

ULTIMATE TASTE

Recipe Book

VOLUME 7





JULY

SUMMER 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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SPICED HALLOUMI & PINEAPPLE BURGER WITH ZINGLY SLAW



BREAKFAST

KALE, TOMATO & POACHED EGG ON TOAST



PREPARATION

2 MIN



DIFFICULTY

EASY



COOKING

7 MIN



PORTION

TWO

INGREDIENTS

- 2 tsp oil
- 100g ready-chopped kale
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 2 large eggs
- 2 slices multigrain bread
- 50g cherry tomatoes, halved
- 15g feta, crumbled

INSTRUCTION

Bring a large pan of water to the boil. Heat the oil in a frying pan over a medium heat and add the kale, garlic and chilli flakes. Cook, stirring occasionally, for 4 mins until the kale begins to crisp and wilt to half its size. Set aside.

Adjust the heat so the water is at a rolling boil, then poach your eggs for 2 mins. Meanwhile, toast the bread and remove the poached eggs with a slotted spoon and top each piece of toast with half the kale, an egg, the cherry tomatoes and feta.

MACROS
PER PORTION

CALORIES

251

PROTEIN

15G

CARBS

18G

FATS

12G

EASY VEGAN PANCAKES

INGREDIENTS

- 300g self-raising flour
- 1 tsp baking powder
- 1 tbsp sugar (any kind)
- 1 tbsp vanilla extract
- 400ml plant-based milk
- 1 tbsp vegetable oil for cooking

To Serve (optional)

Banana slices, blueberries, maple syrup, vegan chocolate chips, plant-based yogurt



PREPARATION

5 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

FOUR-SIX



INSTRUCTION

Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly pour in the milk until you get a smooth, thick batter.

Heat a little of the oil in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.

Serve stacked with lots of toppings of your choice, or serve with bowls of toppings for everyone to help themselves.

MACROS
PER PORTION

CALORIES
90

PROTEIN
3G

CARBS
16G

FATS
1G

HEALTHY COOKIES



**MACROS
PER PORTION**

CALORIES
86

PROTEIN
2G

CARBS
13G

FATS
3G



PREPARATION

10 MINS



DIFFICULTY

EASY



COOKING

15 MIN



PORTION

TWELVE

INGREDIENTS

- 2 ripe bananas, mashed
- 150g porridge oats
- 2 tbsp ground almonds
- 1/2 tsp cinnamon
- 100g raspberries (fresh or frozen)

INSTRUCTION

Heat the oven to 200C/180C fan/gas 4 and line two baking trays with baking parchment.

Mix the banana, oats, almonds, cinnamon and a pinch of salt in a bowl to make a sticky dough. Gently stir through the raspberries, trying not to break them up. Scoop up tablespoons of the mixture and roll into balls, then place on a baking tray and flatten with your hand.

Bake for 15 mins until the cookies feel firm around the edges and are golden brown. Leave to cool.

Will keep in an airtight container for up to three days.

BREAKFAST BAR



PREPARATION

20 MIN



DIFFICULTY

EASY



COOKING

25 MIN



PORTION

TWELVE



INGREDIENTS

- 50g mixed dried fruit (a mixture of raisins, sultanas and apricots is nice)
- 50g mixed seed
- 140g oats
- 25g multi-grain hoop cereal
- 100g butter
- 100g light muscovado sugar
- 100g golden syrup

MACROS
PER PORTION

CALORIES

205

PROTEIN

3G

CARBS

25G

FATS

10G

INSTRUCTION

Grease and line a 20cm square cake tin with baking parchment and put the dried fruit in a mixing bowl. Add the seeds, oats and cereal, and mix well.

Put the butter, sugar and golden syrup in the saucepan. Cook gently on the hob, stirring with the spatula, until the butter and sugar are melted.

Remove from the heat and pour the dry ingredients into the saucepan. Mix well until all the ingredients are coated with the syrup mix.

Fill the baking tin with the mixture. Use the spatula to press the mix down evenly. Bake at 160C/140C fan/gas 3 for 20 mins, then leave to cool completely before cutting into squares or fingers.

Store in an airtight tin for up to 3 days – if they last that long!



LUNCH

SALMON SALAD WITH SESAME DRESSING



PREPARATION

7 MIN



DIFFICULTY

EASY



COOKING

16 MIN



PORTION

TWO

INGREDIENTS

- 250g new potatoes, sliced
- 160g French beans, trimmed
- 2 wild salmon fillets
- 80g salad leaves
- 4 small clementines, 3 sliced, 1 juiced
- handful of basil, chopped
- handful of coriander, chopped

For the dressing

- 2 tsp sesame oil
- 2 tsp tamari
- 1/2 lemon, juiced
- 1 red chilli, deseeded and chopped
- 2 tbsp finely chopped onion

INSTRUCTION

Steam the potatoes and beans in a steamer basket set over a pan of boiling water for 8 mins. Arrange the salmon on top and steam for a further 6-8 mins, or until the salmon flakes easily when tested with a fork.

Mix the dressing ingredients together along with the clementine juice and divide the salad leaves between two plates and top with the warm potatoes and beans and the clementine slices. Arrange the salmon fillets on top, scatter over the herbs and spoon over the dressing.

**MACROS
PER PORTION**



VEGGIE OLIVE WRAPS WITH MUSTARD VINAIGRETTE

INGREDIENTS

- 1 carrot, shredded or coarsely grated
- 80g wedge red cabbage, finely shredded
- 2 spring onions, thinly sliced
- 1 courgette, shredded or coarsely grated
- handful basil leaves
- 5 green olives, pitted and halved
- ½ tsp English mustard powder
- 2 tsp extra virgin rapeseed oil
- 1 tbsp cider vinegar
- 1 large seeded tortilla



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

ONE



INSTRUCTION

Mix all the ingredients except for the tortilla and toss well.

Put the tortilla on a sheet of foil and pile the filling along one side of the wrap – it will almost look like too much mixture, but once you start to roll it firmly it will compact. Roll the tortilla from the filling side, folding in the sides as you go. Fold the foil in at the ends to keep stuff inside the wrap. Cut in half and eat straight away.

If taking to work, leave whole and wrap up like a cracker in baking parchment.

**MACROS
PER PORTION**



HUMMUS PASTA SALAD



PREPARATION

20 MIN



DIFFICULTY

EASY



COOKING

10 MIN



PORTION

FOUR

INGREDIENTS

- 400g can chickpeas, drained and liquid reserved
- 1 tbsp tahini
- 2 tbsp extra virgin olive oil
- 1/2 garlic clove
- 1/2 lemon, zested and juiced
- 250g short pasta of your choice
- 50g baby spinach, roughly chopped
- 200g cherry tomatoes halved
- 1/4 cucumber, quartered lengthways and cut into small triangles
- 75g pitted olives of your choice, roughly chopped

INSTRUCTION

Boil the kettle. Tip half the chickpeas into a food processor, add roughly half the reserved liquid from the can (the liquid should come to just below the level of the chickpeas in the blender), the tahini, olive oil, garlic, lemon zest and juice and some seasoning. Blitz until you have a smooth, loose hummus. Check for seasoning. Cook the pasta and drain, reserving a mugful of the cooking water, and rinse the under cold running water for a few seconds until cool.

Toss the cooked pasta, spinach, tomatoes, cucumbers, olives, the rest of the chickpeas and the hummus dressing together in a large bowl until everything is well-coated. Add a splash of the reserved pasta cooking water if the dressing is too thick.

TUNA RICE SALAD



PREPARATION

30 MIN



DIFFICULTY

EASY



COOKING

N/A



PORTION

EIGHT



**MACROS
PER PORTION**

CALORIES
328

PROTEIN
14G

CARBS
49G

FATS
10G

INSTRUCTION

The cooked rice will have probably clumped together, so break it up in a large mixing bowl. Flake in the tuna, then mix in the peas, peppers, tomatoes, spring onions, parsley and olives, if you're using them.

Stir through the mayonnaise, lemon juice and olive oil and season to taste.

Cover the bowl with cling film or place in a large plastic container and let your household serve themselves whenever they are hungry.

INGREDIENTS

- 2lb cold cooked rice (about 400g uncooked rice)
- 400g tuna in springwater
- 200g frozen petits pois, defrosted
- 2 red peppers, peeled and deseeded
- 3 tomatoes, chopped into small chunks
- 5 spring onions, finely sliced
- bunch flat-leaf parsley, chopped
- large handful stoned green olives, roughly chopped (optional)
- 4 tbsp mayonnaise
- juice 1 lemon
- 2 tbsp extra-virgin olive oil



DINNER

CHILLI CON CARNE



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

1 HOUR



PORTION

FOUR

INGREDIENTS

- 1 large onion
- 1 red pepper
- 2 garlic cloves
- 1 tbsp oil
- 1 heaped tsp hot chilli powder (or 1 level tbsp if you only have mild)
- 1 tsp paprika
- 1 tsp ground cumin
- 500g lean minced beef
- 1 beef stock cube
- 400g can chopped tomatoes
- 1/2 tsp dried marjoram
- 1 tsp sugar
- 2 tbsp tomato purée
- 410g can red kidney beans
- plain boiled long grain rice, to serve
- soured cream, to serve

INSTRUCTION

Dice onion and cut 1 red pepper in half lengthways, remove stalk and wash the seeds away, then chop. Peel and finely chop 2 garlic cloves. Heat 1 tbsp oil in your pan and leave it for 1-2 minutes until hot. Add the onion and cook for 5 minutes or until they are soft, stirring frequently. Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, 1 tsp paprika and 1 tsp ground cumin and give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally. Brown the mince in a frying pan, then add mince to the pan and break it up with your spoon and cook until there are no more pink bits. Crumble 1 beef stock cube into 300ml hot water. Add a 400g can of chopped tomatoes. Tip the dried marjoram, 1 tsp sugar and season well with salt and pepper. Add 2 tbsp tomato purée and stir the sauce well. Simmer it gently for 20 minutes, stirring occasionally, add a little water if goes dry. Drain and rinse red kidney beans stir them into the chilli pot, cook for further 10 minutes. Once cooked let it stand for 10 minutes before serving. This is really important as it allows the flavours to mingle and serve with soured cream and the rice.

MACROS
PER PORTION

CALORIES
387

PROTEIN
36G

CARBS
25G

FATS
17G

CHICKEN PASTA BAKE



MACROS
PER PORTION

CALORIES
575

PROTEIN
33G

CARBS
41G

FATS
30G



PREPARATION

30 MIN



DIFFICULTY

EASY



COOKING

45 MIN



PORTION

SIX

INGREDIENTS

- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1/4 tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascarpone
- 4 skinless chicken breasts, sliced into strips
- 300g penne
- 70g mature cheddar, grated
- 50g grated mozzarella
- 1/2 small bunch of parsley, finely chopped

INSTRUCTION

Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.

Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.

Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.

VEGAN TACOS



PREPARATION

10 MIN



DIFFICULTY

EASY



COOKING

30 MIN



PORTION

TWO

INGREDIENTS

- 175g pack baby corn
- 1 large red onion, sliced (190g)
- 1 red pepper, deseeded and roughly chopped
- ½ tsp cumin seeds
- 2 tsp olive oil
- 1 large ripe kiwi, halved lengthways (110g)
- 1 large tomato, halved (115g)
- 100g wholemeal flour, plus extra for rolling
- 1 large garlic clove
- 15g fresh coriander, chopped
- 1 tsp vegan bouillon powder
- 1/2tsp smoked paprika
- 85g red cabbage, finely shredded

INSTRUCTION

Heat oven to 220C/200C fan/gas 7. Pile the corn, red onion and pepper into a large shallow roasting tin and toss with the cumin seeds and oil. Add the kiwi and tomato on one side of the tin and roast for 20 mins.

Meanwhile, mix 60ml water into the flour knead briefly until smooth, then cut equally into four and roll out each piece on a lightly floured surface into a 16cm round tortilla. Cover with a tea towel to stop them drying out. Remove the cooked tomato and kiwi from the tin and return the veg to the oven for 10 mins. Remove the skin from the kiwi and scoop the flesh into a bowl with the tomato, garlic, half the coriander, bouillon and paprika. Use a hand blender to a smooth salsa.

Heat a large non-stick frying pan, without oil, and cook the tortillas one at a time for a minute on one side and about 10 seconds on the other, until you see them puff up a little. Spread a tortilla with some salsa, top with cabbage and roasted veg, then scatter with the remaining coriander. Add a spoonful more salsa and eat with your hands.

**MACROS
PER PORTION**

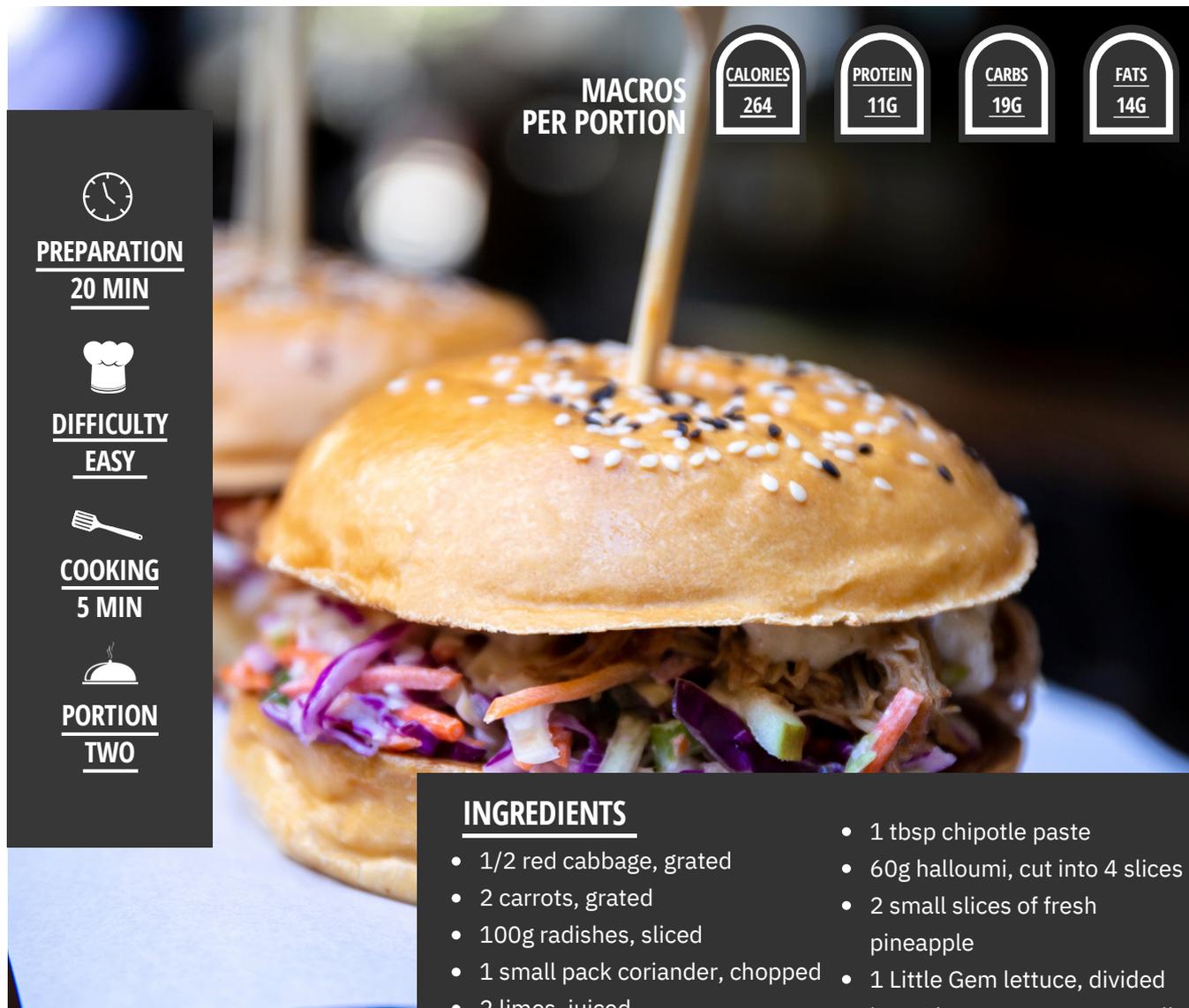
CALORIES
351

PROTEIN
12G

CARBS
56G

FATS
6G

SPICED HALLOUMI PINEAPPLE BURGER WITH ZINGY SLAW



MACROS PER PORTION

CALORIES
264

PROTEIN
11G

CARBS
19G

FATS
14G



PREPARATION

20 MIN



DIFFICULTY

EASY



COOKING

5 MIN



PORTION

TWO

INGREDIENTS

- 1/2 red cabbage, grated
- 2 carrots, grated
- 100g radishes, sliced
- 1 small pack coriander, chopped
- 2 limes, juiced
- 1 tbsp cold-pressed rapeseed oil
- big pinch of chilli flakes
- 1 tbsp chipotle paste
- 60g halloumi, cut into 4 slices
- 2 small slices of fresh pineapple
- 1 Little Gem lettuce, divided into 4 lettuce cups or 2 small seeded burger buns, cut in half, to serve (optional)

INSTRUCTION

Put the cabbage, carrot, radish and coriander in a bowl. Pour over the lime juice, add 1/2 tbsp oil and the chilli flakes, then season with salt and pepper. Give everything a good mix with your hands. This can be done a few hours before and kept in the fridge.

Mix the remaining oil with the chipotle paste then coat the halloumi slices in the mixture. Put the halloumi slices on a sheet of foil and put on the barbecue with the pineapple (or use a searing hot griddle pan if cooking inside). Cook for 2 mins on each side until the cheese is golden, and the pineapple is beginning to caramelize. Brush the buns with the remaining chipotle oil, then put your burger buns, if using, cut-side down, on the barbecue or griddle pan for the last 30 seconds of cooking to toast.

Assemble your burgers with the lettuce or buns. Start with a handful of the slaw, then add halloumi and pineapple. Serve with the remaining slaw.

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!



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Recipe Book

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