

Beef shawarma

**YOUR
LOGO
HERE**

350g fillet steaks

10ml olive oil or 10g butter

a handful of cherry tomatoes,
halved

a handful of cucumber, chopped
a few mixed pickles (optional)

for the spice rub:

½ tsp ground cumin

½ tsp ground coriander

½ tsp paprika

¼ tsp ground turmeric

¼ tsp cayenne pepper

¼ tsp ground cinnamon

¼ tsp garlic powder

a pinch of sea salt and ground
black pepper

Place the spice rub ingredients in a bowl and stir well. Pour the mixture onto a plate. Add the steaks and turn to coat in the spices.

Melt the oil/butter in a heavy-based pan or skillet over a medium heat. Add the steak and cook for the following times:

Rare – 2-4 minutes each side.

Medium – 3-6 minutes each side.

Well done – 7-8 minutes each side.

Slice the steaks. Serve with tomatoes, cucumber and pickles.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

SERVES 2



PER SERVING:
285 Calories
1g Carbs
32g Protein
17g Fat



Grilled fish with capers and courgette

**YOUR
LOGO
HERE**

- 1 tsp butter or coconut oil
- 400g sea bream (or a similar meaty fish, like halibut), skin removed
- 2 medium-sized courgettes, sliced finely
- the grated zest and juice and of 1 lemon
- 2 tsps capers in brine, drained
- 3 spring onions, finely sliced
- a pinch of sea salt and ground black pepper
- 2 lemon wedges

SERVES 2

Melt the butter/oil in a frying pan over a medium-low heat. Add the fish and cook for 20 minutes, turning halfway. When cooked, the flesh should flake easily.

While the fish is cooking, prepare a medium grill. Place the courgette strips on a foil-lined tray. Brush the courgette lightly with a small amount of melted butter.

Grill for 5 minutes, or until the courgette turns a light brown. Turn over and grill on the other side.

Add the lemon zest and lemon juice to the fish. Add the capers and spring onions. Season with salt and pepper and cook for 1 minute to heat through.

Serve the fish with grilled courgettes and a wedge of lemon.

Consume immediately.



PER SERVING:
372 Calories
14g Carbs
43g Protein
16g Fat



SCAN TO MYFITNESSPAL

Lemon & herb chicken

**YOUR
LOGO
HERE**

10 chicken legs, skin removed
juice of ½ a lemon
1 lemon, sliced
60ml olive oil
2 garlic cloves, minced
1-2 tsps sea salt
½ tsp ground black pepper
1 tsp paprika
1 tsp dried oregano
1 tsp cayenne pepper
1 tsp fresh or dried thyme
1 tsp garlic powder (optional)

SERVES 5

Serving suggestion:

Serve with a leafy green salad and a drizzle of balsamic vinegar.

Pat the chicken dry using kitchen roll. Place in a large bowl.

Mix the remaining ingredients in a jug (except for the lemon slices). Pour over the chicken.

Cover and refrigerate for 2 hours, or longer if you have time. Remove the chicken from the fridge and allow to rest at room temperature for 20 minutes.

Preheat oven to 180°C/350°F.

Place the chicken onto a foil-lined baking tray. Arrange the lemon slices over the chicken legs. Bake for 20-25 minutes. Turn the chicken over and cook for 10 minutes or until thoroughly cooked. When cooked, the juices will run clear when pierced with a skewer.

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



PER SERVING:
405 Calories
5g Carbs
49g Protein
21g Fat



SCAN TO MYFITNESSPAL

Minted lamb burgers

**YOUR
LOGO
HERE**

2 tps butter or coconut oil
500g lean lamb mince
1 small white onion, very finely
chopped
a handful of fresh mint leaves,
very finely chopped
½ tsp sea salt

MAKES 4 BURGERS

Mix all of the ingredients in a bowl, except for the butter / oil.

Use your hands to break the ground lamb up finely. Form the mixture into 4 patties.

Heat the butter / oil in a wide frying pan over a medium heat.

Add the patties and fry for 4-5 minutes. Gently turn and fry for 4-5 minutes, or until thoroughly cooked. Serve.

Once cooled, store any leftover burgers in an airtight container and refrigerate for up to 3 days. Alternatively, wrap each uncooked pattie in cling film and freeze on same day.



PER BURGER:
295 Calories
5g Carbs
35g Protein
15g Fat



SCAN TO MYFITNESSPAL

Sun-dried tomato stuffed chicken

**YOUR
LOGO
HERE**

½ tbsp olive oil
½ tbsp dried mixed herbs
1 tsp paprika
1 garlic clove, minced
20g parmesan cheese, grated
a small handful fresh basil, chopped
40g sun-dried tomatoes in oil,
drained and chopped
2 x 160g chicken breasts
1 tsp sea salt
½ tsp ground black pepper
40g green beans or thin asparagus
spears, trimmed
40g mozzarella cheese, sliced

SERVES 2

Preheat oven to 180°C/350°F.

Place the olive oil, mixed herbs, paprika, garlic, parmesan, basil and sun-dried tomatoes in a large bowl. Blend well using a stick blender.

Place the chicken onto a chopping board. Carefully cut each chicken breast almost in half, from one long side, and open out flat.

Season the chicken with salt and pepper.

Spoon the herb mixture over one half of each chicken breast. Add the green beans and mozzarella.

Close each chicken breast back up. Use toothpicks to seal them shut. Bake for 25 minutes, or until golden. Serve.

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



PER SERVING:
380 Calories
10g Carbs
49g Protein
16g Fat



SCAN TO MYFITNESSPAL

Chicken florentine

**YOUR
LOGO
HERE**

2 garlic cloves, 1 crushed and 1 chopped
1 tsp sea salt
a pinch of ground black pepper
1½ tbsps olive oil
300g chicken breast
100g white onion, chopped
100ml chicken stock (made with one organic stock cube)
200ml unsweetened almond milk
1 tbsp fresh coriander, chopped
1 tbsp fresh parsley, chopped
30g Cheddar cheese, grated (use dairy free if preferred)
30g spinach leaves
15g walnuts, chopped
2 tsps capers in brine, drained

SERVES 2



PER SERVING:
402 Calories
9g Carbs
42g Protein
22g Fat

In a bowl combine the crushed garlic, salt, pepper and 1 tbsp oil. Stir well. Add the chicken and stir to coat.

Add 1 tsp olive oil in a frying pan over a medium flame. Add the chicken and cook for 4 minutes on each side, or until cooked. Transfer to a plate and cover with foil.

Heat the remaining olive oil in the frying pan over a medium heat. Add the onion and chopped garlic and fry for 4 minutes, stirring frequently until soft.

Add the stock, milk and fresh herbs. Bring to a boil then reduce heat and simmer for 5 minutes.

Add the cheese and spinach. Stir well and simmer for 2 minutes.

Add the walnuts, capers and chicken. Stir well and cook for 5 minutes. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.



SCAN TO MYFITNESSPAL