RECIPE PACK

January

EK Fitness Centre

APPLE SPICE OATS

Breakfast

Serves 6

INGREDIENTS

220g porridge oats

2 large apples, peeled, cored & diced

1 tbsp butter, softened

70g dried fruits eg raisins, cranberries, cherries

50g soft light brown sugar

2 large eggs

150ml skimmed milk, or plant milk

120g apple sauce

1 tsp sunflower oil

1 tsp baking powder

½ tsp ground cinnamon

½ tsp salt

MACRO INFO PER SERVING:

PROTEIN: 8.33G
CARBS: 49G
FAT: 6.33G
ENERGY: 286KCAL

DIRECTIONS

Preheat the oven to 190c/170 fan assisted/ 375f/gas mark 5. Brush a shallow wide ovenproof dish with sunflower oil.

Beat the eggs with the milk in a bowl. Add the brown sugar, apple sauce, baking powder, salt, cinnamon and stir until thoroughly mixed.

Stir in the oats, apple and dried fruit and mix well.

Spoon the mixture into the prepared oven dish, add dots of butter and bake for 25 minutes. Serve immediately.

OMEGA GRANOLA

Breakfast
Serves 10

INGREDIENTS

200g porridge oats

175g nut, seed & berry mix

50g sugar

60g golden syrup

2 tbsp sunflower oil

DIRECTIONS

Preheat the oven to 150c/130 fan assisted/300f/gas mark 2. Line 2 baking trays with greaseproof paper.

In a small saucepan gently and stir heat the oil, syrup and sugar together until the sugar dissolves.

In a large bowl add the oats, nut mix and warm syrup. Mix together until everything is well coated and then spread the granola mixture out onto the prepared tins.

Bake for 30 minutes and set aside to cool completely before dispensing into airtight containers. Will store for 2-3 weeks.

A serving is approximately 35g.

MACRO INFO PER SERVING:

PROTEIN: 5.6G
CARBS: 26.5G
FAT: 13.7G
ENERGY: 252KCAL

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SPICY CHEEZE

Side

Serves 32

INGREDIENTS

100g cashews

3 tbsp nutritional yeast

1 tsp garlic purée

1 tsp onion powder

2 tsp paprika

1 tsp chilli powder

1 tsp dijon mustard

1 tsp jar chopped chillies

3 tbsp agar agar

3 tbsp lemon juice

2 x 235ml water

5-8 pumps olive oil spray, for greasing

MACRO INFO PER SERVING:

PROTEIN: 0.8G
CARBS: 1.84G
FAT: 1.56G
ENERGY: 25KCAL

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DIRECTIONS

Soak the cashews in freshly boiled water for 30 minutes. Drain and rinse with clean cold running water. Lightly grease 1-2 ramekins with olive oil.

Mix the agar agar with 235ml of water in a medium size saucepan.

Add all the remaining ingredients to a blender and blend into a smooth paste.

Add the paste to the agar agar and bring to a boil. Quickly pour into the ramekins and place in the refrigerator to set for at least one hour.

Cut thin slices of cheeze to serve. Can be used cold or in cooking, melts under heat. Will keep for up to 2 weeks when covered and stored in the refrigerator.

APPLE & WALNUT LOAF

Snack

Serves 10

INGREDIENTS

100g butter, softened

150g white sugar

200g self-raising flour, sifted

2 tsp ground cinnamon

2 large eggs, beaten

50g chopped walnuts

2 apples, peeled & chopped

MACRO INFO PER SERVING:

PROTEIN: 4.2
CARBS: 34.2
FAT: 12.6
ENERGY: 267KCAL

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DIRECTIONS

In a medium-large bowl, beat the butter and sugar together until light and fluffy. Stir in the eggs a little at a time, continue to mix well.

Next add the flour and cinnamon and combine until thoroughly mixed. Finally add the chopped apple and walnuts and combine thoroughly.

Use an ovenproof dish or solid cake tin that fits your slow cooker. Grease well with butter or use grease proof paper to line your dish.

Pour in the mixture, level it out and cover with foil.

Place the dish in the slow cooker, pour in boiling water to no higher than halfway up the sides of your dish. Cover and cook on low for 3-4 hours.

Carefully remove the dish from the slow cooker and leave to cool.

Serves 10 in slices. Can be served warm or cold.

JAMAICAN JERK DRUMMERS

Lunch

Serves 4

INGREDIENTS

8 skinless chicken drumsticks

6-8 allspice berries

1 small red onion, finely chopped

2 garlic cloves, crushed

1 tsp fresh ginger, finely chopped

½ tsp ground mace

1 scotch bonnet (or habanero) chilli, finely chopped

2 tbsp light soy sauce

3 limes, zest & juice

2 tbsp fresh coriander, chopped

salt & pepper to season

DIRECTIONS

Slash the flesh of each drumstick a few times with a sharp knife. Place the drumsticks in a non-metallic bowl. Season each one well with salt and pepper.

Prepare the jerk seasoning by crushing the allspice berries in a pestle and mortar. Place in a bowl and add the red onion and garlic.

Add all the remaining ingredients, except the coriander, and mix well. Spread over the chicken, turning each drumstick to coat. Allow to marinate for 2-3 hours.

Cook the chicken either under a preheated hot grill or on a bbq for approximately 20-25 minutes, turning occasionally.

Check the chicken is cooked through before serving. When the flesh is skewered, the juices should run clear.

Just before serving 2 drumsticks per person sprinkle with the chopped coriander. Can be prepared in advance and taken as a packed lunch alongside a green salad.

MACRO INFO PER SERVING:

PROTEIN: 26G
CARBS: 3.75G
FAT: 5.25G
ENERGY: 166KCAL

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POTATO & ONION TORTILLA

Lunch
Serves 6

INGREDIENTS

750g potatoes, peeled & very thinly sliced

4 tbsp olive oil

1 large onion, thinly sliced

6 large eggs

salt & pepper to season

DIRECTIONS

Use paper towel to pat excess moisture from the potato slices.

Add the olive oil to a large frying pan over a medium heat. Once warmed add the potato slices and cook for 10 minutes, turning regularly.

Next add the onion slices and continue to cook for a further 5 minutes.

Meanwhile whisk the eggs together with the seasoning in a bowl and, once the onions have softened, pour into the frying pan. Cover and cook undisturbed for 15 minutes until the tortilla is cooked through and firm.

Serve warm or cold in wedges. Suitable for packed lunches.

MACRO INFO PER SERVING:

PROTEIN: 10G
CARBS: 27G
FAT: 14.33G
ENERGY: 277KCAL

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HOT CORONATION CHICKEN

Lunch
Serves 4

INGREDIENTS

4 skinless chicken breasts, cut into chunks
2 medium onions, finely chopped
2 garlic cloves, crushed
2 korma curry powder
150ml vegetable stock
1 tbsp plain flour
300ml skimmed milk
1 tbsp fresh flat leaf parsley, chopped
2 tbsp virtually fat-free fromage frais
1 tbsp spicy mango chutney
50g seedless grapes
salt & pepper to season

to serve
4 x small baked potatoes

MACRO INFO PER SERVING:

PROTEIN: 33.5G
CARBS: 36G
FAT: 1.25G
ENERGY: 289KCAL

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DIRECTIONS

Season the chicken pieces with salt and pepper. Dry-fry in a non-stick pan for 6-7 minutes until they start to brown. Remove from the pan and set aside.

Add the onion and garlic to the pan and cook gently until soft. Sprinkle the curry powder over and 2 tbsp of stock. Mix well, then add the flour and cook out for 1 minute. Gradually add the remaining stock and milk, stirring continuously to prevent lumps from forming.

Return the chicken to the pan and add the parsley. Simmer gently for 8-10 minutes until the chicken is cooked through. Remove from the heat, stir in the fromage frais, mango chutney and grapes.

Serve inside a plain small baked potatoes.

BUTTERNUT & COUSCOUS BOX

Lunch

Serves 4

INGREDIENTS

500g butternut squash, peeled,

deseeded & cut into small chunks

1 garlic clove, crushed

2 tbsp olive oil

1 onion, roughly chopped

125g dry couscous

4 sun-dried tomatoes in oil, drained &

chopped

3 tbsp fresh parsley, chopped

1 tbsp lemon juice

salt & pepper to generously season

MACRO INFO PER SERVING:

PROTEIN: 6.75G
CARBS: 42.25G
FAT: 8G
ENERGY: 270KCAL

DIRECTIONS

Preheat the oven to 200c/180 fan assisted/400f/gas mark 6.

Place the squash, onion, garlic and oil in a roasting tin. Toss together. Cover the tin tightly with foil and bake in the oven for 20-25 minutes or until the vegetables are just tender. Leave for 5 minutes before removing the foil.

While the vegetables are cooking, place the couscous and sun-dried tomatoes into a heatproof bowl. Add 200ml of boiling water, cover and leave for about 10 minutes or until the water has been fully absorbed.

Fluff up the couscous with a fork. Add vegetables and their juices along with the lemon juice and parsley. Season generously and gently toss together.

Serve warm or cold. Suitable for packed lunches.

SWEET POTATO SOUP

Lunch

Serves 6

INGREDIENTS

660g sweet potatoes, peeled & diced

400ml can reduced fat coconut milk

1 litre vegetable stock

juice of 1 lime

1 tbsp vegan thai red curry paste

1 onion, diced

1 tbsp grated fresh ginger

1 tsp salt

2 tsp sunflower oil

30g chopped fresh coriander

DIRECTIONS

In a large, heavy-based saucepan, heat the oil on a medium-high heat. Add the onion and ginger and cook, stirring, for 5 minutes or until soft. Add the curry paste and salt and cook, stirring, for a further 1-2 minutes.

Next add the sweet potatoes, coconut milk and stock and bring to a boil. Reduce the heat and simmer, uncovered, for 20-25 minutes, or until the sweet potatoes are soft.

Blend the soup smooth, then return the soup to the pan and bring back up to a simmer. Just before serving stir in the lime juice.

Serve hot garnished with the coriander.

MACRO INFO PER SERVING:

PROTEIN: 3G
CARBS: 28G
FAT: 9.5G
ENERGY: 210KCAL

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SLOW COOKER SKINNY CURRY

Main

Serves 4

INGREDIENTS

500g skinless chicken breasts, cubed

1 medium onion, chopped

1 tbsp tomato purée

3 garlic cloves, crushed

1 tsp butter

1 tbsp grated ginger

1 tsp garam masala

1 tsp ground cumin

1 tsp turmeric

25ml passata

½ tsp chilli powder

salt to season

to serve

4 tbsp 0% greek yogurt

MACRO INFO PER SERVING:

PROTEIN: 25.25G
CARBS: 4.25G
FAT: 1.5G
ENERGY: 132KCAL

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DIRECTIONS

Combine all the main ingredients in the slow cooker.

Cover and cook on low for 6 hours or on high for 3-4.

Before serving stir in the yogurt.

SALMON & BROCCOLI LASAGNE

Main

Serves 4

INGREDIENTS

225g 'no cook' lasagne sheets

225g broccoli, trimmed

4 x 175g salmon fillets

600ml skimmed milk

2 tsp dijon mustard

2 tsp vegetable bouillon powder

2 tbsp cornflour

115g chestnut mushrooms, sliced

50g low-fat cheddar cheese, grated

2 tbsp fresh parsley, chopped

salt & pepper to season

MACRO INFO PER SERVING:

PROTEIN: 53G
CARBS: 53.5G
FAT: 16.75G
ENERGY: 577KCAL

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DIRECTIONS

Preheat the oven to 190c/170 fan assisted/375f/gas mark 5.

Cook the broccoli in lightly salted boiling water for 5-7 minutes. Drain and set aside.

Place the salmon fillets in a large frying pan with the milk and cook gently over a low heat for 5-6 minutes. Allow to cool, lift out the fish, remove all the skin and bones and flake the flesh.

Reheat the milk, adding the mustard and bouillon powder. Mix the cornflour with a little water to form a smooth paste. Add to the milk, stirring well to prevent lumps.

Add the mushrooms and cheese and mix well. Simmer gently until the sauce has thickened. Stir in the parsley.

Place a thin layer of sauce over the bottom of an ovenproof dish. Cover with sheets of lasagne. Add a layer of the flaked salmon and broccoli and continue layering, ending with the sauce.

Bake in the oven 30-35 minutes until browned and bubbling hot. Season to own taste and serve

SPECIAL ROAST CHICKEN

Main

Serves 6

INGREDIENTS

1 large chicken, around 1.5kg

2 tbsp olive oil

2 red chillies, deseeded & finely chopped

2 garlic cloves, finely chopped

1 lemon, halved

2 tbsp balsamic vinegar

50g butter

salt to season

DIRECTIONS

Preheat the oven to 200c/180 fan assisted/400f/gas mark 6. Cut one half of the lemon into slices, juice the remaining lemon half.

Place the chicken in a large roasting dish, drizzle with the olive oil and rub it into the skin. Sprinkle over the garlic and chillies.

Drizzle the lemon juice over the chicken, put the squeezed half lemon into the chicken cavity and place the slices around the chicken.

Drizzle over the balsamic vinegar and season the chicken with salt before covering with foil.

Place in the oven for 20 minutes per 500g plus an extra 25 minutes. For example a 1.5kg chicken will roast for 1 hour 25 minutes.

For the last 25 minutes of the roasting time, remove the foil, dot butter over the chicken and return uncovered to the oven.

At the end of the roasting time, test the chicken is fully cooked by inserting a skewer into it and that the juices run clear. If the juices are pink, return the chicken to the oven for a further 15 minutes or until the juices run clear.

Discard any over-browned pieces of chilli and rest the chicken on a board for 15 minutes before serving.

MACRO INFO PER SERVING:

PROTEIN: 29.66G
CARBS: 3.33G
FAT: 34.66G
ENERGY: 443KCAL

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