat - 10g

HONEY SRIRACHA SALMON RICE BOWL

Salmon chunks in a sweet spicy sticky glaze served with homemade apple slaw and steamed Thai Jasmine rice.

Ingredients

- 120g skinless wild salmon
- 40g uncooked Jasmine rice
- 15g red cabbage
- 15g red apple
- 1 tbsp honey
- 1 tbsp sriracha
- ½ tbsp lightest mayonnaise
- 1 tsp rice vinegar
- spring onion, garnish
- sesame seeds, garnish
- rapeseed oil spray
- salt
- pepper

Calories - 438

Protein - 34g

Carbs - 55g

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, 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.
- **Make the slaw** - Grate both the apple and cabbage into a mixing bowl, combine with the mayo, season with salt and pepper to taste and mix well to combine. Cover and place in the fridge for 10-15 mins.
- **Prepare the salmon** - Cut the salmon into 1-inch chunks.
- **Cook the salmon** - Preheat a non-stick frying pan over medium heat, spritz with oil, and add in the salmon. Season with salt and sear for 30 secs on all sides before adding in the sriracha, rice vinegar, and honey. Coat the salmon in the sauce and leave to simmer for 2-3 mins over medium-low heat until the sauce has turned into a glaze and the salmon is cooked through.
- **Plate** - Add the rice to a bowl, top with the salmon, garnish with sesame seeds, and sliced spring onion, and serve with a side of slaw.
- **Tip** - Make extra rice to use for the 'Japanese Fried Rice' and 'Garlic Honey Chicken and Broccoli Stir-Fry' recipes.



20 mins



Serves 1



BBQ PULLED CHICKEN SANDWICH

Low-Cal Alternative

chicken → 400g chicken breast

Calories - 309
Protein - 30g
Carbs - 37g
Fat - 4g

Plant-Based Alternative

chicken → 1 ¼ packs Linda McCartney's
vegetarian duck
chicken stock → 200ml vegetable stock
mayo → 2 tbsp vegan mayo

Calories - 425
Protein - 30g
Carbs - 43g
Fat - 14g

Time Saver Alternative

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

New time - 30 mins

Calories - 309
Protein - 30g
Carbs - 37g
Fat - 4g

BBQ PULLED CHICKEN SANDWICH

Slow-cooked pulled BBQ chicken with homemade apple slaw and pickles served in a warm toasted brioche bun.

Ingredients

- 550g boneless skinless chicken thighs
- 4 Warburtons sliced white rolls
- 400ml chicken stock
- 60g red cabbage
- 60g red apple
- 6 tbsp BBQ sauce
- 2 tbsp lightest mayonnaise
- 1 tbsp apple cider vinegar
- 1 tbsp BBQ seasoning
- 12 slices pickled gherkins
- salt
- pepper

Method

- **Cook the chicken** - Bring the chicken stock to a simmer and add in the BBQ seasoning, apple cider vinegar, and chicken thighs. Simmer covered over medium-low heat for 1 hr until fork-tender.
- **Make the slaw** - Grate both the apple and cabbage into a mixing bowl, combine with the mayo, season with salt and pepper to taste and mix well to combine. Cover and place in the fridge for 10-15 mins.
- **Shred the chicken** - Remove the chicken from the pan and set aside to rest. Reduce the braising liquid by half over high heat, turn the heat off and add the chicken back into the pan. Shred the chicken using a potato masher or two forks before adding the BBQ sauce and salt and pepper to taste. Feel free to add paprika and hot sauce for an extra kick.
- **Toast the bun** - Toast both halves of the bun in a non-stick pan over medium heat until golden brown.
- **Plate** - Fill each bun with slaw, BBQ chicken, and 3 pickles before serving immediately.
- **Tip** - Make extra BBQ pulled chicken to be used for the 'BBQ Pulled Chicken Pizza' recipe.

Calories - 425

Protein - 31g

Carbs - 37g

Fat - 16g



75 mins



Serves 4



BBQ PULLED CHICKEN PIZZA

Low-Cal Alternative

chicken → 200g chicken breast
naan → 1 plain flour tortilla

Calories - 261
Protein - 31g
Carbs - 19g
Fat - 6g

Plant-Based Alternative

chicken → ½ packs Linda McCartney's
vegetarian duck
cheese → 40g Violife grated

Calories - 479
Protein - 26g
Carbs - 63g
Fat - 13g

Time Saver Alternative

chicken → 200g chicken breast
Simmer chicken for 15 mins before shredding

New time - 30 mins

Calories - 418
Protein - 36g
Carbs - 54g
Fat - 6g

BBQ PULLED CHICKEN PIZZA

Oven-baked naan pizza with passata, melted mozzarella cheese, sliced onion, and Slow cooked pulled BBQ chicken.

Ingredients

- 200g boneless skinless chicken thighs
- 1 flame baked naan bread, 180g
- 200ml chicken stock
- 50ml passata
- 40g low-moisture mozzarella
- 3 tbsp BBQ sauce
- ½ tbsp apple cider vinegar
- ½ tbsp BBQ seasoning
- ⅓ onion
- salt
- pepper

Method

- **Cook the chicken** – Bring the chicken stock to a simmer and add in the BBQ seasoning, apple cider vinegar, and chicken thighs. Simmer covered over medium-low heat for 1 hr until fork-tender.
- **Prepare the onion** – Slice the onion thinly with the grain and set aside.
- **Shred the chicken** – Remove the chicken from the pan and set aside to rest. Reduce the braising liquid by half over high heat, turn the heat off and add the chicken back into the pan. Shred the chicken using a potato masher or two forks before adding the BBQ sauce and salt and pepper to taste. Feel free to add paprika and hot sauce for an extra kick.
- **Assemble the pizza** – Spread the passata evenly across the naan, season with salt, and top with grated mozzarella before adding the chicken and onion.
- **Bake the pizza** – Place on the middle shelf in an oven preheated to 190C for 8-10 mins or until the cheese is melted and slightly golden brown.
- **Plate** – Remove the pizza from the oven, slice, and serve.
- **Tip** – BBQ sauce is a great substitute to use for passata for a BBQ pizza base.

Calories - 473

Protein - 30g

Carbs - 54g

Fat - 15g



75 mins



Serves 2



TOMAGO SANDO

Low-Cal Alternative

bread → 2 slices Warburtons lighter Danish

Calories - 338
Protein - 28g
Carbs - 26g
Fat - 15g

Time Saver Alternative

eggs → 150g egg protein pot (ready boiled eggs)
Do not place the egg mayo in the fridge before using

New time - 5 mins

Calories - 500
Protein - 30g
Carbs - 61g
Fat - 16g

TOMAGO SANDO

Inspired by Japan's most popular sandwich. Egg mayonnaise and chive filling between two thick slices of white bread.

Ingredients

- 2 slices thick white bread
- 3 medium eggs
- 1 tbsp lightest mayonnaise
- ⅛ tsp sugar
- 2 chive stems
- salt
- pepper

Method

- **Boil the eggs** - Place the eggs into a saucepan with cold water and bring to a rapid boil over high heat. Once boiling, turn the heat off and cover with a lid. Leave to sit for 10 mins before removing and placing into a bowl of ice water to stop the cooking.
- **Make the filling** - Add the eggs to a bowl and mash using a potato masher before combining with the mayo, sugar, sliced chives, and salt and pepper to taste. Mix well, cover, and place in the fridge for 10-20 mins.
- **Assemble the sandwich** - For a more authentic sandwich, begin by cutting off the crusts. Next, evenly spread the egg mayo filling across one slice and top with the other slice.
- **Plate** - Slice the sandwich in half and serve.
- **Tip** - Boil one of the eggs for 2 mins less than the others to place whole in the middle of the sandwich for a runny yolk.

Calories - 494

Protein - 30g

Carbs - 56g

Fat - 17g



30 mins



Serves 1



JAPANESE FRIED RICE

Low-Cal Alternative

100g rice → 50g rice
No Flora

Calories - 322
Protein - 30g
Carbs - 23g
Fat - 12g

Plant-Based Alternative

bacon → 150g This Isn't streaky bacon
No egg

Calories - 417
Protein - 30g
Carbs - 52g
Fat - 9g

Pork-Free Alternative

bacon → 100g Mattessons lightly smoked
turkey rashers

Calories - 404
Protein - 35g
Carbs - 42g
Fat - 11g

JAPANESE FRIED RICE

Savoury stir-fried rice with bacon, egg, onion, garlic, and spring onion.

Ingredients

- 60g bacon medallions
- 100g cooked Jasmine rice
- 5g Flora lighter
- 1 tbsp light soy sauce
- 1 medium egg
- 1 garlic clove
- ½ spring onion
- ⅛ onion
- rapeseed oil spray
- salt
- white pepper

Method

- **Prepare the aromatics** – Finely dice the garlic and onion, thinly slice the spring onion, and cut the bacon into small bite-size pieces.
- **Stir-fry** – Preheat a wok to high heat, spritz with oil, and add in the onion and garlic. Cook for 30 secs until fragrant before adding in the bacon and cooking for 30 secs on each side until crisp. Next, add in the egg and scramble well before adding in the rice, pressing down using the back of a spatula to help separate each grain. Toss well to combine the egg and rice before adding in the Flora and soy sauce, season with salt and white pepper to taste. Finally, add in the spring onion and mix well to combine.
- **Plate** – Add the rice to a bowl and garnish with more spring onion if you wish before serving.
- **Tip** – Day-old, refrigerated rice works best for fried rice.

Calories – 409

Protein – 32g

Carbs – 41g

Fat – 13g



8 mins



Serves 1



CHOPPED CHEESE LOADED FRIES

Low-Cal Alternative

beef mince → 90g 3% fat beef mince
160g potatoes → 100g potatoes
cheese → 1 slice lighter American cheese

Calories - 288
Protein - 30g
Carbs - 29g
Fat - 6g

Plant-Based Alternative

beef mince → 100g This Isn't plant mince
mayo → ½ tbsp vegan mayo
cheese → 25g Violife smoky cheddar slices

Calories - 507
Protein - 22g
Carbs - 44g
Fat - 24g

Time Saver Alternative

potatoes → 100g microwave frozen chips

New time - 10 mins

Calories - 415
Protein - 31g
Carbs - 39g
Fat - 14g

CHOPPED CHEESE LOADED FRIES

Homemade air fried fries topped with seasoned sautéed minced beef and melted American cheese served with shredded lettuce, tomato, ketchup, and mayonnaise.

Ingredients

- 90g 5% beef mince
- 160g Maris Piper potatoes
- 1 tbsp lightest mayonnaise
- 1 tbsp ketchup
- 1 tsp all purpose seasoning
- 2 lighter American cheese slices
- 2 iceberg lettuce leaves
- ½ tomato
- ⅓ onion
- rapeseed oil spray
- salt
- pepper

Method

- **Prepare the fries** - Cut the potato into 1cm batons, rinse off the starch in cold water before draining and drying well with a paper towel.
- **Cook the fries** - Place the chips into a preheated air fryer at 200C, spray the chips with oil and cook for 15-20 mins tossing halfway through.
- **Prepare the aromatics** - Finely slice the onion, lettuce, and tomato.
- **Cook the beef** - Spritz the pan with oil and add in the beef. Season with all purpose seasoning, salt, and pepper before breaking up the mince using two spatulas. Allow the beef to caramelise for 30 secs before adding in the onion. Cook for a further 1-2 mins, turn off the heat and place the cheese slices on top of the mince to melt.
- **Plate** - Add the fries to a plate, top with the chopped cheese, lettuce, and tomato before serving with a side of mayo and ketchup.
- **Tip** - Leftover BBQ pulled chicken can be used in place of the beef mince for 'BBQ Pulled Chicken Fries'.

Calories - 389

Protein - 32g

Carbs - 41g

Fat - 10g



25 mins



Serves 1



CREAMY PAPRIKA CHICKEN AND MASH

Low-Cal Alternative

160g potatoes → 100g potatoes
50ml Elmlea → 25ml Elmlea

Calories - 287
Protein - 30g
Carbs - 28g
Fat - 6g

Plant-Based Alternative

chicken → 130g Richmond no-chicken
chargrilled pieces
chicken stock → 100ml vegetable stock
Elmlea → 50ml Elmlea plant
milk → 20ml soy milk

Calories - 485
Protein - 27g
Carbs - 40g
Fat - 23g

Time Saver Alternative

potatoes → 200g microwave mashed
potatoes
Marinating time → 1 min

New time - 11 mins

Calories - 374
Protein - 31g
Carbs - 34g
Fat - 11g

CREAMY PAPRIKA CHICKEN AND MASH

Tender chicken chunks in a creamy paprika sauce served over homemade chive mashed potatoes.

Ingredients

- 100g chicken breast
- 160g Maris Piper potatoes
- 100ml chicken stock
- 50ml Elmlea single light
- 20ml skimmed milk
- 2 tsp paprika
- 2 garlic cloves
- 2 chive stems
- ½ lime
- ¼ onion
- rapeseed oil spray
- salt
- pepper

Method

- **Boil the potatoes** - Peel the potatoes and cut into small 2-inch cubes before placing them in a saucepan with cold salted water. Bring to a boil and leave to simmer until they are fork-tender.
- **Marinate the chicken** - Cut the chicken into bite-size chunks and season with half the paprika, salt, and pepper before leaving to marinate at room temp for 10 mins or up to 24 hrs in the fridge.
- **Chop the aromatics** - Finely dice the onion and garlic.
- **Cook the chicken** - Preheat a non-stick frying pan to high heat and spritz with oil before adding in the chicken. Sear the chicken on each side for 10-20 secs, remove and set aside.
- **Make the sauce** - Turn the heat down to medium and add in the garlic, onion, and remaining paprika. Sauté for 1-2 mins before pouring in the chicken stock. Allow the chicken stock to reduce by half before pouring in the cream. Add the chicken into the sauce and leave to simmer over medium-low heat for 3-5 mins until the chicken is cooked through. Finally, squeeze in lime juice and season with salt and pepper if needed.
- **Prepare the mash** - When the potatoes are fork-tender, drain and add them back into the same pan to steam dry for 2-3 mins. Once dry, push through a potato ricer and mix in the milk and fresh chives, season with salt and pepper to taste.
- **Plate** - Add the mash to a plate or bowl and top with the chicken and sauce before serving.
- **Tip** - Leftover fries are a great substitute for mashed potatoes.

Calories - 367

Protein - 32g

Carbs - 39g

Fat - 8g



30 mins



Serves 1



GARLIC HONEY CHICKEN AND BROCCOLI STIR-FRY

Low-Cal Alternative

1 tbsp honey → ½ tbsp honey
No broccoli

Calories - 321
Protein - 30g
Carbs - 44g
Fat - 3g

Plant-Based Alternative

chicken → 130g Richmond no-chicken
chargrilled pieces
chicken stock → 25ml vegetable stock
honey → 1 tbsp agave syrup

Calories - 402
Protein - 26g
Carbs - 58g
Fat - 6g

Time Saver Alternative

rice → 100g microwave Jasmine rice
No marinating the chicken
No baking powder

New time - 7 mins

Calories - 367
Protein - 32g
Carbs - 49g
Fat - 4g

GARLIC HONEY CHICKEN AND BROCCOLI STIR-FRY

Chicken and broccoli stir-fried in a sweet and savoury garlic sauce served over steamed Thai Jasmine rice.

Ingredients

- 110g chicken breast
- 40g uncooked Jasmine rice
- 25ml chicken stock
- 1 tbsp light soy sauce
- 1 tbsp honey
- 1 tsp Shaoxing wine
- 1 tsp cornflour
- ⅛ tsp baking powder
- 2 whole stalks tenderstem broccoli
- 1 garlic clove
- rapeseed oil spray
- salt
- white pepper

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, 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 chicken** - Slice the chicken against the grain into thin strips and add to a mixing bowl along with half the soy sauce, ¼ tsp of cornflour, baking powder, a pinch of white pepper, a small splash of water, and salt to taste. Mix well to combine and leave to sit for 5-10 mins.
- **Chop the aromatics** - Thinly slice the broccoli, before dicing the garlic.
- **Make the sauce** - In a small bowl combine the chicken stock with the Shaoxing wine, honey, remaining soy sauce, and remaining cornflour before whisking to combine.
- **Stir-Fry** - Preheat a wok to high heat, spritz with oil, and add in the broccoli and garlic. Cook for 30 secs until fragrant before adding in the chicken. Leave to sear on one side for 30 secs before tossing and stir-frying for 1-2 mins. Stir in the sauce and leave to simmer over medium heat until the sauce has thickened, and the chicken cooked through. Add water to thin out the sauce if needed.
- **Plate** - Add the rice to a bowl and top with the chicken stir-fry before serving.
- **Tip** - Sliced mushrooms are a great addition to the chicken and broccoli along with chilli flakes or sriracha sauce for an extra kick.

Calories - 363

Protein - 32g

Carbs - 52g

Fat - 3g



20 mins



Serves 1



B.L.T. SANDWICH

Low-Cal Alternative

bread → 2 slices Warburtons lighter
medium Danish bread

Calories - 314
Protein - 30g
Carbs - 32g
Fat - 8g

Plant-Based Alternative

bacon → 100g This Isn't streaky bacon
mayo → 1 tbsp vegan mayo
No Worcestershire sauce

Calories - 505
Protein - 30g
Carbs - 63g
Fat - 14g

Pork-Free Alternative

bacon → 100g Mattessons lightly
smoked turkey rashers

Calories - 465
Protein - 36g
Carbs - 62g
Fat - 8g

B.L.T. SANDWICH

Crispy bacon medallions served with shredded lettuce, tomato, and Dijon Worcestershire mayo between two slices of thick toasted white bread.

Ingredients

- 60g bacon medallions
- 2 slices thick white bread
- 2 tbsp lightest mayonnaise
- 2 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 2 iceberg lettuce leaves
- ½ tomato
- rapeseed oil spray
- salt
- pepper

Method

- **Prepare the accompaniments** - Thinly slice the lettuce and tomato.
- **Make the sauce** - In a small bowl combine the mayo, mustard, and Worcestershire sauce.
- **Cook the bacon** - Preheat a non-stick frying pan to medium heat, spritz with oil, and add in the bacon. Cook the bacon for 2-3 mins on each side until crisp.
- **Toast the bread** - Toast the bread in a toaster or under a hot grill until golden brown.
- **Plate** - Spread the sauce across both slices of toasted bread before topping the bottom slice with lettuce and tomato. Season the tomato with salt and pepper and top with the bacon before placing on the top slice. Slice in half at an angle, and serve.
- **Tip** - Grilled chicken or steak makes a great addition to this sandwich for an extra boost of protein.

Calories - 470

Protein - 33g

Carbs - 61g

Fat - 10g



15 mins



Serves 1



BRITISH CARBONARA

Low-Cal Alternative

60g spaghetti → 40g spaghetti
10g Parmigiano Reggiano → 5g Parmigiano
Reggiano
50ml Elmlea → 25ml Elmlea

Calories - 362
Protein - 30g
Carbs - 34g
Fat - 10g

Plant-Based Alternative

bacon → 100g This Isn't streaky bacon
chicken stock → 150ml vegetable stock
cream → 50ml Elmlea plant
No cheese

Calories - 546
Protein - 26g
Carbs - 57g
Fat - 21g

Pork-Free Alternative

bacon → 100g Mattessons lightly
smoked turkey rashers

Calories - 486
Protein - 38g
Carbs - 51g
Fat - 12g

BRITISH CARBONARA

Britain's take on Italian carbonara. Bacon, mushrooms, and spaghetti in a garlic and Parmigiano Reggiano cream-based sauce.

Ingredients

- 60g bacon medallions
- 60g dried spaghetti
- 30g chestnut baby mushrooms
- 10g grated Parmigiano Reggiano
- 150ml chicken stock
- 50ml Elmlea single light
- 1 garlic clove
- ⅓ onion
- olive oil spray
- salt
- pepper

Method

- **Chop the aromatics** - Slice the mushrooms and bacon into bite-size pieces then dice the onion and garlic.
- **Boil the pasta** - Cook the spaghetti in boiling salted water for 2 mins less than stated on the packet for 'al-dente'.
- **Make the sauce** - Preheat a non-stick frying pan over medium heat, spritz with oil, and add in the bacon. Cook for 2 mins before adding in the mushrooms. Sauté the mushrooms for 2-3 mins before adding the onion and garlic. Cook for another 2-3 mins until the onion is translucent before pouring in the stock. Allow the stock to reduce by half then stir in the cream and Parmigiano Reggiano. Season with salt and pepper to taste.
- **Finish the pasta** - Add the pasta directly to the sauce using a pair of tongs and mix well to combine. Simmer over medium-low heat for a final 1-2 mins before turning off the heat.
- **Plate** - Using a pair of tongs add the spaghetti to a bowl and garnish with freshly cracked black pepper before serving.
- **Tip** - Grilled chicken or steak makes a great addition to this dish for an extra boost of protein.

Calories - 491

Protein - 35g

Carbs - 50g

Fat - 14g



25 mins



Serves 1



SRIRACHA PRAWN UDON NOODLES

Low-Cal Alternative

100g noodles → 50g noodles

Calories - 291
Protein - 30g
Carbs - 24g
Fat - 8g

Plant-Based Alternative

prawns → 130g Richmond no-chicken
chargrilled pieces
No egg

Calories - 358
Protein - 31g
Carbs - 37g
Fat - 7g

SRIRACHA PRAWN UDON NOODLES

Spicy stir-fried udon noodles with prawns, mushrooms, and spring onion topped with a fried egg.

Ingredients

- 100g prawns
- 100g fresh udon noodles
- 30g chestnut baby mushrooms
- 1 tbsp sriracha
- 1 tbsp light soy sauce
- 1 medium egg
- 1 garlic clove
- ½ spring onion
- ⅓ onion
- rapeseed oil spray

Method

- **Chop the aromatics** - Cut the spring onion into quarters, slice the onion and mushrooms, and dice the garlic.
- **Stir-Fry** - Preheat a wok to medium-high heat, spritz with oil, and add in the aromatics. Stir-fry for 1-2 mins before pushing to one side and adding in the prawns. Allow the prawns to sear on one side for 30 secs before tossing with the aromatics. Next, add in the noodles, mix well, and cook for 30 secs - 1 min before adding in the soy sauce and sriracha. Toss well to ensure the sauce has coated the noodles and prawns evenly. Cook for a final min until the noodles have absorbed all the remaining sauce.
- **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 or until the whites are set and the yolk is still runny.
- **Plate** - Add the noodles and prawns to a bowl before topping with the fried egg and serving.
- **Tip** - Leftover salmon from the 'Honey Sriracha Salmon Rice Bowl' recipe makes a great substitute for the prawns.

Calories - 344

Protein - 31g

Carbs - 35g

Fat - 8g



12 mins



Serves 1