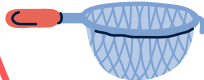




Recipes



Allergens



Gluten free



Contains gluten



Contains nuts



May contain nuts



Contains dairy



Contains eggs



Contains fish



Vegetarian



Vegan



Contains
sesame



Contains soy



Contains celery



Overnight Oats 3 Ways

SERVINGS: 1

PREPPING TIME: 10 MIN

CHILLING TIME: 2 HR

Core Ingredients

- 40g oats
- 120mL milk of your choice
- 40g plain yoghurt or yoghurt of your choice
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup/honey

Banana nut

- 1/2 banana mashed or sliced
- 2 tablespoons chopped walnuts/nut of your choice
- 1/2 teaspoon cinnamon

PB & jam

- 1 tablespoon peanut butter
- 2 tablespoons chia jam (see chia jam recipe)
- Handful of berries of your choice

Spiced apple

- 1/2 apple chopped
- 1/2 teaspoon cinnamon
- Pinch of nutmeg

Method

1. Place all core ingredients into a jar/bowl and stir well
2. Leave to soak overnight or for at least two hours
3. Add toppings of your choice

Nutritional information

Energy (kcal)	Protein	Carbohydrate	Fat
366	13g	48g	12g

Allergens



Price/serving

50c



Banana pancakes

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: MIN

Ingredients

- 1 large banana
- 2 medium eggs, beaten
- pinch of baking powder
- splash of vanilla extract
- 1 tsp oil
- 25g pecans, roughly chopped
- 125g raspberries

Directions

1. In a bowl, mash 1 large banana with a fork until it resembles a thick purée.
2. Stir in 2 beaten eggs, a pinch of baking powder (gluten-free if coeliac) and a splash of vanilla extract.
3. Heat a large non-stick frying pan or pancake pan over a medium heat and brush with $\frac{1}{2}$ tsp oil.
4. Using half the batter, spoon two pancakes into the pan, cook for 1-2 mins each side, then tip onto a plate. Repeat the process with another $\frac{1}{2}$ tsp oil and the remaining batter.
5. Top the pancakes with 25g roughly chopped pecans and 125g raspberries.



Nutritional information: per serving

Energy (kcal)	Protein	Carbohydrate	Fat
243	9g	15g	15g

Allergens





Peanut butter granola

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

100g porridge oats
50g crushed pecans
50g crushed walnuts
pinch of salt
1tbsp vanilla extract
35ml maple syrup or honey
60g smooth peanut butter

Nutritional information per 50g serving

Energy (kcal)	Protein	Carbohydrate	Fat
261	6.8g	16g	18g

Allergens



Directions

1. Preheat oven to 180 degrees celsius and line a baking tray with parchment paper
2. In a bowl, combine the oats, pecans, walnuts, salt, vanilla extract, maple syrup and peanut butter.
3. Scatter the mix onto the baking tray and pop in the oven for 12-14 minutes or until golden brown.
4. Allow to cool before serving.

Serving suggestion

Yoghurt and sliced banana/fruit of your choice





Baked oats

SERVINGS: 1

PREPPING TIME: 10 MIN

CHILLING TIME: 2 HR

Core Ingredients

- 40g oats
- 1 ripe banana
- 1 large egg
- 1 tablespoon maple syrup
- 1/2 teaspoon baking powder
- Pinch of salt
- Cooking spray
- 1 tablespoon cocoa (optional)

Nutritional information

Energy (kcal)	Protein	Carbohydrate	Fat
360	13g	55g	8.5g

Allergens



Method

1. Preheat the oven to 180C and grease a ramekin or oven - safe pan with cooking spray
2. In a blender, combine all the ingredients until smooth and well - blended, about 1 minute
3. Transfer the batter into the prepared ramekin. Bake for 20 - 25 minutes, until a cake tester inserted in the centre comes out with just couple of crumbs. Allow to cool in the pan for 10 minutes before serving.



Homemade Chia Raspberry Jam

MAKES: 500G

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Core Ingredients

500g of frozen raspberries
1tsp Vanilla Essence
3tbsp of chia seeds
3tbsp of honey

Optional ingredients ideas- mix and match based on taste preference

500g of blueberries
500g of blackberries
500g of strawberries
(to make other jams)


Once cooked it lasts in the fridge for one week!

Nutritional information per tbsp (24g)

Energy (kcal)	Protein	Carbohydrate	Fat
23	0.5g	3g	0.5g

Allergens



 Price per serving **€1.50**

Method

1. Place the honey, vanilla essence and raspberries into the pan over a low heat.
2. Allow them to cook until the fruit is broken down (takes approx 5 mins)
3. Add in the chia seeds and cook for a further 15-20 minutes.
4. Allow to completely cool before add it to a sterilised jar or container.



Any frozen fruit can be used



Shakshuka

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 10 MIN

Ingredients

- 2 tbsp olive oil
- 2 garlic cloves
- 2 red peppers
- 1 400g tin tomatoes
- 2 tbsp tomato paste
- x4 eggs
- 100g feta
- Paprika
- Chilli flakes
- Salt & pepper
- Handful of fresh coriander (optional)
- Toasted pitta or bread to serve

Nutritional information per serving

Energy (kcal)	Protein	Carbohydrate	Fat
253kcal	13g	9.6g	17g

Allergens



Price per serving

€1.90

Directions

1. Preheat the oven to 180 degrees celsius.
2. Heat the oil in a large oven proof saucepan. Add the onion, peppers and salt and pepper. Cook until tender.
3. Add the tinned tomatoes, tomato paste, paprika and chilli flakes. Let the mixture simmer for 5 minutes.
4. Use the back of a spoon to make wells in the mixture and crack the eggs an egg into each well.
5. Crumble the feta on top and transfer to the oven to cook for 10 minutes. Top with coriander and serve with toasted pitta or bread.



Tangy Cajun chicken sandwich

SERVINGS: 2

PREPPING TIME: 45 MIN

COOKING TIME: 25 MIN

Ingredients

- 2 chicken breasts
- 4-5 baby spinach leaves, stems removed and cut into thin strands.
- ½ avocado
- ½ onion
- 3-4 tbsp Greek yoghurt
- 3-4 thin cucumber slices (optional)
- ½ tsp olive oil
- Bread/Baguette of choice (Aim for wholegrain)
- 1 tbsp light mayonnaise
- 1 tsp lime juice

Nutritional information

Energy (kcal)	Protein	Carbohydrate	Fat
636	52g	42g	29g

Allergens

Directions

1. Preheat the oven to 180°C. In a large bowl, drizzle the chicken breast with olive oil and season with Cajun seasoning (make sure the chicken is well coated in the seasoning).
2. Put the chicken in the oven and cook for 20-25 minutes until the chicken is tender. While the chicken cools, prepare the creamy Cajun dressing.
3. To make the dressing, scoop the Greek yoghurt into a bowl and add in light mayo, Cajun seasoning, lime juice and mix well. Separately, scoop the avocado into a medium bowl.
4. Season with pepper and add more lime juice. Lightly toast your wholegrain bread of choice. When it is toasted, spread with the avocado mixture, and add in the spinach leaves.
5. Add in the seasoned chicken, thinly sliced onion, tomato slices and optional cucumber. Garnish with the Cajun dressing and cut in half to enjoy.



Carrot and lentil soup

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Core Ingredients

600g carrots, washed and grated

140g split red lentils

1L vegetable stock

125mL milk

2 tsp cumin seeds

Pinch of chilli flakes

2tbsp olive oil

Nutritional information

Energy (kcal)	Protein	Carbohydrate	Fat
252	10g	29g	9g

Allergens



Method

1. Fry cumin seeds and the chilli flakes for 1 min
2. Remove about half of the cumin seeds and chilli with a spoon and set aside
3. Add the olive oil, carrots, lentils, vegetable stock and milk to the pan and bring to the boil
4. Simmer for 15 mins until the lentils have swollen and softened
5. Blend the soup with a stick blender or food processor until smooth
6. Season with salt and pepper to taste and serve with a dollop of plain yoghurt



To make it vegan: use dairy-free milk



Mediterranean chickpea salad

SERVINGS: 6

PREPPING TIME: 20 MIN

Ingredients

- 2 cans chickpeas, drained and rinsed
- 1 medium cucumber, chopped
- 1 bell pepper, chopped
- 1/2 red onion, thinly sliced
- 1/2 cup chopped kalamata olives
- 100g crumbled feta
- Kosher salt
- Freshly ground black pepper

For the vinaigrette:

- 1/2 cup olive oil
- 1/4 cup white wine vinegar
- 1tbsp lemon juice
- 1 tbsp freshly chopped parsley
- 1/4 tsp red pepper flakes



Nutritional information per serving

Energy (kcal)	Protein	Carbohydrate	Fat
313kcal	9.3g	15g	23g

Allergens



Price per serving

€0.90

Directions

- In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives and feta. Season with salt and pepper.
- Make the dressing: combine the olive oil, vinegar, lemon juice, parsley and red pepper flakes. Mix well. Season with salt and pepper if needed.
- Dress the salad before serving.



Pasta Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 10 MIN

Ingredients

310g whole wheat pasta
3 cloves garlic
250g cherry tomatoes
1/2 cucumber, thinly sliced
1/2 red pepper, thinly sliced
1 red onion, thinly sliced
1 handful fresh basil
1 handful black pitted olives
2 tbspn olive oil
White wine vinegar to taste
Salt & pepper

Method

1. Bring a pot of boiling water to the boil
2. Add the pasta and cook until al dente according to package
3. Chop the basil, cucumber, cherry tomatoes, pepper and olives and add to a bowl with the cooked pasta
4. Finely chop the garlic and mix with the olive oil, white wine vinegar, salt and pepper



Nutritional information

Energy (kcal)	Protein	Carbohydrate	Fat
355	13g	55g	7.1g

Allergens



Price per serving

€1.50



Make it your own..

- 2 chicken breasts, sliced into pieces
- 40g grated parmesan cheese or cheese of your choice
- 150g smoked salmon, torn into pieces
- 1 cup of butter beans



Cajun beef stirfy

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

400g lean beef mince
1/2 tsp olive oil
Pinch of salt & pepper
1 onion
1 pepper
2 large carrots
handful of green beans
1 tsp cajun seasoning
1 cup uncooked rice
2 tbsp tomato paste
1 tsp sesame seed oil
splash of water

Nutritional information per serving

Energy (kcal)	Protein	Carbohydrate	Fat
476kcal	30g	70g	7g

Allergens



Price per serving



Directions

1. In a large saucepan, boil rice and once cooked leave to cool.
2. In a pan, add in olive oil and stir fry beef mince for 3 – 4 minutes until cooked.
3. Add in onion, peppers, carrots, green beans and cook on a high heat stirring constantly. Add Cajun seasoning and mix well.
4. Add the cooked rice to the frying pan and stir. Add the sesame seed oil, tomato sauce and water to the mixture and allow the mixture to simmer for 5-10 minutes on a low heat.



Vegetable Stir-fry

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 2 cups of uncooked rice
- 2 cups of Broccoli florets
- 1/2 tsp olive oil
- Handful of Green beans
- 2 cloves of garlic (crushed)
- 1.5 white onion
- 2 tsp ginger
- 2 Red pepper
- 4 large Carrots (chopped)
- 3 tbsp Soya sauce
- 2 tsp Sriracha
- 1/2 tsp of green chilli

Nutritional information: per serving

Energy (kcal)	Protein	Carbohydrate	Fat
329	10g	60g	6g

Allergens



Directions

1. In a large saucepan, boil rice. Separately, add olive oil to a pan and fry the carrots.
2. Add the broccoli alongside the green beans and season with a pinch of salt and pepper.
3. Add the onion and red pepper to the pan and fry for another 2 - 4 minutes.
4. Add garlic, ginger, and green chilli (optional) to the mixture and fry for 1-2 minutes on a low to medium heat making sure to mix the ingredients well. Once the rice is cooked, add the vegetable mixture in the frying pan.
5. Add the soya sauce, a splash of water and siracha to the pan also. Continue to cook the ingredients for 1-2 minutes on a low heat so it does not burn and remove from the heat once cooked.



Fajita bowl

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

- 4 tbsps olive oil
- x4 chicken breasts
- 35g of Fajita spice mix
- x1 red pepper
- x1 yellow pepper
- x1 red onion
- x2 beef tomatoes
- 500g sweet potatoes
- Optional toppings: avocado, sweetcorn, sour cream /yoghurt, cheese, salsa



Nutritional information per serving

Energy (kcal)	Protein	Carbohydrate	Fat
415	29g	40g	14g

Directions

1. Preheat oven to 180 degrees celsius.
2. Chop the sweet potatoes into wedge sizes. Place them on a baking tray and pour over 2 tbsp of olive oil. Toss until coated and sprinkle with salt and pepper before placing them in the oven for 40-45 mins.
3. Chop the chicken and peppers into strips. Finely chop the onion and tomatoes.
4. Place the chicken in a bowl and pour 1/2 the fajita mix over it. Toss until the chicken is coated. Pour the rest of the fajita mix over the peppers, onions and tomatoes and toss.
5. Fry the chicken in 2 tbsp of olive oil for 8-10 minutes, then add the peppers, onions and tomatoes. Cook for a further 5 minutes or until everything is cooked through.
6. Serve with the sweet potatoes and toppings of choice.



Homemade Taco Fries

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Core Ingredients

500g of Maris Piper Potatoes
400g lean 5% fat red mince meat/tukey mince/lean pork mince
2 Peppers
1 White onion
1 clove of garlic
1 tin of Chopped Tomatoes

2 tbsp of Tomato Puree
1 tsp: Paprika, Cumin and Chilli Powder
1 beef stock cube in 200ml hot water
Olive oil or Oil Spray

Cheese Sauce
2 slices of light Cheese
100ml low fat milk

Nutritional information

Energy (kcal)	Protein	Carbohydrate	Fat
355kcal	30g	35g	9g

Method

1. Preheat the oven at 180C
2. Chop potatoes into chip like sticks, spray with olive oil
3. Add to the oven for 45 mins or 30 mins in an airfryer.
4. In a pan fry the mince with garlic until it begins to brown on a medium heat
5. Add the peppers and onion with the tomato puree
6. Add a tsp of each spice and stir into the pan
7. Add the stock cube and tin of tomatoes
8. Allow to simmer for 30 mins or until cooked
9. For the cheese sauce, put 100ml of Low Fat Milk into a saucepan on a low heat
10. Add in the two slice of cheese and stir until its melted and an appropriate consistency.
11. To serve place the chips on the plate, add the mince mixture and pour sauce on top.

Allergens



To make it vegetarian: substitute mince meat for black beans or red kidney beans



Salmon Teriyaki

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

- 400g salmon fillets
- 1/2 tsp olive oil
- 2 tbsp soya sauce
- 1tsp Chinese 5 spice
- 2 tbsp of honey
- 1 tbsp of rice wine vinegar
- 1 tbps of sesame seed oil
- water
- 1 cup uncooked rice



Nutritional information per serving

Energy (kcal)	Protein	Carbohydrate	Fat
319	25g	19g	16g

Allergens



Directions

1. Preheat the oven to 180degrees celsius (fan).
2. To make the teriyaki sauce: in a small bowl add in the soya sauce, honey, rice wine vinegar, sesame seed oil and a splash of water and mix.
3. Place the salmon fillets in an oven proof dish and pour the teriyaki sauce over. If you have time, leave to marinade for 30 mins. Otherwise, place in the oven and bake for 12 minutes.
4. Boil the rice in a large saucepan and once cooked, leave to cool.
5. Separately in a frying pan, add in olive oil and stir fry the onion, carrot, scallions over a medium heat. Add salt and pepper seasoning. Add in a tablespoon of soya sauce and sesame seed oil alongside Chinese 5 spice herbs.
6. Serve the salmon with rice and the stir-fried vegetables.
7. As a side salad, steam some broccoli and kale on the side for 4 minutes.



Easy Chicken Curry

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 40 MIN

Core Ingredients

4 chicken breasts
1 white onion
1 small packet (130g) of baby corn
1 small packet (150g) of mangetout
300g Wholegrain rice
4 scallions
2 cloves of garlic
1cm grated ginger

1 tin of Chopped Tomatoes
3 tbsps of massaman Curry Paste

Nutritional information

Energy (kcal)	Protein	Carbohydrate	Fat
499	42g	66g	5.4g

Allergens 

Optional ingredients ideas- mix and match based on taste preference

160g of peas
150g of low fat greek yoghurt
1 pepper

Method

1. Chop the onion and scallions, Mince the garlic. (You can add peppers in if you like)
2. Add a tsp of olive oil to a pan and let it heat.
3. Fry the onion, garlic and scallion.
4. Add the chopped tomatoes and the curry paste and bring it to a simmer.
5. Add in the chopped chicken, corn and mangetout.
6. Allow this to simmer until the chicken is cooked
7. Stir in 150g of low fat greek yoghurt
8. Serve with wholegrain rice



Sweet potato and chickpea curry

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- | | |
|----------------------------------|-----------------------------------|
| 1 tbsp coconut oil | 500g sweet potato, cut into chunk |
| 1 onion, chopped, | 400ml can of coconut milk |
| 2 garlic cloves, grated | 200g bag spinach |
| thumb-sized piece ginger, grated | 1 lime, juiced |
| 3 tbsp Thai red curry paste | Rice |
| 1 tbsp smooth peanut butter | |

Nutrition: Per Serving

Energy (kcal)	Protein	Carbohydrate	Fat
425	8g	36g	25g

Allergens



Directions

1. Melt 1 tbsp coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.
2. Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.
3. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
4. Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice.



Thai Red Curry

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 40 MIN

Ingredients

4 Chicken Breasts Tin of Light Coconut Milk
2 peppers 3 tbsp Red Curry Paste
1 white onion 2 tsp Light Soy Sauce
Scallion 1 Lime
Garlic 300g Wholegrain rice
Ginger 1tsp brown sugar

Nutritional information



Energy (kcal)	Protein	Carbohydrate	Fat
379	36g	33g	10g

Allergens



Method

1. Chop the chicken and vegetables, mince the garlic and ginger
2. Fry the onion, garlic and ginger in the curry paste for 5 minutes
3. Add peppers and then add the chicken
4. Pour the coconut milk in once the chicken is browned
5. Add soy sauce, lime juice and a tsp of brown sugar
6. Allow to simmer for 25 minutes
7. Serve with Homemade Chips or Wholegrain rice.



Chicken can be swapped for 340g of prawns, if you prefer fish.
For vegetarian curry add more vegetables (eg. carrots, peppers) to bulk up the meal.



Easy veggie pasta sauce

SERVINGS: 4 - 6

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

Ingredients

- 4 tbsp olive oil
- Pinch of salt & pepper
- 1 onion
- 1 pepper, chopped
- 2 large carrots, chopped
- 1 courgette, chopped
- 3 garlic cloves
- 2 tsp tomato paste
- 1 can tinned tomatoes
- 1/4 teaspoon red pepper flakes
- 1tsp maple syrup
- 3-4 cups of spinach

Nutritional information per serving

Energy (kcal)	Protein	Carbohydrate	Fat
133kcal	1.4g	9.6g	9g

Allergens



Price per serving



Directions

1. In a large saucepan, heat olive oil over medium heat. Add the onion and cook, stirring occasionally until translucent; 3 to 5 minutes.
2. Add pepper, carrots and courgette and a generous pinch of salt. Cook until softened but still have some crunch: 5 to 8 minutes.
3. Add the tinned tomatoes, tomato paste and maple syrup. Bring to a low simmer and cook until the liquid is thickened; about 10 mins.
4. Optional: blend the sauce with a hand blender or in a Nutribullet until smooth.
5. Stir in the spinach and serve with pasta of choice.