January

Recipes

HIGH PROTEIN

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Protein can be hard to get into the diet. These are some tasty ideas to include in your day to day living.

Include protein sources like meats, dairy, eggs, fish, vegetables, nuts, beans, pulses.

In Season Produce

Add some into your weekly routine

Citrus Foods

Great source of Vitamin C

Pomegranate

Full of anti-oxidants

Turnip

1 of you 5 a day

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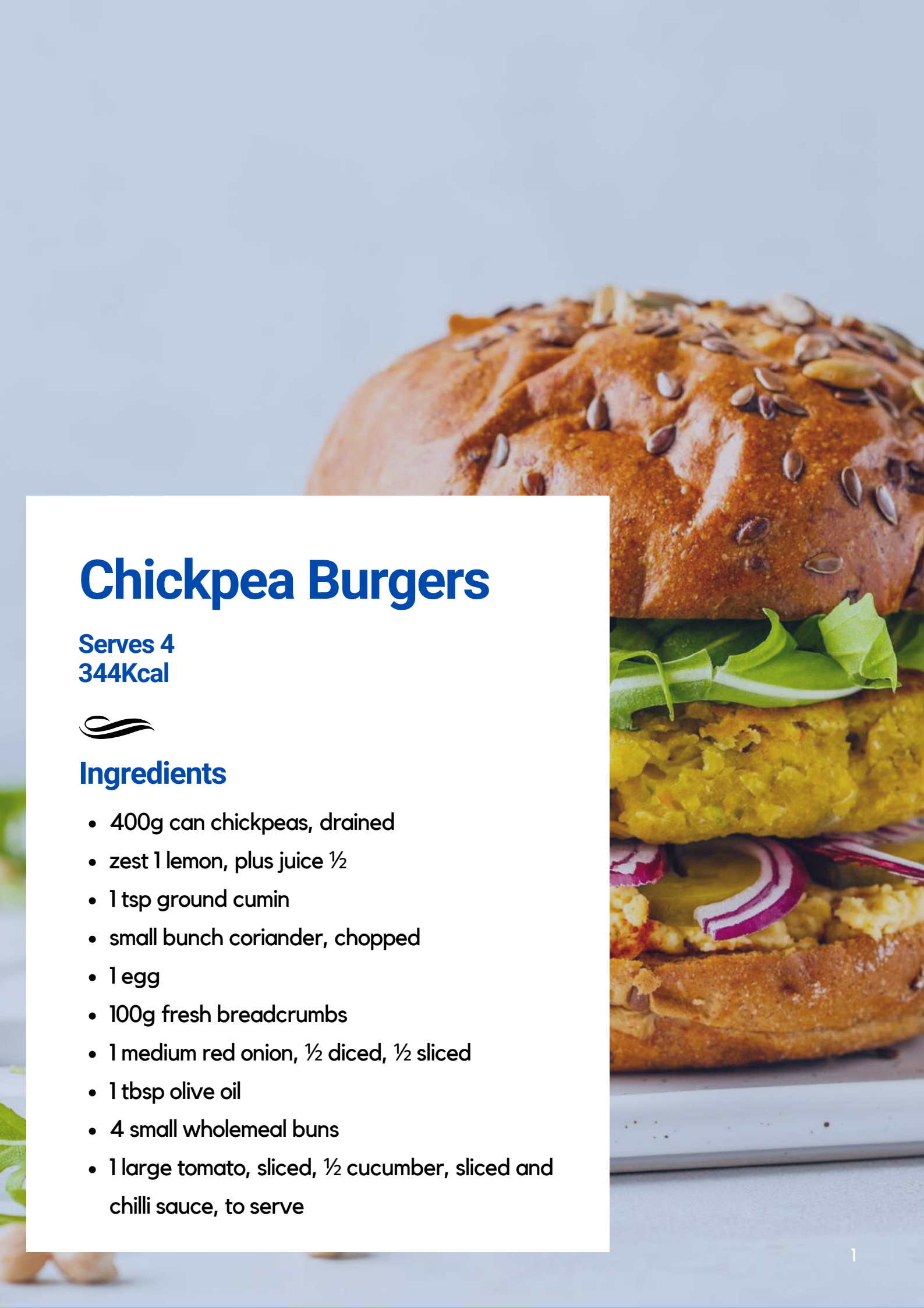


Chickpea Burgers

Serves 4
344Kcal

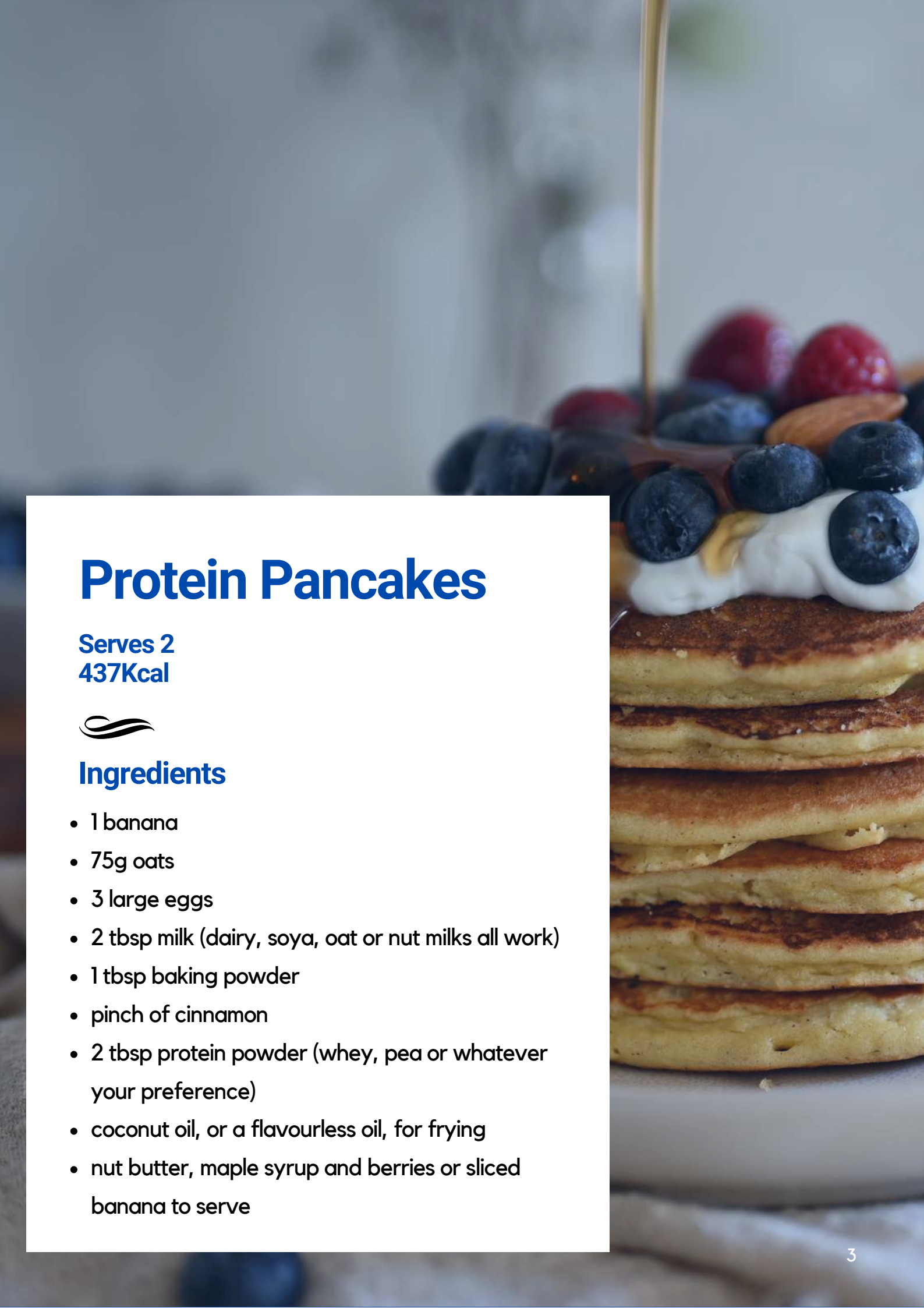
Ingredients

- 400g can chickpeas, drained
- zest 1 lemon, plus juice ½
- 1 tsp ground cumin
- small bunch coriander, chopped
- 1 egg
- 100g fresh breadcrumbs
- 1 medium red onion, ½ diced, ½ sliced
- 1 tbsp olive oil
- 4 small wholemeal buns
- 1 large tomato, sliced, ½ cucumber, sliced and chilli sauce, to serve

Instruction & Ingredients

In a food processor, whizz the chickpeas, lemon zest, lemon juice, cumin, half the coriander, the egg and some seasoning. Scrape into a bowl and mix with 80g of the breadcrumbs and the diced onions. Form 4 burgers, press remaining breadcrumbs onto both sides and chill for at least 10 mins.

Heat the oil in a frying pan until hot. Fry the burgers for 4 mins each side, keeping the heat on medium so they don't burn. To serve, slice each bun and fill with a slice of tomato, a burger, a few red onion slices, some cucumber slices, a dollop of chilli sauce and the remaining coriander.



Protein Pancakes

Serves 2
437Kcal

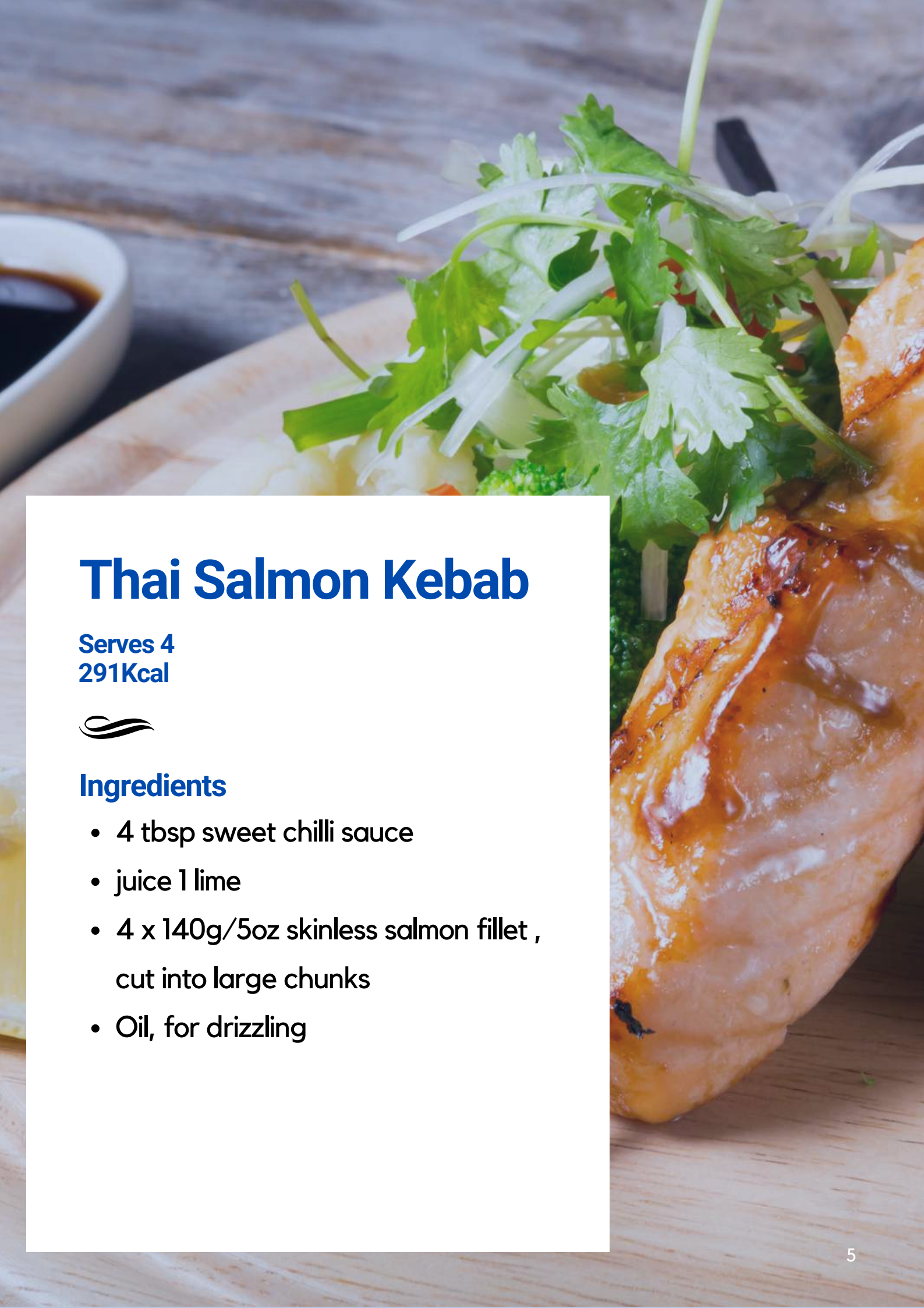
Ingredients

- 1 banana
- 75g oats
- 3 large eggs
- 2 tbsp milk (dairy, soya, oat or nut milks all work)
- 1 tbsp baking powder
- pinch of cinnamon
- 2 tbsp protein powder (whey, pea or whatever your preference)
- coconut oil, or a flavourless oil, for frying
- nut butter, maple syrup and berries or sliced banana to serve

Instruction & Ingredients

Whizz the banana, oats, eggs, milk, baking powder, cinnamon and protein powder in a blender for 1-2 mins until smooth. Check the oats have broken down, if not, blend for another minute.

Heat a drizzle of oil in a pan. Pour or ladle in 2-3 rounds of batter, leaving a little space between each to spread. Cook for 1-2 minutes, until bubbles start to appear on the surface and the underside is golden. Flip over and cook for another minute until cooked through. Transfer to a warmed oven and repeat with the remaining batter. Serve in stacks with nut butter, maple syrup and fruit.



Thai Salmon Kebab

Serves 4
291Kcal

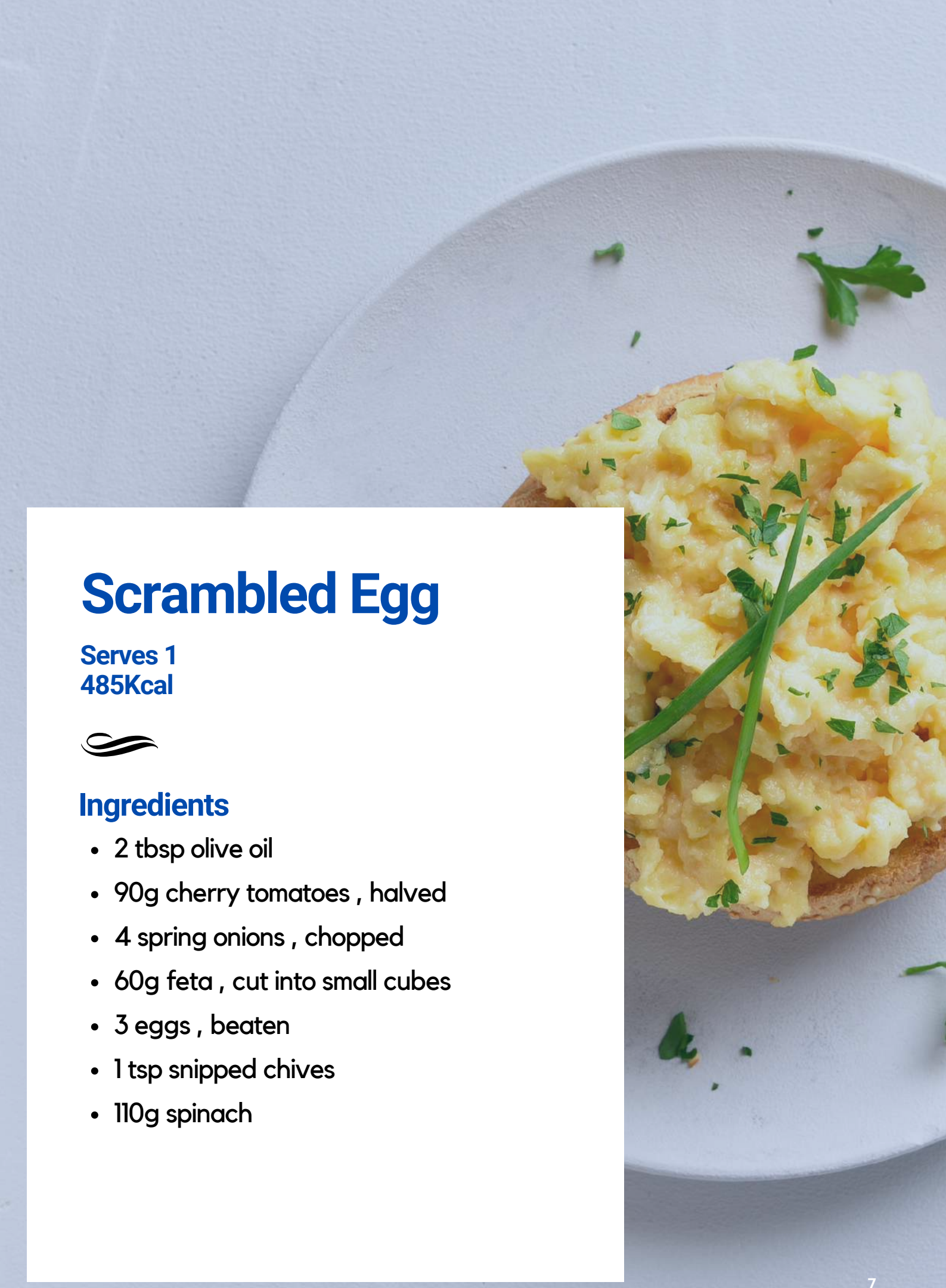
Ingredients

- 4 tbsp sweet chilli sauce
- juice 1 lime
- 4 x 140g/5oz skinless salmon fillet , cut into large chunks
- Oil, for drizzling

Instruction & Ingredients

Combine the sweet chilli sauce and lime juice in a bowl. Pour half the mixture into a bowl for serving. Thread the salmon onto 4 skewers and brush with the remaining chilli sauce. Marinate for 20 mins.

Heat a griddle pan until very hot. Shake excess marinade from the kebabs, then drizzle with oil, season and griddle for 8 mins, turning occasionally until the salmon is opaque and comes away easily from the pan. Serve hot with the dipping sauce.



Scrambled Egg

Serves 1
485Kcal

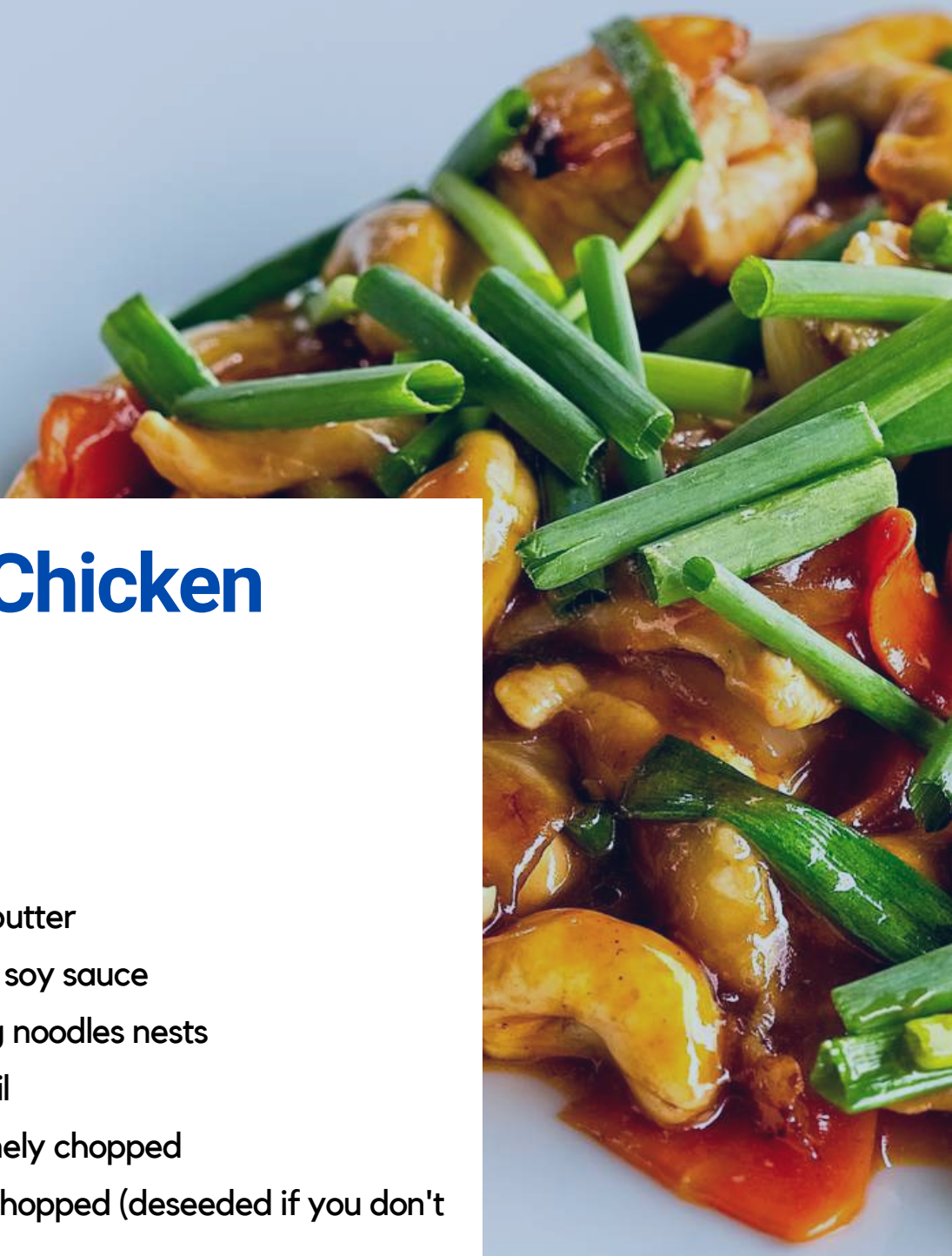
Ingredients

- 2 tbsp olive oil
- 90g cherry tomatoes , halved
- 4 spring onions , chopped
- 60g feta , cut into small cubes
- 3 eggs , beaten
- 1 tsp snipped chives
- 110g spinach

Instruction & Ingredients

Heat the oil in a non-stick pan on a low-medium heat. Add the tomatoes and spring onions, and cook gently for 3-4 mins until softened.

Add the feta and cook for 1 min to warm through, then pour in the eggs and chives. Season with pepper and keep stirring to scramble the eggs. Put a handful of the spinach on a plate and top with the eggs. Serve the rest of the spinach on the side.



Cashew Chicken

Serves 15
86Kcal

Ingredients

- 100g cashew nut butter
- 2 tbsp low-sodium soy sauce
- 2 wholewheat egg noodles nests
- 1 tbsp vegetable oil
- 2 garlic cloves , finely chopped
- 1 red chilli , finely chopped (deseeded if you don't like it too hot)
- 2 chicken breasts , cut into 1cm-thick strips
- 120g thin-stemmed broccoli , halved
- 1 carrot , cut into matchsticks
- 20g unsalted cashew nuts , roughly chopped
- 4 spring onions , sliced on the diagonal

Instruction & Ingredients

In a small bowl, mix together the cashew butter with the soy sauce and 100ml water. Set aside.
Cook the noodles following pack instructions for just cooked, then drain and refresh in a bowl of cold water until needed.

Heat the oil in a wok or large frying pan over a medium-high heat. Add the garlic and chilli, and fry for 2 mins until softened and aromatic.
Add the chicken and broccoli to the wok.

Fry, stirring frequently, for 5-6 mins until both are tender. Drain the noodles and add them to the wok along with the carrot. Toss everything together well with a pair of tongs so that the noodles are heated through.

Take the pan off the heat and stir through the cashew sauce. Serve immediately, topped with the cashew nuts and spring onions.

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