



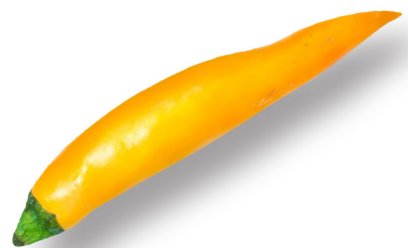
GAY MAN'S COACHING

# GMC PERFORMANCE RECIPE BOOK

30 HEALTHY AND DELICIOUS RECIPES

# DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



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# BREAKFASTS

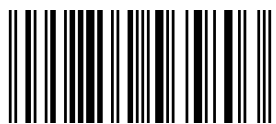








The word burrito means "little donkey" in Spanish, as a diminutive form of burro or donkey.





# BREAKFAST BURRITO

SERVES: 10

TOTAL TIME: 35 MINUTES

## INGREDIENTS

- 6 turkey or chicken **sausages**
- 1 spray of **light cooking oil**
- 3 **medium potatoes**, diced in 1 cm cubes
- 1 **red pepper**, deseeded and sliced
- 10 **large eggs**
- 180 millilitres of **milk**
- 1 teaspoon of **sea salt**
- A pinch of **black pepper**
- A large handful of **fresh chives**, chopped
- 10 **whole-wheat tortillas**
- 250 grams of **tomato salsa**
- 250 grams of **cheddar cheese**, grated

## INSTRUCTIONS

In a large frying pan heat the oil and add the turkey sausages. Fry until cooked through and lightly browned before removing from the pan with a slotted spoon. Place the sausages on a plate covered with kitchen towel to soak up any excess oil. Leave the leftover oil in the pan to fry the vegetables in, as this will let them soak up the flavour of the sausages giving the dish more intensity.

Add the potatoes to the frying pan and fry over a medium-high heat for around 10 minutes, or until they have turned crispy, stirring every now and then to prevent sticking. Add the red pepper to the pan and cook until it has begun to caramelise and soften.

In a separate pan, whisk together the eggs and milk. Cook the egg mixture over a medium heat and stir regularly until the eggs are nearly cooked through. You will know when they are ready because they should look luxuriant and silky.

Once the red pepper and potatoes are soft and slightly caramelised add the eggs and sausages to the frying pan. Season to your tastes with salt and pepper and then stir a good handful of fresh chives into the mixture. Remove from the frying pan and serve on tortillas with grated cheese and tomato salsa on top. If you do not want cheese and salsa in your burrito, sour cream and guacamole would go great as well.

Bring down the calories in this appetising breakfast by switching the sausages for chicken or turkey breast. Slightly less “breakfast” but who really cares right.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 322 | PROTEIN | 20 |
| CARBS    | 29  | FATS    | 15 |
| FIBRE    | 1   |         |    |





# SHAKSHUKA WITH FETA

SERVES: 1

TOTAL TIME: 35 MINUTES

## INGREDIENTS

2 **eggs**  
30 grams of **feta cheese**  
½ tablespoon of **butter**  
1 **red pepper**, deseeded and sliced  
1 **white onion**, diced  
120 millilitres of **tomato sauce**  
1 teaspoon of dried **basil** or a handful of **fresh basil** leaves  
1 teaspoon of **dried oregano** or a handful of **fresh oregano** leaves  
1 teaspoon of **ground cumin**  
A pinch of **cayenne pepper**  
A pinch of **pepper**

## INSTRUCTIONS

Begin by melting the butter in a small frying pan over a medium heat and then add the sliced red pepper and finely diced onion. Cook gently for around 10 minutes, or until the vegetables have turned soft and golden, stirring often to prevent sticking.

While the vegetables are softening, measure out the spices and the tomato sauce. Once the vegetables are cooked add the sauce and all of the spices except the cayenne pepper. Lower the heat and gently simmer the sauce for around ten minutes.

The sauce should now be looking rich and delicious. At this point, crumble the feta cheese into the pan and make two small hollows in the surface of the sauce by using the back of a spoon. Crack the eggs into the hollows and sprinkle over the cayenne pepper.

Put a lid on the frying pan and let the eggs poach in the tomato sauce. This stage is important, so if you do not have a lid for your frying pan just use any lid that is larger than your pan. Check the eggs often and remove from the heat once the white has set and the yolk has turned golden yellow. Remember, the eggs will continue to cook in the sauce even once the heat has been turned off so if you want a runny yolk take the pan off the heat slightly earlier. When the eggs are cooked to your liking use a large spoon to serve in a bowl.

The word “Shakshouka” is Arabic slang for “a mixture”. Yes, it can also be spelled Shakshouka.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 327 | PROTEIN | 19 |
| CARBS    | 15  | FATS    | 21 |
| FIBRE    | 3   |         |    |



Eggs contain the highest quality protein you can buy. Cheap too.





# EGG MUFFINS

SERVES: 12

TOTAL TIME: 35 MINUTES

## INGREDIENTS

12 rashers of **lean turkey bacon**  
The whites of 15 **eggs**  
3 small **eggs**  
70 grams of **lean turkey sausage**, chopped  
1 **red bell pepper**, deseeded and sliced  
60 grams of **baby spinach** or chopped regular **spinach**  
½ **white onion**, diced  
1 clove of **garlic**, crushed  
½ **jalapeno chilli pepper**, finely sliced  
1½ teaspoon of **salt**  
1 teaspoon of **black pepper**

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Coat a muffin tin or individual muffin cups with a little cooking spray to prevent sticking. Wrap a slice of turkey bacon around the inside of each muffin tin and create a layer of spinach at the bottom of each.

Add the onion, garlic and jalapenos to a frying pan and sauté until the onions are translucent, the garlic is beginning to caramelize and the jalapenos are releasing a spicy aroma. You will know when the mixture is cooked as it will smell irresistible.

Once the onion mixture is cooked take it off the heat and divide it between the muffin tins creating a layer of onion on top of the spinach. On top of this, add the sausage and bell pepper.

Meanwhile, in a large bowl whisk the eggs whites, whole eggs, salt and pepper together. Once the eggs are well combined, pour them into the muffin tins so that the vegetables are submerged, this will prevent them from burning in the oven. Bake for 25 minutes, or until golden brown on top, and serve.

These are also splendid with some cheese for those of you less concerned about calories.

## MACROS PER PORTION

|          |    |         |    |
|----------|----|---------|----|
| CALORIES | 88 | PROTEIN | 11 |
| CARBS    | 1  | FATS    | 4  |
| FIBRE    | 1  |         |    |





# SLOW COOKED APPLE PIE OATMEAL (V)

SERVES: 5

---

TOTAL TIME: 4-8 HOURS

---

## INGREDIENTS

100 grams of steel-cut or Irish **oats**  
400 millilitres of **unsweetened almond milk**  
2 medium **apples**, chopped into 1 cm cubes  
1 teaspoon of **coconut oil**  
1 teaspoon of **ground cinnamon**  
¼ teaspoon of ground or **freshly grated nutmeg**  
2 tablespoons of **maple syrup**  
A squeeze of **lemon juice**

## INSTRUCTIONS

Add all the ingredients to your slow cooker. Stir the mixture together until well combined and then cook it on a low heat for 8 hours or a high heat for 4 hours. By this point the oatmeal mixture will have thickened and will be the consistency of porridge.

Give the oatmeal a good stir and then finish with your favourite toppings. We recommend peanut butter and chopped apples but anything goes well with this breakfast classic including a little protein powder if you wish to increase the protein content.

The oatmeal can be kept in the fridge for up to one week. The dish can be reheated in the microwave or on the stove but keep in mind that the oats will continue to absorb liquid when in the fridge so we recommend adding a splash of almond milk to the mixture to loosen it up.

Oat groats, the most intact and whole form of oats, take a long time to cook. For this reason, most people prefer rolled, crushed or steel-cut oats.

## MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 180 | PROTEIN | 5 |
| CARBS    | 31  | FATS    | 5 |
| FIBRE    | 5   |         |   |



There are an array of regional variations on the “full english”.





# FULL ENGLISH BAKED EGGS (V)

SERVES: 2

TOTAL TIME: 25 MINUTES

## INGREDIENTS

60 grams of **vegetarian bacon**  
2 **mushrooms**, cut into chunky slices  
2 **tomatoes**, diced  
4 **eggs**  
30 grams of **cheddar cheese**, grated  
A pinch of **black pepper**

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Fry the vegetarian bacon over a low-medium heat, turning occasionally, until crisp (Around 8-10 mins).

Add the mushrooms, tomatoes and bacon to two large ramekins or small bowls. Crack the eggs into each dish over the vegetable and bacon mixture and then crumble the cheddar over the whites of the eggs. Sprinkle over a pinch of black pepper and bake for around 15 minutes, or until the cheese has melted and the eggs are cooked to your liking. If you like a runny yolk take the ramekins out of the oven slightly earlier.

Vegetarian bacon, also referred to as veggie bacon, vacon, or facon. It is mostly made from marinated

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 239 | PROTEIN | 16 |
| CARBS    | 8   | FATS    | 16 |
| FIBRE    | 2   |         |    |



# SIDES & SMALL PLATES











Aubergines contain a very miniscule amount of nicotine, 0.01%.





# STEAMED AUBERGINES AND PEANUT DRESSING (V)

SERVES: 4

TOTAL TIME: 20 MINUTES

## INGREDIENTS

350 grams of **baby aubergines**, halved lengthways  
1 tablespoon of **peanut butter**  
1 tablespoon of **soy sauce**  
1 tablespoon of **rice wine vinegar**  
1 tablespoon of **caster sugar**  
1 tablespoon of **chin chow chilli oil**, plus extra to serve  
2 teaspoons of **sesame seeds**  
2 **spring onions**, thinly sliced  
A handful of **fresh coriander**, chopped

## INSTRUCTIONS

Begin by placing the baby aubergines into a steamer above a pan of gently simmering water. Leave the aubergines to steam for around 15 minutes, or until they have softened and lost their firm texture.

While the aubergine is steaming, make the peanut dressing by combining the peanut butter, soy sauce, rice vinegar, sugar and chilli oil in a bowl. If the sauce is too thick or is not combining then just add a splash of boiling water. Meanwhile, heat a frying pan and quickly toast the sesame seeds until lightly browned and aromatic.

Arrange the aubergines on a platter. Drizzle over the sauce and scatter the sesame seeds, spring onions and fresh coriander on top. If you want to add some extra heat to the dish drizzle some chilli oil across the aubergines and enjoy.

Chin chow chilli oil contains garlic, ginger and chilli flakes which if you can't get a hold of good old chilli oil

## MACROS PER PORTION

|          |    |         |   |
|----------|----|---------|---|
| CALORIES | 87 | PROTEIN | 3 |
| CARBS    | 5  | FATS    | 6 |
| FIBRE    | 3  |         |   |





# GREENS WITH CRISPY ONIONS (V)

SERVES: 8

TOTAL TIME: 45 MINUTES

## INGREDIENTS

1 kilogram of **dandelion greens**, chard and kale, stemmed and roughly chopped

2 tablespoons of **extra-virgin olive oil**

2 **white onions**, 1 sliced and 1 finely diced

2 cloves of **garlic**, crushed

The juice of 1 **lemon**

Bunch of **coriander**, stems chopped and leaves reserved

A pinch of **sea salt**

## INSTRUCTIONS

Bring a large pot of water to the boil. Add the greens to the water in batches and cook each batch until tender - this should only take around 3 minutes per batch. Once cooked, transfer the greens to a colander and allow them to drain and cool. When cool enough to handle, wrap the greens in a clean dishtowel or muslin cloth and squeeze until dry. This stage is crucial as leafy greens hold a surprising amount of water and it is important to get as much out as possible.

Meanwhile, add the olive oil and sliced onion to a frying pan on a medium heat and sauté for around ten minutes until the onions become caramelised and crispy. Remove the crispy onions from the pan and add the diced onion and garlic. Cook these until the onion turns translucent and the garlic smells amazing.

Once the diced onion and garlic are cooked, add the greens and the coriander stems and stir together over a low heat. Once the mixture is well-combined and smelling fragrant remove from the heat. Before serving, scatter over the coriander leaves and a pinch of sea salt and squeeze over the lemon juice to add some freshness to the dish.

Any of the greens can be switched in this dish. Dandelion greens are a little less common than most but if you can find them they are delicious.

## MACROS PER PORTION

|          |    |         |   |
|----------|----|---------|---|
| CALORIES | 96 | PROTEIN | 2 |
| CARBS    | 7  | FATS    | 7 |
| FIBRE    | 3  |         |   |



The Belgians and the French argue over who invented French fries.





# BAKED FRENCH FRIES (V)

SERVES: 6

TOTAL TIME: 50 MINUTES

## INGREDIENTS

400 grams of **potatoes** (preferably russet), sliced into chips  
1 litre of **water**  
1½ teaspoons of **salt**  
1 tablespoon of **sugar**  
1 tablespoon of **olive oil**

## INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7.

Peel the potatoes and slice them into chunky chips. In a large bowl, add salt and sugar to the water and drop in the potato slices before leaving them to soak for around 5 minutes. Soaking the potatoes draws moisture out of them so that they will become even crisper in the oven.

Once the potatoes have soaked, drain them and pat them dry with a dishtowel. In a large bowl coat the potatoes with the salt and olive oil. The easiest way to do this is to toss them with your hands.

After the potatoes have been evenly coated in olive oil spread them onto a large baking tray that has been coated with a non-stick cooking spray. Bake the chips for around 25 minutes at 220°C/425°F/gas 7 and then flip them with a spatula before raising the temperature to 260°C/500°F/gas 10. Bake at the higher temperature for 10 minutes, until the chips look crisp and golden.

For this recipe make sure that your oven has reached the correct temperature before putting the chips into bake, as a hot oven is essential for restaurant-quality chips.

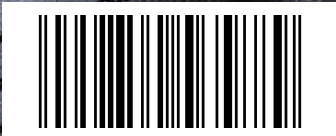
French Fries were made official when Thomas Jefferson was president. He actually served them for dinner but called them, “potatoes, fried in the French

## MACROS PER PORTION

|          |    |         |   |
|----------|----|---------|---|
| CALORIES | 85 | PROTEIN | 1 |
| CARBS    | 15 | FATS    | 2 |
| FIBRE    | 1  |         |   |



Turnips belong to the mustard family.





# MASHED ROOT VEGETABLES (V)

SERVES: 4

TOTAL TIME: 40 MINUTES

## INGREDIENTS

400 grams of **turnip**, peeled and chopped into 2 cm chunks

300 grams of **carrots**, peeled and chopped into 2 cm chunks

300 grams of **parsnips**, peeled and chopped into 2 cm chunks

1 **white onion**, sliced

2 tablespoons of **butter**

50 millilitres of **milk**

½ teaspoon of **salt**

¼ teaspoon of **black pepper**

## INSTRUCTIONS

In a large pot add the turnip, carrot, parsnip and onion and add enough water to cover. Over a medium-high heat, bring the pot to the boil, cover with a lid and allow to simmer for around 30 minutes, or until all the vegetables are soft enough to mash, and then drain.

Return the vegetables to the pot before adding the butter, milk, salt and pepper. Begin mashing the vegetables using a potato masher. You want the vegetables to retain some of their texture so make sure you do not mash them completely smooth.

Root vegetables are hugely interchangeable. Don't be afraid to try different combinations. Beetroot adds some incredible colour to this dish.

## MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 167 | PROTEIN | 3 |
| CARBS    | 27  | FATS    | 6 |
| FIBRE    | 7   |         |   |







# MEDITERRANEAN ROASTED VEGETABLES (V)

SERVES: 4

---

TOTAL TIME: 1 HOUR

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## INGREDIENTS

- 1 large **red onion**, cut into wedges
- 2 large **bell peppers**, deseeded and sliced
- 2 **courgettes**, chopped
- 1 medium **sweet potato** (alternatively use 200 grams of **mushrooms**), chopped into 3cm chunks
- 2 tablespoons of **extra-virgin olive oil**
- A pinch of **sea salt**

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Place the chopped vegetables in a large roasting tray and drizzle with olive oil and sprinkle over a pinch of sea salt, making sure that all the vegetables are evenly coated.

Cover the tray with tin foil and roast for 20 minutes before uncovering it and roasting for around 30 minutes longer, or until the sweet potato is tender. By now the vegetables should be soft and caramelised.

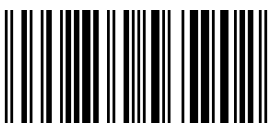
Cool the vegetables on a rack and then divide them into servings, which can either be eaten straight away, kept in the fridge for a week or in the freezer for 3 months. Roast vegetables are incredibly versatile. They make a healthy addition to any pizza or pasta dish and can be made into delicious Mediterranean style salads and sandwiches.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 138 | PROTEIN | 3  |
| CARBS    | 17  | FATS    | 63 |
| FIBRE    | 4   |         |    |



The word  
pomegranate  
means apple  
with many  
seeds.





# CUCUMBER AND POMEGRANATE SALAD

SERVES: 5

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

- 2 large **cucumbers**
- A good handful of **coriander**, chopped
- The seeds of 1 **pomegranate**
- 3 tablespoons of **extra-virgin olive oil**
- The juice of 1 **lime**
- 1 **spring onion**, sliced
- ½ teaspoon of **salt**
- A pinch of **black pepper**
- 50 grams of **feta cheese**

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## INSTRUCTIONS

Begin by peeling the cucumbers and halving them lengthwise. Scoop out the seeds using a spoon and then cut the cucumber into slices. In a large bowl, combine the cucumber with the coriander, pomegranate seeds, olive oil, lime juice, spring onion, salt and pepper. Mix well and serve with feta crumbled on top.

### MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 162 | PROTEIN | 4  |
| CARBS    | 11  | FATS    | 12 |
| FIBRE    | 3   |         |    |

# MAINS



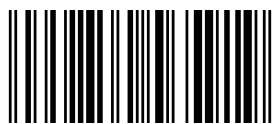








Chicken Korma  
has its roots in  
the royal kitchens  
of the 16th  
century Mughal.





# CHICKEN KORMA

SERVES: 2

TOTAL TIME: 45 MINUTES

## INGREDIENTS

- ½ **white onion**, diced
- 2 **garlic cloves**, crushed
- 200 grams of **chicken breast fillets**, cut into 3 cm pieces
- 2 teaspoons of **sunflower oil**
- 1 tablespoon of **butter**
- 1 teaspoon of **ground turmeric**
- 1 tablespoon of **garam masala**
- ½ teaspoon of **chilli powder**
- ½ tablespoon of **caster sugar**
- 125 grams of **low fat plain yoghurt**
- 30 millilitres of **coconut milk**
- 20 grams of **flaked almonds**

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

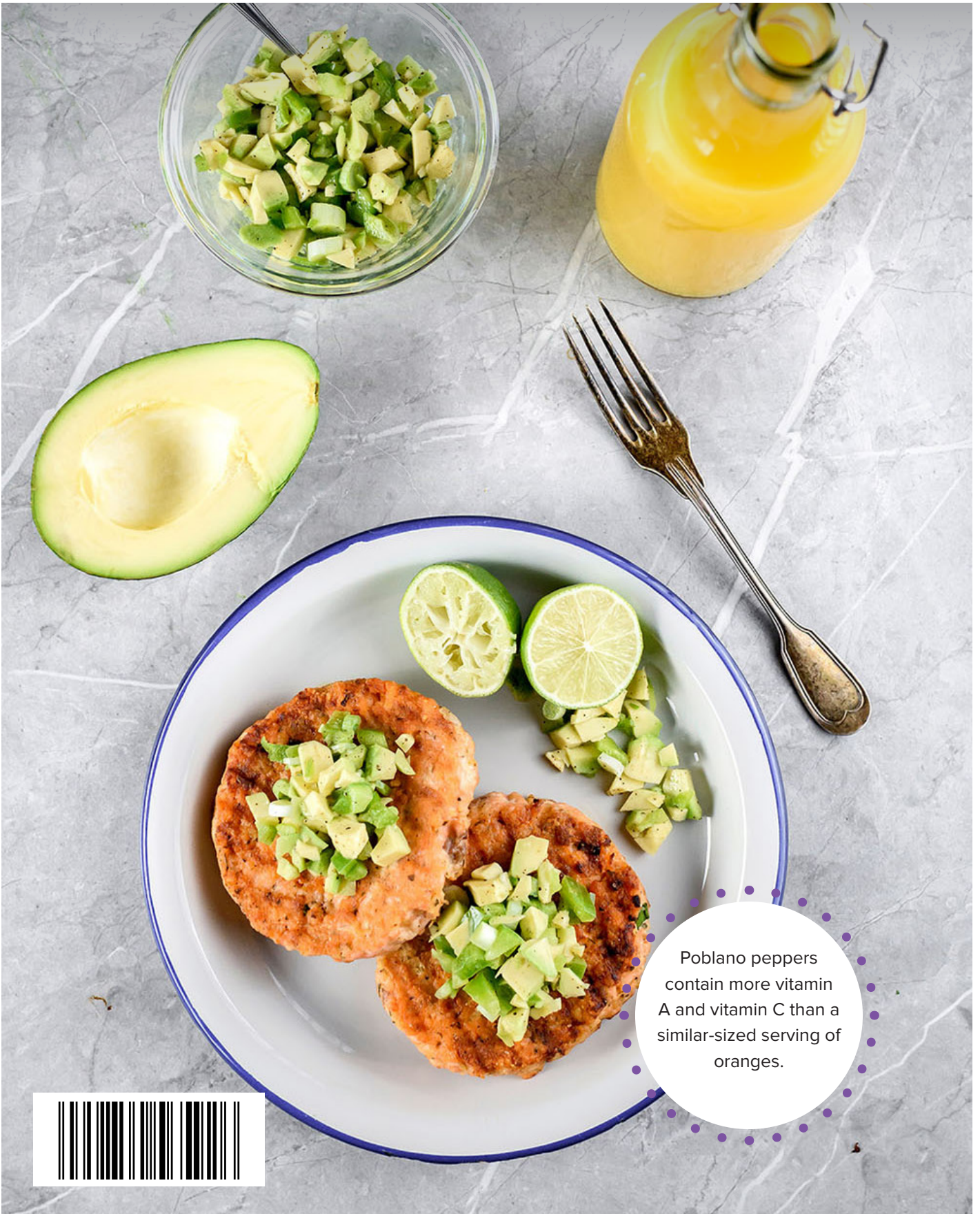
Heat the oil and butter in a pan and gently fry the onion for around 3 minutes until it has turned translucent. Then add the garlic and fry until both have begun to caramelize. At this point, add the turmeric, garam masala, chilli powder and sugar to the pan and let the spices roast for around 1 minute, or until they smell incredible. Once the onion and spice mixture is cooked, stir in the yoghurt and coconut milk. Let this gently simmer for a few minutes and remove from the heat.

Place the pieces of chicken into a casserole dish and pour over the yoghurt sauce. Cover the dish and bake in the oven for around 30 minutes until the chicken is cooked and is well marinated in the sauce. Before serving, sprinkle flaked almonds over the curry.

Feel free to alter the meat used in this dish or switch in some Paneer (A type of cheese) if you want it to be

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 400 | PROTEIN | 35 |
| CARBS    | 18  | FATS    | 21 |
| FIBRE    | 2   |         |    |



Poblano peppers contain more vitamin A and vitamin C than a similar-sized serving of oranges.





# SALMON BURGERS WITH AVOCADO SALSA

SERVES: 4

TOTAL TIME: 28 MINUTES

## INGREDIENTS

450 grams of **salmon fillet**

50 grams of **panko breadcrumbs**

1 **egg**

2 **spring onions**, finely sliced

½ **poblano pepper**, deseeded and sliced

The juice of 1 **lemon** or 1 **lime**

½ teaspoon of **salt**

¼ teaspoon of **black pepper**

### **Avocado salsa:**

1 large ripe **avocado**, peeled, stoned and chopped

½ **poblano pepper**, deseeded and sliced

2 **spring onions**, finely sliced

The juice of 1 **lemon** or 1 **lime**

½ teaspoon of **salt**

¼ teaspoon of **black pepper**

## INSTRUCTIONS

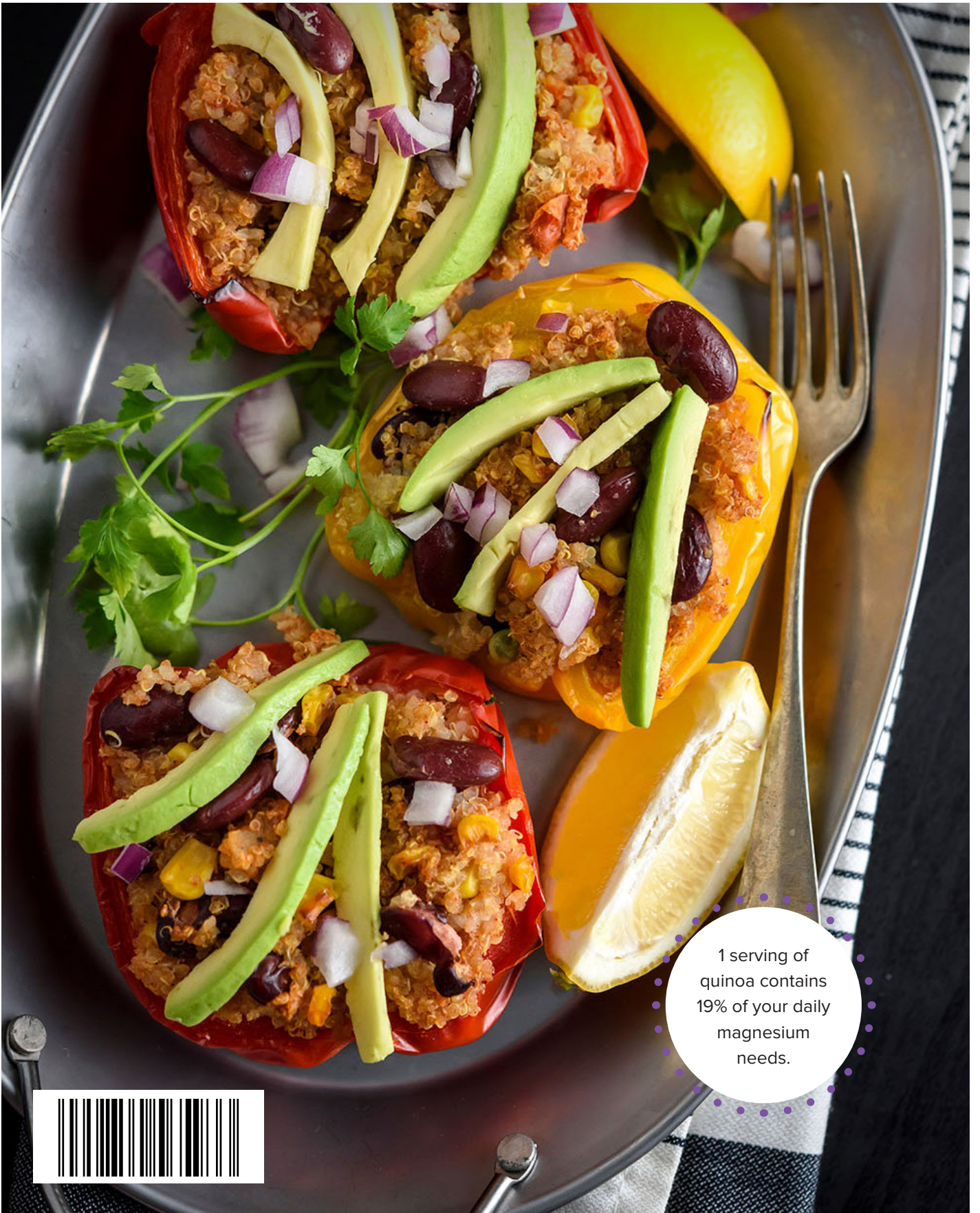
Begin by skinning and chopping the salmon fillet into small chunks. In a large bowl, combine the salmon, panko breadcrumbs, poblano pepper, egg, spring onions, lemon or lime juice, salt and pepper. Once all the ingredients are well mixed use your hands or a large spoon to divide the mixture into patties. The easiest way to get a consistent shape and size is to mould them with your hands. Place the patties on a medium-hot griddle pan, or alternatively an outdoor barbeque to give it a smoky flavour, and grill for around four minutes on each side until the salmon is cooked through.

The avocado salsa is simple but really effective - all you have to do is combine all the ingredients in a large bowl and mix well. Top the salmon burgers with the salsa and serve with or without a bun.

This dish can also be created using tinned salmon as a substitute for the fresh salmon.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 353 | PROTEIN | 25 |
| CARBS    | 12  | FATS    | 23 |
| FIBRE    | 4   |         |    |



1 serving of quinoa contains 19% of your daily magnesium needs.





# QUINOA STUFFED SPANISH PEPPERS (V)

SERVES: 4

TOTAL TIME: 1 HOUR 15 MINUTES

## INGREDIENTS

300 grams of **quinoa** (alternatively use **rice** if you cannot find **quinoa**)

½ litre of **vegetable stock**

4 **bell peppers**, deseeded and halved

100 grams of **tomato salsa**

1 tablespoon of **nutritional yeast** (optional)

2 teaspoon of **cumin powder**

1½ teaspoons of **chilli powder**

1½ teaspoons of **garlic powder**

1 400g tin of **black beans**

Toppings:

1 **avocado**, stoned and peeled

The juice of 1 **lime**

**Hot sauce**

A handful of **coriander**, chopped

1 **red onion**, diced

## INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.

Thoroughly rinse the quinoa and add it to a ½ litre pot of vegetable stock. Bring the stock to a boil over a high heat and then reduce the heat, cover and let the quinoa simmer until all the stock is absorbed. This should take around twenty minutes and by the end the quinoa should look fluffy.

Brush the halved peppers with high heat oil, such as avocado oil. Add the cooked quinoa to a large mixing bowl and add the remaining ingredients. Mix well and then adjust the seasoning to your taste by adding salt, black pepper or more spices.

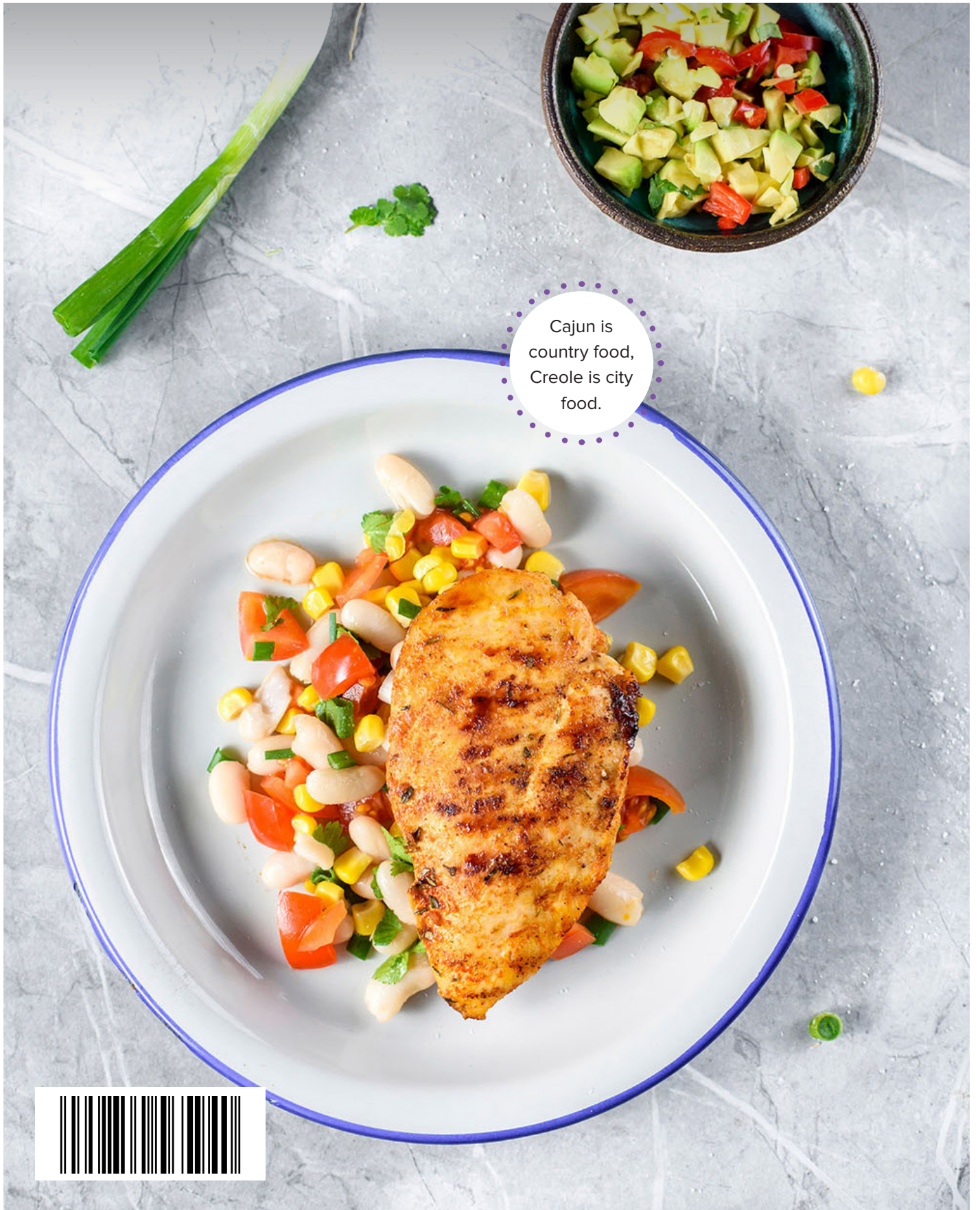
Generously stuff the halved peppers with the quinoa, remembering that the mixture will shrink in the heat of the oven. Place the peppers in a non-stick baking tray and bake in the oven for around 30 minutes, or until the skin of the peppers is slightly charred.

Serve the stuffed peppers with your favourite toppings. We recommend sliced avocado, a squeeze of lime or even a dash of hot sauce. The stuffed peppers are best served immediately but leftovers can be kept in the fridge for around 3 days and reheated in the oven at 190°C (375°C).

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 311 | PROTEIN | 14 |
| CARBS    | 59  | FATS    | 3  |
| FIBRE    | 11  |         |    |





Cajun is country food, Creole is city food.



# CAJUN GRILLED CHICKEN

SERVES: 2

TOTAL TIME: 25 MINUTES

## INGREDIENTS

1 teaspoon of **rapeseed oil**  
½ teaspoon of **dried oregano**  
½ teaspoon of **dried thyme**  
1 teaspoon of **smoked paprika**  
½ teaspoon of **cayenne pepper**  
1 **garlic clove**, crushed  
4 skinless and boneless **chicken breasts**  
Cannellini bean **salad**:  
200 grams of **cannellini beans**  
2 **tomatoes**, diced  
85 grams of **sweetcorn**  
2 **spring onions**, finely sliced  
25 grams of **sundried tomatoes**, roughly chopped  
The juice and zest of 1 **lime**  
A handful of **coriander**, chopped  
Guacamole:  
1 **avocado**, peeled and stoned  
¼ **red chilli**, deseeded and finely diced  
½ tablespoon of **olive oil**  
The juice of 1 **lime**  
A handful of **coriander**, chopped

## INSTRUCTIONS

Mix together the rapeseed oil, herbs, spices and garlic in a sealable bag. Place the chicken breasts in the bag so that they are covered in the oil and herb mixture. Tenderise the marinating chicken by bashing it with a rolling pin, this will help it absorb the flavours, and then leave it to marinate for at least 15 minutes.

In a large bowl, mix together all the ingredients for the bean salad. Make sure the ingredients are well combined and then set it aside for the time being.

For the guacamole, scoop out the flesh from the avocado and put it in a medium bowl and mash it with the back of a spoon until it reaches your desired consistency. Add the remainder of the ingredients for the guacamole and mix well. If you prefer your guacamole smooth, mash the avocado with the olive oil and lime juice before adding the other ingredients.

Once the chicken has marinated for 15 minutes, heat the grill. Place the chicken on a baking tray and grill for around 5 minutes, or until the top side is golden brown. Turn the chicken and grill for a further 5 minutes. After this, check if the breast have cooked through and remove from the heat. Serve each Cajun chicken breast with a side of Cannellini bean salad and a dollop of guacamole.

Feel free to use a ready made cajun spice mix if you want. Alternatively make a batch to keep for future

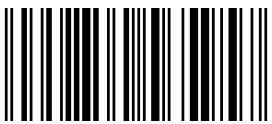
## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 491 | PROTEIN | 48 |
| CARBS    | 30  | FATS    | 20 |
| FIBRE    | 12  |         |    |





Elizabeth the first had peas imported as they were very expensive.



# PEA, CHILLI AND MINT RISOTTO

SERVES: 2

---

TOTAL TIME: 50 MINUTES

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## INGREDIENTS

- 1 tablespoon of **vegetable oil**
- 1 **white onion**, diced
- 3 **garlic cloves**, crushed
- 200 grams of **risotto rice**
- 1 litre of chicken or **vegetable stock**
- 300 grams of **frozen peas**
- 25 grams of an **Italian hard cheese**, such as **parmesan** or **pecorino**
- The juice and zest of 1 **lemon**
- 2 slices of **stale bread**
- 2 **red chillies**, deseeded and sliced
- A small handful of **mint**, chopped

## INSTRUCTIONS

Begin by heating the oil in a large pan over a low heat. Add the onion and garlic and cook gently for five minutes so that they soften without colouring. Turn up the heat and stir in the rice. Let it fry for a few minutes and then begin to add the stock.

Add the stock a ladleful at a time, allowing each ladleful to be absorbed by the rice before adding another. The stock should all be absorbed after around 20 minutes and the rice should be al-dente. Remember to continually stir the risotto to prevent sticking and to give it a creamy texture.

Meanwhile, place the peas in a colander and pour over boiling water to defrost them. Tip the peas into a bowl and roughly mash them with a potato masher.

Once the rice has absorbed all the stock, remove it from the heat and stir in the mashed peas, cheese and lemon juice and season well. Heat some oil in a frying pan and crumble in the stale bread, the chilli and lemon zest and fry until the bread has turned a golden brown.

To serve the risotto, sprinkle over the bread, chilli and lemon to give it a crunchy zing and scatter over the mint for some added freshness.

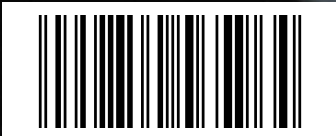
## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 747 | PROTEIN | 39 |
| CARBS    | 108 | FATS    | 14 |
| FIBRE    | 16  |         |    |





Arroz con Pollo simply means Rice with Chicken.



# SLOW-COOKER ARROZ CON POLLO

SERVES: 8

TOTAL TIME: 6 HOURS AND 30 MIN

## INGREDIENTS

3 large **bell peppers**, deseeded and sliced  
1 **white onion**, diced  
3 cloves of **garlic**, crushed  
1 400 gram tin of **passata**  
1 400 gram tin of **chopped tomatoes**  
350 millilitres of **chicken stock**  
2 tablespoons of **chilli powder**  
1 tablespoon of **paprika**  
A pinch of **sea salt**  
½ teaspoon of **ground pepper**  
½ teaspoon of **ground cumin**  
½ teaspoon of **saffron** or ¼ teaspoon of **ground turmeric**  
800 grams of skinless **chicken thighs**  
250 grams of **instant brown rice**  
125 grams of **peas**  
A handful of **green olives**, stoned and chopped  
A handful of **coriander**, chopped

## INSTRUCTIONS

Combine the bell peppers, onion, garlic, passata, chopped tomatoes, stock, spices and salt and pepper in a large slow cooker. Once the mixture is well mixed, place the chicken in the slow cooker and make sure it is completely submerged so that it can marinate in the spices.

Put a lid on the slow cooker and let it simmer on a low heat for 5½ hours. Once the time is up, stir in the rice and peas and adjust the seasoning if necessary. Cook until the rice is tender and most of the liquid has been absorbed, this should take around 30 minutes. Using two forks, shred the chicken in the slow cooker - it should be so soft it just falls off the bone.

To serve, scatter over some roughly chopped green olives and coriander leaves.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 299 | PROTEIN | 29 |
| CARBS    | 34  | FATS    | 6  |
| FIBRE    | 5   |         |    |





Ratatouille means "to stir up"



# SAUSAGE RATATOUILLE

SERVES: 6

TOTAL TIME: 45 MINUTES

## INGREDIENTS

- 12 butcher's style **sausages**
- 2 **red onions**, cut into wedges
- 2 **garlic cloves**, crushed
- 200 grams of **courgette**, sliced
- 1 **aubergine**, sliced
- 2 **bell peppers**, deseeded and sliced
- A few sprigs of **fresh rosemary**
- 2 tablespoons of **extra-virgin olive oil**
- 200 grams of **cherry tomatoes**

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Place the sausages into a large roasting tray and cook them in the oven for 5 minutes. Once they have browned slightly, remove from the oven and place the vegetables in the tin. Sprinkle over the rosemary and drizzle with olive oil, making sure all the vegetables are evenly covered.

Roast the vegetables and sausages in the oven for 25 minutes. After this, turn the sausages and vegetables and cook for a further 5 minutes to ensure they are well cooked all over before removing from the oven. By this point, the vegetables should look deliciously charred and the sausages should have turned golden brown.

You can try this with any type of sausage you wish. If you want to bring down the calories and fat a little try opting for reduced fat, chicken or turkey sausages.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 262 | PROTEIN | 11 |
| CARBS    | 12  | FATS    | 19 |
| FIBRE    | 2   |         |    |





# BEEF AND LEEK LASAGNE

SERVES: 6

TOTAL TIME: 1 - 2 HOURS

## INGREDIENTS

- 2 **leeks**, trimmed to length of your **lasagne dish**
- 1 **white onion**, diced
- 1 **white onion**, cut into wedges
- 2 **celery sticks**, diced
- 2 **carrots**, peeled and diced
- 500 grams of **beef mince**
- 2 **garlic cloves**, crushed
- 150 grams of **chestnut mushrooms**, roughly chopped
- 2 tablespoons of **plain flour**
- 150 millilitres of **red wine**
- 200 millilitres of **beef stock**
- 1 400 gram tin of **chopped tomatoes**
- 2 tablespoons of **tomato puree**
- 1 teaspoon of **dried oregano**
- 2 **bay leaves**
- 500 millilitres of **milk**
- 2 tablespoons of **corn flour**
- A pinch of **freshly grated nutmeg**
- 20 grams of **parmesan cheese**
- 20 grams of **cheddar cheese**

## INSTRUCTIONS

The leeks are a replacement for lasagne so begin by trimming them to the same length as the ovenproof dish you are using. Then cut lengthways through the core but no further – do not cut the leek completely in half. Open the leeks and remove the narrow leaves from the centre, these can be finely sliced and put aside for now. Finally, separate the larger leaves from the rest of the leeks, as these are your 'lasagne' sheets.

Heat a non-stick pan over a medium-high heat and add the beef, leeks, onion, celery, carrots and garlic and fry without added fat for around 10 minutes, or until the beef and vegetables have begun to brown slightly. Stir in the chestnut mushrooms and cook for a few more minutes until they have started to soften. At this stage, the pan should look reasonably dry.

Add the plain flour to the pan and mix well. Add the red wine and beef stock and cook for a few minutes before adding the tinned tomatoes, tomato puree, oregano and 1 bay leaf. Season with freshly ground black pepper and simmer for around 30 minutes.

Meanwhile, make the white sauce by adding the onion wedges, the remaining bay leaf, milk and corn flour to a pan and simmer over a low heat for around 5 minutes until the sauce thickens. If the sauce becomes too thick simply add a splash of milk. Season the sauce with plenty of ground black pepper and a pinch of grated nutmeg.

In another pot, add boiling water and the leek 'lasagne' sheets. Bring to a boil and cook the leeks for five minutes, or until they are very tender. Drain in a colander. It is important that the leeks are soft as otherwise the lasagne will be hard to cut.

Start the lasagne by spooning a layer of mince onto the bottom of the dish and topping this with the leek 'lasagne' sheet. Repeat this until all the leeks and mince are used up, you should have enough for around three layers. Pour over the white sauce and sprinkle the cheddar and parmesan over the top for a deliciously cheesy finish.

Bake the dish in the oven for around 30 minutes, by which point it should be golden on top & bubbling.

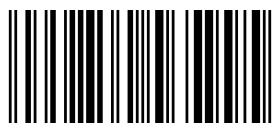
## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 354 | PROTEIN | 29 |
| CARBS    | 22  | FATS    | 15 |
| FIBRE    | 6   |         |    |





Pineapples are not a single fruit, but a group of berries that have fused together.



# HAWAIIAN PIZZA

SERVES: 4

TOTAL TIME: 17 MINUTES

## INGREDIENTS

4 tortilla wraps  
175 grams of onion and garlic passata  
125 grams of wafer thin ham  
1 tin of pineapple sliced, drained and cut into chunks  
70 grams of rocket  
1 ball of mozzarella, roughly chopped  
4 teaspoons of balsamic glaze

## INSTRUCTIONS

Begin by placing two large rimless baking trays in the oven and preheat it to 220°C/425°F/gas 7.

Spread each tortilla with passata making sure to leave a 1 cm gap around the edge of each for the crust. Scatter ham and pineapple over the tortillas and season well.

Transfer the tortillas onto the preheated baking trays and cook for around 5 minutes, or until the bases are crispy and the crust is golden. Serve each pizza with a handful of rocket and shredded fresh mozzarella cheese tossed generously on top and a drizzle of sweet balsamic glaze.

Passata is an uncooked tomato purée that has been strained of seeds and skins. It originated in Italy but is used throughout Europe. It is not the same as tomato

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 221 | PROTEIN | 13 |
| CARBS    | 31  | FATS    | 5  |
| FIBRE    | 7   |         |    |





# ITALIAN TURKEY AND PENNE

SERVES: 2

TOTAL TIME: 35 MINUTES

## INGREDIENTS

1 teaspoon of **dried Italian seasoning, crushed**  
¼ teaspoon of **smoked paprika**  
¼ teaspoon of **black pepper**  
⅛ teaspoon of **crushed red pepper**  
250 grams of **ground turkey breast**  
2 cloves of **garlic**, crushed  
1 **white onion**, diced  
200 millilitres of **water**  
60 grams of multi-grain **penne pasta**  
200 grams of **tomato sauce**  
¼ teaspoon of **sea salt**  
150 grams of **baby spinach**  
3 tablespoons of **parmesan cheese**

## INSTRUCTIONS

Begin by combining the Italian seasoning, paprika, black pepper and crushed red pepper in a large bowl before adding the ground turkey and garlic. Use a large spoon or your hands to make sure the turkey is well coated in the spices.

Heat a large non-stick frying pan over a medium-high heat and add the onion. Cook for 5 minutes until it begins to soften and turn translucent. At this stage, add the ground turkey mixture and cook until it has begun to turn a golden brown. This should take around 8 minutes and it is best to use a large spoon to break up the meat as it cooks.

Once cooked, remove the turkey from the frying pan. In its place add the water and bring to the boil over a high heat. Add the pasta to the water and cook until it is al-dente. Drain the pasta, reserving 50 millilitres of cooking water, before returning the pasta and cooking water to the pan alongside the tomato sauce and turkey. Heat the dish thoroughly. Just before serving, throw in the spinach allowing it to wilt and generously scatter over the parmesan cheese.

Penne makes an excellent and versatile pasta for many applications because of its very practical design. The hollow center allows it to hold sauce, while the

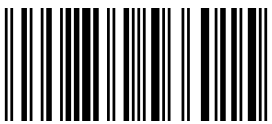
## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 329 | PROTEIN | 39 |
| CARBS    | 35  | FATS    | 5  |
| FIBRE    | 8   |         |    |





Flank steak is a cut of beef taken from the abdominal muscles or lower chest of the steer.



# MISO MARINATED FLANK STEAK

SERVES: 5

TOTAL TIME: 3 HOURS

## INGREDIENTS

- 80 millilitres of **sake**
- 60 millilitres of **mirin**
- 1 tablespoon of **soy sauce**
- 1 teaspoon of **fresh ginger**, minced
- 1 teaspoon of **sugar**
- 2 tablespoons of **white miso**
- 1 **flank steak**, trimmed
- 1 tablespoon of **peanut oil**

## INSTRUCTIONS

To make the marinade for the flank steak begin by heating the sake, mirin, soy sauce, ginger and sugar in a small saucepan over a medium-high heat. Once the mixture begins to boil, remove it from the heat and whisk in the miso until it has fully dissolved.

Place the steak in a sealable plastic bag and pour in the marinade making sure the steak is fully submerged. Keep the steak marinating in the fridge for between 2 hours and 1 day.

After the steak has marinated, remove it from the bag and let it to rest at room temperature for 40 minutes. Meanwhile, preheat your grill to a medium-high heat. Pat the steak dry and brush with oil before placing on the grill rack and cooking for 6 minutes per side, or until the meat thermometer inserted into the steak reads 50°C (125°F). This will give you a perfect medium-rare steak but if you like your steak more well-done then keep it under the grill for longer.

Once cooked the way you wish, transfer the steak to a chopping board and leave to rest for 5 minutes. To serve the steak, cut it diagonally across the grain into 1 centimetre slices.

Miso is a traditional Japanese seasoning produced by fermenting soybeans with salt and koji and sometimes rice, barley, seaweed or other ingredients.

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 239 | PROTEIN | 28 |
| CARBS    | 1   | FATS    | 12 |
| FIBRE    | 0   |         |    |





Filo or phyllo is Greek for “leaf” or “sheet”.



# MOROCCAN FILO PIE

SERVES: 4

TOTAL TIME: 1 HOUR 30 MINUTES

## INGREDIENTS

1 **bell pepper**, deseeded and sliced  
15 grams of **dried porcini mushrooms**  
5 tablespoons of **extra-virgin olive oil**  
1 large **white onion**, diced  
2 **garlic cloves**, crushed  
¼ teaspoon of **saffron**  
1 teaspoon of **ground cinnamon**  
½ teaspoon of **ground ginger**  
½ teaspoon of **allspice**  
A handful of **flat-leaf parsley**, chopped  
4 **eggs**, hardboiled, shelled and chopped  
50 grams of **almonds**, toasted  
230 grams of **chestnut mushrooms**, sliced  
2 **carrots**, grated  
A handful of **watercress**, chopped  
7 sheets of **filo pastry**

## INSTRUCTIONS

Begin by preheating the grill to a medium-high temperature and then grilling the pepper on all sides until its skin is well charred. Remove from the oven and place the pepper in a plastic food storage bag, the condensation in the bag will help loosen the skin. When cool, remove from the bag and then skin, deseed and dice the pepper.

Preheat the oven to 180°C/350°F/gas 4. Meanwhile, rehydrate the porcini mushrooms by placing them in hot water. Leave them to soak for 15 minutes before draining and then roughly chop them. Reserve some of the soaking liquid for later.

Heat the oil in a large frying pan and add the onion and garlic. Cook for 5 minutes, or until they have softened and started to caramelise. Add the saffron and spices and toast them in the pan for a minute before adding the chopped parsley and the reserved porcini soaking liquid. Simmer until the liquid has evaporated, it should smell incredible by now, and then stir in the chopped eggs and almonds. Season well with salt and freshly ground black pepper before removing from the heat and setting aside.

In another frying pan heat some more olive oil and fry the porcini and chestnut mushrooms. Cook these on a medium-high heat until they have warmed through and then mix in the carrots, watercress and oven roasted pepper.

To assemble the pie, brush 2 filo pastry sheets with olive oil and use them to line a loose-bottomed cake tin leaving the edges of the pastry hanging over the side. To line the base of the tin, fold another filo sheet in half. Begin filling the pie by spooning the onion and egg mixture over the pastry and then covering with another filo sheet. On top of this, add the mushrooms and top this with 2 more filo sheets, these should then be tucked down the sides of the tin creating a neat parcel. Brush the top of the pie with oil and decorate with the final filo sheet, which should be crumbled into pieces for an impressive finish.

Bake the pie in the oven until it is golden and crisp and then serve.

The spices are the core of this dish and give it the unique flavours. If you can get a hold of it, use ras el hanout spice as a replacement for all the individual

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 304 | PROTEIN | 12 |
| CARBS    | 22  | FATS    | 20 |
| FIBRE    | 5   |         |    |





# COCONUT AND SQUASH DHANSAK (V)

SERVES: 4

TOTAL TIME: 20 MINUTES

## INGREDIENTS

1 tablespoon of **vegetable oil**  
500 grams of **butternut squash**, peeled and chopped into  
2 centimetre chunks  
2 **white onions**, diced  
4 tablespoons of **mild curry paste**  
1 400 gram tin of **chopped tomatoes**  
1 400 gram tin of **coconut milk**  
1 400 gram tin of **lentils**  
200 grams of **spinach**  
150 millilitres of **coconut yoghurt**  
1 **naan bread**

## INSTRUCTIONS

Begin by putting the chopped squash in a bowl with splash of water. Cover this with cling film and microwave for 10 minutes. This should steam the squash and it will quickly become tender. If you prefer, you can also roast the squash in the oven at a medium-high heat for 35 minutes.

While the squash is cooking, heat oil in a large pan and add the onions. Cook until the onions are translucent and soft before adding the curry paste, tomatoes and coconut milk. Let this simmer for 10 minutes until it has thickened into a rich and moreish sauce.

Drain any liquid from the microwaved squash (ignore this step if you have roasted the squash). Add the squash to the sauce with the lentils, spinach and any seasoning it requires. Allow the spinach to wilt in the sauce and then mix in the coconut yoghurt to add some added creaminess.

Serve the curry with toasted naan bread and a dollop of extra yoghurt on the side.

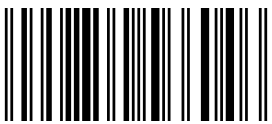
## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 320 | PROTEIN | 9  |
| CARBS    | 29  | FATS    | 17 |
| FIBRE    | 7   |         |    |





Cannellini  
beans are  
also called  
“white kidney  
beans”



# SEA BASS WITH CANNELLINI BEANS

SERVES: 4

TOTAL TIME: 40 MINUTES

## INGREDIENTS

4 skinless **sea bass fillets**  
¾ teaspoon of **sea salt**  
½ teaspoon of **black pepper**  
3 tablespoons of **extra-virgin olive oil**  
5 **garlic cloves**, sliced  
2 teaspoons of **fresh thyme**  
8 **cherry tomatoes**, quartered  
200 millilitres of **chicken stock**  
1 400 gram tin of **cannellini beans**  
140 grams of **baby spinach**  
The juice of 1 **lemon**  
A handful of **olives**, stoned

## INSTRUCTIONS

Begin by sprinkling the fish with a pinch of sea salt and black pepper. Add 1 tablespoon of oil to a frying pan over a medium-high heat and add the fillets of fish. Cook each side of the fish until it reaches your desired level of doneness. We recommend cooking the fish for 3 minutes on either side for medium but just cook for more or less time to suit your own preference. Once the fish is cooked to your liking remove it from the frying pan and wrap it in foil to keep it warm.

Add the garlic to the same frying pan so that it cooks in the same oil as the fish - this will allow the cannellini bean sauce to absorb the flavour of the fish. Fry the garlic until it begins to caramelize and then add the tomatoes and the thyme. After these ingredients have cooked through, add the stock and the cannellini beans. Let the sauce simmer for few minutes and then add the spinach in batches, allowing each batch to wilt before adding the next. Stir in a handful of olives, season to your taste and squeeze over the lemon juice for some added zing.

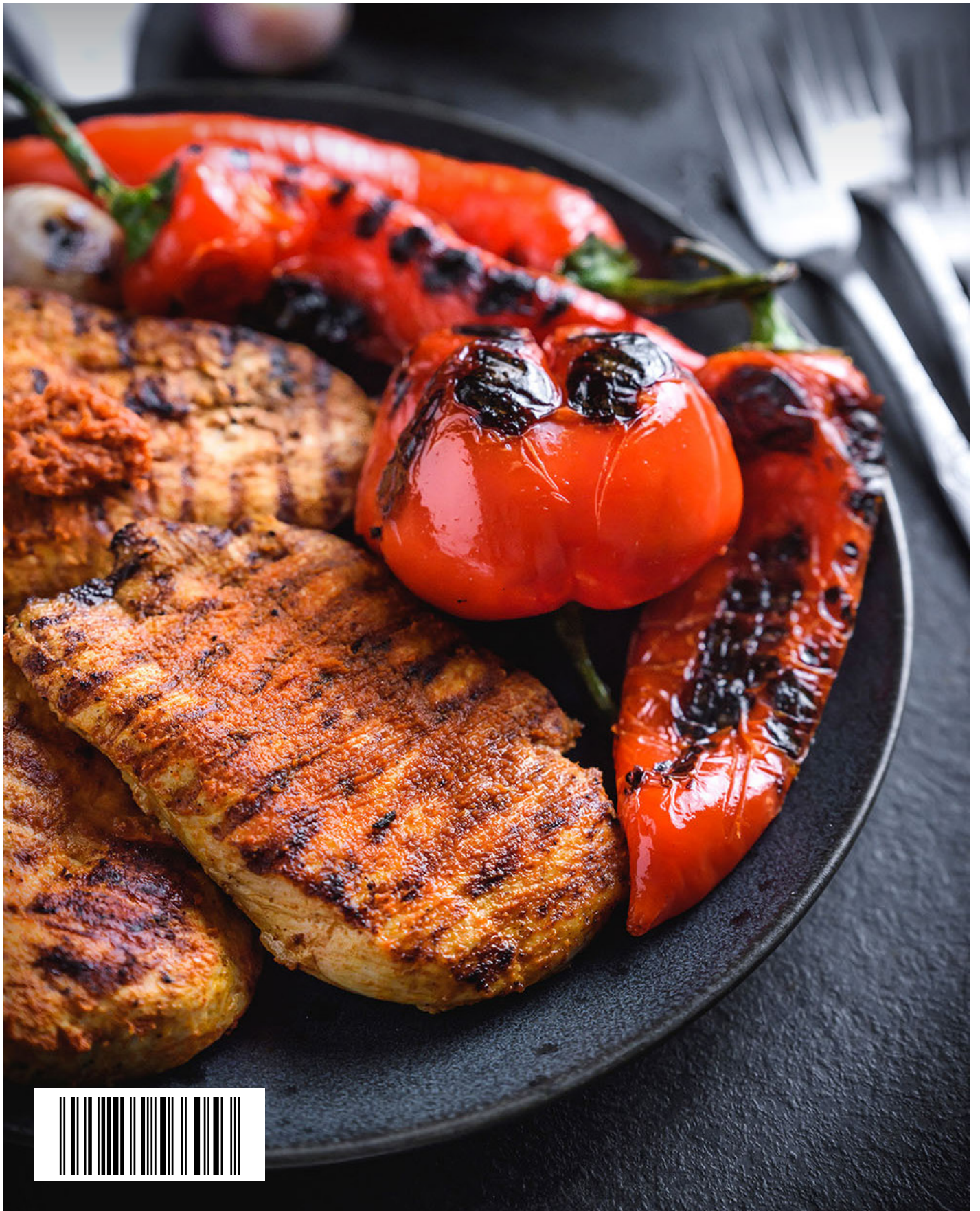
To serve, divide the bean mixture between 4 bowls and nestle a fillet of sea bass into the cannellini beans.

Sea Bass is a pretty expensive fish so a more thrifty version of this dish would utilise tilapia, pollock or

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 382 | PROTEIN | 40 |
| CARBS    | 19  | FATS    | 16 |
| FIBRE    | 6   |         |    |





# RED CURRY CHICKEN THIGHS

SERVES: 4

TOTAL TIME: 2 HOURS AND 45 MINUTES

## INGREDIENTS

- 60 grams of **Thai red curry paste**
- 60 millilitres of **canola oil**
- The juice of 1 **lime**
- 1 tablespoon of **sambal oelek** (Thai ground **fresh chilli** paste)
- 3 **garlic cloves**, crushed
- 8 boneless and skinless **chicken thighs**
- 12 small **bell peppers**, deseeded and sliced
- 8 **Fresno chillies** (or any other variety of **chilli**)
- 2 **shallots**, halved

## INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

In a large bowl, mix together the Thai red curry paste (reserve some for the vegetables), canola oil, lime juice, sambal oelek and garlic. Once the mixture is well combined place half of it in a large sealable bag alongside the chicken. Seal the bag and massage the mixture into the chicken. Keep the marinating chicken in the fridge for between 2 and 24 hours - this will give the chicken plenty of time to absorb the great flavours of the marinade.

Preheat the grill to 230°C/450°F.

Coat the bell peppers, Fresno chillies and shallots with cooking spray and place under the grill. Let them cook uncovered until the skin of the peppers and chillies has charred and bubbled, this should take around 8 minutes. If needed, turn the vegetables occasionally to prevent burning. Remove from the oven and mix the peppers, chillies and shallots in a large bowl with the reserved curry paste and mix well until all the vegetables are coated.

Remove the chicken from the marinade, which can now be discarded. Cook the chicken in the oven uncovered for 12 minutes, turning half way through, or until it is slightly charred like the vegetables. To serve, arrange the vegetables and chicken on a platter and enjoy.

The main ingredients of red curry paste include (dried) red chili peppers, garlic, shallots, galangal, shrimp paste, salt, kaffir lime leaves, coriander root, coriander seeds, cumin seeds, peppercorns and lemongrass. Feel free to get out the mortar and pestle or simple

## MACROS PER PORTION

|          |     |         |    |
|----------|-----|---------|----|
| CALORIES | 423 | PROTEIN | 36 |
| CARBS    | 19  | FATS    | 22 |
| FIBRE    | 4   |         |    |



# DESSERTS

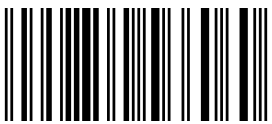








“Before tobacco was introduced in Europe, pear leaves were smoked.”



# POACHED PEARS

SERVES: 2

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TOTAL TIME: 25 MINUTES

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## INGREDIENTS

2 **pears**, peeled, quartered and cored  
The juice of 1 **lemon**  
A pinch of **lemon zest**  
50 grams of **sugar**  
250 millilitres of **water**  
2 **cinnamon sticks**, broken to release their flavour  
(alternatively use 2 teaspoons of **ground cinnamon**)  
200 grams of **natural yoghurt**  
2 tablespoons of **flaked almonds**, toasted  
1 tablespoon of **natural yoghurt**

## INSTRUCTIONS

Begin by heating the water, sugar, lemon zest and juice and cinnamon sticks in a saucepan over a medium heat. Keep stirring the mixture until the sugar dissolves and it forms a syrup.

Once the mixture begins to boil, add the pears. Reduce the heat to a medium-low and let it simmer for 5 minutes, or until the pears are turning tender and have absorbed the flavour of the syrup.

Remove the pan from the heat and allow it to cool for around 10 minutes. Meanwhile, toast the almonds in a dry frying pan.

To serve, remove the pears from the syrup and divide among the serving dishes. Top them with a drizzle of the syrup, a dollop of yoghurt and the flaked almonds, which will add a nutty crunch.

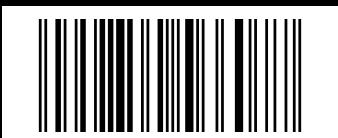
## MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 195 | PROTEIN | 5 |
| CARBS    | 28  | FATS    | 7 |
| FIBRE    | 2   |         |   |





There are 200 seeds on an average strawberry.



# STRAWBERRY SORBET

SERVES: 4

TOTAL TIME: 5 MINUTES

## INGREDIENTS

300 grams of **frozen strawberries**  
1 tablespoon of **honey** or **maple syrup**  
180 millilitres of **cold water**

## INSTRUCTIONS

Begin by adding the frozen strawberries and honey or maple syrup to a food processor. Add half the water and blitz the mixture until it is smooth. If the mixture is not blitzing smooth then gradually add more water until it reaches the correct consistency.

You can serve the sorbet straight away or transfer it to a container and place in the freezer, either way it will be a deliciously refreshing dessert. If frozen, the sorbet will become very solid so we advise removing it from the freezer around 20 minutes before serving.

Experiment with any type of frozen berry for the sorbet. You may need slightly more or slightly less to get the consistency you want dependant on the fruits

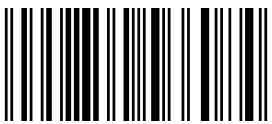
## MACROS PER PORTION

|          |    |         |   |
|----------|----|---------|---|
| CALORIES | 46 | PROTEIN | 1 |
| CARBS    | 10 | FATS    | 0 |
| FIBRE    | 2  |         |   |





“The world’s largest peanut butter and jelly sandwich, made in Texas, weighed 1,342 pounds.”



# PEANUT BUTTER PROTEIN COOKIES

SERVES: 6

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

- 1 ripe banana
- 2 teaspoons of chia seeds
- 3 tablespoons of golden flax seeds
- 1 tablespoon of peanut flour
- 340 grams of vanilla protein powder
- 2 tablespoons of mini dairy free chocolate chips

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## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and line a baking sheet with parchment paper.

Using a hand mixer or a potato masher, blend the banana until it is a smooth and creamy consistency. Add the chia and flax seeds to the banana and mix until they are well combined. Then, stir in the protein powder and peanut flour and mix until just combined. Do not over mix the protein powder and flour as the banana batter will become too hard.

Using your hands, fold the chocolate chips into the batter. You should now have enough batter to make 6 cookies. Use an ice cream scoop to divide the batter and, with the palm of your hand, spread the portions of batter into a cookie shape, as these cookies do not rise in the oven.

Bake the cookies for around 8 minutes until they have turned golden brown and have a firm texture. Remove the cookies from the oven and place them on a rack to cool for 10 minutes before devouring.

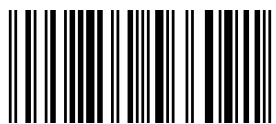
### MACROS PER PORTION

|          |    |         |   |
|----------|----|---------|---|
| CALORIES | 72 | PROTEIN | 4 |
| CARBS    | 8  | FATS    | 3 |
| FIBRE    | 2  |         |   |





Bananas grow on plants that are officially considered a herb.



# BANANA NUT BREAD

**SERVES: 2 LOAFS (26 SLICES)**

**TOTAL TIME: 1 HOUR AND 10 MINUTES**

## INGREDIENTS

7 **ripe bananas**, mashed  
120 millilitres of **apple sauce**  
380 grams of **all purpose flour**  
1½ teaspoons of **baking soda**  
½ teaspoon of **salt**  
4 tablespoons of **butter**, softened  
180 grams of **light brown sugar**  
The whites of 4 **large eggs**  
1 teaspoon of **vanilla extract**  
85 grams of **walnuts**, chopped

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and greasing two loaf tins with baking spray.

In a medium sized bowl, combine the flour, baking soda and salt and then set aside for the time being.

In a large bowl, cream the butter and sugar. The most efficient way to do this is with an electric mixer but if you do not have one the back of a wooden spoon works well. After the butter and sugar have formed a fluffy mixture, add the egg whites, apple sauce and vanilla extract. Whisk this at a medium speed until it has formed thick and glossy mixture. Again, if you do not have an electric whisk stir them together using a wooden spoon.

Gradually add the flour mixture to the larger bowl and blend at a low speed until it has all combined. After the flour has been mixed in, add the mashed bananas and blend at a low speed until it has formed a smooth batter. The last stage before baking is to fold the chopped walnuts into the batter.

Pour the batter into the loaf tins and bake in the middle shelf of the oven for 50 minutes, or until a knife inserted into the centre of the loaf comes out clean.

Remove from the oven and let the loaf cool for 20 minutes, as the bread will be easier to slice at room temperature.

In some supermarkets the best place to find apple sauce is in the baby section.

## MACROS PER PORTION

|          |     |         |   |
|----------|-----|---------|---|
| CALORIES | 127 | PROTEIN | 2 |
| CARBS    | 20  | FATS    | 4 |
| FIBRE    | 1   |         |   |



