

# Blackened salmon with roasted vegetables

1 heaped tsp coconut oil, melted  
2 x 150g fresh salmon fillets  
1 small red onion, sliced  
2 vine ripened tomatoes, cut into segments  
120g Tenderstem broccoli  
a large handful of kale  
a sprinkle of sunflower seeds

## for the seasoning:

1 heaped tsp ground cumin  
½ tsp smoked paprika  
½ tsp ground fennel seeds  
½ tsp cayenne pepper  
½ tsp garlic powder  
½ tsp sea salt  
½ tsp ground black pepper

SERVES 2



PER SERVING:  
389 Calories  
15g Carbs  
35g Protein  
21g Fat

Preheat oven to 180°C/350°F.

Mix the seasoning in a small bowl. Add the melted coconut oil and stir well.

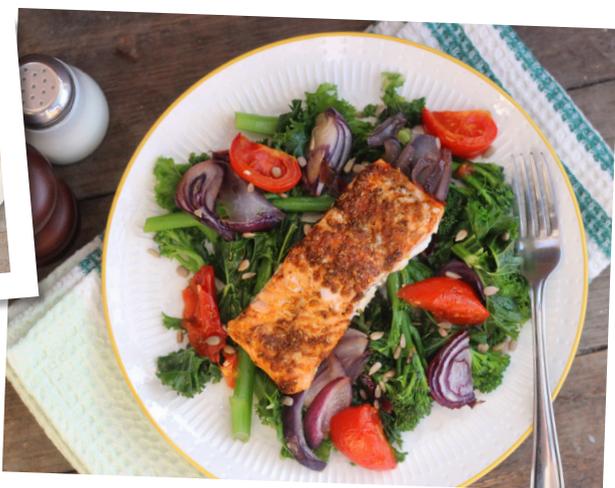
Spoon the seasoning mixture over the salmon fillets, and spread evenly to cover the tops.

Place the salmon on a large foil lined oven tray. Add the tomatoes and onion, and spread to distribute evenly.

Bake for 25 minutes, or until the salmon is cooked and the onion is soft.

Steam the broccoli and kale for 3-4 minutes, or until tender. Serve topped with the sunflower seeds.

*Store any leftover salmon fillets in an airtight container and refrigerate for up to 2 days.*



# Steak & chicken paella

220g fresh chicken breast, cut into strips  
220g beef stir fry strips  
1 tbsp olive oil  
1 tsp hot paprika  
1 tsp ground cumin  
½ tsp dried oregano  
1 tbsp coconut oil  
1 medium-sized white onion, finely chopped  
1 red bell-pepper, chopped  
2 garlic cloves, finely chopped  
750ml chicken or vegetable stock (made with one organic stock cube)  
250g arborio rice  
a pinch of sea salt and ground black pepper  
400g tinned chopped tomatoes  
80g frozen peas  
juice of ½ a lemon  
a handful of flat-leaf parsley, finely chopped

**SERVES 3**

PER SERVING:  
663 Calories  
83g Carbs  
49g Protein  
15g Fat



Place the meat in a large bowl. Add the olive oil, paprika, cumin and oregano and stir to coat.

Heat the coconut oil in a large saucepan over a medium heat. When the oil is hot, add the meat. Fry, stirring occasionally for 3-4 minutes or until the meat is sealed on all sides. Remove from the pan and set aside.

Add the onion and bell-pepper to the pan and fry gently for 4 minutes, stirring occasionally until soft. Add the garlic. Fry gently for 2 minutes, stirring occasionally.

Add the stock, rice, salt, pepper and tinned tomatoes. Bring to a simmer, cover and cook for 15-20 minutes, stirring occasionally, until most of the liquid has absorbed and the rice is tender. Add more stock/cold water during cooking time if required. Add the chicken and beef. Cook for 3-4 minutes, or until the meat is cooked thoroughly. Add the peas and cook for 1-2 minutes. Remove pan from the heat. Stir in the lemon juice. Serve garnished with parsley.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



# Chunky turkey chilli

1 tsp ghee or coconut oil  
1 medium-sized white onion, finely chopped  
1 small carrot, chopped  
1 green bell-pepper, chopped  
1-2 garlic cloves, finely chopped  
500g lean turkey mince  
1 tbsp tomato purée  
400g tinned kidney beans, rinsed and drained  
400g tinned chopped tomatoes  
2 tsp hot chilli powder (or more if you prefer it extra spicy)  
1 tsp ground cumin  
1 tsp dried oregano  
a large pinch of sea salt and ground black pepper  
1 organic vegetable or chicken stock cube

SERVES 3

PER SERVING  
(WITHOUT  
TOPPINGS):  
398 Calories  
34g Carbs  
52g Protein  
6g Fat



Melt the oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring occasionally.

Add the carrot and bell-pepper and fry for 3-4 minutes, stirring occasionally. Add the garlic and fry for 1 minute, stirring frequently.

Add the turkey mince. Cook for 3-4 minutes, breaking up into small pieces with a wooden spoon as it cooks.

Add the tomato purée, kidney beans, tinned tomatoes and dried spices. Crumble in the stock cube. Stir well, cover and cook for 10 minutes. Taste and add more seasoning if required. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Optional toppings:

Chopped fresh coriander, grated cheese, jalapeño peppers, soured cream.



# Dry beef curry

2 tps ghee or coconut oil  
2 small white onions, chopped  
1 inch piece fresh ginger, finely chopped  
4 garlic cloves, finely chopped  
3 green chilli peppers, finely chopped  
1 tsp ground coriander  
1 tsp garam masala  
1 tsp ground turmeric  
1 tsp ground cumin  
1 tsp sea salt  
500g casserole beef, diced  
150ml beef stock (made with one organic stock cube)  
a small bunch of fresh coriander, finely chopped

SERVES 3



PER SERVING:  
284 Calories  
14g Carbs  
39g Protein  
8g Fat

Melt the ghee/oil in a large saucepan over a medium heat. Add the onions, ginger, garlic and chilli peppers. Stir well and fry gently for 3-4 minutes, stirring frequently.

Add the dried spices and stir well.

Add the beef and stir well for 2 minutes to cover in the spices.

Add the stock and stir. Cover and cook for 1 hour, stirring occasionally. Uncover and cook for 30 minutes or until the beef is tender.

Serve garnished with fresh coriander.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Serving suggestion:

Serve on a bed of steamed rice.



# Chermoula chicken

20g fresh coriander  
20g flat-leaf parsley  
3 garlic cloves, peeled  
2 tsps ground cumin  
2 tsps ground coriander  
2 tsps smoked paprika  
1 tsp sea salt  
½ tsp ground black pepper  
juice of ½ lemon  
2 tbsps olive oil  
650g fresh chicken breasts  
500g white potatoes, scrubbed  
500g large tomatoes  
60g pitted Kalamata olives

## to serve:

a small handful of rocket leaves  
(per person)  
a drizzle of balsamic vinegar  
(per person)

SERVES 4

Place the fresh herbs, garlic, dried spices, lemon juice and half of the olive oil into a blender and blend well.

Place the chicken breasts in a large bowl. Add the blended mixture and rub it into the chicken. Allow to marinate for 30 minutes.

Preheat oven to 180°C/350°F. Prepare a large wide-based ovenproof dish. Cut the potatoes and tomatoes into thick discs.

Pour a little oil into the bottom of the ovenproof dish and add the potatoes and tomatoes in several layers, seasoning with salt and freshly ground black pepper, and scattering with olives.

Lay the chicken breasts over the potatoes and tomatoes. Drizzle with the remaining oil. Cover loosely with foil and bake for 1-1½ hours. The chicken should be cooked throughout and the potatoes tender.

Serve with rocket leaves and a drizzle of balsamic vinegar.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER SERVING:  
460 Calories  
37g Carbs  
42g Protein  
16g Fat



# Curried chicken tray bake

800g chicken drumsticks, skin on  
200g cauliflower, cut into medium-sized florets

1 medium-sized red onion, peeled and quartered

300g white potatoes, quartered

1 tbsp olive oil

a large pinch of sea salt and ground black pepper

juice of 1 lemon

a small bunch of fresh coriander, roughly chopped

## for the marinade:

2 tps olive oil

1 tbsp Greek yoghurt (use dairy free if preferred)

1 clove garlic, finely chopped

2 tps fresh ginger, grated

2 tps ground cumin

1½ tps chilli flakes

2 tps garam masala

2 tps ground turmeric

Mix the marinade ingredients in a large bowl. Add the drumsticks and stir well to cover.

Refrigerate for 30 minutes, or overnight if you have time.

Preheat oven to 180°C/350°F.

Place the cauliflower, onion and potatoes in a large roasting dish. Drizzle the olive oil over the vegetables and season with salt and pepper.

Add the chicken drumsticks and stir. Bake for 45 minutes or until cooked.

Drizzle the lemon juice over the chicken. Garnish with coriander and serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*

## Serving suggestion:

Serve with salad or enjoy on its own.

SERVES 4

### PER SERVING:

312 Calories

22g Carbs

29g Protein

12g Fat

