



GAY MAN'S COACHING

A close-up photograph of a meal featuring grilled chicken and salmon. The chicken is in the background, and the salmon is in the foreground, both garnished with fresh herbs and lemon wedges. The food is presented on a piece of parchment paper. The bottom half of the image has a blue gradient overlay.

FAKE AWAY

RECIPE BOOK

DISCLAIMER

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MEATBALLS & SPAGHETTI

CALORIES : 290 KCAL
SERVES : 2

MEATBALLS & SPAGHETTI

290 KCAL	PROTEIN 36 G	CARBS 17 G	FATS 8 G
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INGREDIENTS

300g Beef Mince
3g Parsley
3 Cloves Garlic
3g Basil
30g Tomato Puree
140g Diced Red Pepper
100g Diced Mushrooms
100ml Unsweetened
Almond Milk 400g Shirataki Noodles

METHOD

Mix the dry spices and herbs in the mince and ball into small meatballs.

Wash the shirataki noodles under running water while the meatballs are cooking.

Once the meatballs are cooked though, turn the heat down and add the tomato puree to the noodles and cook for 5 minutes over a low heat.

Add the almond milk to make the sauce with the noodles.



NANDO'S CHICKEN & SIDES

CALORIES : 323 KCAL
SERVES : 2

NANDO'S CHICKEN & SIDES

323

KCAL

PROTEIN

38

G

CARBS

30

G

FATS

4

G

INGREDIENTS

240g Chicken Breast
200g Red Pepper
150g Rice (Cooked)
5g Peri Peri Seasoning
1 tsp Garlic Powder
2g Turmeric Powder
300g Tender-Stem Broccoli
1 Cal Oil Spray
20ml Nando's Medium Peri Peri Sauce

METHOD

Pre Heat the oven to 170°C. Cut and season the peppers and chicken place them onto a baking tray and spray with the oil spray bake for 25 minutes. Cook the rice per the instructions.

Pour the Nando's sauce over the chicken about 10 minutes before it is cooked, return to the oven and let it crisp up slightly.

While that is happening cook the broccoli and mix the peri seasoning, garlic and turmeric powder with the drained rice and fry for a few mins.

Once everything is fully cooked, serve straight away.



CHICKEN SATAY & STIR-FRY

CALORIES : 320 KCAL
SERVES : 2

CHICKEN SATAY & STIR-FRY

320 KCAL	PROTEIN 47 G	CARBS 10 G	FATS 8 G
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INGREDIENTS

300g Chicken
1/2 Pack Mushroom Stir Fry Mix
2tbsp Peanut Butter Powder
1tsp Coriander
1g Garlic Powder
60ml Unsweetened Almond Milk
10ml Light Soy Sauce

METHOD

Mix the peanut butter powder with the coriander, garlic, soy sauce and almond milk and put to one side.

Season the chicken and leave on the side while the oven pre heats to 170°C.
Bake for 25 minutes.

Pour the satay sauce over the chicken 5-10 minutes before it is fully cooked.
While the chicken is finishing cooking, add the stir-fry mix to a hot pan and fry.



CHICKEN TIKKA & RICE

CALORIES : 442 KCAL
SERVES : 2

CHICKEN TIKKA & RICE

442

KCAL

PROTEIN

46

G

CARBS

43

G

FATS

7

G

INGREDIENTS

300g Chicken (Diced)
200g Rice (Cooked)
2g Tikka Powder
2g Garlic Powder
2g Turmeric Powder
5g Veg Oil
20g 0% Fat Yoghurt
10g Cucumber (Small Dice)
1g Cumin
Salt And Pepper

METHOD

Mix the tikka powder and oil together and then rub over the chicken, coating both sides of it. Set aside in the fridge for 3 hours but ideally overnight.

Cook the rice as per instructions.

Once ready to cook take out of the fridge and leave on the side while the oven pre heats to gas mark 6. Bake for 20-25 minutes.

While the chicken is cooking mix the turmeric and garlic powder with the drained rice. Add 5-10 mls of water and microwave for 3 minutes once the chicken is cooked.

Mix the yoghurt and cucumber together, season to taste and serve with the curry.



PORK KOFTA

CALORIES : 385 KCAL
SERVES : 2

PORK KOFTA

385

KCAL

PROTEIN

45

G

CARBS

27

G

FATS

12

G

INGREDIENTS

300g Grams Pork Mince 5% Fat

3g Cumin

2g Garlic Powder

1tsp Oregano

2g Turmeric

1g Chilli Powder

1g Onion Powder

20g Bread-Crumbs

1 Egg

40g 0% Fat Yoghurt

15g Cucumber

10ml Mint Sauce

METHOD

Mix the breadcrumbs and all the dry herbs and spices into the pork mince, add the egg and combine well.

Roll into a sausage shape and then place on a baking tray and leave on the side while the oven pre heats to gas mark 6. Bake for 20-25 minutes.

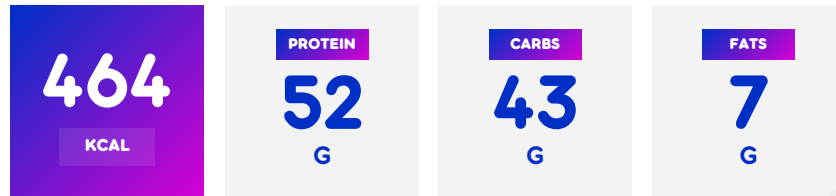
Cook on low for 8 hours.



FISH & CHIPS

CALORIES : 464 KCAL
SERVES : 2

FISH & CHIPS



INGREDIENTS

400g Cod
150g New Potatoes
15g Flour
100g Peas
4 Spray Light Oil Spray

METHOD

Pre-heat oven gas mark 6. While the oven is heating up, cut the new potatoes in half and boil for 7 minutes.

Place onto baking tray and spray with two sprays of the oil. Place into oven for 30 minutes.

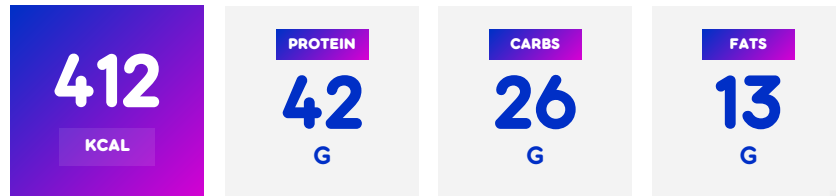
Add salt and pepper to the flour and use that to dust the fish. While frying pan is heating to medium temperature. Use the 2 remaining oil sprays to coat the pan and then seal the fish before adding to the oven to cook for 20 minutes.



THAI CHICKEN & NOODLES

CALORIES : 412 KCAL
SERVES : 2

THAI CHICKEN & NOODLES



INGREDIENTS

240g Chicken Breast
400g Shirataki Noodle
3g Garlic
400g Veg Stir-Fry Mix
3 Tsp Thai Tom Yum Paste

METHOD

Slice the chicken and then coat in the Thai paste and leave on the side.

Wash the noodles under cold running water for 2-4 minutes then drain and put to one side. Fry the chicken until cooked. Remove from the pan and add in the garlic and stir fry mix.

Once almost cooked add in the noodles, cooked chicken and cook for 4-5 minutes.

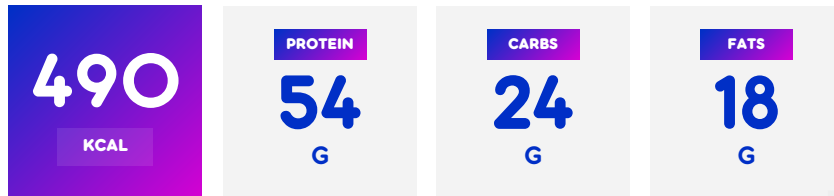
Serve when fully cooked and hot.



CHICKEN BACON BURGER

CALORIES : 490 KCAL
SERVES : 1

CHICKEN BACON BURGER



INGREDIENTS

- 120g chicken breast
- 1 slice bacon
- 1 slice (1oz) cheddar cheese
- 1 bagel thin
- 1 handful of Rocket
- 1/2 Tomato Sliced

METHOD

Slice the chicken breast in half and pan fry, once almost cooked.

Add the bacon to the pan and continue cooking both until fully cooked.

Toast the bagel, and add the chicken, bacon and cheese. Top with the rocket and tomato.



KATSU CHICKEN

CALORIES : 353 KCAL
SERVES : 4

KATSU CHICKEN

353

KCAL

PROTEIN

29

G

CARBS

48

G

FATS

6

G

INGREDIENTS

400g Chicken Breast Fillets (Sliced)
5 Spray Oil Cooking Spray 100g Onions (Sliced)
100g Carrots (Sliced)
4 Medium clove Garlic (Crushed)
14g Fresh Ginger (Crushed)
5g Curry Powder
3g Turmeric Powder
200g Coconut Milk (Reduced Fat)
100mls Water
100g Breadcrumbs
30g Cornflour
200g Cooked Rice

METHOD

First, make the curry sauce. Use the oil spray in a pan, cook the onions and chopped carrots until the onions are soft and starting to caramelize, about 8 mins. Add the garlic, ginger, curry powder and turmeric. Once the spices are warmed through, add the coconut milk, maple syrup or honey and 100ml water. Season well, cover and simmer over a low heat for 20 mins.

For the katsu. In a wide bowl, mix the cornflour with 4 tbsp water and some seasoning. Dip the chicken into the flour mixture. Place the breadcrumbs in another bowl and dip the chicken in it, turning until well coated.

When the onions and carrots in the curry sauce are soft, blitz using a hand blender. If the sauce is too thick, add a little more water, check the seasoning. Keep warm, on a low heat.

Heat some oil in a frying pan and cook the chicken for 4-5 mins on each side until golden and cooked through. Warm the rice and divide between bowls. Top with the katsu chicken and curry sauce.

A top-down view of a black bowl filled with prawn fried rice. The rice is yellow and orange, mixed with large, cooked prawns, diced carrots, and green onions. The bowl is placed on a bamboo mat. The bottom half of the image has a blue gradient overlay with white text.

PRAWN FRIED RICE

CALORIES : 412 KCAL
SERVES : 2

PRAWN FRIED RICE

412 KCAL	PROTEIN 38 G	CARBS 52 G	FATS 5 G
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INGREDIENTS

5 Sprays Low Cal Oil Spray
300g King Prawns (Raw & Peeled)
20g Cornflour
3 clove Garlic (Finely Sliced)
1 Large Egg
200g White Mushrooms,
3g Turmeric Powder
200g Coconut Milk (Reduced Fat)
100mls Water
100g Breadcrumbs
30g Cornflour
200g Cooked Rice

METHOD

Cook the rice as per instructions.

While the rice is cooking. Mix prawns, salt and pepper together in a bowl stir in cornflour.

Heat oil in a wok over medium heat; add prawn mixture. Cook until light brown, about 5 minutes. Transfer to a plate.

Mix in mushrooms and mixed vegetables into the wok; cook until softened, 3 to 5 minutes. Add in 5 spice, garlic, turmeric powder. Cook and stir until fragrant, about 3 minutes.

Add egg; cook and stir until scrambled, about 2 minutes. Mix the rice into the wok; season with soy sauce, salt and pepper. Add prawns and cook until everything is hot.



LEBANESE DONER KEBAB

CALORIES : 367 KCAL
SERVES : 2

LEBANESE DONER KEBAB

367

KCAL

PROTEIN

31

G

CARBS

29

G

FATS

14

G

INGREDIENTS

200g 10% Fat Lamb Mince
150g Onions (Finely Sliced)
4 Medium clove Garlic (Finely Sliced)
3g Ground Cumin
2g Ground Coriander
3g Oregano
5g Smoked Paprika
1g Dried Chilli Flakes
50g Breadcrumbs
1 Medium Egg

METHOD

Heat the oven to gas mark 6. Tip all the ingredients except the oil into a food processor with a large pinch of salt and lots of ground pepper. Pulse until everything is combined and chopped together. You can also just squish everything together in a bowl but this will give you a looser finish.

Oil a large sheet of foil, tip the meat mix in the middle and mould to a thick sausage, shape. Roll up the foil tightly, twisting up the ends to create a Christmas cracker shape.

Lay on a shallow roasting tin and roast in the oven for 35-40 mins, turning occasionally, or until a digital cooking thermometer reads 75C when pierced in the middle. Leave the kebab to cool a little, then unwrap the foil. Place back on the tray and brown under the grill or with a blowtorch.

Place on a board and carve into thin slices.



CRISPY CHILLI BEEF

CALORIES : 347 KCAL
SERVES : 2

CRISPY CHILLI BEEF

347

KCAL

PROTEIN

33

G

CARBS

39

G

FATS

6

G

INGREDIENTS

10ml Oil
200g Beef Rump Steak (Lean & Finely Sliced)
200g Onions (Finely Sliced)
200g Red Peppers (Finely Sliced)
200g Carrots (Finely Sliced)
1 Bunch Spring onions (Sliced)
3 Cloves Garlic
10ml Light Soy Sauce
1g Dried Chilli Flakes
10ml White Rice Vinegar
5g White Sugar
10g Honey
25g Cornflour
1 Egg
Salt & Pepper

METHOD

Heat the oil over a high heat in a wok. Combine eggs, salt and cornflour, then use to coat the beef strips.

Fry the beef strips, taking care to add them to the pan one by one. Don't stir them for 10 seconds, then stir to ensure they don't stick together. Cook for 6 to 7 minutes until brown and crispy. Remove and drain on kitchen paper.

Add some of the oil from frying to a clean wok over medium high heat. Fine slice all of the veg and then stir fry them a long with the, garlic and chilli. Once cooked 3-4mins. Add the sugar, white rice vinegar, sweet chilli sauce and soy sauce and mix together, cook until the sauce reduces and starts to thicken slightly. Finally add the beef and toss together just to heat through.

Serve straight away.

