



Cinch Fast 3 Recipe Book

Over 80 delicious recipes to accompany your Intermittent Fasting lifestyle.



DELICIOUS OMELETTE WRAPS

Ingredients

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- Zest of 1 lemon
- 6 eggs
- ¼ cup (60ml) soy, dairy or oat milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

Method

- Place the cottage cheese, watercress and lemon zest in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.
- Beat the eggs with the milk and herbs in a separate bowl.
- Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.
- Remove the omelette from the pan and set aside.
- Fry the other omelettes with the rest of the oil.
- To serve, spread the cottage cheese paste over the omelettes and top with smoked salmon.
- Roll up the omelet as a wrap and cut in half.

Serves: 4	Nutrition per serving:
Prep: 15 mins	237 kcal
Cook: 10 mins	15g Fats
	3g Carbs
	20g Protein

Omelette who doesn't love a good omelette - again please free free to adapt how you like yours, ham, tomato just remember if you are using cheddar please use sparingly



SMOKED SALMON, FETA & ASPARAGUS OMELETTE

Ingredients

- 4 oz. (125g) asparagus
- 1 tsp. coconut oil
- 3 large eggs
- 5 tbsp. (70ml) milk, plant or dairy
- 2 oz. (60g) smoked salmon, cut into pieces
- ¼ cup (30g) feta cheese (or brie, camembert), cubed (optional)
- 4-5 cherry tomatoes, halved
- dill, chives, parsley to serve

Serves: 2

Prep: 10 mins

Cook: 15 mins

Method

- Wash the asparagus, break off the hard ends and discard (they will break themselves in the right place). Cut the softer stalks diagonally to about ½ cm pieces.
- Boil in lightly salted water for about 2 minutes, then strain and set aside.
- In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.
- Heat the oven to 350°F (180°C). Heat the oil in a pan (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).
- Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.
- To serve sprinkle with fresh dill and season with freshly ground black pepper.



SIMPLE BLUEBERRY PANCAKES

Ingredients

- 1 Egg
- 1 Cup Wholemeal Flour
- 1 Cup of Milk of Choice
- Optional:**
 - Mashed banana
 - Mixed berries
 - Coconut oil

Serves: 2

Prep: 5 mins

Cook: 10 mins

Method

- Whisk together the flour, egg and gradually add the milk.
- Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of milk to thin it.
- Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture into 4 pancakes and cook until little bubbles form (about 2 minutes).
- Make sure the pancakes have set enough before you try flipping it, then flip over.
- Cook the pancakes for another 2ish minutes.
- Serve with your favourite toppings.
- We love all things berries!



SUPER SUMMER SMOOTHIE BOWL

Ingredients

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- $\frac{3}{4}$ cup (190g) natural yogurt
- $\frac{1}{2}$ cup (125ml) coconut water

Optional toppings:

- fresh berries
- Goji berries
- walnuts
- chia seeds
- muesli
- coconut
- kiwi

Serves: 2

Prep: 10 mins

Cook: 0 mins

Method

- Place all ingredients in a high-speed blender and blitz until smooth.
- Divide between 2 bowls, add your favourite toppings and serve straight away.



FAST-BREAKER SMOOTHIE

Ingredients

- 1 Cup of Milk of Choice**
- 1 small Banana**
- 1 tablespoon of Peanut Butter**
- 4 handfuls of Fresh Spinach**
- small handful of blueberries**

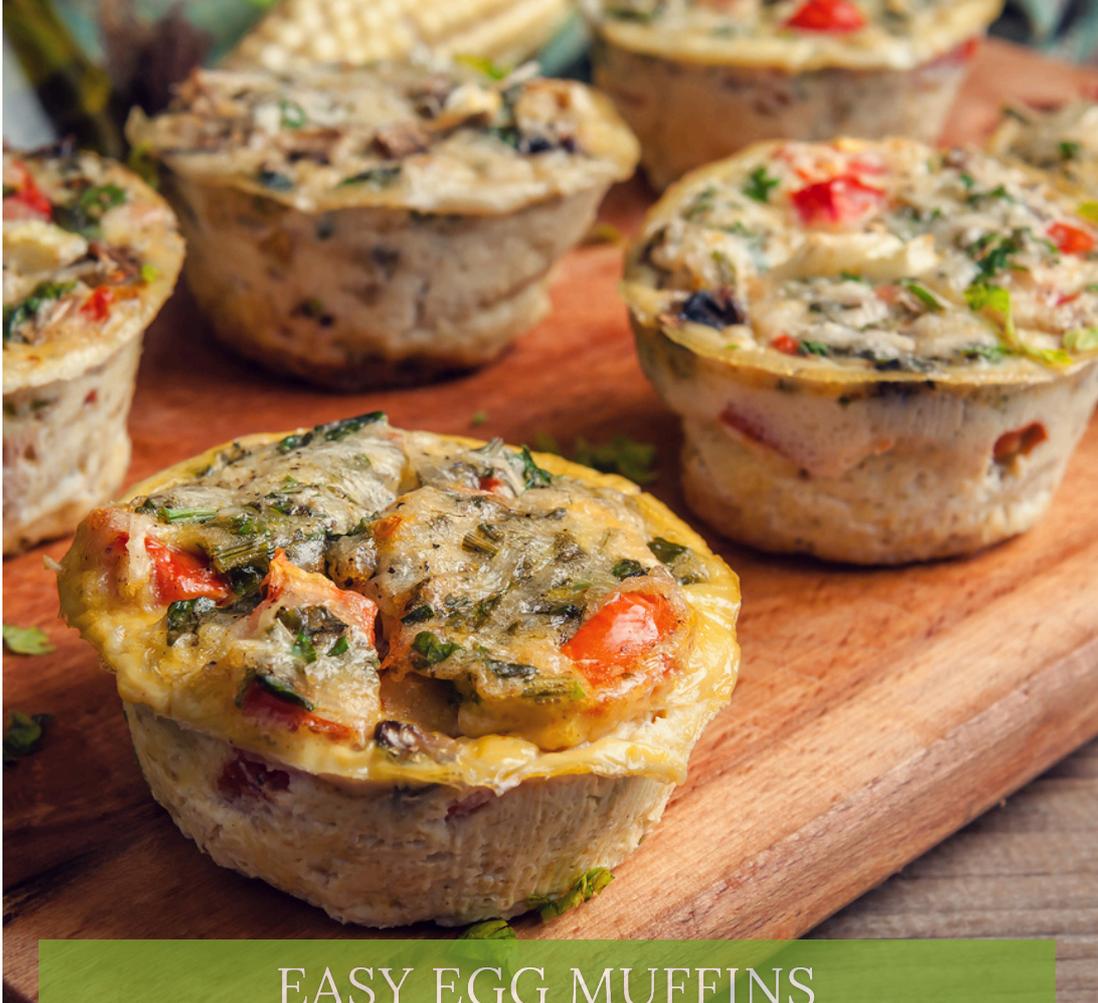
Method

- Blend all the ingredients in a high-speed blender until smooth and serve.

Serves: 1

Prep: 5 mins

Cook: 0 mins



EASY EGG MUFFINS

Ingredients

- 1 tbsp oil
- 150g broccoli , finely chopped
- 1 red pepper , finely chopped
- 2 spring onions , sliced
- 6 large eggs
- 1 tbsp milk
- large pinch of smoked paprika
- 50g cheddar or gruyère, grated
- small handful of chives , chopped (optional)

Method

- Heat the oven to 200C/180C fan/gas 4. Brush half the oil in an 8-hole muffin tin. Heat the remaining oil in a frying pan and add the broccoli, pepper and spring onions. Fry for 5 mins. Set aside to cool.
- **STEP 2**
- Whisk the eggs with the milk, smoked paprika and half the cheese in a bowl. Add the cooked veg. Pour the egg mixture into the muffin holes and top each with the remaining cheese and a few chives, if you like. Bake for 15-17 mins or until golden brown and cooked through.

Serves: 4

Prep: 15 mins

Cook: 25 mins



CHIA BREAKFAST PUDDING

Ingredients

- 3 Tablespoons Chia Seeds
- 125ml milk of choice (we love Oat or Almond)
- Full fat natural yoghurt
- Any chopped fruit & nuts, such as berries, banana, kiwis or mango, hazlenuts, Brazil nuts
- Drizzle of maple syrup

Method

- Combine the chia seeds, dairy-free milk in a jar or bowl.
- Cover and chill overnight or for at least 8 hrs.
- When ready to serve, top with the yoghurt, fruit and a drizzle of maple syrup.

Serves: 1

Prep: 5 mins



OVERNIGHT OATS

Ingredients

- ¼ tsp ground cinnamon
- 50g rolled porridge oats
- 2 tbsp natural yogurt
- 50g mixed berries (frozen are fab) or chopped fresh fruit of choice
- Banana
- drizzle of honey (optional)
- ½ tbsp nut butter (we used almond)
- Teaspoon of Chia Seeds (optional)

Serves: 1

Prep: 10 mins

Method

- The night before serving, stir the cinnamon and 100ml water (or milk of your choice) into your oats with a pinch of salt and Chia seeds
- The next day, loosen with a little more water (or milk) if needed.
- Top with the yogurt, berries, banana (optional) a drizzle of honey and the nut butter.



SCRAMBLED EGGS WITH BACON/SMOKED SALMON/FACON

Ingredients

- 1 tbsp butter, plus extra for spreading (optional)
- 2 large free-range eggs
- 1 slice wholemeal bread, toasted
- 2 slices smoked salmon
- salt and freshly ground black pepper

Serves: 1

Prep: 10 mins

Nutrition per serving:

- 605g kcal
- 44-84g fat
- 46g carbs
- 33g protein

Method

- For the scrambled eggs, melt the butter in a saucepan over a low heat.
- Add in the eggs, stirring constantly. Cook the scrambled eggs slowly to make sure they stay creamy - no less than 5 minutes.
- Remove from the heat and season with salt and pepper.
- To serve, add grilled bacon (max 2 slices) smoked salmon, veggie sausage or veggie bacon.



CINCH LUNCH RECIPES

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EARTHY MUSHROOM SOUP

Ingredients Method

- 30g dried porcini mushrooms
 - 1½ tbsp olive oil
 - 20g unsalted butter
 - 250g mushrooms , roughly chopped
 - 1 leek
 - 1 celery stick , finely diced
 - 200g green lentils (tinned or dried)
 - 800ml chicken, beef or veg stock
 - small bunch of thyme or dill , leaves chopped
- Cover the porcini mushrooms with 750ml boiling water and leave to soak.
 - Heat the olive oil and butter in a large saucepan and add the chopped mushrooms, carrot and celery. Fry over a medium-high heat for around 10 mins or until the carrots are beginning to turn dark gold. Add the lentils and stir the mixture for about 2 mins, then pour in the stock.
 - Drain the porcini, retaining the soaking liquor, and cut up any large bits. Add these to the pan, along with the liquor. Bring to the boil, then turn the heat down and simmer for 30 mins (it might take a bit longer) until the barley is tender. Taste for seasoning. Stir in the dill.
 - Serve with a little soured cream on top of each bowlful and crusty bread on the side.

Serves: 2
Prep: 10 mins
Cook: 30 mins

Nutrition per serving:
217 kcal
7g fat
saturates 1g
31 g carbs
8 g protein



ROAST TOMATO & BASIL SOUP

Ingredients

- 8-10 Vine tomatoes
- 1 Red onion
- 3 Garlic cloves
- Olive Oil
- Sea Salt
- Black Pepper

Method

- Pop the tomatoes (halved) red onion (quartered), 3 peeled (whole) garlic cloves into a roasting dish with about 3-4 tablespoons of olive oil & season generously with sea salt & black pepper
- Roast for 35-40mins in an oven at 200 degrees (mix a few times while cooking to get the juices mixing)
- Lift out of the oven, pop the tomato mixture into a pot with 500ml of vegetable stock and blend - add more stock if the soup is too thick

Serves: 4

Prep: 10 mins

Cook: 45 mins



SWEET POTATO, COCONUT & GINGER SOUP

Ingredients

- **Ingredients**
- 1 onion finely chopped
- 1 leek chopped
- 1 large sweet potato chopped
- 3 celery sticks
- 2 carrots
- 1 litre of veg or chicken stock (I used two cubes)
- 1/2 tin of coconut milk
- A little fresh parsley to garnish

Method

1. Sweat the onions until translucent
2. Add the leeks & celery, sweat down
3. Add the chopped sweet potato and the carrot 🥕
4. Add the stock
5. Cook for 25-30 mins until the veg is cooked
6. Blend & add 1/2 tin of coconut milk
7. Serve with a drizzle of coconut milk & fresh parsley 🌿 chopped

Serves: 4

Prep: 10 mins

Cook: 30 mins



WHOLESOME VEGETABLE & LENTIL SOUP

Ingredients Method

Ingredients

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

- Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.
- Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
- Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.

Serves: 2

Prep: 10 mins

Cook: 30 mins



TORTILLA PIZZA

Ingredients Method

- 4 tbsp passata
- 1 garlic clove , crushed
- ½ tbsp olive oil
- ½ tsp dried herbs (mixed herbs, basil or oregano work well)
- 2 plain tortillas
- 50g grated mozzarella

Toppings

- Chicken, ham or pepperoni
- 6-8 pickled jalapeño slices
- Mushrooms
- Tomatoes
- onions

- Heat the oven to 220C/200C fan/gas 7. Mix the passata, garlic, olive oil, herbs and season well. Put the tortillas onto one large baking sheet, or two smaller ones. Spread over the tomato sauce leaving a 1cm border around the edges. Scatter with the mozzarella, add the pepperoni and jalapeños. Bake for 6-8 minutes until the edges of the tortillas are crisp and golden, and the cheese has melted and is bubbling.

Serves: 2

Prep: 10 mins

Cook: 8 mins



VIETNAMESE SUMMER ROLLS

Ingredients

- 8 rice paper wrappers
- 2 tablespoons coriander & mint leaves
- 1/3 seedless cucumber
- 1/2 medium carrot, peeled
- 1/2 red pepper
- 2 to 3 medium radishes
- 1 scallion, chopped
- 1 1/2 ounces cellophane noodles
- 1/2 teaspoon sesame oil
- Red pepper flakes
- For the Spicy Peanut Sauce:
 - 2 tablespoons creamy organic or natural peanut butter
 - 2 tablespoons rice vinegar
 - 1 tablespoon soy sauce
 - 2 teaspoons sugar
 - 1/2 teaspoon ed pepper flakes
 - 1 to 2 tablespoons water, to thin out the sauce, if necessary

Serves: 4

Prep: 15 mins

Method

- Use a mandoline or box grater to slice the cucumber, carrot, and red pepper into thin strips – or simply julienne by hand. If you are using large radishes, you can slice them on the mandoline or box grater. Or just slice into thin rounds by hand.
- Soften the rice wrappers: Fill a round cake pan halfway with warm-hot water. (It should be quite warm, but cool enough to stick your fingers in it without getting burned.) For each wrapper, immerse it in the hot water bath until it softens, which takes about 30 seconds. Use both hands to pull it up out of the water, being careful so it doesn't collapse on itself, and spread it immediately on a plate.
- Fill the centre of the softened wrapper first by laying about 3 to 4 herb leaves down the middle. Then lay down about 1 to 2 tablespoons of noodles (you want to have enough for 8 rolls). Then, add 1/8 of the veggie mixture. Add a few sprigs of coriander and 2 to 3 mint leaves, depending on how large they are.
- Mix together the dipping sauce ingredients



BURRITO BOWL WITH CHIPOTLE BLACK BEANS

Ingredients

- 125g brown rice
- 1 tbsp olive oil
- 2 garlic cloves, chopped
- 400g can black beans, drained and rinsed
- 1 tbsp cider vinegar
- 1 tsp honey
- 1 tbsp chipotle paste
- 100g chopped curly kale
- 1 avocado, halved and sliced
- 1 medium tomato, chopped
- 1 small red onion, chopped
- To serve (optional)
- chipotle hot sauce
- coriander leaves
- lime wedges

Serves 2

Prep:15 mins

Cook:15 mins

Method

- Cook the rice following pack instructions, then drain and return to the pan to keep warm.
- In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.
- Boil the kale for 1 min, then drain, squeezing out any excess water.
- Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion.
- Serve with hot sauce, coriander and lime wedges, if you like.



CHARGRILLED CHICKEN & VEGETABLES

Ingredients

- For the marinade
- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 4 garlic cloves crushed
- 1 tsp smoked paprika
- ½ tsp chilli flakes
- 1 tsp dried oregano
- 1 tsp salt
- black pepper to taste
- For grilling
- 4 large chicken breasts skinless + de-boned
- 2 bell peppers seeds removed and sliced into thick strips
- broccolini
- 12-16 spears asparagus woody ends trimmed
- 2-3 large zucchini/courgette sliced into thick slices
- 1 cup brown rice

Method

- Pre-heat the grill/griddle pan. until it is super hot
- Season the chicken with salt and allow to sit while you make the marinade.
- Combine all the marinade ingredients and mix well. Pour half of the marinade over the chicken and the other half over the vegetables. Allow to marinate for a few minutes.
- Grill the chicken for 5-7 minutes per side (depending on thickness) until cooked to your preference. Remove from the grill, cover with foil and allow to rest while you grill the vegetables.
- Grill the vegetables until they are starting to char and are cooked to your preference.
- Remove from the grill and serve with the chicken and lemon wedges for squeezing and brown rice

Serves 4

Prep:10 mins

Cook:30 mins



MEXICAN-STYLE STUFFED PEPPERS

Ingredients

- 3 large mixed peppers , halved
- oil , for drizzling
- 2 x 250g pouches lime & coriander rice , cooked
- 400g can black beans , drained and rinsed
- 6 Mexican-style chilli cheese slices (use regular cheddar or monterey jack, if you like)

Guacamole

- 2 ripe Avocados
- Juice of 1 lime
- Handful fresh, chopped coriander
- 1 garlic clove minced

Serves: 4

Prep: 5 mins

Cook: 20 mins

Method

- Heat the oven to 220C/200C fan/gas 7.
- Remove the seeds and any white pith from the peppers and arrange, cut-side up, in a roasting tin.
- Drizzle with oil and season, then bake for 20 mins.
- Combine the rice and beans.
- Remove the peppers from the oven and fill with the rice mixture.
- Top each with a slice of cheese and bake for 10-15 mins more, until the rice has melted and the filling is hot.
- For the Guacamole, mash the avocados, with fresh lime juice, minced garlic and coriander
- Top the peppers with spoonfuls of home-made guacamole.



STEAK SALAD WITH TOMATOES AND GOAT'S CHEESE

Ingredients

- 500 g (1lb) steak of your choice & juice and zest of 1/2 lemon
- 4 tablespoons olive oil
- small handful mixed herbs I used thyme, rosemary and parsley
- 1 garlic clove minced
- salt & pepper to taste
- for the salad
- baby salad leaves
- baby tomatoes on the vine
- soft goat's cheese I used Chevin
- sliced avocado
- lemon juice and olive oil to dress
- salt & pepper

Serves: 4

Prep: 5 mins

Cook: 20 mins

Method

- To marinate the steak, combine the lemon juice and zest, olive oil, herbs and seasoning and marinate the steaks for at least 30 minutes.
- Grill the steak either in a griddle, pan or over hot coals until cooked to your preference.
- Remove the steak from the grid and allow to rest for at least 10 minutes, covered with foil.
- In the meantime, brush the tomatoes with olive oil and place on the grill Allow them to soften slightly and for the skins to blister. Remove and set aside.
- To serve, slice the steak into thin strips then place on the baby leaves along with the blistered tomatoes, sliced avocado and goat's cheese.
- Dress with lemon juice and olive oil, season to taste and serve.
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ROAST CHICKEN TRAYBAKE

Ingredients

- 2 red onions (320g), sliced across into rings
- 1 large red pepper , deseeded and chopped into 3cm pieces
- 300g potatoes , peeled and cut into 3cm chunks
- 2 tbsp rapeseed oil
- 4 bone-in chicken thighs , skin and any fat removed
- 1 lime , zested and juiced
- 3 large garlic cloves , finely grated
- 1 tsp smoked paprika
- 1 tsp thyme leaves
- 2 tsp vegetable bouillon powder
- 200g long stem broccoli , stem cut into lengths if very thick

Method

- Heat the oven to 200C/180C fan/gas 6. Put the onion, pepper, potatoes and oil in a non-stick roasting tin and toss everything together. Roast for 15 mins while you rub the chicken with the lime zest, garlic, paprika and thyme. Take the veg from the oven, stir, then snuggle the chicken thighs among the veg, covering them with some of the onions so they don't dry out as it roasts for 40 mins.
- STEP 2
- As you approach the end of the cooking time, mix 200ml boiling water with the bouillon powder. Take the roasting tin from the oven, add the broccoli to the tin, and pour over the hot stock followed by the lime juice, then quickly cover with the foil and put back in the oven for 10 more mins until the broccoli is just tender.

Serves: 4

Prep: 5 mins

Cook: 20 mins



CHICKEN & BROCOLLI SALAD WITH HONEY VINEGARETTE

Ingredients

For the salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- 1 chicken breast per person or whole cooked rotisserie chicken
- 2 slices bread
- 100g broccoli
- 2 tsp. Parmesan, grated

For the dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

Method

- Coat your chicken breast in olive oil and season with salt & pepper
- Chargrill, grill or fry until golden brown and cooked right through - leave to rest (skip this step if using cooked chicken)
- Divide the salad leaves between two plates. Add the sliced radish
- Toast the bread and cut into cubes, then add to the salad.
- Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.
- Cut your chicken breasts into bite-size pieces and divide on the plates
- In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.

Serves: 2

Prep: 10 mins

Cook: 0 mins



BAKED POTATO WITH CHOICE OF FILLING

Ingredients

- 1 large sweet potato
- your choice of filling
- Green salad

Method

- Pop a large sweet potato in the microwave for 4-8 minutes, pricked with a fork or in the oven for 60 mins
- Add your choice of filling and serve with heaped salad (no dressing!)
 - Beans
 - Chicken & sweetcorn
 - Tuna & mayo
 - Cheese & beans
 - Bacon & mushroom
 - Just butter!
 - Cream cheese

Serves: 2

Prep: 10 mins

Cook: 0 mins

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WRAP WITH CHOICE OF FILLING

Ingredients

- 1 Large wholegrain/wholewheat tortilla wrap
- Filling of your choice

Method

- One large wrap
 - Choice of protein-rich fillings
 - Chargrilled chicken
 - Mixed Salad
 - Cream cheese & cucumber
 - Quorn fillet & salad
 - Left-over chilli
 - Left-over steak salad
 - Tuna & salad
 - 3 Bean Chilli



PERFECT POKE BOWLS

Ingredients

- 3 limes , juiced
- 1 red chilli , deseeded and finely chopped
- 2 tbsp sesame oil
- 150g cooked king prawns or grilled /roast chicken
- 250g pouch mixed grains (or 250g cooked mixed grains)
- 1 ripe avocado , stoned and cubed
- 6 radishes , sliced
- 100g mango , peeled and diced
- 3 spring onions , sliced
- pinch sesame seeds , to serve (optional)

Method

- Whisk the lime juice, chilli and oil together in a bowl. Season, add the prawns or grilled / roast chicken breast and leave to marinate for 10 mins.
- Meanwhile, tip the grains into a sieve and pour over hot water from the kettle to slightly soften them. Drain well.
- Divide the grains between two bowls.
- Top with the marinated prawns/chicken, avocado, radishes, mango and spring onions.
- Drizzle over any leftover marinade and serve the poke bowls with a sprinkle of sesame seeds, if you like.

Serves: 2

Prep: 10 mins

Cook: 0 mins



LOADED OPEN SANDWICHES

Ingredients

- -Crusty bread of your choice (brown or sourdough is best)
- Olive oil
- Choice of filling:
 - Smoked salmon
 - Prawn Marie Rose
 - Avocado
 - Tomato
 - Fresh basil
 - Egg, Cress & onion

Method

- Cut the bread and drizzle with olive oil or spread with butter.
- Load up your fresh ingredients, some favourites are:
 - Tomato & fresh basil leaves
 - Smoked salmon & cream cheese
 - Prawn Marie rose & salad
 - Hot smoked salmon & avocado
 - Chicken, mayo & sweetcorn
 - Egg, cress & onion
 - Salami & radish
 - Ham & cucumber with cream cheese
 - Tuna & sweet corn

Serves: 1

Prep:10 mins



HOI SIN CHICKEN SALAD

Ingredients

Marinade for chicken

- TSP of Runny Honey
- Hoisin Sauce
- Grate TBSP of ginger
- Cashew nuts
- Juice of half a lemon

Other

- 3 chicken breasts
- Chopped spring onions
- Cashew nuts
- Salad leaves
- Chopped cucumber
- Chopped avocado

Method

1. Marinade the chicken and leave for half an hour
2. Chop the spring onions
3. Cook the chicken in a hot pan of vegetable or coconut oil - fry it for a few mins on each side until cooked through - set to the side on a plate
4. Add the cashew nuts and spring onions to the pan, cook for a few mins and garnish the dish with these
5. Serve on a bed of lettuce with your salad of choice

Serves: 4
Prep: 15 mins
Cook: 20-30 mins



DINNER RECIPES

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CHARGILLED STEAK & ROASTED TOMATOES

Ingredients

- 500 g (1lb) vine tomatoes
- 1 tbsp olive oil
- 2 tbsp Balsamic vinegar
- 1 tsp salt
- For the grilled steak
- 800 g (1½lbs) steak of your choice (
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2-3 tsp flaky sea salt
- black pepper to taste
- To serve
- Parmesan cheese shaved
- fresh rocket / arugula
- lemon wedges
- Home made chips

Serves: 4

Prep: 5 mins

Cook: 20 mins

Method

- Mix the olive oil, Balsamic vinegar and salt together and pour over the tomatoes.
- Drizzle the olive oil and lemon juice over the steak then season generously with salt and pepper. (This step can be done up to 24 hours ahead.)
- Pre-heat a grill or grill pan then add the steak and tomatoes (if your pan/grill isn't big enough, cook the steak first then grill the tomatoes while the steak is resting).
- Cook the steak until done to your preference then remove from the heat and allow to rest, covered with foil, for at least 5 minutes.
- Remove the tomatoes from the grill once they are blistered. Place in a bowl/dish so that none of their juices go to waste.
- Slice the rested steak then serve on rocket/arugula with the tomatoes and Parmesan shavings and pour over the resting juices of both the steak and the tomatoes.



CHICKEN OR VEG FAJITAS

Ingredients

- **Ingredients**
- **4 Chicken Breasts (optional)**
- **400g can black beans, drained**
- **small bunch coriander, finely chopped**
- **4 large or 8-12 small flour tortillas**
- **1 avocado, sliced, or 1 small tub guacamole**
- **2 tbsp soured cream**
- **For the fajita mix**
- **1 red and 1 yellow pepper, cut into strips**
- **1 tbsp oil**
- **1 red onion, cut into thin wedges**
- **1 garlic clove, crushed**
- **1 tsp chilli powder**
- **1 tsp smoked paprika**
- **1 tsp ground cumin**
- **1 lime, juiced**

Serves: 4

Prep: 5 mins

Cook: 10

Method

- Chop the chicken breasts into strips and coat with 1/2 teaspoon of chilli powder, smoked paprika and ground cumin - fry in the pan until cooked, set aside on a plate
- To make the fajita mix, take two or three strips from each colour of pepper and finely chop them. Set aside.
- Heat the oil in the frying pan and fry the remaining pepper strips and the onion until soft and starting to brown at the edges.
- Cool slightly and mix in the chopped raw peppers.
- Add the garlic and cook for 1 min, then add the spices and stir. Cook for a couple of mins more until the spices become aromatic, then add half the lime juice and season. Transfer to a dish, leaving any juices behind, and keep warm.
- Tip the black beans into the same pan, then add the remaining lime juice and plenty of seasoning. Stir the beans around the pan to warm them through and help them absorb any flavours of the fajita mix, then stir through the coriander. Add the chicken back in and warm through
- Warm the tortillas in a microwave or in a low oven, then wrap them so they don't dry out.
- Serve the tortillas with the fajita mix, beans, avocado and soured cream for everyone to help themselves.



TOFU PAD THAI

Ingredients

- **For the sauce:**
- 1/4 cup (60ml) tamari
- 1/4 cup (60ml) maple syrup
- 3 tbsp. water
- 2 tbsp. rice vinegar
- 2 tbsp. peanut butter
- 1 tbsp. Sriracha
- **For the Pad Thai:**
- ● 8 oz. (225g) thick rice noodles
- ● 1 tbsp. coconut oil
- ● 2 shallots, chopped
- ● 2 large carrots, sliced into ribbons or matchsticks
- ● 3 cloves garlic, minced
- ● 2 handfuls bean sprouts
- ● 3 spring onions, sliced (green part)
- ● 1/4 cup (30g) peanuts, chopped, to serve
- ● 1 lime, cut into wedges

For the tofu:

- ● 7 oz. (200g) firm tofu, cubed
- ● 1 tbsp. flour
- ● 1 tbsp. coconut oil

Serves: 4

Prep: 15 mins

Cook: 10

Method

- Wrap a block of tofu in a few paper towels and place it on a plate.
- Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess moisture on the surface.
- Mix all the sauce ingredients in a bowl and set aside.
- In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.
- Cook the noodles according to instructions on the packaging. Heat the coconut oil in a wok or large skillet over medium-high heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown.
- Remove from heat and set aside.
- Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.
- Next, add in the tofu and bean sprouts, and gently mix until well
- combined. Remove from heat and top with the green part of the spring onions. Serve with peanuts and lime wedges



HALLOUMI BURGER WITH SWEET POTATO FRIES

Ingredients

- 250g block halloumi cheese, cut into 8 thick slices
- 1 tbsp olive oil
- 4 burger buns
- 4 tbsp hummus
- 1 large ripe tomato, thinly sliced
- 4 Butterhead lettuce leaves
- 4 tbsp fresh tomato salsa (most supermarkets stock a version)

Method

- Cut the sweet potatoes into thin strips, wash, dry, coat in olive or rapeseed oil & rock salt, and put in an oven at 200 degrees for around 20 mins or until golden brown
- Meanwhile, heat a barbecue until the coals are glowing white hot or a griddle pan until smoking.
- Brush each side of all the halloumi slices with olive oil and cook them on each side for 2-3 mins or until golden.
- Split the buns and spread the bottom halves with the hummus.
- Add some tomato and then the halloumi, then finish with the lettuce and salsa and top with the other half of the bun
- Serve with home-made sweet potato chips

Serves: 4

Prep: 10 mins

Cook: 10



BAKED SALMON WITH ZOODLES & QUINOA

Ingredients

- 2 salmon fillets (4.4 oz. /125g each)
- 3.5 oz. (100g) quinoa, cooked
- 1 zucchini
- ½ tbsp. olive oil
- 1 garlic clove, crushed
- 2.5 oz. (70g) sundried tomatoes, rinsed and 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
- chili flakes, to taste

Serves: 2

Prep: 10+1h chill

Cook: 15 mins

Method

- 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 (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. In the meantime, pour in the salmon juices into the quinoa, and mix well.
- Divide the quinoa and zoodles between two plates, then place the salmon on top. Sprinkle with chili flakes to serve.



PULLED MEXICAN CHICKEN

Ingredients

- 6 skinless boneless chicken thighs
- 2 cups of frozen finely diced onion, celery, carrot mix (optional, you can buy this in Tesco or M&S)
- 1 tsp mixed dried herbs
- 1 tsp paprika
- 1 tsp onion granules
- 1 tsp cumin
- 1 tsp chilli powder
- 1 tsp cajun spice
- 3 garlic cloves finely chopped.
- 2 tbsp sriracha
- juice of 3 limes
- 2tbsp of tomato puree
- 2 tbsp of honey
- Fresh coriander to serve (optional)

Method

- Add all the ingredients to the slow cooker.
- Cook on High for 4 hours in the slow cooker or at 130 degrees in a covered casserole dish in a fan oven for 3 hours.
- test the chicken after it is cooked, it should shred apart easily with two forks, if it doesn't give it a little longer cooking time.
- This is very versatile, the pulled chicken can be served with:

Tortillas, lettuce leaves, guacamole, Greek yoghurt, Fresh salsa of finely diced peppers, onion, cucumber, tomato. Also really good over Cauliflower rice or brown rice.

Serves: 4-6

Prep: 10 mins

Cook: 4 hours in
slow cooker



MEXICAN CHICKEN FRIED RICE

Ingredients

- 7 oz. (300g) chicken breast
- 2 cloves garlic, crushed
- scant ½ cup (100g) rice
- 2 tbsp. coconut oil
- ½ red onion, chopped
- 1 red pepper, diced
- ¾ cup (100g) sweetcorn, drained
- ½ cup (100g) red kidney beans, drained
- 1 tomato, peeled, chopped
- 1 avocado, stone removed, flesh diced
- 1 tbsp. lime
- ½ chili, chopped
- handful coriander, chopped

Spices:

- 1 tsp. oregano
- 1 tsp. paprika
- 1 tsp. ground cumin
- ½ tsp. chilli flakes
- 1 cup brown rice

Method

- Chop the chicken into cubes. Season with salt, pepper, spices and crushed garlic.
- Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate to cool.
- Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.
- Next, add the drained sweetcorn, beans and the cooked rice. Mix well and cook for another 2 minutes.
- Remove from the heat, and add the peeled and diced tomato, then mix.
- To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chili and coriander.

Serves: 4

Prep: 10 mins

Cook: 25-30 mins

PRO TIP:

- To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.



SMOKY FISH ON A BED OF SUMMER VEG

Ingredients

- mild olive oil
- ½ x 200g pack raw cooking chorizo (optional)
- 1 onion, finely chopped
- 260g bag spinach
- 2 x 140g skinless white fish fillets
- ½ tsp sweet smoked paprika
- 1 red chilli, deseeded and shredded
- 400g can cannellini beans, drained
- 1 carrot finely diced
- Cherry tomatoes
- juice ½ lemon
- 1 tbsp extra virgin olive oil

Serves: 2

Prep: 15
mins

Cook: 10
mins

Method

- Boil a full kettle of water and heat the grill to high. Heat 1 tsp oil in a large frying pan. Squeeze the meat from the chorizo directly into the pan. Add the onion and fry for 5 mins, crushing the meat with a spatula until broken up, golden and surrounded by its juices. The onion will also be soft and golden.
- Meanwhile, put the spinach in a colander, slowly pour over the boiled water to wilt it, then run under the cold tap. Squeeze out the excess water using your hands, then set aside. Line a baking tray with foil, rub with a little oil and place the fish on top. Season, sprinkle over the smoked paprika and drizzle with a little more oil.
- Tip the chilli into the pan with the sausages, fry for 1 min more, then add the beans, spinach, lemon juice and extra virgin olive oil. Let it warm through gently, then season to taste.
- Grill the fish for 5 mins or until flaky but not dry – you won't need to turn it. Spoon the bean mixture onto plates, then carefully top with the fish and any juices from the tray.



FISH EN PAPILLIOTE

Ingredients

- 4 cod, hake or any white fish fillet
- 4 tablespoons lemon juice
- Thinly sliced vegetables;
 - broccoli
 - courgette
 - sugar snap pea
 - carrot
- 1 tablespoon olive or rapeseed oil
- Sliced lemon
- Capers
- Sea Salt
- pinch black pepper, freshly ground

Method

- Cut four 2-foot lengths of parchment paper and fold each in half to make a 1 foot square.
- Place one fish fillet slightly below the middle of each square of paper.
- Over each fillet, sprinkle 1/4 of the lemon juice & veg. Top each with 1 tablespoon oil plus two slices of lemon and tea spoon of capers
- Fold the parchment over the fish and crimp the edges together tightly.
- Place 2 of the packets, side by side, on a heavy-duty oven tray
- Cook for 12 minutes at 200 degrees
- Open & serve with green salad or baby boiled potatoes

Serves: 2

Prep: 10 mins

Cook: 12 mins



MISO SALMON

Ingredients

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

Method

- 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.
- Preheat oven to 350°F (180°C).
- Place the salmon in an oven safe 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.

Serves: 2

Prep: 20 mins

Cook: 15 mins



QUICK CHILLI & CHIPS

Ingredients

For the potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. flour
- 1 tbsp. olive oil
- salt and pepper

For the simple chilli:

- 1 lb. (450g) Quorn Mince or 5% Lean Mince
- 1 tbsp chilli powder & chilli flakes
- 1tbsp ground cumin
- 1 tbsp ground coriander
- 1 can chopped tomatoes (14oz./400g)
- 1 stick celery, 1 onion, 1 red pepper, 1 carrot

• 6 fl. oz. (170ml) water

For the garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

Serves: 4

Prep: 10 mins

Cook: 40 mins

Method

- Heat the oven to 420°F (215°C).
- Place the Quorn in a bowl with boiling water and a veg stock cube
- Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.
- Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.
- In the meantime, heat a non-stick pan over a medium-high skillet and add the Quorn. Cook for about 2-3 minutes and season with chilli flakes, hot chilli powder, ground coriander, ground cumin.
- Add diced onions, celery, red pepper, grated carrots and cook until soft
- Add the chopped tomatoes and water.
- Add a tin of kidney beans
- Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.
- To serve, divide the potatoes between plates and top with chili, mashed avocado and sprinkle with coriander.



BEEF BURGER & SWEET POTATO FRIES

Ingredients

- 4 large, roundish sweet potatoes , cut into chunky chips
- 1 tsp olive oil
- 1 tsp chilli flakes , plus a pinch
- 400g pack extra-lean beef mince
- 1 onion , grated
- 1 tbsp grated parmesan
- 1 tbsp tomato ketchup
- 4 small wholemeal buns , halved
- 1 Little Gem lettuce , leaved separated
- 1 beef tomato , sliced
- 1 red onion , sliced (optional)
- 4 pickles or gherkins , halved

Serves: 4

Prep: 10 mins

Cook: 40 mins

Method

- Heat oven to 220C/200C fan/gas 7.
- Coat the sweet potatoes chips with the oil, 1 tsp chilli flakes and some seasoning.
- Arrange in a single layer on a large baking tray and cook for about 30 mins, turning halfway through.
- Put the mince, remaining chilli flakes, onion, parmesan, tomato ketchup and lots of black pepper in a large bowl and mix to combine.
- Shape into 4 burgers.
- Ten mins before the fries are ready, put the burgers on a baking tray and bake for 15 mins until cooked through.
- Top one half of the buns with the lettuce, tomato and onion.
- Add the burgers, then top with the roll tops.
- Serve with sweet potato fries and pickles on the side.



ASIAN STYLE PRAWN STIR-FRY

Ingredients

- 1 cup (185g) brown rice, uncooked
- 2 tbsp. olive oil
- 1 carrot, peeled, sliced
- 1 pepper, chopped
 - 1 Onion
- 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 red, yellow, green pepper
- 1 ½ tbsp. ginger, grated
- pinch of chili flakes
- 9 oz. (250g) prawns
- 2 tbsp. soy sauce
 - 4 tbsp sweet chilli sauce
 - 1 tsp Chinese 5 spice
- 1 tsp. corn flour
- ⅔ cup (160ml) water

Method

- Cook the rice according to the instructions on the packaging.
- In a wok (or large frying pan), heat 1 tbsp. of oil.
- Sauté the carrots, onion, peppers and garlic for 3 minutes. Then add veg and continuously stir for about 5 minutes. Add ginger and season with salt and chilli.
- Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the prawns on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.
- Mix the soy sauce with the corn flour, water, Chinese five spice and sweet chilli sauce.
- Pour the mixture into the pan and bring to a boil, simmer for 1 minute stirring frequently. Serve with brown rice

Serves: 3

Prep: 15 mins

Cook: 15 mins



SATAY CHICKEN & RICE

Ingredients Method

- 2tbsp vegetable oil
- 8 skinless boneless chicken thighs, cut into chunks
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 2 red chillies, finely sliced (deseeded if you don't like it too hot)
- 2tsp fresh ginger, grated
- 2tbsp garam masala
- 100g smooth peanut butter
- 400ml coconut milk
- 400g can chopped tomatoes
- coriander, ½ roughly chopped, ½ leaves picked
- roasted peanuts, to serve
- brown rice
- Heat 1 tbsp of the oil in a deep frying pan over a medium heat. Brown the chicken in batches, setting aside once golden.
- Fry the onion for 8 minutes until softened.
- Then add the garlic, chilli and ginger and fry in the other 1 tbsp oil for 1 min. Add the garam masala and fry for 1 min more.
- Stir in the peanut butter, coconut milk and tomatoes, and bring to a simmer.
- Return the chicken to the pan and add the chopped coriander.
- Cook for 30 mins until the sauce thickens and the chicken is cooked through.
- Serve with the remaining coriander, roasted peanuts and rice, if you like.

Serves: 4

Prep: 10 mins

Cook: 40 mins



CREAMY CHICKEN PASTA

Ingredients

- 1 ½ cup (150g) wholewheat penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sundried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or regular)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

Serves: 3

Prep: 10 mins

Cook: 20 mins

Method

- Cook the pasta according to the instructions on the packaging.
- Chop the chicken fillet, season with salt and pepper and dredge with flour.
- Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.
- In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5-7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.
- Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.
- Add the cooked pasta. Stir well and serve.



CHICKEN CURRY WITH SAFFRON RICE

Ingredients

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

Method

- 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, then cover with the 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, let it sit and covered for 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.

Serves: 4

Prep: 10-15 mins

Cook: 30-45 mins



SWEET & SOUR CHICKEN STIR FRY

Ingredients

- ¾ cup (200g) brown rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 ½ cup (200g) sugar snap peas
- 1 ¼ cup (250g) cherry tomatoes
- 1 ¼ cup (250g) pineapple, canned or fresh

Serves: 4

Prep: 10 mins

Cook: 15 mins

Method

- Cook the rice according to instructions on the packaging
- In the meantime, cut the chicken 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 snap peas. 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



KOREAN CHICKEN WITH STIR FRIED VEGETABLES

Ingredients

- 2 chicken breasts

Marinade

- Hot Pepper Paste (Asian

Supermarket

- Spring Onions or online)

- Soy sauce

- Honey

- Thumb sized ginger

- Garlic cloves x 2

- Sesame seeds

Stir fried Veg

- Ground nut oil

- Peppers (red, yellow, green)

- Red Onion

- Pak Choi, Sugar Snap Peas,
Broccoli

- 1 tablespoon honey

- Juice of 1 lime

- Handful of chopped coriander

- Handful chopped Thai or

Italian Basil

-

Method

- Coat your chicken breast in the marinade and put on parchment paper on oven tray
- Cook for 20 mins at 200 degrees
- In a wok or frying pan, put a tea spoon of ground nut oil and add the ginger, garlic and chilli and cook for a few mins - ensure they dont burn
- Add the onions, peppers and rest of veg - keep them all moving
- After about 3-5 mins, add in 2 table spoonfuls of soy sauce, 1 tablespoon of honey, chopped coriander, chopped basil and the juice on 1 lime - keep the mixture moving
- Once the vegetables are cooked, place on serving plates and top with the chicken
- Optional - serve with steamed jasmine rice or noodles

Serves: 2	Nutrition per serving:	
Prep: 10 mins	328 kcal	14g Fats
Cook: 20 mins	26g Carbs	21g Protein



ASIAN STYLE PEPPER STEAK

Ingredients

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine
- 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
- Brown rice to serve

Serves: 4

Prep: 5 mins

Cook: 10 mins

Method

- Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper
- In a small bowl, mix 3 tbsp. 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 onto a plate.
- Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.
- Serve with rice (not included in nutrition info per serving).
- Store in the fridge for up to 4 days.



TURKEY/BEEF/QUORN BOLOGNESE

Ingredients

- 400g lean turkey mince (choose breast instead of thigh mince if you can, as it has less fat) or 5% beef mince or Quorn
- 2 tsp vegetable oil
- 1 large onion, chopped
- 1 red pepper
- 1 large carrot, grated
- 3 celery sticks, chopped
- 250g pack brown mushroom, finely chopped
- pinch of sugar
- 1 tbsp tomato purée
- 2 x 400g cans chopped tomato with garlic & herbs
- 400ml chicken stock, made from 1 low-sodium stock cube
- cooked wholemeal pasta and fresh basil leaves (optional), to serve

Method

- Heat a large non-stick frying pan and dry-fry the mince until browned. Tip onto a plate and set aside. (If using Quorn rehydrate in boiling water and veg stock cube first).
- Add the oil and gently cook the onion, carrot and celery until softened, about 10 mins (add a splash of water if it starts to stick). Add the red pepper.
- Add the mushrooms and cook for a few mins, then add the sugar and tomato purée, and cook for 1 min more, stirring to stop it from sticking.
- Add the tomatoes, turkey and stock with some seasoning. Simmer for at least 20 mins (or longer) until thickened.
- Serve with the pasta and fresh basil, if you have it.

Serves: 4

Prep: 5 mins

Cook: 10 mins



ZESTY MEATBALL WITH COUSCOUS SALAD

Ingredients

For the meatballs:

- **2 tbsp. coconut oil**
- **1 onion, chopped**
- **¼ tsp. chili flakes**
- **2 garlic cloves, chopped**
- **1 lb. (500g) beef or turkey thigh mince**
- **2 handfuls mint leaves, finely chopped**

- **1 lemon, zested and juiced**
- **7 oz. (200g) 0% fat Greek yogurt**
- **1 garlic clove, minced**

For the salad:

- **7 oz. (200g) couscous, plus 1 tbsp.**
- **1 cup (250ml) vegetable stock cube**
- **7 oz. (200g) frozen peas**
- **8 radishes, finely sliced**

Serves: 4

Prep: 20 mins

Cook: 30 mins

Method

- Heat 1 tbsp. of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chilies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.
- Next, add the mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.
- In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.
- Blanche the peas in a pot for 2 minutes. Drain and set aside.
- Make the sauce by mixing the yogurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.
- Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes. Season to taste.
- Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 minutes, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.
- Serve with the couscous salad and yogurt.



EASY CHOW MEIN

Ingredients

- 5.5 oz. (160g) wholewheat egg noodles
- 7 oz. (200g) beef tenderloin or chicken or keep it veggie
- 1 tbsp. sesame oil
- 2 cloves garlic, thinly sliced
- Thumb sized piece of ginger, grated or sliced
- 1 bell pepper, sliced
- 3 mushrooms, sliced
- Chinese cabbage (optional)
- a pinch of ground white pepper
- 2 tablespoons of Sweet Chilli Sauce
- heaped tablespoon cornflour mixed with 1/2 veg stock cube in 3/4 cup of water
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 table spoons of Saoxing Wine (Chinese cooking wine)
- 1/2 teaspoon of Chinese Five Spice
- 2 tbsp. spring onions, chopped

Method

- Prepare the noodles according to instructions on the packaging.
- Cut the beef or chicken into thin strips.
- Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 minutes. Next, add the veg and fry for about 5 minutes.
- Finally, add the cooked noodles, season with pepper and sweet chilli sauce, soy sauce, cornflour & water mixture, Chinese Five Spice, then stir and fry for another 2 minutes until the sauce thickens
- To serve, divide onto serving dishes and garnish with chopped spring onions.

Serves: 4

Prep: 10 mins

Cook: 10 mins



SLOW COOKER BEEF STEW

Ingredients

- 1 onion, chopped
- 2 celery sticks, finely chopped
- 2 tbsp rapeseed oil
- 3 carrots, halved and cut into chunks
- 8 potatoes, halved and cut into chunks
- 2 bay leaves
- packet of mushrooms
- ½ pack thyme
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes or stock pots
- 900g beef for braising such as skirt, buy a whole piece and cut it yourself for bigger chunks or buy ready-diced
- 2 tsp cornflour (optional)
- ½ small bunch parsley, chopped

Method

- Fry the onion and celery in 1 tbsp oil over a low heat until they start to soften – about 5 mins.
- Add the carrots, mushrooms, potatoes, bay and thyme, fry for 2 mins, stir in the purée and Worcestershire sauce, add 600ml boiling water, stir and tip everything into a slow cooker.
- Crumble over the stock cubes or add the stock pots and stir, then season with pepper (don't add salt as the stock may be salty).
- Clean out the frying pan and fry the beef in the remaining oil in batches until it is well browned, then tip each batch into the slow cooker. Cook on low for 8-10 hrs, or on high for 4 hrs.
- If you want to thicken the gravy, mix the cornflour with a splash of cold water to make a paste, then stir in 2 tbsp of the liquid from the slow cooker.
- Tip back into the slow cooker, stir and cook for a further 30 mins on high. Stir in the parsley and season again to taste.
- Leave to cool before freezing.

Serves: 4

Prep: 20 mins

Cook: 4 hours



SOY SALMON EN PAPILOTE/FOIL

Ingredients

- 2 tbsp light soy sauce
- 2 tbsp honey
- 2 tbsp sesame oil
- 2 skinless salmon fillets (about 140g each)
- 1 courgette cut into ribbons using a potato peeler
- 1 carrot, cut into ribbons using a potato peeler
- handful of baby sweetcorn cut lengthways
- Long stem broccoli cut finely
- 1 red chilli, thinly sliced, deseeded if you like
- Brown rice, to serve (optional)

Method

- Heat oven to 180C/160C fan/gas 4. Before you prep the veg mix together the soy, honey and sesame oil in a bowl. Add the salmon fillets, cover and leave to marinate for 10 mins at room temperature or up to 2 hrs in the fridge.
- Tear two large sheets of baking parchment or tin foil if cooking on the BBQ, big enough to encase the fish and vegetables
- Divide the vegetables between the centre of the paper and top each with a marinated salmon fillet and the sliced chilli and pour the rest of the marinade onto them, ensuring evenly covered.
- Bring the sides of the parchment/tin foil up over the salmon and make sure its sealed on each side and at the top
- Roast for 12-18 mins, until the salmon is just cooked through and flakes into large pieces.
- Serve the fish in the parcel with some rice, if you like.

Serves: 2

Prep: 15 mins

Cook: 25 mins



AUBERGINE & CHICKPEA STEW

Ingredients

- 200g dried chickpeas , soaked for 6-8 hours
- 2 tbsp extra virgin olive oil , plus extra to serve (optional)
- 2 onions , finely sliced
- 6 garlic cloves , crushed
- 1 tbsp baharat
- 1 tsp ground cinnamon
- 1 small bunch of flat-leaf parsley , stalks finely chopped, leaves roughly chopped, to serve
- 3 medium aubergines , sliced into 2cm rounds
- 2 x 400g cans chopped tomatoes
- 1 lemon , juiced
- 50g pine nuts , toasted, to serve
- Cous Cous
- pitta breads or flatbreads, to serve (optional)

Serves: 4-6

Prep: 15 mins

Cook: 8-10hours

Method

- Drain the chickpeas and bring to the boil in a pan of salted water. Cook for 10 mins, then drain.
- Heat the oil in a frying pan over a medium heat and fry the onions for 10 mins, or until beginning to soften.
- Stir in the garlic, baharat and cinnamon and cook for 1 min.
- Tip the onion mixture into a slow cooker and add the chickpeas, parsley stalks, aubergines, tomatoes and a can of water. Season.
- Cover and cook on high for 2 hrs, then turn the heat to low and cook for 6-8 hrs more until the mixture has reduced slightly and the chickpeas and aubergines are really tender.
- Stir in the lemon juice, then scatter over the pine nuts and parsley leaves. Drizzle over some extra olive oil and serve with pitta breads, cous cous or flatbreads,.



ROAST CHICKEN WITH SQUASHED NEW POTATOES

Ingredients

- 700g baby new potatoes
- 2 tbsp olive oil
- 1 lemon , zested
- 4 garlic cloves , whole and unpeeled
- small bunch of thyme , leaves picked and torn, plus a few small leaves to serve
- 4 bay leaves
- chicken legs, including thighs and drumsticks
- ½ tsp paprika
- 300g carrots , cooked, to serve

Method

- Heat the oven to 200C/180C fan/gas 6. Halve any large potatoes so they're all roughly the same size. Put in a pan of water, bring to the boil and simmer for 8-10 mins until tender. Drain.
- Tip the potatoes into a large roasting tray to sit in one snug layer. Drizzle with 1 tbsp oil, season and add the lemon zest, garlic, thyme and bay. Toss to coat the potatoes. Use a potato masher to gently crack each potato, being careful not to break them up too much. Place the chicken on top, rub with the rest of the oil and the paprika, then season. Roast for 45 mins until golden brown and cooked through.
- Cover the chicken and rest for 5 mins. Set aside 2 legs to cool before chilling for lunch tomorrow. Serve the rest (1 full leg each per adult, a drumstick or thigh each for the children) with the potatoes and alongside lots of veg and gravy, of desired!

Serves: 4-6

Prep: 15 mins

Cook: 8-10hours



MOROCCAN CHICKEN, FLATBREADS, TZATZIKI & RAINBOW SLAW

Ingredients

- 4 chicken breasts
- 2 x 300g tubs of natural yoghurt
- Baharat seasoning
- Cajun seasoning
- Smoked paprika
- Garlic cloves x 4
- 2 lemons juiced
- 1 lime juiced
- Thumbnail of ginger
- 1 Cup Wholemeal flour
- 1/2 Red cabbage
- Carrot
- 1/2 White cabbage
- Granny Smith Apple
- ½ Cucumber
- 1.5 teaspoons of baking powder
- Balsamic vinegar, olive oil, white wine vinegar, squeeze of fresh orange juice
- 1 red, 1 green, 1 yellow pepper, 1 courgette
- Small bunch mint leaves
- Bunch of fresh coriander
- Pomegranate seeds for decoration

Serves: 4

Prep: 45 mins

Cook: 45 mins-1 hour

Method

- Moroccan Chicken - Slice chicken breasts lengthways for skewers, marinade in mixture of ½ tub of natural yoghurt, tablespoon of Baharat seasoning (use ½ cumin, ½ coriander, ½ hot chilli powder if you don't have this) , ½ teaspoon of Cajun seasoning, ½ teaspoon of smoked paprika, juice of half a lemon, grated thumb size piece of ginger, minced garlic clove -leave
- Roasted Veg - Chop peppers, red onion and courgette and mix with olive oil and thread on skewers
- Make flatbreads - mix ¾ cup of natural yoghurt gradually with the with cup of flour, baking powder, salt in a mixing bowl until the dough is smooth. Divide the dough into six equal portions. Roll flat (around 6 inches in diameter) Place in a dry frying pan on medium high heat and cook for a few minutes on each side until it starts to bubble, then flip. (Or buy from the supermarket!)
- Make rainbow salad - grate or mandolin ½ a red cabbage & ½ a white cabbage. Grate 1 carrot & 1 Granny Smith Apple - combine all of the ingredients in a serving bowl - mix 4 table spoons of extra virgin olive oil with 4TBSP balsamic vinegar and 2 TBSP white wine vinegar, squeeze of fresh orange, salt & black pepper and 1 tablespoon of honey. Wait until serving to drizzle on the salad
- Place the marinated chicken onto skewers, and place on a piping hot griddle pan, BBQ or frying pan, do the same with veg skewer.
- Tzatziki - Remove the seeds of the cucumber and coarsely grate it, sprinkle with a pinch of salt and squeeze out all the liquid. Tip into a bowl with 1 crushed garlic clove, 170g of yoghurt, ½ lemon juiced, finely chopped bunch of mint, and mix well.
- Now assemble your plate with folded flatbread, skewers, roasted vegetables, little bowl of Tzatziki and handful of chopped coriander on top & a few pomegranate jewels on top



MOROCCAN SALMON WITH BAKED CAULIFLOWER SALAD

Ingredients

For the Salmon

- 2 salmon fillets
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 3/4 teaspoon sugar
- Pinch of cayenne or smoked paprika
- 1 tablespoon of oil

For the Baked Cauliflower Salad

- Head of cauliflower
- bunch of fresh mint
- bunch of fresh cauliflower
- Teaspoon Harissa
- Tin of chickpeas
- Honey
- Juice of half a lemon
- Olive Oil

Method

- Heat oven to 350 degrees
- In a bowl mix the herbs and spices together along with the salt & sprinkle on both sides of the fish
- Heat the oil and sear the salmon on both sides and pop in a warm oven or air fryer to finish
- For the Baked Cauliflower Salad, roast the cauliflower with 4-5 tablespoons of olive or rapeseed oil
- Add in a tin of drained chickpeas, chopped fresh mint and coriander
- Mix together a teaspoon of Harissa with 4 tablespoons of olive oil and a tablespoon of honey along with the juice of half a lemon.
- Mix all together and serve warm or cold.

Serves: 4

Prep: 45 mins

Cook: 45 mins-1 hour



CHICKEN SATAY SKEWERS WITH 3 HEALTHY DIPS

Ingredients

Chicken Satay

- 4 Chicken Breasts sliced into thin strips
- 4 Tablespoons of Whole Earth Crunchy Peanut Butter
- 4 Tablespoons Soya Sauce
- 8 Tablespoons of hot water
- 4 garlic cloves
- Juice of half a lemon or lime

Dip 1 (Mango Chutney Dip)

- 6 Tablespoons of Natural Yoghurt
- 6 Teaspoons of Mango Chutney
- 1 teaspoon of lemon or lime juice

Dip 2 (Fresh Salsa)

- 2 Tomatoes or 8 cherry tomatoes finely diced
- 1/4 of a cucumber finely diced
- 1/4 red onion finely diced (optional)
- Small bunch of fresh parsley & coriander
- Sea salt & black pepper to taste
- 2-3 tablespoons cold pressed olive oil

Dip 3 (Raita Dip)

- 6 table spoons of natural yoghurt
- 1/4 of a cucumber grated
- 1 garlic clove
- Juice of half a lemon

Method

1. Heat the oven to 200 degrees
2. Cut chicken breasts into strips
3. In a large bowl, combine the ingredients for the chicken satay strips well, it should be a coating, loose consistency - coat chicken and leave to marinade as long as you can (we cooked ours instantly and it was still delicious)
4. Put the strips on skewers or without and lay on a baking tin lined with baking parchment and put in oven for 15-20 mins until cooked right through

Dip 1:

- combine the yoghurt with mango chutney and lemon juice, stir and serve in a ramekin

Dip 3

- Finely dice the cucumber, onion and tomato alongside the finely chopped herbs, mix together the olive oil and salt & pepper to taste, serve

Dip 3

- Combine the yogurt, grated cucumber, crushed garlic and juice of half a lemon in a bowl and serve

Serves: 4

Prep: 15 mins

Cook: 20 mins



CRISPY HONEY CHILLI CHICKEN TAKEAWAY

Ingredients

- 4 chicken breasts or 8 thighs
- 6-8 slices of brown bread made into breadcrumbs

- 2 eggs

Sauce

- 1/3 cup of honey
- 3 cloves of garlic finely chopped
- 2 tablespoons of soya sauce
- 1 tablespoon of Sriracha Sauce
- 2 Cups of warm water
- Tablespoon cornflour
- 1 red pepper - thinly sliced
- 1 green pepper - thinly sliced
- 1 red or white onion - thinly sliced
- Sesame oil for frying
- 2 garlic cloves
- 1 red chilli

Serves: 4

Prep: 15 mins

Cook: 20-30 mins

Method

1. Heat the oven to 200 degrees
2. Blitz the brown bread in the food processor to make fine breadcrumbs - pop in the oven on a baking tray lined with parchment for 5-8 minutes until crisped up - take out of the oven and set to one side
3. Cut chicken breasts into strips or bite size chunks - season well with salt & pepper
4. Beat 2 eggs into a wide bowl
5. To make the chicken coating:
 - a. Dip the chicken into the egg followed by the breadcrumbs, and set on a baking sheet
 - b. Repeat until all of the chicken is coated
 - c. Put in the oven for 20 minutes until cooked right through

To make the sauce:

1. In a small pot mix the honey, 3 cloves of garlic, soya sauce and Sriracha sauce together with 1/3 cup of water mixed with 1 tablespoon of cornflour - stir continuously until it thickens - if it is too thick, loosen with some warm water (around 1/2 a cup)

Vegetables

1. Stir Fry the vegetables in a teaspoon of sesame oil - add the garlic and chilli peppers
2. Continue cooking until the vegetables are cooked but still crunchy

Assemble

1. Take the chicken from the oven, once cooked, add to the vegetables in the pan and drizzle the sauce over the top, serve with brown rice, cauliflower or broccoli rice or wholewheat noodles.
2. Garnish with spring onions and sesame seeds & serve!



3 BEAN CHILLI WITH MEXICAN RICE

Ingredients

- 2 carrots grated
- 2 red onions
- 2-3 cloves of garlic
- 1 sweet red pepper
- Tin of tomatoes
- Chipolte Sauce
- 3-4 sun-dried tomatoes chopped
- 2 red peppers from a jar 🌶️ f fresh or tin of mixed beans (we used ones in tomato & chilli sauce)
- 2 sticks of celery
- Tin of butter beans or kidney beans
- 1 red pepper sliced
- 1 green pepper sliced
- 1/2 teaspoon of Baharat seasoning (or use cumin if you don't have)
- 1/2 teaspoon of smoked paprika
- Seasalt
- 1/2 veg stock cube in 3/4 cup of boiling water

Method

- Sweat down the onions & garlic in a little olive or grape seed oil, season with salt
- Add the Baharat & smoked paprika and keep the mixture moving for a few mins
- Add in the chopped vegetables and sweat further for 8-10 mins until soft
- Add in the mixed beans, butter beans and chopped tomatoes
- Add in 3/4 cup of veg stock
- Pop the lid on and simmer & reduce for 30 mins to 1 hour depending on time frame.
- Serve with brown rice or we chose broccoli rice & your choice of toppings!

Serves: 4
Prep: 15 mins
Cook: 20-30 mins



HUNGRY GIRL'S HONEY ORANGE CHICKEN TAKEAWAY

Ingredients

- 500g diced chicken breast
- 1 red, 1 yellow, 1 green pepper - sliced
- 1 onion - sliced
- 1 red chilli chopped - seeds removed if you don't like it too spicy
- Bunch of spring onions chopped
- Sesame seeds to garnish
- **Marinade for chicken**
- 1 TBSP dark soya sauce
- 1 TBSP cornflour
- 1 TSP Garlic Graduals
- **Sauce:**
- 200ml pure orange juice
- 4 garlic cloves
- 4 TBSP honey
- 1 TBSP dark soya sauce
- Crispy chilli flakes from the Asian supermarket
- 1 TBSP cornflour if you like a thicker sauce
- Rice of choice for serving

Method

1. Coat the chicken and pop it in a hot pan with your oil of choice and keep it moving for 5-7 mins
2. Add the peppers, garlic, chilli and onion and cook for a further 5-7 mins
3. Add the sauce ingredients to a blender and mix thoroughly - add to the pan and allow to thicken.
4. After about 8 minutes, the sauce should be thickened and the chicken cooked thoroughly (check by cutting into a piece)
5. Serve with your rice of choice plus chopped spring onions and crispy chilli flakes for an added kick

Serves: 2

Prep: 15 mins

Cook: 15-20 mins



MEDITERRANEAN CHICKEN WITH COURGETTINI

Ingredients

- 4 portions of chicken
- 2 preserved lemons
- 4 chopped sun dried tomatoes
- Small bunch of lemon balm or parsley
- Small bunch of fresh thyme & fresh rosemary
- Sprinkling of Sumac powder (optional)
- 4 Courgettes, spiralised
- handful of cherry tomatoes, halved

- **Pesto Ingredients**
- 80g fresh basil (large bowls worth)
- 50g toasted pine nuts
- 2 cloves chopped garlic
- 50g grated Parmesan
- Juice from a lemon
- Salt & pepper to taste
- 1/2 cup of extra virgin olive oil

Serves: 4

Prep: 15 mins

Cook: 20-25 mins

Method

Method for the Chicken

1. Spiralise 4 courgettes to make the courgettini and place in a bowl of cold water & ice - set to one side
2. Place your chicken portions into a roasting dish & drizzle with olive oil
3. To the chicken add: 2 preserved lemons, chopped, 4 sun-dried tomatoes, chopped, small bunch of chopped thyme and rosemary, small bunch of chopped lemon balm or parsley, sea salt, sprinkling of Sumac powder (optional) and a little of the sun dried tomato oil from the jar
4. Pop into the oven at 200 degrees for 20-25 mins until the juices run clear
5. Dry the courgettini with a clean tea towel and place in a bowl with the fresh pesto & chopped cherry tomatoes, garnish with fresh basil leaves

Method for the Pesto

1. Add the basil to the food processor
2. Add the toasted pine nuts (toast by adding to a dry frying pan for a few mins until golden brown, keep moving so they don't burn)
3. Add the parmesan followed by the garlic and lemon juice and half of the olive oil. Season to taste and blitz for a few mins
4. Drizzle the remaining oil into the food processor while it is on high speed.

This will store in an airtight container like a jam jar for around 1 week.



CINCH CHICKEN TAGINE WITH COUS COUS

Ingredients

- 4 chicken breasts
- 1 large onion
- 1 bag of frozen butternut squash (or fresh!)
- 1 chicken stock cube
- 3 cloves chopped garlic
- 175ml water
- 1/2 cup of Cous Cous (100g)
- 125ml veg stock
- 1/4 cucumber
- handful of cherry tomatoes
- 2 spring onions
- Tsp lemon juice
- 2 tablespoons of olive oil
- Heaped tablespoon Moroccan Spice
- Teaspoon cinnamon powder
- 1/4 teaspoon black pepper
- Tin of chopped tomatoes
- Natural Greek Yoghurt to serve
- Bunch of Corriander, chopped

Method

Method

1. Brown the chopped chicken breasts in your oil of choice - we used coconut oil
2. In another pan, pop 175ml of water with one chicken stock cube and the chopped onion, 3 garlic cloves chopped and gently simmer until the liquid reduces by half (on a low simmer for about 8-10 mins)
3. Once the chicken is browning nicely, add in 1 TBSP Moroccan Spice a TSP of cinnamon powder and 1/4 TSP of black pepper
4. Add the reduced chicken stock mixture to the chicken pan
5. Then, add in a tin of tomatoes, a bag of frozen butternut squash (and any other veg you like) cover and cook on a low simmer for about 25-30 mins.
6. In a separate bowl add a half cup (100g) of Cous Cous with 125ml of veg stock and cover and leave for 5 mins
7. Once the Cous Cous is lovely and fluffy, add the finely diced tomatoes, cucumber and spring onions along with a TBSP of extra virgin olive oil and TBSP of lemon juice and mix
8. After 25-30 mins, shred the chicken in the Tagine using a fork (optional) just to give that lovely combined texture
9. Serve with the Cous Cous, top with chopped Coriander and a few TSPs of Natural Greek Yoghurt

Serves: 4

Prep: 15-20 mins

Cook: 25 mins



SUPER FAST 6 VEGETABLE PASTA SAUCE

Ingredients

- 1 Onion
- 2 Garlic Cloves
- 1 Tin Tomatoes
- 1 Red Chilli (remove seeds if too hot)
- 1 Jar Roasted Red Peppers
- 1 Jar Sun Dried Tomatoes
- 1 Bag Brown Spaghetti
- 1 handful of fresh parsley
- Parmesan to finish
- Olive oil
- Sea Salt & Black Pepper to season

Serves: 4

Prep: 5 mins

Cook: 12 mins

Method

1. Cook the spaghetti according to packet
2. Add the onion, garlic and chilli pepper (remove seeds if you don't want it too spicy) to a pot with a little olive oil for around 6-8 mins until it is translucent (not brown) with a little sea salt and black pepper
3. Add in the chopped red peppers and chopped sun dried tomatoes along with a tin of chopped tomatoes and cook on low for a further 6-8 mins on low (cover the pot)
4. Blend after 8 mins.
5. Add to the spaghetti and garnish with parsley, black pepper and parmesan cheese.



DELICIOUS VEGETABLE FRIED RICE

Ingredients

- 4 Eggs
- Garlic cloves
- Ginger
- Cooked, chilled basmati rice
- Light Soya Sauce
- Mange Tout
- Peas
- Carrot
- Broccoli
- Baby Corn
- Mixed peppers
- mushrooms
- Oyster Sauce
- Sesame Oil
- Cashew nuts to serve

Serves: 4

Prep: 5 mins

Cook: 15 mins

Method

1. Whisk the eggs, and fry in a frying pan, like an omelette and flip - set to the side on a plate once cooked
2. Add sliced onion to a pan, alongside chopped garlic and thin strips of sliced ginger
3. Add in the vegetables and stirfry
4. Add in the cold, cooked basmati rice, and keep moving
5. Add in Soya Sauce (about 1/4 cup) and stir in well
6. Add in the egg, stir it all in
7. Add in 1/2 bottle of Oyster Sauce (use veggie oyster sauce if you are vegetarian) and a little more soya sauce to taste
8. Serve topped with toasted cashew nuts with thinly sliced spring onions and serve!



KFC STYLE CHICKEN

Ingredients

- Packet of skinless chicken thighs (ours were de-boned)
- Packet of mini fillets or drumsticks (whatever you prefer)]
- 1/2 cup of plain flour
- 1 tsp garlic salt
- 1 heaped tsp smoked paprika
- 1 tsp Herbs de Provence
- Sunflower oil spray
- Flaky sea salt and freshly ground black pepper
- For the marinade
- 200ml buttermilk
- 1 tbsp Worcestershire sauce
- ½ tsp freshly ground black pepper
- 1 tsp flaky sea salt
- ½ tsp onion powder
- ½ tsp dried thyme
- ½ tsp Herbs de Provence
- Tsp Mustard power
- Tsp ground ginger
- ½ tsp dried sage
- ½ tsp white pepper

Method

Method

1. Combine the marinade ingredients together in a large bowl, add the chicken thighs and fillets and turn to coat well. Place in the fridge to marinate for at least 4 hours or overnight
2. For the chicken coating, mix the flour, garlic salt, smoked paprika, thyme and 1 tsp each flaky salt and ground black pepper together in a bowl.
3. Dip each marinated chicken piece into the flour mix and turn to coat well.
4. Place on a parchment lined baking tray or parchment lined air fryer tray.
5. Spray each piece of chicken with oil, coating it well
6. Place in an oven at 220 degrees for 20-30 mins (depending on the size and cut if your chicken) or an air fryer at 200 degrees for 25 minutes - until it is crispy and cooked through (juices run clear and white / cooked in the middle)

Serves: 4

Prep: 5 mins

Cook: 15 mins



CRISPY CHINESE-STYLE HOISIN CHICKEN WRAPS

Ingredients

- 8-10 chicken thighs on the bone

For the Hoisin Sauce

- 4 TBSP Soy Sauce
- 2TBSP Peanut Butter
- 1 TBSP Honey
- 1TBSP Dark Sugar
- 2TBSP Rice Wine
- 1 Garlic Clove crushed
- 1/4 TSP Chilli Flakes (optional)
- 1/2 TSP Chinese 5 Spice
- 15ml Water

Method

Method

1. Combine all the Hoisin ingredients into a blender or bullet and blitz
2. Keep half to one side and pour the rest over the chicken thighs (skin side down) in a roasting dish and roast for 25 mins at 180-200 degrees centigrade
3. After 25 mins, turn the thighs so they are all coated in the sauce and skin side up and return to the oven
4. Once cooked, let it rest for 5-10 mins, cover with foil, then shred using two forks.
5. Serve with spring onions, cucumber and Chinese pancakes or tortilla wraps!
6. Enjoy!

Serves: 8

Prep: 10 mins

Cook: 50 mins



**SWEET
TREATS,
BREADS
&
SNACKS**

CINCHFAST30



Snacks!



Unlimited fruit!



Unlimited vegetables



Boiled eggs



Greek Yoghurt



Dried fruit



Unsalted nuts



Rice cakes



Apple & Whole Earth
peanut butter



Home made protein
balls



HOME MADE PROTEIN BALLS

Ingredients

- 100g pecan
- 75g raisin
- 1 tbsp ground flaxseed (or a mix- we used milled flaxseed, almond, Brazil nut and walnut mix)
- 1 tbsp cocoa powder
- 1 tbsp agave syrup
- 50g desiccated coconut
- 2 tbsp peanut butter

Method

- Put pecans in a food processor and blitz to crumbs. Add raisins, peanut butter, flaxseeds, cocoa powder and agave syrup, then pulse to combine.
- Shape mixture into golf ball-sized balls and roll in desiccated coconut to coat. Put in the fridge to firm for 20 mins, then eat whenever you need a quick energy boost.

Makes 10

Prep: 10 mins

Cook: 0 hours



4 INGREDIENT 'RAW' BROWNIES

Ingredients

- 1 cup of mixed (unsalted) nuts
- 1 cup of Medjool dates
- 3 tablespoons of raw Cocoa powder
- 1 tablespoon of peanut butter

Makes 16

Prep: 5 mins

Cook: 0 hours

Method

- Put all 3 ingredients in a food processor and blitz to crumbs.
- Put in a baking dish and pat down firmly.
- Put in the fridge to firm for 30-60 mins, then eat whenever you need a quick energy boost. (1 a day!)



CARROT CAKE PROTEIN BALLS

Ingredients

- 1/2 cup of Steel Organic Oats
- 1 Small Grated Carrot
- 3 Medjool Dates (stones removed)
- 3 Tablespoons of Peanut Butter (we love Whole Earth or Meridian brand)
- 1 Teaspoon of Honey
- 1 Heaped Teaspoon of Cinnamon powder
- 3 Teaspoons of Chia Seeds
- 1 Tablespoon of water

Makes 16

Prep: 5 mins

Cook: 0 hours

Method

- Pop the oats into a blender and blend until fine
- Add the rest of the ingredients to the food processor and blend until all combined
- Roll into balls and coat in Dedicated coconut
- Put in the fridge to firm for 30-60 mins, then eat whenever you need a quick energy boost.



NO BAKE OAT, DATE & WALNUT COOKIES

Ingredients

- 1 Cup of Chopped Walnut Pieces
- 1 Cup of Walled Oats
- 1 cup of soft pitted dates
- 2 tablespoons of date syrup (or honey)
- 1 Tablespoon of Ground Flaxseeds
- 1 Tablespoon of Chia Seeds
- 1 Teaspoon of Cinnamon
- 1 Vanilla Pod or vanilla extract (1stp)
- 2-6 Tablespoons of Warm Water

Makes 24

Prep: 5 mins

Cook: 0 hours

Method

- Line a baking sheet with baking parchment
- Soak the pitted dates in warm water for 10 mins, then drain
- In a food processor, combine the drained dates, walnuts and oats and 2 Tablespoons of warm water, process until crumbly
- Add two tablespoons of date syrup, the flaxseeds, chia seeds, cinnamon and Vanilla and continue to blend.
- Add in tablespoons of water until it forms a dough (could take up to 4).
- Spoon out 1 tablespoon of the dough and roll it in your hands to form a ball and flatten to a cookie shape.
- Arrange the cookies on the baking sheet and pop in the fridge for four hours before serving.



GUILT-FREE BANOFFEE

Ingredients

Serves 4

- For the first layer
- 1/4 cup of mixed nuts
- 1/2 of a ground nut & flaxseed mix (we used Linwoods Goji mix)
- 2 medjool dates
- 2 teaspoons of Agave Syrup
- For the middle layer
- 2 very ripe bananas
- 2 tablespoons of cashew butter
- For the banana layer:
- 1 banana per person
- For the top layer
- 6 Medjool dates
- 4 tablespoons of almond butter
- 4 tablespoons of water
- 1 over-ripe banana
- Ground cinnamon

Makes 4

Prep:15 mins

Cook: 0 hours

Method

- Place the mixed nuts & ground flaxseed mix in a food processor and blend for a minute or two until a crumbly mix forms, then add the Agave and pitted dates.
- Fill the bottom of four small glasses or a cake tin with a layer of the nut mix
- Make the banana cream layer by placing the bananas and cashew butter in the food processor and blending until smooth.
- Put this on top of the nutty layer and place in the freezer for about 15 minutes to set.
- Slice the layer of plain banana, before creating the caramel layer...
- Place the 6 medjool dates, 1 banana and 4 tbsp of cashew butter and 4 tbsp water into the food processor and blend until smooth
- After 15 minutes remove the glasses from the freezer, place the layer of sliced banana over the glasses and then cover with the caramel.
- Sprinkle with cinnamon & serve!



EASY BROWNIES (GF & VEGAN)

Ingredients

- 3 ripe bananas
- 1/2 cup Creamy peanut butter
- 1/2 cup cocoa powder

Method

- Preheat oven to 180 degrees and line with baking paper
- Mash 3 ripe bananas then add peanut butter and stir mixture until smooth
- Sift in the cocoa powder, mix and transfer to the brownie tin
- Bake in oven for 22-30 mins and let cool completely before slicing

Makes 4
Prep:15 mins
Cook: 0 hours



NUTTY CHOCOLATE NO BAKE SWEET TREAT, (GF, DF, V)

Ingredients

- 150g of mixed nuts roughly chopped
- 200g of 70% dark chocolate - broken into small pieces.
- 5 tbsp of coconut oil
- 240g of medjool dates pitted and roughly chopped.
- 200g of ground almonds
- 2 tsp of vanilla extract
- 1/2 tsp of sea salt
- 2 tbsp of pumpkin seeds
-

Method

- Toast the nuts in a large frying pan - until they are golden (watch they don't burn!)
- Melt the chocolate and 2tbsp of coconut oil - use a heatproof bowl over a pan of simmering water. set aside to cool.
- add the dates, ground almonds, vanilla and remaining coconut oil to a food processor and pulse until combined and dough like.
- add most of the toasted nuts and pulse briefly until roughly ground.
- stir in one tbsp of pumpkin seeds.
- line a baking tin (25 x 20 cm) with baking parchment.
- Put the mixture in the tin and press down well with your hand to make it flat.
- Pour over the melted chocolate.
- Sprinkle with the rest of the nuts and pumpkin seeds and sea salt.
- pop in the fridge for around 3 hours until firm.
- Bring the tin out of the fridge, leave for 10 mins before slicing into 16 small squares.
- Store in the fridge (or you can keep in the freezer)

Makes: 16
Prep: 10 mins
Cook: 0 hours



EASY HOME MADE HUMMUS

Ingredients

- 200g/7oz canned chickpeas
- 2 tbsp lemon juice or more
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- pinch salt
- 1 tbsp tahini (sesame seed paste)
- 4 tbsp water
- 2 tbsp extra virgin olive oil
- 1 tsp paprika

Method

- Drain the chickpeas and rinse. Reserve a few whole chick peas for serving.
 - Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and blend to a creamy purée.
- Add more lemon juice, garlic, cumin or salt to taste.

Serves 3

Prep: 5 mins



EASY PEASY HOME MADE PESTO

Ingredients

Ingredients

- 80g spinach
- 50g toasted pine nuts
- 2 cloves chopped garlic
- 50g grated Parmesan
- Juice from half a lemon
- Salt & pepper to taste
- 3/4 cup of extra virgin olive oil

Method

1. Add the spinach to the food processor
2. Add the toasted pine nuts (toast by adding to a dry frying pan for a few mins until golden brown, keep moving so they don't burn)
3. Add the parmesan followed by the garlic and lemon juice and half of the olive oil. Season to taste and blitz for a few mins
4. Drizzle the remaining oil into the food processor while it is on
5. Store in an airtight container like a jam jar for around 1 week.

Et Voila

Serves 4

Prep: 5 mins



SUPER FOOD, SUPER FAST BREAD

Ingredients

Ingredients

- 1 cup of wholemeal flour
- 3/4 cup of oats
- pinch of salt
- 1 teaspoon bicarbonate of soda or 1/2 teaspoon of baking powder
- 3/4 cup of natural yoghurt
- Your choice of additions:
 - 1 finely grated carrot
 - 1 banana
 - handful of mixed seeds
 - dried cranberries or raspberries or blueberries

Method

- Place the flours, salt, oats and bicarb/baking powder in a bowl & mix
- Add in 1 grated carrot
- Handful of mixed seeds
- Handful of fruit of choice - dried cranberries, raspberries or blueberries
- Even add a banana if you want to make it sweeter
- Add in the yoghurt
- Once its all combined, get your hands in and bring together
- Place in a lined loaf (parchment paper) and sprinkle with mixed seeds
- Bake in the centre of the oven for 50 minutes at 180 degrees,
- Let it cool on a wire rack, cut and serve!

This delicious easy to bake bread requires no proving and no kneading. It is simple, delicious and filled with goodness and very 'window-worthy!'



WEE NIK'S SUPER SEEDY NUTTY BREAD (GF)

Ingredients

Ingredients

- 4 Tbsp Psyllium Husks
- 65g any unsalted nuts (we used pecans and brazil nuts)
- 135g sunflower seeds
- 145g Porridge Oats
- 90g flaxseeds or linseeds
- 1 Tbsp Maple Syrup
- 1Tbsp Sea Salt
- 3Tbsp melted Coconut Oil
- 1.5 cup water
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Method

- Place all the dry ingredients into a bowl & mix
- Add the Maple Syrup, coconut oil & water & mix well
- Place in a lined loaf (parchment paper) and press well down to a compacted loaf
- Leave for at least 1 hour or overnight before cooking
- Bake in the centre of the oven for 25 minutes at 180 degrees, then remove the loaf from its tin and place back in the oven for a further 25 mins
- Let it cool on a wire rack, cut and serve!
- Store this in the fridge for a week & enjoy toasted, with your favourite butter, nut butter or its delicious with tapenade or home-made pesto

This delicious, gluten free, easy to bake bread requires no proving and no kneading. It is simple, delicious and filled with goodness and very 'window-worthy'!

Psyllium Husks are a rich source of fibre, and may help alleviate constipation, help to lower cholesterol and regulate blood sugar and insulin. Seeds are good sources of plant-based, healthy fats, fibre and minerals & are loaded with iron which helps you make proteins that carry oxygen-rich blood throughout your body.



AUTUMN SPICED APPLE PUNCH

Ingredients

- 2 x 1 litre packs Organic Apple Juice (from concentrate)
- 2 cinnamon sticks, plus 8 to garnish.
- 12 cloves.
- 8 wide strips orange zest, pith removed.
- 2 knobs stem ginger in syrup, sliced, plus 3 tbsp of the syrup.
- Large pinch ground allspice.
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Method

- Place all of the ingredients into a pot & warm gently
- Strain if you prefer ,before serving.

This quantity will serve 8 people & due to the high sugar content, we advise keeping it for special occasions and limiting to one glass!