

RECIPE BOOK 2



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Breakfast**Recipe: Apple Pie & Almond Porridge**

Serves

1**Ingredients**

- **30g oats**
- **75ml milk + 75ml water**
- **1 apple cut in half, grate one half and chop the other half into cubes**
- **1 tbsp flaxseed**
- **1 tsp ground cinnamon**
- **1 tbsp flaked almonds**
- **1 tsp 100% nut butter e.g. peanut / almond**

Method

- 1. Place the oats, milk, water, grated apple, flaxseed and cinnamon in a small saucepan. Mix and cook over a medium heat until the liquid is absorbed (3-5 minutes). Pour into a bowl.**
- 2. In a dry, non stick frying pan, fry the chopped apple cubes and flaked almonds until they begin to brown (3-4 minutes).**
- 3. Add the apple and almond mixture to the porridge and drizzle your preferred nut butter on top.**

Breakfast

Recipe: Fruit & Nut Oat Bake

Serves
2



Ingredients

- 1 tbsp olive oil
- 75g oats
- 125ml low fat milk
- 2 large handfuls of blueberries, washed
- 2 handfuls of raspberries, washed
- 1 large handful of mixed nuts
- 1 palmful of dried fruit e.g. sultanas, raisins, cranberries, peach
- Desired amount of cinnamon
- 1 banana, chopped
- 1 tbsp flaked almonds
- Serve with 2-3 large tbsp of 0% fat Greek yoghurt.

Method

1. Preheat the oven to 180C.
2. Grease a baking dish with olive oil.
3. In a separate bowl mix 75g of oats and 125ml of milk together and add to the baking dish.
4. Add the washed blueberries.
5. Add 1 large handful of mixed nuts and 1 palmful of dried fruit.
6. Add desired amount of cinnamon.
7. Slice 1 banana and add to the dish.
8. Sprinkle flaked almonds on top.
9. Bake in the oven for 15 minutes.
10. Add more milk and serve with yoghurt.

Breakfast**Recipe: Easy Egg Muffins****Makes
6
muffins****Ingredients**

- 1 tbsp vegetable, olive or rapeseed oil
- 4-5 large eggs
- 1 handful of cherry tomatoes, cut into quarters
- 2 spring onions, sliced
- 1-2 handfuls of spinach, washed and chopped (optional)
- 50g light cheddar cheese, grated

Method

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Lightly brush a 6 hole muffin tin with the oil.
2. Whisk the eggs together in a bowl. Add the chopped tomatoes, spring onions, spinach and cheese to the egg mixture and mix.
3. Spoon the mixture into the prepared muffin tin, dividing it equally between the 6 holes. Sprinkle over extra cheese if desired.
4. Bake for 25 minutes.

Lunch

Recipe: Chicken Noodle Soup

Serves

2



Ingredients

- 600ml low-sodium chicken stock
- 2 small carrots, peeled and chopped
- 2 handfuls of frozen broccoli and/or peas
- 100g medium egg noodles
- 100g shredded, cooked chicken (e.g. 2 chicken breasts)
- 4 spring onions, sliced
- 1 tablespoon reduced-salt soy sauce

Method

1. Bring the stock to the boil and add the broccoli and/or peas and carrots. Boil for 5 mins, then add the noodles and simmer for 3 mins.
2. Stir in the chicken, spring onions, soy sauce and heat for 1 min.
3. Ladle into bowls.

Lunch/Dinner

Recipe: Teriyaki Salmon & Homemade Wedges

Serves
4



Ingredients

- 4 salmon darns
- 5-6 handfuls of mixed frozen vegetables
- For the wedges:
- 2 medium sized potatoes per person, washed (not peeled) & cut into wedges
- 4 tbsp olive/rapeseed oil
- For the teriyaki sauce:
- 1 tbsp olive or rapeseed oil
- 7 tbsp soy sauce
- 1 clove garlic, chopped and crushed
- 3 tbsp honey
- 1 lime, juiced
- 1/2 tsp chili purée
- 1/2 tsp ginger purée

Lunch/Dinner

Recipe: Teriyaki Salmon & Homemade Wedges

Serves
4



Method

1. Pre-heat the oven to 180C.
2. For the wedges: boil the wedges for 6-8 minutes until soft. Meanwhile, add 2 tbsp of oil to a baking tray lined with tinfoil. Place in the oven so that the oil becomes hot. Once the potatoes are boiled, place evenly on the hot oil tray. Add 2 tbsp of oil over the wedges. Cook for 20-25 minutes until golden and crispy (turn the wedges after 10-15 minutes to allow wedges to cook evenly on both sides).
3. For the teriyaki sauce: heat 1 tbsp of olive oil over medium-high heat and fry the garlic, chili and ginger for 2 minutes. Add the lime juice, soy sauce and honey and cook for a few minutes more, until the sauce is reduced and sticky.
4. In a separate pan, fry the salmon darns for 2 minutes on each side.
5. Line a baking tray with tinfoil. Place the salmon on the tray and pour the sauce over each darne. Bake in the oven for 10-15 minutes.
6. Meanwhile, steam, boil or stir fry preferred mixed frozen vegetables. Once cooked, serve with the wedges and vegetables.

Lunch**Recipe: Cajun Chicken Wrap / Pitta****Serves
1****Ingredients**

- 1 wholegrain wrap or pitta pocket
- 2 tablespoons of Cajun seasoning
- 1 teaspoon of paprika
- 1 grilled/baked chicken breast
- 1 teaspoon olive oil
- 1 teaspoon of low-fat mayonnaise
- ½ teaspoon of lemon juice
- 1 spring onion, chopped
- 1 large handful of lettuce or spinach leaves
- 4 cherry tomatoes, sliced in half

Method

1. Combine all of the ingredients for inside the wrap/pitta in a bowl.
2. Add to the wrap/pitta and enjoy hot or cold.

Lunch**Recipe: Chicken Pesto Pasta****Serves
2****Ingredients**

- 1 tbsp olive oil
- 2 cloves of garlic
- 5 cherry tomatoes, halved
- 2 large handfuls of mushrooms, chopped
- 150g spaghetti
- 2 tbsp pesto
- 2 handfuls of spinach leaves, washed
- 2 chicken fillets, cut into chunks
- Pinch of black pepper
- Grated cheese

Method

1. Cook spaghetti as per packet instructions.
2. Heat oil in a pan over medium heat.
3. Add the garlic and fry for 2 minutes.
4. Add the chicken pieces and cook for 5 minutes until the chicken is almost cooked.
5. Add the tomatoes, spinach and mushrooms.
6. Sprinkle black pepper over the food in the pan. Cook for approx. 5 minutes until the chicken is fully cooked.
7. Stir in the pesto.
8. Add grated cheese and serve with cooked spaghetti.

Lunch

Recipe: Quick Egg Fried Rice

Serves
2



Ingredients

- Desired amount of preferred mixed vegetables (fresh, frozen, canned)
- 1 tablespoon of sesame oil.
- 2 cloves of garlic or 1 teaspoon of garlic puree
- 2 chicken fillets
- 1 x 250g bag of microwave rice e.g. wholegrain & quinoa rice, golden vegetable rice
- 2 eggs
- 1 tablespoon of reduced salt soy sauce

Method

1. Chop up preferred vegetables and garlic.
2. Add rapeseed or olive oil to the pan.
3. Add garlic to the pan.
4. Add chicken to the pan and cook until browned.
5. Add the chopped vegetables to the pan.
6. Add the microwave rice e.g. wholegrain & quinoa rice and soy sauce.
7. Add 2 eggs to the pan. After a few seconds when the egg begins to turn white scramble all of the ingredients together until the egg is cooked through.

You can get creative with the types of vegetables you use in this recipe.

Tip: add precooked chicken to make meals in less time

Lunch/Dinner

Recipe: Quick Tortilla Pizza

Serves

1



Ingredients

- 2 tablespoons of passata
- ½ garlic clove, crushed (or ½ tsp garlic powder)
- Dried mixed herbs
- 1 wholemeal tortilla wrap
- 25g grated cheese (e.g. cheddar or mozzarella)
- Preferred toppings e.g. cooked chicken, peppers, sweetcorn, pineapple, spinach, tomato.

Method

1. Heat the oven to 200C fan.
2. Mix the passata, garlic, herbs together.
3. Put the tortillas onto a baking sheet.
4. Spread over the tomato sauce leaving a 1cm border around the edges.
5. Scatter with the cheese, add toppings.
6. Bake for 6-8 minutes until the edges of the tortillas are crisp and golden.

You can get creative with the types of toppings.

Snack**Recipe: Fruity Oat Bar****Makes
6
bars****Ingredients**

- 150g oats
- 2 ripe bananas
- 60g melted butter
- 60g cherries
- 60g cranberries
- 40g pumpkin seeds
- 40g sunflower seeds

Method

1. Preheat the oven to 200C (fan 180C, gas mark 6)
2. Mix the oats, cherries, cranberries and seeds together in a bowl.
3. Pour the melted butter into the bowl and mix thoroughly.
4. On a separate plate, mash the bananas with a fork and add to the oat mixture and mix well.
5. Spread the mixture into a 30 x 20cm tin and bake in the oven for 20-25 minutes.
6. When cooked, allow to cool and then cut into 6 bars.