



## 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
- 1tbsp 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**



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

- 2 x 150g sirloin steak
- 1 onion, cut into half moons
- 2 bell pepper, cut into strips
- 70g basmati or long grain rice
- 1 pack fajita seasoning
- 4 tbsp sour cream
- olive oil spray
- salsa and chopped coriander

## **INSTRUCTIONS:**

- coat the steak in half the fajita seasoning and put to one side.
- cook the rice according to packet instructions.
- spray some olive into an airfryer drawer, add the peppers and onions and half the fajita seasoning. airfry until golden and soft
- Place a decent non-stick frying pan on a high heat and spray a little oil into it.
- Add the steak to the pan and cook to your liking. leave to rest for 5 minutes.
- add the rice, peppers and onions to the bowl and top with steak and it's cooking juices.
- sprinkle with chopped coriander and serve with some sour cream, salsa and crispy lettuce.

**620 cals 54g P 70g C 14g F**



## ROAST POTATO & CHICKEN SOUP (SERVES 6)

### INGREDIENTS:

- 750g leftover roast potatoes
- 500g leftover roasted vegetables (carrot/parsnip/swede)
- 2 onions (mine were baked but you can use raw)
- 1.5 l chicken stock (I used the cooking juices, vegetable trivet and boiled the chicken bones for about 20 mins before straining)
- leftover roast chicken to serve

### INSTRUCTIONS:

- If using raw onions, peel and dice and add to a preheated large pan with a small amount of oil.
- allow the onions to soften before adding all the other ingredients to the pan.
- Bring to the boil and allow to simmer for 15 minutes until all the veg is soft.
- Blends until smooth and serve topped with leftover over roast chicken.

260 cals 9g P 38g C 8g F





## RATATOUILLE

SERVES 6

### INGREDIENTS:

- 2 tbsp olive oil
- 6 garlic cloves, peeled
- 2 red onions, chopped into chunks
- 3 aubergines, cut into 3 inch batons
- 3 courgettes, cut into 2 inch cubes
- 4 bell peppers , cut into 2 inch long chunks
- 1 fennel bulb, thinly sliced
- 6 ripe tomatoes, skins removed
- dried herbs(basil, oregano, thyme etc)
- 2 tbsp tomato puree
- 2 tbsp red wine vinegar
- salt and pepper to taste

### INSTRUCTIONS:

- place a large pan over a medium heat and add the oil. once heated add the onion and garlic and saute for around 5 minutes.
- add the herbs and cook for another couple of minutes
- add the veg to the pan in stages, starting with the aubergine, then courgette, then fennel and lastly the peppers. Stirring in between each and allowing each to cook for 2-3 mins.
- Quarter the tomatoes and add to the pan along with tomato puree and red wine vinegar.
- simmer over a medium heat until the vegetables are soft and the mixture has reduced by about a 1/3rd.
- season with salt and pepper.

260 cals 9g P 38g C 8g F



## CHILLI CON CARNE

SERVES 8

### INGREDIENTS:

- 100g chorizo, diced
- 1 large onion, diced
- 1 or 2 red chillies, finely chopped
- 4 cloves of garlic
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp dried oregano
- 2 tsp smoked paprika
- 1 tsp cayenne pepper
- 400g 15% beef mince
- 500g 5% pork mince
- 2 red peppers, chopped
- 1 tbsp tomato puree
- 2 tins chopped tomatoes
- 2 tins of kidney beans
- 1 beef stock cube

### INSTRUCTIONS:

- place a large pan over a medium heat and add the chorizo. fry until the oils have released the chorizo has browned slightly. remove from pan.
- add the onion to the pan and saute for around 5 minutes.
- add the herbs, spices, chilli and garlic and cook for another 5 minutes
- add in the mince to the pan and turn up the heat to brown the meat off for around 5 minutes.
- add in the peppers, tomato puree, tinned tomatoes and stock cube. stir well and simmer for about 30 minutes.
- Add in the kidney beans and continue to simmer for a further 30 minutes.
- season with salt and pepper.

330 cals 30g P 14g C 16g F



## **PORK CHORIZO & BUTTERBEAN STEW**

**SERVES 6  
INGREDIENTS:**

- 2 medium onion, diced
- 2 medium carrots, diced
- 4 clove garlic, crushed
- 1 red chilli, finely chopped
- 1 tbsp smoked paprika
- 4 cooking chorizo sausages
- 600g pork shoulders, cut into 5cm cubes
- 1 tbsp tomato puree
- 1 tin chopped tomatoes
- 500ml chicken stock
- 2 tins of butter beans, drained
- Salt and pepper to taste
- Fresh herbs to garnish

## **INSTRUCTIONS:**

- Place a large oven proof pan over a medium heat and fry off the chorizo and pork shoulder in batches, browning lightly. Remove from the pan and reserve the oil that is left behind for the rendered fat.
- Add the onion, garlic, chilli and carrots to the pan and fry for about 10 minutes until softened.
- If you are using a slow cooker, at this transfer all the cooked vegetables, chorizo into the crock pot and add the purée, tinned tomatoes, paprika and stock. Place the slow cooker on medium and leave to cook for at least 4 hours.
- If you are using an oven instead, add the chorizo and pork back to the pan along with the purée, tinned tomatoes, paprika and stock. Place in the oven preheated to 180c and leave to cook for 1 and half hours.
- Add the butter beans and cook for a further 30 minutes.
- Season to taste.

**500 calS 31g P 15g C 32g F**



## LENTIL RAGU

SERVES 10

### INGREDIENTS:

- 2 tbsp rapeseed oil
- 2 medium onions, peeled and chopped into large chunks
- 3 carrots, peeled and chopped into large chunks
- 3 celery stalks, cut into large chunks
- 4 garlic clove
- 1 large red chilli
- 2tbsp dried mixed herbs
- 300g red lentils, rinsed
- 300g green lentils, rinsed
- 2 tbsp tomato purée
- 2 tins chopped tomato
- 4 tbsp vegetable stock powder
- 2-2.5 litres boiling water
- 2 tbsp Henderson's sauce or marmite

### INSTRUCTIONS:

- Using a food processor, finely chop the onions, carrots, celery, garlic and chilli.
- In a large pan, heat the oil over a medium heat. Add the finely chopped vegetable. Mixture and cook for about 10 minutes until they have started to soften.
- Add in the tomato puree and mixed herbs and cook for a couple of minutes.
- Add in the lentils, tinned tomatoes, stock and water and bring up to the boil.
- Allow to simmer for around 30-40 minutes until the red lentils have started to breakdown and the green lentils have a small amount of "bite" to them.
- Add in the mushrooms and Henderson's and cook for a further 5-10 minutes. Serve in a lasagne, topped with mash or with pasta.

• 250 calS 11g P 30g C 6g F





## BUTTERMILK CHICKEN SERVES 4

### INGREDIENTS:

- 4 skinless, boneless chicken thighs
- 300ml buttermilk
- 100g cornflour
- 1 tsp onion powder
- 1 tsp ground black pepper
- 1/2 tsp mace
- 1/2 tsp smoked paprika
- 1 tsp oregano
- pinch of salt

### INSTRUCTIONS:

- Trim up the chicken thighs or any sinew or excess skin
- place in a bowl with the buttermilk and leave to marinate for around 2 hours.
- mix together the cornflour, herbs, spices, salt and pepper.
- lift a chicken thigh out of the buttermilk, shake off any excess and drop straight into the seasoned cornflour. Ensure evenly coated before placing in the airfryer drawer.
- repeat with the rest of the chicken thighs
- cook in the airfryer at 200c for 25 minutes, turning once of twice during that time.
- Serve however you like... in a bun, with fries, in a salad.

250 calS 24g P 26g C 6g F