

365 RECIPE COOKBOOK



**365
tasty
recipes for
all
occasions**

a delicious **diabetes.co.uk** cookbook

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TYPE2 TESTING PROGRAM

WHAT IS THE PROGRAM?



SCAN ME TO
FIND OUT MORE



Launched in the UK and available worldwide, the **first-of-its-kind** program has been created in an effort to give individuals with non-insulin dependent type 2 diabetes access to test strips so that they can **self-monitor** their condition and **better understand** how everyday factors such as diet, exercise and illness can affect their blood glucose levels.

Studies have proven that regular structured blood glucose testing, or structured self-monitoring of blood glucose (SMBG), can help people with type 2 who are not treated with insulin to better understand their condition, **improve their long-term blood glucose control**, reduce their HbA1c and their subsequent chances of developing diabetes-related complications such as depression, heart disease and amputation.

Despite the evidence, test strips for SMBG are **not routinely available** on prescription from the NHS, meaning that people with type 2 diabetes who wish to test are often **denied access** to test strips by their GP. Test strips are available to buy **at a premium** from pharmacies and online retailers, but no support or guidance is offered with these products so the true health potential of SMBG may be missed.

WHAT WILL I RECEIVE?

Test strips are delivered to your door and come with **expert guidance** on how and when to test, how to interpret the results and record them effectively so that your diabetes health team can make better and more **informed decisions** on your recommended care plan.

For £29.91 a quarter (or £99.97 for the whole year), you will receive a GlucoRx blood glucose meter, lancets and 400 test strips delivered over the course of the year to use with the **structured testing plan**.



THE FEEDBACK WAS AWESOME

Six months into the program:

The number of people who reported **good blood glucose control** increased by **113%**

The number of people who **felt in control** of their diabetes increased by **121%**

85% of people said they now understand how **exercise** affects their blood glucose levels

The number of people who understand the effect of diabetes on their body increased from **48% to 85%**

88%

now understand
the impact of
food on blood
glucose



4 OUT OF 5

agree that the Type 2
Testing Program has
**benefited their blood
glucose control**

HBA1C

After starting the Type 2
Testing program, the
average HbA1c level fell
by **0.9% to 6.4%**

7.3%

before starting
the program

6.4%

HbA1c after
6 months



Welcome to the Diabetes.co.uk 365 recipe cookbook - a dish for every day of the year! We've got a fantastically healthy selection of Breakfasts, including an Omega Seed Starter, Chia Wonder, and a Spinach Surrender. Vegetarian? Opt for tasty vegetarian mains, such as the Falafel Burgers on Pitta Bread, Olive and Tomato Quiche, and Veggie Shepherd's Pie.

For Meat and Poultry mains, there's Lamb Kebabs, Chicken Stir Fry, and a Chorizo and Bean Special.

In the Fish and Shellfish Mains section you have an array of delectable meals, including Cod with Mixed Veg, Fish Pie and Lemon and Zingy Whole Mackerel.

Celebrate Christmas in style with our selection of festive treats, including Vol au vents, Wontons and Pigs in Blankets. For your Christmas and Boxing Days meals, you need to look no further. For vegetarians, there's the Veggie Roast and the Mushroom and Goat's Cheese Filo Tart. If it's meat you're

after, take a look at our sumptuous Stuff Turkey Breast with Two Cheeses and Parma Ham. For little ones, we have an array of diabetes friendly food and treats, including Chicken Fajitas, Lamb Burgers, and Sweet Potato Chips.

Cooking with diabetes can seem a bit limited, particularly if you're not an experienced cook, so we've made sure to offer a diverse range of delectables. Our comprehensive Indian vegetarian dishes include various lentils dishes, Chick Peas, Spinach with Mushrooms, Bitter Gourd and Mutter Paneer. The non-vegetarian Indian options range from Tandoori Chicken, Lamb Jalfrezi, through to Chicken Tikka Masala. Or maybe you'd like to try something South Asian. We have a fabulous assortment, including Pork Stir Fry, Duck with Aubergine, and Teriyaki Salmon.

Our Italian section is full of delights, ranging from the Creamy Polenta Porridge, Italian Herb & Vegetable Frittata, Italian Sausage with Eggs and Spinach, to Scrambled Eggs on Pea Pancakes.

Last but certainly not least, we have desserts. Whether you prefer ice creams, sorbets, or mousses, the 365 cookbook has a treat for everyone.

All of our dishes are designed to be as healthy as possible for people with diabetes. This is a comprehensive guide: whether you're a whizz in the kitchen or a total beginner, this is the only recipe book you need to have a healthy, varied, and delectable diet.

I hope you enjoy making the dishes as much as I did!
LOVE SHANTA!

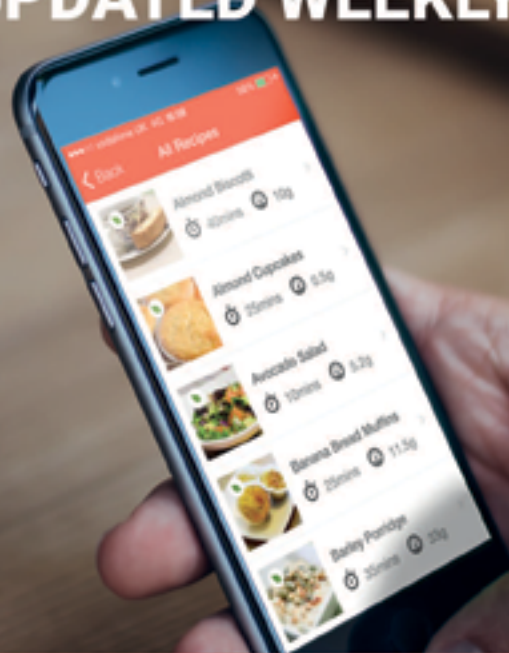
WELCOME...

FREE RECIPE APP

OVER 403 RECIPES, UPDATED WEEKLY

With **over 403 recipes** for a healthy diet, for people with and without diabetes.

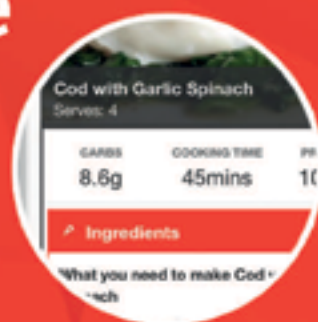
Download it for your phone or tablet - **when has anything free ever been this tasty!?**



Nutritional values at a glance

We totally understand how important nutritional values (especially carbs!) are, and that's why they're so prominent in our app.

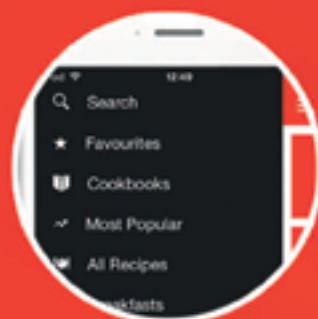
There's also the option to **filter recipes** by nutritional values, which is great if you're following certain diets!



Simple to use & understand

There's no point in overcomplicating cooking, so we figured there's no point in making our recipe app too complicated either!

Create your own list of favourite recipes to find all the ones you're after in a hurry.



SCAN THE QR CODE TO DOWNLOAD





BREAK



KEFAST



Prep Time | 5 mins
Cooking Time | 25 mins

Serves 2

50g chia seeds
200ml unsweetened almond milk
100ml water
100g quinoa
½ tbsp. raw cocoa powder
Stevia to sweeten

Nutritional Value (per serving)

Calories 238
Total fat 6g
Saturated Fat 0.5g
Carbohydrates 36g
Fibre 6.4g
Protein 9g

Chia Wonder

Put the milk, quinoa, and water in a pan, and bring to the boil.

Allow the mixture to simmer for 15 minutes.

Mix the cooked quinoa, chia seeds, cocoa power, and Stevia.

Serve this mixture in breakfast bowls, with a garnish of fruit and nuts of your choice.



Prep Time | 5 mins
Cooking Time | 25 mins

Serves 4

100g porridge oats
50g handful of bran flakes
25g almonds, roughly chopped
25ml water
1 tbsp. agave nectar
1.5 tbsp. of runny honey
½ tbsp. olive oil

Nutritional

Value (per serving)

Calories 247
Total Fat 10.5g
Saturated Fat 1.5g
Carbohydrates 36.7g
Fibre 5.6g
Protein 5.5g

Oaty Bran Breakfast

Preheat the oven to Gas Mark 3 or 160°C.

Crush the bran flakes and place in a large bowl. Then, add the oats and almonds.

Mix the agave nectar, honey, oil, and water together in a saucepan.

Bring the mixture to the boil and boil for 2 minutes, stirring constantly. This should make a syrup.

Pour this syrup on the to the muesli and mix thoroughly.

Cover a baking tray with baking parchment, then put the muesli in the tray.

Bake for 15 minutes, stirring every 5 minutes.

Don't let the muesli dry out too much in the oven. If the muesli is completely dried out, it will be too hard once it cools.

When cool, place in an airtight container.



Prep Time | 5 mins
Cooking Time | 20 mins

Serves 4

100g quinoa
100ml water
300ml fresh almond milk
½ tsp. vanilla essence
Splash of lemon juice
½ tbsp. coconut oil
1 tbsp. honey
¼ tsp. cinnamon
2 tbsp. omega seeds

Nutritional

Value (per serving)

Calories 160
Total fat 6.6g
Saturated Fat 2g
Carbohydrates 23g
Fibre 4g
Protein 7.5g

Omega Seed Starter

Put the milk in a medium-sized pan with the water and quinoa. Then bring the pan to the boil, simmering for 15 minutes.

Add the vanilla essence, lemon juice, coconut oil, honey, and spoon the mixture into breakfast bowls.

Top with omega seeds and tuck in!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

150g quinoa
400ml semi-skimmed milk
100ml water
1 tsp. pure vanilla essence
½ tsp. ground cinnamon
200g cup blueberries
30g walnuts, chopped (optional)

Nutritional

Value (per serving)

Calories 268
Total fat 9.1g
Saturated Fat 2.2g
Carbohydrates 37g
Fibre 4.6g
Protein 10.3g

Blueberry Breakfast

Put the water and milk in a saucepan and bring to the boil.

Add the quinoa and simmer over a medium heat for 15 minutes.

Strain the quinoa to remove any excess milk and water.

Combine the cooked quinoa, vanilla essence, and cinnamon.

Divide this mixture into four breakfast bowls. Top with blueberries and walnuts, then enjoy!



Serves 4

150g quinoa

300ml semi-skimmed milk

150ml water

2 tsp. pure vanilla essence

½ tsp. ground cinnamon

50g walnuts, chopped

Nutritional

Value (per serving)

Calories 220

Total fat 10g

Saturated Fat 1g

Carbohydrates 26g

Fibre 3.4g

Protein 7.5g

Walnut Wonder

Boil the milk, quinoa, and water in a saucepan. Then lower to a medium heat and simmer for 15 minutes.

Combine the cooked quinoa, cinnamon and vanilla essence.

Divide the quinoa mixture into four breakfast bowls. Top with walnuts and enjoy!



Prep Time | 10 mins

Serves 2

6-10 raspberries

40g (2 heaped tbsp.) of blueberries

3 tbsp. full fat Greek yoghurt

30g whole oats

10g Omega 3 seed mix including brown and golden linseed, sunflower seeds, pumpkin seeds and sesame seeds

Nutritional

Value (per serving)

Calories 168

Total fat 8g

Saturated Fat 0.6g

Carbohydrates 18g

Fibre 4.6g

Protein 4.6g

Mixed Berry with Omega Mix

Put the porridge oats and berries into a breakfast bowl and cover with the full-fat yoghurt.

Sprinkle the mixed seeds over the top.

Mix together, gently mashing the berries, and enjoy!



Serves 1

30g whole oats

30ml water

30ml semi-skimmed milk

5g ground cinnamon

Nutritional

Value (per serving)

Calories 234

Total fat 9.6g

Saturated fat 3.1g

Carbohydrates 36g

Protein 15.3g

Fibre 8.5g

Porridge with Cinnamon

Measure out the porridge and place into a non-stick pan.

Add the milk and water and bring to the boil, turn the heat down and allow to simmer for around 5 minutes.

Keep the mixture moving so not to let some parts cook quicker than others.

Sprinkle the cinnamon on top and enjoy.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

150g quinoa, rinsed
600g unsweetened almond milk
½ tsp. vanilla extract
1 tsp. Setvia sweetener
1 tsp. cinnamon
100g raisins
100g raspberries
A medium apple, finely chopped;
keep some aside for garnish
30g raw walnuts, chopped
200g cup fresh organic blueberries

Nutritional

Value (per serving)

Calories 348
Total Fat 9g
Saturated Fat 0.8g
Carbohydrates 61g
Fibre 9.4g
Protein 8.6g

Cinnamon & Raspberry Porridge

Mix the quinoa, almond milk, vanilla extract, cinnamon and raisins in a medium sized sauce pan.

Bring to the boil. Then put the lid on the pan and turn down to a low heat.

After the mixture has simmered for 7 minutes add the chopped apple and simmer for another 5 minutes. If the mixture contains too much liquid, cook some more.

Then remove from the cooker. Leave the lid on the pan and let the mixture rest for 5 minutes.

You may wish to add some sweetener. However, this is optional; you may not need to add any sweetener due to the raisins and apple adding a natural sweetness of their own.

Top each serving with walnuts, blueberries and the rest of the chopped apple.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

150g quinoa, rinsed
300ml unsweetened almond milk
120ml water
120ml plain soya yoghurt
2 tsp. sweetener
100g strawberries
1 green pear
1 red apple, peeled
¼ tsp. cinnamon powder
1 tsp. vanilla extract

Nutritional

Value (per serving)

Calories 217
Total fat 4g
Saturated Fat 0.4g
Carbohydrates 40g
Fibre 6.3g
Protein 7.2g

Fruity Quinoa Porridge

Put the almond milk, quinoa, and water in a pan, and bring it to the boil.

Add the cinnamon powder and vanilla extract. Lower the pan to a medium heat, put the lid on, and simmer for around 15 minutes. Stir constantly.

If, after 15 minutes, you think the mixture is too watery, let it simmer for a little while longer.

If the mixture is too thick, thin it with water.

Mix the cooked quinoa with the yoghurt and the sweetener.

Grate the pear and apple, juice included, into a medium-sized bowl. Combine this with the quinoa mixture.

Place in serving bowls.

Top with sliced strawberries and serve.



Serves 4

475ml unsweetened almond milk

21g agave nectar

80g barley flakes

1 tsp. ground cinnamon

A vanilla bean or 1 tsp. vanilla essence

28g sultanas

2 tbsp. sunflower seeds

1 tbsp. flaked almonds

1 tbsp. pumpkin seeds

Nutritional

Value (per serving)

Calories 189

Total fat 7.3g

Saturated Fat 1.3g

Carbohydrates 26.3g

Fibre 5.3g

Protein 7g

Barley Porridge

In a saucepan, heat the milk, along with the sweetener, cinnamon, nutmeg, and vanilla bean/essence.

Place the barley flakes and sultanas in the pan and leave to simmer on a low heat for 10 minutes. Stir the mixture until it thickens and the barley softens.

Toast the sunflower seeds, flaked almonds, and pumpkin seeds in a non-stick frying pan until they are slightly browned.

Put the seeds and almonds with the milk, ensuring everything is fully combined and cook for a further 2 minutes.

Remove from the heat and allow to stand for 2 minutes.



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

150g porridge oats
1 apple, grated
80ml unsweetened almond milk
80ml pressed apple juice
2 tbsp. honey
½ tsp. ground cinnamon
300ml water
250g soya yoghurt
1 small ripe mango in small chunks
200g strawberries, quartered

Nutritional

Value (per serving)

Calories 271
Total Fat 4g
Saturated Fat 0g
Carbohydrates 54g
Fibre 6.2g
Protein 7g

Mango & Strawberry Muesli

Mix the oats, grated apple, almond milk, apple juice, honey and cinnamon in a saucepan. Place pan on a medium heat, adding the water. Bring the mixture to the boil and simmer for 3 minutes. Stir in the yoghurt, strawberries and mango. Spoon this mixture into bowls and top with the remaining fruit.



Prep Time | 45 mins

Serves 1

½ tbsp. chia seeds
300ml unsweetened cold almond milk
½ tbsp. dried cranberries
Seeds of cardamom pods
¼ tsp. vanilla extract
3 drops liquid Stevia (optional)
Chopped strawberries, raspberries, and blueberries (for the topping)
1 tbsp. flaked almonds

Nutritional

Value (per serving)

Calories 210
Total fat 14.5g
Saturated Fat 2g
Carbohydrates 10g
Fibre 6.5g
Protein 6g

Berry & Nut Chia Porridge

Put the almond milk in a bowl (doesn't have to be very large) and sprinkle the chia seeds on top.

Stir vigorously to get rid of any clumps.

Drop the cranberries, cinnamon, cardamom, Stevia, and vanilla extract into the milk mixture and stir well.

Allow this mixture to stand for 30-40 minutes to thicken. Finally, add the berries and flaked almonds.



Serves 4

130g light spelt flour
230ml unsweetened almond milk
1 tbsp. agave nectar
1 tsp. vanilla essence
1tbsp. Stevia
2 tbsp. vegetable oil
Pinch of salt
1 lemon

Nutritional

Value (per serving)

Calories 206
Total Fat 8.2g
Saturated Fat 1g
Carbohydrates 31.6g
Fibre 3g
Protein 8g

Pancakes

Measure and sift the spelt flour into a large bowl, then add the salt.

Combine the almond milk, agave nectar, and vanilla essence in a smaller bowl.

Slowly add these wet ingredients into the bowl containing the sifted flour and the salt, being careful not to end up with a lumpy mixture. If the mixture is too lumpy, whisk it thoroughly. Place the mixture in the fridge for 10 minutes so the mixture settles.

In a non-stick frying pan, over a medium heat, add ½ tablespoon of vegetable oil.

Once the oil is hot, add a ladle of batter. Keep moving the pan so that the mixture spreads out.

Cook for around a minute, then flip the pancake and cook the other side for the same length of time.

Serve with a squeeze of lemon juice and a sprinkle of Stevia.



Prep Time | 15 mins
Cooking Time | 20 mins

Serves 4

32g coconut flour
32g almond flour
32g finely shredded coconut, unsweetened
2 tbsp. granulated sweetener
½ tsp. baking powder
½ tsp. salt
5 large eggs, lightly beaten
50g coconut oil, melted
170ml milk or almond milk
110g frozen blueberries
Coconut oil for the waffle iron

Nutritional

Value (per serving)

Calories 305
Total fat 25g
Saturated Fat 17g
Carbohydrates 12g
Fibre 4.4g
Protein 11g

Homemade Waffles with Blueberries

Preheat waffle iron.

Preheat oven to Gas Mark ¼ or 110°C.

In a large bowl, whisk together the coconut flour, almond flour, shredded coconut, sweetener, baking powder, and salt.

Stir in the eggs, melted coconut oil and milk.

Carefully fold in blueberries.

Once the waffle iron is hot, grease generously with coconut oil and then spoon about ¼ of the batter into the hot iron.

Spread evenly over iron with the back of a spoon. Cook for 4-5 minutes, or until golden brown. Once cooked, transfer to a baking sheet and keep warm in the oven.

Repeat with the remaining batter to make a few more waffles.

As soon as the waffles are done, they're ready to enjoy!

Serve with extra blueberries.

Serves 4

50g pecan nuts
50g blanched almonds
50g walnuts
50g sunflower seeds
50g pumpkin seeds
2 tsp. ground cinnamon
50g grated dark chocolate

Nutritional

Value (per serving)

Calories 461
Total Fat 39.9g
Saturated Fat 6.2g
Carbohydrates 17.8
Fibre 6g
Protein 13g

Choc & Nut Granola

Prep Time | 10 minutes

Cooking Time | 8 minutes

Preheat oven to Gas Mark 4 or 180 °C.

Mix all the nuts and seeds together in a big bowl and transfer the mixture on to the baking tray lined with parchment paper.

Bake for 8 minutes, ensuring the nuts and seeds turn brown without burning.

Remove the baking tray from the oven.

Sprinkle immediately with the grated chocolate. Allow granola to cool before it's eaten.

Serve granola with lashings of milk!





Prep Time | 10 mins
Cooking Time | 15 mins

Serves 12

200g bananas, ripened and mashed
100g self-raising flour
100g almond flour
2 eggs
60ml water
2 tsp. sweetener
100ml unsweetened apple juice
1 tsp. vanilla extract
1 tsp. cinnamon
2 tsp. baking powder

Nutritional

Value (per serving)

Calories 78
Total Fat 1.9g
Saturated Fat 0.2g
Carbohydrates 14.8g
Fibre 0.8g
Protein 2.6g

Banana Muffins

Preheat oven to Gas Mark 5 or 175°C.

Grease a muffin tin or place muffin liners on a baking tray.

Mix all the dry ingredients (the self-raising flour, almond flour, sweetener, cinnamon, and baking powder).

Add all the wet ingredients (the bananas, eggs, water, apple juice, and vanilla extract).

Mix them together thoroughly.

Put the resultant mixture in the muffin tins so that each one is half full.

Bake for 20 minutes, and allow to cool before serving.



Prep Time | 5 mins
Cooking Time | 5 mins

Serves 1

2 eggs

20ml semi-skimmed milk

Salt and freshly ground black pepper
to taste

One slice of rye bread, toasted

Nutritional

Value (per serving)

Calories 238

Total fat 11.4g

Saturated Fat 3.2g

Carbohydrates 19g

Fibre 1.9g

Protein 17.6g

Scrambled Eggs on Rye Bread

Whisk the eggs in a jug, gradually pouring in the milk at the same time. Season with salt and pepper to taste.

Add the mixture to a non-stick pan.

Using a whisk, keep the eggs moving in the pan for 2-3 minutes until cooked through and set.

Serve on the toasted rye bread and season to taste.



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 12

200g almond flour
2 tsp. baking powder
100g butter, melted
4 eggs
80ml water
80ml liquid artificial sweetener
Pinch of salt

Nutritional

Value (per serving)

Calories 113
Total Fat 10.7
Saturated Fat 5
Carbohydrates 2.1g
Fibre 0.5g
Protein 3.1g

Almond Cupcakes

Preheat oven to Gas Mark 5 or 175°C.

Line a baking tray with cupcake cases.

Sift the baking powder and sweetener into a large mixing bowl.

Sift in the almond flour, ensuring there are no lumps.

Beat the eggs in a separate jug and gradually add the butter and water.

Gradually pour the egg mixture onto the dry flour mixture bit by bit, stirring as you pour.

If the mixture begins to look a little curdled, just add a little more almond flour.

Spoon the mixture in to the cupcake cases and bake in a hot oven for 15 minutes.

Allow to cool before serving.



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

6 large eggs
100g mushrooms, finely chopped
1 spring onion, finely chopped
50g mozzarella cheese
1½ tbsp. semi-skimmed milk
2 tbsp. olive oil
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 213
Total fat 16.2g
Saturated Fat 4.5g
Carbohydrates 2.9g
Fibre 0.7g
Protein 13.3g

Mushroom Omelette

Put a large frying pan over a medium heat, and add the olive oil.

When the oil is hot, drop in the spring onion. Sauté the spring onion for 2 minutes, or until soft.

Whisk the eggs and milk, then season the mixture with salt and pepper. Add the mozzarella cheese, and fry the egg mixture over a medium heat for 4 minutes.

As it's cooking, sprinkle the mushroom chunks on top of the egg mixture.

Wait until the mixture is cooked through and the top has become solid. If you are having trouble cooking the top of the omelette, or if it's especially thick, place it under the grill for 2-3 minutes.

(Alternatively, split the mixture into four smaller portions and make four separate omelettes.) Slide the omelette out of the pan and onto a plate, then it's ready to eat. If you like, fold it over, cut it into four servings, and tuck in.

Serves 4

200g spinach

8 large free range eggs

½ tbsp. vegetable oil

Himalayan sea salt and black pepper,
to taste

Nutritional

Value (per serving)

Calories 151

Total fat 10g

Saturated Fat 3g

Carbohydrates 10g

Protein 9g

Fibre 6.4g

Poached Eggs on Spinach

Prep Time | 5 minutes

Cooking Time | 15 minutes

Fill a saucepan to roughly half way with water, and place it over a medium heat until it begins to boil.

When the water is boiling, crack the egg and pour it into the saucepan, ensuring that it's fully submerged.

The egg will take 1-2 minutes to poach.

Whilst the eggs are poaching, cook the spinach in a frying pan with a little olive oil for 3 minutes. Place the wilted spinach on a serving plate, topped with egg.

Breakfast is served!





Prep Time | 5 mins
Cooking Time | 5 mins

Serves 1

4 cherry tomatoes on the vine
Large flat Portobello mushroom
1 tsp. olive oil and seasoning to taste
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

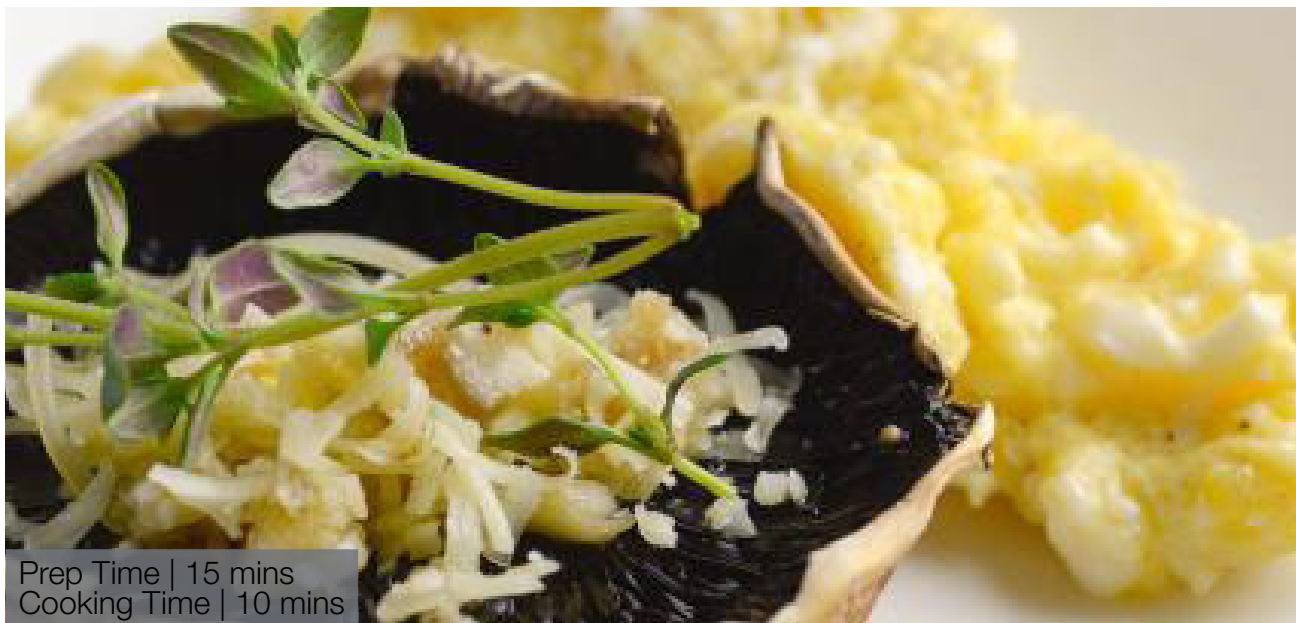
Calories 12
Total fat 0g
Saturated Fat 0g
Carbohydrates 2g
Fibre 0.1g
Protein 0.4g

Roasted Tomatoes on Mushrooms

Put the mushroom and the tomatoes under the grill. For ease and flavour, leave the tomatoes on the vine.

Leave until cooked, turning the mushroom when required.

Add salt and pepper to taste, and serve drizzled with olive oil.



Prep Time | 15 mins
Cooking Time | 10 mins

Serves 2

2 Portobello mushrooms
1 tsp. garlic, finely chopped
1 tbsp. cheddar cheese, finely grated
1 tsp. dried thyme or rosemary
4 tsp. olive oil
2 large eggs
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 184
Total Fat 15.8g
Saturated Fat 3.4g
Carbohydrates 7.4g
Fibre 0.2g
Protein 8.5g

Mushroom Surprise

Preheat the oven to 200°C/Gas Mark 6.

Place the mushrooms on a baking tray lined with foil.

Sprinkle the mushrooms with the garlic, salt and pepper to taste.

Bake for up to 10 minutes or until tender.

In the mean time, whisk the eggs in a bowl and flavour with salt and pepper to taste.

Heat the olive oil in a frying pan and over a low to medium heat and cook the egg. Stir gently while cooking until the egg has cooked through and set.

When the mushrooms are cooked, spoon half of the egg mixture over each mushroom. Sprinkle with cheese and the thyme/rosemary. Serve immediately.



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 4

4 eggs

75g grated cheddar cheese

2 slices of ham, cut into small pieces

290g fresh spinach, finely chopped

Nutritional

Value (per serving)

Calories 133

Total fat 7.8g

Saturated Fat 2g

Carbohydrates 3.6g

Fibre 1.9g

Protein 12g

Spinach Surrender

Preheat the oven to Gas Mark 6 or 200°C.

Place the beaten eggs, cheese, diced ham, and chopped spinach in a bowl and mix well.

Place in an ovenproof flat dish and bake in the preheated oven for 25 minutes.

Remove the dish from the oven and allow to cool before cutting into 4 slices.

Serve with a salad of your choice and enjoy!



Serves 4

100g self-raising flour
100g almond flour
200g vegetarian cheddar cheese,
finely grated
2 large free range eggs
200ml semi-skimmed milk
50g butter
3 tsp. baking power
½ tsp. salt
Pinch of freshly ground pepper

Nutritional

Value (per serving)

Calories 510
Total fat 36g
Saturated Fat 20.9g
Carbohydrates 30.6g
Fibre 1.2g
Protein 20g

Cheddar Muffins

Heat the oven to Gas Mark 7 or 425°C and place 12 muffin cases on a baking tray.

Sift the self-raising flour and baking powder into a mixing bowl, then add the almond flour, cheese, salt, and pepper.

Melt the butter in a pan, and allow it to cool slightly.

Mix the eggs and milk together in a separate bowl, and slowly add the butter. Keep whisking until the mixture is all the same colour.

Gradually pour the liquid mixture into the dry mixture, and whisk until it is all of the same consistency. If the mixture looks curdled, add a small amount of flour until it returns to a smooth texture.

Divide the mixture into the 12 muffin cases and place in the preheated oven. Bake on the middle shelf for 15 minutes. Allow to cool before serving.



Prep Time | 5 mins
Cooking Time | 10 mins

Serves 4

4 large eggs
2.5 tbsp. milk
400g pork sausage, sliced thinly
½ tbsp. olive oil

Nutritional

Value (per serving)

Calories 430
Total fat 35g
Saturated Fat 10.8g
Carbohydrates 0.8g
Fibre 0g
Protein 25.8g

Scrambled Egg & Sausage

Put the oil in a griddle pan over a medium heat and brown the sausage pieces. This should take 3-4 minutes.

Whisk the eggs and milk together.

Add this mixture to the sausage.

Place on a serving plate and enjoy.



Prep Time | 5 mins
Cooking Time | 10 mins

Serves 4

4 free-range eggs
25g unsalted butter
50g vegetarian cheddar cheese,
grated
1 slice ham, finely chopped
Salt and freshly ground black pepper
to season

Nutritional

Value (per serving)

Calories 178
Total fat 14.3g
Saturated Fat 7.9g
Carbohydrates 1.8g
Fibre 0.1g
Protein 10.6g

Ham & Cheese Omelette

Place the eggs, cheese, and chopped ham together in a bowl, and whisk them together. Season to taste with salt and freshly ground black pepper.

Heat the butter in a frying pan until it foams slightly. Then, pour in the egg mixture, and cook for 2-3 minutes until the bottom of the omelette is solid.

Over a high heat, cook the omelette for a further 30 seconds, or until it takes on a golden brown colour at the bottom.

Fold the omelette in half, then remove the pan from the heat, and tilt it slightly to move the omelette to the edge of the pan.

Slide the omelette onto a serving plate.

Serve with a side of vine tomatoes and enjoy!



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

4 free-range eggs

100g smoked salmon

75g butter

Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 234

Total fat 20.9g

Saturated Fat 11.4g

Carbohydrates 1g

Fibre 0g

Protein 10.5g

Smoked Salmon & Poached Eggs

Fill a saucepan with water to roughly half way, then place it over a medium heat until it begins to boil.

When the water is boiling, crack the egg, and pour it into the saucepan, ensuring that it's fully submerged.

It will only take 1-2 minutes to poach, so keep an eye on the colour of the yolk. If it goes too pale, it won't be runny.

Place a poached egg beside some smoked salmon and season with salt and freshly ground pepper to taste.



Serves 4

8 rashers of smoked bacon, rind removed

4 free-range eggs

12 cherry tomatoes, halved

2 tsp. balsamic vinegar

2 tbsp. olive oil

Salt and freshly ground black pepper to taste

Nutritional

Value (per serving)

Calories 273

Total fat 19.1g

Saturated Fat 5.5g

Carbohydrates 13.5g

Fibre 3.3g

Protein 14.4g

Bacon, Eggs & Tomatoes

Heat a tablespoon of olive oil in a frying pan over medium heat. Add the bacon, and cook for 2 minutes until lightly browned, then turn the bacon over and fry on the other side for another 2 minutes.

Add the tomatoes to the pan with the bacon, and season generously with black pepper.

Cook the tomatoes for a minute until they're just beginning to soften, turning them once.

Put the eggs and the remaining olive oil in a frying pan, and cook over a medium heat.

Place some bacon and tomatoes on four plates.

Spoon a fried egg on each plate, season with some pepper, and tuck in.



Prep Time | 10 mins

Serves 4

100g raspberries
100g apples, cored and diced
1 medium-sized banana
500ml cold skimmed milk
250ml plain low-fat yoghurt

Nutritional

Value (per serving)

Calories 156.7
Total fat 1.1g
Saturated Fat 0.6g
Carbohydrates 30.2g
Fibre 3.6g
Protein 13.5g

Raspberry & Apple Smoothie

Place the raspberries, apples, banana, milk, and yoghurt in a blender and whizz.
Serve immediately.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

150ml water

50g quinoa

300ml cold semi-skimmed milk

2 tsp. sweetener

½ tsp. vanilla essence

200g strawberries

Nutritional

Value (per serving)

Calories 111

Total fat 2g

Saturated Fat 0.7g

Carbohydrates 17.6g

Fibre 1.5g

Protein 6.9g

Strawberry & Quinoa Glory

Add 150ml of water to the quinoa and bring to the boil. Lower the heat and simmer for 15 minutes.

Remove from the hob and place to one side.

Blend the milk, quinoa, sweetener, vanilla essence, and strawberries until they are completely smooth.

Serve in a tall glass and enjoy!



Prep Time | 10 mins

Serves 4

400g strawberries
400ml soya milk, unsweetened
1 tbsp. runny honey
½ tsp. vanilla essence
1 banana, sliced

Nutritional

Value (per serving)

Calories 106
Total fat 2.1g
Saturated Fat 0.2g
Carbohydrates 19g
Fibre 3.4g
Protein 4.4g

Strawberry Milkshake

Place the strawberries, soya milk, honey, vanilla essence, and banana in a blender. Whizz until smooth and enjoy!



Prep Time | 10 mins

Serves 1

100ml semi-skimmed milk
100g blueberries
50ml low-fat plain yoghurt
2 tsp. sweetener
2 tsp. vanilla extract

Nutritional

Value (per serving)

Calories 126
Total fat 2g
Saturated Fat 0.9g
Carbohydrates 23g
Fibre 2.4g
Protein 5g

Blueberry Smoothie

Whizz the milk, blueberries, yoghurt, sweetener, and vanilla essence in a blender. The smoothie is now ready to serve and enjoy.



Prep Time | 10 mins

Serves 4

400ml semi-skimmed milk

100g raspberries

200ml low-fat plain yoghurt

1 tsp. Stevia sweetener

1 tsp. vanilla essence

Nutritional

Value (per serving)

Calories 89

Total fat 1.5g

Saturated Fat 1g

Carbohydrates 11g

Fibre 1.6g

Protein 6.2g

Raspberry Smoothie

Whizz the milk, raspberries, yoghurt, sweetener, and vanilla essence in a blender.

The smoothie is now ready to serve and enjoy.



Prep Time | 5 mins
Cooking Time | 15 mins

Serves 2

400ml semi skimmed milk
300ml water
2 tbsp. agave nectar
1 tsp. ground cinnamon
70g quinoa
50g blackberries

Nutritional

Value (per serving)

Calories 300
Total Fat 5.7g
Saturated Fat 2.2g
Carbohydrates 50g
Fibre 4.8g
Protein 12g

Blackberry Porridge

Put the milk, water, agave nectar, and cinnamon in a saucepan, then place over a medium heat, and bring to the boil.

When the liquid reaches boiling point, lower the heat and add the quinoa.

Cook the quinoa for 10-12 minutes. When cooked, quinoa grains quadruple in size and become almost translucent. When this is done, take the pan off the heat and stir in the blackberries.

Divide among 4 bowls.

Breakfast is now ready to eat!



Prep Time | 5 mins
Cooking Time | 5 mins

Serves 2

4 eggs

5 tbsp. double cream

120g cheddar cheese, grated

Salt and pepper to taste

20ml olive oil

Tomatoes to garnish

Nutritional

Value (per serving)

Calories 575

Total Fat 44.9g

Saturated Fat 19.7g

Carbohydrates 13.1g

Fibre 0g

Protein 29.4g

Cheese Omelette

Beat the eggs in a bowl with a whisk for 3 minutes.

Then fold in the cream and cheese and season to taste with salt and pepper to complete the omelette mixture.

Pour the olive oil into a frying pan and place over a medium heat, then add the omelette and cook for 3 minutes.

Serve with tomatoes and an additional sprinkle of freshly ground pepper!



Prep Time | 25 mins
Cooking Time | 20 mins

Serves 12

200g oats
200g barley flakes
50g sunflower seeds
25g sesame seeds
25g desiccated coconut
200ml water
4 tbsp. agave nectar
1 tbsp. olive oil
1 tsp. vanilla extract
1 tsp. ground cinnamon
25g dried cranberries
25g raisins
50g chopped walnuts
25g dried banana chips

Nutritional

Value (per serving)

Calories 246
Total Fat 10.5g
Saturated Fat 2.6g
Carbohydrates 34g
Fibre 6.2g
Protein 5.6g

Fruit & Nut Muesli

Preheat the oven to Gas Mark 5, or 190°C. Combine the oats, barley flakes, sunflower seeds, sesame seeds and desiccated coconut in a big bowl.

Mix together the water, agave nectar, olive oil, vanilla extract and ground cinnamon in a saucepan, and heat this mixture over a medium heat until it is hot.

Pour this mixture over the oat and barley mixture, and coat evenly.

Transfer the muesli to a 15 x 10 x 1 inch baking pan coated which has been lined with baking parchment. Bake the muesli for 20 minutes, ensuring that it is a light brown colour.

Once the muesli is cooked, put it on a wire rack to cool.

Stir in the dried cranberries, raisins, chopped walnuts, and dried banana chips.

You can store this muesli for up to 2 weeks in an airtight container.

Serves 6

100g almonds
100g pecans
100g walnuts
50g butter
2 tbsp. agave nectar
100g desiccated coconut
50g pumpkin seeds
50g sunflower seeds
60ml water
25g carob pieces
Greek-style yoghurt or blueberries (optional)

Nutritional

Value (per serving)

Calories 621
Total Fat 57.5g
Saturated Fat 18.3g
Carbohydrates 20.1g
Fibre 8.6g
Protein 13g

Morning Granola

Prep Time | 5 minutes

Cooking Time | 25 minutes

Preheat the oven on Gas Mark 4 or 180°C.

Chop the nuts into small pieces (doesn't have to be an exact size). For the almonds, you can use a food processor, but, due to their relative softness, it's best to chop the pecans and walnuts by hand.

Heat the butter or coconut oil in a small saucepan until melted, and then mix in the agave nectar.

Place the freshly chopped nuts, desiccated coconut, pumpkin seeds, and sunflower seeds together in a large bowl. Pour in the water and the butter/agave nectar syrup.

Line a baking tray with baking parchment, then press the entire mixture into the baking tray. If it doesn't taste sweet enough you can add a bit more agave nectar.

Bake for 25 minutes, stirring a couple of times during cooking.

The mixture should be a golden brown colour when it's cooked.

Add the carob pieces when the granola has cooled. You can enjoy the granola with Greek style yoghurt or blueberries!





Prep Time | 10 mins
Cooking Time | 10 mins

Serves 6

200g firm tofu
2 tbsp. vegetable oil
1 small onion, chopped
1 small green bell pepper, finely chopped
1 small red bell pepper, finely chopped
¼ tsp. ground coriander
¼ tsp. ground cumin
½ tsp. ground turmeric
400g tin black beans, rinsed and drained
Salt and freshly ground pepper to taste
4 tortillas toasted on a griddle

Nutritional Value (per serving)

Calories 260
Total Fat 7.8g
Saturated Fat 0.3g
Carbohydrates 37.5g
Fibre 5.4g
Protein 9.5g

Scrambled Tofu with Tortilla

Put the firm tofu on a kitchen towel to soak up the liquid, and then mash it with a fork.

Heat the oil in a large frying pan over a medium heat, and then fry the onion and the bell peppers for 3 minutes.

Mix in the ground coriander and ground cumin, and cook for another minute.

Stir in the tofu, turmeric, and black beans, and then cook for 2-3 minutes.

Finally, sprinkle with salt and pepper to taste. Fill a tortilla with the scrambled tofu, roll it up and tuck in!



Prep Time | 5 mins
Cooking Time | 5 mins

Serves 6

200g oats
75g cup flax seed
25g sliced almonds
2 tsp. cinnamon
Pinch of salt
100ml unsweetened orange juice
2.5 tbsp. agave nectar
2 tsp. olive oil
2 tsp. vanilla extract
50g dried cranberries
Plain yogurt or milk, optional

Nutritional

Value (per serving)

Calories 303
Total Fat 12.6g
Saturated Fat 1.4g
Carbohydrates 35.6g
Fibre 5.8g
Protein 9.3g

Sunshine Granola

Preheat oven to Gas Mark 4, or 180°C.

Combine the oats, flax seed, sliced almonds, cinnamon, and salt in a large bowl and place to one side.

Mix together the unsweetened orange juice, agave nectar, and olive oil in a small saucepan.

Bring this mixture to the boil, stirring throughout. Remove from the heat and stir in the vanilla extract. Pour onto the oat mixture and stir well.

Line a 15x10x1-inch baking tray with baking parchment and bake the granola for 20 minutes, ensuring that it's golden brown. Stir every 5 minutes or so to ensure the mixture does not burn.

Cool on a rack and then mix in the cranberries.

Serve with plain yoghurt or milk.



Serves 2

4 eggs
200g tenderstem broccoli
2 tbsp. olive oil
75g diced bacon
50g rocket
200g chestnut mushrooms, sliced
Salt and freshly ground pepper to taste.

Nutritional

Value (per serving)

Calories 402
Total fat 30.2g
Saturated Fat 4.5g
Carbohydrates 5.7g
Fibre 3.8g
Protein 26.4g

Tenderstems, Eggs & Bacon

Fill a saucepan with water and bring to the boil. Turn down the heat, and pop in the eggs for 7 minutes to hard boil. After 6 minutes, add the tenderstems, and cook the eggs and the tenderstems together for the last minute. When cooked, drain the tenderstems and place to one side.

Once the eggs are cooked, place them in a pan of cold water for 3 minutes, then remove their shells and slice into halves.

Place a tablespoon of olive oil in a frying pan over a high heat. Wait for the olive oil to heat up a bit, then lower the heat and fry the bacon pieces for 4 minutes.

Pop the other tablespoon of olive oil in a frying pan over a medium heat, and fry the mushrooms for 3 minutes.

To plate up, place some tenderstems and some rocket on a plate. Pile on the bacon pieces, slices of egg, and mushrooms. Your meal is ready to enjoy!



Serves 6

120ml hot Earl Grey tea
175g sultanas
100g dried figs, chopped
100g dried prunes, chopped
Butter, for greasing
2 tbsp. vegetable oil
120g Stevia
2 eggs, beaten
100g plain flour
125g almond flour
1.5 tsp. baking powder
2.5 tsp. mixed spice

Nutritional

Value (per serving)

Calories 383
Total fat 18g
Saturated Fat 2g
Carbohydrates 39g
Fibre 5g
Protein 5.4g

Fruit Tea Loaf

Put the tea, sultanas, chopped figs, and chopped prunes in a bowl and mix them together thoroughly. Leave to stand for 30 minutes.

Preheat the oven to Gas Mark 5 or 190°C. Grease a 900g loaf tin with some butter and line with baking parchment.

Put the Stevia, eggs, and oil in a large bowl and beat for 3 minutes. Throw in the plain flour, almond flour, baking powder, and mixed spice, then mix thoroughly.

Place the mixture into the greased loaf tin, and use a spoon to smoothen the surface.



Serves 4

200g millet
400ml water
75g raisins
1 tsp. cinnamon
1 tsp. vanilla extract
300ml unsweetened almond milk
1 tbsp. agave nectar
50g sunflower seeds
100g walnuts, chopped roughly
100g raspberries
A few sprigs of fresh mint for garnish

Nutritional

Value (per serving)

Calories 535
Total Fat 26.1g
Saturated Fat 2.4g
Carbohydrates 64.5g
Fibre 9.8g
Protein 13.2g

Fruity Millet Raisin Breakfast

Put the millet and the water into a medium-sized saucepan and bring the mixture to the boil.

Place the raisins in the pan, taking care not to splash the hot water, and lower the heat slightly. Place the lid on the saucepan and allow to simmer until the water has been absorbed. Turn off the heat and leave to cool for 10 minutes.

Mix in 200ml of the almond milk and add the vanilla extract, cinnamon and the agave nectar.

Turn the heat back on for around a minute, or until the almond milk has been absorbed and the mixture is creamy.

Divide the mixture into four bowls and sprinkle with the walnuts, sunflower seeds, raspberries and sprig of mint.

Serve with a dash of almond milk and enjoy!



Prep Time | 20 mins

Serves 4

200g strawberries, sliced

200g blueberries

400ml Greek yoghurt

200g blackberries

FOR THE FRUIT COULIS:

150g raspberries

1 tbsp. agave nectar

Nutritional

Value (per serving)

Calories 226

Total Fat 12g

Saturated Fat 4g

Carbohydrates 28g

Fibre 7.7g

Protein 6.2g

Berry Yogurt Breakfast

Using a fork, mash the raspberries, then mix with two tablespoons of agave nectar to make a fruit coulis. Sieve the mixture if you prefer a finer coulis.

Divide the slices of strawberries into four bowls until they are around a third full.

Mix the fruit coulis with the yoghurt and pour onto the strawberries.

Layer with the blueberries and the blackberries.

Garnish with a sprig of mint.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

100g barley flakes
100g bran flakes
50g almonds, roughly chopped
50g pecans, roughly chopped
50ml water
2 tbsp. agave nectar
1 tbsp. olive oil
Milk and blueberries to garnish

Nutritional

Value (per serving)

Calories 318
Total Fat 19.7g
Saturated Fat 2.1g
Carbohydrates 49.1g
Fibre 10.9g
Protein 8.3g

Barley Muesli with Nuts & Berries

Preheat the oven to Gas Mark 3 or 160°C.
Crush the bran flakes up and mix with the barley flakes, almonds, and pecans in a big bowl.

Combine the agave nectar with the olive oil and water in a small saucepan. Bring this mixture to the boil and boil for 3 minutes, stirring throughout. Then pour this syrup onto the muesli and mix well.

Line a baking tray with baking parchment and pour the mixture onto it.

Bake in the pre-heated oven for 15 minutes, stirring every 5 minutes.

If the muesli seems to be drying out, remove it from the oven, or it will harden when it cools. Serve with a dash of milk and blueberries.



Prep Time | 20 mins
Cooking Time | 25 mins

Serves 4

50g slivered almonds (soak almonds overnight in water; remove the skin and cut the softened almonds into fine slices)

100g quinoa

200ml water

300ml half fat coconut milk

2 tbsp. agave nectar

2 tsp. cinnamon powder

75g pitted dates, roughly chopped

Nutritional

Value (per serving)

Calories 297

Total Fat 11.8g

Saturated Fat 4.3g

Carbohydrates 44g

Fibre 5.4g

Protein 7.2g

Coconut & Almond Quinoa Porridge

Put the quinoa in a saucepan with the coconut milk and water and bring the mixture to the boil.

Once it has boiled, lower the heat and simmer for 15 minutes until the liquid has been absorbed.

Then add in the agave nectar, cinnamon powder and the dates and spoon into four bowls.

Serve with slivers of almonds.



Prep Time | 15 mins

Serves 4

300g dry polenta

300ml semi-skimmed milk

300ml low fat single cream

450ml water

2 tbsp. agave nectar

Nutritional

Value (per serving)

Calories 212

Total Fat 1g

Saturated Fat 0.5g

Carbohydrates 46g

Fibre 5g

Protein 5.5g

Creamy Polenta Porridge

Boil the water and milk in a medium saucepan.

Place the polenta in the pan, lower the heat and stir continuously until the liquid has been absorbed.

Place the cream in the pan and stir in the agave nectar to sweeten the porridge.

Serve with a garnish of berries of your choice. Blueberries, strawberries or even slices of banana go wonderfully.



Prep Time | 10 mins

Serves 4

1 small courgette, cut into ½ inch cubes
 1 onion, chopped finely
 Half a broccoli, cut into small florets
 ½ red bell pepper, seeded and diced into ½ inch pieces
 ½ yellow bell pepper, seeded and diced into ½ inch pieces
 1 red onion, diced into ½ inch pieces
 5 eggs, beaten
 2 tbsp. olive oil
 80ml skimmed milk
 100g vegetarian mozzarella, finely grated
 1 tsp. dried oregano
 1 tsp. dried thyme

Nutritional

Value (per serving)

Calories 247
 Total Fat 15g
 Saturated Fat 3.5g
 Carbohydrates 16.7g
 Fibre 4.7g
 Protein 12.2g

Herby Vegetable Frittata

Preheat the oven at Gas Mark 5 or 190°C. Pour the olive oil in a medium frying pan over a moderate heat.

Once the oil is hot, drop in the onions, courgette, broccoli and the red and yellow pepper. Fry them for around 5 minutes, or until softened.

Put the eggs in a bowl and mix the milk and cheese into the frying pan.

Season the egg mixture with oregano, thyme, salt and pepper.

Stir the vegetable mixture into the egg mixture. Place it all in an ovenproof dish and bake for 25 minutes.

Serve hot or cold.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

200g Italian sausages

4 free range eggs

200g baby spinach leaves

Juice of half a lime

2 tbsp. olive oil (used separately)

Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 316

Total Fat 25.4g

Saturated Fat 7.1g

Carbohydrates 3.9g

Fibre 1.2g

Protein 24.7g

Sausage with Eggs & Spinach

Boil the eggs in a pan of water over a high heat. Bring the water to a rolling boil (rapid boiling with lots of bubbling), then remove the pan from the heat and put the lid on. Leave the eggs in the saucepan for 5 to 10 minutes, depending on how soft or hard boiled you want them to be.

Remove them from the water and then tap them with a spoon or knife to crack the shell, peel it off, dice them, and put them to one side. Slice the sausages into chunks and fry them on a medium-high heat with a tablespoon of olive oil, stirring frequently until golden on all sides.

Roughly chop the spinach, then put one tablespoon of olive oil in a wok or frying pan and set it on a low heat. Throw in the spinach leaves and wilt them for around a minute.

Place the eggs with the spinach and season with the salt and pepper. Mix them together and transfer them into bowls for serving.

Serve altogether, and savour with a squeeze of lime juice on top!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

150g Italian sausages
600g celeriac roots, grated
3 eggs
1 aubergine, sliced
2 tomatoes, sliced
Salt to taste
4 tbsp. butter

Nutritional

Value (per serving)

Calories 326
Total Fat 25.6g
Saturated Fat 11.9g
Carbohydrates 10.5g
Fibre 4.5g
Protein 20.8g

Sausage with Celeriac

Place a tablespoon of butter in a frying pan on a medium-high heat and slice the sausages. Put the sausage slices in the pan, and fry them, stirring frequently, until golden on all sides. This should take 10-12 minutes. Remove them from the frying pan and set to one side. Wash and peel the celery root, then grate the celeriac into a bowl. Crack the eggs, and mix with the celery root. It should be able to hold a shape in a spoon.

Place the 3 remaining tablespoons of butter in a frying pan over a medium heat. Once the butter has melted, shape the grated celeriac into patties and place in the pan and sprinkle with salt.

Cook for around 2 ½ minutes on one side, ensuring they have turned brown on the bottom. Flip them over and brown the other side.

Fry the aubergine on both sides till cooked. This will take around 1 minute on each side. The celeriac hash browns are now ready to serve with Italian sausage, aubergine and slices of tomatoes.

Yum!

Serves 4

FOR THE PEA PANCAKES:

400g frozen peas

2 tbsp. cornflour

2 free range eggs

4 tbsp. olive oil

Salt and freshly ground pepper to season

FOR THE SCRAMBLED EGGS:

4 free range eggs

75g butter

1.5 tbsp. chopped chives

Nutritional

Value (per serving)

Calories 481

Total Fat 39.2g

Saturated Fat 14.4g

Carbohydrates 18.8g

Fibre 5.5g

Protein 16.2g

Scrambled Eggs on Pea Pancakes

Preparation Time | 10 minutes

Cooking Time | 15 minutes

FOR THE PANCAKES:

Cover the peas with boiling water in a saucepan.

Bring the water to the boil and cook the peas for 3 minutes, then drain them in a colander and whizz them in a food processor along with the two eggs, cornflour, salt and pepper.

Make eight small pancake shapes with the purée using a spoon. They should be about half an inch thick. Heat some of the olive oil in a non-stick frying pan over a medium heat. Cook the pancakes for about two minutes on each side. Put the pancakes to one side in a covered oven proof dish.

FOR THE SCRAMBLED EGG:

Whisk the eggs in a large bowl and season with salt and pepper to taste.

Heat the butter in a pan on a gentle heat.

Once the butter is foaming, add in the eggs and stir thoroughly.

They will begin to cook immediately, but continue stirring so that they scramble and don't form a solid mass.

Once the eggs are cooked, place on the pea pancakes, which can be reheated in a preheated oven at Gas Mark 1 or 140°C for 1 minute or so if necessary.

Garnish with some chives and tuck in!



A close-up photograph of a white ceramic bowl filled with a light-colored soup. A slice of tomato is visible on the surface of the soup, and a garnish of finely chopped green herbs is scattered on top. The word "SOUP" is overlaid in a large, black, serif font on the right side of the image.

SOUP

A close-up photograph of a white ceramic bowl filled with a thick, orange-colored soup. In the foreground, a slice of light-colored bread with a porous texture is visible. The background is softly blurred, showing more of the bowl and the bread. The text 'UJPS' is overlaid in a large, black, serif font on the left side of the image.

UJPS



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

1.2L vegetable stock
½ tbsp. red Thai curry paste
2 tsp. sweetener
1.5 tbsp. soy sauce/coconut aminos
A carrot, cut into juliennes
Juice of half a lime
175g tofu, diced
30g baby spinach

Nutritional

Value (per serving)

Calories 66.3
Total Fat 2.1g
Saturated Fat 0.4g
Carbohydrates 6.9g
Fibre 1.1g
Protein 4.3g

Sweet & Sour Tofu Soup

Heat up the vegetable stock in a large pan and scoop in the red curry paste. Stir thoroughly over a medium heat until the paste has fully dissolved.

Add in the sweetener, soy sauce/coconut aminos, carrots, and lime juice.

Allow to simmer for 5 minutes.

Divide the tofu into four bowls and top with hot soup.

Garnish with spinach and enjoy!



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 2

1 onion, roughly chopped
1 large carrot, peeled and grated
1 tbsp. olive oil
A pinch of chilli flakes (optional)
1 tsp. cumin seeds
3 tbsp. red lentils (or puy)
1 x 400g tin chopped tomatoes
300ml vegetable stock
1 lime, juice and zest

Nutritional

Value (per serving)

Calories 174
Total fat 3g
Saturated fat 0.3g
Carbohydrates 28.3g
Fibre 5.6g
Protein 9.3g

Zesty Lentil Soup

Cook the onion and carrot in a little oil for 4 minutes until softened. Add the chilli flakes (if you want to include them) and cumin seeds. Cook for a minute and pop in the lentils, tomato and stock.

Simmer for 15-20 minutes until the lentils are soft.

Blitz briefly with a stick blender so you have a smooth texture.

Stir in the lime juice and zest before serving.



Serves 2

1-1.25kg ripe tomatoes
1 medium onion
2 garlic cloves
1 large carrot
2 celery sticks
2 tbsp. olive oil
2 tsp. tomato purée
2 bay leaves
1.2 litres hot vegetable stock
Fresh basil to garnish

Nutritional

Value (per serving)

Calories 312.5
Total fat 17.1g
Saturated fat 3.4g
Carbohydrates 35g
Fibre 9.1g
Protein 6.2g

Tomato Soup

Firstly, wash the tomatoes and cut each one into quarters slicing off any hard cores.

Peel the onion, garlic and carrot and chop them into small pieces. Chop the celery into roughly the same size pieces.

Add the olive oil into a large pan and heat it over a low heat. Add the onion, garlic, carrot and celery. Gently cook for approximately 10 minutes until the vegetables are softened.

To the vegetables, add the tomato purée, tomatoes and black pepper. Add the bay leaves and leave to simmer on a low heat for approximately 10 minutes until everything shrinks down in the pan and the juices are flowing. Stir frequently until the vegetables are thoroughly mixed together.

Slowly pour in the hot stock.

Turn up the heat and let the mixture bubble, then turn the heat down to low.

Replace the lid and cook gently for a further 25-30 minutes, stirring regularly.

When cooked, turn the heat off, give the soup a good stir and remove all of the bay leaves.

Slowly pour the mixture into a blender and blitz until smooth.

Serve with a sprinkling of torn basil leaves.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

150g watercress
2 rashers of pancetta or other bacon
20g butter
1 small potato, peeled, washed and diced
2 garlic cloves, peeled and finely chopped
1 l vegetable stock
1 tbsp. olive oil

Nutritional

Value (per serving)

Calories 108
Total fat 8.3g
Saturated Fat 3.2g
Carbohydrates 4.6g
Fibre 0.4g
Protein 1.8g

Watercress with Pancetta

Place the butter and olive oil in a pan with the onions and cook over a medium heat until the onions have softened, this should take 4 minutes.

Mix the potato, stock and garlic into the onion mixture.

Simmer the mixture for approx. 10 minutes, until the potatoes have softened.

Blend the soup to a fine consistency.

Fry the pancetta lightly and cut into small pieces.

Pop in the watercress to the mixture.

Remove the soup from the heat and blend once again until it has a smooth consistency.

Divide into 4 bowls and sprinkle with pancetta before serving!



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 2

175g tinned black beans, rinsed and drained

1.2l vegetable stock

1 tbsp. olive oil

An onion, finely chopped

3 garlic cloves, finely chopped

A stalk of celery, finely chopped

A carrot, finely chopped

2 tsp. oregano

1 tsp. freshly ground pepper

1 tsp. sea salt

Nutritional

Value (per serving)

Calories 201

Total fat 6.3g

Saturated Fat 0.5g

Carbohydrates 28.3g

Fibre 5.8g

Protein 5.4g

Black & Kidney Bean Soup

Boil the two types of beans in fresh water.

Then simmer for ten minutes and drain.

Heat the olive oil on medium heat and fry the onions for around 5 minutes. Add the vegetables, oregano, salt and pepper.

Mix in the beans and vegetable stock. Cover and cook for a further 10 minutes. You can eat the soup as it is or you can blend the soup so it is half pureed.

Garnish with parsley and tuck in!



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 4

50ml olive oil

An onion, finely chopped

3 garlic cloves, finely chopped

1 celery stick, finely chopped

1 courgette, roughly chopped

1 broccoli head, chopped

1.5 l vegetable stock

120g green beans, chopped

120g green peas

120g asparagus, trimmed and sliced
into inch long pieces

100g spinach leaves

Nutritional

Value (per serving)

Calories 205

Total fat 12g

Saturated Fat 1.7g

Carbohydrates 19g

Fibre 6.3g

Protein 5.9g

Thai Green Soup

Heat up the olive oil in a medium size saucepan.

Fry the onion, garlic and celery for 4 minutes.

Pop in the courgette and broccoli and cook for 5 minutes.

Pour the stock in and bring the entire mixture to the boil.

Simmer for a few minutes and stir in the green beans, peas, asparagus and spinach. Simmer for another 5 minutes until the vegetables are cooked through.

Season with salt and freshly ground black pepper.

Whizz in a blender and serve!



Prep Time | 10 mins
Cooking Time | 1 hour

Serves 4

1 fresh whole small chicken, with giblets removed
3 leaves
2 tbsp. of herbs (rosemary, thyme, sage, marjoram)
2 garlic cloves, finely chopped.
6 celery stalks, sliced.
2 onions, finely chopped
Salt to taste.
Juice of 1 fresh lemon

Nutritional

Value (per serving)

Calories 463
Total fat 31.3g
Saturated Fat 8.9g
Carbohydrates 3.4g
Fibre 1.2g
Protein 45g

Chicken Soup

Place the whole chicken in a large enough saucepan to cover fully and submerge the chicken in water.

Place the herbs in a sachet of cheesecloth and put in the pan with the chicken; so you can remove the sachet easily once the herbs have flavoured the water and created a stock. Bring the stock to the boil; lower heat and simmer for 45 minutes until the chicken easily pulls away from the bone.

Take the sachet of herbs and the chicken out of the stock. Tear off a third to one half of the meat and shred it, depending on how much you want to garnish the soup with. Put this meat to one side.

Skim any surface fat off and add the vegetables and lemon juice to the broth.

Remove the remaining meat from the bones, break it up and place back into the stock and cook for another 15 minutes.

Remove from heat and whizz in a blender. Spoon into bowls and garnish with the cooked shredded chicken you put aside earlier.



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 2

200g dried porcini mushrooms
200g Portobello mushrooms
200g chestnut mushrooms
3 tbsp. olive oil
3 garlic cloves
1 medium onion
1l vegetable or chicken stock
Juice of a lemon
Bunch of fresh thyme
Sea salt
10g freshly ground black pepper
Freshly chopped parsley

Nutritional

Value (per serving)

Calories 314
Total fat 46g
Saturated fat 12g
Carbohydrates 29.5g
Fibre 32g
Protein 16.5g

Mushroom Soup

Soak the dried porcini mushrooms in water for 30 minutes or according to packet instructions.

Chop the mushrooms and onion into small pieces. Put 1 tablespoon of olive oil into a large pan. Mix in the chopped onion and crushed garlic.

Allow to cook down for approximately 10 minutes. Pop the mushrooms into the pan and cover with the remaining olive oil, cook for a further 10 minutes until the mushrooms release their juices.

Remove the fresh thyme from the stalks and add with the freshly ground black pepper and chicken stock, cover and cook for 20 minutes. Blitz with a stick blender so you have a smooth texture.

Add a squeeze of lemon juice.

Check for seasoning and add extra salt and pepper if it is needed.

Serve and dress with fresh chopped parsley.



Prep Time | 15 mins
Cooking Time | 1 hour 10 mins

Serves 4

250g stewing lamb
200g pearl barley (soaked overnight)
2 big carrots, diced
1 medium white onion, diced
1 leek, diced
1 small swede, diced
1 carrot, diced
1 tbsp. tomato puree
1 tsp. salt
¼ tsp. white pepper
¼ tsp. ground coriander
1l vegetable stock
1l cold water
1 tbsp. olive oil

Nutritional

Value (per serving)

Calories 621
Total Fat 57.5g
Saturated Fat 18.3g
Carbohydrates 20.1g
Fibre 8.6g
Protein 13.3g

Scotch Broth

Brown the lamb pieces in a large sauce pan on medium heat in a tablespoon of olive oil. Put the lamb in another big pan on a high heat and cover with water and add the vegetable stock. Pop in the onion, leek, swede, carrot and tomato puree.

Rinse the barley and put it in the pan along with the salt, pepper and ground coriander. Simmer the soup for an hour until the barley becomes soft and the soup is thick. Remove the lamb 20 minutes from the end. Let it cool a bit, remove the meat from the bones and discard the bones. Cut the lamb in to small pieces and return to the soup.

Add any more seasoning and water to the soup if necessary and serve.

Mmmm, delicious!



Prep Time | 15 mins
Cooking Time | 1 hour 10 mins

Serves 4

400g butternut squash, peeled diced
1 carrot, peeled and diced
1 small onion, finely chopped
1 celery stalk, finely chopped
750ml vegetable stock
2 garlic cloves, finely chopped
100ml skimmed milk
Salt and freshly ground pepper

Nutritional

Value (per serving)

Calories 73
Total fat 0.1g
Saturated Fat 0g
Carbohydrates 16.3g
Fibre 0.8g
Protein 2.2g

Butternut Squash Soup

Combine the butternut squash, carrot, celery, onion, garlic and vegetable stock in a big saucepan and bring to the boil.

Lower the heat and simmer for about 40 minutes, until the squash softens. Pour in the milk into the mixture and puree the soup in a blender.

Season with salt and pepper to taste and relish!



SAI



LEADS



Prep Time | 15 mins

Serves 4

4 large tomatoes
100g mozzarella cheese
5 garlic cloves, finely chopped
2 tbsp. extra virgin olive oil
3 tbsp. fresh basil, finely chopped
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 166.5
Total Fat 14g
Saturated Fat 5.5g
Carbohydrates 4g
Fibre 6.5g
Protein 1g

Tomato & Mozzarella Salad

Slice the tomatoes and the mozzarella and place in a bowl.

Add in the basil, garlic and olive oil and combine.

Season to taste and enjoy!



Prep Time | 10 mins

Serves 4

200g mixed salad, finely chopped
2 medium avocados, in small chunks
1 medium red onion, finely chopped
4 medium tomatoes on the vine, chopped
50g fresh parsley, finely chopped
2 tsp. dried oregano
2 tsp. extra virgin olive oil
Salt and ground black pepper to taste

Avocado Salad

Place all the ingredients together and mix thoroughly without mashing the avocados. Quite delicious and very quick!

Nutritional

Value (per serving)

Calories 201
Total Fat 16g
Saturated Fat 3.2g
Carbohydrates 14.2g
Fibre 10.2g
Protein 5.3g



Prep Time | 10 mins

Serves 4

400g tinned chickpeas, drained & rinsed

50g red cabbage, finely shredded

50g fresh garden peas

½ red onion, grated

2 cloves of garlic, finely chopped

1 tsp. dried oregano

2 tbsp. lemon juice

1 tbsp. red wine vinegar

2 tbsp. olive oil

Salt and freshly ground pepper to taste

Chickpea & Red Cabbage Salad

Combine all the ingredients together and mix well.

Then season to taste.

Nutritional

Value (per serving)

Calories 192

Total Fat 8.7g

Saturated Fat 0.9g

Carbohydrates 18.5g

Fibre 6.1g

Protein 8.7g



Serves 4

100g fresh green beans
100g fresh sugar snaps
50g finely sliced yellow summer squash
100g courgette, finely sliced
50g red onions, finely sliced
100g carrots, coarsely grated
2 small tomatoes, chopped into small cubes
4 tsp. of minced chives
2 tsp. of dried basil

Nutritional Value (per serving)

Calories 46.3
Total Fat 0.3g
Saturated Fat 0g
Carbohydrates 9.2g
Fibre 3.1g
Protein 2.1g

Summer Vegetable Salad

Boil two inches of water in a medium saucepan.

Add the green beans, sugar snaps yellow marrow, courgette and onions to the saucepan.

Lower the heat; cover the pan and simmer for 3 minutes, until the vegetables are crisp and tender.

Then drain the vegetables and rinse under cold water. Pat the vegetables dry. Place vegetables into a bowl with the remaining ingredients, including the vinaigrette. Stir in gently.

Place in the fridge until you need to serve the salad.



Prep Time | 10 mins

Serves 4

3 chicory heads, finely sliced
1 yellow bell pepper, finely sliced
1 red bell pepper, finely sliced
2 new potatoes, cooked and finely sliced
2 tbsp. of coriander, finely chopped
2 tsp. grainy mustard
1 tbsp. balsamic vinegar
2 tbsp. lemon juice
3 tbsp. extra virgin olive oil
Salt and freshly ground black pepper to season

Nutritional

Value (per serving)

Calories 179
Total Fat 14.5g
Saturated Fat 3.4g
Carbohydrates 10.9g
Fibre 3.2g
Protein 2.3g

Bell Pepper & Chicory Salad

Combine the lemon juice, balsamic vinegar and mustard. Then slowly stir in the olive oil. Season to taste.

Combine all the dry ingredients in a bowl. Add the vinaigrette and enjoy!



Serves 4

1 large head of romaine lettuce,
roughly torn
400g diced, cooked, skinless chick-
en breast
100g freshly grated parmesan
cheese
120ml low fat plain yoghurt
2 tbsp. fresh lemon juice
2 tsp. olive oil
1 tsp. Dijon mustard
2 cloves of garlic, finely chopped
1 tbsp. olive oil
50g stale bread cubes
Salt and freshly ground pepper to
season

Nutritional

Value (per serving)

Calories 411
Total Fat 19.5g
Saturated Fat 6.1g
Carbohydrates 16.3g
Fibre 3.8g
Protein 45g

Chicken Caesar Salad

Heat a griddle pan on low heat and add the olive oil.

Place the bread cubes in it and sauté.

Once the bread cubes are golden brown, season to taste.

Allow to cool.

Place the Romaine lettuce in a large bowl.

Put the chicken and croutons in it and sprinkle the cheese on top.

Combine the yoghurt, lemon juice, olive oil, Dijon mustard and garlic then mix well.

Then drizzle the dressing on to the salad.

Toss gently until combined.

Season to taste with freshly ground black pepper.



Prep Time | 20 mins
Cooking Time | 10 mins

Serves 4

4 salmon steaks, hot (smoked, skinned)
100g new potatoes, cooked and chopped (use celeriac if you are on a very low carb diet)
100g asparagus tips
2 tsp. parsley, finely chopped
2 tsp. mint leaves, finely chopped
2 spring onions, chopped
70g radishes
1.5 tbsp. lemon juice
75ml olive oil

Nutritional

Value (per serving)

Calories 363
Total Fat 29g
Saturated Fat 2.7g
Carbohydrates 7.1g
Fibre 1.6g
Protein 2.7g

Hot Smoked Salmon Salad

Half-fill a medium sized pan with water and bring to the boil.

Lower the heat, and pop the potatoes in.

Leave to cook for 7 minutes.

Place the asparagus tips in the same water for 2 minutes towards the end, adding a little more water if necessary.

Drain the water and wait for the potatoes and asparagus to cool.

Slice the asparagus, potatoes, salad, onions, radishes and herbs and put aside in a large bowl.

Mix the lemon juice and olive oil well in a small bowl to make a dressing.

Drizzle two thirds of the dressing onto the salad mixture and mix well.

Carefully flake the salmon in to the bowl and give the salad another mix.

Serve the salad with a side of asparagus.

For the final touch, drizzle with the rest of the dressing.



Prep Time | 5 mins
Cooking Time | 10 mins

Serves 4

400g asparagus, woody stems removed

220g cooked king prawns

80ml extra virgin olive oil

1 garlic clove, finely chopped

1 tbsp. fresh parsley, finely chopped

Juice of 1 lemon

Salt and black pepper to taste

Nutritional

Value (per serving)

Calories 219

Total Fat 18.6g

Saturated Fat 4.5g

Carbohydrates 4.1g

Fibre 2.4g

Protein 10.3g

Prawn & Asparagus Salad

Boil some water in a medium sized pan.

Boil the asparagus for 3 minutes. Drain the asparagus.

Put the prawns in the boiling water for 30 seconds. Place the prawns in a large bowl.

Slice the asparagus spears and place in the bowl with the prawns.

Add the remaining ingredients and mix together.



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

200g celeriac, peeled and cut into juliennes

200g small tomatoes, sliced thinly

200g fennel, chopped finely

Parsley to garnish

DRESSING

2 tbsp. balsamic vinegar

2 tbsp. olive oil

2 tbsp. Dijon mustard

Nutritional

Value (per serving)

Calories 101

Total Fat 6.3g

Saturated Fat 0.5g

Carbohydrates 9.2g

Fibre 2.2g

Protein 1.5g

Tomato & Celeriac Salad

Firstly, you need to cook the celeriac in boiling water for 10 minutes.

For the dressing, combine the lemon juice, balsamic vinegar and mustard.

Slowly stir in the olive oil and season to taste with salt and pepper.

In a big bowl, mix the celeriac, tomatoes and fennel together and add in the oil.

Garnish with some parsley and the salad is ready to serve.



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

100g black eyed beans, drained and rinsed

50g kidney beans, drained and rinsed

175g green beans, sliced

2 small onions, finely sliced

4 garlic cloves, minced

Salt and freshly ground pepper to season

Finely chopped fresh coriander to garnish

Nutritional

Value (per serving)

Calories 78

Total Fat 0.3g

Saturated Fat 0.2g

Carbohydrates 10.7g

Fibre 5g

Protein 4.1g

Bean Salad

Gently fry the onions in oil for 2 minutes. Add in the garlic and chilli and cook for a minute or so.

Blanch the green beans for 2 minutes in boiling water.

Then, drain and mix all the beans together in a big serving bowl. Place the onion mixture on top, mix together and season.

Garnish with coriander before serving!



Serves 2

FOR THE VINAIGRETTE

1 tbsp. rice wine

1 tbsp. sesame oil

1 tbsp. of lemon juice

FOR THE SALAD

1 green bell pepper, finely sliced

1 red bell pepper, finely sliced

1 orange bell pepper, finely sliced

1 small red onion

1 tbsp. parsley, finely chopped

Salt and freshly ground black pepper
to season

Nutritional

Value (per serving)

Calories 87

Total Fat 4.4g

Saturated Fat 0.6g

Carbohydrates 12.2g

Fibre 3.1g

Protein 1.6g

Three Pepper Salad

FOR THE VINAIGRETTE

Combine the rice wine, sesame oil, and lemon juice.

FOR THE SALAD

Mix the green bell pepper, red bell pepper, orange bell pepper, red onion, and parsley.

Add the vinaigrette you made earlier.

Season to taste with salt and pepper.

The salad is now ready to serve!



Prep Time | 20 mins

Serves 4

150g baby leaf spinach
150g watercress, minus their stalks
150g wild rocket
2 medium carrots, grated
100g cherry tomatoes, halved
1 small red bell pepper, finely sliced
100g tinned chickpeas, drained
2 tbsp. sunflower seeds, slightly
toasted
100g feta cheese, crumbled

Nutritional

Value (per serving)

Calories 179
Total Fat 9.9g
Saturated Fat 4.1g
Carbohydrates 13.1g
Fibre 4.8g
Protein 9.6g

Green Salad with Chick Peas & Tomatoes

Put the spinach, watercress, rocket, and grated carrots in a large bowl and combine them.

Mix in the halved cherry tomatoes and slices of red bell pepper.

Combine this with the chickpeas and sunflower seeds, then season with salt and freshly ground pepper, and some feta cheese if you wish!

The salad is now ready to serve!

Serves 2

1 courgette

150g bag rocket leaves

150g pack vegetarian feta cheese,
crumbled

20g chopped walnuts to garnish

Pomegranate seeds to garnish

Nutritional

Value (per serving)

Calories 284

Total Fat 22.4g

Saturated Fat 11.8g

Carbohydrates 6.8g

Fibre 1.8g

Protein 14.3g

Feta & Courgette Salad

Prep Time | 10 minutes

Use a potato peeler to peel the courgettes
into long ribbons.

Arrange the courgette and rocket on a large
platter.

Crumble the feta and scatter it, along with the
chopped walnuts and pomegranate seeds,
onto the greens.

The salad is now ready!





Prep Time | 15 mins
Cooking Time | 25 mins

Serves 4

3 tbsp. olive oil
1.5. cumin seeds
350g carrots, cut into small chip sized pieces
1 tbsp. agave nectar
250g tinned Puy lentils, drained and rinsed
1 red onion, finely chopped
Juice of a lemon
Salt and pepper to taste
3 small lettuces
Handful of fresh mint, chopped
100g feta cheese, crumbled

Nutritional

Value (per serving)

Calories 338
Total Fat 17.4g
Saturated Fat 5.4g
Carbohydrates 39.9g
Fibre 8.6g
Protein 13.5g

Feta & Carrot Salad

Preheat the oven to Gas Mark 6 or 200°C.

Mix 2 tablespoons of olive oil, the cumin seeds, and the carrots in a roasting tin. Roast the carrot mixture for 20 minutes and flip over 10 minutes into cooking, to ensure it's cooked on both sides. Then, pour on the agave nectar; toss the carrots, and roast for another 5 minutes.

Warm through the Puy lentils, red onion, lemon juice, a tablespoon of olive oil and salt and pepper to taste. Allow to cool slightly while the carrots finish cooking.

To plate up, fill the lettuce leaves with the dressed lentils and mint.

Lay warm spiced carrots on top of the lentils, scatter with feta, and serve!



Serves 4

1 red onion, finely sliced
2 chicory heads, leaves separated
120g bag watercress (remove the thick stalks)
2.5 tbsp. extra-virgin olive oil
1.5 tbsp. red wine vinegar
Salt and pepper to taste
150g feta cheese, crumbled

Nutritional

Value (per serving)

Calories 224
Total Fat 17.4g
Saturated Fat 7g
Carbohydrates 11g
Fibre 6.4g
Protein 9g

Feta & Chicory Salad

Place the slices of red onion in a large salad bowl.

Slice the chicory heads lengthways down the middle, removing the root, and then add the leaves to the salad bowl.

Decorate each plate with 5 chicory leaves in a star shape. Scatter on the watercress.

Mix together the olive oil, red wine vinegar, salt, and pepper to taste.

Drizzle the dressing on to the salad.

Sprinkle on the feta and serve straight away.

Serves 4

250ml water

250g cracked bulgur wheat

1.5 tbsp. extra virgin olive oil

1 small red onion, finely chopped

100g cherry tomatoes, halved

200g yellow summer squash

200g courgette

1 lemon and its zest

100g fresh mint, chopped

100g fresh parsley, chopped

Salt and freshly ground black pepper

Nutritional

Value (per serving)

Calories 326

Total Fat 6.1g

Saturated Fat 0.7g

Carbohydrates 56.5g

Fibre 14.4g

Protein 11.8g

Tangy Veg & Bulgur Salad

Prep Time | 10 minutes

Cooking Time | 15 minutes

Put the water in a saucepan and bring it to the boil.

Stir the bulgur and the boiling water together in a large bowl. Cover, and let stand until the liquid is absorbed. This should take around 30 minutes.

Pour the oil into a pan and place over a medium heat. When the oil is hot, fry the onion for 3 minutes. Add the tomatoes, squash, and courgette. Cook the vegetables for 7 minutes, ensuring that they're softened. Mix the vegetables into the bulgur along with the lemon juice, lemon zest, mint, parsley, and salt and pepper to taste.

Your salad is ready to serve!





Serves 4

FOR THE DRESSING

2 tsp. Dijon mustard
1.5 tbsp. red wine vinegar
3 tbsp. extra virgin olive oil
2 garlic cloves, minced
Zest of a lime

Salt and pepper

FOR THE SALAD

400ml water
120g quinoa
120g tinned lentils
2 spring onions, chopped
100g cherry tomatoes, halved
A handful of fresh coriander,
chopped

Nutritional

Value (per serving)

Calories 247

Total Fat 13g

Saturated Fat 1.7g

Carbohydrates 26.8g

Fibre 5g

Protein 7.6g

Lentil & Quinoa Salad

FOR THE DRESSING

Mix the Dijon mustard, red wine vinegar, and olive oil in a small bowl. Add in the garlic, lime zest, salt, and pepper, to finish the dressing.

FOR THE SALAD

Place 400ml of water in a medium-size saucepan along with the uncooked quinoa.

Bring the water to the boil, then lower the heat, and allow to simmer for 15 minutes.

Then, place the lentils in a saucepan of water, bring to the boil, lower the heat, and simmer for 5 minutes. Drain the lentils and place to one side to cool.

Combine the quinoa, lentils, spring onions, cherry tomatoes, and coriander in a salad bowl.

Drizzle on the dressing, toss the salad in the dressing and serve.



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 2

4 boiled eggs
150g of asparagus tips
300g of tuna steaks
1.5 tbsp. olive oil
100g mixed salad
200g sun dried tomatoes
25g flat leaf parsley, chopped finely
Juice and zest of a lemon

Nutritional

Value (per serving)

Calories 656
Total Fat 34g
Saturated Fat 6.6g
Carbohydrates 11g
Fibre 9.9g
Protein 63g

Tuna Nicoise

Put the eggs in a saucepan, cover them with water, and bring to the boil. Then, lower the heat and hard boil the eggs for 5-7 minutes.

In a griddle pan, add the asparagus and cook for 5 minutes until they are soft.

Place the asparagus to one side and run the eggs under cold water, then peel and slice into quarters.

Heat a griddle pan over a medium heat, then brush the tuna steaks with the olive oil, and cook for 3 minutes on each side.

Slice the tuna up and place on a plate with eggs, mixed salad, asparagus, and sun dried tomatoes.

Lay the parsley on top along with the lemon juice and its zest. The dish is now ready to serve.



Serves 4

200ml water
200g bulgur wheat
2 tbsp. extra virgin olive oil
1 tbsp. lemon juice
50g fresh parsley, chopped
25g fresh mint, chopped
2 medium tomatoes, diced
2 spring onions, chopped
Salt and pepper to taste
800g diced turkey pieces

Nutritional

Value (per serving)

Calories 295
Total Fat 12.1g
Saturated Fat 2.1g
Carbohydrates 40.3g
Fibre 8g
Protein 59.6g

Turkey & Bulgur Salad

Prep Time | 20 minutes

Cooking Time | 20 minutes

Chilling Time | 1 hour

Put the water in a saucepan and bring to the boil.

Mix together the bulgur wheat and boiling water, then place to one side for half an hour until the wheat has absorbed the water totally. Put the olive oil, lemon juice, parsley, mint, tomatoes, spring onions, salt, and pepper in a salad bowl, and mix together.

Add the diced turkey pieces and place them in the fridge for at least an hour before plating up.

Serve cold and enjoy!



Serves 4

600g smoked mackerel with crushed peppercorns

300g chargrilled red peppers in olive oil

8 hard boiled eggs, shelled and halved

400g green beans

100g pitted black olives

100g cherry tomatoes, halved

1 romaine lettuce heart, sliced

4 tbsp. olive oil

Juice of a lemon

Nutritional

Value (per serving)

Calories 796

Total fat 62.1g

Saturated Fat 14.8g

Carbohydrates 12.4g

Fibre 3.8g

Protein 46.5g

Smoked Mackerel Salad

Put the smoked mackerel in a bowl, and break it up into chunks.

Slice the peppers into strips, and mix in the mackerel.

Add in the eggs, beans, olives, and tomatoes. Toss the entire mixture.

Divide the lettuce among four plates and pop the mackerel on top.

Combine the olive oil and lemon juice and drizzle over the salad.

The dish is ready to serve.



Prep Time | 25 mins
Cooking Time | 15 mins

Serves 4

4 ripe avocados
Juice of 2 lemons
50g salted almonds, roughly chopped
2 spring onions, chopped
1 tbsp. basil, chopped
1 tsp. ginger, minced
800g white crab meat
Salt and pepper to taste
100ml olive oil
30ml white-wine vinegar
1. tsp Dijon mustard
2 small lettuces

Nutritional

Value (per serving)

Calories 627
Total Fat 86g
Saturated Fat 12g
Carbohydrates 30.1g
Fibre 15.7g
Protein 39.7g

Crab Salad

Peel the avocados, cover them with lemon juice, then dice them.

Mix the chopped almonds, spring onions, and basil together in a large bowl.

Pop in the ginger, crab meat, and avocados, then season with salt and pepper to taste.

Beat the olive oil, white-wine vinegar, and mustard together until they are thoroughly mixed to make a dressing. Then, place the crab meat mixture in the dressing, and toss everything.

For each serving, lay some lettuce leaves on the plate, and place a quarter of crab/avocado mixture in the centre.

Leave to chill for 15 minutes and your meal is ready!



VEGET



AIRIAN





Prep Time | 10 mins
Cooking Time | 30 mins

Serves 2

120g cooked chickpeas
200g vine cherry tomatoes
Fresh basil
60g bulgur wheat
2 tbsp. olive oil
Salt and freshly ground black pepper

Nutritional

Value (per serving)

Calories 393
Total fat 17.8g
Saturated fat 2g
Carbohydrate 40.5g
Fibre 21.5g
Protein 14.3g

Chickpea and Tomato Salsa

Put the bulgur wheat in a bowl and cover with hot water, not too much, just enough to cover it. Cover the bowl and leave for 30 minutes. Chop the cherry tomatoes into quarters and mix in with the cooked chickpeas.

If you are buying the canned chickpeas, rinse the contents of the can thoroughly before use. Finely chop the basil and add to the chickpea and tomato mix.

Add half of the olive oil. Mix in the salt and pepper to taste.

Fluff the bulgur wheat and add the other half of the basil and olive oil and season to taste.



Prep Time | 10 mins
Cooking Time | 30 mins

Serves 2

6 sun dried tomatoes
3 tbsp. olive oil
1 small red onion, thinly sliced
2 tsp. red wine vinegar
5g ground cumin
200g sliced halloumi
85g quinoa

Nutritional

Value (per serving)

Calories 587.5
Total fat 47.2g
Saturated fat 20.9g
Carbohydrates 20.3g
Fibre 2.7g
Protein 24.2g

Quinoa and Halloumi Salad

Cook the quinoa according to the instructions on the packet, drain well and place into a bowl.

Add the cumin, red onion, red wine vinegar, sun roasted tomatoes and olive oil.

Cook the halloumi in a griddle pan until it is soft, this should take around 3-4 minutes.

Place the halloumi on top of the quinoa on a plate, serve immediately and tuck in.



Prep Time | 10 mins

Serves 4

120g kale, washed and chopped
120g spinach, washed and chopped
120g watercress, washed and chopped
120g shelled pistachios
½ cucumber, chopped in to small pieces
2 tbsp. fresh mint, chopped finely
2 tbsp. parsley, finely chopped
1 large avocado, chopped into small pieces
1 tsp. ginger, finely chopped

DRESSING

Juice and rind of a lemon
2 tbsp. olive oil

Summer Green Special

Mix together the lemon juice, the rind and the olive oil.

Place all the salad ingredients into a bowl and toss well.

Drizzle the dressing over the salad.

Your dish is now ready to serve, yummy!

Nutritional

Value (per serving)

Calories 267
Total Fat 20.7g
Saturated Fat 2.7g
Carbohydrates 15g
Fibre 4.6g
Protein 9.5g



Prep Time | 20 mins
Cooking Time | 15 mins

Serves 5

500g ready made polenta
100g onions, peeled and finely chopped
20 button mushrooms
100ml single cream
100ml semi skimmed milk
2 cloves of garlic, peeled and finely chopped
2 tbsp. butter

Nutritional Value (per serving)

Calories 185
Total Fat 8.7g
Saturated Fat 5.5g
Carbohydrates 21g
Fibre 2.2g
Protein 5.9g

Cheesy Polenta with Mushrooms

Preheat the oven at Gas Mark 6 or 200°C. Heat the butter in a medium sized pan. Fry the onions in the butter until they soften - this takes a few minutes. Add the mushrooms and garlic and cook through for a couple of minutes. Remove from the hob. Add the cream and milk slowly to the onion mixture and then place back on the burner. Place the required number of servings in the oven and bake for 15 minutes. Heat the sauce through once the polenta is hot and serve.



Prep Time | 10 mins

Serves 2

400g chickpeas
1 garlic clove, chopped
3 tbsp. full fat Greek yogurt
A good squeeze of lemon juice
2 whole wheat pitta bread

Nutritional

Value (per serving)

Calories 281
Total fat 5.7g
Saturated fat 0.7g
Carbohydrates 39.5g
Fibre 5.6g
Protein 14.6g

Homemade Hummus & Pitta

Drain the chickpeas into a sieve set over a bowl or jug to catch the liquid.

Tip the chickpeas, garlic and yogurt into a food processor or blender and whizz until smooth.

Whizz in a tablespoon of the chickpea liquid at a time until you have a nice consistency, then scrape into a bowl, stir in a squeeze of lemon juice and season to taste.

Lightly toast the whole wheat pitta bread and cut into dipable pieces (be careful it will be hot!)

Serve immediately.



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 2

1 leek, sliced
1 tbsp. olive oil
6 sun roasted tomatoes sliced
30g spinach (fresh or frozen)
Salt and freshly ground black pepper
4 eggs

Nutritional
Value (per serving)

Calories 311
Total fat 53g
Saturated fat 6.4g
Carbohydrates 23.3g
Fibre 2.8g
Protein 15.6g

Sun Roasted Tomatoes & Leek Frittata

In a medium non-stick frying pan add the olive oil and the leeks and cook for 4 minutes.

Add in the tomatoes, spinach, salt and pepper until the spinach is wilted which takes 2-3 minutes.

Separately whisk the eggs and add them to the pan covering all of the other ingredients.

As the eggs cook, gently move around the edges to allow the uncooked egg on the top move to the bottom of the pan to cook.

When the frittata is cooked through, you may want to crisp up the top without burning the bottom by placing it under the grill.

Cut into slices and enjoy!



Prep Time | 10 mins
Cooking Time | 45 mins

Serves 4

250g vegetarian mince
1 medium potato, washed, peeled and cubed
5 medium carrots, washed, peeled and chopped
20 button mushrooms, roughly chopped
200g tomatoes, finely chopped
1 tbsp. tomato puree
75g cheddar cheese, grated finely
1 onion, finely chopped
1 tbsp. vegetable oil
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 294
Total Fat 9.8g
Saturated Fat 4.2g
Carbohydrates 29.3g
Fibre 5.4g
Protein 22.8g

Veggie Shepherd's Pie

Preheat oven on Gas Mark 6 or 200°C.

Boil the potato and carrots for around 7 minutes until cooked.

Fry the onions in the oil until golden brown which will take up to 5 minutes.

Add the veggie mince and cook for a couple of minutes.

Add the mushrooms, tomatoes and tomato puree and cook for another 3 minutes.

Season to taste.

Put the entire mixture in an ovenproof dish.

Place the potato and carrots in a colander.

Then mash with the cheese.

Season and put on top of the mince mixture.

Pop into the oven for around 25 minutes until cooked.

Once the dish is piping hot, remove from the oven, leave to cool slightly, then serve!



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 4

250g cauliflower
120g peas, frozen or fresh
2 small carrots, peeled and chopped into inch long thins
100g canned tomatoes, finely chopped
2 tsp. coriander, finely chopped
5 cloves of garlic, finely chopped
3 tsp. ginger, finely chopped
1 medium onion, sliced
2 green chillies, finely chopped
2 tsp. garam masala
300ml of water
1 tbsp. vegetable oil
Salt to taste

Nutritional

Value (per serving)

Calories 116
Total fat 4g
Saturated Fat 0.2g
Carbohydrates 14g
Fibre 4.7g
Protein 3.6g

Cauliflower, Carrot & Pea Chilli

Place the cauliflower and carrots in a medium size pan. Pour in 300ml water and bring to the boil.

Add the peas, cover and lower the heat. Cook for 4 minutes, then drain all the vegetables and place to one side.

Put a tablespoon of oil in a saucepan on a medium heat and fry the onion for 3 minutes.

Add in the ginger and garlic and cook for 2 minutes. Next add the tomatoes, garam masala, coriander and chillies and cook for five minutes.

Place the parboiled vegetables into the tomato mixture and cook for a couple of minutes, adding some water if the mixture sticks.

The dish is now ready to serve with a garnish of fresh coriander.



Prep Time | 15 mins
Cooking Time | 55 mins

Serves 4

400g veggie mince
400g canned tomatoes, finely chopped
2 onions, chopped
4 cloves of garlic, finely chopped
100ml water
1 tbsp. olive oil
1 tbsp. tomato puree
Season with salt and pepper
800g of cooked brown long grain rice (100g per serving)

Nutritional

Value (per serving)

Calories 370
Total Fat 7.4g
Saturated Fat 1.4g
Carbohydrates 55g
Fibre 10g
Protein 21g

Veggie Mince

Pop the brown rice in pan of boiling water. Turn down the heat and cook for 30 minutes. Drain and your rice is ready to serve.

Sauté the onions and garlic in the olive oil over a medium heat for 4 minutes. Throw in the veggie mince and cook for 4-5 minutes until browned.

Stir in the tomatoes and tomato puree and cook for 3 minutes. Add in the water, cover the pan and cook over a low heat for around 10 minutes until the sauce is thick and rich.

Season to taste.

Serve with cooked brown rice.



Prep Time | 10 mins
Resting Time | 1 hour
Cooking Time | 10 mins

Serves 4

400g Quorn pieces
1 tbsp. tomato sauce
½ tbsp. soy sauce/coconut aminos
1 tbsp. agave nectar
1 green chilli, finely chopped
1 tbsp. tandoori masala powder
2 tbsp. vegetable oil
Salt to taste

Nutritional

Value (per serving)

Calories 200
Total Fat 10.6g
Saturated fat 1.2g
Carbohydrates 12.7g
Fibre 2.9g
Protein 16.2g

Tangy Quorn Stir Fry

Marinate the Quorn in the tomato sauce, soy sauce/coconut aminos, agave nectar, chilli, tandoori masala powder and salt for an hour. Heat the vegetable oil in a wok and stir fry the Quorn for around 5-7 minutes until cooked. Serve with boiled veggies or salad of your choice!



Prep Time | 10 mins
Cooking Time | 45 mins

Serves 2

1 tbsp. olive oil
1 red onion, sliced
2 garlic cloves, chopped
100g spinach
400g chickpeas
140g carrots, chopped
2 celery sticks, chopped
400g chopped tomatoes
1 tbsp. tomato purée
½ tsp. turmeric
½ tsp. ground ginger
½ tsp. cayenne pepper
1 tsp. ground cumin
1 bay leaf
1 tsp. ground coriander
1 tbsp. crème fraîche
Ground paprika

Nutritional

Value (per serving)

Calories 356
Total fat 6.7g
Saturated fat 0g
Carbohydrates 16g
Fibre 10.6g
Protein 51g

Chickpea & Carrot Stew

Heat the olive oil in a frying pan, adding the onions, garlic and celery. Cook for 5 minutes. Transfer to a large saucepan and the rest of the ingredients (apart from the crème fraîche and paprika).

Leave to infuse over a low to medium heat for 30-40 minutes, check that the carrots are cooked.

Serve with a dollop of crème fraîche with a sprinkle of paprika.



Prep Time | 15 mins
Cooking Time | 1 hour

Serves 2

400g chopped tomatoes
1 tbsp. tomato purée
2 tbsp. olive oil
2 cloves of garlic, crushed
1 leek, sliced
70g carrots, chopped
75g celeriac, diced
1 red onion, sliced
80g swede, diced
60g celery, chopped
1 bay leaf
1 tsp. ground cumin
400g kidney beans or mixed beans

Nutritional

Value (per serving)

Calories 489
Total fat 30.8g
Saturated fat 4g
Carbohydrates 29.9g
Fibre 7.2g
Protein 4.9g

Winter Vegetable Chilli

Boil the carrots, celeriac and swede in salted water for 10 minutes to soften the vegetables.

To a frying pan over a medium heat, add the onion, garlic, leek and celery and fry for 4 minutes. Transfer the parboiled vegetables and onion mix into a saucepan.

Add the tomato purée, can of tomatoes, bay leaf and cumin.

Allow to simmer for approximately 30 minutes.

To the casserole dish add the tin of drained and rinsed beans leave to simmer for a further 15 minutes.

Serve immediately to warmed bowls.

Serves 4

250g low fat halloumi cheese

1 red pepper

1 yellow pepper

250g cherry tomatoes

1 medium courgette

8 wooden BBQ skewers

2 tbsp. chilli sauce

2 tbsp. light soy sauce

2 tbsp. olive oil

1 tbsp. runny honey

4 cloves of garlic, finely chopped

Nutritional

Value (per serving)

Calories 224

Total Fat 11g

Saturated Fat 7.3g

Carbohydrates 20.3g

Fibre 3.2g

Protein 18.1g

Halloumi Kebab

Prep Time | 20 minutes

Cooking Time | 20 minutes

For the marinade combine the chilli sauce, light soy sauce, olive oil, honey and garlic in a small bowl and mix well.

Dice the halloumi into bite sized pieces.

Cut the courgette and bell peppers into slices.

You then need to thread a chunk of halloumi, slice of courgette, slice of red pepper, slice of yellow pepper and a cherry tomato.

Cook for a few minutes on both sides on the BBQ or under the grill.

Once the kebabs are made, drizzle with the marinade and enjoy.





Prep Time | 10 mins
Cooking Time | 45 mins

Serves 4

400g white onions, finely chopped
6 large eggs
100g spinach, finely chopped
100g potatoes
1 tbsp. olive oil
Juice and zest of a lemon

Nutritional

Value (per serving)

Calories 214
Total Fat 10.3g
Saturated Fat 2.7g
Carbohydrates 16.9g
Fibre 1.2g
Protein 10.8g

Three Veg Tortilla

Peel the potatoes and put them in boiling water. Lower heat and simmer for 15 minutes. Drain and when cool, dice them into small pieces.

For the next stage place two tablespoons of olive oil in a large frying pan on a low heat. Cook the onions on a low heat until they soften. This should take around 5 minutes. Beat the eggs with a pinch of salt and pepper. Turn the heat up under the onions and cook for 4 minutes. Add the spinach and potatoes and fry for a couple of minutes.

Stir in the eggs and cook for around 5 minutes. Next, transfer the eggs to a pre heated grill and cook for 5-8 minutes until the eggs are golden. The dish can now be served hot or eaten cold.



Prep Time | 15 mins
Cooking Time | 25 mins

Serves 4

½ sweet potato, sliced and parboiled
5 eggs, beaten
1 tbsp. olive oil
1 medium onion, chopped finely
50ml skimmed milk
100g low fat cheddar cheese, grated
½ tsp. dried oregano
½ tsp. dried thyme
½ tsp. pepper

Nutritional

Value (per serving)

Calories 189
Total Fat 10.8g
Saturated Fat 3.3g
Carbohydrates 7.2g
Fibre 0.8g
Protein 14.9g

Sweet Potato Frittata

Preheat the oven at Gas Mark 4 or 200°C.

Put the olive oil in a medium frying pan on a medium heat. Add the onion and sweet potato and cook for 5 minutes and set aside. Place the eggs in a bowl and stir the milk and cheese into it. Season with thyme, oregano, salt and pepper. Mix the sweet potato mixture in with the egg and place in an ovenproof dish and bake for 25 minutes.



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

2 large aubergines, sliced
2 tbsp. olive oil
250g low fat natural yoghurt
3 tbsp. tahini paste
3 garlic cloves, finely chopped
Juice of 1 lemon
1 tbsp. mixed herbs (coriander, mint & parsley)
Salt and pepper to season

Nutritional

Value (per serving)

Calories 194
Total Fat 14.8g
Saturated Fat 2.3g
Carbohydrates 11.6g
Fibre 3.9g
Protein 6.8g

Grilled Aubergine

Brush each slice of aubergine with a little olive oil and season.

Heat the barbecue or griddle pan.

Once the barbecue or pan is hot, cook the aubergine slices on both sides for a couple of minutes.

Combine the yoghurt, tahini paste, garlic, lemon juice and herbs and season.



Prep Time | 15 mins
Cooking Time | 45 mins

Serves 4

200g aubergine, finely chopped
150g of mushrooms, finely chopped
200g of tinned tomatoes, finely chopped
1 medium onion, finely chopped
2 tbsp. olive oil
1 tsp. mixed herbs
Salt to taste
200g courgette, thinly sliced into strips
250g low fat cottage cheese
1 egg
50g mild cheddar, grated

Nutritional

Value (per serving)

Calories 217
Total Fat 12.3g
Saturated Fat 4g
Carbohydrates 12.5g
Fibre 2.8g
Protein 15.3g

Veggie Lasagne

Preheat the oven to Gas Mark 4 or 170°C.

Put the finely chopped aubergine, mushrooms and onion in some heated oil in a large saucepan for 4 minutes.

Add the tomatoes, herbs and salt and mix well. Remove from heat and place aside.

Blend the cottage cheese and egg for the cheese sauce and set aside.

Layer the bottom of a baking dish with strips of courgette and season with salt.

Grill the strips on both sides until they are cooked and a little dehydrated; the intention is to extract their moisture.

Layer an ovenproof dish with a thin layer of the aubergine mixture.

Add a layer of courgette strips and a layer of cheese sauce. Repeat this process until you have used up all the ingredients.

Sprinkle the dish with grated cheese.

Bake on Gas Mark 4 or 175°C for around 35-45 minutes.

You will know the lasagne is cooked when it is crispy and has a golden top.

Serves 4

8 large Portobello mushrooms
4 cloves garlic, crushed
1tbsp. wholegrain Dijon mustard
220g cheese grated
75g breadcrumbs
3 tbsp. double cream
Fresh curly parsley, finely chopped
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 349

Total Fat 24.2g

Saturated Fat 15.1g

Carbohydrates 16.2g

Fibre 0.8g

Protein 17g

Cheesy Stuffed Mushrooms with Tomato

Prep Time | 10 minutes

Prep Time | 15 minutes

Mix the garlic, mustard, cheese, cream, breadcrumbs and parsley together.

Season with salt and freshly ground pepper.

Preheat the oven to Gas Mark 4 or 180°C.

Drizzle the olive oil on the mushrooms with olive oil and bake in the preheated oven for 15 minutes.

Take out the mushrooms from the oven and fill each one with the breadcrumbs.

Finish by grilling until golden.

Sprinkle with chopped parsley and freshly ground black pepper.





Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

120ml vegetable stock
1 tbsp. rice mirin
1 tbsp. soy sauce
1 tbsp. garlic, finely chopped
1 tbsp. ginger, finely chopped
1 red chilli, finely chopped
400g cooked soba noodles
2 tbsp. sesame oil
300g broccoli
2 red bell peppers, finely sliced
200g sugar snaps
200g button mushrooms, finely sliced
Salt to taste

Nutritional

Value (per serving)

Calories 289
Total Fat 3.8g
Saturated Fat 0.5g
Carbohydrates 55.5g
Fibre 7.1g
Protein 11.3g

Mixed Veg with Noodles

In a small bowl, mix the vegetable stock, soy sauce, rice mirin and salt to taste.

Mix the garlic, ginger and chopped red chilli in another small bowl.

Bring a big saucepan of water to the boil. Put in the baby broccoli. Cook for 3-4 minutes, then drain using a colander. Remove the stems and slice, then set it aside.

Bring the water you cooked the broccoli in back to the boil and cook the soba noodles for 4 minutes. Drain the noodles and toss in a tablespoon of sesame oil, and set aside.

Pour the other tablespoon of sesame oil into a wok on a high heat then pop all your ingredients (apart from the noodles and broccoli) in, and stir fry for 2 minutes.

Mix in the broccoli and cook for another minute.

Finally throw in the noodles and stock mixture. Lower the heat and stir fry for 2 minutes.

The dish is now ready to serve with a garnish of fresh coriander!



Serves 4

2 tbsp. olive oil
1 onion, finely chopped
6 garlic cloves, finely chopped
4 tsp. ginger, minced
400g tinned tomatoes
800g tinned kidney beans

Nutritional Value (per serving)

Calories 274
Total fat 7.8g
Saturated fat 1.1g
Carbohydrates 35.5g
Fibre 11.5g
Protein 11.2g

Kidney Bean Curry

Pour the oil into a frying pan and place over a medium heat. Once the oil's warmed up, fry the onions, garlic, and ginger for 4 minutes. Add the tinned tomatoes and cook for another 2 minutes.

Pop in the kidney beans, including the liquid from the can, and allow to simmer for 5-7 minutes.

Season to taste and serve in a bowl with a garnish of coriander!



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

200g tinned chickpeas, rinsed and drained

1 red onion, finely chopped

2 garlic cloves, finely chopped

10g flat leaf parsley

2 tsp. ground cumin

1 tsp. ground coriander

2.5 tbsp. plain flour

Salt to taste

2.5 tbsp. olive oil

4 toasted pitta breads

200g tub tomato salsa, to serve

Nutritional

Value (per serving)

Calories 240

Total Fat 10.7g

Saturated Fat 1.3g

Carbohydrates 27.8g

Fibre 5.4g

Protein 7.4g

Falafel Burgers on Pitta Bread

Drain the chickpeas thoroughly.

Place the chick peas, red onion, garlic, parsley, ground cumin, ground coriander, flour and salt to taste in a food processor, and whizz the mixture until it is smooth.

Shape the mixture into four patties with your hands.

Pour the olive oil into a non-stick frying pan and place over a medium heat. When it's warm, fry the burgers for 3 minutes on each side, ensuring that they are golden brown.

Serve on a toasted pitta, with tomato salsa and/or a green salad and savour!



Serves 2

200g green beans, trimmed
100g tinned chickpeas, drained and rinsed

Juice and zest of a lemon

2 tbsp. olive oil

½ red chilli, deseeded and finely sliced

1 red onion, chopped or sliced finely

4 ready-roasted peppers

150g cherry tomatoes, halved

150g rocket and spinach leaves

150g halloumi cheese, sliced

Nutritional

Value (per serving)

Calories 484

Total Fat 31.6g

Saturated Fat 14.2g

Carbohydrates 29g

Fibre 8.5g

Protein 22.8g

Halloumi & Chick Peas

Place enough water to cover the green beans in a medium- size saucepan. Bring the water to the boil. Add the beans and boil for 3 minutes. After 2 minutes, add the chickpeas. Drain the beans and place the hot water aside.

Place the chickpeas and the green beans in a large bowl.

Mix the lemon juice, lemon zest, a tablespoon of olive oil, and a tablespoon of red chilli, and pour onto the green beans and chickpeas.

Place the red onion in a bowl, then pour on top the water you have set aside from boiling the beans. Allow the red onion to soften (this should take around 4 minutes) and drain the excess water away.

Add in the ready-roasted peppers, halved cherry tomatoes, rocket, spinach, and the (now softened) red onion into the bowl containing the green beans and the chickpeas.

Toss everything to ensure an even coating of the dressing.



Prep Time | 15 mins
Cooking Time | 35 mins

Serves 4

2 tbsp. vegetable oil
1 onion, finely chopped
1 tsp. cumin seeds
350g sweet potatoes, cut into medium chunks
1 tsp. red chilli, finely chopped
400g tin chopped tomatoes
800ml water
150g salted, roasted peanuts
100g spinach, washed and roughly chopped
50g green beans, chopped
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 391
Total Fat 25.6g
Saturated Fat 3.6g
Carbohydrates 33.1g
Fibre 8.9g
Protein 14.4g

Nutty Potato Stew

Pour the vegetable oil into a large saucepan and place over a medium heat. When it's hot, add the onion and fry for 2-3 minutes, until softened. Throw in the cumin seeds, and cook for another minute.

Put in the sweet potatoes, red chilli, tinned tomatoes and 800ml water.

Stir the mixture, bring it to the boil, then cover it and simmer for 10 minutes.

Grind the peanuts in a food processor until softened. Mix the ground peanuts into the stew, and simmer for a further 10 minutes, stirring often.

Finally, bring the stew to the boil, mix in the spinach and green beans, and simmer for another 5 minutes.

Season with salt and freshly ground pepper and serve very hot!



Prep Time | 15 mins
Cooking Time | 45 mins

Serves 4

320g sheet of ready-to-roll short crust pastry

2 tbsp. olive oil

2 medium tomatoes, sliced

2 free range eggs

200g whipping cream

200g cheddar cheese, grated

½ tsp. salt

½ tsp. pepper

150g green olives, pitted, drained and finely chopped

2 spring onions, chopped

Nutritional

Value (per serving)

Calories 823

Total Fat 59.8g

Saturated Fat 11.8g

Carbohydrates 50.9g

Fibre 2.8g

Protein 22g

Olive & Tomato Quiche

Preheat the oven to Gas Mark 5 or 190°C.

Line a 9-inch flan case with baking parchment.

Unroll the short crust pastry onto the flan case and bake for 10 minutes.

Put the olive oil in a frying pan and place over a medium heat. When the oil is hot, drop in the tomato slices and cook for 1-2 minutes on each side, or until they turn golden brown.

Whisk the eggs and cream in a bowl, stir in the cheddar cheese, and season.

Sprinkle the olives and spring onions onto the crust and layer with tomatoes.

Pour the egg and cream mixture on top.

Bake in the preheated oven 25-30 minutes.

You can judge whether the quiche is done by inserting a knife all the way to the bottom crust. When you pull it out, it should be clean. If it's covered in food, the quiche is not yet properly set and you should keep baking it. Allow the quiche to stand for at least 10 minutes before serving.

This dish is delicious and versatile: it can be served hot or cold.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 2

2.5 tbsp. olive oil
1 medium onion, finely chopped
100g chestnut mushrooms
3 garlic cloves, finely chopped
2 tsp. ground cumin
400ml vegetable stock
400g tinned chickpeas, drained
400g tinned black-eyed beans

Nutritional

Value (per serving)

Calories 633
Total fat 18.7g
Saturated Fat 2.4g
Carbohydrates 88g
Fibre 24.9g
Protein 33.5g

Chilli Bean Stew

Pour the olive oil into a large saucepan and place over a medium heat. Once it's warm, sauté the onions for 4 minutes.

Pop in the mushrooms, garlic, and ground cumin, then cook for a further 4 minutes.

Mix in the vegetable stock, chickpeas, and black-eyed beans.

Bring the mixture to the boil, and allow it simmer for 7 minutes.

Serve with steaming hot brown rice and enjoy!



Prep Time | 10 mins
Cooking Time | 45 mins

Serves 4

600g sweet potato, peeled and diced

4 free range eggs

100g plain flour

175ml semi-skimmed milk

2 tbsp. vegetable oil

8 veggie sausages

2 medium onions, sliced

Nutritional

Value (per serving)

Calories 498

Total fat 19.2g

Saturated Fat 5.4g

Carbohydrates 65.7g

Fibre 9.4g

Protein 29.4g

Veggie Toad in the Hole

Preheat the oven to Gas Mark 6 or 200°C.

Pour some water into a pan and bring to the boil. Pop the sweet potato in the boiling water, then lower the heat, and cook for 7 minutes.

Once cooked, drain the sweet potato, and mash with a fork.

Put the eggs, plain flour, and milk in a large bowl and whisk for 4 minutes. Pop this mixture in the fridge to chill for an hour.

Pour the vegetable oil in a frying pan and place over a medium heat. Once the oil's warmed up, fry the sausages for 2 minutes.

Take the sausages out of the pan, and replace them with the onions. Fry the onions until they're softened, which should take 5-7 minutes.

Place the sausages in a medium-size ovenproof dish, and pour the batter on top.

Bake the mixture for 30 minutes.

Serve with sweet potato mash, peas and gravy and tuck in!

Serves 4

320g sheet ready to roll short crust pastry

1 tbsp. vegetable oil

2 medium red onions, finely sliced

1 green bell pepper, finely chopped

8 pitted black olives, cut into quarters

1.5 tbsp. fresh thyme leaves

120g goat's cheese, diced

300g mixed salad

Nutritional

Value (per serving)

Calories 523

Total fat 33.8g

Saturated Fat 4.5g

Carbohydrates 44.3g

Fibre 2.5g

Protein 11g

Goat's Cheese Tart

Prep Time | 15 minutes

Cooking Time | 35 minutes

Preheat the oven to Gas Mark 4 or 180°C.

Line a loose-bottomed flan case with baking greaseproof paper.

Unroll the short crust pastry sheet onto the flan case and bake for 10 minutes.

While it's baking, pour the vegetable oil in to a large saucepan and place over a medium heat. When the oil is warm, fry the red onions and bell pepper for 4 minutes.

Fill the tart with the bell pepper mixture.

Scatter the olives, thyme, and goat's cheese over the top.

Pop the tart into the oven for 15-20 minutes, ensuring that the pastry turns golden brown.

Serve with a side of mixed salad and savour!



Serves 4

2 courgettes, cut into chunks

1 red pepper, chopped

1 green pepper, chopped

200g aubergine, diced

2.5 tbsp. olive oil

1 tbsp. Harissa paste

Salt and freshly ground pepper to taste

200g couscous

Nutritional

Value (per serving)

Calories 164

Total Fat 6.6g

Saturated Fat 0.6g

Carbohydrates 20.4g

Fibre 3.1g

Protein 4.3g

Spicy Moroccan Veg

Prep Time | 10 minutes

Cooking Time | 25 minutes

Preheat the oven on Gas Mark 6 or 200°C.

Place the courgettes, peppers, and aubergine on a baking tray.

Mix the vegetables with the olive oil and Harissa paste; add salt and pepper to taste.

Toss all the vegetables and roast in the preheated oven for 25 minutes.

Place the couscous in a bowl, and pour 400ml boiling water over the top. Leave it to rest for 10 minutes.

Serve the vegetables on a bed of the couscous and enjoy!



A close-up photograph of a dish featuring meat and fresh green vegetables. The dish is presented on a white plate. In the foreground, there are vibrant green leafy vegetables, possibly arugula or spinach, garnished with small brown seeds. Behind them, there are pieces of cooked meat, likely beef or lamb, which appear to be seared. The background is softly blurred, showing more of the dish and some colorful vegetables. A semi-transparent grey horizontal band is overlaid across the middle of the image, containing the text "MEAT & I" in a black, serif font.

MEAT & I



POULTRY



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

500g lamb mince
1 onion, finely chopped
4 garlic cloves, finely chopped
3 tsp. parsley, finely chopped
3 tsp. mint leaves, finely chopped
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 298
Total Fat 21.6g
Saturated Fat 10.9g
Carbohydrates 3g
Fibre 1g
Protein 22.2g

Sizzling Lamb Burgers

Place the lamb mince in a mixing bowl.
Throw in the onions, garlic, mint and parsley.
Season with salt and pepper to taste.
Then divide the mixture into 8 and shape each portion into round burgers.
Place on a hot barbecue or under the grill and cook each burger for around 8-10 minutes.
Turn regularly until cooked to your taste.
Serve with a cool mint yoghurt dip.



Prep Time | 15 mins
Chilling Time | 30 mins
Cooking Time | 15 mins

Serves 2

2 small chicken breasts
1 garlic clove, crushed
1 red chilli, finely chopped
2cm fresh root ginger, peeled & grated
1 tsp. ground cumin
½ tsp. turmeric
2 tbsp. extra virgin olive oil
Pinch of sea salt
75g couscous
Mint leaves finely chopped
Juice and rind of half a lemon

Nutritional

Value (per serving)

Calories 315
Total fat 8.6g
Saturated fat 3.1g
Carbohydrates 12.3g
Fibre 2.1g
Protein 32.2g

Spiced Chicken & Couscous

Cut the chicken into slices, and place in a medium sized bowl.

Cover the chicken with the crushed garlic, finely chopped red chilli, the fresh root ginger and the spices.

To this, add the grated rind of the lemon and squeeze over the juice.

Add half of the olive oil and ensure the chicken is equally coated in the mixture.

Cover with cling film and place in the fridge for a minimum of 30 minutes.

Cover the couscous with boiling water, and leave to absorb for 8 minutes.

Meanwhile in a non-stick griddle pan over a medium heat dry fry the chicken pieces for 5-7 minutes.

Fluff the couscous and add the finely chopped mint leaves, the remainder of the olive oil and a squeeze of lemon juice.

Serve the couscous in a bowl or plate topped with the chicken and a sprig of mint.

Enjoy!



Prep Time | 10 mins
Chilling Time | 30 mins
Cooking Time | 15 mins

Serves 4

2 chicken breasts

½ tsp. ground cumin

1 crushed garlic clove

½ tsp. ground coriander

¼ tsp. paprika

1 lime, juice and zest

A sprig of fresh coriander

Nutritional

Value (per serving)

Calories 77

Total fat 1.1g

Saturated fat 0.5g

Carbohydrates 2.1g

Fibre 0.7g

Protein 15.3g

Zingy Chicken Kebabs

Cut the chicken into thin strips and place it in a medium sized bowl.

Sprinkle the cumin, ground coriander and paprika over the chicken.

Add the crushed garlic, lime zest, chopped coriander and cover with lime juice.

Mix well to ensure all the chicken has been covered.

Cover the bowl with cling film and allow to marinate for at least 30 minutes.

Soak bamboo kebab skewers in water for at least half an hour before the kebabs are to be cooked.

Spread the marinated chicken evenly between the four kebab skewers.

Finally cook the kebabs on a medium heat griddle pan for 3-5 minutes on each side, or until they are cooked through.



Prep Time | 15 mins
Cooking Time | 20 mins

Serves 4

500g fresh asparagus, with hard ends trimmed, cut into 1-inch pieces
450g skinless chicken breast fillets, diced

4 small onions, peeled and cut into 1-inch pieces

1 tbsp. ginger, peeled and finely chopped

1 tbsp. oyster sauce

1 tsp. chilli-garlic sauce

1 tbsp. toasted sesame oil

2 tbsp. vegetable oil

Nutritional

Value (per serving)

Calories 299

Total Fat 10.5g

Saturated Fat 1.5g

Carbohydrates 7.9g

Fibre 1.5g

Protein 36.1g

Chicken with Asparagus

Heat the vegetable oil in a medium sized pan.

Place the chicken pieces in the hot oil and stir frequently for around 7 minutes, or until the chicken has turned white on all sides.

Place the sesame oil in a wok on a high heat.

Pop in the asparagus and cook for 2 minutes, then add in the cooked chicken.

Finally, mix in the onions, ginger, oyster sauce and chilli-garlic sauce; cook for 3 minutes and serve straight away.



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 4

12 chicken wings, skinless
1 medium onion, peeled and finely chopped
2 tsp. garlic, peeled and finely chopped
2 tsp. ginger, peeled and finely chopped
2 tsp. cumin seeds
1 green chilli, finely chopped
2 tsp. soy sauce
4 tbsp. hot water
2 tbsp. vegetable oil
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 376
Total Fat 25.9g
Saturated Fat 6.2g
Carbohydrates 5.1g
Fibre 0.9g
Protein 28.6g

Sizzling Chicken Wings

Preheat the oven to Gas Mark 6 or 200°C.

Heat the oil in a pan over a medium heat and fry the onion in a tablespoon of oil until golden brown, this should take around four minutes.

Mix in the garlic and ginger and cook for a further minute.

Throw in the cumin seeds and chilli and cook for a further minute, then set the pan to one side.

Add the soy sauce and the onion mixture to the chicken wings and mix thoroughly for one minute.

Pour in the water, stir and transfer the contents of the wok into an ovenproof dish.

Put in the oven for 25 minutes.

Allow to rest for 5 minutes once cooked, then tuck in!



Prep Time | 10 mins
Chilling Time | 1 hour
Cooking Time | 25 mins

Serves 4

4 chicken breasts, skinless
Juice and zest of 2 lemons
2 tsp. garlic, peeled and finely chopped
1 green bell pepper, chopped into squares
1 tbsp. Dijon mustard
2 tbsp. vegetable oil

Nutritional

Value (per serving)

Calories 208.5
Total Fat 10g
Saturated Fat 2.5g
Carbohydrates 4.1g
Fibre 0.5g
Protein 30.3g

Lemon Glazed Chicken

First, preheat the oven to Gas Mark 6 or 200°C.

Cut the chicken breasts into bite-size pieces. Heat a tablespoon of oil in a frying pan and add the chicken. Cook for approx. 5 minutes or until the chicken turns white in colour.

Mix the mustard, garlic and lemon zest in a bowl and marinate the chicken for at least an hour.

Transfer the marinated chicken to an ovenproof dish and cook in the pre heated oven for 25 minutes.

Savour with summer veggies of your choice!



Prep Time | 10 mins
Cooking Time | 35 mins

Serves 4

2 tbsp. olive oil
400g pack sausages
1 onion, finely chopped
2 garlic cloves, finely chopped
1 red bell pepper, roughly sliced
200g Puy lentils
300ml vegetable stock

Nutritional

Value (per serving)

Calories 485
Total Fat 37g
Saturated Fat 10g
Carbohydrates 15g
Fibre 4.4g
Protein 25g

Sausage & Lentil Stew

Pour a tablespoon of oil into a frying pan on medium heat and cook the sausages for 4 minutes until brown all over.

Drain the sausages of any excess oil on some kitchen roll.

Pop the other tablespoon of oil, onion, garlic and bell pepper into frying pan on medium heat and cook for 4 minutes until soft.

Mix in the lentils and sausages to the pan along with the stock.

Bring up to the boil and simmer for 25 minutes.

Your stew is now ready to serve!



Prep Time | 10 mins
Cooking Time | 45 mins

Serves 4

320g sheet of ready to roll short
crust pastry
100g bacon, diced
125ml single cream
150ml semi-skimmed milk
4 eggs, beaten
Salt and freshly ground pepper to
season

Nutritional

Value (per serving)

Calories 649
Total fat 41g
Saturated Fat 18g
Carbohydrates 49g
Fibre 24g
Protein 1g

Quiche Lorraine

Preheat the oven to Gas Mark 5 or 190°C.

Line a loose-bottomed flan case with
greaseproof paper.

Unroll the short crust pastry sheet onto the
flan case and bake for 10 minutes.

In the meantime, you need to make the filling.

Fry the bacon pieces lightly in their own fat for
4 minutes. Then, drain them on some kitchen
roll and pop onto the base of the pastry case.

Heat the cream and milk to just below boiling
point - just as it begins to bubble - and mix
in the beaten eggs. Season with salt and
pepper and pour into the flan case.

Bake in the preheated oven 25 minutes.

Allow the quiche to stand for 10 minutes
before serving.

This dish is wonderful, served hot or cold.



Serves 4

500g skinless chicken breasts, diced
 300g condensed cream of mushroom soup
 100ml semi skimmed milk
 100g mild cheddar, grated
 300g fresh broccoli, washed and cut in to florets
 1 large white onion, peeled and chopped finely
 1 tsp. fresh basil, finely chopped
 Salt and freshly ground pepper to taste
 1 tbsp. vegetable oil

Nutritional

Value (per serving)

Calories 210
 Total Fat 18g
 Saturated Fat 8g
 Carbohydrates 15g
 Fibre 3.3g
 Protein 28g

Chicken & Broccoli Casserole

Preheat the oven to Gas Mark 5 or 175°C.

Pour the oil into a medium sized saucepan over a medium heat. Throw in the diced chicken and cook for 5 minutes or until it is white on all sides.

In a large bowl, place the chicken, soup, milk, cheese, broccoli, white onion, fresh basil, salt and pepper.

Mix thoroughly before transferring to a casserole or oven proof dish.

Bake in the preheated oven for 40 minutes.

Your dish is now ready to serve!



Prep Time | 15 mins
Chilling Time | 1 hour
Cooking Time | 15 mins

Serves 4

KEBAB MIX

400g minced lamb
2 tsp. garlic, peeled and finely chopped
2 tsp. ginger, peeled and finely chopped
1 large onion, peeled and finely chopped
2 tsp. ground coriander
2 tsp. ground cumin
¼ tsp. ground black pepper
1 tbsp. fresh coriander, finely chopped
4 metal skewers

VERDANT SALSA MIX

3 spring onions, chopped
1 tbsp. olive oil
4 tomatoes, chopped roughly
1 tbsp. pitted olives of your choice
1 bunch of coriander, chopped
1 bunch of parsley, chopped
Juice and grated rind of a lemon

Nutritional

Value (per serving)

Calories 300
Total Fat 21g
Saturated Fat 9g
Carbohydrates 9g
Fibre 2.2g
Protein 18g

Lamb Kebabs with Verdant Salsa

Mix the mince, onion, ginger, garlic, coriander, cumin, pepper and salt in a mixing bowl.

Form 16 balls out of the mince mixture.

Put each ball around the tip of a metal skewer and flatten slightly.

Place the meatballs on a baking sheet and cover, then refrigerate them for an hour.

Pop all the salsa ingredients a bowl and mix together.

Cook the skewered lamb kebabs under a preheated grill, turning every now and again, until the lamb is cooked through.

This will take 15 minutes. Serve hot with the salsa.

Mmm, delicious!



Prep Time | 15 mins
Standing Time | 20 mins
Cooking Time | 10 mins

Serves 4

340g chicken breast, skinned and diced

2 tbsp. low salt teriyaki sauce

2 tbsp. dark soy sauce

1 stick celery, cut diagonally

2 medium carrots, sliced into thin juliennes

100g red cabbage, shredded

200g canned water chestnuts, drained and sliced

2 tsp. garlic, finely chopped

1 tbsp. sesame oil

1 tbsp. vegetable oil

Nutritional

Value (per serving)

Calories 307

Total Fat 8g

Saturated Fat 0.6g

Carbohydrates 22g

Fibre 2.5g

Protein 20.5g

Chinese Style Chicken

Heat a wok on medium heat and pop the vegetable oil into it.

Seal the chicken, ensuring it is white all around, which should take 5 minutes.

Drain the fried chicken onto some kitchen roll on a plate.

Combine the chicken and 1 tablespoon of teriyaki sauce in a bowl; stir well.

Allow to stand for 20 minutes.

In a wok, heat the sesame oil on a medium to high heat, then throw in the garlic, celery and carrot.

Stir fry for a minute then mix in the water chestnuts, cabbage and chicken, stirring for a further two minutes.

Add the teriyaki sauce and soy sauce and fry for one minute.

The dish is now ready to serve!



Prep Time | 10 mins
Chilling Time | 30 mins
Cooking Time | 15 mins

Serves 4

500g chicken breasts, skinned and diced
2 teaspoons of garlic, finely chopped
2 teaspoon of ginger, finely chopped
1 tsp. green chilli, finely chopped
2 tbsp. light soy sauce
Salt and pepper to taste
2 tbsp. vegetable oil

Nutritional

Value (per serving)

Calories 206
Total Fat 10g
Saturated Fat 1g
Carbohydrates 0.6g
Fibre 1g
Protein 27g

Chicken Kebabs

Seal the chicken by frying in a tablespoon of oil; this will take 5 minutes.

Mix the garlic, ginger, chilli and soy sauce together for a marinade and add in the chicken, then set aside for half an hour.

Preheat the grill and line a baking tray with tin foil.

Thread the chicken on a skewer and grill for approximately 10 minutes, turning every 3 minutes or so.

Enjoy!



Prep Time | 10 mins
Chilling Time | 1 hour
Cooking Time | 35 mins

Serves 4

800g of chicken breasts,
2 tsp. garlic, finely chopped
1 green pepper, chopped into fine
slices
2 tbsp. dark balsamic vinegar
200g button mushrooms
1 large onion, finely sliced
1 tbsp. olive oil
Salt and freshly ground pepper to
taste

Nutritional

Value (per serving)

Calories 288
Total Fat 8.5g
Saturated Fat 0g
Carbohydrates 5g
Fibre 1g
Protein 43g

Chicken with Mushrooms in a Balsamic Sauce

Preheat the oven to Gas Mark 6 or 200°C.

Heat the oil in a medium size saucepan.

Seal the chicken in the heated oil by cooking
on both sides until the meat whitens. This
takes 5 minutes.

Drain the fried chicken on some kitchen paper
and place aside to cool down.

Pop the slices of pepper and onion into a
bowl.

Add in the garlic and mushrooms, and pour
on the balsamic vinegar.

Season with salt and freshly ground pepper.

Leave in the fridge to marinate for an hour.

Cook for 30 minutes and serve with veggies of
your choice!



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

400g thick cut bacon
400g summer greens, finely chopped
200g button mushrooms, halved
200g fresh spinach
1 onion, roughly chopped
1 yellow bell pepper, roughly chopped
2 tsp. chilli sauce
4 tbsp. light soy sauce
2 tbsp. rice vinegar
2 tsp. vegetable oil
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 110
Total Fat 34g
Saturated Fat 13g
Carbohydrates 7g
Fibre 2g
Protein 48g

Pan Fried Greens with Bacon & Mushrooms

Make the sauce in a mixing bowl by combining the soy sauce, rice vinegar, chilli sauce and vegetable oil.

Heat the tablespoon of oil in a medium size pan and fry the bacon in the oil for 3 minutes.

In another pan, heat a tablespoon of vegetable oil and fry the onion for 3-4 minutes, then pop in the bell pepper, mushrooms and summer greens and fry for a further 3 minutes. Put the bacon back in the saucepan, and mix in the spinach and sauce.

Cook for another 2 minutes and serve.

A feast of delights!

Serves 6

FOR THE KOFTE

500g lamb mince
1 large onion, peeled, finely chopped
2 tsp. green chillies
2 tsp. ginger, peeled and finely chopped
2 tsp. garlic, peeled and finely chopped
2 tsp. garam masala
2 tbsp. coriander, finely chopped

FOR THE KOFTA SAUCE

400g tinned tomatoes, finely chopped
2 tbsp. vegetable oil
2 medium onions, peeled and finely chopped
2 tsp. garlic, peeled and finely chopped
2 tsp. ginger, peeled and finely chopped
1 tbsp. tomato purée
2 tsp. garam masala
1 tsp. turmeric
3 bay leaves
150ml boiling water

Nutritional

Value (per serving)

Calories 279
Total Fat 19.2g
Saturated Fat 7.6g
Carbohydrates 9.8g
Fibre 2.4g
Protein 15.7g

Lamb Kofta Curry

Prep Time | 20 mins

Chilling Time | 1 hour

Cooking Time | 40 mins

Whizz the onion, chillies, ginger, garlic, garam masala and coriander in a food processor and season well. Then place in a bowl.

Pop in the lamb mince, mix thoroughly and leave in the fridge for at least an hour.

For the sauce, heat the oil in a medium size saucepan and cook the onions on a medium heat for 5 minutes until they are golden in colour.

Mix in the ginger and garlic and cook for another 2 minutes.

Add the tomatoes and tomato purée, chillies, turmeric and garam masala. Finally add the boiling water and bay leaves.

Lower the heat and simmer for 8 minutes until reduced.

Take the meatball mixture out of the fridge and shape into 24 balls.

In a large saucepan, submerge the meatballs in the sauce for around 20 minutes until they are cooked through.

Add some more water if the sauce is too thick.

Remove the bay leaves and garnish with coriander before serving.





Prep Time | 20 mins
Cooking Time | 40 mins

Serves 4

4 lamb leg steaks
400g tin chopped tomatoes
1 tsp. cumin seeds
1 tsp. ground coriander
1 clove of garlic, finely chopped
2 tbsp. vegetable oil
Salt and freshly ground pepper to taste
A sprig of fresh coriander to garnish

Nutritional

Value (per serving)

Calories 198
Total Fat 10.6g
Saturated Fat 1.9g
Carbohydrates 3.5g
Fibre 1.2g
Protein 21.3g

Lamb Steaks in a Tomato Sauce

In a medium size pan, heat a tablespoon of oil and cook the lamb steaks so they brown on both sides; this takes around 5 minutes.

Once cooked, place the lamb steaks on some kitchen roll to drain.

Place the other tablespoon of oil in a pan on medium heat.

Fry the spices for around a minute.

Add the chopped tomatoes to the pan with the spices, mix thoroughly.

Then simmer the dish on a low heat for 10 minutes.

If the mixture thickens before the lamb is cooked through, add some water.

Serve the dish with freshly chopped coriander and a side of salad.



Serves 2

200g lean steak mince (substitute for Quorn Mince if vegetarian)

1 tbsp. olive oil

1 clove of garlic, crushed

160g frozen peas

200ml stock made with 1 beef stock cube

3 carrots, chopped

½ swede diced

Nutritional

Value (per serving)

Calories 546

Total fat 26.9g

Saturated fat 10.5g

Carbohydrates 23.4g

Fibre 4.1g

Protein 47.7g

Potato-less Shepherd's Pie

Preheat the oven to Gas Mark 3 or 175°C.

Fry the garlic in a large frying pan in the olive oil for 3 minutes.

Throw in the mince and brown it off which takes 3 minutes. Then, pour the stock made from 1 beef stock cube over the mince and allow to simmer for 10 minutes to thoroughly cook the beef.

In another saucepan, boil the diced swede and carrots in salted water for 7 minutes.

Then strain and mash.

Add the peas to the mince, then place the mixture into a small oven-proof dish. Cover with the mashed carrot and swede and bake in the oven for 25 minutes until the mash starts to crisp up.

Your dish is now ready to be served!



Prep Time | 10 mins
Cooking Time | 55 mins

Serves 3

2 tbsp. olive oil
5 rashers of smoked bacon, cut in to 1cm strips
2 red onions, chopped
3 large garlic cloves, crushed
6 large pork sausages
450g uncooked chorizo sausage, sliced
1l chicken stock
400g tinned butter beans
2 tbsp. tomato purée
Black pepper
6 tbsp. chopped flat leaf parsley

Nutritional

Value (per serving)

Calories 750
Total fat 40g
Saturated fat 12g
Carbohydrates 32g
Fibre 6g
Protein 66g

Sausage & Butter Bean Stew

Preheat the oven to Gas Mark 2 or 150°C. Fry off the bacon and chorizo in a pan with half of the olive oil for 4 minutes. Throw in the onion and garlic and cook for 3 minutes. Transfer to a 2.5 litre casserole dish or slow cooker.

Meanwhile, cook the sausages in the oven for 20 minutes or until golden.

Cut each sausage into 4 chunks and add to the casserole dish.

Mix in the butter beans, tomato purée, stock, pepper and chilli if required.

Stir, to allow all the flavours to infuse and put in the oven for 25 minutes.

Serve with a sprinkle of parsley.



Prep Time | 15 mins
Cooking Time | 45 mins

Serves 2

300g pork fillet cut into 6 medallions

FOR THE CIDER SAUCE:

240ml cider

1 tsp. of cider vinegar

1 firm eating apple, peeled, cored
and sliced into thin segments

200ml crème fraîche

1 tbsp. olive oil

FOR THE ROASTED VEG:

1 leek, chopped

70g carrots, sliced

75g celeriac, diced

1 red onion, chopped

80g swede, diced

3 tbsp. olive oil

A sprig of rosemary

Nutritional

Value (per serving)

Calories 921

Total fat 66g

Saturated fat 33g

Carbohydrates 33g

Fibre 12.5g

Protein 32g

Pork Medallions with Veg

Preheat the oven to Gas Mark 4 or 180°C.

Prepare the vegetables so that they are chunky and similarly sized.

Place the vegetables in a large roasting tin with the rosemary and seasoning, then drizzle with olive oil.

Roast in the oven on for 30 minutes.

While the vegetables are cooking, put a drop of oil in a non-stick frying pan and add the pork medallions and slices of apple.

Allow the apples to soften and release their juices and the pork medallions to brown. This takes 5-7 minutes.

Then pour the cider and cider vinegar into the pan.

Keep stirring for 5 minutes until the alcohol has been cooked out, and the apples and medallions have absorbed the flavours.

Finally, turn the heat of the pan to a low heat and add the crème fraîche. Serve the pork and apples on a bed of roasted vegetables.

Serves 6

FOR THE ONIONS:

2 tbsp. olive oil

1 large onion, thinly sliced

½ tsp. salt

FOR THE MUSHROOMS:

2 tbsp. butter

226g mushrooms, sliced

FOR THE BURGERS:

900g ground beef

½ tsp. salt

½ tsp. ground pepper

125g brie cheese, cut into small pieces

Nutritional

Value (per serving)

Calories 432

Total fat 29.5g

Saturated fat 6g

Carbohydrates 5.5g

Fibre 0g

Protein 42g

Brie & Caramelised Onion Burgers

Prep Time | 10 minutes

Cooking Time | 20 minutes

Pre-heat the grill to a medium heat.

Heat the olive oil in a large frying pan and cook the onions with pinch of salt for 5 minutes until they are both soft, and caramel brown in colour.

Don't let them get crispy!

Place the onions on a plate for later and keep the pan handy for cooking mushrooms.

For the burgers, put the beef, salt and pepper in a large bowl.

Mix by hand to combine well and then divide into 6 even portions.

Take half of each portion and form into a thin patty.

Top each thin patty with some of the brie and onions, then top with the other half, placing the second patty on top of the cheese and onions, to form your burger!

Place the burgers under a preheated grill and cook each side for 4-5 minutes.

While the burgers are grilling, cook the mushrooms in a little butter which takes 2-3 minutes.

Once the burgers are cooked remove them from grill.

Layer mushrooms and onions over the cooked burgers and serve with a side salad. Delicious!





Prep Time | 15 mins
Chilling Time | 1 hour
Cooking Time | 35 mins

Serves 5

400g lamb, minced
2 small onions, finely chopped
3 tsp. garlic, finely chopped
3 tsp. ginger, finely chopped
2 green chillies
3 tsp. ground cumin
3 tsp. ground coriander
1 tbsp. fresh coriander, finely chopped
¼ tsp. ground black pepper
Salt to season
8 BBQ skewers

Nutritional

Value (per serving)

Calories 216
Total Fat 14.5g
Saturated Fat 6.9g
Carbohydrates 6g
Fibre 1.2g
Protein 14.9g

Lamb Meatballs

Thoroughly mix the mince, onion, garlic, ginger, chillies, ground cumin, ground coriander, fresh coriander, salt and pepper in a large bowl.

Pop this mixture in the fridge for at least an hour.

When the hour is up, take the mixture from the fridge and form 16 balls out of it.

Place each ball around the tip of a metal skewer and flatten it into a 4 inch or 10 cm long oval.

Cook the skewered meatballs on a hot barbecue or under a preheated grill.

Turn regularly until the meatballs are cooked through. This takes 15 minutes.

Serve with some homemade tomato ketchup and savour!



Prep Time | 2 hours 10 mins
Cooking Time | 15 mins

Serves 4

8 chicken drumsticks
5 tsp. Cajun seasoning
2 1/2 tbsp. olive oil
1 small white onion, finely diced
Juice of 1 lime
Freshly ground black pepper to season

Nutritional

Value (per serving)

Calories 314
Total Fat 20.3g
Saturated Fat 17.8g
Carbohydrates 5g
Fibre 0.5g
Protein 37g

Cajun Chicken

First you need to make the Cajun marinade by combining Cajun seasoning, oil, onion and lime juice in a ceramic dish. Season with pepper.

Wash the chicken drumsticks, then pat dry with a paper towel. Now you are ready to add the drumsticks to the marinade, make sure all of them are coated evenly.

Cover with cling film and leave in the fridge for at least 2 hours.

Cook on the barbecue, turning frequently and basting with extra marinade. Check the chicken is cooked through and none of the meat is pink in the middle, this should take around 15 minutes.

Enjoy with the mint yoghurt dip!



Prep Time | 1 hour 10 mins
Cooking Time | 15 mins

Serves 4

250g skinless chicken breasts, diced
200g mushrooms, roughly chopped
1 red bell pepper, roughly chopped
1 green bell pepper, roughly chopped
2 onions, sliced roughly
3 tsp. garlic, finely chopped
3 tsp. ginger, finely chopped
1 tsp. green chilli, finely chopped,
3 tbsp. light soy sauce
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 162
Total Fat 2.5g
Saturated Fat 0.9g
Carbohydrates 9g
Fibre 2.9g
Protein 17g

Chicken & Mushroom Kebabs

Combine the garlic, ginger, chilli and soy sauce to make the marinade.

Place the chicken in the marinade and set aside to marinate for an hour in the fridge.

Once this is done, thread a chicken piece, a slice of green bell pepper, a slice of mushroom and a slice of green bell pepper onto the BBQ skewer.

Repeat the process until the skewer is full. Grill the kebabs for 10-15 minutes, turning frequently during cooking.



Prep Time | 15 mins
Cooking Time | 1 hour

Serves 4

1 x 1.5kg chicken
3 carrots, chopped
2 medium onions, sliced
A stick of celery, chopped
A whole head of garlic
100g butter
25g mint, finely chopped
200 ml vegetarian stock
Juice of a lemon
Salt and pepper to season

Nutritional

Value (per serving)

Calories 629
Total Fat 30g
Saturated Fat 13g
Carbohydrates 5g
Fibre 1.3g
Protein 80g

Roast Chicken & Vegetables

Preheat the oven to Gas Mark 7 or 220°C .

Place the garlic cloves on a baking sheet and cook them for 15 minutes.

Throw the softened garlic in a bowl and combine with the butter and herbs. Mix in the lemon juice.

Place some of the mixture under the skin over the breast of the chicken and in the cavity of the chicken.

Pop the chopped carrots, celery and onions on the bottom of a roasting tin.

Pour in the vegetable stock and cover with foil.

Roast for an hour, removing the foil 20 minutes from the end.

Pierce the breast meat with a metal skewer to check if the chicken is cooked.

If the chicken juices are clear the chicken is cooked.

Finally, take the chicken out of the oven and allow it to stand for at least 10 minutes before serving. Fantastic served with veggies and roasted celeriac!



Serves 4

800g celeriac, peeled and diced
2 tbsp. olive oil
3 sprigs of rosemary
Salt to taste
600g lamb chops

Nutritional

Value (per serving)

Calories 519
Total Fat 49.1g
Saturated Fat 15.7g
Carbohydrates 18.4g
Fibre 3.5g
Protein 28.1g

Lamb Chops & Veggie's

Half-fill a saucepan with water, and bring to the boil. Then, place the diced celeriac in the water for 7 minutes.

Put a tablespoon of olive oil in a frying pan, and place over a medium heat. When it's hot, pan fry the boiled celeriac for 4 minutes, with sprigs of rosemary and salt to taste.

Heat another tablespoon of oil in a frying pan over a high heat.

Fry the lamb chops on both sides for at least 3 minutes on each side. If you prefer your meat well-cooked, cook for a couple more minutes on each side.

Plate up the pan fried celeriac, with 2 lamb chops per person and boiled veggies of your choice! Sweet potato mash goes particularly well with this dish.

Serve straight away and relish!



Prep Time | 15 mins
Cooking Time | 35 mins

Serves 2

2 chicken breasts
2 garlic cloves, finely chopped
1 tbsp. coconut oil
100g bean sprouts
1 medium white onion sliced
4 spring onions finely chopped
1 stick of lemon grass, finely chopped
1.5cm piece of fresh ginger finely grated
Fresh coriander, chopped
1 green chilli de-seeded and sliced
½ tsp. coriander seeds
½ tsp. cumin seeds
400ml coconut milk
2 tsp. fish sauce
Zest and juice of 1 lime
5g Thai green curry paste

Nutritional

Value (per serving)

Calories 409
Total fat 20.3g
Saturated fat 3.5g
Carbohydrates 20.5g
Fibre 2.6g
Protein 19g

Thai Green Chicken Curry

Cut the chicken breast into small pieces.

Heat the coconut oil in a non-stick wok on a low to medium heat. Throw in the chicken, onions, garlic, ginger, lemon grass and chilli and cook for 4-5 minutes.

Grind the coriander and cumin seeds in a pestle and mortar.

Stir these into the wok to infuse the chicken.

Pop in the Thai green curry paste, followed by the coconut milk, fish sauce, zest and juice of a lime and half of the fresh coriander.

Simmer the mixture on a medium heat for 15-20 minutes.

Finally add the bean sprouts and the remainder of the coriander and turn up the heat for a final five minutes.

Serve immediately with an extra squeeze of lime juice to taste.



Serves 6

FOR THE DIPPERS:

1 kg chicken breasts, skinless
3 egg whites
3 tsp. onion powder
1 tsp. garlic powder
1 tsp. black pepper
150g fine wholemeal bread crumbs
FOR THE SOUR CREAM DIP:
100g ground almonds
175g light sour cream
Juice and zest of a lemon

Nutritional
Value (per serving)

Calories 466
Total Fat 18.9g
Saturated Fat 5.3g
Carbohydrates 21.3g
Fibre 3.1g
Protein 48.8g

Chicken Dippers

Crack the egg whites in to a bowl and beat them.

Slice the chicken into inch long strips and dip them into the egg mixture.

Mix the garlic powder, onion powder and black pepper into the bread crumbs.

Repeat this process of dipping the chicken pieces in the egg mixture and then the breadcrumbs again to attain an even crumb coverage.

Season the chicken dippers and place on baking parchment on a baking tray and cook for 20 minutes or until golden.

These homemade chicken dippers are best served hot with the sour cream dip.

FOR THE DIP:

Separately mix the sour cream, ground almonds and the juice and zest of a lemon.



Prep Time | 15 mins
Cooking Time | 70 mins

Serves 6

3 tbsp. olive oil
1 large onion, finely chopped
4 garlic cloves, finely chopped
1kg lean beef mince
220ml red wine
650g tinned chopped tomatoes
4 tbsp. tomato purée
1 red chilli, de-seeded and finely sliced
2 tsp. ground cumin
2 tsp. ground coriander
Dash of Worcestershire sauce
1 beef stock cube
Salt and freshly ground black pepper to taste
650g tinned red kidney beans, rinsed and drained
Fresh coriander to garnish

Nutritional

Value (per serving)

Calories 353
Total Fat 17.9g
Saturated Fat 3.7g
Carbohydrates 25.3g
Fibre 6.2g
Protein 41.2g

Beef Chilli Con Carne

Heat the oil in a big saucepan on medium heat. Fry the onion for 4 minutes. Then mix in the mince and brown for 5 minutes, stirring throughout.

Add the red wine and boil for 2 minutes.

Pop in the tinned tomatoes, tomato purée, chilli, ground cumin, ground coriander, Worcestershire sauce and the stock cube. Season with salt and freshly ground black pepper.

Simmer with the lid on for 45 minutes until you have a rich, thick mixture. Throw in the tinned kidney beans and fresh coriander, and simmer for another 8 minutes.

This dish is traditionally served with rice; brown long grain rice would be a great accompaniment, along with a fresh, green salad!

Mmm, delicious!



Prep Time | 10 mins
Cooking Time | 40 mins

Serves 2

4 chicken breasts
2 tbsp. olive oil
200g celeriac, diced
Sprigs of rosemary
Salt and freshly ground pepper to taste
200g mixed vegetables

Nutritional

Value (per serving)

Calories 455.2
Total Fat 9.4g
Saturated Fat 1g
Carbohydrates 22.2g
Fibre 6.1g
Protein 46.7g

Baked Chicken with Mixed Veg

Preheat the oven to Gas Mark 5 or 190°C.

Line a baking tray with baking parchment. Put the chicken breasts on the baking tray, and drizzle with a tablespoon of olive oil.

Bake for 20-25 minutes in the preheated oven, until the chicken breasts are golden brown.

Meanwhile, half-fill a saucepan with water and bring to the boil, then cook the dried celeriac for 7 minutes.

Pan fry the boiled celeriac with sprigs of rosemary, and season with salt and pepper.

Serve the chicken with the pan fried celeriac and boiled mixed veggies of your choice!



Serves 4

1.5kg chicken thighs/ drumsticks
 2 tbsp. olive oil
 2 onions, sliced
 1 garlic clove, finely chopped
 1 red chilli, deseeded and finely chopped
 1 red bell pepper, sliced
 1 green bell pepper, sliced
 400g tinned chopped tomatoes
 400g tinned kidney beans
 400g tinned butter beans, drained
 80ml hot chicken stock
 Coriander to garnish

Nutritional

Value (per serving)

Calories 1088
 Total Fat 49.9g
 Saturated Fat 12.9g
 Carbohydrates 40.4g
 Fibre 10.9g
 Protein 113.8g

Chicken & Bean Stew

Remove the skin from the chicken.

Put the olive oil in a frying pan, and then place over a medium heat. When it's hot, add the chicken, and brown on all sides.

Remove the chicken and drain on some kitchen roll.

Heat the other tablespoon of oil over a medium heat (same as the first one) and fry the onions, garlic, and chilli for 3 minutes.

Mix in the bell pepper, chopped tomatoes, both kinds of beans, and hot chicken stock.

Place the chicken on top, cover, and cook for 30-40 minutes, ensuring that the chicken is cooked through and tender. To check, poke a skewer into the thickest part of the chicken. If, when you remove it, the juice that drips out is pink, the chicken isn't quite cooked.

The chicken is now ready to serve, with coriander to garnish!

Serves 4

500g lean beef mince
2 medium onions, finely chopped
4 garlic cloves, finely chopped
1 tbsp. mint, finely chopped
1 tbsp. parsley, finely chopped
1 tbsp. olive oil
Salt and freshly ground pepper to taste

Nutritional

Value (per burger)

Calories 210
Total Fat 9.7g
Saturated Fat 0.5g
Carbohydrates 4.9g
Fibre 0.6g
Protein 26.1g

Beef Burger with Onion and Rocket

Prep Time | 15 minutes

Cooking Time | 20 minutes

Pre-heat the oven to Gas Mark 6 or 200c.

Pop the beef mince into a mixing bowl. Mix in the chopped mint, garlic and parsley, and season well with salt and freshly ground pepper.

Split the mixture into 4 portions and shape each one into round burgers.

Place on a lightly greased baking tray in the preheated oven for 10 minutes on one side and 10 minutes on the other until cooked through.

The beef burgers are great served with caramelised onions on a bed of rocket.





Serves 2

200g spelt
400ml water
2 tbsp. olive oil
1 small red onion, finely chopped
Salt and freshly ground black pepper to tasted
2 medium sized tomatoes, finely chopped
4 chicken breasts
2 tsp. coriander, finely chopped

Nutritional

Value (per serving)

Calories 853
Total Fat 28g
Saturated Fat 2g
Carbohydrates 36g
Fibre 5g
Protein 116g

Chicken with Spelt

Preheat oven to Gas Mark 5 or 190°C.

To prepare the spelt, place it in 400ml of boiling water, lower the heat, and simmer for 20 minutes.

Put a tablespoon of olive oil in a frying pan, and place it over a medium heat. Then, fry the red onion in the olive oil.

Once the spelt is cooked, season it with salt and black pepper, and then add the tomatoes.

Line a baking tray with baking parchment, then put the chicken breasts on top, drizzle with the other tablespoon of olive oil, and cook for 20 minutes.

Serve the cooked chicken on a bed of tomato spelt, garnish with coriander and tuck in!



Prep Time | 10 mins
Cooking Time | 60 mins

Serves 4

16 pork ribs
150ml hoisin sauce
2.5 tbsp. soy sauce
1.5 tbsp. clear honey
1.5 tbsp red wine vinegar
2 tsp. Chinese 5 spice powder

Nutritional Value (per serving)

Calories 214
Total Fat 7.5g
Saturated fat 2.6g
Carbohydrates 25.5g
Fibre 0.4g
Protein 10.4g

Pork Ribs

Preheat the oven to Gas Mark 6 or 200°C.

Pop the ribs in a big saucepan, covered with water.

Bring the water to the boil, then simmer for 20 minutes.

Mix the hoisin sauce, soy sauce, honey, wine vinegar and 5 spice powder in a small bowl.

After draining the ribs, brush this glaze all over the ribs.

Place on a baking tray and cook for 30 minutes.

Mmm, delicious!



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 2

2 tbsp. olive oil
1 medium onion, finely chopped
3 garlic cloves, minced
50g chorizo sausage
700ml passata
410g tin cannellini beans, drained
250g cabbage, chopped
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 549
Total Fat 24.3g
Saturated Fat 5.9g
Carbohydrates 60.7g
Fibre 10.8g
Protein 24.4g

Chorizo & Bean Special

Pour the olive oil into a large frying pan and place over a medium heat. When the oil is hot, sauté the onions for 3-4 minutes, or until softened.

Put in the garlic and chorizo and cook for a further 3 minutes, ensuring that it's cooked through (it should look a bit brown and crispy).

Mix in the passata, cannellini beans and cabbage.

Sprinkle with salt and pepper and simmer for 4 minutes.

The meal is now ready to serve and enjoy!



Serves 4

2 x 200g pork tenderloin
200g Mascarpone cheese
Rind and juice of a lemon
2 tsp. dried sage
200g Parma Ham
250g carrots
300g sweet potato
250g peas

Nutritional

Value (per serving)

Calories 448.2
Total Fat 15.2g
Saturated Fat 6.4g
Carbohydrates 30.8g
Fibre 7.4g
Protein 45g

Lemon & Sage Pork

Preheat the oven to Gas Mark 6 or 200°C.

Slice the pork tenderloin in half, lengthways.

Mix the mascarpone, lemon juice, lemon rind, and sage together in a bowl and fill the incision made in the pork with the cheese mixture.

Use the Parma ham to wrap the pork, and cook in a roasting tray in the preheated oven for 30 minutes.

For the veggies, cover the carrots, sweet potato and peas with water. Bring the water to the boil. Then lower heat and cook veggies for 5-7 minutes.

Cut the pork into slices and serve with delectable veggies!



Prep Time | 15 mins
Cooking Time | 30 mins

Serves 2

2 tbsp. vegetable oil
300g lean lamb, cubed
1 onion, finely chopped
4 garlic cloves, finely chopped
2 carrots, sliced into ½ inch slices
500ml hot chicken stock
½ tsp. turmeric
2 tsp. ground cumin
½ tsp. ground coriander
1 large tomato, finely chopped
1.5 tbsp. parsley, finely chopped
Salt and freshly ground black pepper
to taste

Nutritional

Value (per serving)

Calories 506
Total Fat 36g
Saturated Fat 12.7g
Carbohydrates 12.6g
Fibre 3.4g
Protein 31.6g

Lamb Curry

Put the oil in a large saucepan, and place over a medium heat. When it's hot, add the lamb, and brown all over. This should take 5 minutes.

Add the onion and the garlic, then sauté for 3 minutes.

Then, add the carrots, hot chicken stock, turmeric, ground cumin, and ground coriander. Bring this mixture to the boil. Lower the heats, cover, and simmer for 20 minutes.

Stir in the chopped tomato and parsley, and cook for 2 minutes.

Season with salt and pepper to taste.



Prep Time | 10 mins
Cooking Time | 75 mins

Serves 4

1.5 kg sirloin of beef
Salt and freshly ground pepper to season

2 tbsp. olive oil

Small bag of rocket

FOR THE GREEN SALAD

1.5 tbsp. capers, finely chopped

3 tbsp. gherkins, finely chopped

4 spring onions, finely chopped

1 tbsp. parsley, finely chopped

Juice of a lemon

5 tbsp. extra-virgin olive oil

Nutritional

Value (per serving)

Calories 726

Total Fat 43.5g

Saturated Fat 12.8g

Carbohydrates 7.6g

Fibre 2.2g

Protein 79.5g

Beef Sirloin with Green Salad

Pre-heat the oven to Gas Mark 9 or 240°C.

Rub the oil on the meat. Then, season with salt and freshly ground black pepper.

Place the beef on a baking tray and cook in the oven for 25 minutes.

Lower the temperature of the oven to Gas Mark 5 or 190°C and roast for 50 minutes.

Take out of the oven and cool.

FOR THE GREEN SALAD

Combine the capers, gherkins, spring onions, parsley, finely chopped, lemon juice and extra-virgin olive oil in a bowl.

Slice the beef into thin slithers and arrange on a plate. Place some salsa verde on top and garnish with rocket leaves.

Your dish is now ready to enjoy!



Prep Time | 20 mins
Cooking Time | 20 mins

Serves 4

450g minute steak, sliced into fine strips

4 tbsp. corn flour

3 tsp. Chinese 5 spice powder

120ml vegetable oil

1 red pepper, finely sliced

1 yellow bell pepper, finely sliced

2 red chillies, deseeded and finely sliced

6 spring onions, chopped

4 garlic cloves, crushed

2 tsp. ginger, finely chopped

5 tbsp. rice mirin

2 tbsp. soy sauce

2.5 tbsp. sweet chilli sauce

2 tbsp. tomato ketchup

Nutritional

Value (per serving)

Calories 494

Total Fat 24.2g

Saturated Fat 2.8g

Carbohydrates 37g

Fibre 4.7g

Protein 31.5g

Crispy Chilli Beef

Place the corn flour and 5 spice on a plate.

Then toss the strips of beef into the mixture.

Heat the vegetable oil in a wok on a high heat.

Pop in the beef and fry for 5 minutes.

Remove the beef strips and drain any excess oil onto some kitchen roll.

Heat a tablespoon of the oil in a wok and stir fry the bell peppers, chillies, 3 spring onions, garlic and ginger for 4 minutes.

Mix the rice mirin, soy sauce, sweet chilli sauce and tomato ketchup in a small bowl with 3 tablespoons of water. Then pour this mixture onto the vegetables. Cook for 3 minutes, then return the beef to the pan and coat well.

Serve the beef with a scattering of red chilli and the remaining spring onions.



Prep Time | 5 mins
Cooking Time | 20 mins

Serves 4

4 x 500g steaks
300g frozen peas
300g carrots, peeled and sliced
300g green beans, sliced
300g broccoli
4 tbsp. butter
Salt to season

Nutritional

Value (per serving)

Calories 1171.1
Total Fat 43.3g
Saturated Fat 19.2g
Carbohydrates 29.3g
Fibre 10.8g
Protein 157.3g

Steak & Vegetables

Rub the salt onto the steak.

Bring some water to the boil in a large saucepan. While the water is boiling, peel and chop your veg ready for cooking.

Once this is done, lower the heat, throw in the veggies and cook for 5-10 minutes.

In the meantime, pour the oil into a large, heavy based frying pan and heat to a medium/high heat.

Place the steaks in the frying pan and sear for 5 minutes each side, until they are cooked to your taste.

Enjoy with the side of mixed veggies!

Serves 4

75g unsalted peanuts
400ml coconut milk
3 tbsp. massaman curry paste
550g stewing beef steak, diced
300g potatoes, diced
2 onions, roughly chopped
4 kaffir lime leaves (available from good supermarkets)
1.5 tbsp. tamarind paste
1.5 tbsp fish sauce
1 red chilli, seeds removed and finely sliced, to serve

Nutritional

Value (per serving)

Calories 671
Total Fat 41.1g
Saturated Fat 21.8g
Carbohydrates 36.8g
Fibre 7.8g
Protein 40.1g

Beef Massaman Curry

Prep Time | 20 minutes

Cooking Time | 2 hours 15 minutes

Preheat the oven to Gas Mark 6 or 200°C.

Roast the peanuts on a baking tray for 5 minutes.

Once they have cooled down, chop them roughly.

Then lower the oven temperature to Gas Mark 4 or 200°C.

Heat 2 tablespoons of coconut cream in a big, casserole dish which has a lid. Mix in the curry paste and fry for a minute. Pop in the beef and cook for 6 minutes.

Add the remaining coconut cream with half a can of water, the potatoes, onions, kaffir leaves, tamarind paste, fish sauce and the majority of the peanuts.

Place the lid on the curry and cook in the oven for 2 hours until tender.

Sprinkle the sliced chilli and the rest of the peanuts.

Your dish is now ready to serve and relish!





Serves 4

1 corn on the cob
3 tbsp. olive oil
250g long-grain rice
5 tbsp. tomato salsa
Juice of a lime
300g very lean small steaks
3 tsp. fajita seasoning
150g mixed salad
1 avocado, peeled and sliced
1 handful of fresh coriander
1 small red onion, finely sliced

Nutritional

Value (per serving)

Calories 418
Total Fat 20.8g
Saturated Fat 4.1g
Carbohydrates 28.9g
Fibre 4.3g
Protein 26.5g

Spicy Beef Salad

Bring a pan of water to the boil. Pop in the corn and cook for 5 minutes, then drain.

Use a little oil to brush the sweet corn.

Cook the sweet corn on a griddle pan for 4 minutes, until lightly charred.

In the meantime cook the quinoa according to packet instructions, then pop it into a bowl and mix in 3 tablespoons of salsa and half the lime juice.

Rub the seasoning onto the steak along with some more oil.

Get the griddle pan hot and cook the steaks for 2 minutes on each side, and place to one side.

Mix the salad leaves with the quinoa or rice and serve on a platter. Strip kernels from the corn cob with a knife and scatter onto the salad.

Cut the steak into strips and mix in with the salad, along with the avocado, fresh coriander and red onion. Combine the remaining olive oil, lime juice and tomato salsa for a dressing and drizzle onto the salad prior to serving.



Prep Time | 30 mins
Cooking Time | 90 mins

Serves 4

3 tbsp. plain flour
750g leg of beef, or diced braising steak
3 tbsp. vegetable oil
2 medium onions, cut into big wedges
375g carrots, cut into big chunks
200g parsnips, cut into large chunks
500ml strong ale
3 tsp. fresh thyme
1 bay leaf

Nutritional
Value (per serving)

Calories 613
Total Fat 22.4g
Saturated Fat 5.2g
Carbohydrates 34.1g
Fibre 5.4g
Protein 60.3g

Beef & Ale Casserole

Preheat the oven to Gas Mark 3 or 170°C.

Place the flour onto a dinner plate. Lightly dust beef in the flour.

Pour 2 tablespoons of oil into a big frying pan on a medium heat and fry the beef for 2-3 minutes on each side until its brown all over.

Pop the meat onto a plate and place aside.

Repeat with the remaining meat, adding more oil if needed.

Heat the remaining tablespoon of oil in a frying pan on medium heat and sauté the onions, carrots and parsnips for 5 minutes.

Throw the beef and vegetables into an ovenproof casserole dish and pour in the ale.

Scatter on the thyme and bay leaf.

Pop on the lid and cook in the oven for 1 hour, until the meat is cooked through.

Serve alone as a stew, or with some tasty mash!

Serves 4

500g beef rump steak

1 salad onion

2 tbsp. sesame seeds, toasted

FOR THE TERIYAKI SAUCE:

120ml soy sauce

4 tbsp. rice mirin

2 tbsp. agave nectar

1 tbsp. clear honey

4 tsp. toasted sesame oil

4 garlic cloves, minced

Nutritional

Value (per serving)

Calories 478

Total Fat 24.2g

Saturated Fat 2.9g

Carbohydrates 27.6g

Fibre 0.9g

Protein 38.8g

Beef Teriyaki

Prep Time | 5 minutes

Chilling Time | 60 minutes +

Cooking Time | 5-10 minutes

Mix together the soy sauce, rice mirin, agave nectar, honey, sesame oil and garlic cloves.

Slice the beef and spring onions and combine with the sauce.

Cover with cling film and place in the fridge to chill for at least an hour.

Take out the mixture and place on a griddle pan and cook for about 5 minutes until cooked through.

Cover with the teriyaki sauce, scatter on the sesame seeds and tuck in!



Serves 4

2 tbsp. olive oil
500g braising steak, cut into 2cm cubes
2 medium onions, finely chopped
1 stick celery, finely chopped
4 cloves garlic, finely chopped
2 tsp. cumin seeds
1 tsp. fennel seeds
1 tsp. cayenne pepper
75g Chorizo sausages, chopped
1 red bell pepper, diced into 2cm pieces
1 green bell pepper, diced into 2cm pieces
200g tinned chopped tomatoes
150ml beef stock
200g kidney beans, drained and rinsed
Handful of fresh coriander to garnish

Nutritional Value (per serving)

Calories 485
Total Fat 11.6g
Saturated Fat 1.6g
Carbohydrates 18.5g
Fibre 6g
Protein 52.9g

Beef, Bean & Chorizo Chilli

Prep Time | 20 minutes

Cooking Time | 75 minutes

Pour the olive oil into a large frying pan and fry the braising steak for 5 minutes until it is brown all over.

Pop the onions and celery into the pan and cook for 5 minutes.

Mix in the garlic, cumin seeds, fennel seeds, cayenne pepper and cook for another 2 minutes.

Put in the chorizo and cook for 3 more minutes. Stir in the bell peppers and tinned chopped tomatoes, beef stock, cooked braising steak and season well with salt and freshly ground pepper.

Bring the entire mixture to a simmer. Lower the heat and cook for 1 hour. Add the kidney beans and fresh coriander and cook for a further 10 minutes.

This dish goes wonderfully with avocado, sour cream, and a good sprinkle of grated Cheddar cheese.





Prep Time | 15 mins
Cooking Time | 30 mins

Serves 4

800g celeriac, cubed in to inch pieces
4 tbsp. olive oil
2 tbsp. rosemary
2 red onions, finely sliced
2 red pepper, finely sliced
500g chorizo, skinned and sliced
300g cherry tomatoes
200ml vegetable stock
3 tbsp. flat leaf parsley, finely chopped

Nutritional Value (per serving)

Calories 474
Total fat 31.4g
Saturated Fat 7.5g
Carbohydrates 34.7g
Fibre 7g
Protein 17.7g

Pan Fried Celeriac & Chorizo

Pop the diced celeriac in a saucepan, cover it with water, and bring it to the boil.

Lower the heat and allow to simmer for 5-7 minutes, then drain the celeriac in a colander.

Heat the oil in a large frying pan over a medium heat. Throw in the celeriac and some rosemary, and fry for 3 minutes until the celeriac is slightly brown.

Add the onions and red pepper, and cook for 3 minutes.

Mix in the chorizo and cook for another 4 minutes.

Add the tomatoes and the vegetable stock. Stir the entire mixture and cook for another 4 minutes.

Garnish with parsley and your dish is ready to serve!



Prep Time | 10 mins
Cooking Time | 40 mins

Serves 4

4 tbsp. olive oil
2 medium onions, sliced
1 tbsp. garlic cloves, finely chopped
1 tsp. turmeric
4 tsp. cumin seeds
16 chicken drumsticks
2 tbsp. cornflour
8 tbsp. water
800g tinned Puy lentils, drained and rinsed
Handful of fresh coriander

Nutritional

Value (per serving)

Calories 884
Total fat 40.4g
Saturated Fat 8.8g
Carbohydrates 52.4g
Fibre 13.1g
Protein 74.5g

Spicy Chicken Stew

Heat the olive oil in a large saucepan over a medium heat, then throw in the onions and fry for 4 minutes.

Add the garlic, turmeric, and cumin seeds. Cook for another 2 minutes.

Add the chicken, and cook until it's brown all over. This should take 3-4 minutes.

Mix the cornflour and water to make a paste. Pour this into the pan, and add enough water to half-cover the chicken.

Lower the heat and simmer for 20 minutes.

Pop in the lentils and cook for another 5 minutes.

As a final touch, garnish with coriander.



FISH & SEA



HELLFISH



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

4 fresh salmon fillets
6 medium sized tomatoes, finely chopped
1 tsp. parsley, finely chopped
1 tsp. coriander, finely chopped
1 tsp. basil, finely chopped
2 tbsp. lemon juice
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 393
Total Fat 22.4g
Saturated Fat 4.4g
Carbohydrates 7.1g
Fibre 2.3g
Protein 41.6g

Salmon & Tomato Twangs

Place the tomatoes, herbs and lemon juice a bowl. Mix thoroughly.

Put the salmon fillets with their skin side on a greased baking tray in a preheated oven at Gas Mark 5 or 180°C.

Pop the tomato mixture on top of the salmon, season and bake for 15 minutes.



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

400g cod fillets
2 tbsp. grated Pecorino Romano cheese
2 tbsp. grated Parmesan cheese
2 cloves of garlic, crushed
50g butter, melted
1 tbsp. fresh parsley, finely chopped
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 206
Total Fat 13.5g
Saturated Fat 8g
Carbohydrates 0.3g
Fibre 0g
Protein 21g

Italian Style Cod Bake

Preheat the oven to Gas Mark 6 or 200°C.

Lightly grease an ovenproof dish.

Mix the cheeses, garlic and seasoning in a bowl.

Place the fillets in the ovenproof dish and cover with the cheese mixture and parsley.

Season to taste.

Bake for 15 minutes and serve immediately!



Serves 4

190g uncooked king prawns,
deveined and shelled, with their
heads removed

6 ripe large tomatoes, cut into
wedges

250g frozen peas

A small onion, peeled and finely
chopped

2 tbsp. tomato purée

2 cloves of garlic, finely chopped

1 tsp. fresh ginger, finely chopped

1 tbsp. fresh coriander, finely
chopped

1 sprig fresh thyme

2 tsp. fresh parsley, finely chopped

1 tbsp. extra virgin olive oil

Salt and freshly ground black pepper
to taste

Nutritional

Value (per serving)

Calories 153

Total Fat 1.4g

Saturated Fat 0.3g

Carbohydrates 25.3g

Fibre 7g

Protein 12.8g

Prawns with Peas in a Tomato Sauce

Heat the oil in a frying pan and fry the onions
on a medium heat for 4 minutes.

Keep 6 of the tomato wedges aside, and
chop the rest in a food processor along with
the garlic and ginger.

Put the tomato mixture in a large saucepan,
adding the 6 whole tomato wedges, tomato
puree and the herbs and cook for 5 minutes.

Mix in the peas and prawns.

Simmer the prawns for 5 minutes.

Season to taste with salt and freshly ground
black pepper.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

4 cod fillets, approx. 170g each, skinned
2 tsp. butter
1 tbsp. plain flour
500ml semi-skimmed milk
3 tbsp. fresh parsley, finely chopped
2 tbsp. lemon juice
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 230
Total Fat 5.6g
Saturated Fat 2.8g
Carbohydrates 9.1g
Fibre 0.2g
Protein 35.2g

Cod & Parsley Parcels

Place the milk to boil with lemon juice and salt and pepper.

Once boiled, leave to cool for 30 minutes.

Melt the butter on a low heat, then mix in the flour, whisking thoroughly. Stir and cook for a minute.

Pour in the milk little by little, whisking constantly.

Return to the heat, stirring continuously and bring to the boil.

Simmer for 10 minutes, and add salt and pepper to taste.

Place the cod fillets in the pan and poach over a low heat for 4–6 minutes, without the sauce boiling until the fish is cooked.

Turn each piece of fish over after 2 minutes.

Place the fish fillets in a serving dish and spoon over with the parsley sauce.

Truly scrumptious!



Prep Time | 15 mins
Cooking Time | 20 mins

Serves 4

800g trout fillets, boneless

Juice and rind of a lemon

250g of green beans, cut into inch
thins

4 spring onions, chopped into small
pieces

1 tbsp. Dijon mustard

1 tbsp. runny honey

1 tbsp. light soy sauce

2 tbsp. vegetable oil

Nutritional

Value (per serving)

Calories 426

Total Fat 18.3g

Saturated Fat 4.9g

Carbohydrates 20.2g

Fibre 5.8g

Protein 48.7g

Tangy Trout Treats

Preheat the oven to Gas Mark 6 or 200°C.

Lightly oil a baking tray. Place the trout on it
and spread the lemon juice and rind on top.
Season with freshly ground pepper and salt
and cook for 15 minutes.

Cook the green beans in boiling water for 3
minutes.

Once cooked, drain and pop in a bowl.

Mix in the chopped spring onions.

In a small bowl, combine the mustard, honey
and soy sauce.

Add in the green beans and onions, and serve
with the trout.



Serves 4

3 tbsp. olive oil
 3 garlic cloves, crushed
 720g fresh baby leaf spinach, rinsed
 4 cod fillets (approximately 180g each)
 Salt and freshly ground pepper
 200g vine tomatoes

Nutritional

Value (per serving)

Calories 340
 Total fat 16g
 Saturated fat 2.4g
 Carbohydrates 8.6g
 Fibre 4.8g
 Protein 46.9g

Cod with Garlic & Spinach

Preheat the oven to Gas Mark 6 or 200°C.

Pour 2 tablespoons of oil in a frying pan on a medium heat. Throw in the crushed garlic cloves and rinsed spinach. Cook for 5 minutes to wilt the spinach.

When this is complete, lightly oil a baking tray.

Place the tomatoes on the baking tray and drizzle with olive oil. Cook for 40 minutes.

Pop in the cod alongside the tomatoes for the last 15 minutes, with a seasoning of salt and freshly ground pepper.

Serve the cod on a bed of wilted spinach, along with the tomatoes.



Serves 4

4 salmon fillets, approx. 200g each, skinned

1 large red onion, peeled and sliced finely

200g cherry tomatoes

6 cloves garlic, peeled and chopped finely

1 tbsp. extra virgin olive oil

½ a medium sized lemon

Salt and freshly ground pepper

Nutritional

Value (per serving)

Calories 168

Total Fat 11.1g

Saturated Fat 2.2g

Carbohydrates 4.4g

Fibre 1.2g

Protein 12.2g

Pan Seared Salmon

Preheat the oven to 200°C/Gas Mark 6.

Lightly oil a baking tray.

Spread the fennel, onion, tomatoes and garlic in an even layer on the bottom of the baking tray

Place the trout in the baking tray, then spread the thyme, lemon juice and rind over the top.

Season with freshly ground pepper and salt.

Cook in the oven for 15 minutes.

Remove from the oven and squeeze the two lemon halves over the salmon and sprinkle with the remainder of the salt and pepper.

Return the roasting pan to the oven and roast for another 10 minutes and serve.



Prep Time | 5 mins
Chilling Time | 30 mins
Cooking Time | 20 mins

Serves 4

4 tuna steaks, about 140g each
2 fennel bulbs, thickly sliced
lengthways

2 tbsp. extra virgin olive oil

Salt and pepper to taste

FOR THE MARINADE:

125ml extra virgin oil

4 finely chopped garlic cloves

4 fresh red chillies, deseeded and
finely chopped

Juice and zest of 2 lemons

4 tbsp. finely chopped fresh parsley

Nutritional

Value (per serving)

Calories 330

Total fat 9.4g

Saturated fat 6g

Carbohydrates 12.9g

Fibre 5.9g

Protein 32.9g

Thai Style Tuna with Fennel

Whisk all the marinade ingredients together in a small bowl. Put the tuna steaks in a large, shallow dish and spoon over 4 tablespoons of the marinade, turning until well coated.

Cover and leave to marinate in the refrigerator for at least 30 minutes. Keep the remaining marinade for later.

Heat a ridged griddle pan over a high heat. Put the fennel in the pan covering with the oil. Cook it for 5 minutes on each side until it begins to colour. Then, transfer to 4 warmed serving plates.

Add the tuna steaks to the griddle pan and cook each side for 4-5 minutes until firm to touch but still moist inside.

Place the tuna on top of the fennel on each serving plate and drizzle with the reserved marinade.



Prep Time | 15 mins
Cooking Time | 45 mins

Serves 2

2 tbsp. olive oil
1 onion, finely chopped
2 cloves of garlic
1x 400g tin of chopped tomatoes
½ tsp. cinnamon
½ tsp. ground ginger
Salt and pepper
120g salmon
140g smoked haddock
FOR THE MASH:
25g butter
300g celeriac
300g carrots
Salt and pepper

Nutritional

Value (per serving)

Calories 409
Total fat 20.3g
Saturated fat 3.5g
Carbohydrates 20.5g
Fibre 2.6g
Protein 19g

Fish Pie

Preheat the oven to Gas Mark 3 or 175°C.

Chop the celeriac and carrots and boil in salted water for 7-10 minutes. Strain, mash and mix in the butter. Season with salt and pepper to taste.

Put the fish in boiling water in a saucepan, with just enough water to cover it. Cook for 5 minutes.

The fish should become opaque and flake easily.

Drain the fish and place in a bowl.

Pop the oil in a saucepan on medium heat and sauté the onion and garlic for 5 minutes.

Mix in the cooked fish as well as chopped tomatoes, cinnamon, ginger and the salt and pepper.

Simmer on a medium heat to allow the flavours to infuse.

Place the mixture in a small roasting tin and cover with the mash.

Cook in the oven for 20 minutes until the mash crunches up.

Serve with a side of vegetables, a green salad or on its own.



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

4 whole mackerel, gutted and cleaned
4 tsp. garlic, finely chopped
4 tsp. ginger, finely chopped
1 large red chilli, deseeded and chopped
2 limes, zested and juiced
2 tbsp. sesame oil
1 tsp. Thai fish sauce

Nutritional

Value (per serving)

Calories 256
Total Fat 17.8g
Saturated Fat 3.8g
Carbohydrates 6.5g
Fibre 1.2g
Protein 20.5g

Zingy Whole Mackerel

Wash the mackerel and score both sides of each mackerel five or six times, avoiding hitting the bone. In a bowl, combine the sesame oil, garlic, ginger, chilli, lime zest and juice and the Thai fish sauce. Coat each mackerel with the marinade.

Barbecue the mackerel for around five minutes on each side until the fish is charred and the eyes have turned white.

Place the fish in a large dish and cover with any leftover marinade and seasoning to taste, leave to stand for about 3 minutes before serving with a side of salad.



Prep Time | 15 mins
Cooking Time | 10 mins

Serves 4

4 salmon steaks (approx. 200g each)
5 tbsp. olive oil
200g fresh basil
Juice of 2 lemons
Salt and ground black pepper to taste

Nutritional

Value (per serving)

Calories 274
Total Fat 24.1g
Saturated Fat 3.7g
Carbohydrates 4.4g
Fibre 1.6g
Protein 13.9g

Salmon in Basil Sauce

Remove the basil leaves from their stalks and whizz the leaves in a food processor.

Mix in the lemon juice and some seasoning.

Slowly add the olive oil and place aside.

Brush the steaks with some olive oil and cook on a barbecue or grill for 10 minutes.

Serve with the basil sauce and enjoy.



Prep Time | 20 mins
Resting Time | 20 mins
Cooking Time | 10 mins

Serves 4

300g cooked tiger or king prawns
8 BBQ skewers
3 tbsp. olive oil
1 tbsp. Dijon mustard
2 tbsp. sweet chilli sauce
Juice of 1 lemon

Nutritional

Value (per serving)

Calories 162
Total Fat 11.3g
Saturated Fat 0g
Carbohydrates 2.2g
Fibre 0g
Protein 13.5g

Chilli Prawns

In a mixing bowl, combine the olive oil, Dijon mustard, lemon juice and sweet chilli sauce and mix thoroughly to create a marinade for the prawns.

Once the marinade is even in texture and colour, add the prawns.

Mix the prawns with the sauce until they are fully coated. Set aside in the fridge for at least an hour. Overnight is ideal.

Thread the marinated prawns onto the skewers and place on a flat plate, ready to be barbequed

Grill the skewered prawns for 5 minutes altogether until the prawns begin to caramelise on the outside.

Serve and relish!



Prep Time | 25 mins
Cooking Time | 20 mins

Serves 4

800g cod fillets
2 egg whites, beaten
100g fine wholemeal breadcrumbs
2tsp. lemon zest, finely grated
1 tbsp. olive oil
FOR THE LEMON MAYO & YOGURT
DIP:
4 tbsp. mayonnaise
100g young leaf spinach
200g frozen peas, cooked and
cooled
1tbsp. plain Greek yoghurt
Squeeze of lemon juice

Nutritional

Value (per serving)

Calories 425
Total Fat 17.1g
Saturated Fat 15.8g
Carbohydrates 25.2g
Fibre 5.9g
Protein 43.3g

Fish Fingers

Preheat the oven to Gas Mark 6 or 200°C.
Slice the fish into 16 finger length pieces and
dip them in the beaten egg white.

Mix the breadcrumbs with the lemon zest.
Coat the fish fingers by dipping them in the
bread crumb mixture. Repeat the process
of dipping the fish fingers in the egg and
breadcrumbs, to attain an even crumb
coverage. Season the fish fingers with salt
and pepper to taste.

Next brush a non-stick baking tray with the oil.
Place the fish fingers on it and bake them for
20 minutes until golden.

FOR THE LEMON MAYO

For the mayo, mix the mayo with a squeeze of
lemon juice.

Drizzle a little lemon juice and the remaining
olive oil onto the spinach leaves and peas.

FOR THE YOGHURT DIP

Put the remaining 100g of the peas in a food
processor with the Greek yoghurt, a few
sprigs of chopped fresh mint and a pinch of
salt. Serve the yoghurt dip alongside the fish
fingers and lemony mayo.

Scrumptious!



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

500g asparagus

100g sun dried tomatoes

8 x 200g cod fillets

3 tbsp. olive oil

Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 606

Total Fat 14g

Saturated Fat 0g

Carbohydrates 13.2g

Fibre 4.2g

Protein 78.8g

Peppery Cod with Mixed Veg

Preheat the oven to Gas Mark 6 or 200°C.

Steam the asparagus for 3 minutes and set aside.

Rub both sides of the cod fillets with salt and place them on a baking tray.

Drizzle with olive oil and bake for 15 minutes.

Serve the cod fillets along with the asparagus, on bed of mixed salad and sun dried tomatoes.

Sprinkle the fish with some freshly ground pepper and serve immediately!



Serves 2

4 x 200g mackerel fillets

2 large courgettes

200g tin kidney beans, drained

200g cannellini beans, drained

1 fresh red chilli, deseeded and finely chopped

Handful of fresh mint, finely chopped

Extra virgin olive oil

Salt and freshly ground pepper to taste

Juice and zest of a lemon

Nutritional

Value (per serving)

Calories 583

Total Fat 70g

Saturated Fat 15.8g

Carbohydrates 38g

Fibre 10g

Protein 99.7g

Mackerel with Sweet Potato Fries, Beans & Courgette

Prep Time | 10 minutes

Cooking Time | 30 minutes

Preheat oven to Gas Mark 5 or 190°C.

Use a peeler to slice the courgettes lengthways into long, thin ribbons.

Place the courgette slices in a griddle, turning once to ensure that they are soft and lightly charred on both sides.

Put the drained beans, chilli and mint in a bowl.

Lightly drizzle the mackerel fillets with some extra virgin olive oil and season with salt and pepper.

Bake them for 10 minutes. Remove them from the oven and dress with some lemon juice, extra virgin olive oil, salt and pepper.

Bake the sweet potato fries for 15 minutes.

Plate up 2 mackerel fillets per serving, alongside the courgettes, sweet potato fries and beans.

Lovely!





Prep Time | 10 mins
Cooking Time | 30 mins

Serves 4

400g tinned cannellini beans, drained
2 fresh green chillies, deseeded and finely chopped

Handful of fresh mint, finely chopped

4 x 250g trout fillets

4 tbsp. extra virgin olive oil

1 tbsp. garlic cloves, finely chopped

Salt and freshly ground pepper to taste

Juice of a lemon

400g tinned kidney beans, drained

Nutritional

Value (per serving)

Calories 703

Total Fat 32.6g

Saturated Fat 9.3g

Carbohydrates 32g

Fibre 12.7g

Protein 67.1g

Trout with Beans

Preheat the oven to Gas Mark 5 or 190°C.

Put the drained cannellini beans, green chillies, and mint in a bowl.

Lightly drizzle the trout fillets with a tablespoon of extra virgin olive oil.

Sprinkle the garlic on top of the fish and season with salt and pepper.

Bake the fillets in the preheated oven for 10 minutes.

Remove from the oven and dress with some lemon juice and a tablespoon of extra virgin olive oil. Season with salt and pepper to taste. Serve on a bed of beans and enjoy!



Serves 4

300g broccoli
400g fresh green beans
8 x 200g cod fillets
10g butter, for greasing
3 tsp. ginger, finely chopped
1.5 tbsp. light soy sauce
1.5 tbsp. sesame oil
Coriander to garnish
300g carrots
150g green beans
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 464
Total Fat 7.9g
Saturated Fat 1.7g
Carbohydrates 24.1g
Fibre 8.7g
Protein 76.8g

Spicy Cod with Mixed Veg

Preheat the oven on Gas Mark 4 or 180°C. Bring some water to the boil in a medium-size saucepan and throw in the broccoli for 5 minutes.

Once the broccoli's been cooking for 2 minutes, add the green beans, then cook them together for the remaining 3 minutes.

Remove the vegetables, and drain them in a colander to remove any excess water.

Salt the cod fillets, then place them in a baking tray greased with butter. Put some ginger on top, then cook the fillets in the preheated oven for 12-15 minutes.

Remove from the oven and drizzle with soy sauce.

Heat the sesame oil in a small saucepan and pour over the top of the fillets.

Plate up the fillets, alongside the mixed veg. Garnish with coriander and tuck in!

Serves 4

800g celeriac

350g of cherry tomatoes

8 tbsp. olive oil

8x 260g lemon sole

Salt and freshly ground black pepper

Zest and juice of a lemon

12 fresh thyme leaves

Nutritional

Value (per serving)

Calories 450

Total Fat 29.9g

Saturated Fat 4.1g

Carbohydrates 22.4g

Fibre 4.9g

Protein 25.2g

Whole Lemon Sole with Roasted Celeriac

Prep Time | 15 minutes

Cooking Time | 40 minutes

Preheat the oven to Gas Mark 4 or 180°C.

Peel the celeriac, and dice it into small cubes.

Place the cherry tomatoes on a baking tray and drizzle with a tablespoon of the olive oil.

Roast for 30 minutes.

Take them out of the oven and place to one side to cool.

Put a tablespoon of olive oil in a large frying pan over a medium heat, then fry the lemon soles, one at a time, in the oil. It should take around 5 minutes on each side to fry lemon sole.

Once they're all cooked, plate them up and season with salt and pepper to taste.

Serve the fried mackerel fillets with a side of roasted celeriac and orange tomatoes.





CHRIS



XMAS

Serves 16

FOR THE DOUGH:

250g wholewheat flour

40g wheat gluten

Pinch of salt

100ml whole milk, lukewarm

100ml water, lukewarm

1 packet of yeast

1 large egg, lightly beaten

FOR THE FILLING:

330g spinach

125g crumbled feta cheese

½ tsp. marjoram

Pinch of salt

Pinch of freshly ground pepper

Nutritional

Value (per serving)

Calories 106.2

Total fat 2.7g

Saturated Fat 1.6g

Carbohydrates 13.7g

Fibre 2.5g

Protein 7.4g

Spinach & Feta Rolls

Prep Time | 1.5 hours

Cooking Time | 20 minutes

Preheat the oven to 140°C or Gas Mark 1 for 10 minutes and then turn oven off.

In a medium bowl, stir together the wholewheat flour, gluten, and salt. Set this mixture to one side.

Combine the milk and water in the bowl of your mixer. Then, sprinkle on the yeast and mix well. Add the egg into this mixture, until it is fully combined. Add in the flour mixture until properly combined.

Grease your hands, shape the dough into a smooth ball, and place in a lightly greased bowl. Cover the bowl with foil and place in a warm oven for 30-45 minutes, or until it has doubled in size.

Mix the spinach, feta, marjoram, salt, and pepper together in a separate bowl.

Roll out the dough on a lightly floured surface into a rough rectangle, approximately 12 x 16 inches. Spread the spinach mixture over the dough, leaving a ½ inch border around all edges.

Starting at the longer side, roll up the dough tightly into a log and pinch to seal the edge. Cut this log into 16 equal portions and place on baking parchment. It may be easier to use a serrated knife.

Preheat the oven to 190°C or Gas Mark 5.

Then bake the rolls for 18-20 minutes or until golden brown. Let the rolls cool slightly and serve.





Serves 16

16 ready to cook vol-au-vent cases,
14g each cooked
30g butter
200g chestnut mushrooms, blended
4 cloves of garlic
Bunch of fresh thyme
180g cream cheese
Salt and freshly ground pepper to
taste

Nutritional

Value (per serving)

Calories 102.2
Total fat 8.7g
Saturated Fat 5g
Carbohydrates 8g
Fibre 0.4g
Protein 6.1g

Mushroom, Thyme & Cheese Vol- au-vents

Preheat the oven to Gas Mark 7 or 210°C.

Cook the cases for 15 minutes, then place to
one side to cool.

Melt the butter in the pan. Add the
mushrooms and cook until they are soft. Mix
in the garlic and thyme.

Tilt the pan so that any excess liquid is
drained away. Mix in the cream cheese, and
allow the mixture to cool.

Season to taste. Fill the vol-au-vent cases and
enjoy!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 16

16 ready to cook vol-au-vent cases,
14g each cooked
425g goat's cheese, crumbled
Caramelised onion chutney
2 figs, quartered, then thinly sliced

Nutritional

Value (per serving)

Calories 158.3
Total fat 12.3g
Saturated Fat 7.5g
Carbohydrates 10g
Fibre 0.3g
Protein 10.8g

Goats Cheese & Fig Vol-au- vents

Preheat the oven to Gas Mark 7 or 210°C,
and bake the vol-au-vent cases for around 5
minutes until they have risen somewhat.

Remove from the oven and then place a
teaspoon of goat's cheese in the vol-au-vent
and then top with a teaspoon of caramelised
onion chutney.

Top with another teaspoon of crumbled goat's
cheese and bake the vol-au-vent cases further
for around 10 minutes until they are golden
brown.

Garnish with a slice of fig and serve these
delectable vol-au-vents warm or at room
temperature.



Prep Time | 5 mins
Cooking Time | 20 mins

Serves 16

16 ready to cook vol-au-vent cases,
14g each cooked
180g cream cheese, softened
80g smoked salmon, cut in to strips
1½ tbsp. lemon juice
1 tbsp. fresh dill, finely chopped
Ground black pepper to season
Dill sprigs, to serve

Nutritional

Value (per serving)

Calories 98.3
Total fat 7.6g
Saturated Fat 4.2g
Carbohydrates 7.8g
Fibre 0.3g
Protein 7g

Smoked Salmon & Cream Cheese Vol au vents

Preheat the oven to Gas Mark 7 or 210°C.

Bake the vol-au-vents for 15 minutes from frozen.

Meanwhile, mix the cream cheese, lemon juice, and black pepper together. Place a heaped teaspoonful of the cream cheese mixture into each case and top with shredded smoked salmon.

Garnish with a dill sprig and serve!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 8

400g chicken breasts (2 chicken breasts), halved with each half cut into 12 long strips
60g green pesto
2 tbsp. agave nectar
24 small wooden/metal skewers
Oil for the backing tray

Nutritional

Value (per serving)

Calories 55.9
Total fat 1.6g
Saturated Fat 0.3g
Carbohydrates 2.1g
Fibre 0g
Protein 8.3g

Festive Mini Chicken & Pesto Kebabs

Preheat the oven to Gas Mark 4 or 180°C.

Mix together the chicken, pesto, and agave nectar.

Thread the meat onto the skewers, and put them in the preheated oven on a lightly oiled baking tray.

Bake for about 8 minutes, or until the meat is cooked.

Serve on a platter and enjoy!

Serves 16

50g pak choi
50g white cabbage
50g water chestnuts drained
50g bean sprouts
200g chicken breast, minced
20g chives, finely chopped
15g corn flour
1 tsp. sesame oil
½ tbsp. oyster sauce
1 tbsp. light soy sauce
1 tsp. caster sugar
Salt and white pepper
16 wonton wrappers
FOR THE EGG WASH:
1 egg
1 tsp. of water
FOR THE DIPPING SAUCE:
4 tbsp. light soy sauce
1 tsp. dark soy sauce

Nutritional

Value (per serving)

Calories 130
Total Fat 1.4g
Saturated Fat 0.3g
Carbohydrates 20.8g
Fibre 1g
Protein 8.1g

Chicken & Cabbage Wontons

Prep Time | 15 minutes

Cooking Time | 25 minutes

Whizz the pak choi, cabbage, water chestnuts, and bean sprouts. Ensure that the mixture has a crunchy texture: you don't want to make a paste.

Put the mixture in a large bowl and add the chicken. Then throw in the chives, corn flour, sesame oil, oyster sauce, soy sauce, sugar, salt, and pepper, mixing well.

Place a wonton wrapper flat on the palm of your hand or on some lightly-floured grease proof paper. Add a teaspoon of the mixture to the centre of the wrapper.

Combine the egg and the water to make an egg wash.

Dip your finger in some egg wash or water and paint the four edges of the wonton.

Fold the wonton in half from corner to opposite corner so that it forms a triangle.

Seal the wonton all around, ensuring that there are no air pockets or holes.

Scrunch together the longer two triangle points together to make the wonton shape.

Deep fry for two or three minutes in hot oil, turning occasionally until the wontons are golden brown. Remove the wontons and drain any excess oil on to some kitchen roll.

Alternatively, you can steam the wontons for a few minutes.

To make the dipping sauce, mix the soy sauces and salt together. Serve the wontons hot with the sauce and enjoy!





Prep Time | 15 mins
Cooking Time | 25 mins

Serves 16

FOR THE FILLING:

1 egg, lightly beaten
¼ tsp. salt
Pinch of pepper
100g mashed firm tofu
Small white onion, sliced finely
3 water chestnuts, chopped finely
2 tsp. carrots grated
1 Pak Choi leaf, finely sliced
2 tsp. grated ginger
1 tsp. sesame oil
16 wonton wrappers, or as needed
3.5 cups of vegetable oil for deep-frying, as needed

FOR THE EGG WASH:

1 egg
1 tsp. of water

Nutritional

Value (per serving)

Calories 113
Total fat 1.7g
Saturated Fat 0.4g
Carbohydrates 19.5g
Fibre 0.9g
Protein 4.1g

Vegetable & Tofu Wontons

Lightly beat the egg, then season with salt and pepper. Combine the mashed tofu and vegetables (white onion, water chestnuts, carrots, Pak Choi, and ginger) into the egg mixture.

Pour the sesame oil into a frying pan and place over a gentle heat.

To fill the wontons, lay a wrapper in front of you so that it forms a diamond shape. Using your finger, place some egg wash or water on all sides. Place a teaspoon of filling in the middle.

Fold the wonton in half from corner to opposite corner so it forms a triangle. Then scrunch the longer two triangle points together to make the wonton shape.

Deep-fry the wontons for around 2 minutes, ensuring that they're golden and crispy.

They are now ready to serve!



Prep Time | 10 mins
Cooking Time | 30 mins

Serves 12

1 pack premium pork chipolatas
(usually contains 12 cocktail
sausages)

6 rashers of unsmoked English bacon

Nutritional

Value (per serving)

Calories 69

Total fat 5.3g

Saturated Fat 1.9g

Carbohydrates 1.1g

Fibre 0.2g

Protein 4.3g

Pigs in Blankets

Preheat the oven to 190°C or Gas mark 5.

Next, halve each rasher of bacon and lengthen each one, flattening and stretching it without tearing, and wrap the bacon in a spiral around the length of the sausage.

Roast in the oven for 25-30 minutes, turning after 15 minutes so that the sausage is cooked through completely. Before serving, Check that the sausage are hot all the way through and that no pink bits remain.



Prep Time | 10 mins
Cooking Time | 30 mins

Serves 6

1 medium potato
700g parsnips
An onion, finely chopped
1.5 tsp. ground turmeric
2 tsp. cumin seeds
1 tsp. black mustard seeds
½ tbsp. ground ginger
4 cloves of garlic, finely chopped
1 tbsp. fresh lemon juice
1 litre of vegetable stock
275ml of natural low fat yoghurt
1.5 tsp. ground coriander
Fresh parsley to sprinkle
Freshly ground nutmeg to garnish

Nutritional

Value (per serving)

Calories 161
Total fat 1g
Saturated Fat 0.5g
Carbohydrates 33.8g
Fibre 5.3g
Protein 4.4g

Spicy Parsnip Soup

Put the potato, parsnips, and onion in a pan with 50ml of water. Bring the water to the boil, turn the heat down, and cook the mixture for another 10 minutes.

Add the spices, ginger, garlic, and lemon juice. Stir thoroughly and cook for a further 2 minutes. Pour in the stock.

Bring the mixture to the boil, cover and simmer for around 15 minutes. Whizz the mixture in the blender and place back in the pan.

Next, stir in the yoghurt, season with coriander, and serve with a garnish of fresh parsley and a sprinkle of ground nutmeg.



Prep Time | 10 mins
Cooking Time | 30 mins

Serves 6

75g butter

1 large onion, finely chopped

3 garlic cloves, finely chopped

2 medium potatoes, peeled and
diced

625g vegetable stock

900ml milk

625g fresh spinach, washed if
necessary and roughly chopped

Zest and juice of a lemon

Salt and pepper to taste

Ground or freshly grated nutmeg, to
taste

5 tbsp. double cream, to serve

Nutritional

Value (per serving)

Calories 285

Total fat 15.2g

Saturated Fat 8.8g

Carbohydrates 29g

Fibre 3.7g

Protein 10.3g

Festive Spinach Soup

Place the butter in a large, lidded and
saucepan and allow it to melt over a low heat.
Then, add the onion and garlic, and fry gently
for 5-6 minutes until softened.

Stir in the potato and continue to cook for 1
minute. Pour in the stock and simmer for 8-10
minutes until the potato is cooking. Pour in
the milk, and stir in half of the spinach and the
lemon zest.

Cover and simmer for 15 minutes until the
spinach has completely wilted. Allow the soup
to cool for about 5 minutes.

Pour the soup into a blender. Add the rest of
the spinach to keep the soup bright and fresh-
tasting. Whizz the soup until silky smooth and
season with salt, pepper, and nutmeg.

To serve, heat the soup through, ladle it into
bowls, and swirl in some double cream.



Prep Time | 30 mins
Cooking Time | 1 hour

Serves 6

250g unsalted mixed nuts
3 tbsp. olive oil
1 red onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
200g button mushrooms, finely chopped
200g fresh spinach, finely chopped
150g tinned tomatoes, drained and chopped
1 large free range egg, lightly beaten
200g vegetarian Cheddar cheese, grated
1 tsp. dried sage
1 tsp. fresh mint, finely chopped
Salt and pepper to season

Nutritional

Value (per serving)

Calories 506
Total fat 40.9g
Saturated Fat 11g
Carbohydrates 14.3g
Fibre 4.6g
Protein 19.1g

Veggie Roast

Preheat the oven to 180°C or Gas Mark 4.

Whizz the mixed nuts in a food processor until they are finely chopped.

Pour the oil into a large frying pan over a medium heat. Add the onion, carrot, and celery, then cook for 5 minutes.

Next, add the mushrooms and the spinach, then cook for another 3 minutes or so. If the mushrooms and spinach produce lots of juice, cook for a few more minutes until the liquid evaporates.

Transfer the entire mixture to a large bowl and add the blended nuts, tinned tomatoes, egg, cheese, sage, mint, and seasoning. Mix everything together.

Place the mixture in a loaf tin lined with greaseproof paper and bake in the pre heated oven for around 60 minutes. The cooked roast should be golden brown on top.

Allow the nut roast to cool in the tin for 5 minutes, then turn it out.

Cut the roast into slices and serve with gravy!



Serves 6

2 tbsp. olive oil
2 medium onions
6 garlic cloves, finely chopped
Salt and pepper to season
6 x 200g turkey breasts (opt for a thicker breast as you are going to fillet it)
180g cheddar cheese, grated
100g gruyere cheese, grated
12 slices Parma ham
Steamed broccoli and cauliflower
Juice of a lemon

Nutritional

Value (per serving)

Calories 670
Total fat 38g
Saturated Fat 14g
Carbohydrates 1.6g
Fibre 0.4g
Protein 76g

Stuffed Turkey Breast

Pour a tablespoon of olive oil into a saucepan and place over a medium heat until the oil warms up. Sauté the onions for around 4 minutes, add the garlic and cook for another 2 minutes. Season the mixture with salt and pepper, then set it aside to cool down.

Partly fillet the turkey breast. You should open up the turkey enough to make a small pocket, then stuff the cheddar and gruyere inside that pocket.

Season the turkey breasts with salt and pepper, and wrap two slices of Parma ham around each breast.

Drizzle the turkey breasts with the rest of the olive oil and bake at 180°C or Gas Mark 4 for 25 minutes, ensuring that the ham is crispy and the chicken is fully cooked. To test if the chicken is cooked, stick a skewer in it: when it comes out, the juice should be clear and not be at all pink.

Serve along with steamed broccoli and cauliflower, dressed with some lemon juice.

Serves 6

250g cream cheese
100g soft goat's cheese
2 tsp. fresh rosemary
Pepper, to season
1 tbsp. butter
1 white onion, finely chopped
600g mixed mushrooms, coarsely chopped
Salt, to season
250g filo pastry
50g extra-virgin olive oil

Nutritional

Value (per serving)

Calories 441
Total fat 29.2g
Saturated Fat 13.9g
Carbohydrates 35.5g
Fibre 2.4g
Protein 12.1g

Mushroom & Goat's Cheese Tart

Prep Time | 20 minutes

Cooking Time | 40 minutes

Preheat the oven to 200°C or Gas Mark 6.

Mix the cream cheese, goat's cheese, fresh rosemary, and pepper in a bowl and set aside. Heat the butter in a large pan over a medium heat and add the onions, mushrooms, and salt. Cook for around 3 minutes until the onion softens and the juices from the mushrooms are released; this ought to take approximately 4 minutes. Then, place the contents of the pan to one side.

Next, line a large baking sheet (approximately 12 by 17 inches) with greaseproof paper.

Place a large sheet of filo pastry on the tray.

Lightly oil the sheet with a pastry brush.

Repeat this process, and layer the rest of the filo pastry sheets on top.

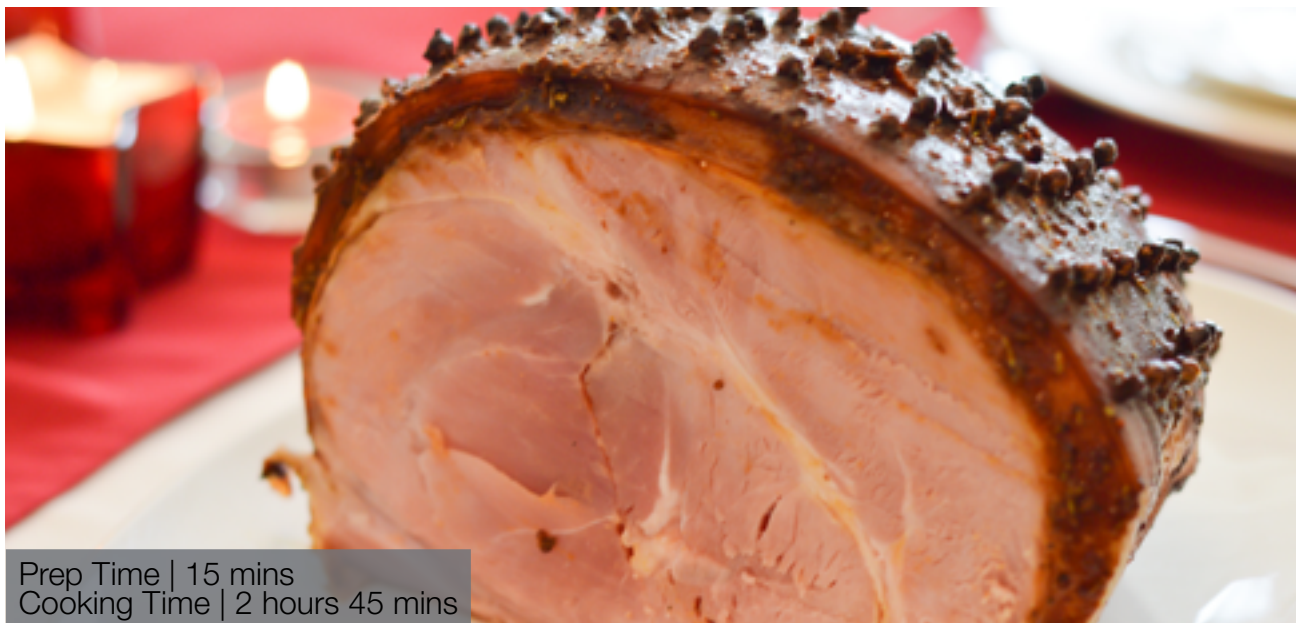
Spread the cheese mixture evenly over the filo pastry and spoon the mushroom mixture on top. Carefully roll the edge of the tart about 3/4 of an inch inwards. This slightly thicker layer will form the out rim of the tart.

Bake the tart for 25-30 minutes ensuring that the crust is brown and crispy. Allow the tart to cool on the tray for several minutes.

To serve, lift up the parchment paper, and slide the tart onto a sizeable platter.

Serve the tart warm: filo pastry can lose its texture when cold.





Prep Time | 15 mins
Cooking Time | 2 hours 45 mins

Serves 6

1kg gammon joint, uncooked and boneless

6 tsp. of Dijon mustard

3 tbsp. soy sauce

3 tbsp. honey

1 tsp. rosemary

1 tsp. pepper

1 tbsp. of cloves

Nutritional

Value (per serving)

Calories 245

Total fat 10.3g

Saturated Fat 0.1g

Carbohydrates 1.6g

Fibre 0.4g

Protein 33.9g

Mustard & Honey Glazed Ham

FOR THE SAUCE:

To make the mustard and honey glaze, mix the Dijon mustard, soy sauce, honey, rosemary, and pepper together.

FOR THE HAM:

Preheat the oven to 180°C or Gas Mark 4.

Place the ham in a large pan covered in cold water. Once the water has boiled, reduce the heat and simmer for 150 minutes. Top up with more boiling water if necessary, getting rid of any froth or residue that might arise.

Allow the ham to cool slightly, then place it in a roasting tin. Put the roasting tin in the preheated oven. Using a sharp knife, make small incisions through the outer layer of the ham, spaced about 1 inch apart, so that the glaze can soak through.

Insert the whole cloves into the ham: it looks decorative and adds flavour. You can remove them prior to serving. Brush the glaze over the ham and roast for 40 minutes. Take the ham out of the oven and let it cool for 20 minutes, then carve and tuck in.



Prep Time | 15 mins
Cooking Time | 40 mins

Serves 6

4 bell peppers, 2 green and 2 red,
sliced into large chunks
2 sweet potatoes, peeled and sliced
in to big chunks
Two red onions, cut into wedges
2 tbsp. olive oil
Freshly ground black pepper to
season
12 lamb cutlets
2 tbsp. thyme
2 tbsp. mint leaves, finely chopped

Nutritional Value (per serving)

Calories 638
Total fat 34.9g
Saturated Fat 0.7g
Carbohydrates 27.2g
Fibre 3.9g
Protein 52.3g

Lamb Cutlets

Preheat the oven on Gas Mark 7 or 210°C. Place the bell peppers, sweet potato, and onion in a large baking tray, then drizzle the olive oil and freshly ground black pepper on top. Roast the vegetables in the preheated oven for 20 minutes.

Trim any fat off the lamb, and mix the herbs (thyme and mint leaves) with a little bit of black pepper. Spread the herbs all over the lamb. Take the vegetables out of the oven. Cook the cutlets on a hot baking tray for ten minutes. Turn them over, and cook for another 10 minutes, along with the veggies.

Place the cutlets on the hot tray and return them to the oven for 10 minutes. The meat should be somewhat charred.

To serve, stack veggies in the centre of a platter, and place the lamb cutlets around them.



Prep Time | 10 mins
Cooking Time | 1 hour

Serves 4

2 oranges, juice and zest
2 tsp. Stevia sweetener
5 tbsp. red wine vinegar
300ml vegetable stock
2 tsp. cornflour
200ml orange juice, unsweetened
2 tbsp. olive oil
A duck crown
Salt and freshly ground black pepper to season
60g butter

Nutritional

Value (per serving)

Calories 633
Total fat 40.8g
Saturated Fat 13.7g
Carbohydrates 9g
Fibre 2.1g
Protein 58.5g

Duck with Orange Sauce

Preheat the oven on Gas Mark 180°C or Gas Mark 4. Put the orange juice, zest, sweetener, and red wine vinegar in a small pan, and mix them together. Heat the mixture for 5 minutes. Heat the vegetable stock in a separate pan, then add it to the pre-made sauce and leave to simmer for 2 minutes. While the sauce is simmering, put the oil in a medium-hot griddle. Next, score the skin of the duck: this is done by making cuts that go into the meat, but not through it. Make these small incisions diagonally and at regular, frequent intervals. Once you've scored across the meat, do it again the other way, so that you end up with a criss-cross pattern of small incisions across the meat. Once this is done, season it with salt and pepper. Melt the butter in a griddle, and sear the duck until golden brown. This should take around 3 minutes.

Roast the duck in the preheated oven for 45-60 minutes. When it's cooked, the duck breast should be golden brown, and firm yet tender to the touch. Once you're confident that the duck breast is fully cooked, slice it up, spoon the sauce over the top, and enjoy!



Prep Time | 10 mins
Cooking Time | 45 mins

Serves 6

2 leeks
150g carrots,
150g diced celeriac
2 red onions
150g swedes
4 cloves of crushed garlic
Garnish of dried rosemary or sprigs
of fresh rosemary
6 tbsp. olive oil
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 175
Total fat 14.2g
Saturated Fat 2g
Carbohydrates 12.5g
Fibre 2.9g
Protein 1.6g

Roasted Winter Vegetables

Chop all of the vegetables (leeks, carrots, diced celeriac, red onions, and swedes) into small chunks, and place them in a large roasting tin along with the crushed garlic. Garnish the vegetables with rosemary and cover with the olive oil and seasoning. Roast in the oven on 180°C or Gas mark 4 for 45 minutes.
Serve hot and enjoy!



Prep Time | 15 mins
Cooking Time | 25 mins

Serves 4

10 pork sausages, skinless
An onion, peeled and grated
An apple, cored, peeled and grated
120g vac-packed chestnuts, finely chopped
120g fresh wholemeal breadcrumbs
An egg yolk
1 tbsp. sage, finely chopped

Nutritional

Value (per serving)

Calories 136
Total fat 10.7g
Saturated Fat 3.2g
Carbohydrates 24.1g
Fibre 3.4g
Protein 8.7g

Pork & Sage Stuffing Balls

Place all the ingredients in a bowl and season well. Use your hands to make 8 balls out of the mixture.

Place the balls on a non-stick baking tray and cook at 200°C or Gas Mark 6 for 20-25 minutes until golden brown.

Serve and enjoy!



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 6

600g Brussels sprouts

40g butter

Salt and pepper to season

¼ tsp. freshly grated or ground
nutmeg

Nutritional

Value (per serving)

Calories 84

Total fat 5.9g

Saturated Fat 3.5g

Carbohydrates 7.1g

Fibre 2.6g

Protein 2.6g

Pan Fried Sprouts with Nutmeg

Slice the sprouts in half, and parboil them in boiling water for 4 minutes. Parboiling refers to the technique of adding food items to boiling water and cooking them until they begin to soften, then removing them before they are fully cooked.

Heat the butter in a wok over a high heat, add the sprouts and stir-fry for 4 minutes.

Season, sprinkle with nutmeg, and serve!

Serves 6

3.5g turkey

1 turnip

300g parsnips

2 red onions

2 tbsp. oil

Nutritional

Value (per serving)

Calories 717

Total fat 10g

Saturated Fat 0.4g

Carbohydrates 12.3g

Fibre 3g

Protein 125g

Whole Turkey

Preparation Time | 10 minutes

Cooking Time | 2 hours 45 minutes

Resting Time | 30 minutes

Preheat the oven to Gas Mark 5 or 190°C.

Place the turkey in a roasting tin and cover loosely with foil.

Cook in the centre of the preheated oven for 2 hours and 15 minutes.

Remove the foil cover for the final 15 minutes of cooking.

After cooking cover with foil and rest for 30 minutes before carving.

Drizzle the vegetables with olive oil and cook in another baking tray for 30 minutes.





Serves 8

3 large slices of wholemeal bread
 3 large slices of white bread
 200ml water
 1 tbsp. olive oil
 1 large onion, finely chopped
 1 apple, finely chopped
 2 tsp. fresh sage, finely chopped
 1.5 tsp. fresh thyme
 400ml vegetable stock
 Salt and freshly ground pepper to taste

Nutritional Value (per serving)

Calories 120
 Total fat 3g
 Saturated Fat 1g
 Carbohydrates 22g
 Fibre 4g
 Protein 3g

Apple & Cinnamon Stuffing

Preheat the oven to Gas Mark 4 or 180°C.

Place the wholemeal and white bread on a baking tray and toast for 20 minutes.

Heat the olive oil in a big saucepan on medium heat.

Put in the onion and cook for 4 minutes. Pop in the apples and cook for 4 more minutes.

Add the vegetable stock and sage and thyme.

Then lower the heat and simmer the mixture for 5 minutes.

Grate the toast and season with salt and pepper.

Lower the oven temperature to Gas Mark 3 or 160°C.

Mix the breadcrumbs in with the vegetable stock and place in a greased casserole dish in the oven and cover with foil.

Bake for 30 minutes and the stuffing is ready to relish.



Serves 6

4 slices of bacon, diced
600g Brussels sprouts
1 tbsp. olive oil
Salt and pepper to season

Nutritional

Value (per serving)

Calories 90
Total fat 4.5g
Saturated Fat 1g
Carbohydrates 9g
Fibre 5g
Protein 4g

Brussel Sprouts with Bacon

Place enough water in a saucepan to cover the sprouts.

Bring the water to the boil. Lower the heat and simmer for 7 minutes.

Drain the sprouts in a colander and place in a bowl.

Dice the bacon and fry in the olive oil for 4 minutes until crispy.

Mix the bacon with the sprouts and the dish is ready to serve.



Prep Time | 5 mins
Cooking Time | 10 mins

Serves 6

100g cup almonds
50g pecans
50g peanuts
50g cashews
2 tbsp. butter, melted
2 tsp. maple syrup
2 tsp. Stevia
Salt to taste

Nutritional

Value (per serving)

Calories 240
Total fat 22g
Saturated Fat 4g
Carbohydrates 8g
Fibre 6g
Protein 3g

Maple Glazed Cocktail Nuts

Preheat oven to Gas Mark 4 or 180C.

Line a baking tray with baking parchment.

Combine all the nuts in a large bowl.

Mix the melted butter, maple syrup and Stevia together.

Add into the nut mixture and flavour with salt.

Put onto the baking tray and cook for 10 minutes, stirring every few minutes.

Take out of the oven and cool prior to serving!



Prep Time | 15 mins
Cooking Time | 25 mins

Serves 4

4 x 200g sea bass fillets
200g sun dried tomatoes
30g kalamata olives
2 green chillies
2 garlic cloves
2 tsp. ginger
2.5 tbsp. olive oil
Juice of a lemon
Lemon slices to garnish
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 330
Total fat 18g
Saturated Fat 4g
Carbohydrates 4g
Fibre 2g
Protein 37.4g

Baked Sea Bass with Tomatoes & Olives

Preheat the oven to Gas Mark 6 or 200°C.

Whizz the sun dried tomatoes, chillies, garlic, ginger, olive oil and lemon juice in a food processor and place in a bowl.

Mix the olives into the sun dried tomato mixture.

Slice the fish lengthways and spread the tomato mixture along the fish.

Then season the fish with salt and pepper to taste.

Place the fish on a lightly greased baking tray and cook for 25 minutes.

Let the fish cool for at least 10 minutes before you serve with Mediterranean veggies. Garnish with some slices of lemon and enjoy!



Prep Time | 15 mins

Serves 4

FOR THE DRESSING

4 tbsp. extra virgin olive oil

Juice of an orange

FOR THE SALAD

1 fennel bulb, finely chopped

2 large tomatoes, finely chopped

1 avocado, finely chopped

200g cooked prawns

2 spring onions, finely sliced

Salt and pepper to taste

Nutritional

Value (per serving)

Calories 302

Total fat 28g

Saturated Fat 6g

Carbohydrates 13g

Fibre 3g

Protein 6.3g

Avocado & Prawn Cocktails

FOR THE DRESSING

Mix together the olive oil and orange juice and set aside.

FOR THE SALAD

Place the chopped fennel, tomatoes, avocado, prawns and spring onions in a large bowl and mix together.

Divide the salad among 4 Martini glass and drizzle with the dressing prior to serving.



Prep Time | 15 mins
Cooking Time | 25 mins

Serves 4

4 x 200g Salmon
1 green chilli, finely chopped
4 garlic cloves, finely chopped
2 tsp. ginger, finely chopped
1 tbsp. agave nectar
2 tbsp. olive oil
2 tbsp. light soy sauce
2 tbsp. Dijon mustard

Nutritional

Value (per serving)

Calories 326
Total fat 14g
Saturated Fat 1.6g
Carbohydrates 15.5g
Fibre 0.5g
Protein 41g

Salmon with a Mustard Glaze

Preheat the oven to Gas Mark 6 or 200°C.

In a small bowl mix the chilli, garlic, ginger, agave nectar, olive oil, soy sauce and mustard together.

Place the salmon fillets on a lightly greased baking tray.

Spread some of the mustard glaze on each fillet.

Bake the glazed salmon for 25 minutes.

Let the fish cool for at least 10 minutes before you tuck in with veggies of your choice!



Serves 12

375g of self raising flour

10g sweetener

1 tsp. ground cinnamon

125ml semi-skimmed milk

2 large free range eggs, beaten

100g soft butter

1 eating apple peeled, cored and cut into small pieces

30g dried cranberries

Nutritional

Value (per serving)

Calories 192

Total fat 6.7g

Saturated Fat 4.4g

Carbohydrates 32g

Fibre 1.3g

Protein 1g

Cranberry & Apple Muffins

Preheat the oven to 200°C or Gas Mark 6.

Place 12 muffin cases on a baking tray.

In a large mixing bowl, sift the flour, caster sugar, and cinnamon together. Make a hole in the middle of the dry ingredients.

Add the eggs, milk, and butter, then mix thoroughly, ensuring that there are no lumps.

Fold in the chopped apple.

Spoon the mixture into the muffin cases until each case is two-thirds of the way full. Place the partially-filled cases in the oven, and bake for 20 minutes, or until the muffins turn golden brown.

Scrumptious!



Serves 12

FOR THE FILLING:

220g cooking apples
150g stewed rhubarb
45g sultanas
45g currants
50g melted butter
Finely grated zest of an orange
Finely grated zest of a lemon
½ tsp. mixed spice
¼ tsp. nutmeg
¼ tsp. ground cloves
2 tsp. granulated sweetener
1 tbsp. molasses

FOR THE PASTRY:

200g almond flour
20g chilled butter, diced
A pinch of salt
1 tbsp. chilled water
1 tbsp. sweetener for sweet crust
pastry

Nutritional

Value (per serving)

Calories 173
Total fat 13g
Saturated Fat 3.6g
Carbohydrates 12.3g
Fibre 3.7g
Protein 2.3g

Mince Pies

FOR THE FILLING

Peel and chop the apples, microwave them until they soften, and combine them with the rest of the ingredients. Spoon the mixture into a jar.

For best results, cover the jar with cling film and leave in the fridge overnight, before making mince pies.

FOR THE PASTRY

Combine the almond flour, salt, and sweetener in a mixing bowl. Rub the butter into the almond flour, incorporating air as you go. Gradually add the water, until the mixture comes away from the bowl and forms a ball without being too sticky. Dust it with a little baking powder and keep it in the fridge for 30 minutes. Rather than rolling out the dough, cut pieces off, and press them into the mince pie tins. Fill each of the pastry cups with mince meat, and top each one with a pastry lid. Bake the pies in the oven at 180°C or Gas Mark 4 for 20-25 minutes.

Why not get a bit creative, and cut the pastry into star shapes to make it extra Christmassy!



Prep Time | 5 mins
Cooking Time | 15 mins

Serves 12

3 free range eggs
125g of almond flour
2 tbsp. Stevia or your preferred sweetener
1 tsp. ground cinnamon
½ tsp. ground cloves
½ tsp. ground ginger
1 tsp. baking powder
75g butter

Nutritional Value (per serving)

Calories 125
Total Fat 11.6g
Saturated Fat 3.6g
Carbohydrates 2.6g
Fibre 1.3g
Protein 4g

Christmas in a Cupcake

Whisk the eggs and mix together with the dry ingredients (everything but the butter), ensuring that there are no lumps. Then, add the melted butter.

Spoon the mixture into cupcake cases and bake at 180°C or Gas Mark 4 for 10-15 minutes. To find out if the cupcakes are done, poke a skewer (or something similarly long and thin) in the cake, then withdraw it. If there is cake mix stuck to the skewer, the ingredients haven't set, and the cakes need more time.

Once cooked, your cupcakes are ready to enjoy!



Prep Time | 10 mins
Chilling Time | 2 hours
Cooking Time | 25 mins

Serves 16

120 butter, melted
3 free range eggs, beaten
200g ground almonds
2 tbsp. cocoa powder, unsweetened
3 drops vanilla extract (or pinch of dried vanilla powder)
1 tsp. sodium bicarbonate
3 tsp. spices - ground ginger, all spice and bit of cinnamon to make lovely and spicy Gingerbread (here is where you can play around with spices to suit your taste)
4 tbsp. of liquid sweetener (1 dissolved sweetener tab in a little bit of water)

Nutritional

Value (per serving)

Calories 125
Total fat 12.9g
Saturated Fat 4.4g
Carbohydrates 3.2g
Fibre 1.6g
Protein 3g

Gingerbread Christmas Trees

Beat the eggs into a foam (that means you need to use a lot of force!), then add the melted butter and the rest of the ingredients. Keep beating until you end up with a firm dough.

Cover with cling film and place in fridge for 2 hours. Then, mould them into cookie shapes.

Bake at 175°C or Gas Mark 4 for 20-25 minutes. If you're not sure if the cookies are done, gently prod the edges: dark cookies, such as gingerbread or chocolate cookies, are done when the edges become firm.

Allow the cookies to cool, serve, and enjoy!



Prep Time | 35 mins
Cooking Time | 1 hour

Serves 12

110g butter
110g cream cheese
4 tbsp. Stevia or sweetener of your choice
5 free range eggs
2 tbsp. agave nectar
75g vanilla whey protein powder
75g almond flour
1 tsp. baking powder
1 tsp. vanilla extract

Nutritional

Value (per serving)

Calories 178
Total fat 15g
Saturated Fat 7g
Carbohydrates 3.6g
Fibre 1.1g
Protein 8.5g

Trifle Base (Almond Muffins)

Preheat the oven to 180°C or Gas Mark 4. Soften the butter and mix together with the cream cheese and sweetener. Add the eggs one by one.

Place all dry ingredients in a bowl, and combine them. Then, add the dry ingredients (protein powder, almond flour, and baking powder) to the egg mixture.

Whisk until the mixture is smooth, add the vanilla extract and mix once more.

Grease a muffin tin with 12 sections. Divide the mixture equally and bake the muffins for around 20 minutes. To test if they're done, poke a skewer (or something similarly long and thin) in the cake, then withdraw it. If there is cake mix stuck to the skewer, the ingredients haven't set, and the cakes need more time.

Once cooked, cool the muffins and dice them. They will later be used as the base of the trifle.



Prep Time | 35 mins
Cooking Time | 1 hour

Serves 12

10 egg yolks large
2 tsp. corn flour
800ml half fat double cream
2 tbsp. sweetener
3 tsp. vanilla extract

Nutritional

Value (per serving)

Calories 197
Total fat 20.4g
Saturated Fat 15.3g
Carbohydrates 3.8g
Fibre 0g
Protein 2.2g

Custard for the Trifle

Mix the egg yolks, corn flour, sweetener, and vanilla extract in a bowl.

Bring the cream to simmer in a pan, then pour it over the egg mixture, whisking well.

Return the entire mixture to the saucepan and re-heat gently, whisking until the custard is thick.

The custard can be eaten hot by itself, or it can be cooled and added to the trifle.



Prep Time | 35 mins
Cooking Time | 1 hour

Serves 12

1 package (75g) sugar-free strawberry gelatine
200g mashed strawberries
1 tsp. agave nectar
12 almond muffins for trifle base (see recipe below, cut in to cubes)
200g unsweetened pineapple chunks, drained
400g sliced fresh strawberries

Nutritional

Value (per whole trifle serving)

Calories 400
Total fat 35.4g
Saturated Fat 22.3g
Carbohydrates 13.8g
Fibre 2.5g
Protein 11g

Christmas Trifle

Make the gelatine as per packet instruction, then transfer half of the gelatine mixture to a small bowl, cover it, and place it in the fridge for an hour until it becomes slightly thick. Allow the rest of the gelatine mixture to stand at room temperature.

Place the mashed strawberries and agave nectar in another bowl and set to one side. Using a trifle bowl, create the following layers: almond muffin cubes, mashed strawberries, pineapple, and sliced strawberries.

Pour the refrigerated gelatine on top. Put the remainder of the almond muffins cubes and fruit to one side.

Place the trifle and remaining gelatine in the fridge for 20 minutes or so until the gelatine is slightly thickened.

Next spread half of the custard mixture over the trifle. Repeat with layers of remaining cake, fruit, jelly, and custard.

Top with some whipped double cream.

Cover and place in the fridge. Prior to serving, dress with some fruit and tuck in!



Prep Time | 15 mins
Cooking Time | 55 hour
Setting Time | 20 mins

Serves 16

FOR THE BISCOTTI

350g almond flour

25g cocoa powder

25g Stevia

1 tsp. baking powder

50ml olive oil

50g melted butter

1 egg

2 tsp. peppermint essence

FOR THE CHOCOLATE COVERING

75g cacao chocolate, finely chopped

25g melted butter

½ tsp. peppermint essence

Nutritional

Value (per serving)

Calories 128

Total fat 12.1g

Saturated Fat 4.3g

Carbohydrates 5.2g

Fibre 1g

Protein 2g

Chocolate Biscotti

FOR THE BISCOTTI

Preheat the oven to Gas Mark 3 or 160°C.

Line a baking tray with greaseproof paper.

Mix the almond flour, cocoa powder, Stevia and baking powder together in a big bowl.

Stir in the olive oil, melted butter, egg and peppermint essence.

Place the dough on a baking sheet and make a log, 10 by 4 inches and bake for 20-25 minutes. Allow the biscotti to cool down.

Lower the oven temperature to Gas Mark 1 or 160°C. Cut the log into 16 slices. Lay the slices on the baking sheet and bake for 10 minutes. Turn the slices over and bake for another 10 minutes.

FOR THE CHOCOLATE COVERING

Melt the chocolate in a bowl placed over a sauce pan of simmering water. Add in the peppermint essence and mix thoroughly.

One by one, dip each biscotto into the mixture and return to the baking sheet. Leave for at least 20 minutes for the chocolate to set.

Enjoy your festive treat!

Serves 18

400g almond flour

75g Stevia

1 tsp. baking powder

1 egg, beaten

75ml olive oil

25g melted butter

2 tsp. vanilla essence

50g dried cranberries

50g chopped walnuts

Nutritional

Value (per serving)

Calories 103

Total fat 10.1g

Saturated Fat 1.7g

Carbohydrates 6.5g

Fibre 0.9g

Protein 2g

Cranberry & Walnut Cookies

Preparation Time | 10 minutes

Cooking Time | 10 minutes

Preheat oven to Gas Mark 4 or 180°C.

Line a baking tray with greaseproof paper.

Whisk the almond flour, Stevia, baking powder, egg, olive oil, butter, and vanilla essence together in a large bowl.

Mix the chopped walnuts and cranberries into the flour mixture.

Make 1 inch balls with your hands and place onto the baking tray.

Flatten the balls with your palm and bake for 10 minutes until brown.

Cool for 10 minutes on the baking tray and then place onto a cooling tray.

Enjoy with a hot cup of tea or coffee or a cold glass of milk!



A close-up photograph of a vibrant green leafy vegetable, likely spinach, showing detailed vein patterns and a slightly moist surface. A semi-transparent horizontal band is positioned across the middle of the image, serving as a background for the text.

CHILD



OREN'S



Prep Time | 25 mins
Cooking Time | 30 mins

Serves 8

FOR THE CRUST:

2 egg whites
1 tsp. sea salt
½ tsp. pepper
300g almond flour

2 tbsp. olive oil

FOR THE TOPPING:

100g pizza sauce (make sure its ingredients do not include sugar)

A medium white onion, finely chopped

20 button mushrooms

1 green bell pepper, finely chopped

1 red bell pepper, finely chopped

1 tbsp. olive oil

100g mozzarella cheese

Nutritional

Value (per serving)

Calories 159

Total Fat 12.6g

Saturated Fat 2.4g

Carbohydrates 6.6g

Fibre 1.8g

Protein 6.7g

Gluten Free Pizza

FOR THE PIZZA BASE:

Using an electric mixer, beat the egg whites until frothy.

Add the rest of the ingredients and beat until thoroughly mixed. Roll the mixture into a ball, and leave it to chill for 10 minutes.

Preheat the oven to 170°C or Gas Mark 4.

Roll out the dough and press into a deep, greased 25cm baking pan.

Top the crust with foil and place dried beans (or something similar) on the foil to keep it weighed down.

Bake the crust for 10 minutes, remove from the oven, then remove the foil.

FOR THE TOPPING:

Pour the pizza sauce into a pan and cook over a medium-low heat for around 4 minutes, ensuring that it's cooked through.

Fry the onions, mushrooms, and bell peppers in a frying pan with a tablespoon of olive oil, then pour the sauce into the prepared crust.

Next top the sauce with the fried vegetables and a layer of mozzarella cheese and bake for 20 minutes.

Your dish is now ready to serve!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

4 chicken breasts
20 button mushrooms
1 medium red onion
1 green bell pepper; 1 red bell pepper
1 fresh green chilli (optional), chopped
2 cloves of garlic, finely chopped
1 tsp. paprika
½ tsp. dried oregano
½ tsp. ground cumin
Pinch of dried thyme
Salt and freshly ground black pepper to taste
1 tbsp. olive oil
2 lemons
4 large savoy cabbage leaves, for your fajita wraps

Nutritional

Value (per serving)

Calories 213
Total Fat 6.8g
Saturated Fat 0.5g
Carbohydrates 10.1g
Fibre 3.1g
Protein 29.3g

Chicken Fajita with a Twist

Slice the chicken, mushrooms, onion and peppers into thin strips.

Combine the herbs and spices (chilli, garlic, paprika, oregano, cumin, thyme), salt, and a few grinds of black pepper in a small dish.

Pour a tablespoon of olive oil into a large, wide frying pan and place over a medium heat. Seal the chicken strips (this refers to the process of frying them until they turn white). This should take 4 minutes or so. Add the seasoning mixture (the herbs, spices, salt, and pepper) and cook for a couple of minutes. Throw in the sliced vegetables, then halve the lemon, and squeeze it over the vegetables to taste. Cook over a low heat for another 7 minutes.

When your chicken and vegetable mixture are ready, place the 4 savoy leaves on a plate. Distribute the fajita mixture into 4 portions, and place a portion in the centre of each savoy leaf. Then wrap the savoy leaves into parcels or “fajitas”. These fajitas can be flimsy, so wrap them in foil to use as a handle.



Prep Time | 45 mins
Cooking Time | 12 mins

Serves 4

75g spelt flour

75g plain flour

75g wholemeal flour

1 tsp. salt

115g cold butter, diced

4 tbsp. ice-cold water

70g cheddar cheese, grated

Nutritional

Value (per serving)

Calories 470

Total Fat 30.6g

Saturated Fat 18.7g

Carbohydrates 40.6g

Fibre 3.8g

Protein 11g

Wholemeal Cheese Twists

Place all 3 flours (spelt, plain, and wholemeal) into a bowl and mix them thoroughly. Then, add the salt, and crumble the butter into the flours. Add 4 tablespoons of ice-cold water until the dough forms a ball. Stir in the cheese, and wrap the dough in Clingfilm. Leave the dough in the fridge for 30 minutes.

Preheat oven to 200°C or Gas Mark 6.

Line a baking tray with greaseproof paper. Roll the dough into a large rectangle (measuring about 15x30cm) on a well-floured work surface.

Cut the dough into 30 thin strips, and lay the cheese straws on the baking tray 1cm apart. Bake in the preheated oven for 10-12 minutes until they are golden brown, then cool your cheese twists on a wire rack.



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

100g carrots, coarsely grated
2 medium onions, finely chopped
2 tsp. garlic, finely chopped
2 tsp. ground cumin
2 tbsp. skimmed milk
¼ tsp. dried Italian seasoning,
crushed
¼ tsp. black pepper
Salt to taste
400g chicken mince
Tomato and lettuce to garnish

Nutritional

Value (per serving)

Calories 190
Total Fat 8g
Saturated Fat 2.5g
Carbohydrates 9.1g
Fibre 2g
Protein 20.2g

Chicken Burgers

Place the carrots, onions, garlic, cumin, milk, Italian seasoning, pepper, and salt in a mixing bowl and combine.

Add the chicken mince and mix thoroughly. Shape the mixture into patties, and fry each patty for around 4 minutes on each side.

Serve with slices of tomato and lettuce.



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 12

100g of almond flour
35g of unsweetened cocoa
2 medium eggs
The whites of 2 large eggs, whisked
250g full fat cream cheese
80ml semi skimmed milk
1 tsp. vanilla extract
2 tbsp. of runny honey
Pinch of salt

Nutritional

Value (per serving)

Calories 120
Total Fat 9.3g
Saturated Fat 4.9g
Carbohydrates 5.3g
Fibre 0.2g
Protein 4.2g

Chocolate Brownies

Preheat the oven to Gas Mark 5 or 190°C.
Beat the two medium eggs in a large bowl.
In a separate bowl, combine the almond flour, cocoa, and a pinch of salt.
Add the whisked egg whites to the flour/cocoa mixture.
Mix the beaten eggs and egg whites with the flour/cocoa mixture.
Add the vanilla extract, honey, milk, and the cream cheese. Mix thoroughly.
Place the mixture in a 9-inch, greased, square, non-stick cake tin. Boil the kettle, and put some of the water in a cereal bowl.
Using the back of a metal spoon that's been dipped in the hot water, spread the mixture evenly.
Bake for around 25 minutes. To test if the brownies are cooked properly, poke a skewer (or similarly long, thin object) into the middle. If it comes out clean, the brownies are cooked. If not, the ingredients haven't set, and the brownies need to be cooked for longer.
Once the cooked brownies have cooled, cut them into squares and enjoy!



Prep Time | 15 mins
Chilling Time | 3 hours
Cooking Time | 10 mins

Serves 20

200g margarine
2 tsp. sweetener
Pinch of salt
1 whole egg
1 egg yolk
2 tbsp. fresh lemon juice
2 tbsp. runny honey
2 tsp. vanilla extract
250g plain flour
250g almond flour

Nutritional

Value (per serving)

Calories 107
Total Fat 5.9g
Saturated Fat 1.4g
Carbohydrates 12.1g
Fibre 0.3g
Protein 2.6g

Lemon Squares

Place the margarine, sweetener, and salt in a large bowl, and mix them thoroughly, until the mixture is light and fluffy.

Then add the egg, egg yolk, lemon juice, honey, and vanilla extract.

Beat this mixture until it is fully blended.

Slowly add both flours and mix well.

Divide the mixture into two balls, and wrap them in cling film.

Put the balls into the fridge for 4 hours.

Preheat the oven at Gas Mark 4 or 180°C.

Remove the mixture from the fridge.

Roll out the dough on a lightly floured surface.

It should be half an inch thick.

Use a sharp knife to cut the dough into 1-inch squares.

Put each piece on a greased baking tray an inch apart and bake for 10 minutes. When cooked, the balls should be browned.

Remove the balls from the oven, and place them on a cooling rack.

Serves 20

100g low-fat cream cheese

100g low-fat yoghurt

2 tbsp. double cream

1 tsp. vanilla extract

300g plain flour

100g whole wheat flour

2 tsp. sweetener

1 ½ tsp. cinnamon

1 tsp. baking powder

Pinch of salt

200g carrots, finely grated

300g chopped walnuts, toasted

3 egg whites, lightly beaten

100g olive oil

4 tbsp. runny honey

100ml skimmed milk

Nutritional

Value (per serving)

Calories 249

Total Fat 16.6g

Saturated Fat 2.5g

Carbohydrates 23.1g

Fibre 1.9g

Protein 5.9g

Frosted Carrot & Nut Cake Bars

Preparation Time | 15 minutes

Cooking Time | 20 minutes

To make the cream cheese topping, whisk the cream cheese with an electric mixer on medium speed until it is smooth. Then, mix in the yoghurt, the double cream mixture, and add the vanilla extract.

Place the cream cheese topping in the fridge.

Preheat the oven to Gas Mark 4 or 150C.

Line a 9x9x2-inch baking tray with cooking parchment, ensuring that the parchment covers the edges of the tray. Set the tray to one side.

Place the plain flour, whole wheat flour, sweetener, cinnamon, baking powder, and salt in large bowl and mix thoroughly.

Add the carrots, 200g of the nuts, egg whites, oil, honey, and milk.

Stir the mixture thoroughly, then spread it evenly in the pan.

Bake in the preheated oven for 20 minutes.

Cool the bars in the pan on a wire rack.

Using the edges of the parchment, remove the uncut bars from the baking tray, then spread the cream cheese topping evenly over the top.

Sprinkle the remaining 100g of nuts on top, and slice the nut cake into 20 bars.





Prep Time | 10 mins
Cooking Time | 20 mins

Serves 12

150g of almond flour
100g of wheat bran, ground
1 tsp. baking powder
½ tsp. salt
4 eggs
150ml of water
2 tbsp. runny honey
2 tsp. sweetener
200g grated courgette

Nutritional

Value (per serving)

Calories 73
Total Fat 3.6g
Saturated Fat 0.6g
Carbohydrates 10.7g
Fibre 4g
Protein 4.2g

Bran Muffins

Preheat the oven to 190°C or Gas Mark 5.

Grease a muffin tray or 12 individual muffin tins.

Mix the almond flour, wheat bran, baking powder, and salt together.

Add the eggs, water, honey, sweetener, and courgette and mix thoroughly.

Spoon the mixture into the muffin tins or muffin tray slots until each one is about two-thirds of the way full, then bake the muffins for 15-20 minutes. To check if they are cooked, poke a skewer (or similarly long, thin object) into the muffin. If it comes out smeared with muffin mixture, the ingredients aren't set, and the muffin needs to be cooked for longer. Once the skewer comes out clean, your muffins are done.



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 6

125g almond flour
1/8 tsp. baking soda
pinch of salt
2 tbsp. honey
125 ml coconut milk, full fat
2 tbsp. coconut oil, melted
1 egg
100g fresh blueberries

Nutritional

Value (per serving)

Calories 163
Total Fat 13.3g
Saturated Fat 8.8g
Carbohydrates 10.5g
Fibre 1.4g
Protein 2.7g

Gluten Free Cupcakes

Preheat the oven to 170°C or Gas Mark 4. In a large bowl mix the dry ingredients (almond flour, baking soda, and salt). In a separate bowl, mix the wet ingredients (honey, coconut milk, coconut oil, and egg).

Pour the wet ingredients into the dry ingredients and mix to form a batter, then fold in the blueberries.

Pour the batter into cake cases on a baking tray or into a greased fairy cake tin. Bake for 20-25 minutes, or until the tops of the cupcakes are golden brown. Another way to test is to poke a skewer into the cupcake. If, when you remove it, the skewer is covered in the cupcake mixture, the ingredients aren't set, and you need to keep cooking. When the skewer comes out clean, the cupcakes are done.

Wait until the cupcakes are completely cool before removing them from the tin.

Serves 20

Butter for melting
120g cocoa powder
115g unsalted butter
125g almond butter
½ tsp. vanilla extract
Pinch of sea salt
170g agave nectar
85g chopped almonds

Nutritional

Value (per serving)

Calories 148
Total Fat 11.4g
Saturated Fat 4g
Carbohydrates 11.6g
Fibre 3.2g
Protein 3.4g

Chocolate Nut Bars

Preparation Time | 15 minutes

Chilling Time | 1 hour

Melt the butter in a medium saucepan over a low heat.

Mix in cocoa powder, unsalted butter, almond butter, vanilla extract, sea salt, and agave nectar. Stir constantly until you get a thick texture.

Stir the chocolate mixture rapidly for another thirty seconds, being careful not overcook; the mixture only needs to be stirred for a short time!

Remove the pan from the heat, then stir in the chopped almonds.

Line a square baking tin with baking parchment. While the mixture is still warm, spread it smoothly over the baking parchment.

Leave the mixture to stand until firm, then refrigerate for at least an hour.

The chocolate nut bars are now ready to serve!





SOUTH



ASIAN



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

1 tbsp. vegetable oil
600g stir-fry vegetables
2 tbsp. ginger, finely chopped
2 garlic cloves, minced
1 red chilli
800ml half fat coconut milk
2 tsp. of vegetarian green Thai paste
300ml water
Fresh coriander to garnish

Nutritional

Value (per serving)

Calories 215
Total Fat 15.8g
Saturated Fat 10.2g
Carbohydrates 13g
Fibre 2.3g
Protein 3.6g

Thai Coconut & Mixed Veg Soup

Heat the vegetable oil in a wok over a medium heat. Stir-fry the vegetables in the wok for 3 minutes.

Add in the ginger, garlic, and chilli, and cook them for a minute.

Mix the coconut milk, green Thai paste, and water in a bowl, and then pour the liquid mixture onto the vegetables in the wok.

Cover the wok and bring the mixture to the boil. Cook for 2 minutes, then divide the soup into four bowls.

Garnish with coriander and enjoy!



Serves 4

30g butter

2 tbsp olive oil

1 onion, finely sliced

2 garlic cloves, finely chopped

180g celeriac, diced

800ml vegetable stock, made from 2 vegetable stock cubes

Salt and freshly ground black pepper

220g tinned sweetcorn

Coriander to garnish

Nutritional

Value (per serving)

Calories 214

Total Fat 15.4g

Saturated Fat 6.6g

Carbohydrates 19.9g

Fibre 1.9g

Protein 2.4g

Sweetcorn Soup

In a medium-sized saucepan, heat the butter and olive oil over a medium heat until the butter's melted and the pan is hot.

Put in the onion, garlic and celeriac and sauté for 3 minutes, ensuring that they're soft.

Pour in the vegetable stock and bring the mixture to the boil.

Lower the heat and simmer the stock for 6 minutes, making sure that the celeriac is cooked through (celeriac darkens when cooked).

Season with salt and pepper and blend in a food processor until smooth.

Place back in the saucepan, add the sweetcorn and cook for a further two minutes. Divide the soup across 4 bowls and garnish with coriander.



Prep Time | 10 mins
Cooking Time | 30 mins

Serves 4

400g cooked brown rice, 100g per serving

1 tbsp. vegetable oil

1 medium onion

4 garlic cloves, finely chopped

2 tsp. ginger, finely chopped

200g tinned tomatoes, finely chopped

1 green chilli, finely chopped

1 tsp. turmeric powder

1 tsp. garam masala

Salt to taste

8 free range eggs

250g celeriac, diced

Coriander to garnish

Nutritional

Value (per serving)

Calories 339

Total fat 14g

Saturated Fat 3.5g

Carbohydrates 33.3g

Fibre 3.1g

Protein 16.3g

Egg Curry

Pour water into a saucepan, until it's about two-thirds of the way full, and bring it to the boil.

Drop in the uncooked rice, lower the heat and cook for 40 minutes. Then, drain the rice, and place it to one side.

Place the vegetable oil in a large saucepan over a medium heat. Add the onion and stir frequently for 4-5 minutes, ensuring that it turns brown.

Pop in the garlic and ginger, then stir thoroughly. Add the tomatoes, chilli, turmeric powder, garam masala, and salt to taste.

Cook for another 3 minutes.

Mix in the boiling water and allow to simmer for 5 minutes.

Boil up some water in another medium-size saucepan, then boil the eggs and diced celeriac for 7 minutes.

Using a colander, drain the eggs and the celeriac, then peel and halve the eggs. Gently stir the egg halves and celeriac into the curry, and cook them for another 5 minutes.

Serve with the brown rice, and garnish with freshly chopped coriander.



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

60g butter
2 tbsp. olive oil
2 onions finely sliced
4 garlic cloves, finely chopped
100g button mushrooms, sliced
1.5l vegetable stock, made from 2
vegetable stock cubes
400g cooked chicken breast meat
Salt and freshly ground black pepper
50g tinned sweetcorn

Nutritional

Value (per serving)

Calories 398
Total Fat 26.2g
Saturated Fat 12g
Carbohydrates 11.3g
Fibre 1.7g
Protein 33.8g

Chicken & Mushroom Soup

In a medium size saucepan, heat the butter and olive oil over a medium heat until the butter has melted and the pan is hot.

Put in the onion, garlic and mushrooms and sauté for 3 minutes.

Add the vegetable stock and bring to the boil. Lower the heat, add the chicken, and simmer the stock for 5 minutes.

Season with salt and pepper, add the sweetcorn, and cook for a further 2 minutes.

Divide the soup into 4 bowls and garnish with a sprinkle of coriander.

Delicious!

Serves 16

2 spring onions, finely chopped
2 tsp. ginger, finely chopped
120 ml rice wine vinegar
1 tbsp. light soy sauce
1 tbsp. oyster sauce
2 tsp. sesame oil
250g cooked prawns
1 tbsp. cornflour
Salt and freshly ground pepper to season
16 wonton wrappers
Flour for dusting
Egg wash
400ml vegetable oil for shallow frying
1 egg
1 tsp. of water

Nutritional

Value (per serving)

Calories 238
Total fat 14.7g
Saturated Fat 1.3g
Carbohydrates 20g
Fibre 0.9g
Protein 6g

Prawn Wontons

Preparation Time | 15 minutes

Cooking Time | 25 minutes

Mix together the spring onions, ginger, rice wine vinegar, soy sauce, oyster sauce and sesame oil.

Put in the prawns, cornflour, salt and pepper and stir well.

To make a wonton, place a wonton wrapper flat on the palm of your hand or on some lightly floured grease proof paper. Add a tablespoon of the mixture to the centre of the wrapper.

Combine the egg and the water to make an egg wash.

Dip your finger in the egg wash and paint the four edges of the wonton.

Fold the wonton in half from corner to opposite corner so that it forms a triangle.

Seal the wonton all around, ensuring that there are no air pockets or holes.

Then, scrunch together the longer two triangle points together to make the wonton shape.

To fry wontons, heat the vegetable oil in a frying pan, then fry the wontons for 2-3 minutes in the hot oil, turning occasionally, until the wontons are golden brown. Then remove them from the pan and drain any excess oil onto some kitchen roll.

Alternatively, steam the wontons for around 3 minutes.

Serve the wontons hot with a dipping sauce of your choice!





Prep Time | 10 mins
Cooking Time | 15 mins

Serves 2

300g asparagus
400ml slightly salted water
1 tbsp. sesame oil
2 garlic cloves, finely chopped
1 shallot, diced
¼ tsp. ground white pepper
400ml half fat coconut milk
1 tbsp. light soy sauce or coconut
amino acids
Pinch of salt

Nutritional Value (per serving)

Calories 254
Total Fat 19.2g
Saturated fat 10.9g
Carbohydrates 14g
Fibre 3g
Protein 6g

Spicy Asparagus Soup

Place the asparagus in a saucepan and cover it with slightly salted water.

Bring to the boil, then lower the heat and cook the asparagus spears for 3 minutes.

Drain the asparagus and liquidize it with 400ml of the same water used to cook the asparagus.

Heat the sesame oil in a medium-sized saucepan over a medium heat. Add in the garlic, shallot and pepper and sauté for 1 minute.

Pour in the liquidized asparagus and bring the entire mixture to the boil. Next add the coconut milk, boil for 2 minutes and mix in the soy sauce.

The dish is now ready to serve. Season with the salt to taste, and garnish with watercress.



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

50g raw peanuts, shelled and skinned (available at supermarkets)
2.5 tbsp. vegetable oil
1 small white onion, finely chopped
2 tsp. ginger, finely chopped
2 garlic cloves, finely chopped
600g chicken breast, cut into ½ inch by 2 inch pieces
2 tbsp. chilli sauce
4 tbsp. crunchy peanut butter
1 tbsp. soy sauce

Nutritional

Value (per serving)

Calories 474.8
Total fat 24.3g
Saturated Fat 4.1g
Carbohydrate 7.5g
Fibre 1.6g
Protein 55.9g

Thai Chicken Satay

Chop the peanuts into small pieces, about ½ a centimetre in diameter.

Heat half a tablespoon of vegetable oil in a wok. When the oil is hot, stir-fry the peanuts for a minute until golden brown.

Remove with a slotted spoon and drain on some kitchen roll.

Place the remaining oil in the wok and, once it's hot, mix in the onion, ginger and garlic.

Stir-fry this mixture for 2 minutes.

Add the chicken pieces and stir-fry for 3 minutes, ensuring they are crisp and golden on each side.

Thread the chicken onto bamboo skewers.

Mix the chill sauce, crunchy peanut butter, and soy sauce together, and serve this as the dipping sauce!

Serves 16

FOR THE MARINADE:

1 tbsp. oyster sauce
2 tbsp. rice wine vinegar
2 tsp. Chinese 5-spice powder
1 tbsp. sesame oil
1.5 tbsp. light soy sauce

FOR THE SPRING ROLLS:

250g duck breast
½ tbsp. Hoisin sauce
1 spring onion, finely sliced
1 tbsp. cornflour
2 tbsp. hot water
8 spring roll wrappers
Flour for dusting
Vegetable oil for deep-frying
½ tbsp. dark soy sauce

Nutritional

Value (per serving)

Calories 60
Total Fat 2.4g
Saturated fat 0.5g
Carbohydrates 4.9g
Fibre 0.1g
Protein 4.7g

Hoisin Duck Spring Rolls

Preparation Time | 10 minutes

Resting Time | 30 minutes

Cooking Time | 30 minutes

Put the oyster sauce, rice wine vinegar, Chinese five-spice powder, sesame oil, and light soy sauce in a bowl and mix well. Then, add the duck and marinate for 30 minutes. Preheat the oven to Gas Mark 4 or 180°C. Put the duck in a baking tray and roast in the oven for 20 minutes. Remove the duck from the oven. Allow it to cool, and then cut the duck up into small pieces.

Place the chopped duck in a bowl. Mix in the Hoisin sauce, dark soy sauce, and spring onion.

Combine 1 tablespoon of cornflour with 2 tablespoons of hot water to make a paste. To make the spring rolls, cut each skin in half, horizontally. Put a level tablespoon of the duck mixture a third of the way down the skin. Then, roll up from one side, to make the shape of a spring roll. Next, brush the upper edge with a bit of cornflour paste and crimp together, so that the filling doesn't fall out. Lightly dust a plate with flour and put the spring rolls on it with the unfastened, overhanging flap side facing downwards. Heat enough vegetable oil over a high heat to cover the spring rolls in a wok or frying pan. Once the oil is hot, reduce the heat to low and deep fry the spring rolls, about 7 at a time for 3 minutes until they are golden and crisp. Place any reserved marinade into a saucepan and bring to the boil. Mix 2 teaspoons of cornflour with 2 tablespoons of cold water and add into the pan. Stir and thicken for a delicious dipping sauce.

Serve the spring rolls with the homemade dipping sauce or shop-bought chilli sauce.





Serves 20

300g minced chicken
75g white cabbage, shredded
1 spring onion, finely sliced
2 tsp. ginger, minced
2 garlic cloves, minced
½ tsp. salt
1 tsp. Stevia
1 tsp. sesame oil
40 gyoza wrappers
Vegetable oil for frying
200ml water

Nutritional

Value (per serving)

Calories 115
Total fat 4.7g
Saturated Fat 0.3g
Carbohydrate 9g
Fibre 0.3g
Protein 1g

Chicken Gyoza

Place the minced chicken, cabbage, spring onion, ginger, garlic, salt, Stevia, and sesame oil in a bowl and mix well.

Put a heaped teaspoon of chicken mixture in the middle of each gyoza wrapper. Brush the edges with water.

Pleat the edge of each gyoza wrapper four times and fold to enclose the filling.

Pour some vegetable oils in a wok and place the wok over a high heat. When the oil is hot, add the gyozas and fry for 2-3 minutes, until their bases are golden brown. Then, remove them from the wok and place them to one side.

Add 200ml of water to the wok. When the water is hot, lower the heat. Cover the gyozas with a lid, and steam them for 3 minutes.

Serve with a dipping sauce of your choice!



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

2 tbsp. vegetable oil
800g lean lamb, leg or fillet, cut into long slices
4 garlic cloves, finely chopped
1 tbsp. fresh ginger, peeled and chopped
1 red chilli, thinly sliced
3 spring onions, sliced
300g mushrooms, finely sliced
1 tbsp. dark soy sauce or coconut aminos
800g cooked soba noodles

Nutritional

Value (per serving)

Calories 760
Total Fat 19.5g
Saturated fat 5.5g
Carbohydrates 77g
Fibre 5.1g
Protein 60g

Lamb Stir Fry with Ginger

Place the noodles in a saucepan of boiling water for 4 minutes. Drain in a colander and set aside.

Heat the oil in the wok. When the oil is hot, add the lamb, garlic, ginger, and chilli. Stir-fry for 5-7 minutes until the lamb turns brown.

Put in the spring onions and mushrooms and fry for 3 minutes. Pour in the soy sauce or coconut aminos, and mix thoroughly.

The dish is now ready to savour with a side of soba noodles!

Serves 20

75g spring onions
75g carrots
75g bamboo shoots
75g button mushrooms
2 tsp. vegetable oil
120g bean sprouts
1 tsp. salt
1 tsp. light soy sauce
½ tbsp. mirin
10 frozen spring roll skins
½ tbsp. cornflour paste
Vegetable oil for deep frying

Nutritional

Value (per serving)

Calories 70
Total Fat 7.9g
Saturated fat 0.6g
Carbohydrates 1.2g
Fibre 0.3g
Protein 0.4g

Vegetable Spring Rolls

Preparation Time | 15 minutes

Cooking Time | 25 minutes

Slice the spring onions, carrots, bamboo shoots and mushrooms into thin shreds, approximately the size and shape of the bean sprouts.

Pour the vegetable oil into a wok and place over a high heat. Stir-fry all the vegetables (spring onions, carrots, bamboo shoots, mushrooms, and bean sprouts) for 2 minutes. Mix in the salt, light soy sauce and mirin and stir for another 2 minutes.

Remove the vegetables from the wok and drain off any excess liquid. Place the vegetables to one side to cool.

To make the spring rolls, cut each skin diagonally in half. Put a level tablespoon of the vegetable mixture a third of the way down the skin, at the thicker end (the point should be facing away from you).

Fold in both ends and roll again. Next, brush the upper edge with a bit of cornflour paste and roll neatly.

Lightly dust a plate with flour and put the spring rolls on it with the flap side facing downwards.

Heat enough vegetable oil over a high heat to cover the spring rolls in a wok or frying pan. Once the oil is hot, reduce the heat to low and deep fry the spring rolls, about 7 at a time for 3 minutes until they are golden and crisp.

Serve the vegetable spring rolls with a dipping sauce of your choice!





Prep Time | 10 mins
Cooking Time | 10 mins

Serves 2

1 tbsp. sesame oil
2 garlic cloves, minced
2 tsp. ginger, minced
450g extra-firm tofu, drained and diced
1 red pepper, cut into 16 squares
400g tinned pineapple chunks, with 200ml juice set aside
1 tbsp. soy sauce or coconut aminos

Nutritional

Value (per serving)

Calories 463
Total Fat 18.9g
Saturated Fat 2.2g
Carbohydrates 36.5g
Fibre 2.5g
Protein 30.2g

Sweet & Sour Tofu

Put the sesame oil in a wok on medium heat.
Fry the garlic and ginger for 2 minutes.
Mix in the tofu, red pepper, pineapple chunks and soy sauce/coconut aminos.
Stir-fry for 3-5 minutes.
The dish is now ready to be served!



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

600g chicken breast
2.5 tbsp. soy sauce or coconut
amino
1 tbsp. mirin
1 tbsp. sesame oil
3.5 tbsp. vegetable oil
4 garlic cloves, finely chopped
100g mange tout
1 red bell pepper
800g cooked soba noodles

Nutritional

Value (per serving)

Calories 523
Total Fat 19g
Saturated fat 2g
Carbohydrates 43g
Fibre 0.6g
Protein 45g

Chicken Chow Mein

Place the noodles in a saucepan of boiling water for 4 minutes. Drain in a colander and set aside.

Slice the chicken finely, so it's around 2 inches in length. Place it in a bowl, and add 1 tablespoon of the soy sauce, the mirin, and the sesame oil.

Pour the vegetable oil in a wok and place over a high heat. When it is very hot, place the chicken and the garlic in the wok and stir-fry for 4 minutes.

Mix in the remaining soy sauce, mange tout and bell pepper.

Stir-fry for 2 minutes and serve up!



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

2 tbsp. vegetable oil
4 garlic cloves, finely chopped
3 tsp. ginger, finely chopped
600g chicken breast, chopped into small pieces
4 spring onions, chopped
800g cooked soba noodles
2.5 tbsp. soy sauce or coconut aminos
1 tbsp. mirin

Nutritional

Value (per serving)

Calories 490.3
Total Fat 9.2g
Saturated Fat 1.3g
Carbohydrates 46.7g
Fibre 0.4g
Protein 58.9g

Chicken with Spring Onions

Place the noodles in a saucepan of boiling water for 4 minutes. Drain in a colander and set aside.

Heat the vegetable oil in a wok over a high heat.

When the oil is hot, drop in the garlic and ginger and stir fry the chicken for 3 minutes. Add the spring onions and cook for a further minute.

Mix in the noodles and stir-fry them for 2 minutes.

Pour in the soy sauce/coconut aminos, mirin and simmer for a further 3 minutes.

Your dish is now ready to serve!



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

800g cooked soba noodles
2 tbsp. sesame oil
4 tsp. fresh ginger, finely chopped
4 garlic cloves, finely chopped
4 spring onions, chopped
2 red bell peppers, finely sliced lengthways
1 savoy cabbage, shredded
4 carrots, cut into juliennes
1 tbsp. soy sauce
30g sesame seeds

Nutritional Value (per serving)

Calories 335
Total Fat 6g
Saturated fat 0.8g
Carbohydrates 64g
Fibre 9.4g
Protein 16.8g

Veggie Chow Mein

Fill a large saucepan with water and bring to the boil, then add the soba noodles, and cook for 5 minutes in the boiling water.

Pour the sesame oil in a wok and place over a high heat. When the oil is hot, stir-fry the noodles, ginger and garlic for 3 minutes.

Mix in the spring onions, bell peppers, savoy cabbage and carrots and cook for a further 3 minutes.

Pour in the soy sauce or coconut aminos and cook for a further 2 minutes.

Distribute the chow mein onto four plates, scatter some sesame seeds over the top, and tuck in!

Serves 4

1.5 tbsp. sesame oil
800g uncooked medium-sized prawns
200g fresh baby spinach
400g tinned sweet corn, drained
200g bean sprouts
50g toasted almonds, chopped
50g water chestnuts, sliced
1 red bell pepper, finely sliced
50g coriander, finely chopped
1 spring onion, chopped
50ml rice wine vinegar
3 tsp. ginger, shredded
2 tsp. chilli sauce
3 tsp. soy sauce or coconut aminos

Nutritional

Value (per serving)

Calories 310
Total Fat 6.4g
Saturated fat 1.4g
Carbohydrates 19.6g
Fibre 5.6g
Protein 33.8g

Szechuan Prawn & Green Salad

Preparation Time | 15 minutes

Cooking Time | 15 minutes

Pour the sesame oil into a wok and place over a high heat. When the oil is hot, add the prawns and sauté for 3-4 minutes.

Combine the spinach, sweet corn, bean sprouts, toasted almonds, water chestnuts, red bell pepper, coriander, and spring onion in a large salad bowl.

Mix together the rice vinegar, ginger, chilli sauce and soy sauce/ coconut aminos in a small pan.

Pour this rice vinegar mixture onto the salad, and divide the salad into four bowls. Scatter the prawns on top, and serve straight away!





Serves 2

60g cashew nuts
 200g Chinese green leaves
 200g cauliflower florets
 200g broccoli
 150g white cabbage, finely chopped
 6 baby corn, sliced across
 1 large tomato, sliced into 8 pieces
 2 tbsp. sesame seed oil
 4 garlic cloves, minced
 1.5 tbsp. soy sauce or coconut aminos
 120ml water

Nutritional

Value (per serving)

Calories 356
 Total Fat 17.5g
 Saturated fat 3g
 Carbohydrates 31g
 Fibre 12g
 Protein 15.3g

Stir Fried Vegetables with Cashews

Roast the cashew nuts by dry-frying them in a frying pan until they turn a golden colour. This should take 3-4 minutes.

Mix the Chinese green leaves, cauliflower florets, broccoli, white cabbage, baby corn, tomato, and cashews in a large bowl.

Pour the sesame seed oil into a wok and place over a high heat. Add the garlic, the soy sauce/coconut aminos, and the water.

Place the contents of the bowl into the wok and cook over a high heat for 3-5 minutes minutes, stirring throughout.

Divide the mixture among four bowls and tuck in!



Prep Time | 15 mins
Cooking Time | 10 mins

Serves 4

2 tbsp. Dijon mustard
2 tbsp. low-sodium teriyaki sauce
4 tsp. coconut aminos
½ tbsp. honey
2 tsp. lemon juice
2 garlic cloves, minced
Pinch of white pepper
4 skinless salmon fillets, 120g each
300g salad greens
½ red onion, thinly sliced, to garnish
800g cooked brown rice

Nutritional

Value (per serving)

Calories 448
Total Fat 5.7g
Saturated fat 0.5g
Carbohydrates 77.7g
Fibre 4.3g
Protein 27.4g

Teriyaki Salmon

Preheat the oven to Gas Mark 4 or 180°C.

In the meantime place the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 40 minutes. Then drain and set aside.

In a medium-size bowl, mix together the Dijon mustard, low-sodium teriyaki sauce, coconut aminos, honey, lemon juice, garlic, and white pepper. Put the salmon in the bowl and coat well.

Place the salmon in an ovenproof dish. Pour the remaining liquid over the salmon and bake for 10 minutes in the preheated oven.

Divide the greens onto 4 plates and put a salmon fillet on top of each plate.

Garnish with red onion and your dish is ready to serve!



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 2

FOR THE DRESSING:

30ml rice vinegar
1.5 tbsp. lime juice
2 tbsp. peanut butter
½ tbsp. soy sauce or coconut aminos
1 tsp. ginger, minced
2 garlic cloves, finely chopped
2 tsp. sesame oil
2 tsp. Thai chilli sauce
2 tbsp. olive oil
1 tbsp. coriander, finely chopped

FOR THE CHICKEN:

400g cooked chicken breast, diced
1 red bell pepper, diced
100g spring onions, chopped
100g grated carrots
4 savoy cabbage leaves

Nutritional

Value (per serving)

Calories 513
Total Fat 15.6g
Saturated fat 1.7g
Carbohydrates 19.8g
Fibre 5g
Protein 71g

Thai Wrap

Whizz the rice vinegar, lime juice, peanut butter, soy sauce or coconut aminos, ginger, garlic, sesame oil, and Thai chilli sauce in a food processor.

Add the olive oil and coriander, and place to one side.

In a large bowl, mix the chicken, red bell pepper, spring onions and grated carrots.

Combine the dressing with the chicken mixture and toss to coat.

Divide the mixture among the 4 savoy cabbage leaves. Fold over the leaves and the dish is ready to serve and relish!



Serves 2

FOR THE FILLING:

2 tbsp. sesame oil
1 medium onion, finely chopped
3 garlic cloves, finely chopped
100g green beans, chopped
100g asparagus stems, chopped
4 x baby corn, finely sliced
1 tomato, finely chopped
6 shitake mushrooms, sliced
lengthways

½ tbsp. agave nectar
2 tsp. light soy sauce or coconut
amino

FOR THE OMELETTE:

1 tbsp. sesame oil
4 free range eggs, beaten
Salt and pepper to season
Basil, to garnish

Nutritional

Value (per serving)

Calories 452

Total Fat 30.4g

Saturated fat 5.5g

Carbohydrates 22.7g

Fibre 7.6g

Protein 33.8g

Thai Stuffed Omelette

FOR THE FILLING:

Pour a tablespoon of sesame oil in a wok and place over a high heat.

Add the onion and garlic, and stir-fry for a minute.

Mix in the green beans, asparagus stems, baby corn, tomato, shitake mushrooms, agave nectar, and soy sauce/coconut amino and stir-fry for 4 minutes.

Once the filling is cooked, season with salt, remove from the wok, and place to one side.

FOR THE OMELETTE:

Place 2 tablespoons of sesame oil in a frying pan. When the oil is hot, pour the beaten eggs into the pan to make the omelette.

Cook for 3-4 minutes until the omelette is nearly firm. Then place the filling in the centre of the omelette and fold over the sides. You should end up with an oblong shape in the frying pan. Season to taste with the salt and pepper.

Serve with a garnish of basil and savour!



Prep Time | 15 mins
Cooking Time | 10 mins

Serves 4

2 tbsp. vegetable oil
2 stalks of lemongrass, finely chopped
1 onion, finely chopped
2 tsp. ginger, finely chopped
2 garlic cloves, finely chopped
1 cauliflower, finely grated
2 red bell peppers, sliced
2 carrots, sliced into juliennes
100g mange tout
3 spring onions, finely chopped
1 tbsp. light soy sauce
Coriander to garnish
800g cooked brown long grain rice

Nutritional

Value (per serving)

Calories 391
Total Fat 10g
Saturated fat 1g
Carbohydrates 66g
Fibre 11g
Protein 12g

Thai Fried Rice with Mixed Veg

FOR THE RICE

Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 40 minutes. Then drain and set aside.

Place a tablespoon of vegetable oil in a wok and place over a high heat. When the oil is hot, lower the heat to medium, and stir-fry the lemongrass, onion, ginger, and garlic in a wok over a medium heat. Add the rice and cook for 2 minutes.

FOR THE MIXED VEG

Heat the other tablespoon of oil in a frying pan, and fry the bell peppers, carrots, mange tout and spring onions for 3 minutes.

Mix in the soy sauce with rice and spoon into 4 bowls. Top with the veggies and coriander and serve up!



Serves 4

4 x 160g salmon fillets
 1 bunch of spring onions, trimmed
 1 red chilli
 1 tbsp. ginger, chopped thinly
 1 lime, sliced
 2 tbsp. light soy sauce
 2 tbsp. rice vinegar
 1 tbsp. olive oil
 800g cooked soba noodles

Nutritional Value (per serving)

Calories 679
 Total Fat 17.3g
 Saturated fat 3.5g
 Carbohydrates 77.5g
 Fibre 4.1g
 Protein 54.2g

Spicy Salmon with Ginger

Fill a large saucepan with water and bring to the boil, then add the soba noodles, and cook for 5 minutes in the boiling water.

Preheat the oven to Gas Mark 7 or 220°C.

Line a baking tray with baking parchment.

Place the salmon on the baking tray with the spring onions across the top.

Scatter the chilli, ginger, and lime slices over the salmon and pour the soy sauce and rice vinegar over the top.

Drizzle the olive oil and then place in the oven for 15 minutes until the salmon is cooked.

Serve with the soba noodles and veggies of your choice and savour!



Serves 2

400g extra firm tofu
2 tbsp. vegetable oil
1 tbsp. black bean sauce
1 tbsp. light soy sauce
1 tbsp. chilli sauce
1 tbsp. rice wine vinegar
200ml water
3 tsp. cornflour paste
2 spring onions
½ savoy cabbage, shredded
8 Szechuan peppercorns, ground
Drizzle of sesame oil

Nutritional

Value (per serving)

Calories 416
Total Fat 25.2g
Saturated fat 2.2g
Carbohydrates 13.8g
Fibre 3.1g
Protein 27.1g

Szechuan Tofu with Cabbage

Slice the tofu into ½ inch cubes.

Pour the vegetable oil into a wok and place over a high heat. When the oil is hot, stir-fry the tofu in the vegetable oil on a high heat for 3 minutes and drain onto some kitchen roll.

Add the black bean sauce, soy sauce, chilli sauce, and rice wine vinegar into the wok and stir slowly.

Pour in the water and cook for 2 minutes. Mix in the cornflour paste and stir for a minute.

Put in the spring onions and savoy cabbage and cook for 2 minutes.

Return the fried tofu to the wok and cook for 2 minutes.

Season with the ground Szechuan pepper, drizzle with sesame oil and tuck in!



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 4

2 tbsp. coconut oil or vegetable oil
2 garlic cloves, finely chopped
3 tsp. ginger, shredded
1 green chilli, finely chopped
1 tsp. ground cumin
5 ground peppercorns
1.5 tbsp. Thai green curry paste
400ml coconut milk
1 red onion
1 red bell pepper, thinly sliced
2 medium carrots, thinly sliced
200g mange tout
200g baby corn
2 stalks of lemongrass
3 fresh kaffir lime leaves shredded
Salt to taste
800g cooked brown rice

Nutritional

Value (per serving)

Calories 620
Total Fat 28.g
Saturated fat 15.1g
Carbohydrates 84g
Fibre 7.7g
Protein 12.6g

Thai Green Veggie Curry

Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 40 minutes. Then drain and set aside.

Pour the vegetable/coconut oil into a wok, and place over a high heat. When the oil is hot, stir-fry the garlic, ginger and green chilli, cumin, and peppercorns for 30 seconds.

Mix in the Thai green paste and stir it for 30 seconds.

Pour in the coconut milk and wait for it to bubble. This should take 3-5 minutes.

Put in the red onion, red bell pepper, carrots, mange tout and baby corn for 2 minutes.

Put in the lemongrass and kaffir lime leaves to give it a citrus flavour.

Remove the lemongrass and kaffir leaves and season to taste just before you serve up this curry with some brown rice.

Delicious!



Prep Time | 15 mins
Cooking Time | 25 mins

Serves 4

FOR THE SWEET AND SOUR SAUCE:

75ml cold water

50ml soy sauce or coconut aminos

50g tomato puree

1 tbsp. Stevia

FOR THE CAULIFLOWER "RICE":

1 tbsp. vegetable oil

Medium head of cauliflower

FOR THE CHICKEN:

1 tbsp. vegetable oil

400g chicken, diced

2 carrots, peeled and thinly sliced

1 small onion, diced

1 green bell pepper, diced

1 yellow bell pepper, diced

1 red bell pepper, diced

227g can pineapple pieces in juice, drained

Nutritional

Value (per serving)

Calories 349

Total Fat 10.8g

Saturated Fat 0.5g

Carbohydrates 27.4g

Fibre 6.6g

Protein 37g

Sweet & Sour Chicken

FOR THE SWEET AND SOUR SAUCE

Heat the water in a small saucepan. Mix in the soy sauce or coconut aminos, homemade tomato puree, and Stevia, mixing thoroughly.

FOR THE CAULIFLOWER "RICE"

Use a tablespoon of vegetable oil to sauté the grated cauliflower in a frying pan on medium heat for 2 minutes.

FOR THE CHICKEN

Place the oil in a wok on a high heat. When hot put in the chicken and cook on medium-high heat for 4 minutes, stirring frequently, until the chicken has browned. Throw in the carrots and cook for a further 2 minutes.

Mix in the onion, bell peppers and pineapple and cook for 3 minutes.

Pour the sauce onto the stir-fry and mix.

Lower the heat and simmer for approximately 10 minutes.

Serve on a bed of cauliflower "rice" and relish!



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

200ml water

30g tamarind paste (available in all good supermarkets)

2.5 tbsp. vegetable oil

1 small onion, finely chopped

2 tbsp. agave nectar

4 garlic cloves, finely chopped

2 shallots, finely sliced

500g shelled prawns

3 spring onions, chopped

800g cooked soba noodles

Nutritional

Value (per serving)

Calories 342

Total Fat 2g

Saturated fat 0.1g

Carbohydrates 58g

Fibre 1.1g

Protein 33g

Taramind Coated Prawns with Noodles

Fill a large saucepan with water and bring to the boil, then add the soba noodles, and cook for 5 minutes in the boiling water.

Pour the 200ml of water into a pan, and bring it to the boil.

Place the tamarind paste in a bowl and pour on the boiling water. Mix the tamarind sauce thoroughly in order to ensure there are no lumps. Set aside for half an hour.

Put the oil in a wok over a high heat and add the onion. Fry the onion until golden in colour, which should take around 3 minutes.

Pour in the water, agave nectar, and tamarind paste. Mix well and bring this mixture to the boil. Mix in the garlic, shallots, and prawns and stir-fry for around 3 minutes.

Serve the prawns on a bed of soba noodles, with a garnish of spring onions!

Serves 4

FOR THE SAUCE:

3 garlic cloves, finely chopped
2 tbsp. almond butter
2 tsp. ginger, finely chopped
1 tbsp. soy sauce
2 tbsp. rice wine vinegar
2 tsp. sesame oil
1 tbsp. water
1 tbsp. agave nectar

2 tsp. vegetable oil

FOR THE STIR-FRY:

350g Quorn
1 tbsp. vegetable oil
4 garlic cloves, finely chopped
2 red bell peppers, thinly sliced
200g bean sprouts
200g broad beans
1 red onion, thinly sliced
200g Chinese greens, sliced thinly
Sesame seeds to garnish
800g cooked brown rice

Nutritional Value (per serving)

Calories 488

Total Fat 10g

Saturated fat 1g

Carbohydrates 61g

Fibre 11g

Protein 25g

Quorn with Sesame Stir Fried Vegetables

Preparation Time | 10 minutes

Cooking Time | 10 minutes

FOR THE RICE:

Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 40 minutes. Then drain and set aside.

FOR THE SAUCE:

Place the garlic, almond butter, ginger, soy sauce, rice wine vinegar, sesame oil, a tablespoon of water, agave nectar, and vegetable oil in a bowl and mix well.

Cook for 3 minutes until it thickens.

FOR THE QUORN STIR-FRY:

Put a tablespoon of vegetable oil in a wok and place over a high heat. Sauté the Quorn for 3 minutes.

Then add another tablespoon of vegetable oil into the wok and sauté the garlic, bell peppers, bean sprouts, broad beans, red onion, and Chinese greens for 3 minutes.

Mix in the sauce and sauté for 2 further minutes.

Serve on a bed of brown rice, with a sprinkle of sesame seeds and tuck in!





Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

450g aubergines
3 tbsp. vegetable oil
2 red chillies
2 garlic cloves, finely chopped
2 tsp. ginger, finely chopped
1 bunch spring onions, chopped
400g lean pork, finely sliced
2 tsp. soy sauce
2 tsp. chilli sauce
2 tbsp. rice wine vinegar
3 tsp. cornflour mixed with a little water
800g cooked soba noodles
Some finely chopped spring onions

Nutritional

Value (per serving)

Calories 729
Total Fat 27g
Saturated fat 6.7g
Carbohydrates 88g
Fibre 5.7g
Protein 29.8g

Spiced Aubergine with Pork

Fill a large saucepan with water and bring to the boil, then add the soba noodles, and cook for 5 minutes in the boiling water. Cut the aubergine into chip-sized pieces. Removing the skin is optional. Put 2 tablespoons of vegetable oil in a wok and place over a high heat. When the oil is hot, deep fry the aubergine chips for 3 minutes. Then, remove them from the oil and drain them.

Slice the red chillies into tiny $\frac{1}{4}$ centimetre pieces, and remove the seeds.

Place the other tablespoon of oil in the wok and add the garlic, ginger, spring onions, and chillies and cook for 2 minutes.

Put in the pork and cook for 4-5 minutes.

Mix in the soy sauce, chilli sauce, and rice wine vinegar, turn up the heat and bring the mixture to the boil.

Add the aubergines, and thicken with the cornflour paste.

Serve this dish on a bed of soba noodles.

For that extra touch, garnish with some spring onions and tuck in!



Prep Time | 15 mins
Cooking Time | 20 mins
Chilling Time | 30 mins

Serves 2

300g duck breasts
3 tbsp. dark soy sauce or coconut aminos
4 tbsp. rice vinegar
2 tsp. sesame oil
1 tsp. Chinese 5 spice powder
1 tbsp. agave nectar
3 tsp. cornflour
2 red onions
2 small aubergines
4 tbsp. vegetable oil
2 garlic cloves, finely chopped
1 inch fresh ginger, shredded
100g sugar snaps

Nutritional

Value (per serving)

Calories 271
Total Fat 17g
Saturated fat 1g
Carbohydrates 9g
Fibre 2.5g
Protein 18g

Duck with Aubergine

Slice the duck breasts into thin pieces.

Combine 1 tablespoon of soy sauce or coconut aminos with a tablespoon of rice vinegar, sesame oil, and a teaspoon of 5 spice mix. Pour this mixture onto the duck, and leave it to marinate in the fridge for 30 minutes.

Mix together the agave nectar, cornflour, 3 tablespoons of rice vinegar and the remaining 2 tablespoons of soy sauce.

Slice the onions and aubergines into strips. Put 2 tablespoons of the oil in a wok. Place over a high heat and stir-fry the duck for 2-3 minutes. Set the fried duck to one side.

Put another tablespoon of oil in the wok and stir-fry the aubergine for 3 minutes, until its golden brown.

Place the remaining tablespoon of oil in the wok, and fry the onions, garlic, and ginger for 2 minutes. Add in the agave nectar mixture and the sugar snaps and cook for 2 minutes. The dish is now ready to serve!

Serves 2

FOR THE SAUCE:

300g chicken breasts, finely chopped

6 spring onions, sliced

1 red chilli, deseeded and sliced

4 tsp. minced ginger

2 tbsp. soy sauce

2 tsp. cornflour

2 tbsp. water

50ml veggie stock

FOR THE FOO YOUNG:

4 tbsp. vegetable oil

4 spring onions, trimmed and sliced

1 red pepper, de-seeded and
chopped

60g bean sprouts

8 eggs, beaten

Nutritional

Value (per serving)

Calories 684

Total fat 33.3g

Saturated Fat 14.8g

Carbohydrates 32.5g

Fibre 1.1g

Protein 74.6g

Chicken & Bell Pepper Foo Young

Preparation Time | 10 minutes

Cooking Time | 30 minutes

FOR THE SAUCE:

Pop the chicken, spring onions, chilli, and ginger in a medium-size saucepan and cover with 650ml of water.

Bring this mixture to the boil, then cover it, lower the heat, and allow it to simmer for 20 minutes.

Pass this mixture through a strainer, and throw away the spring onions, ginger, and chilli.

Place the stock back in the saucepan, and add the soy sauce.

Mix the cornflour with a little water to make a paste, and add some hot stock. Whisk the mixture until it thickens, then allow it to simmer for another 2 minutes.

FOR THE FOO YOUNG:

Heat the oil in a frying pan over a medium heat.

Throw in the spring onions, red pepper, and bean sprouts, then stir fry for 3 minutes.

Pour half of the eggs into a frying pan and cook for 3 minutes.

Once the bottom of the mixture is set, turn the omelette over and cook on the other side.

Pop the omelette onto a plate.

Use the other 4 eggs to make a second omelette, the same way you made the first.

Spread the chicken filling and vegetables into the middle of the omelette.

Serve straight away with the sauce and a garnish of coriander!









Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

200g broad beans, shelled
110g mange tout, cut into juliennes
½ a celery stick, finely chopped
1 large onion finely chopped
3 garlic cloves, finely chopped
1.5 tbsp. olive oil
1 medium carrot, fine chopped
1 tomato, peeled and finely chopped
1 tsp. tomato puree
1.2 l water
30g spaghetti, broken into 1 inch lengths
Salt and freshly ground pepper to taste
Basil leaves for garnishing

Nutritional

Value (per serving)

Calories 267.5
Total fat 5.9
Saturated Fat 0.7g
Carbohydrates 42.2g
Fibre 11.7g
Protein 9.3g

Minestrone Soup

Fry the onion and garlic over a medium heat for around 4 minutes, or until softened. Add in the carrot and celery. Cook for 2 more minutes.

Place the onion mixture in a medium saucepan and pour in the water. Bring to boil, then simmer for 10 minutes.

Cook the broad beans in boiling water for 3 minutes, or until softened, then take them out and drain in a colander.

Place the mange tout in the hot water and boil for 1 minute. Drain and put to one side.

Add in the tomato and tomato purée and cook for 1 minute. Puree a quarter of the soup mixture and a quarter of the bean mixture in a blender and put that to one side, too.

Add the spaghetti to the remainder of the soup and cook for 7 minutes.

Stir in the purée and cook for 2 minutes. Add in the remaining broad beans, mange touts, parsley, and season.

When you serve, ladle it into bowls and decorate with sprigs of basil.



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

300g asparagus spears, sliced into 1-inch long pieces
2 tbsp. butter
3 medium onions, finely chopped
2 tbsp. plain flour
200ml semi skimmed milk
200ml chicken stock (made from a stock cube)
200g cooked ham, diced
200g mushrooms, chopped
300ml low fat single cream
Salt and pepper to season
Basil to garnish

Nutritional

Value (per serving)

Calories 345
Total Fat 21.2g
Saturated Fat 12.3g
Carbohydrates 25g
Fibre 3.3g
Protein 13.6g

Asparagus & Ham Soup

Fill a saucepan a third full with water and bring to the boil.

Blanch the asparagus by placing it in the boiling water for 2 minutes.

Drain the asparagus spears and drop them into cold water and put them aside.

Melt the butter in a frying pan on a medium heat and, when it is hot, sauté the onions in it for 2 minutes.

Add in the milk and then gradually sift in the flour, whisking thoroughly to create a smooth mixture. Then, transfer it into a saucepan.

Bring this mixture to the boil for 1-2 minutes, stirring throughout.

Then drop in in the chicken stock, cooked ham, chopped mushrooms and the asparagus.

Lower the heat and add the cream, along with the salt and pepper. Leave to simmer for 10 minutes.

Blend in a food processor and re-heat for serving.

Serve with a garnish of basil.



Prep Time | 10 mins

Serves 4

1 red onion
200g can of tuna, drained
400g can butter beans, drained and rinsed
200g cherry tomatoes, halved
2.5 tbsp. olive oil
Juice of a lemon
2 tsp. Dijon mustard
30g pack flat-leaf parsley, roughly chopped
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 218.7
Total Fat 8.9g
Saturated Fat 0.6g
Carbohydrates 18.7g
Fibre 7.4g
Protein 16.1g

Tuna & Bean Salad

Slice the onion as thinly as you can. Place it in a salad bowl and add the tuna, flaking it so there are no large chunks.

Mix in the butterbeans and cherry tomatoes. Combine the olive oil, lemon juice and mustard together and season with salt and pepper.

Drizzle the dressing onto the salad and serve with a garnish of parsley. Serve immediately and enjoy!



Prep Time | 15 mins

Serves 4

FOR THE SALAD:

600g spinach, roughly chopped

200g cherry tomatoes

200g sweetcorn

2 large avocados, sliced

50g walnuts

100g hard goat's cheese, finely
grated

20g toasted pine nuts

FOR THE DRESSING:

2.5 tbsp. white wine vinegar

2 tbsp. extra-virgin olive oil

1 tbsp. Dijon mustard

Salt and freshly ground black pepper,
to taste

Nutritional

Value (per serving)

Calories 545.5

Total Fat 44.2g

Saturated Fat 10.3g

Carbohydrates 25.2g

Fibre 12.2g

Protein 18.1g

Goats Cheese, Walnut & Avocado Salad

Put the spinach in a big salad bowl. Add the tomatoes, sweetcorn, slices of avocado, walnuts and toasted pine nuts.

Whisk together the white wine vinegar, the olive oil, mustard and season it with the salt and pepper. Drizzle this over the salad.

Toss the salad a little at a time so that the dressing evenly covers the salad.

Grate some hard goat's cheese onto the salad and tuck in!



Prep Time | 10 mins
Chilling Time | 30 mins
Cooking Time | 5 mins

Serves 4

800g cooked chicken, cut into chunks
100g chorizo
100g rocket
200g cherry tomatoes
4 tbsp. olive oil (used separately)
2 tbsp. tarragon
2 garlic cloves, crushed
2 tbsp. white wine vinegar
Freshly ground black pepper

Nutritional

Value (per serving)

Calories 482
Total Fat 26.4g
Saturated Fat 6.5g
Carbohydrates 3.1g
Fibre 1.6g
Protein 56.9g

Chorizo & Chicken Salad

Combine 2 tablespoons of olive oil, crushed garlic and tarragon in a bowl.

Add the chicken breast chunks to this olive oil mixture, ensuring that the chicken is covered and soaked. Leave it to marinate in the fridge for 35 minutes, or overnight if possible.

In a frying pan, fry the marinated chicken and chorizo slices in one tablespoon of olive oil for around 3 minutes.

Combine the rocket and tomatoes to make a salad. Add in the white wine vinegar, one tablespoon of olive oil and pepper and stir through the salad.

Mix in the chicken and chorizo, or arrange it on top, and your salad is ready to serve!



Prep Time | 10 mins

Serves 4

200g baby vine tomatoes, halved
200g flat leaf parsley, roughly
chopped
2 medium red onions, finely sliced
60g sesame seeds
4 tbsp. olive oil
Juice of 3 lemons
1 tbsp. agave nectar

Nutritional

Value (per serving)

Calories 305.7
Total Fat 21.9g
Saturated Fat 3g
Carbohydrates 18g
Fibre 5.5g
Protein 5.8g

Tomato, Onion & Parsley Salad

Put the tomato halves in a bowl. Mix with the finely sliced onions.

Stir in the parsley and the sesame seeds.

Whisk together the olive oil, lemon juice and agave nectar in a separate bowl.

Drizzle on the tomato and onion salad for a great tasting dressing and tuck in.

Serves 4

Handful of fresh basil, chopped

1 ball mozzarella, chopped (250g)

FOR THE COURGETTE PASTA

4 medium courgettes, washed and cut lengthwise into thin, wide strips

1 tbsp. Himalayan salt

1 tbsp. olive oil

1 tbsp. melted butter

¼ tbsp. black pepper

FOR THE MEAT SAUCE:

500g minced lamb

1 tbsp. water

1 onion, diced

3 garlic cloves, minced

1 tsp. dried oregano

1 tsp. basil

1 tsp. black pepper

½ tbsp. of Himalayan sea salt

½ tbsp. of paprika

3 tsp. rosemary

4 tsp. thyme

675g tinned tomatoes, finely chopped

2 tbsp. olive oil

Nutritional

Value (per serving)

Calories 647.2

Total Fat 46.6g

Saturated Fat 20.8g

Carbohydrates 15.8g

Fibre 4.5g

Protein 39.7g

Pasta Free Lasagne

Preparation Time | 10 minutes

Cooking Time | 50 minutes

FOR THE COURGETTE PASTA:

Place all of the ingredients for the courgette pasta in a zip lock or sandwich bag. Ensure they are thoroughly mixed together, and place it in the fridge to let it marinade.

Leave it in there while you prepare the sauce.

FOR THE MEAT SAUCE:

Brown the lamb mince in a saucepan with the olive oil for around 5 minutes, adding the water as you go.

Add in the diced onion, garlic, oregano, basil, salt, pepper, paprika, rosemary and thyme. Cook for a further 5 minutes, stirring to make sure the spices cover the meat and vegetables.

Mix in the drained tomatoes. Then lower the heat and simmer for about 15 minutes. Once cooked, set aside.

TO FINISH

Preheat the oven to Gas Mark 5 or 190°C.

Spread a few tablespoons of the sauce on the bottom of a nine by 13 inch (23 by 33cm) oven proof dish, or in four individual pot pie dishes.

Layer the lasagne starting with a courgette pasta base, then add 1/3 of the meat sauce, add a sprinkling of basil, and put 1/3 of the mozzarella on top.

Repeat this process until you run out of ingredients.

Bake the lasagne in the pre-heated oven for 30 minutes.

Serve up and relish!





Prep Time | 10 mins

Serves 4

2 tbsp. olive oil

A bunch of spring onions, chopped in to 1cm pieces

250g cherry tomatoes, halved

150g mozzarella, chopped in to bitesize pieces

150g olives, sliced in to thirds

Juice of 1 lemon

50g fresh basil, chopped roughly

Italian Salad

In a mixing bowl, combine the spring onions, mozzarella, olives and basil.

In a separate bowl, mix together the lemon juice and olive oil to create a light dressing. Add the dressing slowly to the salad and mix thoroughly.

The salad is now ready to serve and enjoy!

Nutritional

Value (per serving)

Calories 251

Total Fat 19.3g

Saturated Fat 6.3g

Carbohydrates 11g

Fibre 2.7g

Protein 10.6g



Prep Time | 20 mins

Serves 4

200g Parma ham

1 melon

Cocktail sticks

Nutritional

Value (per serving)

Calories 106.7

Total Fat 2.2g

Saturated Fat 1g

Carbohydrates 22.7g

Fibre 1.7g

Protein 2.1g

Parma Ham & Melon Balls

Cut the melon in half and scrape out the seeds. Discard the seeds and cut out pieces of the melon using a melon baller.

Skewer the melon balls on the cocktail sticks and place small rolled-up slices of Parma ham on the sticks, followed by more melon balls and slices of ham until the cocktail stick is full.

This dish is now ready to serve!

Quick and easy to make and mouth-wateringly good!



Serves 4

30g butter
1 tbsp. olive oil
1 leek, sliced finely
3 garlic cloves, minced
300g brown rice
800ml boiling water
1 vegetable stock cube
300g chestnut mushrooms, chopped
50g vegetarian hard cheese

Nutritional

Value (per serving)

Calories 278
Total Fat 15.1g
Saturated Fat 6.9g
Carbohydrates 21.3g
Fibre 2.3g
Protein 10.7g

Mushroom & Leek Risotto

Place the rice in a saucepan and cover it with boiling water.

At this point, crumble a vegetable stock cube in to the saucepan and give the rice a thorough stir. Turn up the heat and boil the rice until it softens. This should take around 10 minutes.

Put the olive oil in a frying pan over medium heat and fry the leek with the garlic until it softens.

Add in the mushrooms to the leek and garlic, then cook for a further 3 minutes.

Add the cooked rice to the frying pan and continue to cook for another 3 minutes, stirring throughout.

Mix in about half of the cheese and transfer the risotto to a serving bowl. Let it stand for 5 minutes. Scatter with the remaining cheese, serve with a side of green salad, and enjoy.



Prep Time | 10 mins

Serves 4

2 red peppers, cored and sliced thinly
2 yellow peppers, cored and sliced thinly
Half a courgette, chopped roughly
400g tinned tomatoes
2 red onions, peeled and sliced thinly
4 cloves of garlic peeled and crushed
2 tbsp. olive oil
Salt and pepper to taste

Nutritional

Value (per serving)

Calories 147
Total Fat 7.5g
Saturated Fat 1.1g
Carbohydrates 19.1g
Fibre 5g
Protein 3.8g

Peperonata

Heat up the olive oil over a medium heat in a medium sized saucepan.

Add the red onions and garlic to the oil and cook until softened. This should take 3-4 minutes.

Place the peppers in the pan. Season to taste. Add in the tomatoes and cook, without the lid on, for approximately 15 minutes.

Your dish is ready to be served!



Prep Time | 10 mins
Cooking Time | 35 mins

Serves 4

2 aubergines
6 tbsp. olive oil
100g raw cashews
50g fresh coriander, finely chopped
2 cloves of garlic, minced

Nutritional

Value (per serving)

Calories 344.3
Total Fat 33.5g
Saturated Fat 5.5g
Carbohydrates 6.3g
Fibre 1.2g
Protein 6.3g

Aubergine & Cashew Bake

Preheat the oven to Gas Mark 3 or 170°C. Cut the aubergines in half and place them, with the sliced side facing up, on a baking tray. Then drizzle with one tablespoon of olive oil and bake until tender. This should take around 25 minutes.

Using a food processor, blend the cashews, coriander, garlic, and 5 tablespoons of olive oil, until you have a chunky paste. Add a little water to thin the mixture out if necessary.

Spread the cashew paste generously on top of the aubergines and cook under a grill for a further 10 minutes.

Serve with a tomato, onion, and parsley salad (see page 30), or another salad of your choice.



Serves 4

600g cooked chicken breasts, chopped
1 small onion, diced
10 button mushrooms, sliced
2 medium tomatoes, diced
2 tbsp. Butter (used separately)
3 garlic cloves, minced
Himalayan salt and pepper to taste
1 tbsp. olive oil
10 to 12 fresh basil leaves, chopped
1 large cauliflower, finely grated
1 tbsp. tomato puree

Nutritional

Value (per serving)

Calories 329
Total Fat 11.5g
Saturated Fat 4.6g
Carbohydrates 17.9g
Fibre 6.8g
Protein 37.8g

Chicken with Rice

Melt 1 tablespoon of butter in a frying pan and sauté the garlic and the onion until they both begin to soften and turn golden brown. This should take 3-4 minutes.

Add the mushrooms to the frying pan and continue to cook for 1 minute. Transfer the sautéed vegetables into a bowl and place aside.

Put the tomatoes in the same pan used to cook the other vegetables, reusing the left over butter, and fry for about 3 minutes, ensuring that they are softened.

Add the water, herbs, and seasoning to the pan.

Mix in the chicken, cook for a further 5 minutes and remove from the heat. At this point, if the dish looks a little too thick, add a little bit of water to even it out.

Sauté the grated cauliflower in the olive oil. Add in a tablespoon of tomato purée to the rice.

Serve the chicken on a bed of low carb cauliflower rice, with a garnish of basil leaves! Yum!

Serves 4

FOR THE MEATBALLS:

300g lamb, minced
2 small onions, finely chopped
2 tsp. garlic, finely chopped
2 tsp. ginger, finely chopped
1 tbsp. fresh parsley, finely chopped
¼ tsp. ground black pepper
Salt to season

FOR THE SAUCE:

60ml olive oil
1 large onion, chopped
2 garlic cloves, minced
60ml tomato paste
400g tinned tomatoes, finely chopped
1 handful basil leaves, chopped
Salt and pepper to season
FOR THE COURGETTE SPAGHETTI:
2 large courgettes

Nutritional

Value (per serving)

Calories 376
Total Fat 27.5g
Saturated Fat 8.6g
Carbohydrates 17.1g
Fibre 18.9g
Protein 66.8g

Meatballs & 'Spaghetti'

Preparation Time | 10 minutes

Cooking Time | 50 minutes

FOR THE MEATBALLS:

Mix the mince, onions, garlic, ginger, fresh parsley, salt, and pepper in a bowl until they are thoroughly combined.

Place the mixture in the fridge for at least an hour. The longer you leave it, the better.

Remove the mixture from the fridge and mould it into sixteen ball shapes.

Put a little oil in a pan over a medium heat and lightly brown off the outsides of the meatballs.

Move the meatballs from the pan to a baking tray lined with foil and place in a preheated oven at Gas Mark 6 or 200°C. Cook the meatballs for 20 minutes, ensuring they are golden brown.

FOR THE SAUCE:

Using a small saucepan over a medium heat, cook the garlic in the olive oil until soft. This should take about 2 minutes.

Pour the oil into the same pan you used to make the meatballs and place over a medium heat, gently scraping the bottom with a wooden spoon to remove any remnants of the meatballs and add them to the sauce.

Add the onion and cook for 10 minutes, stirring occasionally. Add the tomato paste and cook for 30 seconds. Stir in the chopped tomatoes and basil leaves and cook for a further 5 minutes. Season with sea salt and pepper. Add in the meatballs and cook for 10 minutes over low heat, stirring.

FOR THE COURGETTE SPAGHETTI:

Using a spiraliser, spiralise two courgettes. Lay the spaghetti down on two sheets of kitchen roll spread on a flat surface. Cover them with another two sheets of kitchen roll and pat them dry. Divide the spaghetti onto 4 plates and top each with a quarter of the meatballs and some sauce. Enjoy!





Prep Time | 10 mins
Cooking Time | 35 mins

Serves 4

FOR THE CHICKEN:

600g cooked chicken breasts, diced

30g butter

2 small onions, diced

100g button mushrooms, chopped

50g almond flour

500ml almond milk

100g grated mozzarella cheese

500ml water

240ml vegetable stock

Dash Himalayan sea salt and black pepper

FOR THE MEDITERRANEAN VEG:

2 courgettes

2 aubergines

2 medium red onions

4 large tomatoes

2 bell peppers

Nutritional

Value (per serving)

Calories 481

Total Fat 20g

Saturated Fat 7.9g

Carbohydrates 26.6g

Fibre 9.8g

Protein 46g

Creamy Chicken & Veg

FOR THE CHICKEN:

Preheat the oven to Gas Mark 5 or 190°C.

Heat the butter in a frying pan over medium-high heat. Once hot, add the onions and mushrooms and sauté for 3-5 minutes. Stir in the flour, whisking constantly, for about 1 minute to make a thin paste. Slowly add the milk, water and broth, still whisking constantly, until the paste is thickened for around 5 minutes. Add the cheese and cook for 2 minutes or so then remove from the heat.

Add the chicken to the pan and cook lightly until all of the chicken is consistent in colour. Give everything a stir and transfer to an oven-proof dish. Bake for 15 minutes.

FOR THE MEDITERRANEAN VEG:

Cut the courgettes, aubergines, red onions, tomatoes and bell peppers into bite-size chunks. Place the vegetables on a baking tray and give a generous coat of olive oil.

Cook in the pre-heated oven for 15-20 minutes or until the vegetables are tender and beginning to brown. Serve the creamy chicken alongside the Mediterranean vegetables and relish!



Prep Time | 10 mins
Cooking Time | 35 mins

Serves 4

FOR THE FISH:

4 x 170g cod fillets

400g tinned tomatoes, finely chopped

½ red bell pepper, chopped

1 tsp. lemon zest

2 tsp. chopped thyme leaves

Himalayan sea salt and black pepper, to taste

1 tbsp. fresh lemon juice

FOR THE KALE:

450g kale, tough stems and ribs removed and cut into 1 inch strips

2 tbsp. olive oil

1 tbsp. red wine vinegar

Dash of sea salt

Nutritional

Value (per serving)

Calories 380

Total Fat 8.1g

Saturated Fat 1.2g

Carbohydrates 19g

Fibre 5.3g

Protein 33g

Cod with Sautéed Kale

FOR THE FISH:

Preheat the oven to Gas Mark 7 or 210°C.

Lightly spray or coat a 13x9" (33x23cm) oven-proof dish with coconut oil.

Combine the tomatoes, peppers, lemon zest, thyme, salt and pepper in a saucepan and cook for 5-8 minutes until soft. Place the cod in the prepared baking dish and season with a pinch of salt and pepper. Bake in the preheated oven for around 15 minutes.

Drizzle with a tablespoon of lemon juice.

FOR THE KALE

Boil half a saucepan of water and drop in the kale. Boil the kale for around 10 minutes.

Remove the kale from the heat, drain it, and set it to one side.

Heat some oil on a medium-high temperature. Add the garlic and cook for about 1 minute, until it softens. Reduce the heat to low and add the kale. Simmer gently until everything in the pan is warmed through. Remove from the heat and stir in the vinegar and sea salt. Serve the cod on a bed of kale with the vegetable mixture on the side.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

4 salmon fillets weighing 460g

1 head of broccoli

1 red chilli, finely chopped

400ml half fat single cream

1 tbsp. tomato purée

100g red pesto

Freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 433

Total Fat 28.2g

Saturated Fat 4.9g

Carbohydrates 14g

Fibre 12.2g

Protein 32.3g

Salmon & Broccoli Bake

Preheat the oven to Gas Mark 5 or 190°C.

Mix the cream, tomato puree and red pesto together. Then add in the chopped red chilli.

Place the broccoli and the salmon in the red pesto sauce in 4 individual pot pie dishes, ensuring the fish is fully coated, and bake in the preheated oven for 20 minutes.

Remove from the oven and allow to cool for 5 minutes or so and serve.

Delicious!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

400g spaghetti (you can use no carb spaghetti, from health food shops.

Ensure you limit your intake to 100g per person)

275g cubed pancetta

2 tsp. olive oil

60ml dry white wine

60ml double cream

50g parmesan cheese (freshly grated)

Freshly ground salt and pepper to season

Nutritional

Value (per serving)

Calories 530.9

Total Fat 34.6g

Saturated Fat 9.1g

Carbohydrates 31.6g

Fibre 2.1g

Protein 21.3g

Carbonara

Cut the pancetta into 1.5 cm cubes.

Put the olive oil in a frying pan, and then add the pancetta cubes. Cook on a high heat until crispy. This should take around 5 minutes.

Once the pancetta is cooked, pour the dry white wine into the frying pan and allow the mixture to simmer.

Stir for 5 minutes to mix the saltiness of the pancetta with the dryness of the white wine. Once the mixture is lightly bubbling, remove the pan from the heat.

Add the cream to the pan and stir, adding the Parmesan gradually to fit personal taste.

Cook the pasta according to the packet instructions. If you like your pasta al dente (that is, slightly undercooked), start checking it 2 minutes before the packet says it's done.

Set aside a cup of the water you used to cook the pasta, in case you need to thin the sauce later.

Combine the pasta with the sauce, warm it on the stove, and serve.

Grind over some salt and black pepper and grate some extra Parmesan on top to finish. Enjoy!

Serves 4

FOR THE PIZZA BASE:

Grated whole cauliflower

75g almond flour

3 tsp. dried oregano

3 free range eggs, beaten

Himalayan sea salt and freshly
ground black pepper to season

FOR THE PIZZA TOPPING:

1 courgette, shaved with a potato
peeler

50g grated mozzarella

FOR THE TOMATO SAUCE:

2 tbsp. olive oil

1 small onion, finely chopped

3 garlic cloves, minced

400g tinned tomatoes, finely
chopped

5 sprigs of basil, leaves picked

Freshly ground salt and pepper to
season

Nutritional

Value (per serving)

Calories 294

Total Fat 17.7g

Saturated Fat 4.3g

Carbohydrates 17.3g

Fibre 6.3g

Protein 14.2g

Cauliflower Pizza

Preparation Time | 10 minutes

Cooking Time | 30 minutes

FOR THE TOMATO SAUCE:

Place the oil in a pan, then place the pan over
a medium heat. Add in onion and garlic and
sauté for 3-4 minutes.

Mix in the basil, tomatoes, salt and pepper.

Turn the heat down, cover and simmer for
approximately 20 minutes.

FOR THE BASE & TOPPING:

Preheat the oven to Gas Mark 6 or 200°C.

Line a baking tray with greaseproof paper.

Finely grate the cauliflower and mix it together
with the almond flour, oregano, salt and
pepper.

Move the mix all in to one volcano shaped
pile, hollow out the centre, and crack the eggs
in. Fold this mix together with your hands until
it creates a dough.

Transfer to the greaseproof paper and form
into a pizza base by flattening the dough by
hand. Ensure you make the base as even
as possible edges slightly higher so that the
topping does not just fall off.

Bake for 25 minutes in the preheated oven.

Remove from the oven and cover with the
tomato sauce, shaved courgette, and grated
mozzarella, then return to the oven for a
further five minutes. Your meal is now ready
to enjoy!





IND



IAN





Prep Time | 10 mins
Cooking Time | 40 mins

Serves 4

2 tbsp. vegetable oil
1 medium onion, finely chopped
2 tsp. ginger, finely chopped
1 tbsp. garlic cloves, finely chopped
200g tinned chopped tomatoes, finely chopped
2 tsp. coriander, finely chopped
1/2 tsp. turmeric powder
Salt to taste
200g red lentils, rinsed
1.2l boiling water
8 whole wheat ready to eat chapattis

Nutritional

Value (per serving)

Calories 602
Total fat 17g
Saturated fat 4.5g
Carbohydrates 86g
Fibre 15g
Protein 25g

Masoor Daal (Red Lentils)

Pour the vegetable oil in a saucepan and place over a medium heat. Once it's hot, add your onion, ginger, and garlic. Stirring frequently, fry until the onions are brown: this should take around 5 minutes.

Throw in the finely chopped tomatoes, coriander, turmeric, and salt. Cook for 3 minutes.

Pop your washed, rinsed lentils in a large saucepan with the boiling water. Bring this mixture to the boil.

Lower the heat, and stir the tomato mixture into the lentils and water. Keep the lid slightly ajar, and allow the lentils to simmer for 30 minutes until tender.



Prep Time | 10 mins
Cooking Time | 90 mins/25 mins*

Serves 4

1.4l water
800g cooked brown basmati rice
200g mung daal
2 tbsp. vegetable oil
1 small onion, finely chopped
200g tinned chopped tomatoes, finely chopped
4 tsp. ginger, finely chopped
1. tbsp. garlic cloves, finely chopped
2 tsp. fresh coriander, finely chopped
1 tsp. turmeric powder
Salt to taste

Nutritional

Value (per serving)

Calories 486
Total fat 10.4g
Saturated fat 1g
Carbohydrates 79g
Fibre 12.2g
Protein 19.3g

Mung Daal

Pour water into a saucepan until it's about two-thirds of the way full and bring to the boil. Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 35 minutes. Then drain and set aside.

Meanwhile, wash the mung daal (lentils) thoroughly, and place them in a medium-size saucepan. Pour in the water, and bring it to the boil. Ensure you discard any froth and scum that forms at the top.

Pour the oil into a frying pan and fry the onion for 3-4 minutes until golden brown. Mix in the tomatoes, ginger, garlic, coriander, and turmeric. Combine the tomato mixture with the liquid daal, and add salt to taste.

Leaving the lid ajar, simmer the mixture over a low heat for 90 minutes, stirring now and again. If you have a pressure cooker, cook the mixture for 25 minutes once the pressure cooker starts to hiss.

Serve the mung daal on a bed of brown basmati!



Prep Time | 10 mins
Cooking Time | 90 mins/25 mins*

Serves 4

200g mot daal (lentils)

1.4l water

1 small onion, finely chopped

3 tsp. ginger, finely chopped

1 tbsp. garlic cloves, finely chopped

200g tinned tomatoes, finely
chopped

3 tsp. fresh coriander, finely chopped

1 tsp. turmeric powder

Salt to taste

8 ready to eat whole wheat chapattis

Nutritional

Value (per serving)

Calories 550

Total fat 13g

Saturated fat 2g

Carbohydrates 60g

Fibre 11g

Protein 12g

Mot Daal

Wash the mot daal (lentils) thoroughly, and put them in a medium- size pan. Place the pan over a medium heat, cover the lentils with water, and bring it to the boil. Be sure to discard any froth and scum that forms at the top.

Throw the onion in a frying pan, and place the pan over a medium heat. Fry the onion for 3-4 minutes, until golden brown. Mix in the ginger and garlic and cook for another minute.

Stir in the tomatoes, coriander and turmeric and cook for 4 minutes.

Combine the tomato-based mixture with the lentils.

Leaving the lid ajar, simmer the mixture over a low heat for 90 minutes, stirring now and again. If you have a pressure cooker, cook for 20 minutes once the pressure cooker starts to hiss.

When the lentils are cooked through, add salt to taste and enjoy with a side of chapattis!



Prep Time | 10 mins
Cooking Time | 70 mins

Serves 4

800g cooked brown basmati rice
100g toor daal, washed thoroughly and drained
2 tsp. ginger, finely chopped
½ tsp. turmeric
1.4l water
7 cherry or similar sized tomatoes, finely chopped
2 tbsp. brown sugar
Salt to taste
2 tbsp. lemon juice
2 tsp. whole black mustard seeds
¼ tsp. whole fenugreek seeds
½ tsp. whole cumin seeds
2 dried red chillies

Nutritional

Value (per serving)

Calories 434
Total fat 4g
Saturated fat 1g
Carbohydrates 55g
Fibre 11g
Protein 6g

Toor Daal

Pour water into a saucepan until it's about two-thirds of the way full and bring to the boil. Pop the rice in the pan, lower the heat and cook for 35 minutes. Drain the rice in a colander and set to one side.

Place the toor daal, ginger and turmeric in a big saucepan, cover with 1.4 litres of water and bring to the boil. Partially cover the pan with the lid and simmer for 45 minutes over a low heat, stirring frequently after 35.

Mix in the tomatoes, brown sugar, salt and lemon juice. Stir the mixture thoroughly and bring to boil.

Cover the mixture, reduce the heat and simmer for a further 20 minutes. Turn off the heat, and leave the daal covered.

Put the mustard seeds, fenugreek seeds, cumin seeds, and red chillies in a separate frying pan, and place the pan over a medium heat. Wait for the spices to sizzle and pop.

Once that happens, pour the contents of the frying pan into the saucepan containing the lentils. Remove the red chillies, then serve the daal on a bed of brown basmati rice!



Prep Time | 3 hours +
Cooking Time | 15 mins

Serves 4

250g paneer, cut into 1 inch cubes
300g plain low fat yoghurt
4 tbsp. tandoori powder
2 tsp. garlic, finely chopped
1 chilli, finely chopped
2 tsp. ground cumin
2 tbsp. fresh lemon juice
¼ tsp. salt
2 green bell peppers, cut in to 1 inch squares
2 large white onions
15 white mushrooms, cut in to quarters
8 BBQ skewers

Nutritional

Value (per serving)

Calories 240
Total Fat 17.3g
Saturated Fat 7.1g
Carbohydrates 10.9g
Fibre 1.8g
Protein 11.8g

Tandoori Paneer Kebabs

If you're using wooden skewers, ensure you wet them half an hour prior to cooking.

Combine the yoghurt, tandoori powder, lemon juice, garlic, ginger, chilli and salt in a large mixing bowl.

Then mix the paneer, onions, bell pepper and mushrooms thoroughly into the yoghurt mixture.

Place in the fridge for at least a couple of hours. You can do this the night before if you wish.

When this process is complete, thread a chunk of paneer, slice of bell pepper, slice of onion and slice of mushroom on to the BBQ skewers. Repeat the process until the skewer is full.

Grill the paneer kebabs for 10 minutes, until the paneer has browned slightly.

Serve with a side of your choice and enjoy!



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

240g tinned chick peas, drained and rinsed

1 medium onion, finely chopped

6 garlic cloves, finely chopped

2 tsp. ginger, finely chopped

½ tsp. turmeric powder

2 tsp. ground coriander

200g canned tomatoes, finely chopped

1 tsp. garam masala

1 tsp. green chilli

1 tbsp. vegetable oil

250ml water

2 tsp. amchoor powder (powder of green unripe mangoes)

Salt to taste

4 ready to eat whole wheat chapattis

Nutritional

Value (per serving)

Calories 320

Total fat 9g

Saturated fat 2g

Carbohydrates 46g

Fibre 13.5g

Protein 13g

Chickpea's

Pour the oil into a medium-size frying pan, and place the pan over a medium heat.

Throw in the onions, and fry them for 4 minutes, making sure they turn golden brown. Pop in the garlic and ginger and cook for 2 more minutes.

Mix in the tomatoes, chilli, turmeric, ground coriander, amchoor powder and salt. Cook for 4 minutes.

Add the can of washed, drained chick peas, then bring the water to the boil. Add both to the frying pan.

Stir and cover. Cook for ten minutes, then serve with whole wheat chapattis.



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

1 medium potato, diced (You can substitute the potato with celeriac if you are on a very low carbohydrate diet).

1 tbsp. vegetable oil

1 medium onion, finely chopped

4 garlic cloves, crushed

1 tsp. cumin seeds

1 green chili, finely chopped

Salt to taste

½ tsp. turmeric powder

100g tinned tomatoes, finely chopped

500g methi (fenugreek) leaves, washed and finely chopped

Nutritional

Value (per serving)

Calories 87.7

Total fat 5g

Saturated fat 0.5g

Carbohydrates 20.4g

Fibre 2.6g

Protein 6.5g

Aloo Methi

Place the potato in a medium-size saucepan and cover with boiling water. Allow the potato to simmer for 4 minutes.

Heat the oil in wok and throw in the chopped onion and crushed garlic. Fry for 4 minutes.

Pop in the cumin seeds and green chilli.

Once the cumin seeds are browned, put your salt, turmeric powder and chopped tomato into the mix. Sauté for 2 minutes, then add the potato and mix.

Add the methi to the wok. Cook for 5 minutes, stirring frequently. If the mixture sticks to the bottom of the wok, add a bit of water.

The dish is now ready to serve!



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

2 tbsp. vegetable oil
1 red onion, finely chopped
1 tsp. ginger, finely chopped
4 garlic cloves, finely chopped
1 green chilli, finely chopped
1 tsp. cumin powder
1 tsp. mustard seeds
300g spinach, finely chopped
200g button mushrooms, sliced
Salt to taste
½ tsp. coriander powder
1 tsp. cumin seeds
1 tsp. amchoor powder (unripe green mango powder available in Indian food shops)
8 ready to eat whole wheat chapattis

Nutritional

Value (per serving)

Calories 402
Total fat 54g
Saturated fat 11.7g
Carbohydrates 37.6g
Fibre 3.2g
Protein 9.4g

Palak & Mushrooms

Pour the oil into a medium-size pan and place over a medium heat. Throw in the onion, ginger, and garlic, then sauté for 3 minutes. Pop in the green chilli, cumin and mustard seeds and fry for 2 minutes.

Mix in the spinach and cook for 4 minutes.

Add the mushrooms, salt to taste, and cook for a further 3 minutes.

Stir in the coriander powder, cumin seeds and amchoor powder, then cook for another 2 minutes.

Serve with the chapattis.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

227g paneer cheese, cubed
1 medium onion, finely chopped
400g canned tomatoes, finely chopped
100g frozen peas
4 garlic cloves, finely chopped
1 tsp. ginger, finely chopped
1 green chilli, finely chopped
2 tsp. garam masala
1 tsp. turmeric
1 tsp. cumin
1 tbsp. vegetable for shallow frying paneer
1 tbsp. vegetable oil for frying onions
1 tsp. coriander, finely chopped
250ml boiling water
Salt to taste
800g cooked brown rice

Nutritional

Value (per serving)

Calories 515
Total fat 26g
Saturated Fat 12g
Carbohydrates 53g
Protein 21g
Fibre 10g

Mutter Paneer

Pour a tablespoon of oil into a frying pan and place over a medium heat. When the oil's hot, add the paneer and fry until browned. This should take 6-8 minutes. Be sure to turn the paneer several times while it cooks, or its water content will cause it to split.

Once the cheese has browned, place aside on some kitchen roll.

Pour the other tablespoon of oil into a medium-size frying pan. Once the oil is hot, add the onions and fry for 4 minutes.

Stir the ginger, garlic, chilli, cumin, garam masala, salt and turmeric, then fry for 2 minutes. Mix in the tomatoes, turn the heat down, and simmer for 5 minutes.

Add the boiling water, paneer and peas. Allow to simmer for 5 minutes. Make sure that the peas are cooked through, then serve.



Prep Time | 10 mins
Cooking Time | 15 mins

Serves 4

2 tbsp. vegetable oil
2 medium onions, finely chopped
200g chopped tomatoes, finely chopped
4 garlic cloves, finely chopped
4 tsp. ginger, finely chopped
1 green chilli, finely chopped
2 tsp. fresh coriander
1 tsp. cumin seeds
1 tsp. turmeric
300g vegetarian mince
100g button mushrooms, sliced
Salt to taste

Nutritional

Value (per serving)

Calories 198
Total fat 7.2g
Saturated fat 1g
Carbohydrates 7g
Fibre 2.4g
Protein 17.4g

Vegetarian Keema

Pour the vegetable oil into a frying pan, and place the pan over a medium heat. Once the oil's hot, add the onions and fry until they're brown, stirring throughout. This should take around 4 minutes.

Whizz the tomatoes in a food processor. Throw in the garlic and ginger, then cook for another minute.

Mix in the tomatoes and chilli. Cook for another 4 minutes.

Stir in the coriander, cumin and turmeric. Cook for 2 minutes.

Place the vegetarian mince and the mushrooms into the mixture and cook for 5 minutes.

Pour 80ml of water into the mixture and simmer for 3 minutes.

Your dish is now ready to serve.



Prep Time | 15 mins
Cooking Time | 10 mins

Serves 4

4 tbsp. vegetable oil
2 tsp. ginger, finely chopped
4 garlic cloves, finely chopped
1 tsp. mustard seeds
1 chilli, finely chopped
Half a cabbage
4 medium sized carrots, sliced into
inch long thins
2 green bell pepper, chopped into
small pieces
2 red bell pepper, chopped into small
pieces
200g green beans, cut into inch long
pieces
Salt to taste
Juice of a lemon

Nutritional

Value (per serving)

Calories 244
Total Fat 14.5g
Saturated Fat 2g
Carbohydrates 27.4g
Fibre 9.6g
Protein 5.8g

Indian Stir Fry

Pour the vegetable oil into a wok, and place the wok over a medium heat. Throw in the ginger, garlic, mustard seeds and chilli. Fry the mixture for 3 minutes.

Pop in the cabbage, carrots, green and red peppers, and green beans. Stir fry these vegetables for no more than 4 minutes. Take the wok off the heat. Season to taste with salt and lemon juice.

Mix thoroughly and tuck in!



Prep Time | 15 mins
Cooking Time | 10 mins

Serves 4

2 medium size aubergines
2 tbsp. vegetable oil
1 tsp. cumin seeds
1 medium onion, finely chopped
4 garlic cloves, finely chopped
2 tsp. finely chopped ginger
200g canned tomatoes, finely chopped
1 green chilli, finely chopped
½ tsp. coriander powder
½ tsp. garam masala
2 tsp. coriander, finely chopped
4 ready to eat whole wheat chapattis
Salt to taste

Nutritional

Value (per serving)

Calories 262
Total Fat 10.7g
Saturated Fat 1.9g
Carbohydrates 38g
Fibre 8.2g
Protein 6.9g

Aubergine Bharta

Prick the skin of the aubergines.

Roast the aubergines in the oven for 20 minutes on Gas Mark 6 or 200°C until the skin is charred.

Once the aubergines have cooled, peel off the skin, and throw it away. Mash the aubergines. Pour the oil into a saucepan over a medium heat. Once the oil is hot, add the cumin seeds and cook for 1 minute. Pop in the onions and fry for 3 minutes.

Mix in the garlic and ginger and fry for a further minute.

Place the tomatoes and spices in the mixture. Cook for 5 minutes, stirring often.

Throw the aubergines into this mixture, stir thoroughly and cook for 3 minutes.

Add the fresh coriander and your dish is ready to serve!



Prep Time | 10 mins
Cooking Time | 10 mins

Serves 4

500g okra, chopped into ½ inch slices

2 tbsp. oil

½ tsp. mustard seeds

1 tsp. cumin seeds

½ tsp. turmeric powder

1 medium onion, finely chopped

2 tsp. ginger, finely chopped

4 garlic cloves, finely chopped

100g canned tomatoes, finely chopped

Salt to taste

8 ready to eat whole wheat chapattis

Nutritional

Value (per serving)

Calories 320

Total Fat 13.2g

Saturated Fat 2.9g

Carbohydrates 42.3g

Fibre 3.9g

Protein 8.8g

Okra Curry

Cut the okra into finger-sized pieces.

Pour one tablespoon of oil into a frying pan, and place the pan over a medium heat. Once the oil is hot add the mustard seeds. When the seeds pop, add the cumin seeds and turmeric powder. Cook for 30 seconds then remove.

Heat the other tablespoon of oil in a frying pan. Throw in the chopped onions and fry for 4 minutes, then pop in the ginger and garlic and fry for another minute.

Whizz the thinned tomatoes in a food processor.

Combine the okra, mustard seed mixture and onion mixture in a large saucepan.

Add the tomatoes to the saucepan and salt to taste. Cook for 5 minutes and the dish is ready to serve with whole wheat chapattis!



Prep Time | 15 mins
Cooking Time | 25 mins

Serves 4

2 tbsp. vegetable oil
227g paneer, cubed
2 small carrots, peeled and chopped
into inch long thins
200g cauliflower
100g peas, frozen or fresh
1 medium onion, sliced
2 tsp. ginger, finely chopped
4 garlic cloves, finely chopped
100g canned tomatoes, finely
chopped
3 tsp. coriander, finely chopped
1 tsp. garam masala
2 green chillies, finely chopped
Coriander to garnish
8 ready to eat whole wheat chapattis

Nutritional

Value (per serving)

Calories 510
Total fat 29g
Saturated fat 12.9g
Carbohydrates 46.3g
Fibre 3.7g
Protein 20.7g

Mixed Veg Curry with Paneer

Pour a tablespoon of oil into a frying pan and place over a medium heat then add the paneer and fry until browned. This should take 6-8 minutes. Be sure to turn the paneer several times while it cooks, or its water content will cause it to split. Once the cheese has browned, place it to one side.

Bring some water to the boil in a medium-size saucepan. Pop in the carrots, cauliflower and peas and cook for 4 minutes. Once cooked, drain the vegetables and set to one side.

Pour the second tablespoon of oil into a saucepan and place over a medium heat. When the oil's hot, add the onions and fry for 4 minutes. Throw in the ginger and garlic and cook for another minute. Mix in the tomatoes, coriander, garam masala and chillies. Cook for a further 3 minutes. Put the cooked vegetables into the tomato-based mixture. Mix in the paneer and cook for 2 minutes, adding a little water if the mixture sticks.

Your dish is now ready to serve with a garnish of fresh coriander and whole wheat chapattis.



Prep Time | 15 mins
Cooking Time | 15 mins

Serves 4

½ tsp. salt
2 medium karele (or bitter gourd)
1 tsp. turmeric powder
1 green chilli, finely chopped
½ tsp. garam masala
Juice of half a lemon
2 tsp. fresh coriander, finely chopped
2 tbsp. vegetable oil
Salad, to serve as a side

Nutritional

Value (per serving)

Calories 94.7
Total Fat 9g
Saturated Fat 1g
Carbohydrates 2.3g
Fibre 0.1g
Protein 1.5g

Karele

Sprinkle some salt on the karele and leave overnight. This removes a lot of their water content.

The next day, peel the hard skin off, and slice the karele into round slices.

Preheat the oven to Gas Mark 6 or 200°C. Pop the turmeric, chilli, garam masala, lemon juice, coriander and vegetable oil in a bowl.

Mix in the slices of karele and marinate for 15 minutes. Bake the karele slices for 12 minutes, then flip them over and bake for another 12 minutes until crisp.

The dish is ready to serve with a side of salad!



Prep Time | 15 mins
Cooking Time | 30 mins

Serves 4

800g cooked brown basmati rice
2 tbsp. vegetable oil
8 skinless chicken thighs
Juice of 2 lemons
2 tbsp. tandoori masala powder
2 red onions, finely chopped
400ml plain yogurt
1 tbsp. finely chopped ginger
1 tbsp. garlic cloves, finely chopped
1 tsp. garam masala
1 tsp. ground cumin
1/2 tsp. turmeric
1 chilli, finely chopped

Nutritional

Value (per serving)

Calories 538
Total fat 15.7g
Saturated fat 1.1g
Carbohydrates 48g
Fibre 7.8g
Protein 44g

Tandoori Chicken

Pour water into a pan until it's around two-thirds of the way full, then pop in the uncooked rice. Over a low heat, cook the rice for 35 minutes, then drain and set to one side. Pour the oil into a large frying pan and place over a medium heat. Once the oil's hot, add the chicken and cook for 5 minutes, ensuring that the chicken turns white all over. Drain any excess oil on some kitchen roll.

Mix the lemon juice, tandoori masala powder and red onions in a large, shallow dish.

In a separate bowl (equally large), combine the yoghurt, ginger, garlic, garam masala, ground cumin, turmeric and chilli. Add the chicken, ensuring it gets coated all over.

Cover and chill for at least an hour; the longer the chicken marinates, the tastier it will be.

Pop the entire mixture (that is, the mixtures from both bowls) into an ovenproof dish and cook on Gas Mark 6 or 200°C for 30 minutes. Serve on a bed of brown basmati rice.



Prep Time | 10 mins
Cooking Time | 45 mins

Serves 4

800g cooked brown basmati rice
2 tbsp. oil
8 boneless chicken breasts, minus skin
3 tsp. freshly chopped ginger
4 garlic cloves, finely chopped
2 tbsp. light soya sauce
6 tbsp. water
Salt and ground black pepper to taste

Nutritional

Value (per serving)

Calories 550
Total Fat 16.6g
Saturated fat 3.9g
Carbohydrates 42g
Fibre 0.2g
Protein 52g

Ginger & Garlic Chicken

Pour some water into a pan until it's around two-thirds of the way full, then pop in the uncooked rice. Over a low heat, cook the rice for 35 minutes, then drain and set to one side. Preheat the oven to Gas Mark 6 or 200°C. Pour the oil into a large saucepan and place over a medium heat. Once the oil's hot, fry the chicken for 5 minutes, ensuring that it turns white all over.

Mix the ginger, garlic, soya and water together in a bowl.

Pour this mixture onto the chicken breasts, ensuring that the chicken is thoroughly coated all over.

Place the chicken on a sheet of tin foil and season to taste with salt and ground black pepper.

Put the foil on an oven proof dish and bake for 30 minutes in the preheated oven.

Your dish is now ready to serve with sides of your choice, served on a bed of brown basmati rice.



Prep Time | 15 mins
Cooking Time | 40 mins

Serves 4

2 tbsp. vegetable oil
800g chicken breast, chopped
2 red onions, finely chopped
1.5 tbsp. finely chopped ginger
1.5 tbsp. finely chopped garlic
400g tinned tomatoes, finely chopped
4 tsp. turmeric powder
1 chilli, finely chopped
2 tsp. ground coriander
Salt to taste
400ml water
4 tsp. coriander, finely chopped
4 ready to eat whole wheat chapattis

Nutritional

Value (per serving)

Calories 563
Total Fat 26g
Saturated fat 7g
Carbohydrates 35.1g
Fibre 6.2g
Protein 55.8g

Chicken Jalfrezi

Pour 1 tablespoon of the oil into a large saucepan and place over a medium heat. When the oil's hot, cook the chicken for 5 minutes, ensuring all sides turn white. Drain any excess oil from the chicken on some kitchen roll and set aside.

Fry the red onions in the second tablespoon of oil for 2 minutes.

Pop in the ginger and garlic and fry for another minute.

Mix in the tomatoes, turmeric, chilli and ground coriander. Cook this mixture for 5 minutes.

Throw in the chicken, season to taste with the salt, and add the water. Turn the heat down and simmer for 30 minutes.

Garnish with fresh coriander and serve with a side of chapattis!



Prep Time | 10 mins
Cooking Time | 40 mins

Serves 4

800g cooked brown basmati rice
3 tbsp. vegetable oil
800g lamb fillet, diced
2 onions, finely chopped
1 tbsp. garlic cloves, finely chopped
1 tbsp. ginger, finely chopped
1 green chilli, finely chopped
240g tinned tomatoes, finely chopped
2 tsp. turmeric
2 tsp. ground cumin
2 tsp. garam masala
300ml low fat plain yoghurt
Salt and freshly ground black pepper to taste

Nutritional

Value (per serving)

Calories 685
Total Fat 40g
Saturated Fat 11g
Carbohydrates 55g
Fibre 0.5g
Protein 70g

Lamb Jalfrezi

Pour some water into a pan until it's around two-thirds of the way full, then pop in the uncooked rice. Over a low heat, cook the rice for 35 minutes, then drain and set to one side. Pour 2 tablespoons of oil in a large frying pan and place over a medium heat. When the oil's hot, fry the lamb pieces for 5 minutes, ensuring that they brown all over. Drain any excess oil on a piece of kitchen roll, and set the lamb pieces to one side.

Pop the remaining tablespoon of oil in a frying pan and place over a medium heat. Allow the oil to heat up, then throw in the onions, garlic, ginger and chilli. Fry for 3 minutes, ensuring that the mixture is golden and soft.

Throw in the tomatoes, turmeric, ground cumin and garam masala, stir thoroughly, and allow to simmer for 5 minutes.

Add the lamb pieces and enough water to cover them. Stir the pieces thoroughly, cover the pan, and allow the mixture to simmer for 30 minutes.

Mix in the yoghurt and season to taste with salt and freshly ground black pepper.

Serve on a bed of brown basmati rice and enjoy!



Prep Time | 10 mins
Cooking Time | 30 mins

Serves 4

2 tbsp. vegetable oil
800g boneless chicken breasts, cut into small pieces
1 medium onion, finely chopped
4 tsp. ginger, finely chopped
6 cloves garlic, crushed
400g tinned tomatoes, finely chopped
3 tsp. cumin powder
3 tsp. garam masala
1 chilli, finely chopped
Salt to taste
200ml low fat plain yoghurt
4 tsp. freshly chopped coriander
8 ready to eat whole wheat chappatis

Nutritional

Value (per serving)

Calories 671
Total Fat 31g
Saturated Fat 5.3g
Carbohydrates 61g
Fibre 10g
Protein 60g

Chicken Tikka Masala

First, you have to seal the chicken. Pour a tablespoon of oil into a frying pan and place over a medium heat. Once the oil is hot, fry the chicken until it turns white all over. This should take around 5 minutes.

Heat the other tablespoon of oil in another frying pan and place over a medium heat. Allow the oil to heat up, then fry the onions for around 4 minutes, ensuring that they turn golden brown.

Throw in the ginger and garlic and cook for 1 minute.

Stir in your tomatoes, cumin powder, garam masala, chilli and salt. Cook for another 5 minutes.

Mix in the yoghurt, lower the heat, and allow to simmer for 5 minutes.

Pop in the chicken and allow to simmer for 20 minutes. Finally, add the coriander and serve with hot chapattis.



Prep Time | 15 mins
Cooking Time | 30 mins

Serves 4

4 chicken breasts, chopped
100g plain yoghurt
2 large onions, finely chopped
2 tsp. turmeric
2 tsp. finely chopped ginger
2 tsp. finely chopped garlic
1 chilli, finely chopped
2 tsp. ground coriander
Seeds of 10 cardamom pods
300ml water
2 tbsp. vegetable oil
Salt and freshly ground pepper to taste

Nutritional

Value (per serving)

Calories 310
Total Fat 11.2g
Saturated Fat 5.1g
Carbohydrates 13.7g
Fibre 2.0g
Protein 37.8g

Chicken Korma

Heat a pan on medium heat.

Place 1 tablespoon of oil in the pan and seal the chicken, ensuring it is white all around.

This will take approximately 5 minutes.

Drain the chicken onto some kitchen roll on a plate and set it aside.

Once cool, put the chicken into the yoghurt and add salt and freshly ground pepper to taste.

Fry the onions in the second tablespoon of oil for a couple of minutes.

Add the chilli, ginger, garlic, cumin, turmeric and cardamom seeds and cook for a further minute.

Add 300ml of water and bring to boil.

Combine the two mixtures and then cook for 10 minutes until the chicken is done.

Serve in a large bowl.



Prep Time | 3 hours
Cooking Time | 25 mins

Serves 4

500g lamb, diced
2 onions, roughly cut into wedges
1 red, 1 yellow and 1 green bell pepper, diced
Juice of 1 lemon
4 tsp. garlic, finely chopped
3 sprigs of rosemary
3 tbsp. olive oil
Salt and freshly ground pepper to taste
8 BBQ skewers

Nutritional

Value (per serving)

Calories 250
Total Fat 17.2g
Saturated Fat 6.3g
Carbohydrates 4g
Fibre 0g
Protein 25.2g

Lamb Shashlik

Mix the lamb, oil, garlic, lemon juice and rosemary together.

Cover and place in the fridge for a couple of hours.

Once the process is complete, thread a piece of lamb onto your BBQ skewers followed by a slice of red bell pepper, a slice of onion and a slice of green pepper.

Repeat the process until the skewer is full.

Place the lamb on the BBQ and cook for about 5 minutes until it changes colour.

Then, turn over and cook for a further 5-10 minutes.

In order to test whether or not the lamb is cooked, place a skewer into the lamb.

If the liquid is clear then the lamb is ready.

This dish is ideal served hot with the mint yoghurt dip, tomatoes and cucumber.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

227g paneer
2 tbsp. vegetable oil
1 onion, finely chopped
2 tsp. cumin seeds
1. tbsp. ginger, finely chopped
4 garlic cloves, finely chopped
1 tsp. ground coriander
1 chilli, finely chopped
200g tinned tomatoes, finely chopped
100ml water
1 tsp. turmeric powder
200g frozen peas
2 tsp. garam masala
Fresh coriander to fresh cilantro
8 whole wheat chapattis

Nutritional

Value (per serving)

Calories 543
Total Fat 28.2g
Saturated fat 12.6g
Carbohydrates 54.6g
Fibre 5.6g
Protein 17.2g

Paneer Curry

Grate the paneer into a large bowl.

Heat the oil in a frying pan on medium heat and fry the onions for 5 minutes. Throw in the cumin seeds and cook for another minute.

Add the ginger, garlic, ground coriander, chilli, and cook for a further minute.

Pour in the tomatoes and water. Pop in the turmeric and garam masala.

Bring the mixture to simmer. Turn down the heat to low, place the lid on the pan and simmer until the mixture thickens somewhat and flavours combine. This takes 7 minutes.

Mix in the peas and grated paneer and cook the curry for another 4 minutes, stirring occasionally. Season with salt to taste and garnish with fresh coriander. Serve with rice or whole wheat chapattis and relish!



Prep Time | 10 mins
Cooking Time | 25 mins

Serves 4

1 large head of cauliflower
400g paneer
2 tbsp. vegetable oil
1. tbsp.ginger, finely chopped
1 tbsp. garlic cloves, finely chopped
2 tsp. ground coriander
2 chillies, finely chopped
2 tsp. sweet chilli sauce
1 tbsp. tomato ketchup
5 tbsp. olive oil
Fine sea salt for seasoning

Nutritional

Value (per serving)

Calories 576.3
Total Fat 49.2g
Saturated fat 18.5g
Carbohydrates 18g
Fibre 5.5g
Protein 25.6g

Chilli Paneer with Bell Peppers

FOR THE CAULIFLOWER "RICE":

Pour 2 tablespoons of the oil into a large frying pan on a medium heat.

Sauté the grated cauliflower in the frying pan for 2-3 minutes.

FOR THE CHILLI PANEER

Pop the remaining vegetable oil into a frying pan. Fry the paneer for 3-4 minutes until it has browned all over.

Mix the ginger, garlic, ground coriander, chillies, chilli sauce and tomato ketchup in a small bowl.

Combine this mixture in with the paneer and stir. Cook in a frying pan for 3 further minutes and serve on a bed of cauliflower rice. Truly delicious!



SID



FRIES



Prep Time | 15 mins
Cooking Time | 30 mins

Serves 6

1 kg celeriac, trimmed, peeled and diced
4 tbsp. butter
4 garlic cloves, peeled
Salt and freshly ground black pepper for seasoning
2 tsp. rosemary, finely chopped
Some sprigs of rosemary

Nutritional

Value (per serving)

Calories 113
Total Fat 8g
Saturated Fat 4.9g
Carbohydrates 9.7g
Fibre 0g
Protein 1.6g

Roasted Celeriac

Place the celeriac in a roasting pan.

Melt the butter in a sauce pan, add in the rosemary and garlic and cook gently until fragrant, for about 2 minutes.

Add the celeriac and coat it with the butter mixture. Then place the celeriac in the oven on 200°C or Gas Mark 6 and cook for up to 20 minutes until golden brown.

Sprinkle salt, pepper and garnish with the sprigs of rosemary and your dish is ready to serve.



Serves 8

800g sweet potato

Water to cover

Nutritional

Value (per serving)

Calories 76

Total Fat 0g

Saturated fat 0g

Carbohydrates 17g

Fibre 2.5g

Protein 1.3g

Sweet Potato Mash

Peel the sweet potato and chop into even sized pieces.

Place the sweet potato in a saucepan with two thirds of the pan full of water. Bring to the boil. Lower the heat and simmer for 10-12 minutes.

Drain the sweet potato. Place it in a large bowl and mash it with a potato masher.

Your dish is now ready to serve!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 2

1 large sweet potato
Fine sea salt and freshly ground
black pepper for seasoning
2 tsp. extra virgin olive oil

Nutritional

Value (per serving)

Calories 235
Total Fat 14.2g
Saturated Fat 2g
Carbohydrates 26.8g
Fibre 3.8g
Protein 2.1g

Sweet Potato Fries

Preheat oven to 230c or Gas Mark 7.

Gently peel the sweet potato and slice into the shape of fries.

Lay the fries out onto a baking sheet.

Drizzle with olive oil and sprinkle with the salt and pepper.

Shake the fries around on the baking sheet, mixing them with the olive oil.

Then add the seasoning and place the fries around the tray evenly.

Bake for 10 minutes on one side, flip them over and bake for up to 10 minutes. If they brown sooner, remove from the oven.

YUM!



Serves 4

900g celeriac

3 tbsp. olive oil

Fine sea salt, for seasoning

Nutritional

Value (per serving)

Calories 151

Total Fat 10.9g

Saturated Fat 1.5g

Carbohydrates 26.3g

Fibre 0g

Protein 4.3g

Celeriac Fries

Preheat the oven to 200C or Gas Mark 6.

Peel the celeriac, slicing off the top and bottom as well as down the sides with a heavy, sharp knife to remove the tough skin.

Cut the celeriac into the shape of fries, then spread them evenly on a baking tray.

Drizzle with olive oil and season with salt and pepper.

Bake the chips for 30-40 minutes until brown and crispy, turning them halfway through and serve.

Alternatively, they can be eaten cold.



Cooking Time | 10 mins

Serves 4

200g cup whole wheat flour

125ml water

Nutritional

Value (per serving)

Calories 240

Total Fat 6g

Saturated Fat 2g

Carbohydrates 40g

Fibre 1.5g

Protein 2g

Wholewheat Chapattis

These are readily available from supermarkets in the Asian aisle, but if you wish to make your own, look no further!

Place the flour in a large bowl. Stir in the water.

Knead until firm and elastic.

Divide into 8 balls, and roll as flat as possible with a rolling pin.

Heat a frying pan over medium-high heat.

Cook each chapatti on both sides until golden brown, a minute per side.

Spread a bit of butter on each one, if desired, before serving.



Prep Time | 5 mins
Cooking Time | 50 mins

Serves 4

550g uncooked brown long grain
rice

Water to cover

Nutritional

Value (per serving)

Calories 222

Total Fat 1g

Saturated fat 0.4g

Carbohydrates 46g

Fibre 2.6g

Protein 5.2g

Long Grain Brown Rice

Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 40 minutes. Drain in a colander.

Your rice is now ready to eat!

(Please note that according to packet instructions and the type of rice, the cooking method/nutritional value may change.)



Prep Time | 10 mins
Cooking Time | 2 mins

Serves 4

1 large head of cauliflower
2 tbsp. vegetable oil

Nutritional

Value (per serving)

Calories 115
Total Fat 7.2g
Saturated fat 0.5g
Carbohydrates 11g
Fibre 5.2g
Protein 4g

Cauliflower Rice

Pour the oil in a large frying pan on a medium heat.

Sauté the grated cauliflower in the frying pan for 2-3 minutes.



Prep Time | 5 mins
Cooking Time | 5 mins

Serves 4
600g uncooked soba noodles

Nutritional
Value (per serving)

Calories 265
Total Fat 1.3g
Saturated fat 0g
Carbohydrates 54.2g
Fibre 2.6g
Protein 9.2g

Soba Noodles

Place the noodles in a saucepan of boiling water for 4 minutes.

Drain in a colander and set aside.

Use as per the recipe you are following, to serve with your main dish.



DESSERT



ERTS



Prep Time | 10 mins
Chilling Time | 6 hours

Serves 4

100g raspberries (fresh or frozen)
100ml whipping cream
100ml single cream
2 tbsp. Triple Zero sweetener
3 tbsp. agave nectar
1 tsp. vanilla extract

Nutritional

Value (per serving)

Calories 105
Total fat 6g
Saturated Fat 3g
Carbohydrates 19.9g
Fibre 2.1g
Protein 1g

Raspberry Ice Cream

Blend all the ingredients together in a blender until smooth.

Pour into a used 1litre ice cream tub and place in the freezer.

Stir every 2 hours over the course of 6 hours. Then scoop out and enjoy!



Prep Time | 5 mins
Cooking Time | 15 mins
Chilling Time | 6 hours

Serves 4

250ml semi skimmed milk

200ml double cream

2 tbsp. Stevia

4 medium eggs

Stem ginger 50g

Plus some little extras of your choice for decoration, such as berries or a fruit coulis.

Nutritional

Value (per serving)

Calories 390

Total Fat 32.8g

Saturated Fat 2.74g

Carbohydrates 19.4g

Fibre 1.2g

Protein 9.6g

Ginger Ice Cream

Place the milk, cream and Stevia in a pan on a low temperature and heat through, stirring constantly. Melt the Stevia and bring the mixture to the boil.

Separate the yolks from the egg whites by cracking the egg and slowly tipping the contents from one half of the shell to the other, ensuring not to drop the yolk. The egg whites should separate and dribble through the gap (so make sure you do this over a bowl!) Beat the egg yolks in a bowl. Slowly whisk in the milk and cream mixture. Pour all of this into an old 1 litre ice cream tub, place the lid on, and allow it to set in the freezer for 3 hours.

Blend the stem ginger in the blender. Add about a quarter of the ice cream mixture at a time and continue to blend. Taste the ice cream to check the quantity of ginger in it as well as the consistency. Return the ice cream to the ice cream tub and freeze for 3 hours. It will then be ready to serve. When you wish to serve the ice cream, leave it at room temperature for 10 minutes beforehand. Serve with some fruit of your choice!



Prep Time | 5 mins
Cooking Time | 10 mins
Chilling Time | Overnight

Serves 2

80g cream cheese

100g strawberries

4 tsp. Triple Zero sweetener

Nutritional

Value (per serving)

Calories 154

Total fat 7g

Saturated Fat 4.4g

Carbohydrates 17.1g

Fibre 0.3g

Protein 1.6g

Strawberry Sorbet

Blend the cream cheese, strawberries and Triple Zero sweetener together in a blender until smooth and thoroughly mixed.

Transfer to an ice cream tub and then fold the cream in gently.

Transfer to the freezer until firm.

Once its ready, serve and enjoy!



Prep Time | 5 mins
Cooking Time | 15 mins
Chilling Time | Overnight

Serves 4

300ml full fat milk

150ml double cream

1 tbsp. sweetener

1 vanilla pod

4 medium egg yolks

Berries to serve

Nutritional

Value (per serving)

Calories 250

Total fat 22.3g

Saturated Fat 2.4g

Carbohydrates 12.5g

Fibre 0g

Protein 3.5g

Vanilla Ice Cream

Place the milk, cream, sweetener and vanilla pod in a saucepan. Heat gently, stirring throughout, until the sweetener has dissolved. Bring this mixture slowly to the boil.

Beat the egg yolks in a bowl. Pour the boiling milk on to the egg yolks slowly and steadily, whisking throughout. Remove the vanilla pod before straining the vanilla custard into a used ice cream tub. Set aside to cool. Put the lid on the container and freeze overnight. Prior to serving, leave the ice cream out at room temperature for 10 minutes.

Serve with berries of your choice and enjoy!



Prep Time | Overnight
Cooking Time | 5 mins
Chilling Time | 4 hours +

Serves 4

150g stoned and pitted dates
400 ml water
2 tbsp. olive oil
30g carob pieces
2 tsp. vanilla essence
125g soya cream

Nutritional

Value (per serving)

Calories 233
Total fat 14.7g
Saturated Fat 3.8g
Carbohydrates 24.8g
Fibre 2.5g
Protein 1.8g

Date & Carob Ice Cream

Soak your dates overnight. Place all the ingredients in a blender and whizz.

Place the mixture in the freezer compartment of a fridge for a minimum of 4 hours, stirring frequently.

Scoop out on to a platter and dress with passion fruit coulis and unsweetened chocolate shavings.

Your dessert is now ready to enjoy!



Prep Time | 5 mins
Cooking Time | Overnight

Serves 2

80g cream cheese
2 tbsp. lemon juice
4 tsp. Stevia
200g whipped cream
2 lemons, halved and the insides cut out

Nutritional

Value (per serving)

Calories 260
Total fat 14g
Saturated Fat 8.8g
Carbohydrates 37.4g
Fibre 1.6g
Protein 3.8g

Lemon Sorbet

Mix the cream cheese, lemon juice and sweetener together.

Fold the cream in gently.

Transfer the mixture to the halved lemons and freeze until firm.

The dessert is now ready to relish!



Prep Time | 5 mins
Cooking Time | 15 mins
Chilling Time | 3 hours +

Serves 4

100g unsweetened dark chocolate
4 medium eggs
1 tbsp. brandy
1 tbsp. Triple Zero sweetener
Optional: berries of your choice to decorate

Nutritional

Value (per serving)

Calories 195
Total Fat 17.6g
Saturated Fat 10g
Carbohydrates 10g
Fibre 4g
Protein 9.6g

Chocolate Mousse

Separate the egg yolks by cracking them and letting the white dribble out into a bowl whilst holding the yolks inside the shell halves. Save the egg whites for later.

Mix the egg yolks and the brandy in a mixing bowl. Break the chocolate into tiny pieces and place in a heat proof bowl. Place the bowl on top of a pan of water and place over a high heat. Stir the chocolate continuously until it has all melted and contains no lumps. Make sure the water in the pan does not boil over as this could cause injury. Remove the bowl from the heat and stir the melted chocolate in with the egg yolks and brandy.

With an electric whisk, whisk the egg whites and add the Triple Zero sweetener to them. Continue to whisk until the mixture turns white and forms peaks that hold their shape when you lift the whisk out. Fold the egg whites into the chocolate with a spatula. Do this by scooping the mixture and folding it on top of itself. Spoon the mousse into four bowls and place in the fridge to chill for a minimum of 3 hours. Decorate with berries if you want too, and enjoy!



Prep Time | 70 mins

Serves 8

100g broken digestive biscuits
30g softened butter
3 tbsp. lemon curd
200g of strawberries
Several mint leaves for decoration

Nutritional

Value (per serving)

Calories 112
Total fat 7.9g
Saturated Fat 4.2g
Carbohydrates 12.1g
Fibre 0.7g
Protein 0.6g

Fruit Pizza

Lightly grease a loose-bottomed 15cm cake tin with butter (not the butter listed in the ingredients) and line with greaseproof paper. Put the digestive biscuit pieces in a food processor along with the butter and blend until they are nicely crumbled and the butter is mixed in evenly. Spoon the mixture into the prepared cake tin, pressing the buttery biscuit base down with the back of a dessert spoon so that it is even and place in the fridge. After an hour, spoon the lemon curd onto the chilled base. Cut each strawberry into four pieces and place over the lemon curd. Sprinkle with mint leaves before serving! Serve as soon as it's ready to avoid a soggy base.



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 4

FOR THE COULIS

100g fresh raspberries

½ tbsp. agave nectar

FOR THE CHEESECAKES

100g digestive biscuits

30g softened butter

3 eggs

250g ricotta cheese

1 tbsp. agave nectar

1 tsp. vanilla essence

Nutritional

Value (per serving)

Calories 318

Total Fat 19.6g

Saturated Fat 10.2g

Carbohydrates 25.3g

Fibre 0.9g

Protein 11.7g

Ricotta Cheesecake

FOR THE RASPBERRY COULIS:

Puree 100g of raspberries with a little water by putting them in a blender and sweetening with half a tablespoon of agave nectar.

FOR THE CHEESECAKE:

Preheat the oven at 200°C/Gas Mark 4.

Lightly grease four ramekin dishes or similarly sized containers. Crumble the digestive biscuits into crumbs. You can do this by placing them in a completely sealed bag (like a sandwich bag) and crushing them with a rolling pin. Then thoroughly mix the crumbs with the butter. Separate the egg whites by cracking the eggs and letting the whites dribble into a bowl, without dropping the yolks in. These then need to be whisked for four minutes to give them a smooth consistency. Break the ricotta up in a mixing bowl. Add in the egg whites, agave nectar and vanilla essence, mixing thoroughly until all the ingredients are mixed well. Spoon the mixture into the ramekin dishes. Put in the oven and bake for 20 minutes until the cheesecakes have turned golden. Layer with the raspberries and fruit coulis and tuck in!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 12

FOR THE BISCUIT BASE:

150g digestive biscuits

2 tsp. sweetener

50g butter

FOR THE FILLING:

500g full fat cream cheese

3 tsp. sweetener

1.5 tbsp. plain flour

3 free range eggs

1 egg white

1 tsp. vanilla extract

50g double cream

FOR THE GARNISH:

Unsweetened dark chocolate
shavings

Raspberry coulis

Nutritional

Value (per serving)

Calories 275

Total Fat 23.7g

Saturated Fat 12.8g

Carbohydrates 13.6g

Fibre 0.3g

Protein 5.5g

Vanilla Cheesecake

Preheat oven to Gas Mark 8 or 230°C

To make the biscuit base, mix together the digestive biscuits, sweetener, and butter.

Press the base mixture into a loose-bottomed 7-inch cake tin.

To make the filling, beat the cream cheese, sweetener and flour in a bowl until everything is well mixed. Add the eggs and egg yolk and beat until the mixture is smooth, then add the vanilla extract and cream, mixing thoroughly.

Once the mixture is blended thoroughly, pour it on to the biscuit base and bake for 10 minutes at Gas Mark 8 or 230°C.

Turn the oven down to Gas Mark 2 or 150°C and bake for a further 45 minutes.

Turn the oven off and leave the cheesecake in the oven for another 45 minutes. The cheesecake will be slightly firm to the touch when done.

Allow to cool for 30 minutes, then refrigerate for at least 4 hours before serving.

Garnish with dark unsweetened chocolate shavings and raspberry coulis and tuck in!



Prep Time | 5 mins
Cooking Time | 5 mins
Chilling Time | 4 hours +

Serves 2

150ml full fat milk

1 egg

1 tbsp. corn flour

2 tsp. sweetener

A vanilla pod with seeds

1 tsp. vanilla extract

50g raspberries to garnish

Nutritional

Value (per serving)

Calories 169

Total fat 6.6g

Saturated Fat 3.2g

Carbohydrates 25g

Fibre 2.3g

Protein 6.6g

Crème Caramel

Place all the ingredients apart from the raspberries in a small saucepan and whisk until totally smooth.

Bring the milk mixture to the boil for 1 minute, stirring throughout to ensure that there are no lumps. Pour this mixture into two dessert bowls and refrigerate for at least 1 hour.

Serve cold with raspberries for a delectable dessert!



Prep Time | 10 mins

Serves 4

180g blueberries
120g raisins
400ml thick cream, whipped
180g raspberries
2 tbsp. raspberry coulis
180g blackberries
Sprigs of mint

Nutritional

Value (per serving)

Calories 302
Total fat 12.4g
Saturated Fat 7.6g
Carbohydrates 46.6g
Fibre 8g
Protein 4.9g

Creamy Berry Treat

Put the blueberries and raisins in a dessert bowl until approximately a third of the way full. Spoon on the whipped cream, and layer the raspberries on top.

Combine the fruit coulis with the remaining cream and pour onto the raspberries. Top with blackberries and sprigs of mint.

Serves 12

FOR THE BASE (ALMOND
MUFFINS):

110g butter

110g cream cheese

5 eggs

2 tbsp. agave nectar

150g almond flour

1 tsp. baking powder

1 tsp. vanilla extract

FOR THE TOPPING:

3 large egg yolks

1.5 tbsp Stevia

250g mascarpone

2 large eggs whites

150ml strong espresso coffee

3 tbsp. dark rum

50g unsweetened dark chocolate,
melted in a bowl over boiling water

Nutritional

Value (per serving)

Calories 296

Total Fat 27g

Saturated Fat 16g

Carbohydrates 7.1g

Fibre 1.1g

Protein 6.4g

Tiramisu

Preparation Time | 20 minutes

Cooking Time | 30 minutes

FOR THE BASE:

Preheat the oven to 180°C/Gas Mark 4.

Soften the butter with a wooden spoon. Mix the butter with the cream cheese and agave nectar, then add the eggs one by one.

Place all dry ingredients (flour, baking powder, vanilla extract) in a bowl and combine. Add the dry ingredients to the egg mixture.

Whisk the mixture until smooth, add the vanilla extract, and mix once more.

Divide the mixture equally between 12 muffin cases. Place the cases on a baking tray and bake the muffins for around 20 minutes. To find out if the cupcakes are done, poke a skewer (or something similarly long and thin) in the cake, then withdraw it. If there is cake mix stuck to the skewer, the ingredients haven't set, and the cakes need more time.

FOR THE TOPPING:


Separate the yolks from the egg whites by cracking the egg and slowly tipping the contents from one half of the shell to the other, ensuring not to drop the yolk. The egg whites should separate and dribble through the gap (so make sure you do this over a bowl!)

Place the yolks in a large mixing bowl. You only need 2 egg whites, but 3 yolks.

Using an electric whisk, beat the egg yolks in a mixing bowl at high speed for approximately 4 minutes, until the mixture looks like a light and fluffy mousse.

In another bowl, soften the mascarpone by squashing and spreading it with the back of a wooden spoon, then gradually mix it into the egg yolk mixture, and add the Stevia.

Wash and dry the beaters of the whisk. In a third bowl whisk the egg whites until they can form peaks. Using a spatula, gently fold the egg whites into the mascarpone mixture, scooping the mixture and folding it on top of itself until the ingredients are mixed.



This preserves the air trapped in the egg whites. Place the bowl to one side. Cut the muffins into flat slices, about half an inch thick. Pour the rum and coffee into a shallow dish, and soak the muffin slices in the rum and coffee. Line the bottom of a glass bowl with about half of the soaked slices, and layer half the mascarpone mixture and the melted chocolate on top. Place the rest of the muffin slices on top, and again layer on top the chocolate and the mascarpone mixture so that, in effect, it is a two layer dessert. Alternatively, you can pipe the second layer of mascarpone mixture into peaks on top for decoration, rather than just layering. Use some cling film to cover the bowl, and chill in the fridge for at least 3 hours prior to serving.



Prep Time | 30 mins
Cooking Time | 2 hours

Serves 6

3 eggs
3 tbsp. Stevia
Rind and juice of 2 large lemons
15g vegetarian gelatine
4 tbsp. hot water
300 ml double cream

Nutritional Value (per serving)

Calories 258
Total Fat 26.2g
Saturated Fat 0.7g
Carbohydrates 9.1g
Fibre 0g
Protein 3.6g

Lemon Soufflé

Separate the yolks from the egg whites by cracking the egg and slowly tipping the contents from one half of the shell to the other, ensuring not to drop the yolk. The egg whites should separate and dribble through the gap (so make sure you do this over a bowl!) Put the egg yolks, Stevia, lemon rind and lemon juice into a heatproof bowl. Place the bowl over a pan of simmering water. Whisk the mixture with an electric whisk until it thickens into a custard. This should take around 5 minutes.

Dissolve the gelatine in the 4tbsp. of hot water. When the water/gelatine becomes tepid, mix it into the lemon custard and whisk for 5 minutes. Fold in the double cream by repeatedly using a spatula to scoop the mixture and fold it on top to preserve the texture. Whisk the egg whites until they thicken and can form stiff peaks, then fold the egg whites into the mixture.

Distribute the mixture into 6 small ramekin dishes and leave to set in the fridge for 2 hours.

Your dessert is now ready to serve.



Prep Time | 30 mins
Cooking Time | 1 hour

Serves 4

100g raspberries
60ml water
1 tbsp. Stevia
1.5 tbsp. agave nectar
1 tbsp. cornflour
180ml semi-skimmed milk
100g canned pears, drained
100g canned peaches, drained

Nutritional

Value (per serving)

Calories 87.7
Total Fat 0.9g
Saturated Fat 0.4g
Carbohydrates 22g
Fibre 3g
Protein 6.1g

Fruit Frenzy

Place the raspberries in a small bowl.

Warm up the water and add the Stevia until it melts and forms a syrup then pour on top of the raspberries, ensuring they are covered. Place this in the fridge.

Combine the agave nectar and cornflour with 2 tablespoons of the milk in a small dish.

Bring the remainder of the milk to boil, then stir in the cornflour mixture to thicken it into a custard. Remove the mixture from the hob, and let it cool.

Purée the pears and peaches by blending them until they are smooth. Purée some of the raspberries, leaving as many as you would like to garnish at the end. Place the mixture to one side.

Add the thickened milk custard mixture to the pears and peaches mixture and stir well. Pour the Stevia/raspberry mixture into a sundae/ dessert dish. Top with custard mixture and garnish with the raspberries that you didn't purée.

Chill for one to two hours and enjoy!

Serves 6

2 red apples
110g butter
2 tsp. cinnamon
½ tsp. nutmeg
3 tbsp. agave nectar
2 eggs
120ml low-fat milk
1 tsp. vanilla essence
150g mascarpone cheese
2 tbsp. ground almonds
100g self-raising flour
1 tbsp. flaked almonds

Nutritional

Value (per serving)

Calories 441
Total Fat 32.5g
Saturated Fat 18.5g
Carbohydrates 31g
Fibre 2.9g
Protein 5.6g

Apple & Cinnamon Pudding

Preparation Time | 10 minutes

Cooking Time | 50 minutes

Preheat the oven to 160°C/Gas Mark 3.

Slice the apples into wedges, and use them to line the bottom of a baking tray.

Melt 60g of the butter in a small saucepan with the cinnamon, nutmeg and two tablespoons of the agave nectar. Pour this over the apples and bake for 20 minutes.

While the mixture is cooking, separate the yolks from the egg whites by cracking the egg and slowly tipping the contents from one half of the shell to the other, ensuring not to drop the yolk. The egg whites should separate and dribble through the gap (so make sure you do this over a bowl!)

Remove the apples from the baking tray, and place them in a Pyrex dish.

In another saucepan, warm up the milk, vanilla essence, and one tablespoon of agave nectar, adding 50g of butter. Melt this mixture, and allow it to cool.

Beat the cheese with a wooden spoon until it has softened. Add the egg yolks and the milk mixture. Combine with the ground almonds and self-raising flour.

In another bowl, whisk the egg whites and then fold the egg whites into the mixture.

Pour the final mixture onto the apples.

Sprinkle with the flaked almonds and bake for 30 minutes until golden brown or until a toothpick inserted into the centre of pudding comes out clean. This dish is best served warm.





Prep Time | 5 mins
Cooking Time | Overnight

Serves 4

23g sachet of sugar free jelly in a flavour of your choice
450ml diet lemonade
Handful of grapes/raspberries/apple slices or whatever fruit you feel like!
Be inventive!

Nutritional

Value (per serving)

Calories 14.2
Total Fat 0g
Saturated Fat 0g
Carbohydrates 19.2g
Fibre 1g
Protein 9.2g

Fruit Jelly

Stir the contents of the jelly sachets into 300ml of boiling water. Once dissolved, top with 450ml of lemonade.

Place the fruit in the bottom of the glass tumblers (or in a bowl).

Cover the fruit with the jelly mixture and chill in the fridge until the jelly has set. This should take around 2 hours.



Prep Time | 5 mins
Cooking Time | 30 mins

Serves 4

400g double cream

4 egg yolks

1 tbsp. Stevia

FOR THE TOPPING:

1 tbsp. butter

2 tsp. Stevia

Nutritional

Value (per serving)

Calories 321

Total Fat 20g

Saturated Fat 8.1g

Carbohydrates 32.9g

Fibre 0g

Protein 6.7g

Crème Brûlée

Heat the cream, ensuring that it doesn't boil.

Put the egg yolks in a bowl and add the tablespoon of Stevia.

Whisk the cream into the egg yolks and Stevia. Pour into 4 ramekins and bake for 25-30 minutes.

Check every 5 minutes to ensure that they are done. You can tell if your dessert is baked by shaking it - a cooked crème brûlée will only wobble slightly when shook. Place on topping ingredients and grill until golden brown in colour.

Once slightly cooled your dish is ready to serve!



Prep Time | 15 mins
Setting Time | 3-4 hours

Serves 2

1.5 tsp. unsweetened vegetarian
gelatine powder
50ml cold water
50ml boiling water
400g half fat double cream
2 tsp. vanilla extract
2 tbsp. Stevia
100g raspberries

Nutritional

Value (per serving)

Calories 476
Total Fat 50g
Saturated Fat 42g
Carbohydrates 13g
Fibre 3.3g
Protein 0.5g

Raspberry Panacotta

Sprinkle the gelatine powder on the cold water and allow it to soften for a couple of minutes.

Add the boiling water and stir until the gelatine completely dissolves

Mix the dissolved gelatine with the remainder of the ingredients (except for the raspberries), stirring thoroughly.

Pour the mixture into 4 small glasses and refrigerate until completely set. This should take 3 to 4 hours.

Top with raspberries and your dish is ready to serve!



Prep Time | 30 mins

Serves 4

100g raw almonds
100g pecan nuts
100g cashew nuts
6 soft dried dates
½ tsp. ground cinnamon
100g apples, sliced lengthways
A handful of raspberries

Nutritional

Value (per serving)

Calories 617
Total Fat 42.2g
Saturated Fat 4.6g
Carbohydrates 24g
Fibre 11.1g
Protein 19.4g

Raw Apple & Raspberry Tart

Place the almonds, pecan nuts and cashew nuts in a blender and whizz until finely ground. Add the dates and cinnamon and blend them to ensure a thorough and even mix. Add 4 tablespoons of water and blend again to combine the mixture.

Divide the mixture between four loose-bottomed tartlet cases and press down. Dress with slices of apple and top with a raspberry.



Prep Time | 15 mins
Cooking Time | 35 mins

Serves 4

400g apples, diced
400g red rhubarb, diced
2 tbsp. agave nectar
2 tbsp. corn flour
75ml apple juice
2 tsp. grated lemon zest
1 tbsp. lemon juice
150g oats
50g chopped nuts
2 tbsp. Triple Zero sweetener
2 tbsp. butter
1 tsp. ground cinnamon

Nutritional

Value (per serving)

Calories 300
Total Fat 23g
Saturated Fat 15g
Carbohydrates 42g
Fibre 5g
Protein 4g

Rhubarb & Apple Crumble

Preheat oven at 200°C/Gas Mark 6.

Mix together the apples, rhubarb, agave nectar and corn flour and place in a Pyrex bowl.

Combine the apple juice, lemon zest and lemon juice and pour onto the fruit mixture in the Pyrex bowl.

Place in the preheated oven and bake for 25 minutes. While it's cooking, mix together the oats, chopped nuts, Triple Zero sweetener, butter and cinnamon.

Remove the baked fruit mixture from the oven. Sprinkle the oat mixture on top, ensuring it is evenly covered. Return the fruit mixture to the oven and bake for another 10 minutes until the topping is crisp.

This dessert is delicious with crème fraîche, Greek yoghurt or custard!



Prep Time | 15 mins
Cooking Time | 45 mins

Serves 8

FOR THE TART BASE:

150g almond flour

150g plain flour

2 eggs

3 tbsp. coconut oil

Pinch of salt

FOR THE LEMON FILLING:

7 eggs

200 ml double cream

1 tbsp. honey

1 tbsp. Triple Zero sweetener

5 lemons, zest and juice

Icing sugar, shavings of unsweetened dark chocolate and mint leaves for decoration

Nutritional

Value (per serving)

Calories 405

Total Fat 30g

Saturated Fat 13g

Carbohydrates 25g

Fibre 3g

Protein 13g

Lemon Torte

Preheat oven to 180°C/Gas Mark 4.

Put the almond flour, plain flour, eggs, coconut oil and salt in a big bowl and mix together thoroughly.

Using a rolling pin, roll the pastry into a circular shape on a lightly-floured surface. Press this evenly onto the bottom of a 7-inch-wide, loose-bottomed tart tin to form the base.

Bake for 15 minutes or until it goes a slightly brown colour then place to one side to cool.

Lower the oven temperature to 170°C.

To make the filling, whisk the eggs to break the yolks, and add the remaining ingredients, whisking thoroughly until totally smooth. Pour the filling onto the cooled tart base and bake for 30 minutes. To test if the torte is cooked, poke a cocktail stick (or something similarly long and thin) into it. The stick should be clean when you remove it. If the stick comes out covered in the mixture, the torte is not set. Once it's cooled, decorate the torte with icing sugar, shavings of unsweetened dark chocolate and mint leaves.



Prep Time | 1 hour

Serves 8

FOR THE TART BASE:

100g raw almonds

100g dried soft pitted dates, roughly chopped

25g unsweetened cocoa powder

1 tsp. vanilla extract

Pinch of salt

3 tbsp. water

FOR THE RASPBERRY FILLING:

200g raspberries

150 raw cashews, soaked in water for half an hour

1.5 tbsp. runny honey

100ml fresh lemon juice

A few extra whole raspberries to garnish

Nutritional

Value (per serving)

Calories 226

Total Fat 14g

Saturated Fat 2.2g

Carbohydrates 23g

Fibre 5g

Protein 6.8g

Raw Chocolate & Raspberry Tart

FOR THE CRUST:

Blend the almonds, dates, cocoa powder, vanilla extract, salt and water, until the mixture clumps.

Roll out this pastry, and use it to line 4 loose-bottomed tartlet tins.

Chill the pastry-lined tins in the fridge for 15 minutes.

FOR THE RASPBERRY FILLING:

Blend the raspberries, cashews, honey and lemon juice in a food processor. If the mixture's too thick, add a little extra lemon juice.

Pour this filling into each tart case, garnish with whole raspberries, and tuck in!



Prep Time | 15 mins
Chilling Time | Overnight

Serves 8

4 large eggs
100g Triple Zero sweetener
½ tsp. vanilla essence
150g almond flour
50g plain flour
½ tsp. xanthan gum
250g unsweetened chocolate
220ml double cream, melted

Nutritional

Value (per serving)

Calories 481
Total Fat 40g
Saturated Fat 15g
Carbohydrates 5g
Fibre 5g
Protein 11g

Chocolate Torte

Preheat the oven to Gas Mark 3/160°C and lightly grease a 9 inch loose bottomed cake tin with butter. In a large bowl, whisk together the eggs, sweetener and vanilla essence. Mix in the flour and xanthan gum with a metal spoon until well combined.

Break up the chocolate into small pieces and place it in a bowl over a pan of simmering water, stirring to keep it from sticking. When the chocolate has completely melted and there are no lumps, remove the pan from the heat and remove the bowl.

Add the chocolate to the flour mixture and stir thoroughly. In a separate bowl, beat the cream with a hand whisk until it thickens slightly. Mix with the flour mixture.

Pour the entire mixture into the cake tin. Flatten the top with a flat knife which has been dipped in boiling water as this will help to flatten the mixture evenly.

Bake for 30-35 minutes until torte edges are lightly browned. Allow to cool and push up the bottom of the cake tin to remove the torte from the tin. Let the cake cool totally before slicing.



Prep Time | 15 mins
Cooking Time | 25 mins

Serves 6

FOR THE CHOCOLATE SPONGE:

2 large eggs
150g full fat ricotta cheese
30g unsweetened cocoa powder
60ml semi-skimmed milk
1 tbsp. agave nectar
100g self-raising flour
¼ tsp. bicarbonate of soda
30g almond flour

FOR THE CAKE TOPPING:

1 tsp. vanilla essence
60ml double cream
½ tsp. agave nectar
Fresh berries for decoration

Nutritional

Value (per serving)

Calories 225
Total Fat 13g
Saturated Fat 4.9g
Carbohydrates 22g
Fibre 2.4g
Protein 7.5g

Scrumptious Chocolate Cake

Preheat the oven to Gas Mark 4/180°C.

Crack the eggs and lightly whisk them in a separate bowl to break up the yolk.

Beat the ricotta with a wooden spoon for around 3 minutes to soften it. Mix the cocoa powder with a tablespoon of milk in a small bowl. Add the eggs, milk/cocoa mixture, agave nectar, the remainder of the milk, the self-raising flour, bicarbonate of soda and almond flour and combine.

Lightly grease a loose-bottomed 7-inch cake tin with butter and line with baking paper. Pour the mixture into the tin and bake for 25 minutes.

To make the creamy topping, warm the vanilla essence, cream and agave nectar in a small sauce pan over a low heat, stirring throughout. Remove the pan from the heat and place to one side.

When the mixture has cooled, pour the cream topping on top of the cake.

Decorate the cake with berries of your choice and enjoy.



Prep Time | 15 mins
Cooking Time | 1 hour

Serves 10

300g clementine's
6 large eggs
5 tbsp. Triple Zero sweetener
150g almond flour
150g self-raising flour
2 tsp. almond extract
1 tsp. baking powder

Nutritional

Value (per serving)

Calories 195
Total Fat 10g
Saturated Fat 1.6g
Carbohydrates 20g
Fibre 2.3g
Protein 7g

Clementine & Almond Cake

Preheat the oven to 180°C/Gas Mark 4.

Place the peeled clementines in a saucepan.

Add just enough water to cover the clementines and bring to the boil.

Lower the heat and simmer for 25 minutes until tender. Then chop up the clementines and remove the seeds.

Place the stewed clementines in a blender and whizz until smooth.

Grease a 7-inch loose-bottomed tin with butter and line it with baking paper.

Using an electric whisk, beat the eggs for a few minutes until they are light and frothy. Add the Triple Zero sweetener, stewed clementines purée, almond flour, self-raising flour, almond extract and baking powder and beat for 3 more minutes.

Pour this mix into the cake tin and bake for 50-60 minutes. To check if the cake is cooked, poke a cocktail stick (or something similarly long and thin) into it. If the stick comes out clean, the cake is cooked.

Remove the cake from the oven, allow it cool, then remove it from the cake tin and serve.



Prep Time | 10 mins
Cooking Time | 40 mins

Serves 8

60ml almond milk
60ml coconut milk
4 eggs
280g pumpkin purée
2 tbsp. raw honey
1 tsp. vanilla extract
100g almond flour
50g self-raising flour
½ tsp. nutmeg
1 tsp. cinnamon
1 tsp. baking soda
1 tsp. Himalayan salt

Nutritional

Value (per serving)

Calories 180
Total Fat 10.4g
Saturated Fat 2.4g
Carbohydrates 16g
Fibre 2.4g
Protein 6.6g

Pumpkin Loaf

Preheat the oven to 180°C / Gas Mark 4.

In a large bowl, mix together the almond milk, coconut milk, eggs, pumpkin purée, honey and vanilla extract.

In another bowl, stir together the remaining dry ingredients: the almond flour, self-raising flour, nutmeg, cinnamon, baking soda and salt.

Mix the dry ingredients into the wet ingredients and combine thoroughly. Spoon the mixture into a greased loaf tin and bake for about 40 minutes. To check if the loaf is cooked, poke a knife or cocktail stick into it. The knife/cocktail stick should be clean when you pull it back out. If there's dough stuck to it, you need to cook the loaf a little longer. Allow it to cool before cutting and serving.



Prep Time | 15 mins
Cooking Time | 25 mins

Serves 10

125g self-raising flour
125g almond flour
1 tsp. mixed spice
1 tsp. bicarbonate of soda
50g sultanas
20g Triple Zero sweetener
2 tbsp. agave nectar
120g carrots, grated
2 eggs
80ml light olive oil
200g plain yoghurt
200g cream cheese
1 tbsp. agave nectar

Nutritional

Value (per serving)

Calories 311
Total Fat 21g
Saturated Fat 6g
Carbohydrates 25g
Fibre 2g
Protein 6.5g

Mini Carrot Cakes

Preheat oven to 180°C / Gas Mark 4.

Place the self-raising flour, almond flour, mixed spice and bicarbonate of soda in a bowl. Then, stir in the sultanas, Triple Zero sweetener, agave nectar and carrots. Thoroughly mix the ingredients.

Whisk the eggs in a bowl, and stir in the oil and yoghurt. Pour this mixture into the flour mixture. Stir the mixture thoroughly. Spoon the mixture into individual muffin cases and place them on a baking tray.

Bake in the preheated oven for 25 minutes. To check if the cakes are cooked, poke a skewer into them. It should be clean when you take it out. If the skewer comes out covered in cake mix, the ingredients haven't properly set and the cakes need to be cooked for longer.

Transfer on to a rack and cool.

Beat the cream cheese and agave nectar together in a bowl until they have a smooth consistency.

Spread cakes with this frosting and serve.



Prep Time | 15 mins
Cooking Time | 1.5 hours

Serves 8

FOR THE CAKE:

2 medium oranges
2 lemons
300ml water
2 tbsp. agave nectar
1 tbsp. runny honey
50g butter
2 medium eggs
150g almond flour
1 tsp. bicarbonate of soda
2 tbsp. poppy seeds
100g self-raising flour

FOR THE SYRUP:

3 tbsp. freshly squeezed orange juice
Juice of a lemon
1 tbsp. agave nectar

Nutritional

Value (per serving)

Calories 270
Total Fat 17g
Saturated Fat 4.5g
Carbohydrates 27g
Fibre 3.5g
Protein 6g

Lemon Drizzle Cake

Peel the oranges and lemons and dice the fruit into ¼ inch-thick pieces and place in a medium-size saucepan with the agave nectar, honey and 300ml water. Cover the pan and simmer for around 45 minutes until the fruit is cooked thoroughly and has broken into bits. Stir the mixture every 10-15 minutes to prevent it burning.

Preheat the oven to 180°C/Gas Mark 4.

Melt the butter into the fruit mixture and set aside to cool. Put the simmered fruit in a mixing bowl and lightly beat in the eggs with a fork. Mix in the almond flour, bicarbonate of soda, poppy seeds and self-raising flour. Grease a 7-inch cake tin and line it with baking paper. Pour the cake mixture into it and bake for 40 minutes.

To make the syrup, warm up the orange juice and lemon juice in a saucepan over a low heat, and add a tablespoon of agave nectar. Once the cake is ready and has cooled down, put it on to a serving plate and brush with the syrup.

Let the syrup soak in and relish!



Prep Time | 15 mins
Cooking Time | 50 mins

Serves 8

50g margarine
220g dates, finely chopped
2 tbsp. Triple Zero sweetener
1 tsp. bicarbonate of soda
120ml boiling water
60g walnuts, finely chopped
1 tsp. vanilla essence
100g self-raising flour
100g almond flour
2 eggs, beaten
A few walnut halves for decoration

Nutritional

Value (per serving)

Calories 457
Total Fat 36g
Saturated Fat 14g
Carbohydrates 23.5g
Fibre 3g
Protein 9g

Walnut & Date Loaf

Pre-heat the oven to 160°C/Gas Mark 3.

Put the margarine, dates, Triple Zero sweetener and bicarbonate of soda into a mixing bowl. Pour the boiling water over the top and leave to cool.

Add the walnuts, vanilla essence, self-raising flour and almond flour, mixing thoroughly. Beat the eggs separately and add to the mixture.

Grease a loaf tin with butter and line with greaseproof paper. Then pour the mixture into it and bake on the bottom shelf for 45-50 minutes. To check if the loaf is cooked, poke a cocktail stick (or something similarly long and thin) into it. If the stick comes out clean, the loaf is cooked.

Leave the loaf in the tin to cool for at least 15 minutes before you remove it.

Decorate the loaf with the walnut halves, slice, and serve!



Prep Time | 15 mins
Cooking Time | 30 mins

Serves 8

200g self-raising flour
200g almond flour
200g butter
5 tbsp. Triple Zero sweetener
5 eggs
1 tsp. baking powder
2 tsp. vanilla extract
3 tbsp. homemade jam (see page 408)

Nutritional Value (per serving)

Calories 286
Total Fat 17g
Saturated Fat 2g
Carbohydrates 35g
Fibre 4g
Protein 12.6g

Victoria Sponge

Preheat the oven at 180°C/Gas Mark 4.

Grease and line two 8-inch cake tins with greaseproof paper.

Put all the ingredients in a food processor except for the jam and blend until they are thoroughly mixed. Spoon the mixture into the two cake tins. Bake for 25-30 minutes until firm and golden.

Remove the cake from the oven, allow to cool for five minutes, then remove the cakes from their tins.

Once the cakes have cooled, spoon a layer of the homemade jam on the flat side of each sponge and stick them together. If you have a cake leveller, it helps to cut the bottom half of the cake flat so that it stands level.

Enjoy!



Prep Time | 10 mins
Cooking Time | 20 mins

Serves 12

1 tbsp. Stevia
2 tbsp. agave nectar
50g butter
300g full-fat cream cheese
3 eggs
120ml semi-skimmed milk
50g almond flour
175g self-raising flour
50g walnuts, finely chopped
½ tsp. bicarbonate of soda
100g blueberries

Nutritional

Value (per serving)

Calories 256
Total Fat 18g
Saturated Fat 9.3g
Carbohydrates 20g
Fibre 1.5g
Protein 5.7g

Walnut & Blueberry Muffins

Preheat the oven at 180°C/Gas Mark 4.

Melt the Stevia, agave nectar and butter in a saucepan over a low heat. Set to one side to cool.

While the mixture is cooling, beat the cream cheese for a few minutes in a bowl with a wooden spoon to soften it.

Lightly whisk the eggs in a bowl.

Mix the eggs and milk with the cream cheese.

Add the almond flour, self-raising flour, walnuts and bicarbonate of soda, then add the blueberries.

Spoon the mixture into 12 muffin cases, and place them on a baking tray.

Bake in the preheated oven for 20 minutes. To check if the cakes are cooked, poke a cocktail stick (or something similarly long and thin) into them. If the stick comes out clean, the cake is cooked.

Remove the baking tray from the oven and allow the muffins to cool for a few minutes.

Your muffins are ready to serve!



Prep Time | 15 mins
Cooking Time | 10 mins

30 servings

125g self-raising flour
125g almond flour
1 tsp. bicarb. of soda
30g Triple Zero sweetener
100g butter
2 large eggs
2 tsp. vanilla essence
400g carob chips

Nutritional

Value (per serving)

Calories 120
Total Fat 9g
Saturated Fat 5.5g
Carbohydrates 14g
Fibre 0.4g
Protein 1.2g

Chocolate Chip Cookies

Preheat the oven at 190°C/Gas Mark 5.

In a large bowl, mix together the self-raising flour, almond flour, bicarbonate of soda and Triple Zero sweetener. Add the butter and mix thoroughly. Throw in the eggs and the vanilla essence.

Mix in the carob chips.

Drop spoonfuls about 1 inch in diameter onto a greased baking tray. Bake for around 10 minutes. You can check if chocolate cookies are done by nudging the edges with a spatula or gently pressing down with your fingers: when the cookie is done the edges will be firm.



Serves 9

150g butter

150g finely chopped hazelnuts

250g porridge oats

4 tbsp. unsweetened apple juice

3 tbsp. agave nectar

Nutritional

Value (per serving)

Calories 190

Total Fat 25.7g

Saturated Fat 9.7g

Carbohydrates 26g

Fibre 4.8

Protein 6.9g

Flapjacks

Preheat the oven to 190°C/Gas Mark 5.

Grease a rectangular baking tin with butter and line with greaseproof paper.

Melt the butter on a low heat. Stir in the hazelnuts, oats, apple juice and agave nectar.

Press the mixture firmly into the tin with the back of a spoon and bake for 20-25 minutes, until it turns golden brown.

Remove from the oven and leave to cool for 10 minutes.

While it is still in the tin, cut into 9 even squares. Once completely cool remove the slices and tuck in!



Prep Time | 15 mins
Cooking Time | 20 mins

Serves 12

1 tbsp. honey
100ml unsweetened apple juice
100g butter
4 tbsp. unsweetened almond milk
1 tsp. vanilla essence
200g self-raising flour
200g almond flour
2 tsp. bicarb of soda
100g raisins
2 tbsp. Stevia

Nutritional

Value (per serving)

Calories 249
Total fat 15g
Saturated Fat 5g
Carbohydrates 27g
Fibre 4g
Protein 2g

English Scones

Preheat the oven at 190°C/Gas Mark 5.

Combine the honey, unsweetened apple juice, butter, almond milk and vanilla essence together.

Mix together the self-raising flour, almond flour, bicarbonate of soda, raisins and Stevia to make a dough.

Roll the dough out onto a lightly floured surface until it is about an inch and a half thick. Cut out circular shapes using a pastry cutter and place these on a greased baking tray. Roll any remaining bits of dough together and repeat so that all the mixture is used. Bake for around 20 minutes. To check if the scones are done, poke a skewer (or something similarly long and thin) into one of them, then withdraw it. If the scones have set the skewer will come out clean.

Leave the scones on a wire rack to cool.

Enjoy with lashings of homemade jam!



Prep Time | 15 mins
Cooking Time | 2 hours 30 mins

Serves 4

4 egg whites
¼ tsp. cream of tartar
1 tsp. vanilla extract
Pinch of salt
25g Triple Zero sweetener
Fruity topping of your choice

Nutritional

Value (per serving)

Calories 41
Total Fat 0g
Saturated Fat 0g
Carbohydrates 5.5g
Fibre 0.8g
Protein 4g

Fruity Mini Pavlova's

Preheat your oven at 140°C/Gas Mark 1.

Line a baking tray with greaseproof paper and grease it well with butter. Separate the eggs by cracking the shells and letting the whites drip into a bowl, whilst holding the yolks back. With an electric whisk, beat the egg whites until they are stiff, adding a pinch of salt and the cream of tartar.

Using a spatula, fold the vanilla extract and Triple Zero sweetener into the egg whites by scooping the mixture and folding it on top of itself. This mixes the ingredients without losing the stiff texture of the eggs.

Spoon the correct amount of mixture for a nest size of your choice onto the baking tray. Leave a dip in the middle for the topping.

Bake in the pre-heated oven for 30 mins. It is crucial that you do not open the door to the oven during this time as you will crack the meringue. Turn the oven off after this time, and leave them to set for at least two hours, ensuring that you do not open the oven door for at least two hours. Top the meringue nests with your toppings.

Scrumptious!

Serves 16

200g finely chopped almonds
20g Triple Zero sweetener
2 tbsp. butter
4 egg whites
2 tsp. almond extract
200g self-raising flour
2 tsp. baking powder
Pinch of salt

Nutritional

Value (per serving)

Calories 149
Total Fat 7.8g
Saturated Fat 1.3g
Carbohydrates 13.8g
Fibre 1.5g
Protein 3.5g

Almond Biscotti

Preparation Time | 15 minutes

Cooking Time | 25 minutes

Preheat oven to 190°C/Gas Mark 5.

Place the almonds in a baking tray and bake for 5 minutes until golden brown, then set them to one side.

In a bowl, beat the Triple Zero sweetener and butter with a wooden spoon until smooth.

Crack the eggs and separate them by letting the whites dribble into a bowl whilst holding the yolks in the shell halves. Lightly beat the egg whites with a whisk.

Add the egg whites and almond extract to the Triple Zero sweetener and butter, and mix well.

Combine the flour, baking powder and salt in another bowl. Stir the egg white/Triple Zero mixture and almonds into the flour mixture until it has combined well and forms a dough.

Grease two 9x5-inch loaf tins and evenly divide the dough between them. Spread the dough evenly with wet fingers and bake for 15 minutes.

Take the tins out of the oven and turn their contents onto a chopping board. Once the loaves are cool, cut each into 16, 1-inch-thick slices. Lay the slices on some greaseproof paper on a baking tray.

Bake the slices for 5 minutes, then turn them over and bake for a further 5 minutes. The biscuits should become crisp and brown.

Serve warm or leave to cool.

You can store biscotti in an airtight container for up to a week.





Prep Time | 10 mins
Sitting Time | 30 mins
Cooking Time | 15 mins

Serves 8

10g butter
2 tbsp. agave nectar
4 peeled, cored and sliced apples
Lemon juice to taste
2 eggs
200g plain flour
200ml full-fat milk
1 tsp. cinnamon
½ tbsp. of olive oil per pancake

Nutritional

Value (per serving)

Calories 246
Total Fat 10g
Saturated Fat 2g
Carbohydrates 33g
Fibre 4g
Protein 4.5g

Apple & Cinnamon Pancakes

FOR THE SAUTEED APPLE:

Melt the butter in a saucepan over a medium heat. Add the agave nectar, and continue to heat for about a minute.

Add the apple slices to the mixture and cook until they soften. This should take 10-15 minutes. Add a squirt of lemon juice to taste, then set the mixture to one side.

FOR THE PANCAKES:

To make the batter, put the eggs in a mixing bowl and beat well with a whisk, adding the flour and milk. Cover the bowl with a tea towel and leave to stand at room temperature for 30 mins. Sprinkle the cinnamon on the prepared apples. Place half a tablespoon of olive oil in a small frying pan. Pour the batter into the pan and tilt it so that the batter covers the entire base of the pan.

Cook each side of the pancake for around 3 mins until both sides are a light brown colour. Remove the pancake from the heat.

Place the pancake on a plate, spoon on some sautéed apple filling and enjoy!



Serves 4

150g fine Oatmeal
50g plain flour
1 tsp. salt
300ml warm water

Nutritional

Value (per serving)

Calories 70
Total Fat 1g
Saturated Fat 0g
Carbohydrates 13.8g
Fibre 0.9g
Protein 2g

Oatcakes

Preheat the oven to Gas Mark 2 or 150°C.
Combine the flour and salt together. Add the warm water slowly.

Roll the mixture out onto a floured board and knead until 1/4 inch thick.

Cut into triangles and cook the triangles on a pan or griddle.

Place in the preheated oven for 3-4 minutes until crisp.

Serve with butter.

Yum!



Prep Time | 15 mins
Cooking Time | 10 mins
Resting Time | 1 hour

Serves 2

1 tin of coconut milk
1 vanilla pod
1 tbsp. agar agar flakes or 1 tsp.
agar agar powder (vegetarian
gelatine substitute, available at health
food shops
4 tbsp. pomegranate seeds

Nutritional

Value (per serving)

Calories 250
Total Fat 38g
Saturated Fat 33g
Carbohydrates 26g
Fibre 6g
Protein 2.5g

Coconut Panacotta

Put the coconut milk in a pan along with the agar agar and place to one side. Add the vanilla to the coconut milk mixture by slicing open the vanilla bean lengthways, and using the tip of a knife to remove the dark contents of the vanilla bean.

Gently heat the mixture over a medium heat, whisking thoroughly at the same time. Continue whisking until the agar agar has totally dissolved. If you are using agar agar flakes you will need to simmer the mixture for 10-15 minutes. If you are using the agar agar powder you will need to simmer it for up to five minutes.

Remove the mixture from the heat and pour the mixture into 4 serving bowls. Place them in the fridge to set: this will take approximately 1 hour.

Top your dish with pomegranate seeds and tuck in!



Prep Time | 4 hours

Serves 4

400ml half-fat coconut milk
200ml unsweetened almond milk
30ml agave nectar
¼ tsp. Xanthan gum
150g unsalted pistachios (shelled & finely chopped)

Nutritional

Value (per serving)

Calories 300
Total Fat 18g
Saturated Fat 2g
Carbohydrates 30g
Fibre 11g
Protein 9.2g

Pistachio Gelato

Whizz the half-fat coconut milk, unsweetened almond milk, agave nectar, Xanthan gum and 100g of the shelled pistachios in a blender.

Blend the mixture for a couple of minutes until totally smooth.

Place the mixture in the fridge for 2 hours.

Freeze the ice cream for 2 hours. When it is set add the rest of the chopped pistachios and allow the ice cream to freeze completely.

The finished item will keep in the freezer for up to 3 weeks.



Prep Time | 20 mins
Cooking Time | 20 mins

Serves 6

FOR THE TART BASE:

150g almond flour

150g plain flour

2 eggs

3 tbsp. olive oil

FOR THE FILLING:

200g canned peach halves

200g plums, pitted and sliced

2 tbsp. homemade jam, warmed in

20ml of water in a saucepan

Nutritional

Value (per serving)

Calories 361

Total Fat 22g

Saturated Fat 3g

Carbohydrates 22g

Fibre 4g

Protein 10g

Plum & Peach Tart

Preheat oven to 180°C/Gas Mark 4.

Put the almond flour, plain flour, 2 eggs and 3 tablespoons of olive oil in a large bowl and mix thoroughly.

Using a rolling pin, roll the pastry into a circular shape on a lightly-floured surface.

Press the flattened pastry evenly onto the bottom of a 7-inch-wide, loose-bottomed tart tin.

Bake in the preheated oven for approximately 15 minutes until the tart base turns slightly brown in colour. Place aside to cool. Then lower the oven temperature to 170°C.

Arrange the fruit (peach halves and plums) in a circular fashion around the tart base. Place the tart in the oven for another 15 minutes.

Keep an eye on the tart from 10 minutes on in order to ensure that it does not overcook.

Brush the tart border and the fruit with the warm homemade jam glaze and allow let cool to room temperature, which will take around 20 minutes.

Cut into pieces and tuck in!



Serves 4

400g raspberries

30g Triple Zero sweetener

40 drops of liquid vanilla Stevia

1/2 tsp. Xanthan Gum

Nutritional

Value (per serving)

Calories 6

Total Fat 0g

Saturated Fat 0g

Carbohydrates 1.4g

Fibre 0g

Protein 0.1g

Homemade Jam

Mix together the raspberries, Triple Zero Sweetener and vanilla Stevia in a saucepan and place over a low heat. Stirring constantly, gradually increase the heat.

As soon as the mixture is boiling lower the heat again and simmer for 20 minutes, stirring constantly.

When mixing, crush the raspberries with the back of a wooden spoon against the side of the pan.

Add the Xanthan gum on top of the mixture, mixing thoroughly.

Continue mixing and allow to simmer for 3 minutes.

Turn the heat off and place the saucepan to one side, cover, and let the jam cool down completely.

You can store the jam in an airtight container in the fridge. Once chilled, the jam is ready to use.



Prep Time | 1 hour 50 mins
Chilling Time | Overnight

Serves 6

FOR THE SEMIFREDDO:

150g fresh raspberries

4 tbsp. Stevia

300ml carton double cream

5 tbsp. Limoncella

400ml crème fraîche

FOR THE COULIS:

300g fresh or frozen (thawed)
raspberries

2 tbsp. agave nectar

Extra raspberries for serving

Nutritional

Value (per serving)

Calories 367

Total Fat 25g

Saturated Fat 15g

Carbohydrates 19.5g

Fibre 5.5g

Protein 1g

Raspberry & Limoncella Semifreddo

Using cling film line the base of a 1kg loaf tin.

Using a fork, for the semifreddo, mash the raspberries and two tablespoons of Stevia in a bowl. Whisk the cream, the Stevia and the Limoncella into soft peaks. Beat the crème fraîche so it forms a similar consistency to the double cream mixture. Then carefully fold the cream mixture in with the crème fraîche.

Swirl the mashed raspberries through the creamy mixture. Pour the mixture into the loaf tin. Mash the raspberries using a fork and mix with two tablespoons of agave nectar for a coulis. For a finer coulis you can sieve this mixture. Cover the semifreddo with cling film and freeze overnight. You can freeze the semifreddo and the coulis for up to a month. The frozen semifreddo will need to be defrosted for an hour prior to serving and the coulis will need to be thawed overnight before serving. Peel the cling film from the semifreddo. Drizzle a bit of the coulis on to it and place some raspberries over the top. Slice the semifreddo and serve with the coulis.



Prep Time | 5 mins
Cooking Time | 1 hour

Serves 4

23g sachet of sugar free jelly in a flavour of your choice
450ml diet lemonade
Handful of grapes/raspberries/apple slices or whatever fruit you feel like!
Be inventive!

Nutritional Value (per serving)

Calories 8
Total fat 0g
Saturated Fat 0g
Carbohydrates 1g
Fibre 0g
Protein 1g

Fruity Jelly

Stir the jelly crystals into 300ml of boiling water.

Once dissolved, top with 450ml of lemonade. Place the fruit in the bottom of 4 glass tumblers or in a bowl.

Add in some fruit if you wish, then cover it with the jelly mixture and chill in the fridge until it has set.

Enjoy!

Serves 12

350g beetroot, ready cooked,
vacuum packed
75g butter, plus extra for the tin
150g bar plain chocolate (70%
cocoa)
2 tsp. vanilla extract
175g Stevia
3 eggs
50g plain flour
50g almond flour
20g cocoa powder

Nutritional

Value (per serving)

Calories 124
Total fat 26g
Saturated Fat 4.2g
Carbohydrates 8g
Fibre 4g
Protein 14g

Beetroot Brownies

Preparation Time | 10 minutes

Cooking Time | 50 minutes

Preheat the oven to 180°C or Gas Mark 4.

With the ready-cooked beetroot, make sure
you don't buy beetroot with added vinegar!

Chop the beetroot roughly and place in a big
bowl.

Lightly butter and line a small roasting tin with
baking parchment.

Chop up the plain chocolate and cube the
butter.

Place the cooked beetroot in a sieve to
remove excess liquid.

Then whizz the beetroot in a blender with the
butter, chocolate and vanilla extract until it is a
silken consistency.

Place the Stevia and eggs into a big bowl and
beat with an electric whisk until for 3 minutes.
Put the beetroot mixture in a bowl and fold in
the whisked eggs with a metal spoon. Then
fold in the plain flour, the almond flour and
cocoa powder.

Pour the batter into the prepared roasting tin
and bake for 25 minutes.

Cut into squares once the brownies have
cooled totally. Enjoy with single cream or
homemade sugar free ice cream!





Prep Time | 10 mins
Cooking Time | 40 mins

Serves 8

320g ready to roll short crust pastry

425g tin of pumpkin purée

Nutritional

Value (per serving)

Calories 211

Total fat 9.5g

Saturated Fat 5g

Carbohydrates 29g

Fibre 5g

Protein 2.4g

Pumpkin Pie

Preheat the oven to Gas Mark 5 or 190°C.

Unroll the short crust pastry onto a flan case and bake for 10 minutes.

Pour the tinned pumpkin purée onto the flan base and bake in the preheated oven for another 25-30 minutes.

Allow the pie to stand for at least 10 minutes before serving.

This dish is delicious served with some double cream!



Prep Time | 15 mins
Cooking Time | 60 mins

Serves 12

120g butter
200g Stevia
130g soured cream
2 eggs
150g almond flour
2 tsp. baking powder
100g blackberries

Nutritional

Value (per serving)

Calories 180
Total fat 17g
Saturated Fat 7g
Carbohydrates 5g
Fibre 2g
Protein 4.2g

Blackberry Cake

Preheat the oven to Gas Mark 4 or 180°C.

Line a loaf tin with baking parchment.

Pop the butter and Stevia in a big bowl, and beat with a wooden spoon to combine.

Mix in the soured cream and eggs, one at a time.

Throw in the almond flour and baking powder, and whisk well.

Pour the mixture into the prepared loaf tin and bake in the preheated oven for 60 minutes.

Place the cooked mixture on a cooling tray and leave for 20 minutes before you remove it from the loaf tin.

Truly tasty!



Prep Time | 10 mins
Chilling Time | 4 hours

Serves 6

320g mango, peeled and sliced
800g low fat plain yoghurt
50ml agave nectar
2 tsp. vanilla essence

Nutritional

Value (per serving)

Calories 187
Total Fat 4g
Saturated Fat 2g
Carbohydrates 33g
Fibre 1.3g
Protein 6g

Frozen Mango Yoghurt

Mix the mango, yoghurt, agave nectar, and vanilla essence in a large bowl.

Transfer the yoghurt into an old, clean ice cream tub. Freeze for an hour then remove from the fridge and mix the frozen yoghurt again.

Freeze again for another 3 hours.

Serve with shavings of dark chocolate and enjoy!



Servings 10

2 medium egg whites
120g Stevia
120g almond flour
1 tsp. almond essence

Nutritional

Value (per serving)

Calories 75
Total fat 6g
Saturated Fat 0.4g
Carbohydrates 2g
Fibre 1.2g
Protein 3g

Macaroons

Preheat the oven to Gas Mark 4 or 180°C, and line two baking trays with baking parchment.

Pop the egg whites in a large bowl and whisk until they've stiffened. This should take 5-7 minutes.

Fold in the Stevia, almond flour, and almond essence.

Put the butter in a small saucepan and place over a low heat. When it's melted, add it to the egg white mixture.

Place a dessert spoonful of this mixture on the baking trays. Ensure that each spoonful is clearly separate from the others, otherwise they might merge during the cooking process. Put the macaroons in the preheated oven and cook for 15 minutes.

Cool them on the baking trays for 15 minutes, then move them onto a wire rack to cool entirely.



Prep Time | 10 mins
Chilling Time | 45 mins

Serves 10

FOR THE CAKE:

Extra butter, for greasing
100g dark chocolate (70% cocoa)
200g butter
175g Stevia
120ml water
120ml semi-skimmed milk
2 eggs, beaten
100g self-raising flour
75g almond flour
2 tbsp. cocoa powder

FOR THE SAUCE:

450ml double cream
75g Stevia
2 tbsp. honey
100g dark chocolate (70% cocoa)
2 tsp. vanilla essence
Crème fraîche, for serving.

Nutritional

Value (per serving)

Calories 545
Total Fat 51g
Saturated Fat 29g
Carbohydrates 25g
Fibre 3.5g
Protein 6g

Chocolate Fudge Cake

FOR THE CAKE:

Preheat the oven to Gas Mark 4 or 180°C. Grease a 24cm round cake tin with butter, and line the bottom of the tin with greaseproof paper.

Melt the chocolate, butter, Stevia, and water in a medium-size saucepan over a low heat. Add the milk and the eggs then stir gently. Combine the self-raising flour, almond flour, and cocoa powder with the melted chocolate mixture, and pour it all into the prepared tin. Bake for 40-50 minutes. To test if the cake is cooked, insert a fork into the middle. If it comes out clean, your cake is cooked.

Let the cake cool for ten minutes once it has been removed from the oven.

FOR THE SAUCE:

Place the double cream, Stevia, honey, dark chocolate and vanilla essence in a medium-size saucepan on low heat and melt everything.

Serve with crème fraîche.



Prep Time | 10 mins
Cooking Time | 45 mins

Serves 6

320g sheet ready to roll short crust pastry

2 tsp. cornflour

150g Stevia

Juice and zest of 2 lemons

150ml water

4 separated eggs

115g softened butter

Nutritional

Value (per serving)

Calories 451

Total fat 31.5g

Saturated Fat 17g

Carbohydrates 36g

Fibre 10g

Protein 2g

Lemon Meringue Pie

Preheat the oven to Gas Mark 6 or 200°C.

Line a loose-bottomed flan case with baking greaseproof paper.

Unroll the short crust pastry sheet onto the flan case and bake for 10 minutes.

FOR THE FILLING:

Place the cornflour, 50g of stevia, and lemon zest in a bowl and mix thoroughly.

Pour the water and lemon juice into a small saucepan and heat gently. Combine this with the Stevia paste, and bring the entire mixture to the boil.

Lower the heat and allow to simmer for 2 minutes. Mix in the egg yolks and the butter. Cook the mixture for another minute, then pour it into the flan case.

FOR THE TOPPING:

Whisk the egg whites until they stiffen. This should take 5-7 minutes.

Add the remaining Stevia, keep whisking, and then spread the mixture over the filling.

Pop into the oven and bake for 15 minutes.

Your lemon meringue pie is now ready to serve!



Serves 12

120g butter
200g Stevia
125g soured cream
2 eggs
150g almond flour
1 tsp. baking powder
Zest of an orange
3 peaches

Nutritional

Value (per serving)

Calories 185
Total fat 18g
Saturated Fat 7.4g
Carbohydrates 6g
Fibre 2g
Protein 4.2g

Chocolate & Peach Loaf

Preheat the oven to Gas Mark 4 or 180°C, and line a loaf tin with baking parchment. Put the butter and Stevia in a large bowl, and beat them together using a wooden spoon. Mix in the soured cream. At the same time, mix in the eggs one by one. Pour in the almond flour, baking powder, and orange zest, then whisk thoroughly. Slice the flesh of the peaches into thin pieces. Dice any remaining flesh, and add the diced peaches to the loaf mixture. Pour the mixture into the loaf tin, smoothen the top with the back of a spoon, and arrange the peach slices on top. Bake in the preheated oven for 70 minutes. Place the cooked mixture on a cooling tray and leave for 20 minutes before you remove it from the loaf tin. Enjoy with a steaming hot drink!



Serves 4

4 egg whites

200g Stevia

275g double cream

Juice and zest of an orange

Handful of berries of your choice

Nutritional

Value (per serving)

Calories 350

Total fat 33g

Saturated Fat 20.5g

Carbohydrates 6g

Fibre 0.1g

Protein 5.1g

Orange Pavlova

Preheat the oven to Gas Mark 1 or 140°C.

Whisk the eggs in a big bowl until they stiffen.

This should take 5-7 minutes.

Add the Stevia and whisk for another minute.

Line a baking tray with baking parchment, and pour the mixture on top.

Form a flat, 8-inch, circular base, then, using a piping bag, form peaks around this base.

Place the meringue in the preheated oven for 60 minutes.

Turn off the oven, and leave the meringue in there to cool.

Whip the cream, orange juice, and orange zest together.

Arrange this mixture on top of the meringue.

Scatter some berries over the top, and your meringue is ready to be served!

Serves 16

1 tbsp. vegetable oil
5 tbsp. popcorn
175g dark chocolate (70% cocoa)
75g butter, diced
3 tbsp. agave nectar
25g white chocolate

Nutritional

Value (per serving)

Calories 132
Total fat 11g
Saturated Fat 7g
Carbohydrates 9g
Fibre 2g
Protein 1.8g

Chocolate Popcorn Treats

Preparation Time | 10 minutes

Cooking Time | 20 minutes

Chilling Time | 30 minutes

Pour the vegetable oil into a medium-size pan, and place the pan over a high heat. When the oil has warmed up, lower the heat, and add the popcorn. Leave to cook until it's all popped.

Place the dark chocolate in a bowl, and melt it over a saucepan of simmering water.

Mix in the butter and agave nectar. Throw the popcorn in with the melted chocolate mixture. Line a loose-bottomed 20cm-square tin with baking parchment. Put the whole mixture (the popcorn, melted chocolate, butter, and agave nectar) in the tin.

Using the back of a spoon dipped in a mug of boiling water, press the mixture down firmly.

Place in the fridge for 60 minutes to set.

Put the mixture on a chopping board upside down and remove the baking parchment.

Melt the white chocolate in the same way you melted the dark chocolate. Using a teaspoon, drizzle the white chocolate onto the popcorn treats and refrigerate for 30 minutes.

Slice the treats into 16 squares and tuck in!





DIPS & D



DRINKS



1 large white onion, chopped roughly
1 large red onion, roughly chopped
½ bulb fennel, roughly chopped
500g cherry or plum tomatoes, finely chopped after blanching
500g tinned plum tomatoes, finely chopped in a food processor
2 tbsp. tomato purée
150ml white wine vinegar
70g soft brown sugar
2 cloves of garlic, finely chopped
2 tbsp. fresh basil, finely chopped
1 tsp. ground coriander
¼ tsp. cinnamon
½ tsp. freshly ground pepper
5 tbsp. olive oil
Salt to taste

Nutritional Value (per tablespoon)

Calories 27
Total Fat 1.2g
Saturated Fat 0g
Carbohydrates 4.2g
Fibre 0.6g
Protein 0g

Tomato Ketchup

Whizz the onions and fennel in a food processor until they are finely chopped. Put the olive oil in a large pan a low heat and add in the onion, fennel and celery into the pan.

Cook for around 5 minutes until soft.

Add the garlic and cook for another three minutes

Then add the spices and cook for another minute.

Add all the remaining ingredients and cook on a low heat for 5 minutes or so until the liquid is reduced.

Once cool the tomato ketchup is ready to serve.

This will keep in the fridge for up to a month.



Serves 4

200ml of low fat plain yoghurt

1 tbsp. mint sauce

Nutritional

Value (per serving)

Calories 48.3

Total Fat 0.9g

Saturated Fat 0.5g

Carbohydrates 7.4g

Fibre 0g

Protein 2.5g

Mint Yoghurt Dip

Place the yoghurt in a bowl and add in the mint sauce.

The dip is now ready to serve.



Serves 4

4 ripe vine tomatoes
1 red onion, finely chopped
1 tsp. garlic, finely chopped
1 tsp. coriander, finely chopped
Juice of half a lime
1 red chilli, finely chopped (optional)
Salt to taste

Nutritional

Value (per serving)

Calories 24
Total Fat 0g
Saturated Fat 0g
Carbohydrates 5g
Fibre 1.5g
Protein 3.8g

Mexican Tomato Salsa

Finely chop the tomatoes.

Add the rest of the ingredients and mix thoroughly.

If you want a finer salsa, put all the ingredients in a food processor and whizz.

Serve with barbecued or grilled meat or vegetables.



Serves 4

250g tinned chickpeas, drained and rinsed

3 tbsp. tahini

2 cloves garlic, crushed

3 tbsp. sesame oil

2 tbsp. lemon juice

1 tsp. paprika

Salt to taste

Hummus

Whizz all the ingredients in a food processor or blender.

Add a bit more oil or water if the mixture is too dry.

Serve with vegetable crudités.

Nutritional

Value (per serving)

Calories 180.3

Total Fat 11.6g

Saturated Fat 2g

Carbohydrates 11.2g

Fibre 4.9g

Protein 6.8g



Serves 4

300g of frozen peas
2 tbsp. almond butter
2 cloves of garlic, finely chopped
5 sprigs of thyme
Juice of 1 lemon
3 tbsp. olive oil
50g feta cheese

Nutritional

Value (per serving)

Calories 232
Total Fat 17.7g
Saturated Fat 2.2g
Carbohydrates 13.5g
Fibre 4.4g
Protein 7.5g

Pea Dip

Boil the peas until tender.

Then place the peas, almond butter, garlic, thyme, lemon juice and olive oil in a blender.

Whizz until the mixture is smooth.

Crumble the feta cheese on top and serve with a selection of crudité's, including carrots and celery.



Serves 16

400g fresh cranberries
Zest and juice of a large orange
2 tsp. ginger, minced
75g Stevia
2 tsp. ground cinnamon

Nutritional

Value (per serving)

Calories 7.3
Total fat 0g
Saturated Fat 0g
Carbohydrates 1.8g
Fibre 0.7g
Protein 0.1g

Cranberry Sauce

Whizz the cranberries in a food processor.

Put the cranberries in a saucepan.

Add in the zest and juice of an orange along with the Stevia and cinnamon.

Bring the mixture to the boil and simmer for 7 minutes.

Your homemade cranberry sauce is now ready!



Serves 4

6 shallots, finely chopped
1 tsp. ginger, finely chopped
2 cloves of garlic, finely chopped
2 tbsp. crunchy peanut butter
2 tbsp. dark soy sauce
1 tbsp. light soy sauce
Juice of 1 lime
1 tsp. coriander, finely chopped
1 red chilli, finely chopped
1 tsp. sesame oil

Nutritional

Value (per serving)

Calories 72.3
Total Fat 4.9g
Saturated Fat 0.8g
Carbohydrates 5.1g
Fibre 0.6g
Protein 4.6g

Satay Peanut Dip

Heat the oil on medium heat.

Cook the shallots until golden brown.

Lower the heat, and then add the ginger, garlic, peanut butter, soy sauces, chilli and sesame oil.

Cook for a couple of minutes until the mixture is smooth.

Should the mixture thicken too much, add a little water.

Once the mixture is cool, add the lime juice and coriander.



Serves 4

400g black eyed beans, drained and rinsed

2 cloves of garlic, finely chopped

1 small red onion

50g flat leaf parsley

½ tsp. Harissa paste

Juice of a lemon

1½ tbsp. of extra virgin olive oil

Nutritional

Value (per serving)

Calories 147

Total Fat 3.1g

Saturated Fat 1.2g

Carbohydrates 20.1g

Fibre 7.6g

Protein 8.7g

Black Eyed Bean & Harissa Dip

Put all black eyed beans, garlic, onion, parsley and Harissa paste in the food processor and whizz.

Add the olive oil and lemon juice and whizz some more.

Once the mixture is coarse, it is ready.

This dip is fabulous with cucumber, raw cauliflower and raw broccoli.

Serves 7

3 large tomatoes, blanched
50g ground almonds
50ml cider vinegar
5 cloves of garlic, crushed
1 tsp. ground cumin
1 red chilli, finely chopped
Olive oil to taste
¼ tsp. salt
1 tsp. freshly ground coriander

Nutritional

Value (per serving)

Calories 88.5
Total Fat 4g
Saturated Fat 0.4g
Carbohydrates 7.3g
Fibre 1.8g
Protein 6.1g

Mojo Rojo

Mix the salt, ground almonds and garlic together.

Add the remaining ingredients other than the oil and mix.

Then add the olive oil and mix to the consistency that you want.





Serves 4

4 tsp. sweetener

100ml chilled lime juice

30g fresh mint

1 litre soda water

Crushed ice

Mint leaves, for garnishing

Nutritional

Value (per serving)

Calories 9.5

Total Fat 0g

Saturated Fat 0g

Carbohydrates 2.5g

Fibre 0.1g

Protein 0.3g

Lime Juice & Soda

Place the sweetener in a 1.2 litre jug. Add the lime juice.

Crush the mint leaves.

Add them to the jug.

Partly fill the jug with crushed ice and mix thoroughly.

Add the soda water.

Then garnish with sprigs of mint and lime wedges before serving.



Serves 10

100ml of fresh lemon juice

1½ tbsp of sweetener

300ml chilled soda water

12 crushed ice cubes crushed

4 slices of lemon

Nutritional

Value (per serving)

Calories 2

Total Fat 0g

Saturated Fat 0g

Carbohydrates 0.8g

Fibre 0g

Protein 0g

Homemade Lemonade

Combine the lemon juice, sweetener and the soda water.

Add the crushed ice cubes in.

Then stir until the mixture is thoroughly mixed together.

Pour in to glasses and garnish with lemons.



Serves 12

750ml bottle of dry red wine
100ml brandy
100ml orange liqueur
200ml orange juice
2 tbsp. sweetener
2 medium oranges, sliced
400ml soda water, chilled
Crushed ice

Nutritional

Value (per serving)

Calories 107
Total Fat 0g
Saturated Fat 0g
Carbohydrates 8.5g
Fibre 0.3g
Protein 0.2g

Sparkling Sangria

Put the wine, brandy, orange liqueur, orange juice, sweetener and orange slices in a large jug.

Place in the fridge for a minimum of 2 hours.

Then add the soda water prior to serving.

Sangria is best served over crushed ice.



Serves 4

200ml Pimm's

600ml chilled lemonade

Some sprigs of mint

A few slices of orange

A punnet of strawberries

Nutritional

Value (per serving)

Calories 158.8

Total Fat 0.1g

Saturated Fat 0g

Carbohydrates 25.1g

Fibre 1.6g

Protein 0.5g

Pimm's & Lemonade

You can make this refreshing drink two ways, in a jug or in individual glasses.

If you wish to make a jug's worth, mix the 200ml of Pimm's with 600ml of chilled lemonade.

Garnish with some sprigs of mint and some slices of orange and strawberry.

Alternatively, place 50ml of Pimm's in a long glass and top up with 150ml of lemonade.

Garnish with a sprig of mint and some slices of orange.

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