

LUNCH & DINNER PACK

Discover 24 easy, healthy and tasty recipes you can cook the whole family.

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RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- DF Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts



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ONE-POT MEXICAN QUINOA



Serves: 4
Prep: 5 mins
Cook: 25 mins



Nutrition per serving: 384 kcal 14g Fats 53g Carbs 14g Protein











WHAT YOU NEED

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 chilli pepper, sliced
- 1 cup (170g) quinoa, uncooked
- 1 cup (240ml) vegetable stock
- 1 tsp. paprika
- ½ tsp. hot paprika
- ½ tsp. cumin
- 1 cup (165g) sweet corn, drained
- 1 cup (170g) black beans, canned, drained
- 1 can (14 oz./400g) chopped tomatoes
- 1 avocado
- 1 lime
- handful fresh coriander

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add in the garlic and half of the sliced chili pepper, cook for about 2-3 mins.

Add in the raw quinoa and vegetable stock, increase the heat and add the spices (paprika, hot paprika and cumin) season with salt and pepper and mix well.

Next, add the sweet corn, black beans and chopped tomatoes. Mix well to combine, cover and bring to boil. Reduce the heat and simmer covered for about 20 minutes until quinoa is cooked.

Serve with the avocado, drizzle of lime juice, fresh coriander and the remaining sliced chilli pepper.





GRILLED CHILLI & LIME CHICKEN



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per serving: 522 kcal 42g Fats 0g Carbs 35g Protein





WHAT YOU NEED

- 1.7 lb (800g) chicken drumsticks and/or legs
- green onion, chopped, to serve
- lime wedges, to serve

Marinade:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. garlic powder
- 2 tsp. paprika
- 1 tsp. onion powder
- ½ tsp. chipotle chilli pepper
- 2 tbsp. lime juice

WHAT YOU NEED TO DO

Combine all the marinade ingredients a small bowl and cover the chicken either in a container or Ziploc bag. Seal the bag/container, place in a fridge to marinate for a minimum of 1 hour.

Preheat oven to 375F (190C). Line baking tray/dish with baking paper.

Arrange the chicken on the baking paper, and brush any leftover marinade over the tops.

Bake, uncovered, for approximately 30-45 minutes or until cooked through. To serve garnish with chopped green onions and lime wedges.

NOTE:

Baking time will vary depending on how large/meaty each drumstick and leg are.





SLOW COOKER TERIYAKI CHICKEN



Serves: 4 Prep: 10 mins Cook: 2 hr



Nutrition per serving: 322 kcal 7g Fats 22g Carbs 45g Protein









WHAT YOU NEED

- 1½ lbs. (700g) chicken breast
- 2 tsp. corn-starch + 3 tbsp. water
- 1 tbsp. sesame seeds, to garnish

For the Sauce:

- ½ cup (60ml) + 1 tbsp. tamari
- ½ cup (60ml) honey
- 1 large onion, diced
- 2 tbsp. ketchup
- 1 tbsp. olive oil
- 1 tsp. chilli garlic sauce (Sambal Oelek)

WHAT YOU NEED TO DO

Mix the sauce ingredients in a small bowl. Add the chicken breasts to slow cooker and cover with the sauce. Cook chicken on high for 2 hours or low for 3-4 hours.

Once coked transfer chicken onto a cutting board and leave to cool.

Mix the corn-starch with water until it dissolves and pour into the slow cooker, stirring well.

Turn slow cooker to high and cook uncovered until the sauce thickens, for about 10 minutes.

In the meantime, shred the chicken using two forks, then, add back into the slow cooker and mix with the sauce. Sprinkle with sesame seeds to serve.

SERVING SUGGESTION:

White rice and broccoli.





QUICK CHILI CON CARNE



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving: 430 kcal 6g Fats 62g Carbs 28g Protein





WHAT YOU NEED

- 10.5 oz. (300g) lean ground beef, 5%
- 4 tbsp. Mexican spices
- 2 onions, chopped
- 1 red pepper, chopped
- 1 can (14oz./400g) kidney beans, drained
- 2 cans (2x 14oz./400g) canned chopped tomatoes
- 1.5 lb. (680g) brown rice, cooked
- coriander, chopped, to serve

WHAT YOU NEED TO DO

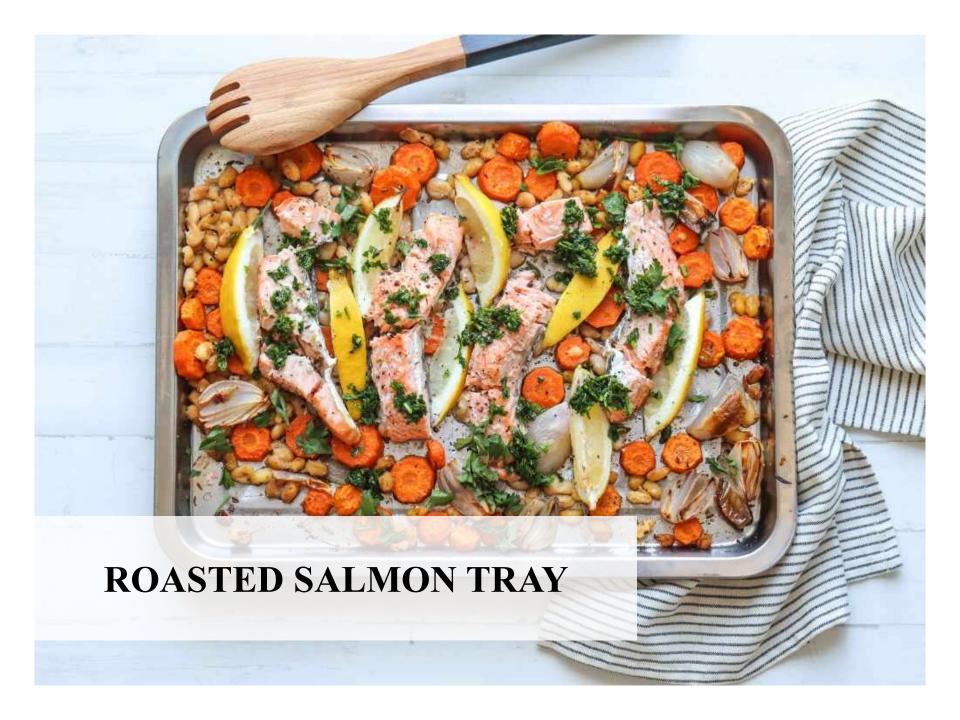
Heat a non-stick pan on medium-high heat and fry the minced meat seasoned with the Mexican spices for about 5 minutes, season with salt and pepper, to taste.

Add the chopped onions and pepper and cook for another 5 minutes over medium heat.

Next, add the beans and chopped tomatoes, bring to the boil and simmer for 5 minutes. Season with salt and pepper, if desired.

Serve alongside a portion of brown rice and, sprinkle with chopped coriander.





ROASTED SALMON TRAY



Serves: 4 Prep: 15 mins Cook: 30 mins



Nutrition per serving: 481 kcal 23g Fats 28g Carbs 39g Protein









WHAT YOU NEED

- 1 lb. (450g) carrots
- 4 red onions
- 1 can (1oz./400g) cannellini beans, drained
- 2 tbsp. olive oil
- 1 tbsp. fennel seed
- 4 salmon fillets (4.5oz./130g each)
- 1 lemon
- bunch parsley

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Peel the carrots and cut into ¼ inch slices. Cut each onion into 8 wedges. Drain the beans and rinse under cold running water.

Mix the onion, carrots and beans with $\frac{1}{4}$ of the oil (1/2 tbsp.), fennel seeds, salt and pepper. Spread over a baking tray lined with baking paper and roast for approx. 30 minutes.

In the meantime, season the salmon salt and pepper. Slice the lemon into wedges. Cut the parsley roughly and keep 1/3 aside for the garnish.

Put the parsley with the rest of the oil in blender or food processor and blitz — season with salt and pepper.

Take the baking tray out of the oven after 15 minutes, stir and place the salmon with lemon wedges in the middle of the vegetables — roast for the remaining 15 minutes.

Once coked take the baking tray out of the oven and break up the salmon into pieces. To serve drizzle with the parsley oil and the juice from the roasted lemon wedges.





SESAME & GINGER BEEF WITH ZUCCHINI NOODLES



Serves: 4
Prep: 5 mins
Cook: 12 mins



Nutrition per serving: 242 kcal 12g Fats 10g Carbs 25g Protein





WHAT YOU NEED

- 1/4 cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

WHAT YOU NEED TO DO

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Spiralize the zucchini and heat slightly with the beef (if eating straight away), or divide zucchini and beef into containers and then heat in the microwave or pan when needed.





CHICKEN & MANGO STIR FRY



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving: 308 kcal 9g Fats 31g Carbs 29g Protein





WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into strips
- 1 tbsp. buckwheat flour
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, deseeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

For the sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp. honey

WHAT YOU NEED TO DO

Cut the chicken into thin strips and season with salt and pepper, then coat in the flour.

Peel the mango and cut the flesh into strips. Cut the peppers into strips, peel the onion and cut into half rings.

Half the chili pepper lengthwise, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan heat 1 tbsp. of coconut oil, and stir fry the vegetables (peppers, onions, chili pepper, garlic and ginger) over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes, then remove everything and set aside.

Add a second the sp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan and mix well, then add the sauce. Cook on high heat for about 2 minutes until the sauce thickens, in the meantime mix often.

Serve with rice (not included in nutrition information per serving).





SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE



Serves: 4 Prep: 10 + 1 h Cook: 15 mins



Nutrition per serving: 507 kcal 19g Fats 40g Carbs 45g Protein





WHAT YOU NEED

- 4 salmon fillets (5 oz. / 150g each)
- 5 oz. (150g) green beans, frozen
- 1 cup (150g) sweetcorn
- 3.5 oz (100g) brown rice
- 2 tbsp. sesame seeds
- 1 tbsp. sesame oil

For the Sauce:

- 8 tbsp. soy sauce
- 3 tbsp. maple syrup
- 1 tbsp. lime juice
- 4 tbsp. grated ginger
- 2 garlic cloves, grated

WHAT YOU NEED TO DO

Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.

Cut the skin off the salmon then rinse, dry and marinate in the earlier prepared sauce for 1 hour.

In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 minutes before the end of cooking, then drain. Next add the sweetcorn and mix well.

Preheat the oven to 450F (230C). Place the salmon into an oven proof dish leaving the marinade aside. Bake for 8-10 minutes and 3 minutes before the end of baking sprinkle with sesame seeds.

Transfer the marinade into a small saucepan and heat until it thickens, then mix in the sesame oil, take off the heat and set aside.

To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.





CHICKPEA & TAHINI STUFFED AUBERGINE



Serves: 4
Prep: 5 mins
Cook: 40 mins



Nutrition per serving: 360 kcal 14g Fats 50g Carbs 14g Protein











WHAT YOU NEED

- 2 large aubergines
- 2 tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 tbsp. chopped parsley, plus more to garnish
- 1 cup (200g) chickpeas, drained
- 2 tbsp. tahini
- juice of ½ lime
- salt, pepper, oil

Spices:

- 1 tsp. turmeric
- 1 tsp. oregano
- 1 tsp. cumin
- 1 tbsp. coriander, fresh, chopped
- 1/3 tsp. hot paprika
- 1/3 tsp. sweet paprika

WHAT YOU NEED TO DO

Heat the oven to 400F (200C).

Cut the aubergines in half lengthwise, place them on a baking tray lined with baking paper, and bake in the oven for about 25 - 30 minutes. Once baked remove the flesh with a spoon, leaving about ½ inch (1/2 cm) of the edges of the aubergine. Chop the aubergine flesh and set aside.

Heat a pan with 2 tbsp. of olive oil, add the chopped onion and finely chopped garlic, fry for 2-3 minutes. Then add the chopped flesh, and season with salt and pepper. Continue cooking for another 5 minutes stirring often.

Next add the spices, and fry for another 2-3 minutes, adding water as needed to avoid burning.

Add the chopped parsley and take off the heat. Finally add the chickpeas, tahini and lime juice, mix, and season with salt and pepper to taste.

Transfer the stuffing into the halved cooked aubergines and serve with fresh chopped parsley.





CRESTLESS CHICKEN QUICHE



Serves: 2 Prep: 15 mins Cook: 45 mins



Nutrition per serving: 350 kcal 17g Fats 13g Carbs 36g Protein





WHAT YOU NEED

- 1 tsp. coconut oil
- 1 small zucchini, sliced
- 1 bell pepper, chopped
- 3 eggs
- 3 egg whites
- ³/₄ cup (180ml) oat milk
- 1 tsp. garlic powder
- 4.5 oz. (125g) roast chicken slices
- ¼ cup (25g) parmesan, grated

WHAT YOU NEED TO DO

Heat the oil in a pan over medium-high heat. Add the sliced zucchini and chopped peppers, season with salt and pepper. Cook for 6-7 minutes or until tender. Transfer into a bowl and allow to cool as you prepare the egg mixture.

Preheat oven to 350°F (180°C). Grease a 9-inch pie or square tin and set aside.

In a large bowl, whisk the eggs, egg whites, milk, garlic powder, salt, and pepper until combined. Arrange the veggies into the prepared pan and top with the chicken slices. Then pour the egg mixture on top, and sprinkle with grated parmesan cheese.

Bake for 45 minutes or until filling is set and no longer jiggles. Store tightly covered in the refrigerator for up to 4 days.

Serve with a side salad or veggies.





EGG FRIED RICE WITH TURKEY



Serves: 4 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 316 kcal 10g Fats 25g Carbs 33g Protein





WHAT YOU NEED

- 1 lb. (450g) minced turkey breast
- 3.5 oz. (100g) spinach
- 3.5 oz. (100g) rice
- 2 tbsp. coconut oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp. tomato puree
- 1 egg

Spices:

- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/3 tsp. cayenne pepper

WHAT YOU NEED TO DO

Cook the rice according to the instructions on the packaging, then set aside.

Heat the oil in a large frying pan and sauté the onion and garlic for 2-3 mins until frequent.

Add meat and cook for another 5-6 mins, seasoning in the meantime with salt, pepper and the spices. Add the tomato puree and mix well.

Now add in the cooked rice and spinach, mixing until wilted. In a small bowl beat the egg, and then tip into the rice, stirring vigorously. Cook for another 2 mins, until the egg is set, then divide between plates and serve.





INDIAN CHICKPEA & PUMPKIN CURRY



Serves: 4 Prep: 10 mins Cook: 35 mins



Nutrition per serving: 319 kcal 17g Fats 31g Carbs 10g Protein





WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 tbsp. ginger, grated
- 2 cloves garlic, minced
- 2 cups (340g) chickpeas, canned
- 16 oz. (450g) pumpkin, peeled, chopped
- 1 cup. (240ml) tomato passata
- 1 ½ cup (300ml) coconut milk, canned
- 7 oz. (200g) fresh spinach
- 2 cups (300g) cherry tomatoes

Spices:

- 1 tsp. ground cumin
- 1 tsp. turmeric
- 1 tsp. ground coriander
- 1 tsp. cinnamon
- 1 tsp. cardamom

WHAT YOU NEED TO DO

In a large saucepan, heat the oil over medium-high heat.

Add the onion, ginger and garlic, and cook for 1-2 mins, until soft. Next, add in the spices and continue cooking for another 2-3 mins, add a splash of the coconut milk to prevent from burning.

Next, add in the chickpeas (with a splash of the brine), pumpkin, tomato passata and the remaining coconut milk. Additionally, add in ½ cup (120ml) of water, then season with salt and pepper, and mix well.

Bring to boil, then lower the heat, cover the saucepan with a lid and simmer for 20 mins, stirring occasionally.

Lift the lid and cook for another 5-10 mins until the sauce reduces and thickens. Finally, add the spinach and cherry tomatoes, mix well and take off the heat.

Serve with a portion of brown or white rice (not included in macro info).





SALMON & EGG BAKE



Serves: 4 Prep: 10 mins Cook: 50 mins



Nutrition per serving: 305 kcal 17g Fats 7g Carbs 29g Protein





WHAT YOU NEED

- 10 oz. (280g) salmon fillets
- 2 tsp. coconut oil
- 5 eggs
- 2 egg whites
- ½ cup (120ml) almond milk
- 2 cloves garlic, minced
- 7 oz. (200g) asparagus, chopped
- 1 tsp. oregano
- 1 tsp. thyme
- 1 small onion, cut to wedges
- 1 bell pepper, sliced

WHAT YOU NEED TO DO

Heat oven to 420F (215C). Season the salmon fillets with salt & pepper.

Heat 1 tsp. of oil in a pan over high heat, and fry the salmon fillets skin side up for about 2 minutes, then place on a baking tray and broil in the oven for another 8 minutes. Remove from the oven and set aside.

Reduce the oven heat to 350F (180C).

In the same pan, add the remaining 1 tsp. of oil and cook the garlic and asparagus, on medium heat for 5 minutes. Season oregano and thyme, and mix well.

Whisk together the eggs, egg whites and milk, adding in a pinch of salt.

Flake the baked salmon into a baking dish, add the onion and pepper, then pour in the egg mixture.

Bake for 30-35 minutes or until eggs are set and browned.





QUICK ZUCCHINI & CHICKEN STIR

FRY



Prep: 10 mins Cook: 10 mins



Nutrition per serving: 253 kcal 9g Fats 11g Carbs 30g Protein











WHAT YOU NEED

- 1/4 cup (60ml) soy sauce (gluten free)
- 1 cup (240ml) chicken broth
- 1 tbsp. corn starch
- 2 tbsp. mirin
- 1 tbsp. sugar
- 2 tsp. sesame oil
- 1 tbsp. coconut oil, divided
- 1 tbsp. minced garlic
- 1 tbsp. minced ginger
- 1 lb (450g) chicken breast, thinly sliced
- 1 large zucchini, cut in thick half-moons
- 1 tbsp. sesame seeds
- 2 tbsp. spring onion, to garnish

WHAT YOU NEED TO DO

In a large bowl add the soy sauce, chicken broth, corn starch, mirin, sugar, and sesame oil and whisk until everything is completely dissolved.

In a large skillet, add 2 tsp. coconut oil and the chicken, about 2-3 minutes on each side, on medium-high heat. Then set aside on a plate.

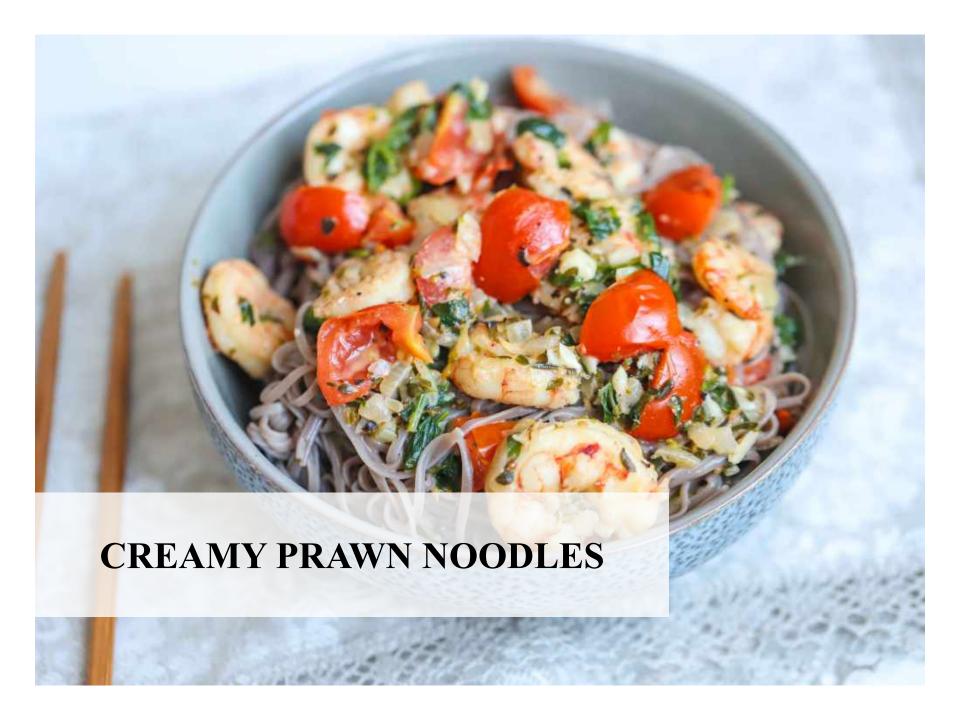
Using the same skillet, add in the remaining 1 tsp. of oil, garlic and ginger and sauté for 30-45 seconds until fragrant, but being careful not to burn it.

Stir the garlic and ginger well and add in the earlier prepared sauce. Whisk well.

Simmer the sauce for 1 minute, then add in the zucchini and continue cooking for 2 more minutes, until thickened and the zucchini is tender-crisp.

Remove from the heat, add in the chicken, and stir until well coated. Garnish with sesame seeds and scallions if desired.





CREAMY PRAWN NOODLES



Serves: 2 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 463 kcal 16g Fats 58g Carbs 22g Protein





WHAT YOU NEED

- 7oz. (200g) frozen prawns
- 4 ½ oz. (125g) noodles (black rice, buckwheat)
- 1 tbsp. coconut oil
- 1 small onion, diced
- 1 tsp. oregano
- 2 garlic cloves, minced
- 10 cherry tomatoes, cut in quaters
- 2 tbsp. parsley, chopped
- ½ cup (125ml) oat cream

WHAT YOU NEED TO DO

Defrost the prawns, rinse and dry. Cook the pasta according to the instructions on the packaging.

Heat the coconut oil in a large frying pan and sauté the onion until soft. Add oregano and minced garlic, and fry for another 1-2 mins.

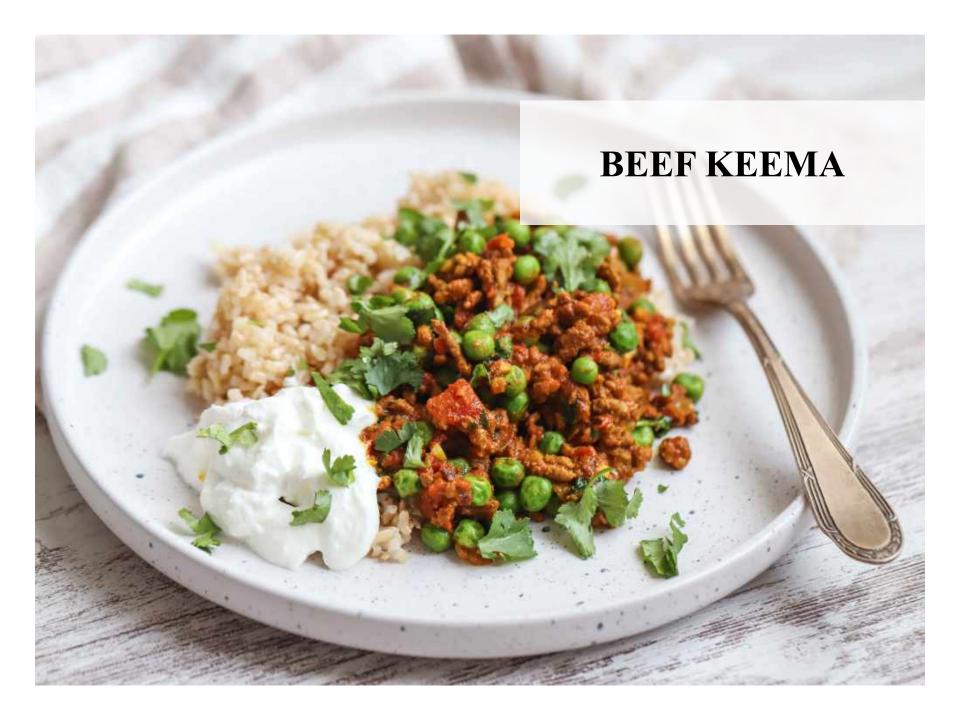
Add prawns and fry for about another minute, stirring constantly, season with salt and pepper.

Add the cherry tomatoes and parsley, mix and fry for another half a minute.

Pour in the cream and bring to a boil. Simmer everything for about 1 minute until the sauce thickens, season with freshly ground pepper and salt as needed.

Add strained pasta and heat everything together.





BEEF KEEMA



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per serving: 278 kcal 8g Fats 16g Carbs 34g Protein











WHAT YOU NEED

- 1.1 lb (500g) beef mince, 5% fat
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- ½ cup (25g) ginger, peeled and finely chopped
- ½ cup (15g) fresh coriander, leaves and stalks chopped separately
- 2 tbsp. curry powder
- 14 oz. (400g) can chopped tomatoes
- 7/8 cup (200ml) beef stock
- 7 oz. (200g) pot 0% fat natural yoghurt
- 2 cups (300g) peas, frozen

WHAT YOU NEED TO DO

Heat a dry frying pan over high heat, and cook the beef mince until browned.

Add in the onion, garlic and ginger and sauté for 6-8 minutes until soft. Stir in the coriander stalks and curry powder and continue cooking for another 2-3 minutes, while stirring.

Add the chopped tomatoes and beef stock. Season with salt and pepper. Bring to a boil, then reduce heat, and simmer, uncovered, for 20 mins, stirring occasionally.

After 20 minutes of simmering, stir in 1 tbsp. of yoghurt. Add the frozen peas and half the coriander leaves. Cook for another 2 mins, until peas are heated through, then season again if needed.

Serve with a portion of rice, garnished with the remaining coriander and a spoonful of yoghurt.





CHICKPEA & CORN BURGERS



Makes: 8 Prep: 25 mins Cook: 15 mins



Nutrition per serving: 141 kcal 7g Fats 13g Carbs 5g Protein













WHAT YOU NEED

- 14 oz. (400g) chickpeas, canned, drained
- 3 cloves garlic
- 1 small onion, diced
- 1 tsp. oregano
- 1 tsp. chilli powder
- 1 tsp. cumin
- 1 tsp. smoked paprika
- 1 lime, juice
- ³/₄ cup(130g) sweetcorn, canned, drained
- 1 red bell pepper, diced
- 1 lime, zest
- ½ cup (30g) ground almonds
- 2 tbsp. oat flour
- 2 tbsp. coconut oil

WHAT YOU NEED TO DO

Place the chickpeas, garlic, onion, spices and lime juice in a food processor, season with salt & pepper and blitz until smooth. Transfer into a large bowl.

Add in the sweetcorn, bell pepper, lime zest, and flour and mix well.

Roll the batter (an amount equal to 1/3 cup) into balls and shape into burgers. Place them in the freezer for 20 minutes.

Preheat the oven to 420F (210C).

Heat a portion of the oil in a pan over medium-high heat, and fry the burgers, for about 3 minutes each side. Repeat until all burgers are cooked.

Next place in the burgers on a baking tray lined with a baking sheet and bake in the oven for 8 minutes. Allow to slightly cool before serving.





CREAMY CHICKEN, MUSHROOM & TOMATO PASTA



Serves: 3 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 385 kcal 14g Fats 26g Carbs 35g Protein





WHAT YOU NEED

- 1 ½ cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sun-dried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or normal)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the packaging. Chop the chicken fillet, season with salt and pepper and dredge with flour.

Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.

In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5 - 7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.

Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.

Add the cooked pasta. Stir well and serve.





CAJUN BEEF & VEG RICE



Serves: 3 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 503 kcal 13g Fats 55g Carbs 40g Protein





WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef, season with salt and pepper and cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and heat for about 3-4 minutes.

Sprinkle with the green parts of the spring onion and serve.





CHINESE STYLE SHRIMPS & VEG



Serves: 3
Prep: 15 mins
Cook: 15 mins



Nutrition per serving: 436 kcal 11g Fats 63g Carbs 22g Protein









WHAT YOU NEED

- 1 cup (185g) rice, uncooked
- 2 tbsp. olive oil
- 1 carrot, peeled, sliced
- 1 pepper, chopped
- 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 small zucchini, sliced
- 1 ½ tbsp. ginger, grated
- a pinch of chilli flakes
- 9 oz. (250g) shrimps
- 2 tbsp. soy sauce
- 1 tsp. potato flour
- 2/3 cup (160ml) water
- 1 tbsp. coconut palm sugar

WHAT YOU NEED TO DO

Cook the rice according to the instructions on the packaging.

In a wok (or large frying pan) heat 1 tbsp. of oil. Cook the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chilli.

Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.

Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1-minute stirring frequently. Serve with cooked rice.





QUICK BEEF CHOW MEIN



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving: 325 kcal 10g Fats 33g Carbs 28g Protein









WHAT YOU NEED

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- 1/2 leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- · a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onion, chopped

WHAT YOU NEED TO DO

Prepare the noodles according to instructions on the packaging. Cut the beef into thin strips.

Heat the sesame oil in a wok or large frying pan. Add the garlic and ginger and fry for about a minute, add the beef and cook for another 2 minutes. Next add the leek, pepper and mushrooms and fry for about 5 minutes.

Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.

To serve, divide onto serving dishes garnish with chopped spring onion.





EGG & TURKEY STUFFED PEPPERS



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per serving: 329 kcal 12g Fats 11g Carbs 43g Protein





WHAT YOU NEED

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Beat the eggs, egg whites and milk, then set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 mins until softened and browned.

Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 mins. Then add the spinach, and mix until it wilts about 2 mins.

Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 mins until eggs are cooked. Then set aside.

Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.

Place the peppers in a baking dish and sprinkle them with grated cheese.

Bake in the oven for 15 mins, until cheese, has melted and the edges have browned.

To serve sprinkle with chopped parsley.





CHICKEN ORANGE STIR FRY



Serves: 4 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 397 kcal 7g Fats 53g Carbs 34g Protein











WHAT YOU NEED

For the Sauce:

- 1 orange, juice only
- 1/3 cup (100g) marmalade (low sugar)
- ½ cup (60ml) soy sauce
- 1 tsp. siracha (or as needed)
- 1 tbsp. buckwheat flour

For the Stir Fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 springs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

WHAT YOU NEED TO DO

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Cook rice according to instructions on packaging or use leftover rice.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 mins until chicken is cooked through. Remove from the pan and set aside.

Lower the heat and add the garlic and green onion cooking for 1 min. Keep string to prevent burning.

Now add the mangetout peas and bell pepper and cook for another 3-4 mins. Add in cooked rice and mix well with the vegetables.

Next add in the cooked chicken, grated carrot and earlier made sauce. Stir well until heated.

Garnish with sesame seeds and more green onion to serve.





HONEY GARLIC DRUMSTICKS



Serves: 4
Prep: 5 mins
Cook: 50 mins



Nutrition per serving: 516 kcal 25g Fats 15g Carbs 19g Protein





WHAT YOU NEED

8 chicken drumsticks

For the Marinade:

- 1 tbsp. olive oil
- 1 tbsp. sesame oil
- 1/4 cup (60m) tamari sauce
- 2 tbsp. lemon juice
- 3 tbsp. honey
- 6 cloves garlic, minced
- 1-inch ginger, peeled and grated
- ½ tsp. chili flakes

WHAT YOU NEED TO DO

In a bowl, combine all of the ingredients for the marinade and mix well. Set aside.

If you have time, place the chicken in a Ziploc bag, add the marinade and refrigerate for as long as you can, up to 24 hours.

If baking straight away, massage them in the bag with the marinade for about 5 minutes.

Preheat oven to 375F(190C).

Transfer the drumsticks and the marinade into a baking dish and bake uncovered for 45-50 minutes, until they are cooked through and browned.

Serve hot, with pan juices and your favorite side dish (e.g. potatoes, rice, salad, etc.).



