

MAIN MEALS





CONTENTS

AVAILABLE MEALS

Chicken Chow Mein	2
Braised Steak & Onion Stew	3
Chicken Fajita Wrap	4
Thai Chicken Fried Rice	5
Balsamic Steak with Peppercorn Wedges	6
Indonesian Mackerel with Fried Rice	7
Thai Salmon Noodle Soup	8
Beef Madras	9
Cajun Fish Tortilla with Salsa	10
Penne Bolognese	11
Smoked Mackerel Donburi	12
Turkish-Style Lamb Flatbreads	13
Chilli Con Carne	14
Mexican Beef Burrito	15
Jerk Chicken Tray Bake	16
Glazed Salmon with Green Bean & Bulgur Salad	17
Mustard Salmon with Beetroot & Lentils	18



CHICKEN CHOW MEIN

INGREDIENTS

1 Chicken Breast (Diced)

3 Tsp Soy Sauce

4 Tsp Olive Oil

1 Garlic Clove (Diced)

1/2 Tsp Fresh Ginger (Chopped)

1/4 Red Onion (Diced)

30g Mangetout

1/2 Nest Wholewheat/Wholegrain Noodles

1 Tsp Sesame Oil

1 Spring Onion (Diced)

1 Medium Egg

METHOD

Crack the egg into a bowl, season with salt & pepper, then whisk together and set aside.

Meanwhile, bring a pan of water to the boil and cook the noodles to packet instructions. Once cooked, drain and set aside.

Place the chicken breast into a bowl, season with salt & pepper, then pour in 2 tsp of soy sauce, mix and leave to marinate for 5 minutes.

When ready to cook, heat 3 tsp of olive oil into a pan or wok over a medium/high heat. Once the oil has warmed up, add the garlic, ginger and red onion and fry the vegetables for 1 minute.

Add the diced chicken, alongside the remaining soy sauce that is in the bowl. Continue to fry for 3-4 minutes until the chicken is cooked through and no longer pink.

Then add the mangetout and stir fry for a further 1 minute. Once cooked, pour the contents of the pan into a bowl and set aside.

Lower the heat slightly, and add the remaining 1 tsp of olive oil.

Allow the oil to heat up then add the egg. Stir fry until it solidifies and begins to resemble scrambled egg.

As the egg solidifies, add the noodles and stir fry for 30 seconds, then pour in the chicken and veg mixture.

Stir the contents of the pan and remove from the heat, and add the remaining soy sauce and sesame oil.

Mix through, then scatter the noodles with diced spring onion and serve.



BRAISED STEAK & ONION STEW

INGREDIENTS

(MAKES 4 PORTIONS)

3 Tbsp Olive Oil

4 Sirloin Steaks (200g each)

4 Tbsp Red Wine Vinegar

2 Small Onions (Diced)

2 Medium Carrots (Diced)

3 Garlic Cloves (Crushed)

1/2 Tsp Paprika

400g Chopped Tomatoes

1 Tsp Tomato Puree

2 Bay Leaves

500g Wholegrain Rice (Cooked)

2 Tsp Creme Fraiche To Serve
(Per Portion)

METHOD

Preheat the oven to 140 degrees. Then, heat half of the oil in a large frying pan over a medium-high heat.

Season the steaks with salt & pepper on both sides, then add the steaks to the pan and fry for a couple of minutes on each side, just to brown them off.

Once they have been browned, remove the steak and set aside.

Add the vinegar to the pan, allow the vinegar to bubble and almost evaporate, then add the remaining oil to the pan and lower the heat.

Add the onions & carrots and fry for 10-15 minutes until they have softened and are starting to colour.

Once the vegetables have softened, stir in the garlic and paprika. Cook for an additional 1 minute, then add the chopped tomatoes, 100ml of water and stir in the bay leaves and tomato puree.

Meanwhile, slice the steaks into chunks and add to the pan. Allow to simmer for 1 minute, then pour the contents of the pan into a casserole dish.

Cover the casserole dish and place into the oven. Leave to cook for 2 hours, removing the dish half way through (1 hour) to stir.

Cook until the meat is very tender, then serve with 125g of cooked wholegrain rice per portion.

Once cooked, the stew can be cooled and chilled for 2 days or frozen up to 3 months.

CHICKEN FAJITA WRAP

INGREDIENTS

1 Garlic Clove (Crushed)	1/2 Avocado
75g Greek Yoghurt	1 Tomato (Chopped)
1/4 Tsp Smoked Paprika	1/2 Green Pepper (Sliced)
1/4 Tsp Ground Cumin	1/2 Small Red Onion (Diced)
1/4 Tsp Oregano	Juice of 1/2 Lime
1 Chicken Breast	1 Wholemeal Wrap
2 Tbsp Fresh Coriander (Chopped)	1 Tsp Olive Oil

METHOD

Stir the garlic into the yoghurt. Spoon 2 tbsp of the garlic yoghurt into a bowl, then add the spices and oregano and combine.

Season the chicken breast with salt & pepper, then add the chicken to the bowl of yoghurt and toss until coated.

Heat a pan over a medium heat and add 1 tsp of olive oil. Cook the chicken for approximately 6 minutes on each side, until cooked all the way through (no longer pink). Once cooked, cut into even slices and set aside.

In a separate bowl, mix the tomatoes with the onion, peppers, coriander and lime. Season with salt & pepper to taste.

Scoop the flesh from the avocado and squash onto the wrap.

Add the cooked chicken and salsa salad to the wrap. Spoon over the remaining yoghurt and serve.



THAI CHICKEN FRIED RICE

INGREDIENTS

1 Chicken Breast (Diced)

3 Tsp Coconut Oil

1 Medium Egg

2 Tsp Soy Sauce

1/2 Tsp Sesame Oil

1/2 Small Onion (Diced)

1/4 Carrot (Diced)

1 Garlic Clove (Crushed)

30g Frozen Peas

125g Cooked Wholegrain Rice

1/2 Tsp Fish Sauce

Juice of 1/2 Lime

METHOD

Crack the egg into a bowl, add 1 tsp of the soy sauce and 1/4 tsp of the sesame oil. Season with salt & pepper, then whisk together the ingredients.

Heat 2 tsp of coconut oil in a pan over a medium-high heat. Once heated, add the onion & carrot, stirring regularly for 2 minutes.

Then, add the chicken and cook until no longer pink, then add the garlic and fry for a further minute.

Add the frozen peas and stir fry for a further 1 minute. Then pour the chicken and vegetables into a bowl and set aside.

Wipe the pan clean and add 1 tsp of coconut oil. Add the egg mixture and stir fry for approximately 30 seconds, until it begins to resemble scrambled egg.

Once the egg is beginning to solidify, add the rice and stir fry for 1 minute. Then add the chicken and veg mixture, stir fry to combine all of the ingredients.

Pour in the remaining soy sauce and sesame oil along with the fish sauce. Season with salt & pepper to taste.

Serve in a bowl and garnish with a squeeze of fresh lime.



BALSAMIC STEAK WITH PEPPERCORN WEDGES

INGREDIENTS

1 Tsp Balsamic Vinegar
1/2 Garlic Clove (Crushed)
1/2 Tsp Clear Honey
1 Tsp Wholegrain Mustard
1 Sirloin Steak
1 Medium Potato
(Cut into wedges)
4 Tsp Olive Oil
1 Tsp Thyme
1/2 Tsp Garlic Powder
1.2 Tsp Paprika
Mixed Salad Leaves
1/2 Avocado (Sliced)

METHOD

Mix the vinegar, garlic, honey and mustard into a small bowl. Then season with salt and black pepper.

Coat the steak in the honey and vinegar mixture and leave to marinate in the fridge for 1 hour or preferably overnight.

Once ready to cook, pre-heat the oven to 220 degrees.

For the wedges, cut the potatoes into even segments. Then toss the potatoes in a bowl with 1 tsp olive oil and season with salt, pepper, paprika, garlic powder and thyme.

Spread the potato wedges out onto a baking sheet and bake for 10-15 minutes, checking frequently. Then turn the potatoes and cook for a further 10-15 minutes until golden and crispy.

Meanwhile, as the potatoes are finishing, prepare to fry the steak.

Heat a frying pan over a medium high heat. Add 2 tsp olive oil and allow the oil to warm.

Once the oil is heated, place the steak in the pan. For a medium rare steak cook for 4-6 minutes on each side. For a more well done steak cook longer.

Once the steak is cooked, set aside and allow to rest. Remove the potatoes once they have finished cooking and plate up.

To finish, place the salad leaves into a bowl and add 1 tsp olive oil, salt and pepper. Toss the leaves in the oil then add the avocado slices. Serve.

INDONESIAN MACKEREL WITH FRIED RICE

INGREDIENTS

3 Tsp Olive Oil	40g Peas
1 Egg (Beaten)	2 Tsp Soy Sauce
1 Tsp Red Thai Curry Paste	1 Smoked Mackerel Fillet (Cut into slices)
125g Wholegrain Rice (Cooked)	1/4 Cucumber (Cut into half moons)
1/2 Spring Onion (Diced)	

METHOD

Place a frying pan over a medium heat. Add 2 tsp olive oil and allow to warm up.

Add the beaten egg to the pan, swirl to coat the base of the pan. Cook for 1 minute, then flip and cook until set.

Season the egg with salt & pepper, then remove and dice up the cooked egg. Set aside.

Add 1 tsp olive oil, then add the curry paste to the pan and fry for 1 minute. Add the cooked rice and stir, coating the rice in the paste.

Add the spring onions, cucumber and peas. Stir fry for a further 2-3 minutes until fully hot.

Add the soy sauce, then pour in the cooked egg and mackerel.

Toss the mackerel through the rice and serve.



THAI SALMON NOODLE SOUP

INGREDIENTS

150g Salmon Fillet
(Cut into chunks)

1 Tsp Soy Sauce

1 Tsp Red Thai Curry Paste

1 Nest of Wholewheat Noodles

25g Mushrooms (Chopped)

50g Baby Corn (Chopped)

Juice of 1/2 Lime

1/2 Chicken or Fish Stock Cube
(With 250ml water)

METHOD

Place a saucepan on a medium high heat and add the stock. Bring the stock to the boil, then stir in the curry paste until combined.

Add the noodles and cook for 4 minutes. Then reduce the heat to a simmer and add the mushrooms and corn, allowing to cook for a further 2 minutes.

Add the salmon chunks and cook until the salmon begins to flake and has turned from a raw pink to a more opaque colour

Remove the pan from the heat and season with salt & pepper.

To finish, stir in the soy sauce and lime juice and serve.



BEEF MADRAS

INGREDIENTS

- 180g Rump Steak (Diced)
- 1 Tbsp Ghee or Olive Oil
- 1/2 Small Onion (Diced)
- 1/2 Garlic Clove (Crushed)
- 1cm Fresh Ginger (Grated)
- 1/2 Red Pepper (Diced)
- 150g Chopped Tomatoes
- 1/4 Tsp Turmeric
- 1/4 Tsp Chilli Powder
- 1/4 Tsp Garam Masala
- 1/4 Tsp Ground Cumin
- 1/4 Tsp Paprika
- 1 Birds Eye Chilli (Optional)
- 1 Tbsp Greek Yoghurt
- 125g Wholegrain Rice (Cooked)

METHOD

Place a frying pan over a medium heat and allow to heat up. Add the ghee or olive oil and leave to warm. If using ghee, allow to melt.

Add the onion, garlic and ginger and fry for 2 minutes until the onions begin to soften, then add the red pepper.

Add the spices (turmeric, chilli powder, garam masala, cumin & paprika) coating the vegetables and stir well. Then add 50ml of water and stir until the water evaporates forming a paste.

Season the beef with salt & pepper, then add to the pan. Cook for 3-4 minutes until the beef is cooked and add 50ml of water leaving the water to evaporate

Add the chilli, chopped tomatoes and 100ml of water. Leave to simmer until you get the consistency you would like.

Season with salt & pepper to taste, and add the Greek Yoghurt. Mix well and serve with the wholegrain rice.

CAJUN FISH TORILLA WITH SALSA

INGREDIENTS

1 Large Cod Fillet	1/4 Onion (Diced)
1 Wholemeal Wrap	1/2 Garlic Clove (Crushed)
1/2 Avocado (Sliced)	1 Tsp Cajun Seasoning
1/4 Red Pepper (Diced)	1/4 Lime Wedge
4 Tsp Olive Oil	100g Chopped Tomatoes

METHOD

Heat a frying pan over a medium-high heat and add 2 tsp olive oil. Allow the oil to heat up.

Meanwhile, season the cod with salt, pepper & cajun seasoning and rub into the fillet well.

Once the oil has heated, place the cod into the pan skin side down and cook for 2-3 minutes, until the skin begins to crisp.

When the cod is nearly cooked through, turn the fillet over and cook for a further 2 minutes.

Once cooked, put the cod aside and slice into pieces.

Keep the pan on the heat to make the salsa. Add 2 tsp olive oil to the pan, then add the onion, garlic and red pepper.

Stir fry for 2-3 minutes until the vegetables begin to soften, then add the chopped tomatoes and season with salt & pepper.

Allow to simmer for 1-2 minutes until the salsa begins to thicken. Once you have the consistency that you desire, pour the contents of the pan onto the wholemeal wrap and spread the salsa.

Place the sliced cod pieces and the avocado into the wrap and finish with a squeeze of lime. Roll up the wrap and serve.



PENNE BOLOGNESE

INGREDIENTS

4 Tsp Olive Oil

1 Rasher of Bacon (Diced)

1/2 Small Onion (Diced)

1/2 Celery Stick (Diced)

1/4 Medium Carrot (Diced)

1/2 Garlic Clove (Crushed)

1 Sprig Rosemary

150g 5% Minced Beef

60g Wholewheat Penne Pasta

200g Chopped Tomatoes

1/2 Beef Stock Cube
(200ml Water)

1/2 Tsp Oregano

1 Tsp Chopped Basil

1 Tbsp Parmesan Cheese

1 Tsp Worcestershire Sauce

METHOD

Place a saucepan over a medium heat and add 1 tsp of olive oil. Leave the oil to heat up, then add the bacon and fry for 2-3 minutes.

Then add 2 tsp of olive oil and add the onion, celery, garlic, carrot and rosemary. Fry for a further 5 minutes until the vegetables have softened.

Increase the heat to a medium high heat and add the mince. Season with salt & pepper and stir fry for 3-4 minutes until the meat is browned all over.

Add the tinned tomatoes, basil, oregano, Worcestershire sauce and stock.

Stir well, then bring to the boil. Once at the boil, reduce to a gentle simmer. Season with salt & pepper and cover with a lid.

Cook for 15-20 minutes and keep checking until the sauce thickens to the consistency you would like.

While the bolognese is simmering, bring a pan of water to the boil and add the pasta. Add 1 tsp of olive oil so that the pasta does not stick together and simmer for 8-12 minutes until the pasta is cooked.

Drain the pasta, season with salt & pepper and serve onto a plate. Top the cooked pasta with the bolognese mixture and serve with a topping of parmesan cheese.



SMOKED MAKEREL DONBURI

INGREDIENTS

125g Wholegrain Rice (Cooked)

2 Tsp Olive Oil

1 Medium Egg

150g Smoked Mackerel Fillet

35g Beetroot (Sliced)

1/2 Small Apple

30g Rocket Leaves

1 Tsp Sesame Seeds

1/2 Spring Onion (Sliced)

1 Tsp Soy Sauce

METHOD

Heat a frying pan over a medium-high heat. Add 2 tsp olive oil and allow to warm up. As the pan is heating up, beat the egg in a bowl until fully combined.

Pour the egg mixture into the pan and stir fry regularly until the egg solidifies, resembling scrambled egg. Season with salt & pepper.

Add the rice to the pan, season with salt & pepper, then add 1/2 tsp soy sauce. Stir fry for 1-2 minutes until the rice has heated.

Once cooked, pour the rice into a bowl.

Break the mackerel flesh into medium-sized flakes discarding any bones.

Then add the flakes to the bowl with the rice. Add 1/2 tsp soy sauce, then mix the contents of the bowl together.

Arrange the beetroot on top of the rice then chop the apple into small chunks and scatter around the bowl.

Finish the dish by adding the rocket leaves, mix the contents of the bowl, then scatter over the sliced spring onion and sesame seeds and serve.

TURKISH-STYLE LAMB FLATBREADS

INGREDIENTS

180g Lamb Mince

1 Spring Onion (Diced)

1/2 Garlic Clove (Crushed)

1 Tsp Tomato Puree

1 Tsp Olive Oil

20g Feta Cheese

2 x Lemon Wedges

2 x Small Wholemeal Wraps

1/4 Tsp Cumin

1/4 Tsp Cayenne Pepper

1/4 Tsp Smoked Paprika

METHOD

Pre-heat the oven to 220 degrees.

Mix the minced lamb in a bowl with the spring onion, garlic, tomato puree and spices, mix together well until combined, then season with salt & pepper.

Heat the olive oil in a frying pan over a medium-high heat. Fry the lamb mixture for 2-3 minutes stirring well until it is browned all over.

Evenly spread the lamb mixture over each wrap, press it down and arrange both wraps on a sheet of baking paper.

Crumble the feta cheese over each wrap, then place the baking sheet in the oven and cook for 5-10 minutes. Cook until the meat is cooked through and the cheese has melted.

Remove the wraps from the oven, serve on a plate and squeeze the lemon wedges over each wrap and serve.



CHILLI CON CARNE

INGREDIENTS

150g 5% Minced Beef

1/2 Small Onion (Diced)

1/4 Red Pepper (Diced)

1/4 Green Pepper (Diced)

1/2 Beef Stock Cube
(250ml water)

150g Chopped Tomatoes

1/2 Garlic Clove (Crushed)

3 Tsp Olive Oil

1/2 Tsp Ground Cumin

1/2 Tsp Paprika

1/2 Tsp Chilli Powder

1/4 Tin of Kidney Beans (Drained)

20g Grated Cheddar

10g 85% Chocolate (Optional)

METHOD

Heat a frying pan over a medium-high heat and add 2 tsp olive oil. Season the beef with salt and pepper, then add to the pan and fry until completely brown.

Once the meat has cooked, place the meat into a bowl and set aside.

Leaving the pan on the heat, add 1 tsp of olive oil and add the onion, garlic and peppers. Stir fry for 3-4 minutes until the vegetables have softened.

Add the cumin, chilli powder and paprika to the pan, coating the vegetables. Stir fry for 2 minutes. Then add the minced beef back to the pan and combine.

Add the beef stock, chopped tomatoes and kidney beans. Raise the heat and bring to the boil, then lower the heat and leave to simmer for 10-15 minutes, stirring frequently, adding additional water if necessary.

Before serving, if using, add the dark chocolate, allow to melt then combine well.

Serve into a bowl with the wholegrain rice and finish by sprinkling over the grated cheddar.



MEXICAN BEEF BURRITO

(Makes 2 Portions)

INGREDIENTS

600g 5% Minced Beef

200g Black Beans
(Drained & washed)

200g Wholegrain Rice (Cooked)

2 Tbsp Olive Oil

1 Onion (Diced)

1 Red Pepper (Diced)

1 Garlic Clove (Crushed)

2 Tbsp Greek Yoghurt

Juice of 1 Lime

1 Avocado

4 Wholemeal Wraps

1 Tbsp Cumin

1 Tbsp Paprika

1 Tbsp Chilli Powder

METHOD

Place a frying pan over a medium-high heat. Add 2 tbsp olive oil and allow the oil to warm up.

Add the onion, garlic and peppers, stir fry for 2-3 minutes until they begin to soften.

Then add the minced beef and stir fry for 2-3 minutes until it begins to brown. Then season with salt & pepper and add the cumin, chilli powder and paprika, then stir until cooked through.

Remove the beef and vegetables and set aside.

In a mixing bowl, add the cooked beef, rice, black beans, lime juice and yoghurt.

Combine the ingredients well and season with salt & pepper.

Warm the wraps by placing them in the microwave for 15-20 seconds, or heat in a pan.

Chop the avocado into quarters then add to each wrap.

Roll up each individual wrap and serve.

JERK CHICKEN TRAY BAKE

INGREDIENTS

(Makes 4 Portions)

8 Chicken Thigh Fillets	4 Little Gem Lettuce
2 Sweet Potatoes	3 Limes
200g Black Beans	(1 Zested & Juiced)
1 Red Pepper (Diced)	(2 Cut into wedges to serve)
90g Jerk Paste	2 Tbsp Coconut Oil
150g Wholegrain Rice (Uncooked)	1 Tsp Dried Thyme

METHOD

Preheat the oven to 180 degrees and add the chicken thighs to a large roasting tin.

Mix the jerk paste with the lime zest and juice. Then pour over the chicken thigh fillets, coating well.

Dice up the sweet potato and peppers into chunks. Place the potatoes and peppers around the chicken.

Season the contents of the tray with salt & pepper, then cover the tray with foil and roast for 30 minutes.

At 30 minutes, increase the oven temperature to 220 degrees. Remove the chicken and baste the chicken and vegetables in the roasting juices. Return to the oven for a further 25 minutes.

Meanwhile, as the chicken is cooking, bring a pan of water to the boil and cook the rice for approximately 25 minutes until cooked.

Once the rice is cooked, drain and add back to the pan. Stir in the beans, coconut oil, thyme and season with salt & pepper.

Cook for 2-3 minutes to warm the beans through and melt the coconut oil.

Remove the chicken and vegetables from the oven and serve with the cooked rice and a side of lettuce.



GLAZED SALMON WITH GREEN BEAN & BULGUR SALAD

(Makes 2 Portions)

INGREDIENTS

100g Bulgur Wheat

4 Tsp Olive Oil

300g Salmon Fillets

Juice of 1/2 Lemon

2 x Spring Onion (Diced)

2 Tsp Honey

Juice & zest of 1 Orange

200g Green Beans (Trimmed)

METHOD

Rinse the bulgur wheat thoroughly in cold water.

Bring 400ml of water to the boil in a saucepan over a high heat, then add the bulgur wheat.

Stir, reduce the heat then cover with a lid. Allow to simmer for 15 minutes until most of the water has been absorbed.

Once cooked, remove from the heat, drain the wheat and allow to stand for 10 minutes, separating the grains with a fork.

As the wheat is standing, warm 4 tsp olive oil in a frying pan over a medium heat. Add the salmon fillets and cook for 3 minutes on each side.

Stir the spring onions into the pan and cook for 1 minute. Add the lemon juice, honey, orange juice and zest to the pan. Allow to bubble for 1 minute to make a sauce.

Meanwhile, bring a saucepan of water to the boil and add the green beans. Allow to cook for approximately 4 minutes, drain and set aside.

Once cooked, add the green beans and half of the sauce to the cooked bulgur. Mix together then serve onto the plate.

Serve the salmon on the bed of bulgur and beans and spoon the remaining sauce over the salmon and bulgur and season with salt & pepper.

MUSTARD SALMON WITH BEETROOT & LENTILS

INGREDIENTS

3 Tsp Olive Oil	1 Tsp Creme Fraiche
1.5 Tsp Wholegrain Mustard	1/4 Lemon Wedge (Plus Zest)
1/4 Tsp Honey	1 Tbsp Pumpkin Seeds
1 Large Salmon Fillet	125g Cooked Beetroot (Cut into wedges)
125g Pouch Ready-Cooked Puy Lentils	Handful of Rocket

METHOD

Pre-heat the oven to 200 degrees.

In a small bowl, mix 1.5 tsp olive oil with the mustard and honey, season with salt & pepper, then combine well.

Place the salmon fillet on a baking tray and spread the honey & mustard mixture over the fish.

Add the lentils and beetroot to a separate small casserole dish or baking tray.

Add the remaining 1.5 tsp olive oil to the baking tray and season well with salt & pepper.

Place both the baking tray (salmon) and the casserole dish (lentils) into the oven and cook for 10 minutes until the salmon is cooked through.

Once cooked, remove the lentils from the oven and stir the creme fraiche and lemon zest through the lentil-beetroot mixture.

Once the salmon is cooked, place on to the plate and serve with the lentils.

Scatter the pumpkin seeds over the plate and squeeze the lemon over the dish. Serve with a handful of rocket.