



RECIPE E-BOOK

*A WIDE VARIETY OF NUTRITIOUS AND LOW CALORIE MEALS FOR THE
WHOLE FAMILY. PREPARED BY LOUISE CRAIG*



CHICKEN SATAY SKEWERS WITH STIR FRIED BROCCOLI & PAK CHOY.

Ingredients: 2 chicken breasts diced or cut into thick strips.

2 tbsp light soy sauce

2 tbsp fish sauce

1 garlic clove minced.

Broccoli cut into bitesize chunks.

Pak choy chopped.

1 red chilli (optional)

Sesame oil

Sprinkle of sesame seeds

SATAY SAUCE

150g of peanut butter

1 red chilli

1 shallot roughly chopped.

1 knob of ginger peeled and grated.

2 tsp honey

1tbsp soy sauce

1 tbsp fish sauce

200ml coconut milk (low fat optional)

2 garlic cloves minced.

1 lime juiced.

Method. If using wooden skewers soak in water.

1. Marinate the chicken in the soy, fish sauce and garlic for 30 minutes or longer.

2. Make satay sauce. Place chilli, garlic, ginger in a blender (or finely grate and chop chilli) add honey, soy sauce and fish sauce to form a smooth paste.

3. Heat the paste in a pan over a medium heat. Cook for 2 minutes then add the peanut butter, keep stirring making sure it doesn't stick. Add the coconut milk and mix well, if the sauce is too thick add more. Stir in the lime juice and leave to cool.

4. Thread chicken onto skewers and place under a medium grill or onto a griddle pan, cook for a few minutes on each side or until slightly charred all over but cooked through (try not to overcook or it will become dry)

5. While the chicken rests heat a pan or wok add enough water to fill the bottom, once boiling add the broccoli and stalk of the Pak choy (not the leaves). Once soft but with a little crunch drain any excess water. Sprinkle a small amount of sesame oil or plain oil if preferred, add chopped red chilli if using, along with broccoli and all of the the pak choy including leaves. Stir fry for a minute.

6. Serve with a sprinkle of sesame seeds. ENJOY

SWEET POTATO AND CHICKPEA CURRY & SPINACH RICE

Ingredients

- 1 large or 2 medium sweet potatoes peeled and cut into chunks.
- 1 tin chickpeas
- 2 tbsp plain oil (sunflower/vegetable)
- 1 onion
 - 1 red chilli
 - 2-3 garlic cloves
 - 1 thumb size piece of ginger
 - 1 celery stick
- 1 ½ tsp turmeric
- 2 tsp cumin seeds
- 2 tsp smoked paprika
- 2tsp ground coriander
- 1 ½ tsp cinnamon
- 2 tbsp tomato puree
- 1 tin chopped tomato
- 1 chopped red pepper
- Sprinkle of curry leaves
- Salt to taste
- .60-90g brown rice per person or vacuum precooked rice is a great option.
- 1 bag spinach washed and chopped
- Natural yoghurt 2 tsp mint (jar)

METHOD.

1. Blend onion, garlic, ginger, celery and chilli into a paste, or chop finely. Heat oil in a large pan, add paste and cook gently until soft. If catching or dry add some splashes of water rather than more oil.
2. When soft sprinkle over cumin seeds and fry for a minute then add all the other spices, add a splash of water if dry. Cook for a minute.
3. Add tomato puree and cook until it darkens this removes the bitterness.
4. Add sweet potato and continue to stir through to coat with all the spice mix for 2-3 minutes.
5. Add the chopped pepper, chickpeas including the water and tinned tomatoes to the pan, fill the tomato tin with water and add half to start. Cover and simmer until the potato starts to soften, add the rest of the water if needed. Season with salt and sprinkle with curry leaves, if using. Cook for a further 5-7 minutes until potato is cooked but not mushy.
6. Cook rice according to packet or choice stir through spinach to warm through.
7. serve with a dollop of minted yoghurt. This recipe would work with butternut squash, cauliflower and chicken. ENJOY x

HARISSA SPATCHCOCK CHICKEN WITH TURMERIC POTATOES & PADRON PEPPERS

A great weekend dish. If you don't feel confident with butchery just roast whole or use chicken breasts or any other option. Cauliflower also works well.

INGREDIENTS.

- 1 medium chicken
- 1 jar harissa paste (I use Belazu rose harissa, available in Tesco, Asda, Morrison's, but any will do)
- 2-3 medium/large potatoes
- 2tsp turmeric
- 1 ½ tsp cumin seeds
- 1 packet padron peppers or sweet pointed if preferred.
- Drizzle olive oil Natural yoghurt
- 1-2 tbsp tahini (optional) Squeeze of lemon. Salt to taste.

METHOD

- 1.Heat oven 180 electric(fan) 200 no fan.
- 2.With a very sharp knife remove the spine from the chicken. Turn chicken breast side down, run your knife either side of the backbone to remove the spine. Turn breast side up and press your weight down to flatten out.
- 2.1.Cut slashes across the breast and legs and rub harissa all over chicken, leave to marinade, can be left for 24 hours or cooked immediately.
- 3.Place onto wire rack above roasting tray and cook for 45-60 minutes. Longer if whole chicken
- 4.Cut potatoes into wedges, coat with olive oil and sprinkle over turmeric to coat. Roast until crispy.
- 5.Heat a non-stick pan, add olive oil to coat, sprinkle in cumin seeds fry until popping or aroma released. Add peppers, cover (they can spit) once peppers will start to blister remove from heat.
- 6.Mix 200mls natural yoghurt with 1-2 tbsp tahini and squeeze of lemon.
7. Serve with a drizzle of tahini dressing over chicken. Or another option is to mix a spoon of tahini with yoghurt. ENJOY

PRAWN LINGUINE IN TOMATO SAUCE

So simple and tasty a family favourite.

Ingredients:

- 1 pack of raw prawns
- 1-2 garlic cloves
- 2 tbsp olive oil Chilli flakes (optional)
- 1 tin cherry tomatoes Handful of linguine ½ tsp sugar

Method

1. Get pan of salted water on to boil ready for the pasta.
2. On a medium heat the olive oil in a large pan, add crushed or sliced garlic, cook for a minute, careful not to burn.
3. When garlic is soft throw in the tinned tomatoes and half fill the tin with water. Sprinkle on the sugar (optional) it will bring out the sweetness in the tomatoes and add sprinkle of chilli flakes if using. Bring to a boil then the reduce to a simmer.
4. Throw linguine into the boiling water.
5. When pasta is just under chuck the prawns into the sauce mix and leave to go pink turning halfway through.
6. spoon linguine into the prawn and sauce mix, adding in some of the pasta water if dry season with salt and pepper and serve. BELLISSIMO

CONQUER



FITNESS

KEBAB FLATBREAD AND COLOURED SLAW

Ingredients:

- 1 pack of mince (lean beef, turkey or Quorn)
- 4-5 mushrooms
- Spices
- 2-3 garlic cloves crushed. Mix of peppers.
- 1 red onion
- 1 white onion chopped.
- 1 packet mangetout sliced.
- 1 red 1 green chilli deseeded and sliced lengthways.
- 1-2 carrots
- ½ red cabbage
- 1 apple
- 1-2 limes
- 200ml natural yoghurt
- 2 tbsp tahini or you're go to chilli sauce.
- Flat breads – Asda stock a lovely authentic range of skinny flatbread (can't remember the company)

Alternatively have a go of mine: Makes 4

- 300g plain flour
- 50g butter or olive oil 185ml milk or soya milk
- 1 tsp salt Oil for brushing

Method

1. warm butter into milk to melt (don't boil)
2. mix all ingredients, it will feel wet and sticky for a bit, DON'T PANIC just keep kneading it or just moving it around, after a few minutes you'll have a smooth dough.
3. this can now be used but I like to leave it to rest for 30 minutes.
4. cut into 4 and roll out to about 1cm thick.

5. brush a hot non-stick pan with oil and cook each side until brown and bubbled. For the kebab:

1. heat some oil in a hot pan fry the onion until soft add the garlic and sliced mushrooms and a chopped pepper and chopped red chilli.
2. once soft throw in the mince of your choice along with any of your favourite spices to taste. Cook until mince is crispy.
3. get a box grater and grate red onion, red cabbage, apple, carrots, add sliced mangetout, green chilli, squeeze of lime salt and pepper to taste and that's your slaw.
4. mix yoghurt with tahini or a chilli sauce of your choosing and assemble your scrummy kebab.

HONEY AND CARDAMOM CHICKEN WITH OLIVES AND CHICKPEAS HERBY COUSCOUS.

So easy just gets thrown into the oven. Serves 4

8 chicken thighs (remove skin)
2 tbsp cumin seeds
8 cardamom pods
2 tbsp honey
Thumb piece of ginger finely chopped or grated.
3-4 garlic cloves finely sliced or crushed.
Chilli flakes
1 red onion sliced.
400ml chicken stock (I use Knorr stock pots)
1 tin chickpeas 2 tomatoes peeled (deseeded) or just chop and chuck them in as they are!
Handful of pitted green olives
1 bag couscous Handful mint, coriander, lemon juice and zest.

METHOD: To marinate chicken, ideally do this in the morning, or night before but not essential.

1. Toast cumin seeds in a dry pan until they release their aroma be careful not to burn.
2. crush cardamom to remove the husks and add the seeds to the pan.
3. stir in honey, ginger, garlic, chilli and a drizzle of olive oil. Coat the skinless chicken and leave cover and leave to marinate.
4. Pre heat oven 190
5. Heat a large pan until hot and brown the chicken. Remove to a casserole dish or tagine.
6. Cut a cross on the bottom of the tomatoes, place in a bowl of boiling water for 5 mins. Remove and peel away skin, cut into wedges and remove seeds.
7. Add tomatoes, drained tinned chickpeas, stock and top with olives. Cook for about 40 minutes until chicken is cooked through.
8. Make couscous as packet instructions. Mix in chopped herbs, lemon zest and juice.

ENJOY

SESAME SALMON WHOLEMEAL NOODLE BROTH AND GREENS

Ingredients

2 salmon fillets
White miso paste
2 red chillies
Thumb of ginger
3-4 garlic cloves
Soy sauce
Star anise
Spring onions
Wholemeal noodles
Pak choi
Mangetout
Broccoli
Sesame seeds
Sesame oil
METHOD

- 1.500 ml water, with 2-3tbsp miso, sliced chilli, ginger and garlic and 2-3 tbsp soy sauce, star anise. Bring to boil, then simmer for 10 minutes.
- 2.coat salmon with soy and sliced spring onion.
- 3.Heat non-stick pan brush some oil onto salmon cook skin side down for approx. 2mins then turn, sprinkle with sesame seeds add some soy sauce and sliced red chilli and spring onion.
4. Remove salmon, add drizzle of oil to pan and fry greens.
5. cook noodles in broth until soft. 6. serve noodles greens and salmon on top with extra sprinkle of sesame seeds. ENJOY x

AUBERGINE AND LENTIL STEW WITH HALLOUMI

Easy veggie supper

Ingredients

- 2 aubergines sliced into
- 2 packets pre-cooked puy (green) lentils
- 1 pack cherry tomatoes
- 3tbsp olive oil
- 3 cloves garlic sliced.
- ¼ glass white wine (optional) or 100mls vegetable stock
- 1 red onion finely sliced.
- Tsp thyme
- 1 pack halloumi sliced.
- Chilli flakes

METHOD

- 1.Heat oven 200
- 2.Toss aubergine in approx. 2tbsp olive oil and a sprinkle of salt. Lay onto a baking tray and cook until brown and soft.
- 3.Heat a sauté pan with 1-2 tbsp olive oil, fry onion, garlic and thyme for 1-2 mins until soft.
- 4.Throw in ¼ glass white wine or 100mls veg stock simmer gently for 2-3 mins.
- 5.Add lentils and tomatoes simmer gently, add splash of water if too dry.
- 6.Heat frying or griddle pan, brush with olive oil, slice halloumi and fry until golden on each side.
7. Stir aubergine through lentils. Season to taste. 8. Serve topped with halloumi and a dollop of yoghurt.

CHICKEN FAJITAS WITH CHUNKY GUACAMOLE AND SALSA

Ingredients:

- 2-3 chicken breasts sliced into strips.
- 2 tsp smoked paprika
- 1 tsp cayenne pepper
- ½ tsp oregano
- ½ tsp garlic salt
- Glug of olive oil
- Coloured bell peppers sliced into sticks.
- 3 red onions
- 1 avocado
- 3 tomatoes
- 1 lime juiced.
- 1 clove garlic crushed.
- Handful chopped coriander.
- Crispy lettuce – Iceberg
- Cucumber cut into sticks.
- Chilli flakes
- Tsp mint sauce

METHOD:

1. Drizzle olive oil to coat chicken and coat with paprika, cayenne, oregano and garlic salt.
2. Heat large griddle or sauté pan, drizzle with olive oil then add chicken. Cook for 4-5 minutes, add thinly sliced onion and approx. ¼ of each coloured pepper along with a splash of water. Cook until vegetables are just soft, and chicken is cooked through.
3. Chop avocado roughly, finely chop ½ small red onion, deseed the tomato chop roughly and add along with a crushed garlic clove, juice of a lime and some chopped coriander. Season.
4. For the salsa, chop 1-2 tomatoes, ½ red onion, tsp mint sauce.
5. Enjoy with your choice of tortilla wraps.

TURKEY MEATBALLS EASY TOMATO SAUCE AND QUICK PESTO

Ingredients:

500g turkey mince

1tsp oregano

1 egg

3 tbsp breadcrumbs Handful grated parmesan.

1 large roasted red pepper (you'll find in a jar)

4 sundried tomatoes

1 tin chopped tomato

2 handfuls pine nuts

1 handful fresh basil

1 tbsp grated parmesan

Squeeze of lemon.

Olive oil

1 clove garlic crushed.

Serve with your choice: Spaghetti – linguine- tagliatelle - courgetti
spaghetti – rice - vegetables

METHOD

1. mix turkey mince with egg, breadcrumbs and oregano salt and pepper form into ball. Chill for 30 mins this will help to firm the meatballs.

2. To make the sauce blend the red pepper, sundried tomatoes and tinned tomatoes.

3. heat sauce, once simmering place the meatballs into the sauce and cover. Cook for 15 mins until cooked through.

4. bash pinenuts and garlic to a paste, or blend, add basil and sprinkle of salt, once all crushed pour in a glug of olive oil and handful of parmesan with a squeeze of lemon.

5. serve with your choice of accompaniment along with a dollop of pesto.