

## Healthy fish and chips

360 cals

35g protein

Serves 1

### Ingredients

200g potatoes, peeled and cut into chips

1 white fish fillet (cod)

½ lemon (grated zest and juice)

Parsley leaves, chopped

½ tbsp capers, chopped

1 tbsp 0% Greek yogurt



### Method

1. Heat oven to 200C/ fan 180C/ gas 6
2. Spray chips with fry light and season with pepper and a small amount of salt
3. Bake for 40 mins until browned and crisp
4. Put the fish in a shallow dish, spray with fry light and season with salt, pepper and ½ lemon juice
5. Bake for 12-15 mins (after 10 mins, sprinkle over some parsley and lemon zest)
6. Mix the capers, yoghurt, remaining parsley and lemon juice to make the tartare sauce

## Lighter Chinese chilli beef

390 cals

33g protein

Serves 2

### Ingredients

250g lean beef, such as sirloin steak, trimmed of fat

½ red pepper

4 spring onions

85g tender stem broccoli spears

100g pak choi

3 tbsp fresh orange juice

1 tsp white wine vinegar

2 tsp dark soy sauce

1 tsp hot sauce, such as sriracha

1 medium egg white

½ tsp five-spice powder

1 tbsp cornflour

1 tsp self-raising flour

2 garlic cloves, finely chopped

2 tsp finely chopped root ginger

¼ tsp chilli flakes

### Method

1. Slice the pepper, spring onions, broccoli and pak choi into thin strips.
2. Mix together the orange juice, vinegar, soy sauce and chilli sauce
3. Thinly slice beef
4. In a bowl, beat the egg white with a fork to make it slightly frothy, stir in the beef with the five-spice powder, corn flour, flour and a good grinding of pepper
5. Spray wok/frying pan and when it is piping hot, add beef and stir fry for 3-4 mins
6. Steam broccoli & pak choi for 2-3 mins
7. Fry garlic, ginger, red pepper and spring onion and stir fry for 2-3 mins
8. Add the chilli, soy and orange sauce and mix with a splash of water
9. As it comes to boil, stir in beef and veg



## Thai prawn & ginger noodles

400 cals

24g protein

Serves 1

### Ingredients

100g rice noodles

Zest and juice of ½ orange

1 tbsp red curry paste

1 tsp fish sauce

1 tsp light brown soft sugar

12g ginger, scraped and shredded

1 garlic cloves

1/2 red pepper, sliced

40g sugar snap peas

70g beansprouts

80g raw king prawns

Chopped basil

Chopped coriander

### Method

1. Soak noodles in a bowl of boiling water for 10 minutes
2. Stir together orange juice and zest, curry paste, fish sauce, sugar and 1 tbsp water to make a sauce
3. Spray some fry light on a wok and add half the ginger and garlic, cook stirring for 1 minute
4. Add the peppers and stir fry for 3 minutes more
5. Toss in sugar snap peas then pour in curry sauce
6. Add the bean sprouts and prawns
7. Drain the noodles then toss these into the pan with herbs and remaining ginger
8. Mix the noodles until well coated in the sauce



## Greek halloumi & vegetable kebabs

300 cals

10g protein

Serves 1

### Ingredients 116

1 small wholemeal pitta

20g halloumi cheese

¼ yellow pepper

¼ courgette

25g cherry tomatoes

¼ bunch of fresh mint

¼ fresh red chilli (optional)

½ lemon

½ tbsp olive oil

### For low fat tzatziki (20 cals per portion)

30g fat free Greek yoghurt

1/8 cucumber, peeled and seeded

½ garlic clove

½ tsp lemon juice

Fresh mint, chopped

Salt and pepper

### Method

1. Combine together yoghurt, mint, cucumber, garlic, lemon juice, salt and pepper and mix
2. Cut up peppers, courgette, and halloumi into cube chunks
3. Pierce 2 skewers with the cherry tomatoes, peppers, courgette and halloumi and grill
4. Grill the pitta and serve



## Salt and pepper chicken

308 cals

34g protein

Serves 2

### Ingredients

- 8 chicken thighs or drumsticks - all skin removed
- 2-3 tbsp salt and pepper spice mix see below for recipe
- ½ red pepper deseeded and chopped
- 3 spring onions finely chopped
- ½ onion finely chopped
- ½ chilli deseeded and finely chopped
- low calorie cooking spray



### For spice mix

- 1 tbsp sea salt flakes
- 1 tbsp granulated sweetener or other sweetener
- ½ tbsp Chinese 5 spice
- 1 good pinch chilli flakes depending on how hot you like it
- 1 tsp ground white pepper

### Recipe

1. Toast the salt flakes in a hot pan until they start to brown - it's very important to do this to get the true salt and pepper flavour.
2. Mix the toasted salt and all the other spice mix ingredients together.
3. Sprinkle the chicken thighs with a couple of teaspoons of the spice mix.
4. Place them on a baking tray and cook as per pack instructions (usually around 30 minutes at 190°C).
5. When the chicken is cooked, heat up a wok sprayed with some low calorie cooking spray.
6. Add the spring onions, onions, chilli and peppers to the wok and cook until they start to brown slightly.
7. Add the chicken thighs to the wok along with 1 or 2 tablespoons of spice mix. Don't add it all at once, add it a bit at a time, taste and stop when it's spicy enough.
8. Cook through for another 3 or 4 minutes, then serve sprinkled with some finely chopped spring onions.

## Pitta pizzas

282 calories

15g protein

Serves 2

### Ingredients

2 wholewheat pitta breads

2 tbsp tomato puree

2 ripe plum tomatoes diced

1 shallot, thinly sliced

40g chorizo

25g mature cheddar

Any vegetables you would like for the topping

Few basil leaves

### Recipe

1. Heat oven to 200c/180c fan/ gas 6
2. Spread each pitta bread with 1 tbsp tomato puree & top with tomato, shallot, veggies (optional) chorizo and cheddar
3. Place pitta pizzas in the oven for approx 10 mins
4. Top with basil leaves and serve with salad



## Cheeseburger lettuce wraps

380 calories

15g protein

Serves 2

### Ingredients

200g lean ground beef

½ teaspoon dried oregano

½ teaspoon black pepper

¼ teaspoon of salt

2 slices American cheese

2 large heads of iceberg lettuce

2 tomatoes, sliced thinly

1 small red onion, sliced thinly

### For the sauce:

½ tbsp light mayo

1 tbsp ketchup

1tsp dill pickle relish

Dash of salt and pepper

### Recipe

1. Heat a grill/pan on medium heat.
2. Mix together ground beef, salt, pepper & oregano
3. Divide mixture into 2, roll each into a ball then press flat to form a patty
4. Place patties on the grill/pan and cook for approx 4 minutes on each side or cooked until your liking
5. Place a slice of cheese on each cooked burger
6. In a small bowl, mix together all sauce ingredients
7. Assemble burger into lettuce cups and add tomato, red onion and sauce.



## Kentucky Fried Chicken fakeaway

227 calories

26g protein

Serves 2

### Ingredients

1 large chicken breast

2 slices of wholemeal bread

½ tsp oregano

½ tsp chilli powder

½ tsp ground sage

½ tsp basil

½ tsp pepper

1 tsp salt

1sp paprika

½ tsp garlic powder

½ tsp garlic salt

1 egg



### Recipe

1. Slice the chicken breasts into mini fillets or to the size of your liking
2. Blitz the bread until fine breadcrumbs in a blender. Put into a bowl and add in all seasonings, mix until everything is blended together.
3. Crack the eggs and whisk.
4. Dip the chicken in the egg and then into the breadcrumb mixture and repeat to get an even coating.
5. Bake the chicken in the oven for 20-25 minutes on a medium heat, until cooked through.
6. Serve with some salad, corn on the cob, and baked beans!

## McDonalds Sausage and egg McMuffin

360 calories

14g protein

Serves 1

### Ingredients

1 English muffin

40g sausage meat

1 egg

1 American cheese slice



### Recipe

1. Season the sausage meat with salt and pepper and form into a ball
2. Grill the patty for 6-7 minutes on each side
3. Toast the English muffin until golden brown
4. Use a metal ring to get a perfect round egg – if not just cook as usual, spray the ring with fry light and place the egg into the ring
5. Cover the pan and let the egg cook for 2-3 minutes
6. Top one half of the muffin with cheese, then the patty, then the egg