

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 cucumber ribbons & soya beans in the dressing. Serve alongside the salmon & season to own taste.

Macro info per serving

Protein
38g

Carbs
21g

Fat
11g

Energy
335Kcal

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 tbp **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.

Macro info per serving

Protein

20.5g

Carbs

1.2g

Fat

6.5g

Energy

146Kcal

Aromatic Chicken

Main Meal

Serves: 4



Shopping & Ingredients List:

- 4 large **Skinless Chicken Breasts***
- 1 medium **Courgette**, thickly sliced
- 20 **Cherry Tomatoes**
- 1 medium **Onion**, roughly chopped
- 2 **Peppers**, cut into chunks
- 2.5cm **Root Ginger**, peeled & sliced
- 2 tbsp **Coriander Seeds**
- 2 tbsp **Cumin Seeds**
- 6 **Cloves**
- ½ tsp **Turmeric**
- ½ tsp **Ground Nutmeg**
- 300ml **Chicken Stock**
- 1 tsp **Olive Oil**
- Salt & Pepper** to own taste

**Halal & Kosher if meat appropriately sourced*

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

Protein

47.5g

Carbs

17.2g

Fat

3.7g

Energy

293Kcal

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.

Macro info per serving

Protein

26.7g

Carbs

25g

Fat

34.2g

Energy

515Kcal