



## 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





## HUNGARIAN STYLE GOULASH (SERVES 4)

### INGREDIENTS:

- 600g pork loin steaks , sliced
- 2 medium onions, sliced
- 1 small carrot, diced
- 3 bell peppers, sliced
- 1 tsp garlic puree
- 2 tsp sweet paprika
- 1tsp smoked paprika
- 2 tins chopped tomatoes

### INSTRUCTIONS:

- Add a tablespoon of oil to a large casserole pan over a medium heat. Add the onions and carrot and saute for 5 minutes.
- Add in the garlic and cook for a further 2 minutes.
- turn up the heat slightly and add the pork, brown the meat for 5 minutes.
- Add the paprika, peppers and tomatoes and stir.
- allow to simmer with the lid on for 25-30 minutes until the vegetables are soft and the meat cooked through .

430 calS 20g P 81g C 27g F



## APPLE, CINNAMON & RAISIN OVERNIGHT OATS (SERVES 1)

### INGREDIENTS:

- 30g porridge oats
- 1 tbsp chia seeds
- 1 apple, grated
- 100g fat free Skyr or greek yoghurt
- 1 scoop vanilla protein powder
- pinch cinnamon
- 30g raisins

### INSTRUCTIONS:

- add the oats, chia and protein powder to a bowl and mix well
- mix in the apple, cinnamon and yoghurt. add a small amount of water if it looks a bit thick
- cover and refrigerate overnight.
- remove from the fridge half an hour before serving
- top with raisins and enjoy!

430 cals 36g P 57g C 8g F



## **AUTUMN VEGETABLE SOUP (SERVES 10)**

### **INGREDIENTS:**

- **2 tsp olive oil**
- **1 tbsp garlic puree**
- **2 medium onions, diced**
- **4 medium carrots, chopped**
- **2 parsnips, peeled and chopped**
- **1 whole swede, peeled and chopped**
- **1 whole celeriac, peeled and chopped**
- **1 butternut squash, peeled and chopped**
- **2 tbsp dried herbs**
- **2 tsp mace or nutmeg**
- **500g yellow split peas**
- **2l vegetable stock**

### **INSTRUCTIONS:**

- put a large saucepan over a medium heat and add the oil. add the onion and garlic paste and saute for about 5 minutes.
- add in the mace and dried herbs and cook for a further 2-3 minutes.
- gradually add the veg to the pan, stirring as you go.
- add the yellow split peas and stock and bring up to the boil. cook for 45 minutes. the veg will be soft and the split peas cooked.
- at this point you can either blend until smooth or if you like it with some texture remove a third of the soup from the pan, blend and then add the chunky stuff back in.

**230 cals 14g P 37g C 2g F**



## **COCK-A-LEEKIE STEW (SERVES 8)**

### **INGREDIENTS:**

- 2 tbsp oil
- 2 large onions, chopped
- 3 sticks of celery, chopped
- 2 large carrot, sliced into rounds
- 3 leeks, trimmed and cut into thick slices
- 1kg potatoes, peeled and chopped into chunks
- 1kg skinless and boneless chicken thighs
- 1 tin of condensed chicken soup
- 250g pearl barley
- fresh or dried herbs of your choice, sage, thyme and tarragon work well here
- 1.5l chicken stock

### **INSTRUCTIONS:**

- Place a large pan over a medium heat. Add half the oil to the pan.
- Once the oil is hot, add the onion and celery and fry for about 8-10 minutes until soft, stirring regularly. 3
- Whilst the onions and celery soften, add the rest of the oil to a non-stick frying pan and allow to heat up. Brown off the chicken thighs on both sides in the pan in batches, transferring to the large pan once done.
- Add the rest of the chopped vegetables, the can of condensed soup plus a can of water and the pearl barley. Stir well to combine all the ingredients.
- Bring the mixture up to the boil and then allow to simmer for 45-50 mins. The carrot and leek will be soft and the potato starting to breakdown thickening the sauce. The chicken thighs will be tender and easy to cut.

**490 cals 47g P 40g C 21g F**



## CHORIZO & SWEET POTATO FRITTATA (SERVES 2) INGREDIENTS:

- 6 EGGS
- 1 SWEET POTATO, PEELED AND DICED
- 2 GREEN PEPPERS, DICED
- 100G CHORIZO, DICED
- 100G SOFRITTO MIX (OPTIONAL)

## INSTRUCTIONS:

- Place the sweet potato and peppers in the airfryer and set to airfry for 20 minutes (this is to save time on cooking the sweet potato).
- Pre-heat your oven 180c.
- Fry the chorizo in a medium size non-stick oven safe frying pan until the oils start to release and it starts to crisp.
- Add the sofritto mix and stir well for about 5 minutes.
- Once cooked add in the sweet potato and pepper and mix.
- beat the eggs and season with salt and pepper.
- Add to the pan and allow to cook for about 6-8 minutes to allow the bottom of the frittata to set and colour a little.
- Put the frittata in the oven and cook for 10-15 minutes until set and light brown on the top.
- Allow to cool slightly and serve with a big ol' salad

570 calS 35g P 30g C 35g F





## **TOMATO AND RED PEPPER SOUP (SERVES 10)**

### **INGREDIENTS:**

- 2 onions, chopped
- 3 sticks of celery, chopped
- 2 large carrots, chopped
- 10 vine tomatoes, chopped
- 8 red peppers, chopped
- 1 red onion, chopped
- 250g lentils
- 2 tins of condensed tomato soup
- 1.5l veg stock
- tsp garlic puree
- herbs of your choice

### **INSTRUCTIONS:**

- Place the red onion, tomatoes and red pepper in an oven proof dish and roast for in an oven preheated at 200c for 30-35 mins.
- Place a large pan over a medium heat and add 1 tbsp of oil
- Fry the white onion, carrots and celery for about 5-8 minutes.
- Add the garlic puree and herbs and cook for a further 5 minutes.
- pour in the lentils, veg stock and condensed soup along with 2 tins of water.
- Bring up to the boil and allow to simmer for 30 minutes, stirring often.
- Remove the roasted vegetables from the oven and add to the pan.
- remove the pan from the heat and allow to cool slightly before blending until smooth.

**198 cal 10g P 30g C 5g F**



## INSTANTPOT PEA & GAMMON SOUP (SERVES 10)

### INGREDIENTS:

- 1 supermarket vegetable stew pack, chopped into chunks
- 900g-1kg gammon joint
- 500g dried peas (I used the bigga packs which include soaking tabs)
- herbs of your choice

### INSTRUCTIONS:

- soak the peas for at least 12 hours using the tabs provided. drain and rinse.
- place your stew veg, gammon and herbs plus a litre of water onto the metal trivet in your instant pot.
- cook the gammon on high pressure for 40 minutes and allow it to release naturally.
- remove the gammon and put to one side to cool. pour the stock and vegetables into a large pan and bring up to the boil.
- pour in the peas and reduce to a simmer for 20 minutes adding water where required.
- whilst the peas are cooking, shred the gammon with 2 forks.
- once the peas are cooked, blend the soup until smooth.
- to serve top with the shredded gammon.

295 cals 28g P 26g C 8g F



## **SLOW COOKER BBQ PULLED CHICKEN (SERVES 6) INGREDIENTS:**

- 800g skinless & boneless chicken thighs
- 2 medium onion, sliced into half moons
- 1 tbsp olive oil
- 2 tbsp tomato puree
- 1 tbsp garlic puree
- 1 tbsp sweet paprika
- 1 tbsp smoked paprika
- 200ml BBQ sauce
- 4 tbsp honey
- 2 tbsp worcesterhire sauce
- 1tbsp brown sugar
- salt

## **INSTRUCTIONS:**

- Brown off the chicken thighs in the oil in a shallow pan or if your slow cooker has a saute function, in the crock pot.. remove from the pan and put to one side.
- add the onions to the pan/crockpot and fry for about 8-10 minutes.
- add the garlic, tomato puree and paprika and cook for a further 2 minutes.
- return the chicken to the pan along with the rest of the ingredients and mix well. allow to come up to a simmer.
- transfer to your slow cooker crockpot/switch to slow cook function and cook on medium for 6 hours.
- once cooked shred the chicken in the sauce using 2 forks to pull it apart.

**345 calS 37g P 25g C 10g F**