



DINNER





Chicken Chow Mein- 485 Kcals- 63P/47C/5F



160g chicken breast 18g Soy Sauce 15 Onion 50g egg noodle 120g peppers
100g beansprouts 1kcal spray

Have noodles pre made with pack instructions then

- Heat oil in wok or large fry pan over high heat.
- Add garlic and stir fry for 10 seconds or until it starts to turn golden
- Add chicken and stir fry until the surface gets a tinge of browning but inside is still raw about 1 minute.
- Add the vegetables, the noodles, Sauce, tossing constantly.
- Add bean sprouts and toss through for 30 seconds or until the bean sprouts just start to wilt. Remove from heat and serve immediately.

Burger and sweet Potato fries-563 Kcals- 32P/63C/ 21F



55g brioche bap 80g burger 150g sweet potato 85g broccoli 70g green beans
15g onion

- Add spray set to medium-high.
- Season each side with salt and pepper. Note: allowing just a couple of minutes to thaw will help the seasonings stick.
- Place frozen, seasoned patties onto the hot cast-iron pan.
- Cook 3-5 minutes on each side, then flip.
- Continue flipping until a nice crust has formed – about 15 minutes.
- Remove from the pan and serve on your brioche bap

Roast Dinner-410 Kcals-55P/31C/7F



160g Baby boil potatoes 160g roast chicken 75g Broccoli 50g green beans 20g
garlic, lemon, 1tbsp thyme 1tbsp rosemary 50g carrots 50g gravy granules

- Pile all the veg, garlic and herbs into the middle of a large roasting tray and drizzle with oil.
- Place the chicken on top of the vegetables.
- Carefully prick the lemon all over, using the tip of a sharp knife. (Put the lemon inside the chicken's cavity, with the bunch of herbs.
- Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for 1 hour 20 minutes.
- Baste the chicken halfway through cooking and if the veg look dry, add a splash of water to the tray to stop them from burning.
- When boiling potatoes and veggies, this is the time to crack on with them – get them started 30 minutes before chicken is due over medium heat.
- When the chicken is cooked, take the tray out of the oven and transfer the chicken to a board to rest for 15 minutes or so. Cover it with a layer of tin foil and a tea towel and leave aside while you make your gravy.



Thai Green Chicken Curry- 496 Kcals- 59P/47C/ 8F



200g chicken breast 2tbsp of green curry paste 1tbsp turmeric 200ml coconut milk
50g peppers 50g Green beans 15g White onion Served with 80g basmati rice

- Heat a large pan on high to firstly brown off your chicken.
- Lower the heat to medium and add red pepper, spring onion, garlic, green beans and cook, stirring occasionally for 5 mins.
- Add the paste and cook for 2 mins.
- After the two minutes, add the coconut milk
- Lower the heat to medium, and let simmer for 8 minutes
- Serve with basmati rice

Chilli Con Carne- 654 Kcals- 65P/68C/13F



200g lean mince 1tbsp cumin 1tbsp paprika 60g chopped onion 20g green or red chilli 200g chopped tomatoes 200g kidney beans 80g basmati rice

- Put your pan on the hob over a medium heat. Add 1 calorie spray
- Add the onion and cook, stirring fairly frequently, for about 5 minutes.
- Tip in the garlic, red pepper, 1 chilli pepper, 1 tsp paprika and 1 tsp ground cumin.
- Give it a good stir, then leave it to cook for another 5 minutes, stirring occasionally.
- Brown lean minced beef. Turn the heat up a bit, add the meat to the pan and break it up with your spoon or spatula. The mix should sizzle a bit when you add the mince.
- Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform, mince-sized lumps and there are no more pink bits. Make sure you keep the heat hot enough for the meat to fry and become brown, rather than just stew.
- Add chopped tomatoes.
- Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes.
- Check on the pan occasionally to stir. If it is sticking to the pan, add a couple of tablespoons of water and make sure that the heat really is low enough. After simmering gently, the saucy mince mixture should look thick, moist and juicy.
- Drain and rinse the red kidney beans in a sieve and stir them into the chilli pot then let sit for another 10 minutes.
- Now replace the lid, turn off the heat and leave your chilli to stand for 10 minutes before serving. This is really important as it allows the flavours to mingle.
- Serve with basmati rice

Pizza made with a wrap- 642 Kcals- 57P/67C/16F



2x wraps 200g chopped tomatoes 100g chicken 40g ham 20g cheese

- Preheat oven to 200 degrees C.
- Place tortilla on a baking sheet. Brush with olive oil; sprinkle garlic powder, salt, and pepper on top.
- Bake in the preheated oven until golden, 3 to 5 minutes. Remove tortilla from the oven and spread tomato sauce on top. Arrange chicken breast, green bell pepper, and green onions over tomato sauce; cover with mozzarella cheese.
- Bake in the preheated oven until cheese is melted, about 5 minutes.



Sirloin Steak- 371 Kcals- 34P/44C/6.5



100g lean sirloin steak- slow fried 150g Sweet potato oven baked 1tbsp paprika or cinnamon Broccoli Green beans

- Preheat oven to 240 C On a large baking tray, toss sweet potatoes and season with paprika or cinnamon
- Roast until tender, tossing halfway through, 30 to 35 minutes.
- Pat the steaks dry with kitchen paper, and season with salt and pepper. Take a heavy-based frying pan that will comfortably fit both steaks, add the 1kcal spray and heat over a high flame.
- When the oil is shimmering, turn the heat down to medium-high and add the butter. Once it's sizzling, carefully lay the steaks in the pan, tucking the garlic and herbs in at the sides.
- With a pair of tongs, sear and turn the steaks every 30 secs to 1 min so they get a nice brown crust. As a rough guide, each steak will take 3 mins in total for rare, 4-5 mins in total for medium and 7-8 mins for well done.

Chorizo and chicken pasta- 617Kcals- 62P/59C/15F



160g chicken breast Chorizo- 25g 50g Red Onion 1 Garlic clove 30g cherry tomatoes 25g low fat feta cheese 75g penne pasta

- Fry the chorizo in a dry pan until slightly browned- take chorizo out but leave fat in pan. Turn the heat up, dice chicken and fry in pan until browned, remove chicken and put with chorizo.
- Turn heat to medium heat and add onions and garlic to the pan with a 1kcal spray oil, cook for 2 mins until onions have sweetened. Meanwhile boil pasta for 8 minutes.
- Add Cherry tomatoes to the onions, cook for 5 minutes on medium heat and then add back in chicken and chorizo-if pan gets sticky add pasta water.
- In final 3 minutes before pasta is done add spinach to the pan and mix until wilted.
- Drain pasta and add to the pan, mix everything together, plate up and crumble over the cheese.

Homemade Lasagne- 1895 Kcals- 147P/171C/69F



500g lean mince 400g pasta sheets 400g tin chopped tomatoes 2 celery sticks 1 Onion 2 Carrots 2 beef stock cubes 200ml skimmed milk 50g parmesan cheese Tbsp oregano Tbsp Thyme 3 tbsp olive oil

- For cooking instructions - see notes
- Heat the oil in the frying pan and add your mince and onion and slowly cook until brown. Add tin of Tomato's and 200g of tomato puree if desirable. Finally chop all vegetables and add with milk, beef stock and spices. Slowly simmer for 30 mins.
- Spoon 1/3 of the mince to an oven proof dish and layer the top with pasta sheets. Repeat until you have 3 layers.
- For a bechamel sauce to top, melt 40g of butter in a saucepan. Stir in 40g of plain flour. Slowly add 300ml of milk, stirring continuously until you have a thickened sauce.
- Add the sauce to the top and finish it with 50g of parmesan cheese and thyme.
- Heat your oven to 180C and cook for up to 1 hour until the meal is golden brown on top
- Serve on a bed of green vegetables

