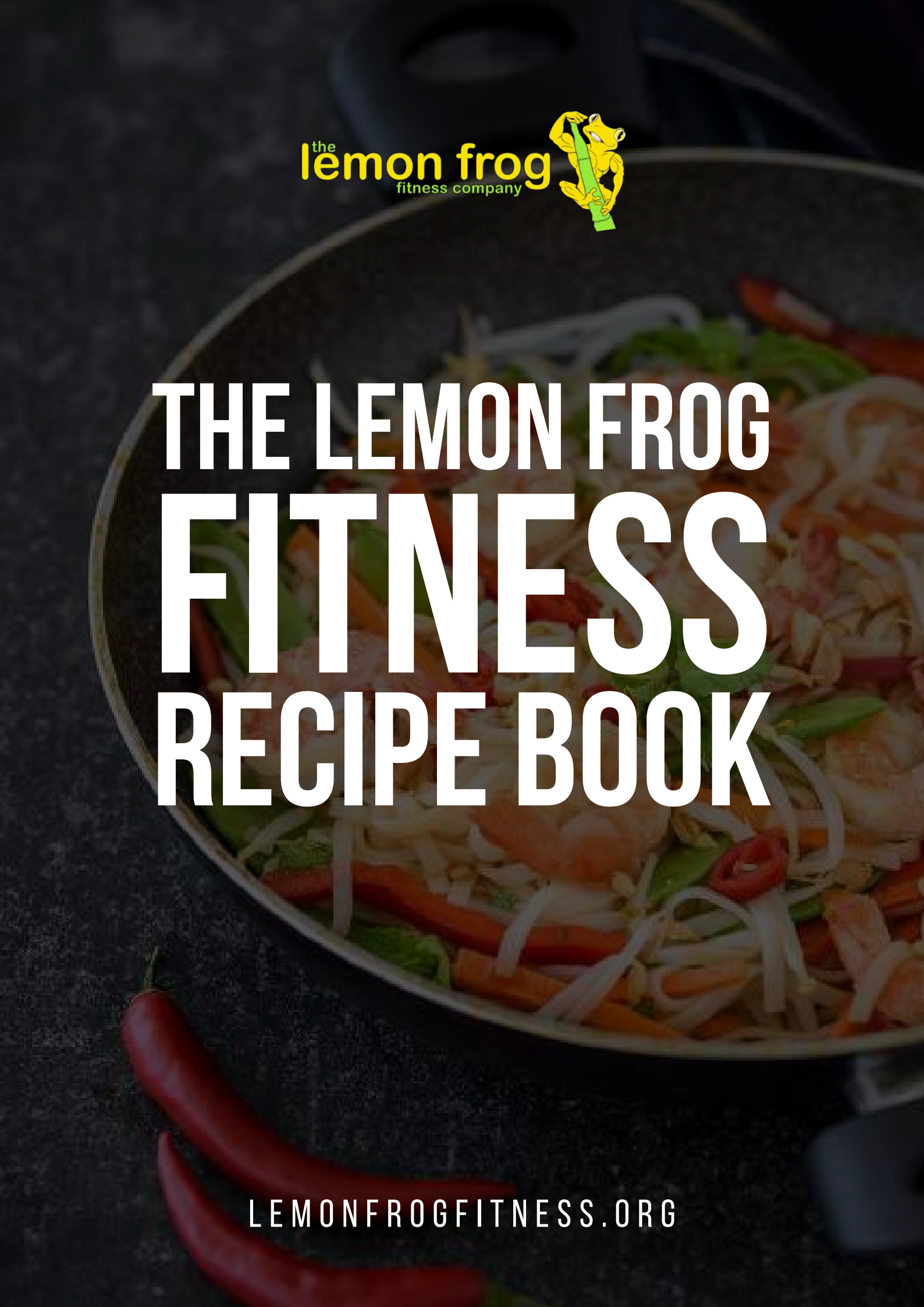

THE LEMON FROG FITNESS RECIPE BOOK

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THE LEMON FROG
FITNESS
RECIPE BOOK

WELCOME

Here at The Lemon Frog Fitness Company we are built on achieving results and believe it should be achieved through leading a healthy and sustainable lifestyle.

We also believe that it should be simple to follow and easy to stick to.

That's why we have created this simple and delicious recipe book to help you achieve the above.

This book is packed full of mouthwatering healthy recipes to cook for you and the family.

With this book you will no longer be stuck for ideas on what to cook or wondering if what you're eating is healthy or not.

You will now finally be able to enjoy your meals and get results at the same time.

I would like to take this opportunity to thank you for purchasing this book and investing in yourself and your future.

Louis Kennedy
Founder of The Lemon Frog Fitness Company

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

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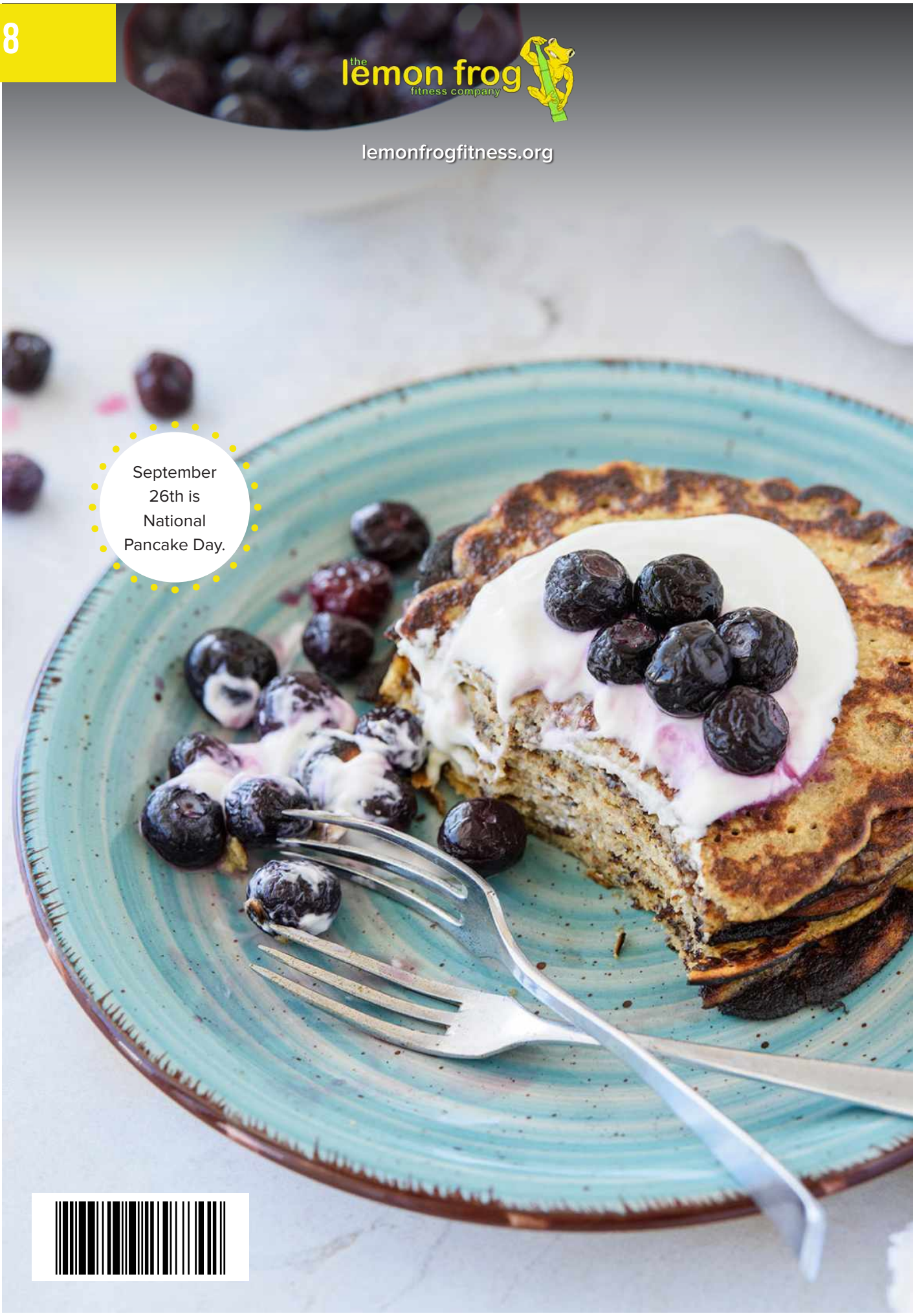

September 26th is National Pancake Day.

BANANA PANCAKES

SERVES: 2

TOTAL TIME: 15 MINUTES

INGREDIENTS

1 large **ripe banana**, peeled and chopped

2 medium **eggs**

¼ teaspoon **baking powder**

¼ teaspoon **ground cinnamon** (optional)

Spray oil

INSTRUCTIONS

Mash the banana in a mixing bowl with a fork until a smooth paste forms.

Crack the eggs into the same bowl and whisk with a fork to form a batter, before adding the baking powder and cinnamon and mixing thoroughly.

Coat a large, non stick frying pan with spray oil, and heat over a medium-high heat. Add a tablespoon of the batter per pancake to the pan, keeping them spaced apart. Cook for 2–3 minutes, until golden brown on the bottom, then flip over and cook for a further 2–3 minutes, until cooked through.

Repeat with the remaining batter – you should have enough to make around 10 pancakes.

MACROS PER PORTION

CALORIES	136	PROTEIN	9
CARBS	12	FATS	6
FIBRE	1		

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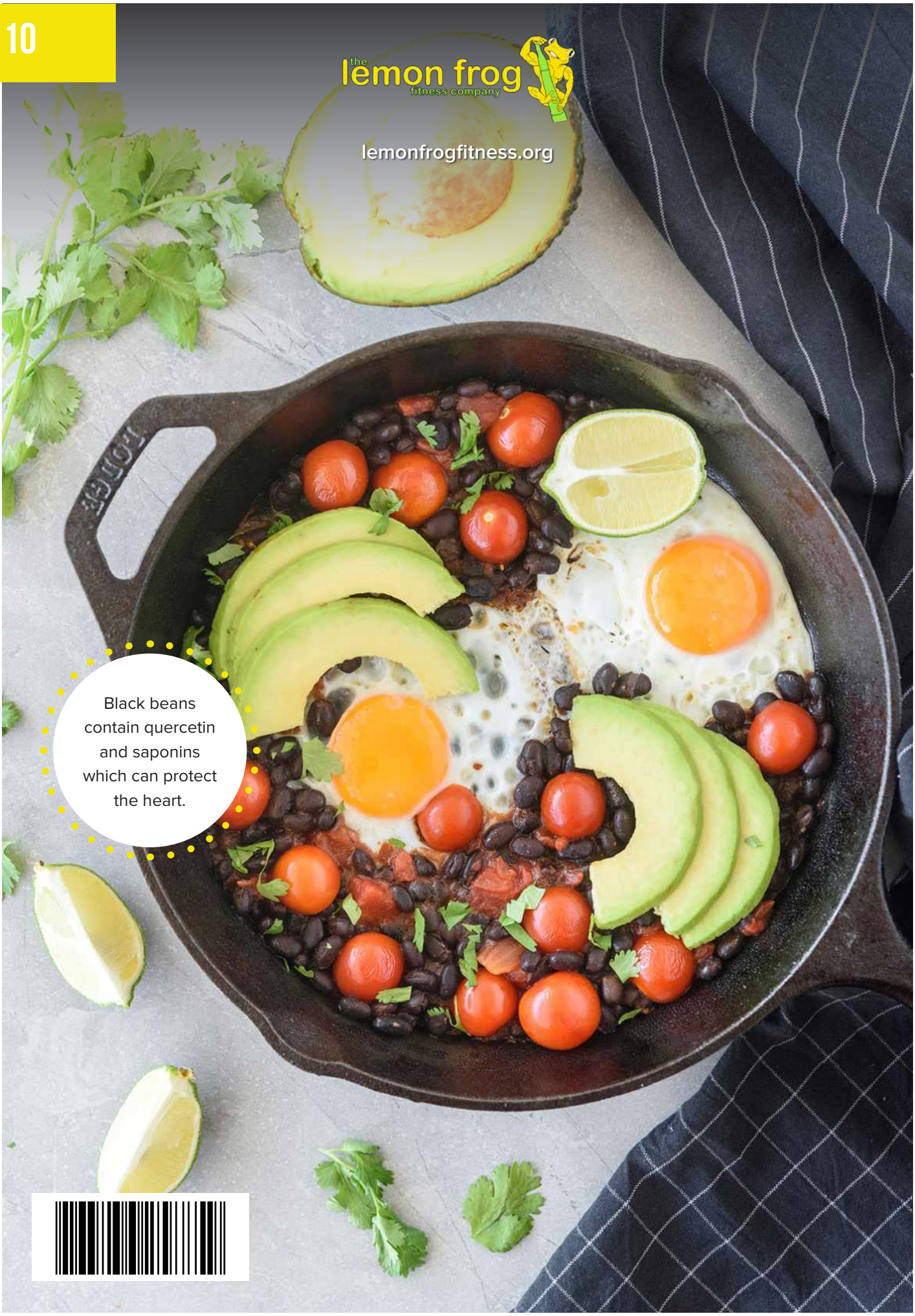

Black beans contain quercetin and saponins which can protect the heart.

AVOCADO AND BLACK BEAN EGGS (V)

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

2 teaspoons **rapeseed oil**

1 **red chilli**, deseeded and thinly sliced

1 large **garlic clove**, sliced

2 large **eggs**

400 gram tin **black beans**

200 grams tinned **cherry tomatoes**

¼ teaspoon **cumin seeds**

1 small **avocado**, halved and sliced

Handful **fresh chopped coriander**

1 **lime** cut into wedges

INSTRUCTIONS

Heat the oil in a large non-stick frying pan and cook the chilli and garlic until softened and just starting to colour.

Crack the eggs in either side of the pan. When they begin to set, spoon the beans (with their juice) and the tomatoes around the pan to warm through and sprinkle over the cumin seeds.

Remove the pan from the heat and scatter over the avocado and coriander.

Squeeze over the juice from half of the lime wedges.

Serve with the remaining wedges on the side

MACROS PER PORTION

CALORIES	356	PROTEIN	20
CARBS	18	FATS	20
FIBRE	11		

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Waffles inspired Nike's first pair of sneakers.

SWEET POTATO WAFFLES (V)

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

100 grams canned **sweet potato**

120 millilitres **milk**

1 tablespoon canola or light **olive oil**

1 **egg**

1 tablespoon **honey**

120 grams pancake or waffle mix

Non-stick **cooking spray**

INSTRUCTIONS

Place the sweet potato, milk, oil, egg, and honey in bowl and whisk. Add the pancake/waffle mix and stir with a wooden spoon until most of the lumps have disappeared.

Heat a waffle iron and coat with cooking spray. Cook the batter according to the packet instructions and serve immediately with your favourite toppings.

Once cooled, these will keep in the fridge for up to three days.

MACROS PER PORTION

CALORIES	271	PROTEIN	6
CARBS	52	FATS	5
FIBRE	1		

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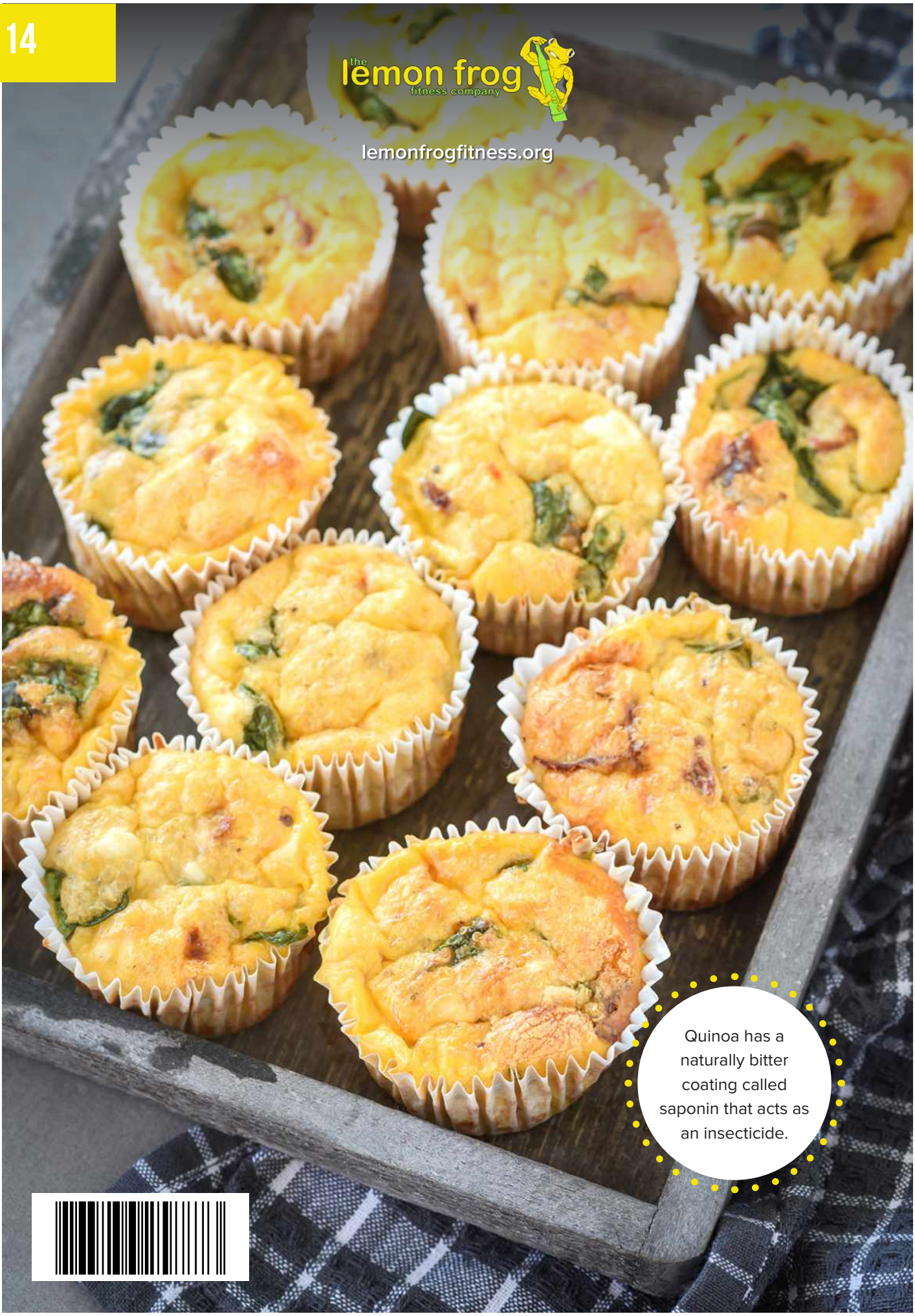

Quinoa has a naturally bitter coating called saponin that acts as an insecticide.

QUINOA BREAKFAST EGG MUFFINS

SERVES: 12

TOTAL TIME: 30 MINUTES

INGREDIENTS

9 large **eggs**

250 grams **cooked quinoa**

2 handfuls **fresh spinach**, coarsely chopped

75 grams sun **dried tomatoes** drained and chopped

30 grams **feta cheese**, crumbled

3 tablespoons ground **flaxseed** or **chia seeds**

1 tablespoon **onion** or **garlic powder**

½ teaspoon **salt**

Black pepper, to taste

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and place muffin liners into each cup of a 12 cup muffin tin.

In a mixing bowl, whisk the eggs, add the cooked quinoa, spinach, sun dried tomatoes, feta, flaxseed, onion powder, salt and pepper, then stir to combine.

Divide the mixture evenly between the 12 muffin tin cups and bake for 20 minutes.

Remove from the oven and let cool for about 10 minutes.

Delicious either warm or cold.

MACROS PER PORTION

CALORIES	101	PROTEIN	6.5
CARBS	5	FATS	6
FIBRE	1		

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MUSHROOM HASH WITH POACHED EGGS

SERVES: 4

TOTAL TIME: 27 MINUTES

INGREDIENTS

1½ tablespoons **rapeseed oil**

2 large **onions**, halved and sliced

500 grams closed cup **mushrooms**, quartered

1 tablespoon **fresh thyme leaves**, plus extra for sprinkling

500 grams **fresh tomatoes**, chopped

1 teaspoon **smoked paprika**

4 teaspoons **omega seed mix**

4 large **eggs**

INSTRUCTIONS

Gently fry the onions in the oil for a few minutes, then cover the pan and allow the onions to cook in their own steam for a further 5 minutes.

Add the mushrooms and thyme and cook, stirring frequently until softened.

Next, stir in the tomatoes and paprika, cover the pan and cook for 5 minutes until soft before stirring in the seed mix.

Poach the eggs, then divide the hash between four plates, sprinkle with thyme and black pepper and serve with the eggs on top.

Serve Immediately.

Mix up your mushroom choices to add different texture and flavour to this dish.

MACROS PER PORTION

CALORIES	283	PROTEIN	15
CARBS	15	FATS	17
FIBRE	6		

SIDES & SMALL PLATES

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ASIAN CARAMELISED PINEAPPLE (V)

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

1½ teaspoons **canola oil**
1½ tablespoons minced **red onion**
1 large **garlic clove**, minced
2 cups diced **fresh pineapple**
1 tablespoon **low-sodium soy sauce**
1½ teaspoons chopped seeded **red jalapeño pepper**
1½ teaspoons **fresh lime juice**
1 teaspoon chopped peeled **fresh ginger**
1½ teaspoons chopped **fresh coriander**

INSTRUCTIONS

Heat the oil in a large non-stick pan over a medium heat and fry the onion and garlic for 2 minutes.

Add the pineapple to the pan and cook for a further 5 minutes or until very lightly browned.

Add the soy sauce, pepper, lime juice and ginger and cook for another 2 minutes before removing from the heat and stirring in the coriander.

Divide between four bowls and serve with steaming fluffy rice.

MACROS PER PORTION

CALORIES	70	PROTEIN	1
CARBS	12	FATS	2
FIBRE	1		

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DEVILLED EGGS

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

1 teaspoon **low-fat mayonnaise**

¼ teaspoon **whole-grain mustard**

Pinch of **salt**

Pinch of freshly **ground pepper**

1 large **hard-boiled egg**, peeled

INSTRUCTIONS

To hard-boil eggs: Place eggs in a single layer in a saucepan and cover with water. Bring to a simmer over medium-high heat. Then reduce to low and cook at a bare simmer for 10 minutes.

Remove from heat, drain and cover the eggs with ice-cold water.

Let stand until cool enough to handle before peeling.

In a small bowl combine the mayonnaise, mustard, salt and pepper. Cut the egg in half and spoon the mayonnaise mixture on top of each half.

MACROS PER PORTION

CALORIES	91	PROTEIN	6
CARBS	2	FATS	6
FIBRE	0		

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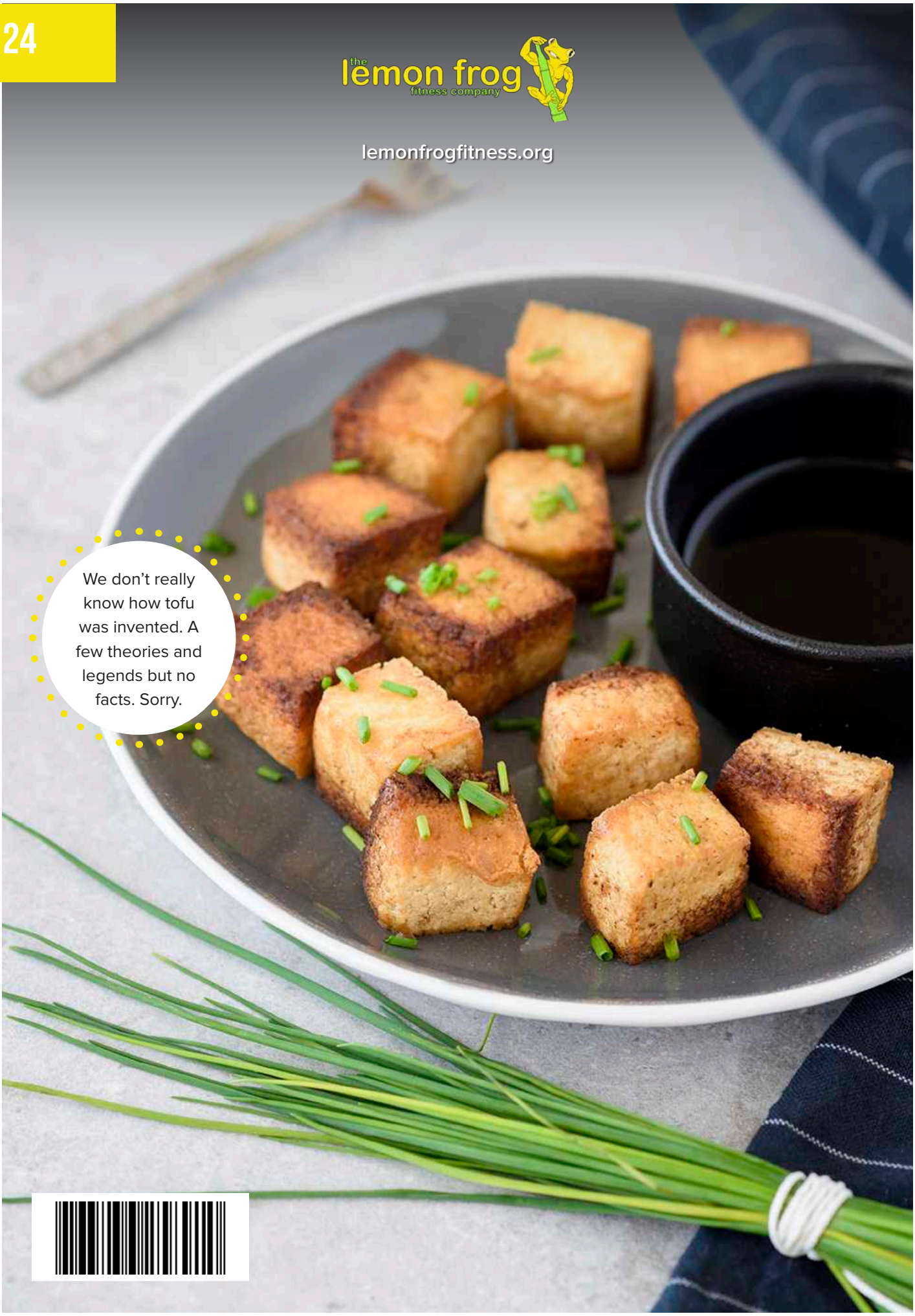

We don't really know how tofu was invented. A few theories and legends but no facts. Sorry.

SALT AND VINEGAR TOFU (V)

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 tablespoons **canola oil**

400 gram pack extra firm **tofu**, cut into 1-inch cubes and patted dry

3 tablespoons **malt vinegar**

½ teaspoon **salt** plus more to taste

INSTRUCTIONS

Warm the oil over a medium heat in a non-stick pan, then add the tofu in a single layer.

Cook for around 10 minutes, flipping once or twice, until the cubes are browned and crispy on all sides.

Drizzle the tofu with the vinegar and then sprinkle with the salt.

Toss the tofu a few times to evenly coat it in the salt and vinegar.

Cook the tofu for about a minute more, until the vinegar dries up.

Remove the skillet from heat and transfer the tofu to plates.

Serve hot with some additional malt vinegar on the side.

MACROS PER PORTION

CALORIES	134	PROTEIN	8
CARBS	2	FATS	11
FIBRE	1		

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Since the 16th century, beetroot juice has been used as a natural red dye. The Victorians used it to dye their hair.

BEETROOT AND MINT DIP

SERVES: 10

TOTAL TIME: 5 MINUTES

INGREDIENTS

250 grams vacuum-packed cooked **beetroot**

400 gram tin **chickpeas**, drained

2 tablespoons **low-fat cream cheese**

Small handful **fresh mint**, roughly chopped

Freshly **ground black pepper**

INSTRUCTIONS

Blend the beetroot with the chickpeas in a food processor until smooth.

Then add the cream cheese, most of the mint and pulse until combined.

Season with freshly ground black pepper.

Spoon into a serving bowl and garnish with the remaining mint.

Serve with crudités, sliced warm pitta bread or breadsticks.

Play around with how finely you chop this. Can be a smooth dip or a chunky affair.

MACROS PER PORTION

CALORIES	60	PROTEIN	4
CARBS	9	FATS	1
FIBRE	0		

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Char Siu literally means “fork roasted”.

CHAR SUI CHICKEN SKEWERS & SWEET PEPPERS

SERVES: 12

TOTAL TIME: 25 MINUTES

INGREDIENTS

12 **wooden skewers**
1 **spray oil**
2–3 **chicken breasts**, cut into 24 small cubes
2 heaped teaspoons **Chinese five-spice**
2 teaspoons **sesame oil**
2 teaspoons **soy sauce**
2 teaspoons **runny honey**
2 large **red peppers**, cut into 24
1 large **yellow pepper**, cut into 12 chunks
To garnish:
1 spring **onion**, sliced
3 cm **cucumber**, halved and sliced
1 tablespoon **pomegranate seeds**

INSTRUCTIONS

Soak the skewers in water for 10 minutes to prevent them from burning.

Meanwhile preheat your oven to 180°C/350°F/gas 4 and lightly oil a large baking tray.

Combine the chicken with the five-spice, sesame oil, soy sauce and honey, ensuring it's evenly coated.

Thread the peppers and chicken alternately on the skewers and bake for 8–10 minutes, or until the chicken is cooked through.

Arrange on a large serving plate and scatter with spring onion, cucumber and pomegranate.

MACROS PER PORTION

CALORIES	55	PROTEIN	8
CARBS	3	FATS	1
FIBRE	1		

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ROASTED TOMATO DIP

SERVES: 8

TOTAL TIME: 40 MINUTES

INGREDIENTS

5 to 6 medium **tomatoes**
115 milligrams **goat cheese**
Pinch of **sea salt**

INSTRUCTIONS

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

Place the tomatoes on the pan and roast for 40 minutes or until tender.

Add the cooked tomatoes to a blender and pulse until liquified and smooth.

Add the goat cheese and salt.

Pulse again until combined and creamy.

If the dip is too liquid, you can add more goat cheese to reach your desired consistency.

Serve with your choice of crudities or bread.

Play around with different types of tomatoes and add some different colours and textures to this dish.

MACROS PER PORTION

CALORIES	69	PROTEIN	4
CARBS	7	FATS	3
FIBRE	2		

MAINS

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CHICKEN AND LEEK PIE

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

Spray **olive oil**
2 **leeks** finely sliced
2 cloves **garlic** crushed
2 **skinless chicken breasts** cubed
1 tablespoon **flour**
100 millilitres **half-fat crème fraîche**
150 millilitres **chicken stock**
70 grams **ciabatta** torn into **pieces**
Small **flat-leaf parsley** chopped
Cooked **green beans** to serve

INSTRUCTIONS

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

Heat a little olive oil in a frying pan, and fry the leeks for 5 minutes until softened.

Add the garlic, fry for a minute, then add the chicken and fry for another 5 minutes.

Stir in the flour, crème fraîche and the stock, season, and bring to a simmer.

Cook for a few minutes until the sauce thickens.

Blitz the ciabatta in a small blender to make coarse breadcrumbs.

Stir the parsley into the filling and spoon into 4 individual pie dishes, scatter over the breadcrumbs and bake for 20-25 minutes until the tops are golden and crisp.

Serve with the green beans.

Leeks are a good source of dietary fibre, vitamin B6, iron and magnesium, and a very good source of folate as well as vitamins A, C, and K.

MACROS PER PORTION

CALORIES	208	PROTEIN	21
CARBS	16	FATS	6
FIBRE	4		

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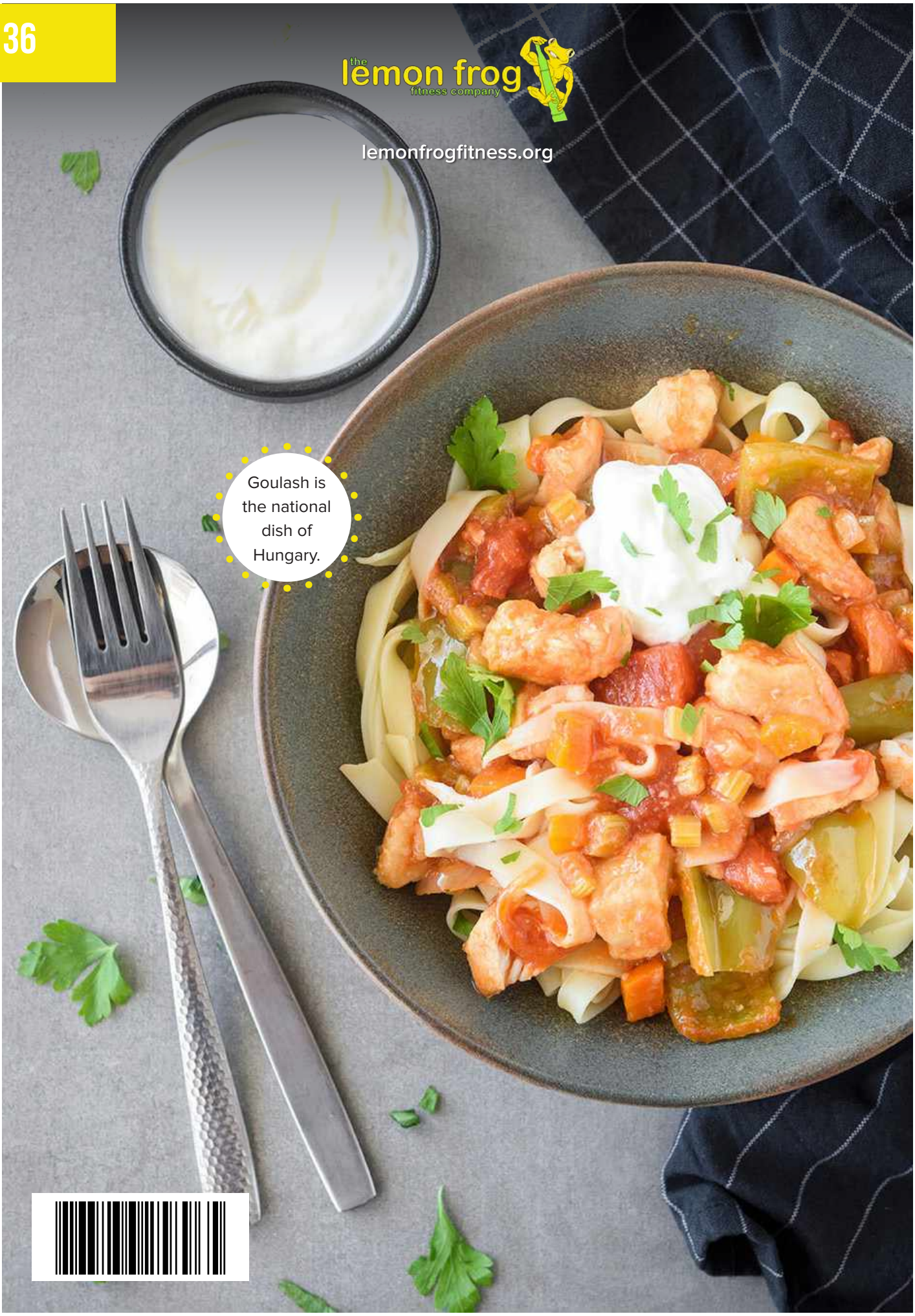

Goulash is the national dish of Hungary.

CHICKEN GOULASH

SERVES: 4

TOTAL TIME: 1 HOUR 15 MINUTES

INGREDIENTS

500 grams **skinless chicken thighs** cut into bite-sized chunks
1 tablespoon seasoned **plain flour**
Olive oil
1 large **onion**, halved and sliced
2 cloves **garlic** crushed
1 **stalk celery**, diced
1 **carrot**, diced
1 **green pepper** chopped into chunks
1½ tablespoons **paprika** (not smoked)
1 teaspoon **caraway seeds**
400 gram tin **cherry tomatoes**
300 millilitres **chicken stock**
Small bunch **flat-leaf parsley**, chopped
Soured cream to serve
Tagliatelle or **rice** to serve

INSTRUCTIONS

Drop the chicken into the seasoned flour and toss until evenly coated.

Heat a tablespoon of the oil in a large deep non-stick frying pan, then cook, in batches, until golden all over.

Remove the chicken and set aside, then add the onion, garlic, celery and carrot. Sauté for 10-12 minutes or until soft and starting to brown. Add the pepper and cook until soft.

Return the chicken to the pan and add the spices, tomatoes and stock. Cover with a lid and allow to simmer for 45 minutes until the chicken is really tender and the sauce thickened.

Stir in the parsley then serve with soured cream and your choice of pasta or rice.

Goulash can be made by switching the stock and main meat in the dish very easily. Beef is very traditional.

MACROS PER PORTION

CALORIES	267	PROTEIN	32
CARBS	15	FATS	7
FIBRE	6		

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GRILLED TILAPIA WITH COUSCOUS

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 tablespoons **fresh lemon juice**, plus wedges for serving

1 tablespoon **olive oil**

2 cloves **garlic**, chopped

Salt and pepper

4 x 170 gram **tilapia fillets**, split lengthwise

150 grams **couscous**

1 tablespoon **fresh flat-leaf parsley**, chopped

2 tablespoons **sun-dried tomatoes**, chopped

INSTRUCTIONS

Combine the lemon juice, oil, garlic, ½ teaspoon salt, and ¼ teaspoon pepper in a bowl, then add the tilapia and toss to coat. Allow to marinate for 10 minutes.

While the fish marinates, cook the couscous according to the manufacturer's instructions. Once cooked remove from the heat and stir in the parsley and sun-dried tomatoes.

Next, heat your grill to high and grill the tilapia on an oiled rack until cooked through.

Serve hot with the couscous and lemon wedges.

Try giant couscous as an alternative to the smaller more traditional type.

MACROS PER PORTION

CALORIES	337	PROTEIN	32
CARBS	38	FATS	7
FIBRE	2		

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ROASTED COD AND SPICED POTATO

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

½ kilogram small **red potatoes** (about 12), sliced ¼ inch thick

2 tablespoons **olive oil**

½ teaspoon **chilli powder**

Salt and black pepper

4 x 170 gram skinless **cod**, halibut, or striped bass fillets

2 bunches **spring onions**, trimmed

1 **lemon**

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7. Meanwhile on a rimmed baking sheet, toss the potatoes in 1 tablespoon of the oil, the chilli powder, ½ teaspoon salt, and ¼ teaspoon pepper.

Roast, turning once for around 20 to 25 minutes until golden brown and tender.

While the potatoes roast, place the fish and spring onions on a second baking sheet, drizzle with the remaining tablespoon of oil and season with ½ teaspoon salt and ¼ teaspoon pepper.

Peel strips of zest from the lemon using a vegetable peeler, thinly slice them and sprinkle on the fish, reserving the lemon.

When the potatoes have been cooking for 10 minutes, place the fish in the oven and roast until it is opaque throughout and the spring onions are tender, 12 to 15 minutes should be enough.

Halve the reserved lemon and squeeze the juice over the fish.

Serve the fish and scallions with the potatoes while piping hot.

Lemon is often used in cooking to “brighten” flavours, and works well to counter many of the briny flavours

MACROS PER PORTION

CALORIES	293	PROTEIN	30
CARBS	24	FATS	8
FIBRE	3		

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Cumin is the second (right after the black pepper) most popular spice in the world today

CUMIN CHICKEN WITH BLACK BEANS

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

2 **skinless chicken breast fillets** halved
1 teaspoon **ground cumin**
¼ teaspoon **cayenne pepper**
2 tablespoons **olive oil**
75 grams chopped **red onion**
1 **jalapeño pepper**, seeded and finely chopped
185 grams tinned **black beans**, rinsed and drained
260 grams frozen **corn kernels**, thawed
250 grams **cherry tomatoes**, halved
2 **spring onions**, thinly sliced
2 tablespoons coarsely **chopped coriander**
2 teaspoons **red wine vinegar**
Salt and black pepper

INSTRUCTIONS

Flatten the chicken by placing it between 2 sheets of plastic wrap. Pound with a mallet or rolling pin to ½-inch thickness. Mix the cumin and cayenne together and rub over the chicken.

Sauté the chicken in the oil on a medium heat for 4 minutes per side, then allow to rest on a cutting board.

Return the pan with the juices and oil to medium heat and cook the onion and jalapeño for 1 minute.

Then add the beans, corn, tomatoes, and 3 tablespoons water and cook, stirring for 1 or 2 minutes, until just warmed through.

Remove from heat.

Toss in the spring onions, coriander, and vinegar. Season to taste with salt and black pepper.

Slice the chicken and arrange on top of the beans.

Enjoy warm.

MACROS PER PORTION

CALORIES	370	PROTEIN	30
CARBS	44	FATS	10
FIBRE	13		

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SPICY BEAN AND POTATO CHILLI (V)

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

1 tablespoon **olive oil**
1 large **onion**, finely chopped
1 medium **carrot**, diced
1 **garlic clove**, finely chopped
2 teaspoons **ground cumin**
2 teaspoons **smoked paprika**
½–1 teaspoon **chilli powder**, to taste
1 teaspoon **dried oregano**
500 grams **tomato passata**
1 tablespoon **sun-dried tomato paste**
200 millilitres **reduced-salt vegetable stock**
2 x 400 gram tins **red kidney beans**, drained
350 grams **waxy potatoes** (such as charlotte), scrubbed and diced
2 chargrilled **red peppers** from a jar.
6 slices of baguette and 60 grams grated cheddar, to serve

INSTRUCTIONS

Heat the oil in a shallow flameproof casserole dish and cook the onion, carrot and garlic over a medium heat for around 3 minutes or until softened, then add the cumin, paprika, chilli powder and oregano and cook for 1 minute more.

Stir in the passata, and stock and season with black pepper. Leave to simmer gently for 10 minutes, stirring occasionally.

Next add the kidney beans, potatoes and peppers and bring to the boil, reduce the heat and let simmer for 12–15 minutes until the sauce is thick and the potatoes are tender, then set aside.

Preheat your grill to medium-high. Arrange the slices of baguette over the top of the chilli and then sprinkle generously with the grated cheddar.

Grill until the cheese is bubbling and golden.

Serve with a crisp green salad and sour cream.

MACROS PER PORTION

CALORIES	286	PROTEIN	13
CARBS	43	FATS	8
FIBRE	8		

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“Pecan” is from an Algonquian word, meaning a nut requiring a stone to crack.

SPICY PECAN POPCORN CHICKEN

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

Canola oil cooking spray

95 grams coarse dry wholemeal **breadcrumbs** or Grape-Nuts cereal

50 grams pecan **pieces**

2 tablespoons **chilli powder**

¼ teaspoon **salt**

1 **egg** white

1 tablespoon **water**

½ kilogram boneless, **skinless chicken** breast, cut into 1-inch cubes

55 grams **low-fat mayonnaise**

60 millilitres low-fat buttermilk or **milk**

1 teaspoon dried **dill** or 1 tablespoon **fresh**

½ teaspoon **garlic powder**

INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8 and thoroughly coating a wire rack with cooking spray then placing it on a foil-lined baking sheet.

Combine the breadcrumbs, or cereal, pecans, chilli powder and salt together in a food processor, until the pecans are finely chopped and the chilli powder is evenly incorporated. Transfer the mix to a shallow dish.

Next, whisk the egg white and water in a separate shallow dish. Drop in the chicken and turn a few times to coat, then add the nut mixture, turning to coat evenly before shaking off any excess. You can now dispose of any remaining egg/pecan mix.

Arrange the chicken on the rack and coat with cooking spray. Bake the chicken for about 15 minutes or until no longer pink in the centre.

While the chicken cooks, make the dip: whisk mayonnaise, buttermilk, or milk, dill and garlic powder together in a small bowl.

Serve the chicken piping hot along with the dip.

Try making your own fresh breadcrumbs: trim the crusts from wholemeal bread, then tear the bread into pieces and blitz in a food processor to make coarse crumbs. If you prefer a finer texture, just process for a little longer.

MACROS PER PORTION

CALORIES	306	PROTEIN	27
CARBS	16	FATS	15
FIBRE	3		

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Pineapples contain the bromelain enzyme which can break down proteins, so you can use them to tenderise meat.

CHIPOTLE CHICKEN TACOS WITH PINEAPPLE SALSA

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

500 grams **skinless boneless chicken thighs** roughly chopped
1 tablespoon **vegetable oil**
1 medium **onion**, chopped
2 teaspoons **sweet smoked paprika**
2 teaspoons **ground cumin**
2 tablespoons **cider vinegar**
1 tablespoon **chipotle paste**
200 millilitres **passata**
2 tablespoons soft **brown sugar**
½ small **pineapple**, cored, peeled and chopped
Small bunch **coriander**, chopped
Corn or flour tortillas
Hot sauce of choice

INSTRUCTIONS

Whiz the chicken in a food processor to create a rough mince.

Heat the oil in a large saucepan and add half the onion along with the chicken mince.

Season well and cook for about 5 minutes on a high heat to brown, breaking up any lumps. Next add the spices, vinegar, chipotle paste, passata and sugar.

After a further 5 minutes cooking, remove from the heat and set aside.

Make the salsa by mixing the rest of the onion, pineapple and coriander together in a bowl.

Serve the chicken with sides of the salsa, warmed tortillas and hot sauce.

MACROS PER PORTION

CALORIES	392	PROTEIN	30
CARBS	37	FATS	13
FIBRE	5		

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ROASTED GREEK STYLE FISH

SERVES: 2

TOTAL TIME: 1 HOUR

INGREDIENTS

5 small **potatoes** (about 400 grams), scrubbed and cut into wedges

1 **onion**, halved and sliced

2 **garlic cloves**, roughly chopped

½ teaspoon **dried oregano** or ½ tablespoon chopped **fresh oregano**

2 tablespoons **olive oil**

½ **lemon**, cut into wedges

2 large **tomatoes**, cut into wedges

2 **fresh skinless pollock fillets**

Small handful **parsley**, roughly chopped

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Meanwhile, add the potatoes, onion, garlic, oregano and oil to a roasting tin, season well, then toss to coat evenly.

Cook for 15 minutes, turn over and cook for a further 15 minutes.

Next scatter the lemon and tomatoes evenly among the potatoes and roast for another 10 minutes.

Finally lay the fish fillets over the top and cook for 10 minutes more.

Sprinkle with parsley and serve.

MACROS PER PORTION

CALORIES	388	PROTEIN	23
CARBS	42	FATS	13
FIBRE	6		

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BEAN BURGERS WITH SPICY GUACAMOLE (V)

SERVES: 6

TOTAL TIME: 50 MINUTES

INGREDIENTS

120 millilitres **water**
40 grams **quinoa**
3 tablespoons **extra-virgin olive oil**
75 grams chopped **red onion**
1 clove **garlic**, minced
155 grams tinned **pinto beans**, drained
1 teaspoon **smoked paprika**
½ teaspoon ground toasted **cumin seeds**
5 tablespoons chopped **fresh coriander**
24 grams **cornmeal**, plus 50 grams for coating
Salt and Pepper
6 **wholemeal burger buns**
6 **lettuce leaves**
6 **tomato** slices
1 ripe **avocado**
1 tablespoon **lemon juice**
2 teaspoons finely chopped **red onion**
1 clove **garlic**, minced
⅛ teaspoon **cayenne pepper**

INSTRUCTIONS

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

In a small saucepan bring the water to a boil , add the quinoa and bring back to the boil. Reduce to a low simmer, cook covered until the water has been absorbed, then set aside uncovered.

Heat a tablespoon of oil in a frying pan on a medium heat. Fry the onion and garlic until soft. Next add the beans, paprika and cumin and mash with a fork to form a smooth paste. Tip into a bowl and allow to cool slightly, before adding the quinoa, 3 tablespoons of the coriander, 3 tablespoons cornmeal, ½ teaspoon each of salt and pepper.

Stir to combine, then form into 6 burgers.

Coat them evenly with the remaining ⅓ cup cornmeal then transfer to a baking sheet and refrigerate for 20 minutes.

Coarsely mash the avocado with a fork, add the remaining coriander, lemon juice, 2 teaspoons onion, garlic, cayenne and ⅛ teaspoon salt. Stir well.

Over a medium heat, warm 1 tablespoon of oil in a large frying pan and cook 3 burgers until heated through and golden brown on both sides. Keep warm in the oven while you cook the remaining burgers.

Serve the burgers on toasted buns with lettuce, tomato and the guacamole.

MACROS PER PORTION

CALORIES	414	PROTEIN	14
CARBS	60	FATS	15
FIBRE	15		

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Croquettes are simply a bread crumbed and fried roll of food leftovers, usually bound with bechamel sauce or mashed potatoes.

BLACK BEAN CROQUETTES WITH FRESH SALSA

SERVES: 4

TOTAL TIME: 45 MINUTES

INGREDIENTS

2 x 400 gram tins **black beans**, drained and rinsed
1 teaspoon **ground cumin**
250 grams frozen **corn kernels**, thawed
25 grams plus an additional 30 grams plain dry **breadcrumbs**
400 grams finely **chopped tomatoes**
2 **spring onions**, sliced
Small handful chopped **fresh cilantro**
1 teaspoon **chilli powder**
¼ teaspoon **salt**
1 tablespoon **extra-virgin olive oil**
1 **avocado**, diced

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7 and coating a baking sheet with cooking spray.

In a bowl mash the black beans and cumin together using a fork until no whole beans remain. Next add the corn and ¼ cup breadcrumbs. Set aside.

In a separate bowl, stir together the tomatoes, spring onions, coriander, ½ teaspoon chilli powder and salt. Add 250 grams of the tomato mixture into the black bean mixture.

Mix the remaining breadcrumbs, oil and the remaining chili powder in a small bowl until the breadcrumbs are coated with oil.

Divide the bean mixture into 8 balls and press each ball into the breadcrumb mixture, turning to coat.

Place on the prepared baking sheet and bake until heated through and the breadcrumbs are browned.

Stir the avocado into the remaining tomato mixture to make the salsa and serve with the warm croquettes.

MACROS PER PORTION

CALORIES	404	PROTEIN	16
CARBS	61	FATS	13
FIBRE	17		

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ASIAN PRAWN NOODLE SALAD

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

1 teaspoon **vegetable oil**
1 clove **garlic**, crushed
350 grams **raw king prawns**
300 grams **bean sprouts**
300 grams ready-cooked **rice noodles**
2 **carrots**, peeled and chopped into matchsticks
1 **red pepper**, finely sliced
200 grams **sugar snap peas**, sliced
Large handful **fresh mint**, finely chopped
2 limes, juice and zest
1 tablespoon reduced-**salt soy sauce**
1 teaspoon **fish sauce**
½–1 **red chilli**, deseeded and finely chopped
Small piece **fresh root ginger**, peeled and finely grated
25 grams unsalted **peanuts**, roughly chopped (optional)

INSTRUCTIONS

Cook the garlic in the oil in a large frying pan over a medium heat for 1 minute, then add the prawns and cook until the they are pink and cooked through, before adding the bean sprouts and cooking for a further 1 minute.

Pour into a bowl and set aside to cool.

Prepare the rice noodles according to the pack instructions, drain and allow to cool.

Add the prawn mixture carrots, pepper, sugar snap peas and mint to the noodles, mix well.

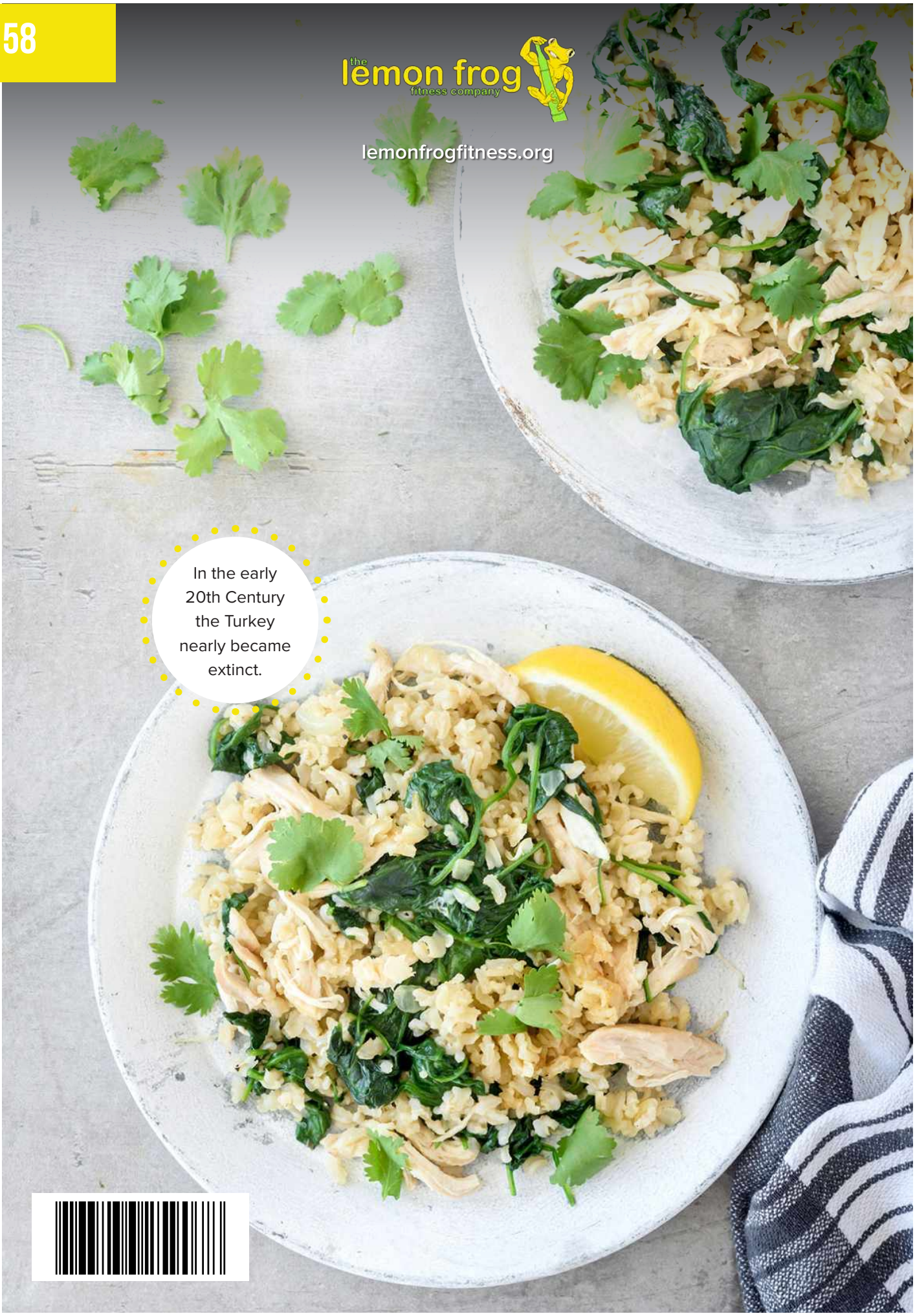
In a small bowl, stir together the lime juice and zest, soy and, fish sauces, chilli and ginger.

Toss the sauce mix through the salad and garnish with peanuts.

Serve immediately.

MACROS PER PORTION

CALORIES	289	PROTEIN	27
CARBS	25	FATS	10
FIBRE	3		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In the early 20th Century the Turkey nearly became extinct.

SPICY TURKEY RICE

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

1 tablespoon **olive oil**
1 **onion**, finely chopped
1½ tablespoons **garam masala**
2 **garlic cloves**, crushed
2 x 250 gram pouches ready-cooked **rice**
400 grams roast turkey or cooked turkey breast, shredded
Juice of 1 **lemon**, plus wedges to serve
200 grams **baby leaf spinach**
Large bunch **fresh coriander**, chopped
Natural **yogurt** to serve

INSTRUCTIONS

In a large frying pan, gently fry the onion in the oil for 5 minutes until beginning to soften, then add the garam masala and garlic and cook for a further 1 or 2 minutes.

Next, add in the turkey and the rice, along with a splash of water and allow to warm through for warm for a couple of minutes. Squeeze in the lemon juice and stir in the spinach adding it in a couple of batches so the first can wilt and make some room.

Once the spinach has reduced, add most of the coriander and stir well.

Taste, and then season to your liking before sprinkling with the remaining coriander.

Serve piping hot with the lemon wedges and yogurt.

MACROS PER PORTION

CALORIES	380	PROTEIN	37
CARBS	32	FATS	11
FIBRE	4		

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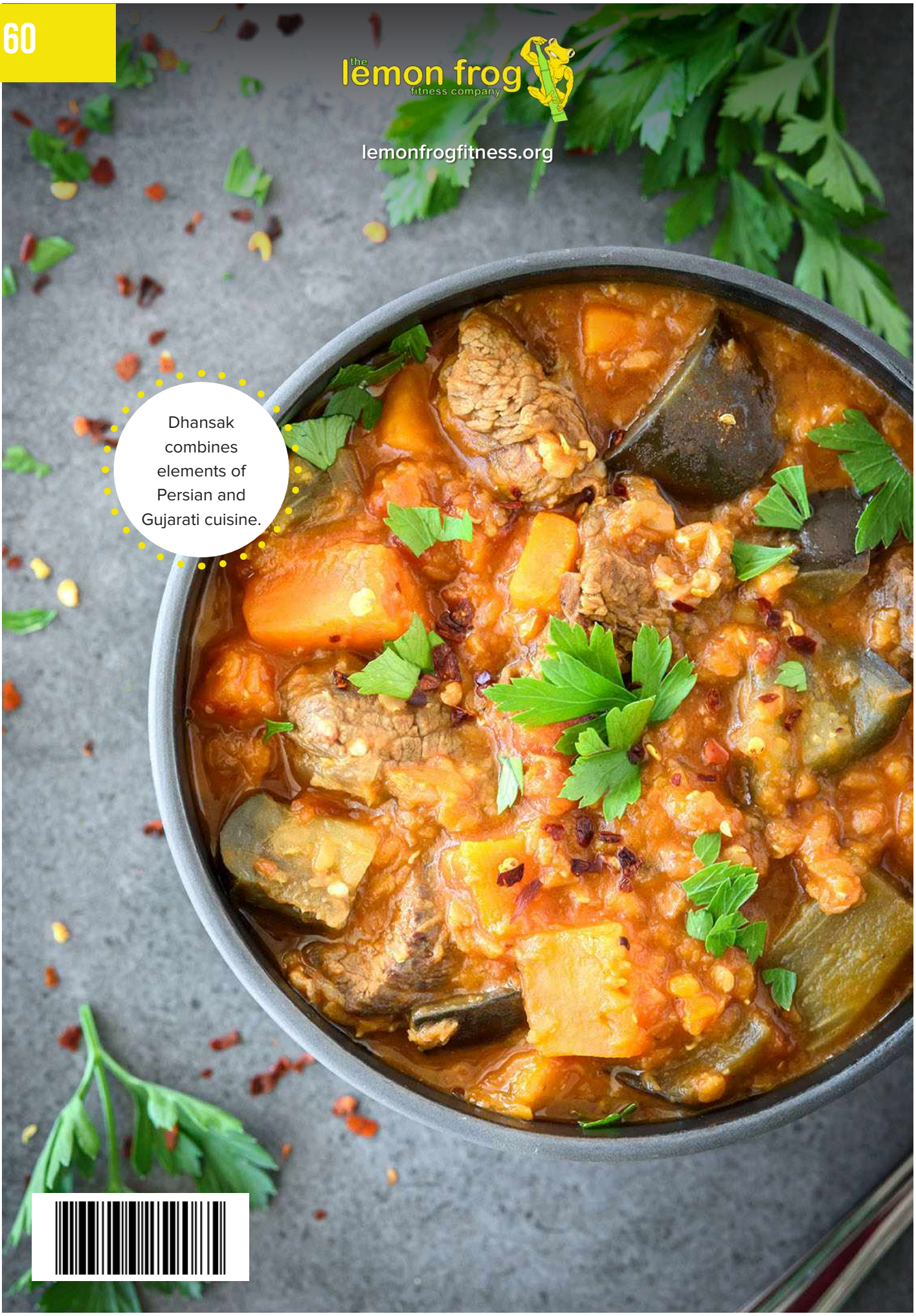


Dhansak combines elements of Persian and Gujarati cuisine.

LAMB DHANSAK

SERVES: 4

TOTAL TIME: 1 HOUR 45 MINUTES

INGREDIENTS

2 teaspoons **rapeseed oil**
1 **onion**, chopped
350 grams diced leg of **lamb**
2 **carrots**, chopped
4 cloves **garlic**, crushed
3 cm **fresh ginger root**, grated
100 grams **red lentils**
1 low-**salt lamb** or **chicken stock** cube in 400 millilitres boiling **water**
400 gram tin **chopped tomatoes**
1 tablespoon mild **curry paste**
400 grams **sweet potato** peeled and chopped
1 **aubergine**, chopped
20 grams **fresh coriander**, roughly chopped

INSTRUCTIONS

Add the oil to a pan and cook the onion for 3-4 minutes until just starting to brown.

Next add the lamb to the pan and cook for a further 4-5 minutes, stirring until well browned on all sides, before adding the carrots, garlic and ginger and cooking for a further 2-3 minutes, stirring often.

Now, add the lentils, stock, tomatoes and curry paste, stir well, bring to the boil, cover with a lid, reduce the heat, and simmer gently for 1 hour.

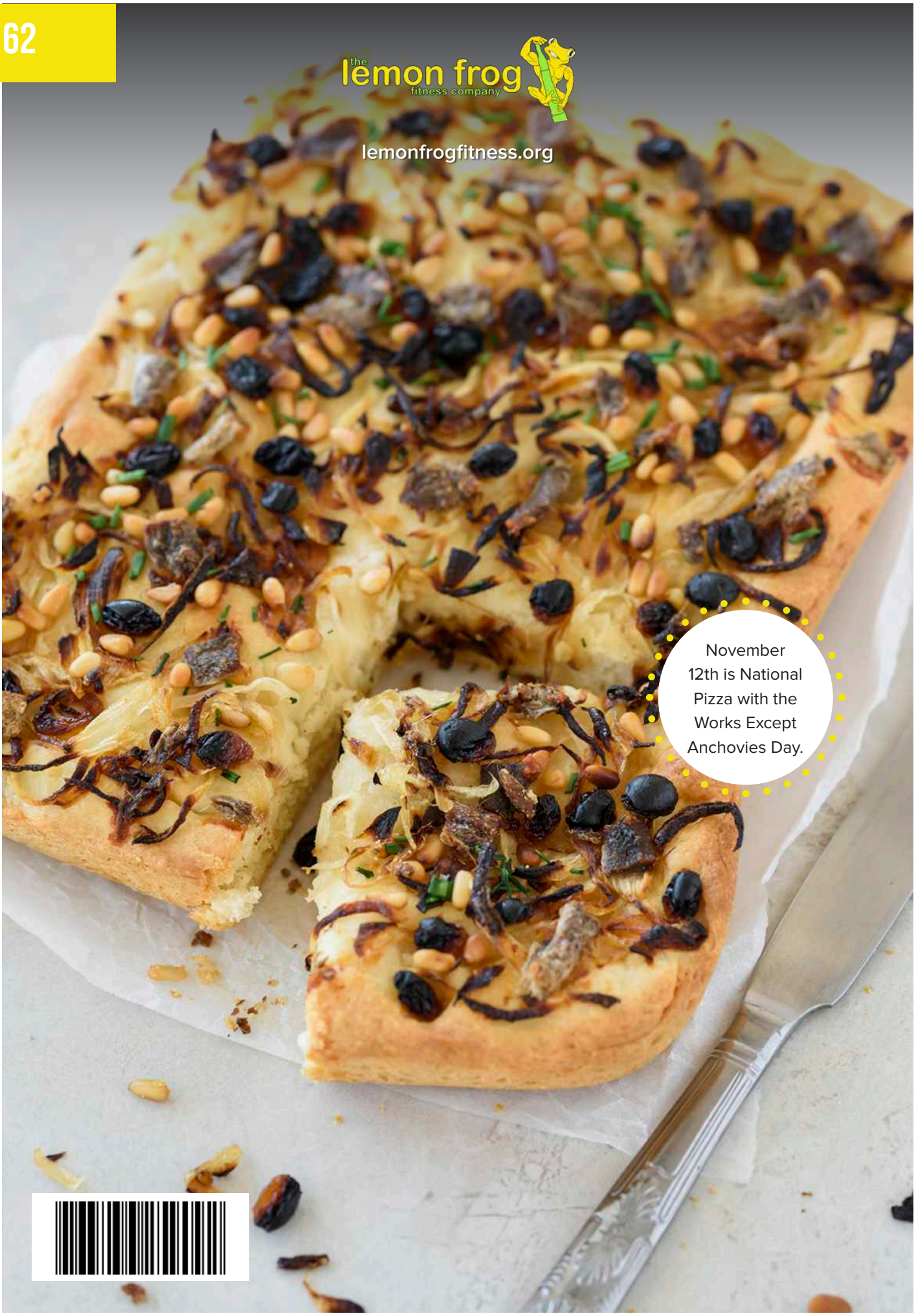
After one hour, add the sweet potato and aubergine, mix and cover again. Simmer for a further 20 minutes.

Check the lamb is tender. If not, simmer for another 10-15 minutes.

Stir in the fresh coriander, divide into bowls, garnish with coriander and serve with fluffy rice.

MACROS PER PORTION

CALORIES	415	PROTEIN	28
CARBS	45	FATS	12
FIBRE	9		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November 12th is National Pizza with the Works Except Anchovies Day.

SPANISH ONION AND ANCHOVY PIZZA

SERVES: 8

TOTAL TIME: 2 HOURS

INGREDIENTS

200 grams strong **plain flour**

¼ teaspoon **salt**

7 gram sachet **easy-blend yeast**

2 tablespoons **olive oil**

75 millilitres **milk**

2 large **onions**, finely sliced

25 grams tinned **anchovies**, drained and roughly chopped

1 tablespoon **pine nuts**

1 tablespoon **sultanas**

½ teaspoon **chilli flakes**

2 teaspoons **fresh chives**, chopped, to garnish

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Then In a large bowl, sift the flour and salt together, then stir through the yeast.

Combine half of the oil, the milk and 50 millilitres hand hot water, pour into the flour and combine until a dough has formed.

Knead the dough on a lightly floured board for 5 minutes until smooth, place in a lightly oiled bowl, and leave covered with a damp cloth in a warm place for 1 hour. After this time, it should be roughly doubled in size.

Re-knead, and then shape into a square around 40 cm x 40 cm.

Next, heat the remaining oil in a frying pan and fry the onions until soft and starting to brown.

Scatter the onions over the pizza base along with the remaining ingredients (except the chives), then bake for 20–25 minutes or until the pizza base is golden and crisp.

Scatter with the chives cut into slices and serve.

MACROS PER PORTION

CALORIES	173	PROTEIN	5
CARBS	27	FATS	5
FIBRE	2		

DESSERTS

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LEMON BREAD (V)

SERVES: 12

TOTAL TIME: 50 MINUTES

INGREDIENTS

200 grams **flour**
1½ teaspoons **baking powder**
¾ teaspoon **salt**
¼ teaspoon **baking soda**
225 grams **sugar** (or sweetener for **sugar** free)
180 millilitres **milk** of choice
125 grams **plain vegan yogurt**,
60 millilitres **oil**
60 millilitres **lemon juice**
Zest of 1 large or 2 small **lemons**
1 teaspoon **pure vanilla extract**

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas and grease a 9 × 5 loaf pan.

Combine all the dry ingredients together in a large bowl and do the same with all the liquid ingredients in a separate bowl.

Mix both the wet and dry mixes together then stir.

Spread evenly into the pan and bake for 50-55 minutes, or until loaf has risen and a skewer poked into the centre comes out clean.

For a special finish, frost the cooled loaf with either melted coconut butter or 100 grams of powdered sugar combined with 1 tablespoon milk of choice.

MACROS PER PORTION

CALORIES	150	PROTEIN	3
CARBS	28	FATS	4
FIBRE	2		

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NUT FREE CHOCOLATE CHUNK COOKIES

SERVES: 9

TOTAL TIME: 20 MINUTES

INGREDIENTS

63 grams natural smooth **sunflower seed butter**
2 tablespoons packed **brown sugar**
2 tablespoons pure **maple syrup**
2½ tablespoons **coconut oil** or grapeseed **oil**
6 tablespoons **raw sunflower seeds**
3 tablespoons **cassava flour**
1 teaspoon **ground chia seed**
¼ teaspoon **baking soda**
¼ teaspoon **fine sea salt**
60 grams **dark chocolate squares**

INSTRUCTIONS

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

Combine the sunflower seed butter, brown sugar, maple syrup, and oil together until smooth.

Blitz the sunflower seeds in a food processor for about 40 to 60 seconds until a fine meal forms – be careful not to over process into a butter- like consistency

Stir the ground sunflower seeds, cassava flour, chia seeds, baking soda, and salt into the wet mixture until thoroughly combined. The dough will be very sticky but this perfectly normal.

Chop up the chocolate, ensuring you reserve one heaped tablespoon for later. Stir the remaining chocolate into the dough.

Arrange small mounds of dough (use a tablespoon) onto the baking sheet a few cm apart.

No need to flatten the mounds as they'll spread out during baking. Then, press a few chunks of the reserved chocolate into each mound.

Bake for 10 to 11 minutes to create soft, chewy cookies.

Remove from the oven and cool for 10 minutes, then very carefully, transfer the cookies to a rack for another 10 to 15 minutes.

The cookies will be very fragile until they are fully cooled, so be patient and allow them too cool thoroughly.

MACROS PER PORTION

CALORIES	180	PROTEIN	3
CARBS	14	FATS	13
FIBRE	1		

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BANANA AND PEANUT BUTTER FLAPJACKS

SERVES: 12

TOTAL TIME: 50 MINUTES

INGREDIENTS

3 **ripe bananas**
200 grams **oats**
50 grams **dried fruit**, chopped into small **pieces** if necessary
60 grams **seeds**
2 tablespoons smooth **peanut butter** (ideally with no added **salt** and **sugar**)
2 tablespoons **sunflower spread**
1 tablespoon **honey**
1 teaspoon **cinnamon**

INSTRUCTIONS

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

In a large bowl, mash the bananas into a smooth paste, then stir in the oats, dried fruit and seeds until well mixed.

Gently warm the peanut butter, sunflower spread, honey and cinnamon in a saucepan, stirring continuously until the spread has melted.

Pour the melted mixture onto the banana mix and stir until well combined.

Spread to an even thickness on your lined baking tray and bake for 35–40 minutes until cooked through and golden brown.

Allow to cool before devouring.

MACROS PER PORTION

CALORIES	128	PROTEIN	4
CARBS	21	FATS	7
FIBRE	2		

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BLUEBERRY AND LEMON CHEESECAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

Zest of half a **lemon**, finely grated

1 teaspoon **lemon juice**

1 heaped teaspoon **lemon curd**

1 heaped tablespoon **reduced-fat cream cheese**

75 grams **blueberries**

2 rough **oatcakes**, crushed

INSTRUCTIONS

Combine the lemon zest, lemon curd and cream cheese in a bowl.

Gently squash half the blueberries with the back of a fork and then add the lemon juice.

Add the remaining blueberries to the cream cheese and lemon curd mixture, stir gently to mix.

Tip the crushed blueberries in the bottom of a glass then top with the lemon cheese.

Garnish with oatcake crumbs, some lemon zest and a couple of blueberries.

MACROS PER PORTION

CALORIES	279	PROTEIN	12
CARBS	34	FATS	11
FIBRE	2		

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RECIPE BOOK