



FAMILY FRIENDLY RECIPES

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Chicken Quinoa Muffins

Serves 3

1/3 cup (60g) dried quinoa
4 cloves garlic
1 onion, diced
1 red pepper, diced
1 tsp. olive oil
1 tsp. ground cumin
1 tsp. dried oregano
1 tsp. chili powder
few dashes of tabasco
1/2 tsp. red pepper flakes
1 cup (15g) coriander, chopped
salt & black pepper, to taste
2/3 cup (180ml) red enchilada sauce, divided
1 lb. (450g) ground chicken
2 egg whites
2/3 cup (80g) cheddar cheese, shredded

What you need to do

Cook the quinoa according to instructions on the packaging.

Preheat the oven to 350°F (180°C). Prepare a 12-cup silicone muffin tin.

Heat the olive oil in a medium sized frying pan over a medium heat. Add the garlic, onion and pepper, and cook for a few minutes until the onions have softened. Transfer to a large bowl to cool.

Add the cooked quinoa, cumin, oregano, chili powder, tabasco, red pepper flakes, coriander, salt and pepper and half the enchilada sauce.

Next stir in ground chicken and egg whites and a 1/4 of the cheddar cheese and mix until well combined.

Fill 4 tablespoons of the muffin mixture into each of the silicone muffin cups. Place into the oven to bake for 25-30 minutes. Next remove from the oven and divide the remaining enchilada sauce and cheddar cheese over the top of the muffins.

Place the muffin tin back in the oven and bake for an additional 3-5 minutes until the cheese melts.

NOTE: 2 muffins per serving



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	25 mins	337	17	27	22	6

*Nutrition per serve

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04723325



Non-processed Baked Chicken Nuggets

Serves 4

1½ cups (90g) panko
breadcrumbs
2 tbsp. olive oil
1 tsp. salt
1 tsp. black pepper
1 tsp. onion powder
1 tsp. paprika
½ tsp. garlic powder
¼ tsp. cayenne pepper
2 eggs
2 tbsp. unsweetened almond
milk
1 lb. (450g) boneless skinless
chicken breast, cut into cubes

What you need to do

Preheat the oven to 400°F (200°C).

Place the breadcrumbs on a large baking sheet and spray with a little olive oil. Place in the oven and bake for 2 minutes, stir the breadcrumbs and return to the oven to bake for a further 2-3 minutes, until the breadcrumbs are golden brown.

Transfer the breadcrumbs to a bowl and add the salt, black pepper, onion powder, paprika, garlic powder and cayenne pepper. Set aside.

In a separate shallow bowl, whisk together the eggs and almond milk. Set aside.

Line the large baking sheet with baking paper and place a wire rack over it. Grease the rack with olive oil.

Dip each piece of chicken into the egg/milk mixture, then into the breadcrumb mixture, until evenly coated. Place the chicken directly onto the wire rack.

Generously spray the tops of the chicken nuggets with olive oil spray. Place the chicken into the hot oven to bake in the oven for 15-20 minutes until cooked through and golden.

Serve the chicken nuggets with your favorite sauce (not included in nutritional breakdown).

DF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	325	13	17	32	0

*Nutrition per serve

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03640938



Protein-Rich Broccoli Pasta with Fresh Pesto

Serves 4

Pesto:

6 servings of Vegan Green Pesto (see recipe in this pack)

Pasta:

9 oz. (250g) pasta
 ¼ cup (35g) sunflower seeds
 2 tbsp. sesame seeds
 1 broccoli, separated into florets
 2 tbsp. olive oil, divided
 onion white, sliced
 1 leek white part only, sliced
 salt & pepper
 lemon wedges
 4 tbsp. basil leaves, chopped

Make the pesto following the Green Vegan Pesto recipe in this recipe pack.

For the pasta:

Preheat the oven to 350°F (180°C) and prepare a baking tray lined with aluminum foil.

Cook the pasta according to instructions on the packaging.

Roast the sunflower and sesame seeds in a dry hot skillet for a minute until golden, shaking the skillet from time to time to stop the seeds from sticking and burning. Then set aside.

Arrange the broccoli florets on the baking tray, drizzle with 1 tablespoon of the olive oil, and bake in the hot oven for 10 minutes.

Meanwhile, heat the remaining tablespoon of olive oil in a skillet over a medium heat. Cook the onion and leek for 5-6 minutes, until softened.

Once the pasta has cooked, drain and rinse it under cold water. Add it back to the pot, mix in the seeds, broccoli, onion, leek and pesto. Season with salt and pepper and serve with lemon wedges and fresh basil leaves.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	565	29	63	7	8

*Nutrition per serve

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Tuna Pasta Bake

Serves 6

10.5 oz. (300g) dried pasta
1 tsp. olive oil
2 courgettes, diced
5 green onions, sliced
½ tsp. smoked paprika
½ tsp. garlic powder
1¾ cup (400ml) vegetable broth
⅔ cup (100g) frozen peas
3 cups (100g) spinach
juice of ½ lemon
⅔ cup (150g) low-fat cream cheese
2× 5.6 oz. (160g) tins tuna, drained
⅓ cup (40g) shredded cheddar cheese

What you need to do

Preheat the oven to 375°F (190°C).

Cook the pasta according to instructions on the packaging.

While the pasta is cooking, grease a large frying pan with the olive oil and place over a medium heat. Add the courgettes and green onions and sauté for 5 minutes.

Next stir in the paprika and garlic powder, mix to combine then add the broth, peas, spinach and lemon juice. Cook for 2-3 minutes until the spinach has wilted, then stir in the cream cheese.

Break up the tuna into flakes in a bowl. Drain the pasta and add it to the pan of vegetables along with the tuna flakes.

Stir together so that everything is well coated. Place the pasta mixture into a large ovenproof dish, sprinkle over the shredded cheese and place the dish into the hot oven for 15 minutes.

Remove the pasta bake from the oven and serve immediately.



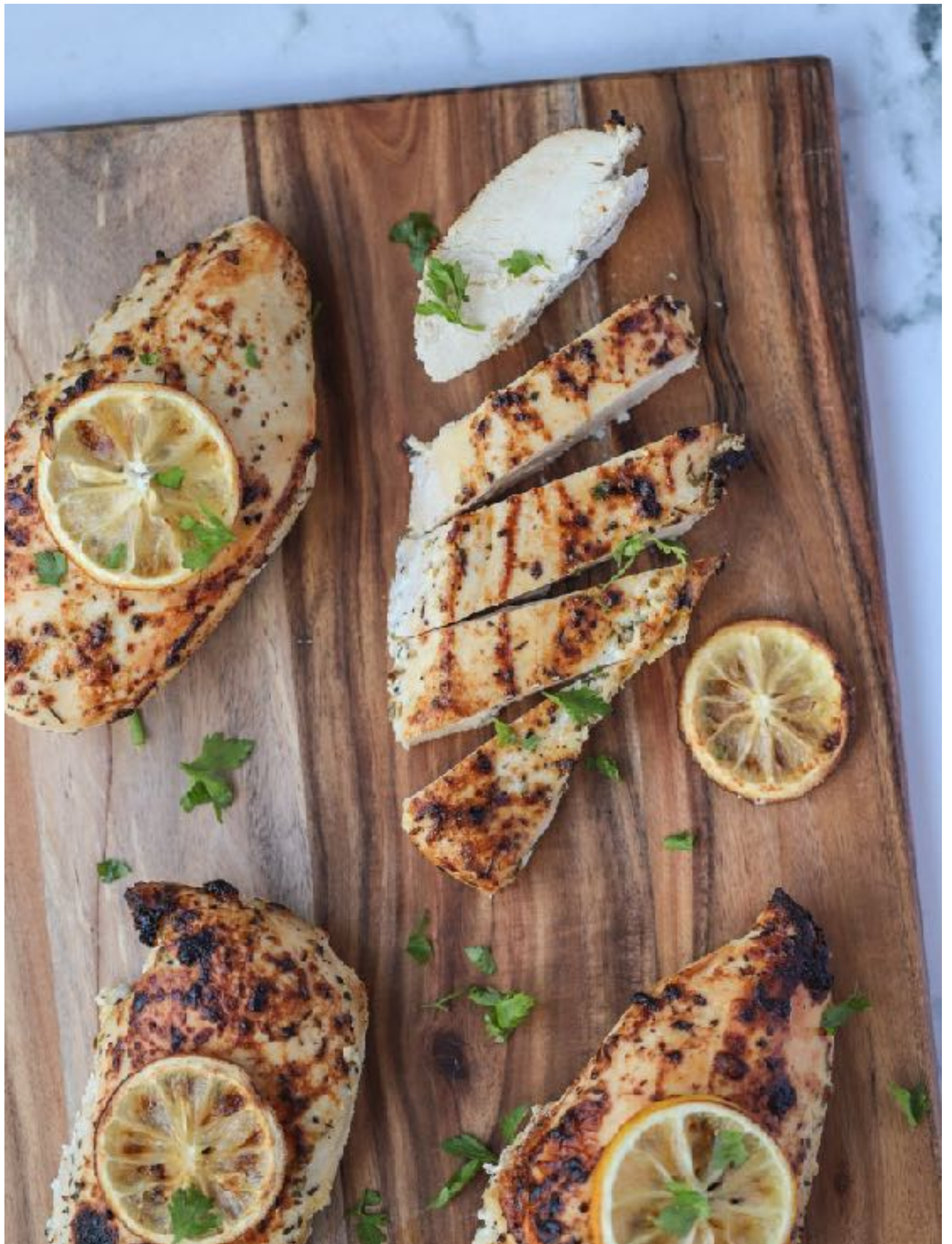
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	416	16	44	23	3

*Nutrition per serve

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Yogurt Lemon Chicken

Serves 5

juice of ½ large lemon
1 tbsp. olive oil
½ cup (140g) Greek yogurt
1¼ tsp. sea salt
black pepper
1.3 lbs. (570g) chicken
breasts

What you need to do

In a bowl, combine the lemon juice, olive oil, Greek yogurt and sea salt and stir. Add the chicken breasts and stir so that the chicken is covered in the marinade. Cover the bowl and place into the refrigerator for 20 minutes (or up to 1 hour if time allows).

When ready to cook the chicken, preheat the oven to 400°F (200°C).

Remove the chicken from the refrigerator, shake off any excess marinade, and place on a baking dish. Discard any excess marinade.

Place the dish into the hot oven for 25 minutes until the chicken is cooked through.

When ready to serve, season to taste with black pepper and a little extra salt if required.

GF LC MP HP

Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20-60 mins	20 mins	183	6	1	28	0

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Pea Pulao with Lemon

Serves 4

2 tbsp. olive oil
1 onion, diced
2 tsp. maple syrup
1 tsp. ground turmeric
1 tsp. ground cumin
½ tsp. salt
1 cup (140g) green peas,
frozen
2 tbsp. peanuts
⅓ cup (55g) raisins
1½ cup (360ml) vegetable
broth
¾ cup (160g) basmati rice

To make the dressing:

1 clove garlic, minced
1 tsp. lemon zest
3 tbsp. lemon juice
2 tbsp. apple cider vinegar
½ tsp. salt
½ tsp. black pepper

What you need to do

Place the olive oil into a pot over a medium heat and sauté the onion for 5 minutes. Add the maple syrup, turmeric, cumin and salt, and mix well.

Now add the peanuts, green peas and raisins and cook for a further 1-2 minutes. Add the vegetable broth and the rice, stir to combine, cover with a lid and simmer gently for 15 minutes until the rice has cooked.

Meanwhile add the garlic, lemon zest, lemon juice and vinegar to a small bowl and mix to combine. Season to taste with salt and pepper.

Pour the dressing over the rice mixture, stir to combine and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	320	9	53	7	4

*Nutrition per serve

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Marinated Peanut Sauce Chicken Skewers

Serves 8

½ cup (130g) natural peanut butter, creamy
 4 garlic cloves, minced
 2 tbsp. tamari
 2 tbsp. sesame oil, toasted
 1 tbsp. white wine vinegar
 4 green onions, minced, divided
 4 tbsp. cilantro, minced
 2 tsp. ground ginger
 1 tsp. salt
 3 lbs. (1.3kg) boneless skinless chicken thighs, cut into 1 inch pieces
 ½ cup (75g) chopped peanuts, to serve
 red pepper flakes, to garnish
 12 metal skewers (or bamboo skewers, soaked in water for minimum 30 minutes)
 1 cucumber, peeled & sliced

In a bowl, mix together the peanut butter, garlic, tamari, sesame oil, white wine vinegar, half of the green onions, cilantro, ground ginger and salt.

Add the chopped chicken to the peanut sauce, toss until evenly coated. If you have time, allow it to marinate for at least 1 hour or overnight.

When ready to cook, heat the oven to 400°F (200°C). Place a wire rack on top of a rimmed baking sheet and spray it with a little oil.

Thread the marinated chicken onto skewers, lay onto the wire rack and place into the hot oven to bake for 20-25 minutes, until the chicken has cooked through.

Serve with sliced cucumber, garnished with chopped peanuts and red pepper flakes.

GF	DF	LC	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	391	24	7	39	3

*Nutrition per serve

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One Pot Spanish Chicken & Rice

Serves 4

1 tbsp. olive oil
1 lb. (450g) skinless boneless
chicken thighs cut into pieces
½ tsp. salt
½ tsp. black pepper
½ medium onion, diced
1 red bell pepper, diced
2 cloves garlic, minced
1 cup (160g) long grain white
rice, rinsed
½ tbsp. smoked paprika
1½ cups (360ml) chicken
broth
1 cup (240ml) tomato sauce
pinch of saffron
½ cup (70g) green olives
½ cup (8g) cilantro, chopped
1 lemon, cut into wedges

Heat the olive oil in a large skillet over a medium heat. Add the chicken and season with salt and pepper. Cook for 5-6 minutes until slightly brown.

Add in the onion, red bell pepper and garlic and cook for a few minutes until they slightly soften. Now add the rice, stir to combine and cook for a further 1-2 minutes.

Next add in the paprika, chicken broth and tomato sauce. Bring to a boil, then turn down the heat to low. Add the saffron, cover the pan with a lid and cook gently for 25 minutes until the rice is ready.

Season with a little more salt and pepper to taste, and stir through the olives and cilantro. Serve with lemon wedges.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	370	11	43	27	4

*Nutrition per serve

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Roasted Maple-Dijon Chicken Legs

Serves 6

For the glaze:

- ¼ cup (60ml) olive oil
- 2 tbsp. honey
- 1 tbsp. dijon mustard
- 1 orange, zested
- 1 garlic, minced
- 1-inch fresh ginger, grated
- 1 tsp. paprika
- salt & pepper

For the roast:

- 6 chicken legs, bone-in
- salt & pepper
- 1 butternut squash, sliced
- 2 small bulb fennel, cored & sliced
- 2 cups (300g) red grapes

Heat the oven to 425°F (220°C).

Place all the glaze ingredients into a medium bowl, and whisk together until well combined. Set aside. Season the chicken legs with salt and pepper.

Arrange the squash, fennel and grapes on a baking tray, and toss with half of the glaze. Place the chicken legs on top of the vegetables and brush with the remaining glaze.

Place the tray in the preheated oven and bake for 20 minutes, removing the tray from the oven and rotating it. Now return the tray to the oven to cook for a further 15-20 minutes until the squash and fennel are golden brown, and chicken is cooked through.

Remove from the oven and serve immediately.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	503	30	37	24	6

*Nutrition per serve

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Slow Cooker Pulled Chicken

Serves 8

2 tbsp. olive oil
 10 chicken thighs, boneless & skinless
 2 red onions, sliced
 2 garlic cloves, minced
 2 tsp. paprika
 ½ cup (120ml) water
 2 tbsp. chipotle paste
 1 cup (240ml) tomato sauce
 ¼ cup (60ml) barbecue sauce
 1 tbsp. brown sugar
 salt & pepper
 1 lime, juiced
 8 wholemeal burger buns
 8 tbsp. guacamole

Set the slow cooker to low.

Heat 1 tablespoon of the olive oil in a large skillet and brown the chicken on both sides before transferring to the slow cooker.

Add the remaining oil to the skillet and fry the onions for 5 minutes, until softened, then add in the garlic and paprika and cook for a further minute. Transfer the onion mixture into the slow cooker and add the water.

Now add the chipotle paste, tomato sauce, barbecue sauce, sugar and lime juice and season with salt and pepper. Stir everything together then cover the slow cooker and cook for 6 hours until the chicken is tender.

Using two forks, shred the chicken and mix through the sauce. Serve as a burger with toasted buns and guacamole.

Stovetop instructions:

Brown then chicken, then remove it from the skillet. Cook the onions and garlic then put the chicken back into the skillet, adding the remaining ingredients. Mix to combine, then cover the skillet with a lid and simmer gently for 1-1½ hrs until the chicken is really tender.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	6 hrs	485	15	51	39	7

*Nutrition per serve

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Pistachio Crusted Salmon

Serves 6

2.8 lbs (1.3kg) salmon filet
1 tbsp. olive oil
2 garlic cloves minced
2 tbsp. honey
salt & pepper
½ cup (75g) pistachios
14 oz. (400g) green beans,
trimmed
1 lemon, wedges, to serve

Heat the oven to 375°F (190°C). Line a baking sheet with baking paper.

Rub the flesh of the salmon with olive oil. In a small bowl, mix the garlic and honey, and spread over the salmon. Season with salt and pepper.

Lay the salmon onto the baking tray, skin size down. Chop the pistachios and press them onto salmon. Finally place the green beans around the sides.

Place the baking sheet into the hot oven and bake for 15-20 minutes until the salmon flakes easily and is cooked through. Serve with lemon wedges.

GF	DF	LC	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	426	21	14	46	3

*Nutrition per serve

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Chewy Matcha Cookies

Serves 10 cookies

1 cup (95g) almond flour
1 cup (80g) rolled oats
2 tsp. matcha powder
½ tsp. baking soda
1 tsp. vanilla extract
1 egg, room temperature
½ cup (100g) coconut sugar
4 tbsp. coconut oil, melted
⅓ cup (55g) white chocolate chips

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

In a bowl, combine the almond flour, rolled oats, matcha powder, baking soda, vanilla extract, egg, coconut sugar and coconut oil. Fold in the chocolate chips.

Make 10 cookie balls using 2 tablespoons of dough per cookie. Place the cookie balls onto the baking sheet, then press and flatten to form round cookies.

Place the baking sheet into the hot oven and bake for 9-12 minutes. Once baked, place the cookies onto a wire rack to cool before eating. The cookies will harden and firm up as they cool.

Storage: Store cookies in an airtight container at room temperature for up to 5 days.

DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	12 mins	207	13	21	4	2

*Nutrition per serve

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Lunch Box Favourite

Banana Bread

Serves 12

1 cup (100g) almond flour
4 tbsp. coconut flour
2 tsp. baking powder
1 pinch salt
1 tsp. ground cinnamon
1 cup (230g) butter, softened
½ cup (75g) granulated sweetener of choice (eg monk fruit, erythritol, etc.)
4 eggs
1 tbsp. banana extract
6 tbsp. Greek yogurt
4 tbsp. dark chocolate chips
4 tbsp. walnuts

What you need to do

Preheat the oven to 350°F (180°C). Prepare a 9x4-inch (23x10cm) loaf pan lined with baking paper.

In a large mixing bowl, combine the almond flour, coconut flour, baking powder, salt and cinnamon.

In a separate bowl, combine the softened butter and sweetener. Then add in the eggs, one at a time, and finally the banana extract and Greek yogurt. Mix until smooth.

Combine the wet ingredients with the dry mixture and stir to combine. Fold in the chocolate chips and walnuts.

Transfer the batter to the earlier prepared pan, cover with tin foil and bake in the hot oven for 45-50 minutes. Remove the tin foil around the 40 minute mark and return to the oven to finish baking.

Set the banana bread onto a wire rack and allow the bread to cool in the pan completely, before slicing and serving.

GF LC MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	50 mins	290	25	13	6	2

*Nutrition per serve

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Simple Protein Coconut Balls

Serves 20

1½ cups (140g) + 3 tbsp.
shredded coconut,
unsweetened
½ cup (60g) almond flour
2 tbsp. vanilla plant based
protein powder
3 tbsp. maple syrup
3 tbsp. water

Place all the ingredients into a bowl, except for the additional 3 tablespoons of shredded coconut.

Form the mixture into 20 balls the size of a walnut, and roll the balls in the remaining shredded coconut.

Place the balls on a baking sheet lined with parchment paper and refrigerate for 2 hours before serving.

Storage: Store protein balls in an airtight container in the refrigerator for up to 1 week.

GF	DF	LC	MP	V	Q	N				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)				
15 mins	2 hrs	69	5	4	3	1				

*Nutrition per serve

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Healthy Apple Crumble

Serves 10

For the crumble:

1½ cups (120g) rolled oats
½ cup (65g) whole wheat flour
2 tsp. ground cinnamon
4 tbsp. maple syrup
3 tbsp. coconut oil, melted

For the filling:

6 cups (710g) red apple, diced
2 tbsp. cornstarch
1½ tsp. ground cinnamon
⅛ tsp. ground nutmeg

Preheat the oven to 350°F (180°C). Grease an 8x8-inch pan with nonstick cooking spray.

To make the crumble, place the rolled oats, flour and ground cinnamon into a large bowl and mix together. Make a well in the center and pour in the maple syrup and melted coconut oil. Stir again until well combined.

To make the filling, toss the diced apples (no need to peel the apples) with the cornstarch, cinnamon, and nutmeg in a large bowl, ensuring the apples are completely coated.

Transfer the apples to the earlier prepared pan and gently press down with a spatula. Sprinkle over the crumble topping.

Place the pan into the hot oven and bake for 50-60 minutes or until the apples are tender.

Remove the pan from the oven and set on a wire rack and cool to room temperature. Now refrigerate the crumble for at least 3 hours to allow the apple juices to fully thicken, before serving.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	182	5	32	1	4

*Nutrition per serve

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