



POLENTA CRUSTED COD

INGREDIENTS:

- 250g cod fillet
- 1 egg
- 2tbsp flour
- 50g polenta (or fine ground semolina)
- salt and pepper to taste

INSTRUCTIONS:

- beat the egg in a shallow dish, add flour to a separate shallow dish and season with salt and pepper. Pour polenta on to a small plate.
- place the cod fillet in the seasoned flour and coat well then do the same with the egg mixture.
- Roll the cod in the polenta until well coated and place on a baking tray.
- Bake in a preheated oven at 180c for 20-25 minutes.
- Serve with chips and mushy peas!

210 cals 28g P 18g C 3g F



ZESTY ZINGY POTATO SALAD (SERVES 2)

INGREDIENTS:

- 500g baby new potatoes
- 2 pickled gherkins
- 2 tbsp capers
- 2 tbsp black olives
- 1 tbsp olive oil
- 1/2 tsp each of chopped parsley and dill
- zest and juice of 1/2 lemon

INSTRUCTIONS:

- Chop the potatoes in half and place in a pan of salted water. bring up to the boil and simmer for 10-12 minutes.
- Finely chop up the capers, olives and gherkins together.
- in a bowl add the oil, lemon juice and zest, caper mix and herbs plus some black pepper and mix well.
- Once cooked drain the potatoes and allow them to steam dry for a few minutes.
- add the dressing to the warm potatoes and combine until well coated.

275 calS 5g P 50g C 10g F



EGG, BACON AND SPRING ONION MAYO (SERVES 4)

INGREDIENTS:

- 6 eggs
- 6 Turkey Bacon rashers
- 4 spring onions
- 30g mayonaise
- salt and pepper

INSTRUCTIONS:

- Airfry the bacon rashers on 200c until cooked through (approx 5 minutes)
- bring large pan of water up to the boil and carefully drop the eggs in
- reduce the water to a simmer and cook for 7 minutes
- Meanwhile chop up the cooked bacon and spring onion.
- remove the eggs from the heat and plunge straight into cold water. Once cool peel and smush with a fork.
- Add the other ingredients and mix well.
- Serve on a Jacky P, in a sandwich on on a salad

215 cals 20g P 2g C 14g F



AIRFRYER CHICKEN DIRTY RICE (SERVES 2)

INGREDIENTS:

- 250g Chicken, diced
- 100g soffritto mix
- 1 red pepper, diced
- 250g pouch pre-cooked rice
- 1 tsp ground black pepper
- 1/2 teaspoon cayenne pepper

INSTRUCTIONS:

- Add the chicken to the Airfryer drawer and start to cook at 200c for 15 minutes.
- After 3-4 minutes add the soffritto mix and red pepper, mix well and then continue cooking.
- After another 3-4 minutes, add the spices, mix again and continue cooking.
- With 5 minutes to go, add the rice, mix again and continue cooking.
- ensure chicken and rice are piping hot before serving with your choice of vegetables.

400 calS 40g P 42g C 9g F