# Miso Roast Salmon

Main Meal

Serves: 1



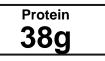
### Shopping & Ingredients List: 1 tbsp Miso Paste 2 tsp Mirin pinch of Sugar 150g boneless Salmon Fillet ½ tsp Olive Oil 2 tsp Soy Sauce Salt & Pepper to season Salad ½ Cucumber, in ribbons 1 tbsp Soya Beans 1 tsp White Wine Vinegar pinch of Sugar

### Method

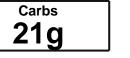
1. Mix together the miso paste, mirin & sugar. Spread over the salmon & marinate in the fridge overnight, or during the day, for a minimum of 2 hours.

2. Preheat the oven to 200c (180 fan), 400f, gas mark 6. Use the olive oil & brush a non-stick baking sheet. Use kitchen paper towel, wipe off the marinade. Place the fish on the baking tray, skin-side down. Cook for 15 minutes.

3. Meanwhile whisk together the white wine vinegar & sugar. Toss the comber ribbons & soya beans in the dressing. Serve alongside the salmon & season to own taste.



Macro info per serving



Fat 11g



# Beef Skewers with Dipping Sauce

## Main Meal

Serves: 4



### Shopping & Ingredients List:

350g Lean Rump Steak, in strips\*
½ tsp Ground Coriander
1 tbsp Sweet Chilli Sauce
½ tsp Cumin Seeds
1 tsp Olive Oil
\*Halal & Kosher if meat sourced appropriately
Dipping Sauce
1 tsp Sweet Chilli Sauce
1 tsp Thai Fish Sauce
1 tsp White Wine Vinegar
Garnish
2 tbsp Fresh Coriander, chopped

#### Method

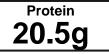
1. Mix together the sweet chilli sauce, cumin seeds, ground coriander & oil in a non-metallic bowl. Add the beef strips, stir to coat, then cover & leave to marinate for 30 minutes.

2. Thread the meat onto 4 bamboo skewers that have been soaked in water for at least 20 minutes. Cook on the bbq or under a grill for 2-3 minutes.

3. Meanwhile mix together sauce ingredients & serve with the skewers & scattered coriander.

Carbs

1.2g



Macro info per serving





# Aromatic Chicken

Main Meal

Serves: 4





### Method

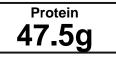
1. In a large non-stick frying pan, dry-fry the coriander seeds, cumin seeds & cloves for 1-2 minutes. Add the nutmeg & turmeric & fry for a further minute.

2. Remove from the heat & grind with the sliced ginger using a pestle & mortar, or a spice grinder. Make into a paste.

3. Place the chicken in a large lidded saucepan with the paste & the remaining recipe ingredients, except the olive oil. Season to own taste & ensure the chicken is covered in stock, if not add more water. Cover the saucepan with a lid & cook over a low heat for 45 minutes.

4. Remove the chicken breasts & set aside. Heat a non-stick griddle over a high heat & brush with the olive oil. Add the chicken breasts & griddle for 1-2 minutes on each side.

5. Using a slotted spoon add the vegetables to 4 plates & top with the chicken breasts. Serve immediately.



Macro info per serving



Carbs

17.2g



# Pork & Pepper Curry

Main Meal

Serves: 4



#### Shopping & Ingredients List:

450g Lean Pork, cut into chunks
1 medium Onion, chopped
2 Garlic Cloves, chopped
3 Peppers, thickly sliced
2 tbsp Soy Sauce
2 tbsp Red Curry Paste
115g Creamed Coconut, chopped
4 Tomatoes, peeled, deseeded & chopped
300ml Meat Stock
2 tbsp Coconut Oil
handful of Fresh Coriander, chopped

#### Method

1. Heat a large saucepan over a medium-high heat, add the oil. Then add the onion & garlic & cook for 1-2 minutes until they are soft but not brown.

2. Add the pork & fry, stirring, for 2-3 minutes until the meat is browned all over. Add the peppers & curry paste.

3. Dissolve the creamed coconut in the stock. Add to the pan with the soy sauce. Bring to a boil & reduce to a simmer for 4-5 minutes, or until the liquid has reduced & thickened.

4. Add the tomatoes & coriander & cook for 2-3 minutes. Serve immediately.

Carbs

25a

Protein **26.7g** 

Macro info per serving



