



RECIPE BOOK



DK PERSONAL TRAINER

RECIPE BOOK



Welcome to my recipe book, This is put together to help you with expanding your food choices and giving you some tasty variations on your favourite dishes. Each recipe is calorie counted so it should help you plan your daily or weekly needs.

I hope you enjoy creating the meals and look forward to your pictures

Darren Klat

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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.



BREAKFASTS



POPPY SEED PANCAKES

SERVES 12

TOTAL TIME: 40 MINS

INGREDIENTS

1 medium egg
200g (7oz) plain flour
75 g (3oz) caster sugar
2 tsp. baking powder
150 ml (5fl oz) milk
Finely grated zest and juice of 2 lemons, plus
wedges to serve
40g (1½oz) poppy seeds
2 tbsp. oil

INSTRUCTIONS

Sift the flour into a large bowl; stir in sugar, baking powder and ¼ tsp salt then make a well in the centre.

In a large jug, whisk the milk, lemon zest and juice, egg and poppy seeds together. Pour into the well in the dry ingredients. Gradually fold the flour into the wet ingredients until combined.

Heat a large non-stick frying pan over low-medium heat and brush or spray with some oil. Spoon the batter to make 10cm (4in) wide pancakes, ensuring that you space them around 2cm apart. Cook for 2-3 mins or until the edges are dry and bubbles start to show through the the surface. Flip and cook for a further 2mins on the other side. Transfer the pancakes to a plate and cover with foil to keep warm as you prepare the rest.

In between pancakes carefully wipe pan with kitchen paper and give another light coating of oil.

Serve the pancakes with yogurt, honey or some sugar free syrup if you wish.

480
CALORIES

14
PROTEIN

74
CARBS

14
FATS

2
FIBRE



PB&J OVERNIGHT OATS

SERVES 2

TOTAL TIME: 5 MINS

INGREDIENTS

1 cup rolled oats
1 cup unsweetened almond milk, unsweetened
1 tablespoon chia seeds
1/2 tablespoon maple syrup
2 tablespoons creamy peanut butter
1 tablespoon jam

INSTRUCTIONS

Simply throw all ingredients minus the jelly into your serving vessel of choice. Cover and let sit in the fridge for at least 3 hours or ideally overnight.

In the morning, swirl in some jam or jelly and enjoy!

NOTES

The traditional ingredient to use here is grape jelly, if not raspberry or strawberry jam works equally as well.

326
CALORIES

11
PROTEIN

45
CARBS

13
FATS

8
FIBRE



AVOCADO ON TOAST WITH SMOKED SALMON

SERVES 2

TOTAL TIME: 15 MINS

INGREDIENTS

1 Avocado
2 Tbsp fat-free yogurt
½ Lemon, juiced
2 Slices rye bread, toasted
Pinch of cayenne peppe
75G (3oz) smoked salmon
¼ Cucumber, ribboned with a veg peeler
Handful of salad cress or micro greens

Dressing

½ Red chilli, seeded and finely diced
1 Tbsp finely chopped mint
½ Lemon, zested and juiced
1 Tomato, finely diced
1Tsp white wine vinegar

INSTRUCTIONS

Mix all the dressing ingredients together in a small bowl and season well.

Slice the avocado in half and remove the stone, scooping the flesh into a bowl. Add the yoghurt and lemon juice and mash it all together with a fork.

Season well with salt and black pepper.

Divide the mix between the toasted rye bread, sprinkling over a little cayenne pepper and layering the smoked salmon and cucumber on top.

Spoon over a little dressing, then top with the cress.

296
CALORIES

16
PROTEIN

18
CARBS

17
FATS

6
FIBRE





BLACK FOREST OVERNIGHT OATS

SERVES 2

TOTAL TIME: 10 MINS

INGREDIENTS

½ cup rolled oats
1 tablespoon unsweetened cocoa powder
125ml (½ cup) unsweetened almond milk.
¼ teaspoon vanilla extract
1 teaspoon pure maple syrup
½ cup frozen dark sweet cherries
1 teaspoon dark chocolate chips
small pinch of salt
⅛ teaspoon cinnamon

INSTRUCTIONS

In your container mix together the rolled oats, cocoa powder, cinnamon, and salt. Next add in the almond milk, vanilla extract, and pure maple syrup. Stir together until all the ingredients are nicely combined. Place the frozen cherries on top. Cover and refrigerate for 3-5 hours or ideally overnight. In the morning, stir in the chocolate chips. Add in a little extra almond milk, if needed, till you get the consistency you like then enjoy.

NOTES

As with all of our overnight oat recipes you can bump the protein content by simply adding a scoop of your favourite protein powder into the mix.

267
CALORIES

8
PROTEIN

46
CARBS

7
FATS

6
FIBRE



SPICY MORROCCAN EGGS

SERVES 4

TOTAL TIME: 20 MINS

INGREDIENTS

2 tsp olive oil
1 large onion, halved and thinly sliced
3 garlic cloves, sliced
1 tbsp rose harissa
1 tsp ground coriander
150ml (5fl oz) vegetable stock
400g (14oz) can chickpea
2 x 400g (14oz) tins of cherry tomatoes
2 courgettes, finely diced
200g (7oz) bag baby spinach
4 tbsp chopped coriander
4 large eggs

INSTRUCTIONS

Heat the oil in a large, deep pan, and saute the onion and garlic for about 6-8 mins, stirring occasionally, until it softens and starts to colour. Add in the harissa and ground coriander, stir well, then follow with the stock and chickpeas with their liquid. Cover the pan and simmer for 5 mins, then gently mash about a third of the chickpeas to give the stock a little thickness.

Pour the tinned tomatoes and courgettes into the pan, and cook gently for 10 mins until the courgettes are tender. Fold the baby spinach into the mix.

Stir in the chopped coriander, then make 4 hollows in the mixture and break in the eggs. Cover and cook for 2 mins, then take off the heat and allow to rest for 2 minutes before serving.

242
CALORIES

16
PROTEIN

22
CARBS

10
FATS

8
FIBRE



SIDES & SMALL PLATES





ROASTED BRUSSELS SPROUTS WITH CRANBERRIES

SERVES: 4

TOTAL TIME: 35 MINS

INGREDIENTS

450g (1lb) Brussels sprouts, trimmed and halved
1 tablespoon olive oil
Pinch of Salt and Pepper
2 Tbsp dried cranberries

INSTRUCTIONS

Preheat oven to 200°C (425°F).

Spread the Brussels sprouts across a lightly oiled baking tray.

Drizzle with the Olive oil and season with salt and pepper.

Toss to coat the Brussels. Roast for around 20-25 mins until tender, stirring occasionally.

Transfer to a large bowl and stir in cranberries.

81
CALORIES

4
PROTEIN

14
CARBS

1
FATS

5
FIBRE



ROCKET, EGG & CHARRED ASPARAGUS SALAD

SERVES 4

TOTAL TIME: 20 MINS

INGREDIENTS

4 large eggs in shells
1 tablespoon extra-virgin olive oil
12 ounces medium asparagus, trimmed
50ml (2fl oz) Plain Greek Yoghurt
1 tablespoon fresh lemon juice
1 tablespoon water
150g (5oz) Rocket leaves
Salt and Pepper to taste

INSTRUCTIONS

Preheat a grill to high.

Bring a small saucepan filled with water to the boil. Carefully add in the eggs using a spoon and boil for 8 minutes. Remove from the boiling water and place in a bowl of iced water for 2 minutes (The eggs will keep cooking if you don't do this). Gently peel the eggs, cut into quarters, and sprinkle with a little salt and pepper

Combine the olive oil with a little seasoning and the asparagus and create a single layer on baking sheet. Grill for 2-3 minutes or until lightly charred.

Remove asparagus mixture from the grill and cut into 2-inch pieces.

Combine the yogurt, lemon juice, a little more seasoning and 1 tablespoon water in a medium bowl and fold it all together.

Add rocket; toss.

Arrange the rocket mixture on a platter; top with asparagus mixture and eggs.

148
CALORIES

10
PROTEIN

6
CARBS

10
FATS

2
FIBRE



PARMESAN ROASTED CAULIFLOWER

SERVES 4

TOTAL TIME: 55 MINS

INGREDIENTS

1 head cauliflower, cut into florets
1 medium onion, sliced
4 sprigs thyme
4 garlic cloves, unpeeled
3 tablespoons olive oil
Salt and freshly ground black pepper
½ cup grated Parmesan

INSTRUCTIONS

Preheat the oven to 220°C (425°F). Toss the cauliflower florets in a large rimmed baking tray with the onion, thyme, garlic, and oil; season with salt and pepper. Roast in the oven for around 35-40 minutes, turning occasionally, until almost tender. Sprinkle with the grated Parmesan, toss to combine, and return to the oven for a further 10-12 minutes until the cauliflower is tender and lightly browned.

220
CALORIES

9
PROTEIN

11
CARBS

15
FATS

3
FIBRE



TOMATO CAPRESE SALAD

SERVES 6

TOTAL TIME: 12 MINS

INGREDIENTS

4 cups Mixed Cherry tomatoes
2 tablespoons extra-virgin olive oil
75g (3oz) small fresh mozzarella balls
Salt and Black Pepper to taste
Small handful of Fresh Basil

INSTRUCTIONS

Throw all of the ingredients into a bowl, toss it all together then top with the fresh basil leaves.

100
CALORIES

3
PROTEIN

4
CARBS

8
FATS

1
FIBRE



BAKED SWEET POTATO FRIES

SERVES 4

TOTAL TIME: 40 MINS

INGREDIENTS

3 large sweet potatoes
1 tablespoon extra virgin olive oil
1 teaspoon cumin
1/4 teaspoon paprika
1/2 teaspoon sea salt
Dash of cayenne pepper (optional)
Coconut or vegetable oil cooking spray

INSTRUCTIONS

Preheat the oven to 200°C (400°F). Scrub or peel the sweet potatoes, then cut them lengthwise into wedges or sticks.

Throw the sweet potatoes in a large bowl and toss them in the extra virgin olive oil until thoroughly coated. Combine the cumin, paprika, and sea salt and do the same until everything is evenly coated.

Spray a baking sheet with the coconut or vegetable oil spray or use a good non-stick tray or a silicon tray and spread the potatoes over it in a single layer.

Bake in the preheated oven for about 30 minutes, or until crisp and cooked through, tossing once or twice and turning the pan, to make sure the fries bake evenly.

78
CALORIES

1
PROTEIN

11
CARBS

4
FATS

1
FIBRE



PARMESAN MASHED POTATO

SERVES 6

TOTAL TIME: 35 MINS

INGREDIENTS

450g (1lb) medium round potatoes
2 medium-sized parsnips
2 tablespoons light butter
3 to 4 tablespoons skimmed milk
75g (3oz) Grated Parmesan cheese
Salt and Black Pepper to taste

INSTRUCTIONS

Scrub or peel the potatoes and cut them in half. Peel the parsnips and cut them into 2-inch pieces. In a large pan of boiling water cook the potatoes and parsnips, for around 20 minutes or until you can push a fork easily through them. Mash the potatoes and parsnips or beat with an electric mixer on a low speed. Add the butter and salt and pepper to taste. Add enough milk to make the mixture light and fluffy and finally stir in the cheese.

172
CALORIES

8
PROTEIN

23
CARBS

7
FATS

3
FIBRE



MAIN COURSES





TURKEY CHILLI

SERVES 6

This can also be a great slow cooker dish!

TOTAL TIME: 55 MINS

INGREDIENTS

2 teaspoons olive oil
 1 Onion, chopped
 3 garlic cloves, minced
 1 medium red pepper, chopped
 450g extra lean turkey or chicken mince
 1 tablespoon Chilli Powder
 2 teaspoons ground cumin
 1 teaspoon dried oregano
 1/4 teaspoon cayenne pepper
 1/2 teaspoon salt, plus more to taste
 2 tins (400g) of chopped tomatoes
 1 1/4 cups chicken stock
 2 tins dark red kidney beans, rinsed and drained
 2 (200g) tins of sweet corn, rinsed and drained

For topping:
 cheese, avocado, tortilla chips, cilantro, sour cream

INSTRUCTIONS

Using a large pan heat the oil over a medium heat. Add the onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.

Add the minced chicken or turkey to the pan until cooked through then add the chilli powder, cumin, oregano, cayenne pepper and salt, stirring well.

Add the tomatoes, stock, kidney beans and sweetcorn. Bring to the boil, then reduce the heat and simmer for 30-45 minutes or until the chilli thickens and flavours come together. Taste and season as required.

Makes six servings, about 1 1/2 cups each.

356
CALORIES

32
PROTEIN

47
CARBS

4
FATS

17
FIBRE





OVEN BAKED CHICKEN

SERVES 4

TOTAL TIME: 35 MINS

INGREDIENTS

450g (1lb) Chicken breasts cut into strips
4-5 tbsp melted butter
100g (3 1/2oz) flour
1/2 cup Panko breadcrumbs
1/2 tsp salt
1 tbsp seasoning mix
1/2 tsp pepper
2 tsp paprika

INSTRUCTIONS

Preheat the oven to 220°C (425°F). Place a large piece of parchment paper on a baking sheet and lightly brush with some of the butter.

Combine all the ingredients besides the chicken and butter in a large sealable bag. Add the chicken and shake it to coat.

Place your chicken evenly on the baking sheet, leaving a space between each strip. Bake for 10 minutes, turn over and bake a further 10 minutes.

Be sure to check to make sure your chicken is cooked through, as the thickness of your strips can greatly affect cooking taking. You want it to be done but not overdone and dry.

Remove to a plate lined with paper towel to soak up any excess fat. Serve immediately.

317
CALORIES

21
PROTEIN

24
CARBS

14
FATS

1
FIBRE



BBQ PIZZA

SERVES 2

SERVING SIZE: 1 TORTILLA PIZZA

TOTAL TIME: 16 MINS

INGREDIENTS

2 flour tortillas
1 cup onions, thinly sliced
85g (3oz) cooked chicken, diced or shredded
50ml (¼ cup) barbecue sauce
1 teaspoon balsamic vinegar
½ cup cherry or baby tomatoes, sliced
6 tablespoons light mozzarella cheese
1 tablespoon Parmesan cheese

INSTRUCTIONS

Place tortillas under broiler for about 1-2 minutes to toast, turn over and broil 1 more minute to toast other sides. Keep an eye on them so they don't burn. Remove from oven and set aside.

Place sliced onions on a microwave safe plate and cook in microwave for 2 minutes, to soften.

Add chicken to a small bowl. Toss with 3 tablespoons barbecue sauce and balsamic vinegar.

To Assemble Pizza: Spread each tortilla with ½ table-spoon barbecue sauce. Use the back of a spoon to spread. Top each with ½ of chicken/barbecue sauce mixture and spread around. Place ½ of the onions all over the top of each pizza. Sprinkle each with ¼ cup tomatoes. Finally, top each with 3 tablespoons light mozzarella cheese and ½ tablespoon Parmesan cheese.

Place on a baking sheet and broil for about 1-2 minutes until cheese is melted and tortilla is browned. Keep an eye on them so they don't burn.

Remove from oven. Place each on a dinner plate. Pull apart with your hands into pieces to eat or serve with a fork and sharp knife, if desired.

331
CALORIES**23**
PROTEIN**44**
CARBS**7**
FATS**6**
FIBRE



THAI GREEN CURRY

SERVES 4

TOTAL TIME: 17 MINS

INGREDIENTS

Several Sprays of fry-light or other
one-cal-per-spray oil
450g (1lb) Chicken Breasts
1 bunch of broccoli broken into small florets
4 Tbsp Green Thai Curry Paste
120ml (4fl oz) chicken or vegetable stock
200ml (7fl oz) light coconut milk
Small handful mangetout/snowpeas roughly
chopped
1 tsp cornflour cornstarch mixed with 1 tbsp
cold water

INSTRUCTIONS

Heat a large frying pan and spray in the oil, add in the chicken and cook for 5-6 minutes until cooked through.

Add the broccoli and fry for a further minute, then add the green thai curry paste. Cook for 1-2 minute, stirring until the paste starts to release its fragrance, then add in the stock. Simmer for 2-3 minutes.

Stir in the coconut milk and mangetout and heat it gently.

If you boil it at this stage the sauce may split.

If the mixture is a little thin add in the cornflour mix to thicken.

226
CALORIES

31
PROTEIN

10
CARBS

8
FATS

3
FIBRE



SALMON QUINOA BOWL

SERVES 1

TOTAL TIME: 20 MINS

INGREDIENTS

45g (1/4 Cup) Quinoa, uncooked
120ml (4fl oz) Water
1 Pinch Salt and pepper
1 tbsp low fat plain Greek yogurt
1/2 sliced Tomato
2 tbsp Avocado (diced)
30g (1oz) Tinned Salmon or 2 Tbsp Fresh cooked
Handful of leafy greens (Spinach or Rocket work very well) or fresh sunflower sprouts
1 tbsp Feta cheese
Mixed Herbs, dry or fresh (For the yoghurt dressing,dip)

INSTRUCTIONS

Put the quinoa and water in a saucepan and bring to a bowl. Cover and reduce heat to low. Cook for 10 to 15 minutes until the water is absorbed, the grain is soft, and you can see little green rings on the outside edge of the grain.

Transfer the quinoa to a bowl and allow to cool. If the quinoa is still warm it can steam the leafy veg.

Once the quinoa is cooled lightly stir in all the ingredients. Either mix the yogurt and herbs together in the mix or dollop on top as a dressing.

346
CALORIES

20
PROTEIN

33
CARBS

15
FATS

6
FIBRE



LIME, SHRIMP & AVOCADO SALAD

SERVES 4

TOTAL TIME: 20 MINS

INGREDIENTS

1/4 cup chopped red onion
2 limes, juice of
1 tsp olive oil
450g (1 lb) jumbo cooked, peeled prawns, chopped
1 medium tomato, diced
1 medium hass avocado, diced
1 jalapeno, seeds removed, diced fine
1 tbsp chopped coriander
Salt and Black Pepper to taste.

INSTRUCTIONS

Combine the chopped red onion, lime juice, olive oil and salt and pepper in a bowl. Let the mix marinate at least 5 minutes to allow the intensity of the onion to ease off.

In a large bowl combine the chopped prawns, avocado, tomato and jalapeño. Combine all the ingredients together, add the coriander and gently toss. Add a pinch of seasoning to your taste and serve.

197
CALORIES

25
PROTEIN

7
CARBS

8
FATS

3
FIBRE



SHRIMP LINGUINE

SERVES 4

TOTAL TIME: 25 MINS

INGREDIENTS

225g (8oz) dry or fresh linguine
2 tablespoons unsalted butter
450g (1lb) medium shrimp, peeled and deveined
3 cloves garlic, minced
1/4 teaspoon crushed red pepper flakes, or more, to taste
50ml (1/4 Cup) white wine or stock if want a non-alcoholic version.
50ml (1/4 Cup) freshly squeezed lemon juice
Salt and freshly ground black pepper, to taste
Zest of 1 lemon
2 tablespoons chopped fresh parsley leaves
Parmesan to taste

INSTRUCTIONS

In a large pot of boiling salt water, cook pasta according to the instructions then drain well.

Melt the butter in a large pan over a medium high heat. Add the shrimp (Sounds much posher than prawns) and the garlic and red pepper flakes.

Cook for around 2-3 minutes, stirring occasionally until the shrimp has turned fully pink.

Stir in the wine and lemon juice then season with salt and pepper, to taste.

Bring to a simmer then remove from heat and stir in the pasta, lemon zest and parsley.

Serve immediately, with a sprinkling of Parmesan, if you wish.

417
CALORIES

33
PROTEIN

45
CARBS

10
FATS

2
FIBRE





COD PROVENCAL

SERVES 4

TOTAL TIME: 25 MINS

INGREDIENTS

2 cups chopped cherry tomatoes
1 garlic clove, finely chopped
½ teaspoon ground fennel seed
1/2 teaspoon freshly ground black pepper
2 tablespoons extra-virgin olive oil
1 small fennel bulb, stems trimmed and fronds reserved
1 teaspoon fresh lemon juice
1 leek, white part only, halved lengthwise and very thinly sliced
450g (1lb) cod or other flaky white fish, cut into 4 even portions
4 sprigs fresh thyme
4 tablespoons butter
Salt and Pepper to Season

INSTRUCTIONS

Preheat the oven to 230°C (450°F)

Toss the chopped tomatoes with the garlic, fennel seed, black pepper, a tablespoon of olive oil and 1/2 teaspoon salt.

Remove the tough outer layer from the fennel bulb. Thinly shave the fennel with a mandoline or sharp knife and combine it in another bowl with the remaining tablespoon of oil, pinch of salt, lemon juice and the chopped leek.

Fold 4 pieces of parchment paper (12 x 16 inches) in half, then open them flat on a work surface. Place an equal portion of tomatoes on each of the sheets to one side of the fold. Place a portion of fish gently over the tomatoes.

Season the fish, then top with some of the fennel mixture, 1tablespoon butter and a thyme sprig.

To seal, fold the other half of the parchment over the fish. Starting at one corner and working around the open edge, fold the parchment tightly and crimp to seal. It is important to make sure the parchment is tightly sealed so no steam escapes during cooking. The packages can be prepared ahead and refrigerated up to 4 hours in advance of baking.

Place the parchment packet on a baking sheet and bake for 18-20 minutes.

Fish should flake easily with a fork.

319
CALORIES

34
PROTEIN

36
CARBS

5
FATS

0
FIBRE





SLOW COOKER BEEF CURRY

SERVES 6

TOTAL TIME: 5 HOURS

INGREDIENTS

150ml (5fl oz) fat-free Greek yogurt
 1 tsp salt
 1 kg (2 1/4 lb) lean braising/casserole steak (cut into small chunks)
 1 tsp cumin
 1 tsp coriander
 1 tsp turmeric
 10 sprays of low calorie cooking oil spray
 1 large onion
 2 tbsp ground coriander
 1.5 tbsp ground cumin
 6 cardamom pods (sew them onto a piece of thread to keep them together - makes it easier to fish them out later)
 1 tsp turmeric
 2 tsp garam masala
 1/2 tsp freshly ground black pepper
 4 dried whole chillies
 1 fresh green chilli (finely chopped)
 3 garlic cloves (peeled and minced)
 1 thumb-sized piece of ginger (peeled and minced)
 2 tbsp tomato paste
 500ml (17fl oz) beef stock
 400 g (14oz) tinned chopped tomatoes
 Juice of 1 lemon

INSTRUCTIONS

Place the beef and marinade ingredients into a medium sized bowl and mix together until everything is combined.

Cover with cling film and place in the fridge to marinade for 1-2 hours (or overnight).

Using a large pan fry the marinated beef over a high-heat until sealed. Drain the beef as you go as not to boil it. Once the beef is sealed, add in the onion and turn the heat down to medium. Stir and cook for 4-5 minutes until the onion starts to soften.

Add in the coriander, cumin, cardamom, turmeric, garam masala, black pepper, whole and chopped chillies, garlic and ginger. Cook for a further 3- 4 minutes, stirring a few times until the spices start to release their aroma.

Add in the tomato paste, stock, chopped tomatoes and lemon juice. Bring to a simmer, then transfer to your slow cooker and cook on high for either 3-4 hours or on low for 5-6 hours.

Once cooked, test and add salt and pepper if required.

Serve over rice with some freshly chopped coriander

197
CALORIES

25
PROTEIN

7
CARBS

8
FATS

3
FIBRE



BLACK BEAN AND CORN QUESIDILLAS

SERVES 4

TOTAL TIME: 15 MINS

INGREDIENTS

425g (15 oz) can Black beans, rinsed and drained
175g (1 Cup) Sweetcorn
75g (1/3 cup) Salsa
2 tsp Taco seasoning
Bunch of Fresh coriander, chopped
125g (1 cup) grated low fat cheese
8 Tortilla Wraps

INSTRUCTIONS

In a medium bowl, mix together the beans, corn, salsa, taco seasoning and coriander to taste.

Spray a large frying pan with a light coating of cooking spray and pre-heat over a medium-low heat. Place one tortilla in the pan, and scoop 1/2 cup of the filling onto the tortilla. Sprinkle 1/4 cup cheese over the bean mixture, and place the second tortilla on top of the cheese. Press down on top tortilla lightly with the back of your spatula, so you can meld the tortillas together as the cheese melts. When the bottom tortilla begins to brown, flip the quesadilla over until both tortillas are lightly browned and crispy and the cheesy filling has melted. Cut into wedges and enjoy!

Note: If you don't want to make all four quesadillas right away, you can store the bean/corn mixture in the refrigerator, and make quesadillas throughout the week!

396
CALORIES

31
PROTEIN

50
CARBS

8
FATS

12
FIBRE





EGGS AND PARMENTIER POTATOES

SERVES 4

TOTAL TIME: 65 MINS

INGREDIENTS

500g (1lb 2oz) potato, diced
2 shallots, sliced
1 tbsp olive oil
2tsp dried parsley
2 sprigs fresh rosemary
200g (7oz) small mushroom
4 eggs

INSTRUCTIONS

Heat the oven to 200°C (400°F). Tip the diced potatoes and shallots into a large, non-stick roasting tin, drizzle with the oil, sprinkling over the parsley and Rosemary.

Mix everything together well and bake for 40-45 mins (or until starting to go brown), add the mushrooms, then cook for a further 10 mins until the potatoes are browned and tender.

Make four spaces in the vegetables and crack an egg into each space.

Return to the oven for 3-4 mins or until the eggs are cooked to your liking.

218
CALORIES

11
PROTEIN

22
CARBS

10
FATS

2
FIBRE



MUSHROOM BOLOGNAISE

SERVES 6

TOTAL TIME: 1 HOUR 15 MINS

INGREDIENTS

30g (1.1 oz) dried porcini mushrooms 30g
2 tbsp olive oil
500g (1lb 2oz) chestnut mushrooms, finely diced
2 onions, chopped
4 garlic cloves, crushed
2 carrots, grated
2 celery stalks, finely diced
1 tsp chopped thyme leaves
1 tsp chopped rosemary leaves
1 tsp celery salt
1 star anise
2 tbsp tomato purée
2x 400g (14oz) tins chopped tomatoes
½ a small bunch basil, torn
400g (14oz) tagliatelle

INSTRUCTIONS

Put the dried porcini into a bowl and pour over 200ml (7fl oz) boiling water. Leave to soak while you make the sauce.

Heat 1 tbsp of olive oil in a large non-stick pan. Add in the finely diced chestnut mushrooms, a pinch of salt, and stir-fry, until they start to soften and give out liquid. Keep cooking until all the moisture has disappeared and the mushrooms have coloured to a dark golden brown. This is what gives the final dish its texture and lot of its taste. Remove the mushrooms from the pan and add another tbsp of olive oil, the onions, garlic, carrots and celery to the same pan stirring well. Put a lid on the pan and cook for 10 minutes, stirring now and again, or until the veg has softened. Add in the herbs, the celery salt, star anise and tomato purée. Drain the porcini mushrooms, keeping the liquid. Chop them well and add to the sauce, along with the strained liquid. Tip the cooked chestnut mushrooms back in.

Cook, stirring, for a minute then add in the chopped tomatoes and bring to a simmer. Simmer for 30 minutes until the sauce thickens and in the final few minutes stir through the basil. Cook the tagliatelle following the pack instructions, drain and toss with the sauce before serving.

363
CALORIES

14
PROTEIN

60
CARBS

6
FATS

9
FIBRE



CHEESEY CHICKEN ORZO

SERVES 4

This can also be a great slow cooker dish!

TOTAL TIME: 35 MINS

INGREDIENTS

2 tablespoons olive oil
350g(12oz) chicken breasts cut into 1-inch cubes
salt and pepper to taste
140g(1 Cup) orzo
50g (1/2 Cup) shredded cheddar cheese
2 tablespoons butter
60ml (1/4 Cup) Semi Skimmed Milk

INSTRUCTIONS

Heat the olive oil in a large pan.

Add chicken to the pan and season with salt and pepper.

Cook over a medium heat for around 10-15 minutes stirring occasionally until cooked through. Set the cooked chicken aside.

Bring a pot of water to boil, and stir in the orzo.

Cook for 5 minutes, or until orzo is tender then drain.

Put the orzo back in the pot, mixing in the cheese, butter, and milk; add more milk if needed. Continue to stir until smooth and blended well.

Stir in the cooked chicken and serve.

381
CALORIES

26
PROTEIN

29
CARBS

16
FATS

1
FIBRE



GREEK STYLE TURKEY BURGERS

SERVES 4

TOTAL TIME: 35 MINS

INGREDIENTS

Burgers

450g (1lb) Turkey Mince
½ cup crumbled feta cheese
1 tablespoon milk
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh mint
½ teaspoon fine grain salt
⅛ teaspoon ground black pepper

Sauce

170g (6oz) plain Greek yogurt
1 tablespoon lemon juice
1 garlic clove, minced
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh mint
½ teaspoon fine grain salt

INSTRUCTIONS

In a large bowl combine the turkey, feta cheese, mint, milk, parsley, salt, and pepper.

Using your hand's mix until thoroughly until combined.

Divide the meat mixture into 4 parts and shape into your burgers.

Throw the turkey burgers on the grill and cook for five minutes covered.

Flip and continue to cook, covered, for 3-5 minutes more. To make the yogurt sauce combine all ingredients in a small bowl. Take a taste and adjust seasoning if needed.

Serve burgers with a dollop of sauce on the side, a nice fresh salad or throw them in a bun.

204
CALORIES

12
PROTEIN

0
CARBS

12
FATS

1
FIBRE



SUPER QUICK FISH CURRY

SERVES 4

TOTAL TIME: 15 MINS

INGREDIENTS

1 tbsp vegetable oil
1 large onion, chopped
1 garlic clove, chopped
1-2 tbsp Madras curry paste
400g (14oz) Tinned Tomato
200ml (7 fl oz) vegetable stock
600g (1lb 5oz) Sustainable white fish fillets,
skinned and cut into big chunks

INSTRUCTIONS

Heat the oil in a deep pan and gently saute the onion and garlic for about 5 mins until soft. Add in the curry paste and stir-fry for a further 1-2 mins adding in the tomatoes and stock.

Bring the pan to a simmer, then add in the fish. Cook gently for 4-5 mins until the fish softens and flakes easily.

191
CALORIES

30
PROTEIN

9
CARBS

5
FATS

2
FIBRE





BAKED SWEET AND SOUR CHICKEN

SERVES 4

TOTAL TIME: 60 MINS

INGREDIENTS

- 450g (1lb) boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/3 cup plus 2 teaspoons cornstarch
- 2 tablespoon extra virgin olive oil
- 225g (8oz) tin pineapple chunks in juice
- 1/4 cup reduced-sugar ketchup
- 2 tablespoons rice vinegar
- 1 tablespoon less-sodium soy sauce
- 1 teaspoon minced garlic
- 1 teaspoon stevia or sweetener
- 1/8 teaspoon red pepper flakes
- 1 small onion, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 3 spring onions, thinly sliced

INSTRUCTIONS

Preheat the oven to 160°C (350°F) and lightly coat a large baking dish with cooking spray.

Place the chicken and 1/3 cup of the cornstarch in a large resealable bag. Seal and shake the bag until the chicken is evenly coated.

In a wok or large pan, heat the olive oil over a medium-high heat. Add the chicken to the pan and cook until the chicken is sealed but not cooked through, 1 to 2 minutes, turning the chicken occasionally. Remove from the heat.

Drain the pineapple and keep the juice to one side for the sauce.

In a small bowl, whisk together the remaining pineapple juice, ketchup, rice vinegar, soy sauce, garlic, sweetener, red pepper flakes, and the remaining 2 teaspoons of the cornstarch to thicken.

Place the chicken pieces in the bottom of the prepared baking dish. Add in the pineapple chunks, onion, red and yellow peppers. Pour the sauce evenly over the mix.

Cover the baking dish loosely with foil and bake for around 45 minutes until the sauce is bubbling and the chicken is cooked through. Half way through the cooking, stir the chicken and rotate the pan front to back to ensure that it cooks evenly.

Serve garnished with finely sliced spring onions.

Bring a small saucepan filled with water to the boil. Carefully add in the eggs using a spoon and boil for 8 minutes. Remove from the boiling water

294
CALORIES

24
PROTEIN

29
CARBS

10
FATS

3
FIBRE



CHICKEN KATSU CURRY

SERVES 4

TOTAL TIME: 40 MINS

INGREDIENTS

600g (1lb 5oz) skinless chicken breasts
1 large egg, beaten
8 tbsp finely crushed cornflakes or panko crumbs
2 garlic cloves, crushed
1-2 tbsp Korma paste
1 tbsp soy sauce
4 tbsp ketchup
2 tbsp honey
2 tbsp cornflour

INSTRUCTIONS

Heat the oven to 200°C (400°F). Dip the chicken in the egg, then coat in the cornflakes or crumbs. Space the chicken out on a non-stick baking tray and cook for 15-20 mins or until cooked through.

Put the remaining ingredients in a pan. Pour in 500ml (16fl oz) water and heat, stirring, until boiling and it has thickened.

Cover and leave to simmer for a further 5 mins.

Spoon some sauce onto 4 plates, slice the chicken breasts and place on top.

Great served over some rice and a side of soya beans.

319
CALORIES

34
PROTEIN

36
CARBS

5
FATS

0
FIBRE



GOATS CHEESE AND CARAMELISED ONION FRITATTA

SERVES 2

TOTAL TIME: 20 MINS

INGREDIENTS

4 tsp olive or rapeseed oil
2 large red onions, finely sliced
4 tsp clear honey
8 large eggs
140g (4 1/2oz) goat's cheese
100g (3 1/2oz) salad leaf (such as rocket,
baby leaves, watercress and spinach)
250g (9oz) cooked beetroot, sliced
Juice 1/2 lemon

INSTRUCTIONS

Heat the grill to high. Put the oil and onions in a medium-to-large ovenproof non-stick frying pan and saute on a low-medium heat with the lid on for until they begin to soften and colour. Reduce the heat to low, add the honey, stir well, then leave to bubble for 1 min or so. In the meantime, crack the eggs into a bowl and beat with a fork, then add some black pepper to taste.

Pour the eggs into the pan and cook on the low heat for around 5-6 mins until almost set. Crumble the goat's cheese and scatter over the top. Place the frittata under the hot grill for 3-4 mins, checking that the egg is set firm and the cheese is soft and bubbling.

Mix the salad leaves and beetroot in a large bowl. Dress with the lemon juice and toss with salad tongs or a spoon (The beetroot will dye your hands). Cut the frittata into quarters and serve either warm or cold.

332
CALORIES

20
PROTEIN

29
CARBS

16
FATS

6
FIBRE



DESSERTS



RASPBERRY CHOCOLATE MOUSSE

SERVES 8

TOTAL TIME: 2 HOURS 20 MINS

INGREDIENTS

1 tablespoon low-fat milk
¾ teaspoon gelatin
75g (3oz) dark chocolate
4 large eggs, separated
Vanilla extract

INSTRUCTIONS

Pour the milk in a small bowl and sprinkle the gelatin on top and let stand to soften. Place the chocolate in a microwave-safe bowl and microwave on for 1 minute. Stir well, then continue microwaving in short 30 second increments until the chocolate has almost melted, stir well after each burst. Bring 1-inch of water to a simmer in a medium-sized saucepan.

Combine the egg yolks, 3 table-spoons of sugar and salt in a metal bowl large enough to sit in the pan without touching the water. Set the bowl over the water and whisk constantly for around 1-2 minutes until the sugar dissolves. Add the gelatin mixture and again, whisk for around a minute until it all dissolves. Remove from the heat and whisk in the chocolate and a dash of vanilla extract (or fresh from a vanilla pod).

Take the separated egg whites and put in a large clean bowl and whisk on high speed until soft peaks form in it. Add the remaining 1 tablespoon sugar and continue beating until the mixture holds stiff, shiny peaks. Whisk a quarter of the egg whites into the chocolate mixture until smooth. With a spatula, fold the remaining egg whites into the chocolate mixture just until incorporated. Divide up among 8 dessert dishes (about ½ cup each). Cover and refrigerate for at least 2 hours until set. Serve with raspberries and/or chocolate shavings, if desired. These can be made ahead and last around 2 days refrigerated.

115
CALORIES

4
PROTEIN

14
CARBS

6
FATS

1
FIBRE



AVOCADO CHOCOLATE TRUFFLES

SERVES 25

TOTAL TIME: 20 MINS

INGREDIENTS

1 medium ripe avocado
2 tablespoons sugar-free flavoured maple syrup
175g (6 oz) 85% Dark Chocolate
4 tablespoon unsweetened cocoa powder
1/2 teaspoon vanilla extract

INSTRUCTIONS

Slice the ripe avocado into a bowl and mash using a fork into a smooth puree.

Melt the chocolate in a bowl and add that, the sugar-free maple syrup, unsweetened cocoa powder and vanilla together and stir to combine.

Cover the mixing bowl and refrigerate for around 30 minutes to 1-hour max. This firms up the mix and make the truffles easy to roll up.

Slightly grease your hands with coconut oil and shape the truffles with your hands.

Roll each truffle into a coating of your choice: unsweetened cocoa powder or desiccated coconut work well. Place the truffles on a plate covered with parchment paper and refrigerate 30 more minutes at least before serving.

49
CALORIES

1
PROTEIN

4
CARBS

4
FATS

3
FIBRE



BLACK BEAN BROWNIES

SERVES 12

TOTAL TIME: 40 MINS

INGREDIENTS

425g (15oz) tin of drained and rinsed black beans
2 tbsp cocoa powder
½ cup quick oats
¼ tsp salt
⅓ cup pure maple syrup, agave, or honey
2 tbsp. sugar or additional maple/agave/honey
¼ cup vegetable oil
2 tsp pure vanilla extract
½ tsp baking powder
½ cup chocolate chips
225g (8 oz) low fat cream cheese
5 tbsp icing sugar
2 drops vanilla extract
zest of half of a lemon

INSTRUCTIONS

INSTRUCTIONS Preheat oven to 160°C (350°F). Spray a 9"x9" pan with nonstick spray or line a cupcake tin with liners sprayed lightly with nonstick spray.

Combine the beans, cocoa, oats, salt, sweeteners, oil, vanilla extract, and baking powder into a food processor or high powered blender. Blend until smooth, will take 5 – 10 minutes of continuous processing. Add the chocolate chips and pulse to blend in, taking care not break them up.

Spread into an even layer in the pan or cupcake tin. In a bowl, combine the cream cheese stir in the icing sugar, vanilla, and lemon zest.

Top the brownies with the cream cheese mixture.

Bake in the oven for approximately 25 minutes. Cool for at least ten minutes before serving. For best results, cool and refrigerate for at least 30 minutes before serving

190
CALORIES

7
PROTEIN

30
CARBS

5
FATS

3
FIBRE





RECIPE BOOK

FIT FOODS