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**SIMPLE CHICKEN CURRY
WITH SAFFRON RICE**

SIMPLE CHICKEN CURRY WITH SAFFRON RICE



Serves: 4
Prep: 10-15 mins
Cook: 30-45 mins



Nutrition per serving:
531 kcal
22g Fats
47g Carbs
36g Protein



WHAT YOU NEED

For the chicken:

- 8 skinless chicken thighs fillets
- 1 tbsp. oil
- 1 large onion, diced
- 1 tbsp. ginger, minced
- 5 cloves garlic, minced
- ½ tsp. black pepper
- 3 large tomatoes, chopped
- 1 ½ tsp. turmeric

For the rice:

- ¼ cup (60ml) boiling water
- pinch saffron threads (roughly ⅛ tsp.)
- 1 cup (225g) basmati rice
- 1 tsp. coconut oil
- ½ tsp. onion powder
- ¼ tsp. salt
- 1 ¾ cup vegetable stock

WHAT YOU NEED TO DO

Season the thighs with salt and pepper.

Heat the oil in the pan, fry the thighs on both sides until golden brown. Remove from the pan and set aside.

In the same pan, sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring – season with pepper and turmeric. Then add chopped tomatoes, and ¼ cup of water, season with salt and bring to a boil.

Place the chicken thighs in the simmering sauce, cover with a lid and cook for about 30-45 minutes or until the meat is tender.

In the meantime, cook the rice. Combine saffron threads and boiling water and allow to ‘brew’ for at least 5 minutes.

In a medium pot, combine saffron and the water with the rice and all other ingredients.

Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat and let sit for covered another 10 minutes before serving.

Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions



**CHINESE PORK STIR-FRY
WITH PINEAPPLE**

CHINESE PORK STIR-FRY WITH PINEAPPLE



Serves: 4
Prep: 20 mins
Cook: 10 mins



Nutrition per serving:
303 kcal
11g Fats
22g Carbs
28g Protein



WHAT YOU NEED

- 14 oz. (400g) pork tenderloin
- 1 tbsp. potato starch
- scant ½ cup (100g) white rice
- ⅔ cup (135ml) pineapple chunks, in juice (keep the juice)
- 1 red bell pepper, sliced
- ½ onion, sliced
- 2 garlic cloves
- ½ chili pepper
- 1-inch fresh ginger, grated
- 2 tbsp. coconut oil
- 2 spring onions, chopped, to serve

For the sauce:

- ⅓ cup (180ml) pineapple juice from can
- 5 tbsp. soy sauce
- 3 tbsp. rice vinegar

WHAT YOU NEED TO DO

Wash the meat, dry it, and cut them into the thinnest slices possible. Season with salt and pepper, and coat in potato flour.

Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and cut the onion into feathers. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all sauce ingredients in a bowl.

In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto the plate.

Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.

Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens, in the meantime mix now and then.

Sprinkle with chopped spring onions and serve with rice.

SLOW COOKER CHICKEN FAJITAS



SLOW COOKER CHICKEN FAJITAS



Serves: 8
Prep: 10 mins
Cook: 3-4hrs



Nutrition per serving:
183 kcal
3g Fats
12g Carbs
28g Protein



GF

DF

LC

MP

HP



WHAT YOU NEED

- 2 lbs. (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 cup chopped tomatoes

WHAT YOU NEED TO DO

Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

Lastly, add the remaining peppers and onions and cook for 4 hours on high.

Remove the chicken and shred it with a fork, then return it in in the slow-cooked, mix well and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info) :

- tortillas, cream, guacamole, coriander

A top-down view of a grey ceramic bowl filled with jerk chicken and cauliflower rice. The chicken is on the left, and the rice is on the right. The dish is garnished with fresh cilantro and two lime slices. The bowl sits on a yellow and white patterned placemat.

**JERK CHICKEN WITH
CAULIFLOWER RICE**

JERK CHICKEN WITH CAULIFLOWER RICE



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
397 kcal
24g Fats
15g Carbs
33g Protein



WHAT YOU NEED

For marinade:

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. brown sugar
- ½ tsp. salt
- ½ tsp. pepper
- 2 tsp. garlic powder
- ½ tsp. cinnamon
- ½ tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

Chicken & rice:

- 1 lb. (450g) chicken breast
- 14 oz. (400g) cauliflower rice
- 2 tbsp. coconut oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned light coconut milk
- 1 lime, zest and juice
- handful coriander, to garnish
- lime wedges, to serve

WHAT YOU NEED TO DO

Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in marinade, leave to marinade for 15 minutes or overnight.

Heat the 1 tbsp. of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next add in the garlic and cauliflower rice, cook for 2 minutes and add in coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat. Stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 minutes until cooked through and browned. Once cooked serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.

CHICKEN THIGHS WITH HOISIN RICE



CHICKEN THIGHS WITH HOISIN RICE



Serves: 8
Prep: 5 mins
Cook: 50 mins



Nutrition per serving:
336 kcal
15g Fats
16g Carbs
29g Protein



WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 heaped cups (500ml) chicken stock
- 4 tbsp. dried cranberries

For the sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chili flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

WHAT YOU NEED TO DO

Heat the oven to 375°F (190°C). Heat the oil in a large pan.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan.

Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.

Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.

Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.

Transfer the rice into an over-proof dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.

Once cooked, divide between plates and serve, or store in the fridge for up to 2-3 days.

SPICY CHICKEN DRUMSTICKS WITH TZATZIKI



SPICY CHICKEN DRUMSTICKS WITH TZATZIKI



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per serving:
270 kcal
15g Fats
4g Carbs
28g Protein



GF LC



WHAT YOU NEED

- 8 chicken drumsticks
- 3.5 oz. (100g) chipotle marinade, store-bought
- 2 garlic cloves, crushed
- 2 handfuls mint leaves, chopped
- 1 cucumber
- 6 oz. (170g) natural yogurt, 0% fat

WHAT YOU NEED TO DO

Cover the chicken drumsticks with the chipotle sauce and leave to marinate for at least 1 hour.

If you are using the BBQ, heat it up, or preheat the oven to 360°F (180°C).

In the meantime, crush the garlic and chop the mint leaves. Peel the cucumber, halve in length and remove the seeds with a teaspoon. Grate the cucumber pulp coarsely, then mix it with the yogurt, garlic, and mint. Season with salt and pepper.

Fry the chicken in the oven or on the BBQ for about 35 minutes until cooked throughout. Serve the chicken with the tzatziki dip.



CHICKEN MADRAS

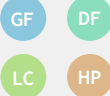
CHICKEN MADRAS



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
323 kcal
16g Fats
6g Carbs
38g Protein



WHAT YOU NEED

- 4 skinless, boneless chicken thighs
- juice of ½ lemon
- 1 tsp. garam masala
- 1 tbsp. coconut oil
- 2-5 tbsp. madras curry paste, depending on taste
- 14 oz. (400g) can chopped tomatoes
- 2 oz. (50g) desiccated coconut
- fresh coriander, chopped

WHAT YOU NEED TO DO

Cut the chicken into bite-size pieces, season with salt, mix with the lemon juice and garam masala.

Heat the oil in a frying pan or saucepan over a medium heat and cook the onion for 6-7 minutes until soft. Add in the chicken and fry for another 3-4 minutes.

Next stir in the curry paste and cook for a further 2-3 minutes. Add the chopped tomatoes and coconut, then cover with a lid and simmer for about 20 minutes. Serve hot, scattered with coriander, with a side of white rice.



**CHICKEN AND
BANANA CURRY**

CHICKEN AND BANANA CURRY



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
309 kcal
14g Fats
11g Carbs
35g Protein



WHAT YOU NEED

- 1 banana, chopped
- 1 lb. (500g) chicken breast, chopped
- ¼ cup (30g) flaked almonds
- 1 tbsp. sesame oil
- 2 tbsp. curry madras
- 1 cup (250ml) reduced fat coconut milk
- scant ½ cup (100ml) water
- 2 cups (300g) mange tout

WHAT YOU NEED TO DO

Heat the oil in a large frying pan and fry the chicken with curry madras 3 minutes on medium heat.

Add in the coconut milk and water and simmer on low heat for 5 minutes.

Meanwhile, cook the beans in salted water until al dente (about 4-5 minutes).

Add the chopped banana to the chicken curry and cook for 1 minute. Season with pepper and salt.

Serve the curry sprinkled with flaked almonds alongside a portion of brown rice and mange tout.



ITALIAN STYLE CHICKEN

ITALIAN STYLE CHICKEN



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
260 kcal
10g Fats
16g Carbs
28g Protein



GF

DF

LC



WHAT YOU NEED

- 14.1 oz. (400g) chicken breasts
- 1 tbsp. coconut oil
- 1 red onion, sliced
- 1 cup (250g) eggplant, cubed
- 1 can 14.5 oz. (400g) chopped tomatoes
- 1 cup (100g) sun-dried tomatoes, drained, chopped
- ¼ cup (50g) olives, sliced
- 2 handfuls basil, chopped
- salt & pepper

WHAT YOU NEED TO DO

Cut the chicken breasts into bite size chunks. Heat the coconut oil in a pan and fry the chicken until browned and cooked throughout.

Add in the onion and eggplant and cook for another 2-3 minutes until onion is soft. Then add the chopped tomatoes and reduce the heat. Cover and simmer for 10 minutes.

Once eggplant is soft add the sun-dried tomatoes, olives and basil. Season with salt and pepper.

Serve garnished with fresh basil and rice or pasta.



**BROCCOLI & CHICKEN
STIR FRY**

BROCCOLI & CHICKEN STIR FRY



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
544 kcal
19g Fats
57g Carbs
38g Protein



DF

HP

Q



WHAT YOU NEED

- 1 broccoli head, around 14oz. (400g)
- 1 large pak choi
- 2 yellow peppers
- 2 garlic cloves
- 2 tsp. minced fresh ginger
- 8 oz. egg noodles (230g)
- 4 skinless chicken thighs
- 1 lime
- 2 tbsp. coconut oil
- 1/3 cup oyster sauce (80ml)
- 2 tbsp. water

WHAT YOU NEED TO DO

Cut the broccoli into small roses and the pak choi into strips. Halve the peppers, remove the seeds and cut into strips. Chop the garlic finely, peel and grate the ginger. Cook the noodles for 5 minutes in salted water, and once cooked drain and set aside.

In the meantime, cut the chicken into strips and heat the oil in a wok. Stir fry the garlic, ginger and chicken strips for 2 minutes.

Add in the broccoli, paprika, oyster sauce, water and stir fry for 5 minutes. Add the pak choi cook for another 1 minute. Add the noodles and heat for another 1 minute. Season with pepper.

Serve with lime wedges.



**CHICKEN IN CREAMY
MUSHROOM SAUCE**

CHICKEN IN CREAMY MUSHROOM SAUCE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
286 kcal
21g Fats
5g Carbs
21g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 4 boneless skinless chicken thighs
- 1 medium white onion, chopped
- 3 garlic cloves, finely chopped
- 3 ⅓ cups (250g) mushrooms, sliced
- 1 tsp. dried oregano
- 1 tsp. dried rosemary
- ½ cup (100ml) chicken stock
- ⅞ cup (200ml) canned coconut milk
- 1 tbsp. fresh parsley, chopped

WHAT YOU NEED TO DO

Heat the coconut oil in a large pan.

Season the chicken thighs with salt and pepper, then sear the chicken thighs until browned (about 5 minutes each side). Once browned transfer onto a plate and cover with tin foil.

To the same pan, add the onion and garlic and sauté for 5 minutes. Next add in the mushrooms and cook for another 3 minutes.

Add in the spices and season with salt and pepper to taste, return the chicken to the pan.

Pour in the chicken stock and mix well. Next add in the coconut milk, reduce the heat and leave to simmer for 15 minutes.

Taste for seasoning, sprinkle fresh parsley and serve.



**SPICY CHICKEN
PASTA**

SPICY CHICKEN PASTA



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
308 kcal
9g Fats
27g Carbs
31g Protein



WHAT YOU NEED

- 2 ¼ cups (225g) penne
- 14 oz. (400g) chicken breast, diced
- 1 tbsp. coconut oil
- 1 cup (250ml) single soy cream
- 3 tsp. harissa paste (or more to taste)
- 2 cups (450g) spinach, roughly chopped
- 1 cup (200g) cherry tomatoes

WHAT YOU NEED TO DO

Cook the penne according to instructions on the packaging. Once cooked drain and set aside.

Chop the chicken into bite-sized pieces, season with salt and pepper. Heat the oil in a large pan over medium heat and cook the chicken until browned and cooked through (about 5-7 minutes).

Add in the cream and harissa paste into the pan and mix well with the chicken. Then add in the spinach in batches, cover with a lid and cook until wilted.

When adding the last batch of spinach also add in the tomatoes. Cook for another 2 minutes before adding in the cooked penne.

Stir well and heat for another 1-2 minutes. Serve hot with freshly ground black pepper.

ARGENTINIAN CHICKEN BURGER



ARGENTINIAN CHICKEN BURGER



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
521 kcal
14g Fats
45g Carbs
54g Protein



HP

Q



WHAT YOU NEED

- 1.3 lbs. (600g) chicken breast, chopped
- 2 tbsp. Argentinian grill spices
- 4 slices cheese
- 4 burger buns
- 1 jalapeno pepper, sliced, seeds removed
- 4-8 lettuce leaves

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Please the chopped chicken and spices in a food processor, season with salt & pepper and blitz until ground. Form 4 burgers with wet hands and place in the oven for around 12-15 minutes, turning halfway. Top the burger with a slice of cheese for the last 4-5 minutes of cooking.

Prepare the buns and once the chicken is ready to assemble the burger, including the lettuce leaves and jalapeno pepper.

The chicken burger can also be prepared on the grill or BBQ.

A close-up photograph of several golden-brown, breaded chicken nuggets. The breading is made of quinoa, black and red sesame seeds, and other small grains. The nuggets are piled together in a white paper-lined container. A semi-transparent white box with a shadow is overlaid on the bottom left of the image, containing the text 'HOMEMADE QUINOA CHICKEN NUGGETS' in bold, black, uppercase letters.

**HOMEMADE QUINOA
CHICKEN NUGGETS**

HOMEMADE QUINOA CHICKEN NUGGETS



Serves: 4
Prep: 25 mins
Cook: 20 mins



Nutrition per
serving:
224 kcal
6g Fats
10g Carbs
33g Protein



GF

LC

HP



WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into chunks
- 1 cup (185g) cooked quinoa
- 1 egg, beaten
- ¼ cup (30g) cup parmesan, grated
- 1 tbsp. dried herbs, of choice

WHAT YOU NEED TO DO

Set oven to 350°F (180°C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 minutes, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.

Increase the oven temperature to 390°F (200°C).

Chop the chicken into chunks. Whisk the egg in a bowl together with the parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken first in the egg, then coat with the quinoa.

Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.

CHICKEN NUGGETS



CHICKEN NUGGETS



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
328 kcal
6g Fats
32g Carbs
36g Protein



DF

MP

HP

Q



WHAT YOU NEED

- 1 lb. (500g) chicken breast
- 2 cups (150g) corn flakes, crushed
- 2 eggs
- 1 tsp. curry powder
- 2 tbsp. coconut oil

WHAT YOU NEED TO DO

Cut the chicken breasts up into nugget-size chunks, season with salt and pepper.

Place the corn flakes in plastic bag and crush the flakes into small pieces, then transfer onto a big flat plate. Whisk the eggs up in a bowl with the curry powder.

Dip each chicken piece into the egg mixture and the roll in the corn flakes.

Heat the oil in a large pan, and fry the chicken for 2-3 minutes each side. Once cooked through and browned let them drain on paper napkins before serving.

Store in the fridge for up to 4 days.



THAI MEATLOAF

THAI MEATLOAF



Serves: 8
Prep: 15 mins
Cook: 40 mins



Nutrition per
serving:
199 kcal
4g Fats
11g Carbs
30g Protein



LC

MP

HP



WHAT YOU NEED

- 3 spring onions, chopped
- 4 slices white bread
- ¼ cup (60ml) plant or dairy milk
- 1 egg
- 3 tbsp. red curry paste
- ½ tsp. of salt
- 2 lbs. (900g) minced chicken
- 2 tbsp. ginger, grated
- 1 tbsp. peanut oil

WHAT YOU NEED TO DO

Preheat the oven to 360°F (180°C). Line a loaf tin with baking paper.

Slice the spring onion into thin rings. Cut the crusts off the bread and soak it in the milk. Once bread is softened squeeze out the excess milk and mix together with the spring onion, egg, curry paste, salt and minced chicken.

Transfer the meat mixture into the cake tin and bake in the oven about 40 minutes until cooked through and browned.

Serve straight away with vegetables and rice noodles or store in the fridge for up to 4 days. Reheat on a pan or in the oven.

**MEXICAN WRAPS WITH
GRILLED CHICKEN & AVOCADO**



MEXICAN WRAPS WITH GRILLED CHICKEN & AVOCADO



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
540 kcal
20g Fats
38g Carbs
36g Protein



HP

Q



WHAT YOU NEED

- 7 oz. (200g) chicken breast
- 1 tbsp. olive oil
- 1 tsp. Mexican taco seasoning
- ½ avocado
- ½ cup (125g) corn
- ½ cup (90g) black beans
- ½ lime, zest and juice
- ⅓ cup (85g) Greek yogurt (0% fat)
- 100g iceberg lettuce
- 2 whole wheat tortilla wraps
- few drops Tabasco (optional)

WHAT YOU NEED TO DO

Rub the chicken breasts with the oil and the Mexican mix. Season with salt if necessary.

Heat the pan and cook the chicken for about 8 minutes, until golden brown and cooked throughout.

In the meantime, cut the avocado in half, remove the pit, scoop out the flesh and chop it. Rinse and drain the corn and beans. Mix the yogurt with the lime zest and juice then season with pepper and salt.

Cut the cooked chicken into strips. Divide the lettuce, avocado, corn, beans, chicken strips, yogurt and Tabasco over the wraps. Fold the outside of the tortillas inwards and roll up. Halve the wraps and serve.



**GLUTEN FREE
TURKEY CASSEROLE**

GLUTEN FREE TURKEY CASSEROLE



Serves: 6
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
386 kcal
7g Fats
38g Carbs
43g Protein



GF

DF

HP



WHAT YOU NEED

- 8 oz. (230g) gluten free or quinoa pasta
- 1 tbsp. coconut oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 2 lbs. (900g) ground lean turkey
- 1 medium zucchini, chopped
- 1 pepper, chopped
- 1 can chopped tomatoes
- 240 ml chicken stock
- 3 tbsp. tomato paste
- 2 tbsp. coconut cream or dairy free alternative
- ¾ cup (75g) dairy free cheese or mozzarella

WHAT YOU NEED TO DO

Heat the oven to 375°F (190°C). Cook the pasta al dente according to instructions on packaging.

Heat the oil in a large frying pan and cook the onion and garlic until translucent. Add in the turkey and stir well while cooking for a few minutes.

Next add in the chopped zucchini and pepper, tomatoes and chicken stock and bring to boil. Now add in the cooked pasta and cream. Mix well and take off the heat.

Transfer everything into an oven proof dish and top with mozzarella. Bake in the oven for about 20 min until golden brown.

A top-down view of a white square plate on a wooden surface. The plate contains a meal consisting of cooked quinoa, pieces of pan-seared turkey, a sweet tomato sauce, sliced avocado, and two hard-boiled eggs cut in half. Fresh thyme leaves are scattered throughout the dish. A semi-transparent white text box is overlaid on the upper right portion of the plate.

**TURKEY & QUINOA WITH
SWEET TOMATO SAUCE**

TURKEY & QUINOA WITH SWEET TOMATO SAUCE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
510 kcal
16g Fats
58g Carbs
36g Protein



GF
DF
HP



WHAT YOU NEED

- 6 tomatoes
- 1 sweet apple
- 1 onion
- 1 clove garlic
- 1 chicken bullion cube
- 1 tsp. curry paste or powder
- 2 eggs, boiled
- 14 oz. (400g) turkey breast
- 1 tbsp. coconut oil
- 4 cups (740g) quinoa, cooked
- 1 avocado

WHAT YOU NEED TO DO

Bring a large pan of water to boil. Cut the tomatoes crosswise and prick them on a fork one by one, then dip in the boiling water for 20 seconds. Remove the skin, chop and place in a pot.

Peel, core and chop the apple, chop the onion and slice the garlic. Add the apple, onion, garlic, bouillon cube and curry powder in with the tomatoes and bring to a boil. Simmer for 15 minutes. Season with salt and pepper.

Meanwhile, cook the quinoa according to instructions on the packaging.

Heat the oil in a pan and cook the turkey until browned. In the meantime cook the quinoa.

Remove the avocado flesh and cut into cubes, peel the eggs and chop then in quarters. Puree the apple-tomato sauce with a hand blender until smooth.

Divide the quinoa and turkey on the plates. Spoon over the sauce and serve avocado and boiled eggs.

TURKEY & BROCCOLI STIR FRY



store washed
pure linen.

TURKEY & BROCCOLI STIR FRY



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
494 kcal
16g Fats
56g Carbs
42g Protein



WHAT YOU NEED

- 100g black rice noodles
- 200g turkey fillet, chopped
- 500g broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

WHAT YOU NEED TO DO

Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the earlier cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.



**ONE POT TURKEY
CHILI WITH RICE**

ONE POT TURKEY CHILI WITH RICE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
295 kcal
9g Fats
21g Carbs
31g Protein



WHAT YOU NEED

- 10 oz. (300g) minced turkey fillet
- ½ cup (115g) rice
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- ½ can chopped tomatoes
- 1 red bell pepper, chopped
- 1 cup (250ml) vegetable broth
- ⅓ cup (60g) red kidney beans, drained
- ⅓ cup (85g) sweet corn, drained
- ⅓ cup (30g) grated cheese (optional)

Spices:

- 1 tsp. dried oregano
- 1 tsp. cumin,
- 1 tsp. sweet pepper,
- ½ tsp. hot pepper,
- ½ tsp. salt,
- ⅓ tsp. ground pepper

WHAT YOU NEED TO DO

Heat the oil in a large pan, add the onion and garlic, cooking for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.

Add spices, mix, then add the dry rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to the boil. Simmer covered on low heat for about 17-20 minutes.

Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

Dairy free option: cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version.



**LOW CARB
SHEPHARD'S PIE**

LOW CARB SHEPHARD'S PIE



Serves: 4
Prep: 10 mins
Cook: 40 mins



Nutrition per
serving:
431 kcal
32g Fats
13g Carbs
26g Protein



GF LC



WHAT YOU NEED

- 1 large cauliflower (2 lbs./900g)
- 2 garlic cloves
- 2 tbsp. butter
- 1.1 lbs. ground lamb
- 1 cup (150g) mixed frozen vegetables
- 3 tbsp. tomato puree
- splash Worcestershire sauce
- 1 ½ cup (350ml) beef stock
- 1 tbsp. smoked paprika
- ½ tbsp. thyme
- 1 tsp. cinnamon

WHAT YOU NEED TO DO

Heat oven to 400°F (200°C).

Prepare the cauliflower puree by steaming or boiling the cauliflower along with the garlic. Once soft puree both garlic and cauliflower with a hand blender and mix in the butter. Season to taste with salt and pepper.

In the meantime, heat a large, dry non-stick pan and fry the lamb for about 5 minutes until browned, then get rid of excess fat. Add in the frozen vegetables, tomato puree, Worcestershire sauce and fry for another 5 minutes.

Pour in the beef stock and add in the seasoning, bring to a simmer and cook for about 10 minutes.

Place the mixture to 4 mini baking tins or 1 medium baking tin. Top with the cauliflower puree and bake in the oven for 20 minutes.



**QUICK & EASY
MEATBALLS**

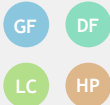
QUICK & EASY MEATBALLS



Serves: 4
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
309 kcal
14g Fats
9g Carbs
36g Protein



WHAT YOU NEED

- 1 lb. (500g) lean ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- ½ cup (30g) buckwheat flour
- ¼ cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).

Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 minutes. For the last 4-5 minutes set the oven to grill/broil to crisp the outside.

A top-down photograph of a white ceramic bowl with an orange rim, filled with a hearty meaty ratatouille. The dish is garnished with several fresh green basil leaves. The bowl sits on a white and black vertically striped cloth. To the right of the bowl, a silver spoon with a light blue handle is placed on a light-colored surface. The text "MEATY RATATOUILLE" is overlaid in a white semi-transparent box in the upper right quadrant of the image.

MEATY RATATOUILLE

MEATY RATATOUILLE



Serves: 6
Prep: 15 mins
Cook: 1 hour



Nutrition per
serving:
219 kcal
7g Fats
19g Carbs
21g Protein



GF

DF

LC



WHAT YOU NEED

- 1.1 lbs. (500g) lean ground beef
- 2 red onions, chopped into wedges
- 4 garlic cloves, sliced
- 1 aubergine, chopped
- 1 courgette, chopped
- 3 bell peppers, chopped
- 5 tomatoes, chopped
- bunch of basil, stalk and leaves separated, chopped
- 1 tbsp. olive oil
- dried thyme, to taste
- 14 oz. (400g) tin chopped tomatoes
- 2 tbsp. tomato paste
- 1 tbsp. balsamic vinegar
- ½ lemon, zest

WHAT YOU NEED TO DO

Heat a dry non-stick pan over high heat and cook the beef until browned. Transfer to a dish and set aside.

Heat half the oil in a large saucepan over medium heat, add the aubergines, courgettes and peppers. Cook for 5 minutes, then also transfer into a dish and set aside.

Add the remaining oil to the pan, and cook the onion, garlic, basil stalks and thyme for about 10 minutes.

Next, add in the cooked veg and beef alongside the chopped tomatoes, tomato paste, and vinegar. Season with salt and pepper and mix well. Simmer the veg covered, over low heat for 35 minutes.

Lastly, add in the basil leaves, lemon zest and season with salt and pepper to taste. Mix well and serve.



**HEALTHY CHILI
CON CARNE**

HEALTHY CHILI CON CARNE



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
245 kcal
7g Fats
12g Carbs
31g Protein



WHAT YOU NEED

- 1 tsp. coconut oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 chili's, deseeded and chopped
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. paprika
- pinch cayenne pepper
- 14 oz. (400g) tin chipped tomatoes
- 1 tbsp. tomato puree
- 1 cup (240ml) beef stock
- 1.1 lbs. (500g) lean beef mince (5% fat)
- 7 oz. (200g) canned peas, drained
- chopped parsley, to serve

WHAT YOU NEED TO DO

Heat the coconut oil in a frying pan and cook the onions gently over a low heat for 6-8 minutes, until softened and golden. Add the mince and fry for 5-6 minutes.

Next add the garlic, chilies and all the spices and continue frying, for another 2-3 minutes, stirring occasionally. Add the tomatoes, tomato purée and stock and bring to the boil. Reduce the heat and simmer gently for 15 minutes.

Season with salt and pepper and add the peas. Heat through for about 5 minutes and serve scattered with parsley with a side of rice or a jacket potato.

ALBONDIGAS IN TOMATO SAUCE



ALBONDIGAS IN TOMATO SAUCE



Serves: 4
Prep: 15 mins
Cook: 25 mins



Nutrition per serving:
333 kcal
28g Fats
16g Carbs
38g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 14 oz. (400g) lean beef mince
- 7 oz. (200g) lean pork mince
- 1 egg
- 3 tbsp. parsley, finely chopped
- 1 chili pepper, finely chopped
- 1 tbsp. buckwheat flour
- 1 cup (200ml) beef stock
- 1 can chopped tomatoes
- 1 ⅓ cup (200g) green peas, frozen

WHAT YOU NEED TO DO

Finely chop the onion and crush the garlic. Place in a large bowl with the meats, egg, parsley and chili. Season generously with salt and pepper, then combine everything using your hands.

Form 16 meatballs with your hands about the size of a walnut.

Heat the oil in a pan on low heat and cook the meatballs for about 10 minutes, until browned all over, turn them regularly. Once cooked, transfer onto a plate and cover with tin foil.

To the same pan, with the oil and juices, add the flour and stir well on low heat. Slowly add the beef stock, stirring constantly until well combined.

Next add in the chopped tomatoes and green peas, mix well, then return the meatballs to the pan.

Simmer everything for 10 minutes and serve with rice or bread (not included in macro info).

PEPPER STEAK



PEPPER STEAK



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
187 kcal
6g Fats
12g Carbs
22g Protein



WHAT YOU NEED

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine vinegar
- 3 tsp. buckwheat flour
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- ½ tsp. black pepper
- crushed red pepper flakes, to taste

WHAT YOU NEED TO DO

Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tbsp. of rice wine, 1 tsp. of buckwheat flour and season with freshly ground black pepper.

In a small bowl, mix 3 tbsp. of soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.

Heat 1 tsp. of oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next stir the meat, cooking another 2 minutes and transfer on to a plate.

Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Return beef to the pan, add the earlier prepared sauce and red pepper flakes (optional). Stir fry about 30-60 seconds on medium heat until slightly thickened.

Serves with rice (not included in nutrition info per serving).

Store in the fridge for up to 4 days.



**BEEF AND BLACK
BEAN TACOS**

BEEF AND BLACK BEAN TACOS



Serves: 4
Prep: 20 mins
Cook: 15 mins



Nutrition per
serving:
524 kcal
31g Fats
27g Carbs
27g Protein



GF



WHAT YOU NEED

- 3 tsp. Mexican seasoning
- 2 tbsp. olive oil
- 14 oz. (400g) lean beef steak
- 2 red pointed peppers, cut into rings
- 2 cups (400g) can black beans, rinsed and drained
- 12 taco shells
- 1 avocado
- 1 ½ cup (100g) iceberg lettuce, chopped
- scant ½ cup (115g) Greek yoghurt, 0% fat
- 1 lime

WHAT YOU NEED TO DO

Preheat the oven to 360°F (180°C).

Mix 2 tsp. of the spices with 1 tbsp. of oil and rub the steaks with it.

Heat a dry frying pan and fry the steaks for about 4 minutes (or adjust time to cook to your liking), turning halfway. Place the steaks on a plate, cover with foil and leave to rest for 10 minutes.

In the meantime, heat the remaining oil in a frying pan and cook the peppers with the rest of the spices for 5 minutes on medium heat. Add the beans and heat for another 1 minute. Season with salt and pepper to taste.

Heat the taco shells in the oven according to the instructions on the package.

Meanwhile cut the avocado in half, remove the stone and scoop out the flesh with a spoon, then cut it into strips.

Cut the cooked steaks into thin strips. Fill the tacos with the lettuce, steak strips, peppers, avocado and top with Greek yogurt and a squeeze of lime.

A top-down view of a plate of grilled pork sate. The plate is round with a grey and white striped pattern and a brown rim. It contains several skewers of grilled pork sate, garnished with fresh green cilantro. A glass of reddish-brown dipping sauce with a silver spoon is positioned at the top left. Two lemon wedges are placed at the top right. The entire dish is set on a white marble surface.

GRILLED PORK SATE

GRILLED PORK SATE



Serves: 4
Prep: 25 mins
Cook: 15 mins



Nutrition per
serving:
447 kcal
33g Fats
12g Carbs
25g Protein



GF

DF

LC

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WHAT YOU NEED

- 3 cloves of garlic
- 1 red onion
- 1.1 lbs. (500g) pork chops
- 5 tbsp. ketjap manis
- 1 tbsp. olive oil
- 1 tbsp. sambal manis
- 1 tsp. ground coriander
- 1 tbsp. ground ginger
- 8 tbsp. ready-to-use satay sauce

WHAT YOU NEED TO DO

Slice the garlic and onion very finely. Cut the pork loin from the bone into quarter inch (1 cm) pieces.

Mix the garlic and onion in a bowl with the ketjap manis, olive oil, sambal, coriander, and ginger. Mix with the pork and allow to marinate for at least 30 minutes. In the meantime, soak wooden skewers in water.

If you use the BBQ, heat it up, if not, prepare a grill pan. Thread the meat on the skewers.

Grill the skewers for 10 minutes until cooked throughout, turn halfway. In the meantime, prepare the satay sauce according to the instructions on the packaging. Serve the pork skewers with the satay sauce.

A close-up photograph of a white plate containing a dish of pork in satay sauce with Asian noodles. The pork is cut into bite-sized pieces and coated in a thick, dark brown, glossy sauce. The noodles are thin and white, mixed with shredded green and red vegetables. Two lime wedges are placed on the right side of the plate. In the background, a pair of wooden chopsticks with black handles is visible. The plate is set on a dark wooden surface.

**PORK IN SATAY SAUCE
WITH ASIAN NOODLES**

PORK IN SATAY SAUCE WITH ASIAN NOODLES



Serves: 4
Prep: 5 mins
Cook: 25 mins



Nutrition per
serving:
509 kcal
15g Fats
55g Carbs
37g Protein



WHAT YOU NEED

- 1 lb. (500g) diced pork
- 2 tbsp. sesame oil
- 14 oz. (400g) Chinese stir fry vegetable mix, frozen
- 8 oz. (225g) rice noodles
- 2 tbsp. crunchy peanut butter
- ½ tbsp. honey
- 1 tbsp. tamari
- 1 tbsp. lime juice
- ½ cup (120ml) water

WHAT YOU NEED TO DO

Cook the noodles according to instructions on packaging.

Heat half the oil in a wok and fry the Chinese vegetables for 8 min. Meanwhile, season the pork with salt and pepper.

Heat the remaining oil in a frying pan and fry the meat over medium heat for 8 minutes until golden brown.

Meanwhile, mix the peanut butter, honey, tamari sauce and lime juice with water in a saucepan and bring to a boil. Turn the heat to low and cook for 4 minutes. Add the sauce to the meat and toss.

Add the cooked noodles to the vegetables and toss well. Serve the noodles topped with the satay sauce and a wedge of lime.



SWEET AND SOUR PORK STIR-FRY

SWEET AND SOUR PORK STIR-FRY



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
446 kcal
16g Fats
52g Carbs
22g Protein



GF

DF

Q



WHAT YOU NEED

- $\frac{7}{8}$ cup (200g) basmati rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 $\frac{1}{3}$ cup (200g) sugar snaps
- 1 $\frac{1}{4}$ cup (250g) cherry tomatoes
- 1 $\frac{1}{4}$ cup (250g) pineapple, canned or fresh

WHAT YOU NEED TO DO

Cook the rice according to instructions on the packaging.

In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.

Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir-fry for 2 minutes, then lower the heat and add in the sugar snaps. Stir-fry for another 4 minutes on low heat.

Next, add in tomatoes and pineapple and stir-fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.

Once rice is cooked divide everything onto 4 plates and serve.

NOTE:

- this dish is also very tasty with chicken breast or chicken thighs



**PUMPKIN
MAC N' CHEESE**

PUMPKIN MAC N' CHEESE



Serves: 8
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
341 kcal
21g Fats
31g Carbs
21g Protein



MP HP



WHAT YOU NEED

- 5 ½ cups (800g) pumpkin cubes
- 1 tsp. olive oil
- 3 ¾ cups (340g) macaroni pasta
- 10 oz. (300g) smoked bacon medallions, chopped (optional, omit for vegetarian option)
- 1 tbsp. coconut oil
- 1 small onion, diced
- 2 tbsp. all purpose or gluten-free flour
- 1 ½ cups (375ml) fat free milk
- ⅔ cup (150ml) vegetable stock
- ¼ tsp. nutmeg
- 2 cups (200g) kale
- 1 ⅔ cups (140g) grated Cheddar
- 1 ⅛ cups (115g) grated Gouda
- 2 tbsp. grated parmesan

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C). Line a large baking tray with foil, and coat lightly with olive oil.

Roast the pumpkin cubes for around 30-35 minutes until soft. When cooled down slightly, puree until smooth with a hand blender.

Add up to 3 tbsp. of water if needed to achieve a puree.

In the meantime, cook the pasta according to instructions on packaging in salted water. Drain, and set aside.

If using bacon, heat a large dry pan over high heat and cook it until browned, about 4-5 minutes, then also set aside.

Using the same pan, heat the coconut oil over medium heat. Add the onion and cook for about 2 minutes, next add the flour and cook another minute, or until well combined. Add in milk and stock and mix well. Bring to a boil and cook for about 4 to 5 minutes until it thickens slightly. Season with salt and pepper, and nutmeg.

Once it begins to thicken, stir in the pumpkin puree and add in the kale. Cook until pumpkin is heated through and kale has wilted. Remove from the heat, add cheeses and mix well until melted.

Lastly, add the cooked macaroni and bacon and mix well. Serve seasoned with freshly ground pepper.

ITALIAN SHRIMP AND PESTO PASTA



ITALIAN SHRIMP AND PESTO PASTA



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
463 kcal
14g Fats
49g Carbs
28g Protein



GF

Q



myfitnesspal

WHAT YOU NEED

- 5 oz. (140g) buckwheat fusilli
- 10 cherry tomatoes, halved
- ½ red pepper, cut into strips
- 1 tbsp. olive oil
- 150g shrimps
- 1 clove garlic, crushed
- Italian herbs
- 1 tbsp. pesto
- ¼ cup (15g) sun-dried tomatoes, drained
- 4 handfuls rocket

WHAT YOU NEED TO DO

Cook the fusilli according to instructions on packaging.

Heat the grill to high. Place the tomatoes and pepper in a baking dish and cover with olive oil. Roast for about 8-10 minutes.

Season the shrimps with salt and pepper, Italian herb and crushed garlic. Place them in a baking dish and cook under the grill for about 4-5 minutes.

Mix the cooked pasta with the pesto, sun-dried tomatoes and rocket. Then toss in the roasted tomatoes, peppers and shrimps. Mix well season with salt and pepper, and serve warm.



**SPICY FRIED RICE
WITH PRAWNS**

SPICY FRIED RICE WITH PRAWNS



Serves: 3
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
372 kcal
11g Fats
52g Carbs
18g Protein



WHAT YOU NEED

- 7 oz. (200g) basmati rice
- 2 tbsp. coconut oil
- 1 tbsp. crushed garlic
- 2 tbsp. grated ginger
- 7 oz. (200g) prawns
- 1 tsp. cumin
- 1 tsp. chili flakes
- pinch cinnamon
- handful coriander
- handful mint

WHAT YOU NEED TO DO

Cook the rice following the instructions on the packaging, taking care not to overcook it. Strain and put on a large plate or tray, to cool (you can prepare earlier).

In the meantime, heat the coconut oil in a large pan, gently fry the ginger and garlic. Add the prawns and season with cumin, cinnamon, chili flakes, and freshly ground pepper. Briefly fry, for about 2 minutes, string every now and. Season with salt, to taste.

Remove the shrimp from the pan, but add in the rice and fry for 3 to 4 minutes until it heats up and starts to brown. Add the prawns and mix well.

Divide onto the plates and garnish with mint and coriander, to serve.

A top-down view of a bowl of zesty rice noodle salad. The bowl is white with a blue starburst pattern around the rim. The salad contains white rice noodles, cooked shrimp, chicken pieces, yellow corn kernels, green peas, and fresh green herbs like cilantro and scallions. A slice of lemon is on top. Two wooden chopsticks are placed over the bowl. The background is a blue textured surface, and a piece of ginger is visible in the bottom right corner.

**ZESTY RICE NOODLE
SALAD BOWL**

ZESTY RICE NOODLE SALAD BOWL



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
399 kcal
8g Fats
46g Carbs
34g Protein



WHAT YOU NEED

- 1 ¼ cup (180g) rice noodles
- 1 tsp. coconut oil
- 2 tsp. sesame oil
- 10 oz. (300g) chicken breast, diced
- 5 oz. (150g) king prawns
- 1 cup (150g) edamame beans
- 3.5 oz. (100g) sweetcorn, drained
- ⅔ cup (100g) mangetout
- 2 tbsp. ginger, peeled & chopped
- 4 spring onions, chopped
- 2 tbsp. lemon juice
- 2 tsp. sesame seeds

WHAT YOU NEED TO DO

Prepare the noodles according to the instructions on the packaging, and set aside.

Heat the coconut oil and 1 tsp. of sesame oil in a pan over medium-high heat. Add the chicken and cook for 4-5 minutes until browned.

Next add in the prawns, edamame beans, sweetcorn, and mangetout. Cook for another 3 minutes.

Next, add the ginger and cook for another 2 minutes before adding the spring onions. Season to taste with salt and pepper.

Finally, add in the cooked noodles, the remaining sesame oil, and sesame seeds. Mix well and taste for seasoning. If necessary add more salt and pepper.

Divide between 4 bowls and serve, or store in an airtight container in the fridge until needed.

A top-down view of a light blue ceramic bowl filled with a pasta dish. The pasta is a yellow, spiral-shaped variety, coated in a vibrant green pesto sauce. Mixed throughout the pasta are chunks of pinkish-orange canned tuna, bright green snap peas, and sliced almonds. A silver fork is tucked into the bowl on the right side. The bowl sits on a dark grey, textured surface.

**PESTO PASTA WITH
TUNA & ALMONDS**

PESTO PASTA WITH TUNA & ALMONDS



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
512 kcal
16g Fats
69g Carbs
24g Protein



WHAT YOU NEED

- 10.5 oz. (300g) gluten-free fusilli
- 14 o. (400g) green beans
- 8.4 oz. (240g) tuna in water, drained (2 tins)
- 1 oz. (30g) roasted almonds, chopped
- 4.5 oz. (130g) green pesto

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the package.

In the meantime, halve the beans and also cook for about 5 minutes, then drain.

Meanwhile, let the tuna drain and chop the almonds coarsely.

Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with the almonds to serve. Season with pepper.

SALMON TRAY BAKE



SALMON TRAY BAKE



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
538 kcal
23g Fats
45g Carbs
39g Protein



GF

DF

HP



WHAT YOU NEED

- 3 ½ cups (800g) baby potatoes, washed
- 2 tbsp. olive oil
- 1 cup (200g) tender steam broccoli or green beans
- 3 small red onions, cut into wedges
- 1 ¼ cup (250g) cherry tomatoes
- 2 rosemary springs
- 2 tbsp. balsamic vinegar
- 1 lb. (500g) salmon fillets

WHAT YOU NEED TO DO

Pre-heat oven to 360°F (180°C).

Place the potatoes in a large baking tray and rub them in the olive oil. Season with salt and pepper, then bake for 10 minutes.

Next, add the onion and rosemary, drizzle with balsamic vinegar. Bake for another 10 minutes.

Season the salmon fillets with salt & pepper and add them to the tray bake alongside the broccoli. Bake for another 15 minutes.

Once salmon is cooked through, divide everything between 4 plates and serve.

HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE



HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE



Serves: 4
Prep: 5 + 1hr
Cook: 35 mins



Nutrition per
serving:
643 kcal
24g Fats
68g Carbs
35g Protein



WHAT YOU NEED

- 1.3 lbs. (600g) salmon, 4 fillets

Marinade:

- 3 tbsp. honey
- 3 tbsp. lime juice
- 3 tbsp. soy sauce
- 1 tbsp. olive oil
- 3 tbsp. ginger, grated
- 2 garlic cloves, crushed

Pineapple Rice:

- $\frac{2}{3}$ cup (150g) rice
- $\frac{3}{4}$ cup (200g) sweetcorn
- 1 $\frac{1}{4}$ cups (250g) pineapple, chopped
- 1 $\frac{1}{3}$ cup (200g) cucumber, chopped
- 1 lime, juiced
- 2 tbsp. honey
- $\frac{1}{2}$ cup coriander leaves (or mint)

WHAT YOU NEED TO DO

Cut the skin off the salmon fillets. Rinse and dry.

Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole for marinating for about 1 hour.

Cook the rice in lightly salted water, then spread on a large plate to cool.

Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl, season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.

Preheat the oven to 410°F (210°C). Bake the marinated salmon for 18 minutes, until cooked throughout.

Serve salmon with the earlier prepared pineapple rice.



**COD WITH
CREAMY ZOODLES**

COD WITH CREAMY ZOODLES



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
271 kcal
11g Fats
13g Carbs
33g Protein



WHAT YOU NEED

For the fish:

- 10 oz. (300g) cod fillets
- 1 tsp. sweet pepper
- 1 tsp. turmeric
- 1 tsp. oregano
- ½ tsp. hot pepper
- 1 tbsp. buckwheat flour
- ¼ cup (60ml) stock
- ⅓ cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

For the zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sun-dried tomatoes

WHAT YOU NEED TO DO

For the fish:

Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat in buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together, pour into the pan with the cod and bring to the boil, simmer for 2-3 minutes.

Sprinkle with chives and simmer for another 1-2 minutes.

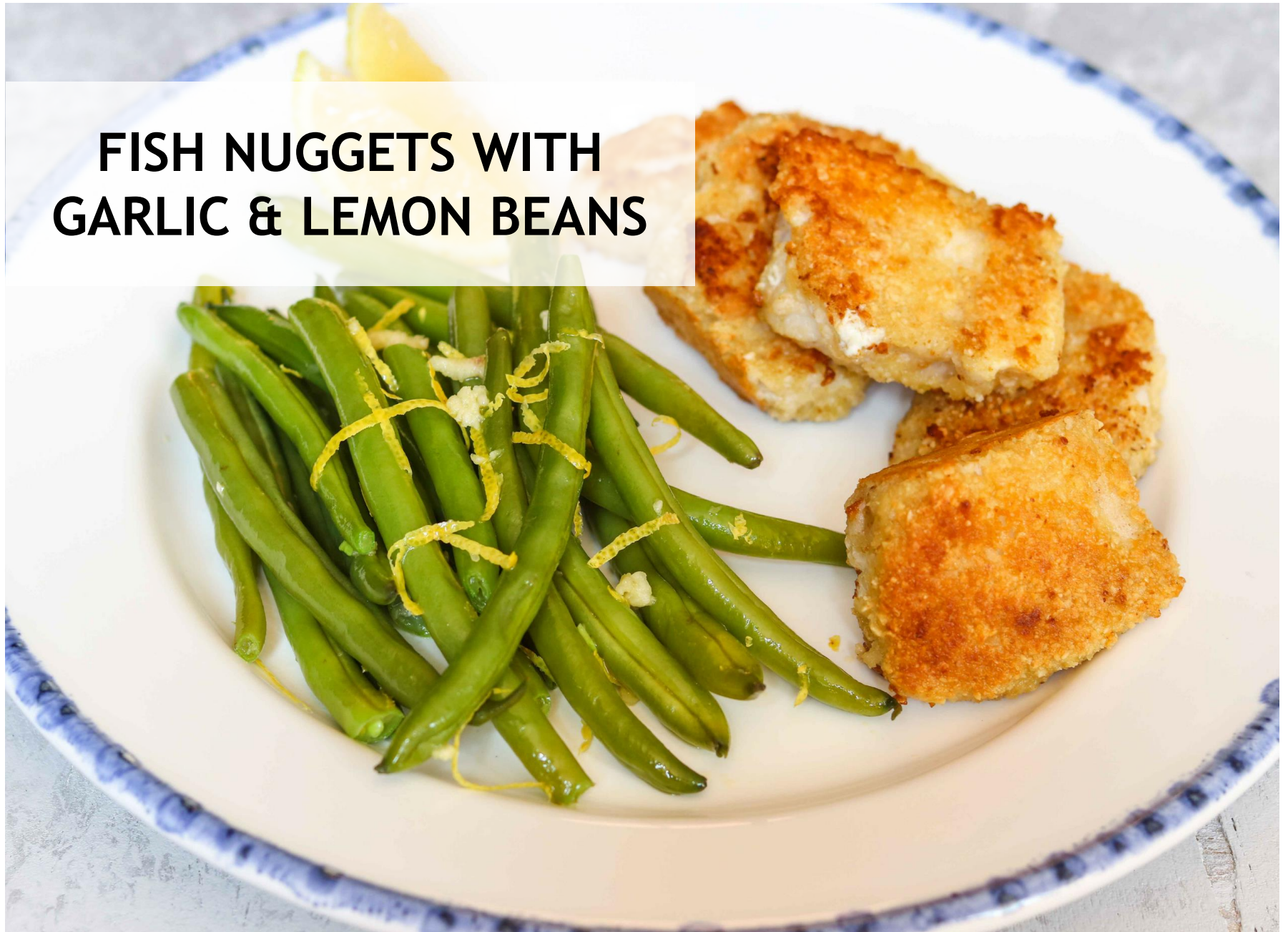
For the zucchini:

Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sun-dried tomatoes.

To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.

**FISH NUGGETS WITH
GARLIC & LEMON BEANS**



FISH NUGGETS WITH GARLIC & LEMON BEANS



Serves: 2
Prep: 20 mins
Cook: 10 mins



Nutrition per serving:
520 kcal
28g Fats
30g Carbs
43g Protein



GF

DF

HP

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WHAT YOU NEED

- 10 oz. (300g) cod filets
- 2 eggs
- $\frac{3}{8}$ cup (50g) ground almonds
- $\frac{3}{8}$ cup (50g) buckwheat flour
- 1 tbsp. coconut oil
- 1 $\frac{1}{3}$ cup (200g) green beans
- zest of $\frac{1}{2}$ lemon
- 1 garlic clove, crushed
- 1 tsp. olive oil

WHAT YOU NEED TO DO

Cut the cod fillets into nugget size chunks, season with salt and pepper on both sides.

Crack the eggs into a small bowl and whisk well. Spread the ground almonds and flour onto two separate plates.

Firstly, cover the cod pieces in a layer of flour, then dip in the whisked eggs and finally cover with the ground almonds. Repeat this with all the pieces.

Heat the coconut oil in a large pan and fry the cod nuggets for 8-10 minutes, until browned, turning half way.

In the meantime, boil a pot of water and cook the beans for 5-7 minutes. Once cooked transfer to a bowl and mix well with the lemon zest, garlic and olive oil. Season to taste with salt and pepper, then serve alongside the cod nuggets.



**CHIA CRUSTED TUNA STEAK
WITH AVOCADO SALSA**

CHIA CRUSTED TUNA STEAK WITH AVOCADO SALSA



Serves: 2
Prep: 15 mins
Cook: 8 mins



Nutrition per
serving:
401 kcal
18g Fats
22g Carbs
40g Protein



WHAT YOU NEED

- 2 tuna steaks (5oz./140g each)
- 2 tbsp. chia seeds
- 2 tsp. coconut oil
- 1 avocado, cubed
- 1 red chili, deseeded, chopped
- 5 oz. (140g) pineapple, fresh or canned, finely chopped
- 1/3 cup. (45g) red onion, diced
- handful coriander, chopped
- juice of 1/2 lemon

WHAT YOU NEED TO DO

Season the tuna steaks with salt and pepper.

Spread the chia seeds on a plate and press each tuna steak into the seeds until coated on both sides.

Heat a non-stick pan with the oil to high heat. Once it is hot fry the tuna steaks 3-4 minutes each side, depending on your liking. The steaks are best when the inside is still raw.

Make the salsa by combining the avocado, chili, pineapple, onion, coriander and lemon juice in a bowl, season with salt and pepper, and mix well.

Serve the tuna steaks straight away with salsa as a side.



**BAKED SALMON WITH
ZOODLES & QUINOA**

BAKED SALMON WITH ZOODLES & QUINOA



Serves: 2
Prep: 10+1h chill
Cook: 15 mins



Nutrition per serving:
487 kcal
28g Fats
19g Carbs
38g Protein



WHAT YOU NEED

- 2 salmon fillets (4.4 oz./125g each)
- 100g quinoa, cooked
- 1 zucchini
- ½ tbsp. olive oil
- 1 garlic clove, crushed
- 70g sundried tomatoes, rinsed, chopped

Salmon Marinade:

- 2 tbsp. tamari
- ½ tbsp. olive oil
- ½ tsp. sweet paprika
- ½ tsp. hot paprika
- 1 tbsp. rice vinegar
- 1 tsp. honey
- 1 tbsp. black sesame seeds
- chilli flakes, to taste

WHAT YOU NEED TO DO

Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.

While the salmon is marinating, cook the quinoa and spiralize the zucchini.

Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens, but still firm, for about 3-4 minutes. Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.

Heat the oven to 480°F (250°C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.

Remove the salmon from the oven to rest for a moment, and in the meantime pour in the salmon juices into the quinoa, mixing well.

Divide the quinoa and zoodles between two plates, then place the salmon on top, sprinkle with chili flakes, to serve.

MISO SALMON WITH ZUCCHINI NOODLES



enjoy the simple things in life

MISO SALMON WITH ZUCCHINI NOODLES



Serves: 2
Prep: 20 mins
Cook: 15 mins



Nutrition per serving:
496 kcal
30g Fats
27g Carbs
29g Protein



GF DF



WHAT YOU NEED

For the salmon:

- 2 salmon fillets, 4.5 oz. (130g) each
- 2 tbsp. miso paste
- 2 tbsp. honey
- ¼ cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

For the noodles:

- 14 oz. (400g) zucchini noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 1 tsp. honey
- 2 tbsp. soy sauce
- juice of 1 lime

WHAT YOU NEED TO DO

Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.

In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate until serving.

Preheat oven to 350°F (180°C).

Place the salmon in an oven proof dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.

Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.