REAL NUTRITION
with Jayne O'Toole

THE REAL NUTRITION RECIPE GUIDE

30 NUTRITIOUS MEALS MADE EASY

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Welcome to The Real Nutrition recipe guide!

This book contains the recipes, calories and macro-nutrient breakdown for 30 nutritious and delicious meals.

30 Recipes to inspire healthy home cooked meals over the course of your 30 day Your Health, Your Choice challenge.

No matter if you track calories or not, these recipes will help support & inspire you on your journey toward eating more nourishing home cooked meals.

With 30 options to choose from there really is something for everyone and the meals are all family friendly too!

Jayne O'Toole
Certified Nutritionist and Coach

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DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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BREAKFASTS

POPPY SEED PANCAKES

SERVES: 12 PANCAKES (4 PANCAKES PER PORTION)

TIME: 40 MINUTES

CALORIES	529
PROTEIN	13
CARBS	84
FATS	17
FIBRE	3

A refreshing change from regular pancakes these are perfect for a special occasion, a cosy weekend morning, or just any time you want to treat yourself!

INGREDIENTS

1 Medium **egg**
200 grams **plain flour**
75 grams **caster sugar**
2 teaspoons **baking powder**
150 millilitres **milk**
2 **lemons**, juiced and zested
40 grams **poppy seeds**
2 tablespoons **oil**

CALORIES
529

INSTRUCTIONS

Begin by sifting the flour into a large bowl to remove any lumps before mixing in the sugar, baking powder and salt.

In a measuring jug, whisk together the milk, egg, poppy seeds, lemon juice and zest. Create a well in centre of the flour mixture and pour the liquid into it. Using a wooden spoon, slowly fold the flour into the wet ingredients until a smooth batter has formed.

Heat a lightly oiled non-stick frying pan over a low heat and add one ladleful of batter. Spread the
batter out to create a pancake that is 10 centimetres in diameter and cook for around 3 minutes, or until the base has turned golden brown. Flip the pancake and cook for a further 2 minutes on the other side before removing from the pan.
Repeat this process until all the batter is used up and wrap finished pancakes in kitchen foil to keep warm while the rest cook. Squeeze over a wedge of lemon before serving with a dollop of natural yoghurt and honey for a delicious breakfast

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PB & J OVERNIGHT OATS

SERVES: 2

TIME: 5MINUTES

CALORIES	326
PROTEIN	11
CARBS	45
FATS	13
FIBRE	8

GRAINS
Almost all grains can be easily traded. Swapping oats for quinoa is an excellent gluten-free alternative and packs a nice additional protein punch.

Oats are high in the soluble fibre beta-glucan, which has numerous benefits. It helps reduce cholesterol and blood sugar levels, promotes healthy gut bacteria and increases feelings of fullness.

INGREDIENTS

130 grams **rolled oats**
240 millilitres **unsweetened almond milk** 1 tablespoon **chia seeds**
½ tablespoon **maple syrup**
1 tablespoons **peanut butter**
1 tablespoon **jam**

CALORIES
326

INSTRUCTIONS

To make this nutritious and simple breakfast, add all the ingredients except the jam into a serving bowl. Cover with kitchen wrap and place in the fridge overnight, by which point the oats will have absorbed the delicious flavours of the maple syrup and peanut butter and soaked up much of the almond milk.

When ready to serve, add a dollop of jam on top and stir in some extra almond milk if needed.

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AVOCADO ON TOAST WITH SMOKED SALMON

SERVES: 2

TIME: 15 MINUTES

CALORIES	296
PROTEIN	16
CARBS	18
FATS	17
FIBRE	6

To stop a half-eaten avocado going brown. Brush the avocado with lemon juice; the citric acid in the juice will keep browning at bay. Store in an airtight container to get as much protection as possible.

INGREDIENTS

1 **avocado**, peeled and stoned
2 tablespoons **fat-free natural yoghurt**
½ **lemon**, juiced
2 slices **rye bread**, toasted
½ teaspoon **cayenne pepper**
75 grams **smoked salmon**
¼ **cucumber**, thinly sliced using a vegetable peeler
A handful **watercress**

DRESSING:
½ **red chilli**, deseeded and diced
A handful **fresh mint**, chopped
½ **lemon**, juiced and zested
1 **tomato**, diced
1 teaspoon **white wine vinegar** A pinch **salt and black pepper**

CALORIES
296

INSTRUCTIONS

Begin making the dressing by combining all the dressing ingredients in a small bowl and seasoning to perfection before setting aside.

In a separate bowl, roughly mash together the avocado flesh, lemon juice and yoghurt. Be careful not to make the mixture too smooth, as you want it to have a chunky texture.
Divide the avocado mixture between the slices of toasted rye bread. Sprinkle over a pinch of cayenne pepper to add a touch of heat and colour before layering the smoked salmon and cucumber ribbons on top. Finish by placing a small handful of watercress on top of the salmon and drizzling over the dressing.

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BLACK FOREST OVERNIGHT OATS

SERVES: 1

TIME: 10 MINUTES

CALORIES	542
PROTEIN	32
CARBS	74
FATS	14
FIBRE	6

Cherries are a good source of vitamin C and potassium. Potassium can reduce the risk of hypertension and stroke, and cherries have more per serving than strawberries or apples.

INGREDIENTS

65 grams **rolled oats**
1 tablespoon **unsweetened cocoa powder**
125 millilitres **unsweetened almond milk**
¼ teaspoon **vanilla extract**
1 teaspoon **maple syrup**
65 grams **frozen dark cherries**
1 teaspoon **dark chocolate chips**
A pinch **salt**
¼ teaspoon **ground cinnamon**
25g **chocolate whey protein**

CALORIES
542

INSTRUCTIONS

To make this nutritious and easy breakfast, add all the ingredients except the chocolate chips into a serving bowl. Cover with kitchen wrap and place in the fridge overnight, by which point the oats will have absorbed the delicious flavours of the maple syrup, vanilla and cherries.

When ready to serve, stir in the chocolate chips and some extra almond milk if needed.

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SPICY MOROCCAN EGGS

SERVES: 4

TIME: 20 MINUTES

CALORIES	242
PROTEIN	16
CARBS	22
FATS	10
FIBRE	8

Harissa is a North African and Middle Eastern condiment, most commonly found in Tunisia and Morocco, that is made from garlic, cumin, caraway, pounded chilli peppers, salt and a dash of olive oil.

INGREDIENTS

2 teaspoons **olive oil**
1 **white onion**, thinly sliced
3 **garlic cloves**, crushed
1 tablespoon **rose harissa paste**
1 teaspoon **ground coriander**
150 millilitres **vegetable stock**
400 gram tin **chickpeas**
2 400 gram tins **chopped tomatoes**
2 **courgettes**, diced
200 grams **baby spinach**
A large handful **coriander**, chopped
4 **eggs**

CALORIES
242

INSTRUCTIONS

Begin by heating the olive oil in a large frying pan. Once hot, sauté the onion and garlic for 5 minutes, or until the onion has softened and the garlic smells fragrant. Stir in the harissa paste and ground coriander. Let the spices roast in the pan for a few moments before adding the vegetable stock and chickpeas, including their liquid. Cover the pan and leave to simmer for 10 minutes, by which point it should smell incredible.

Add the tinned tomatoes and courgettes to the pan and cook over a low heat for a further 10 minutes. Once the tomatoes have broken down and the courgettes are tender fold in the baby spinach and fresh coriander and let the sauce gently bubble until it is rich and delicious.

Using the back of a spoon, make 4 hollows in the sauce. Crack the eggs into the hollows, put a lid on the pan and let the eggs poach in the sauce. Once the yolk has turned golden yellow and the white has set, remove from the heat and serve immediately.

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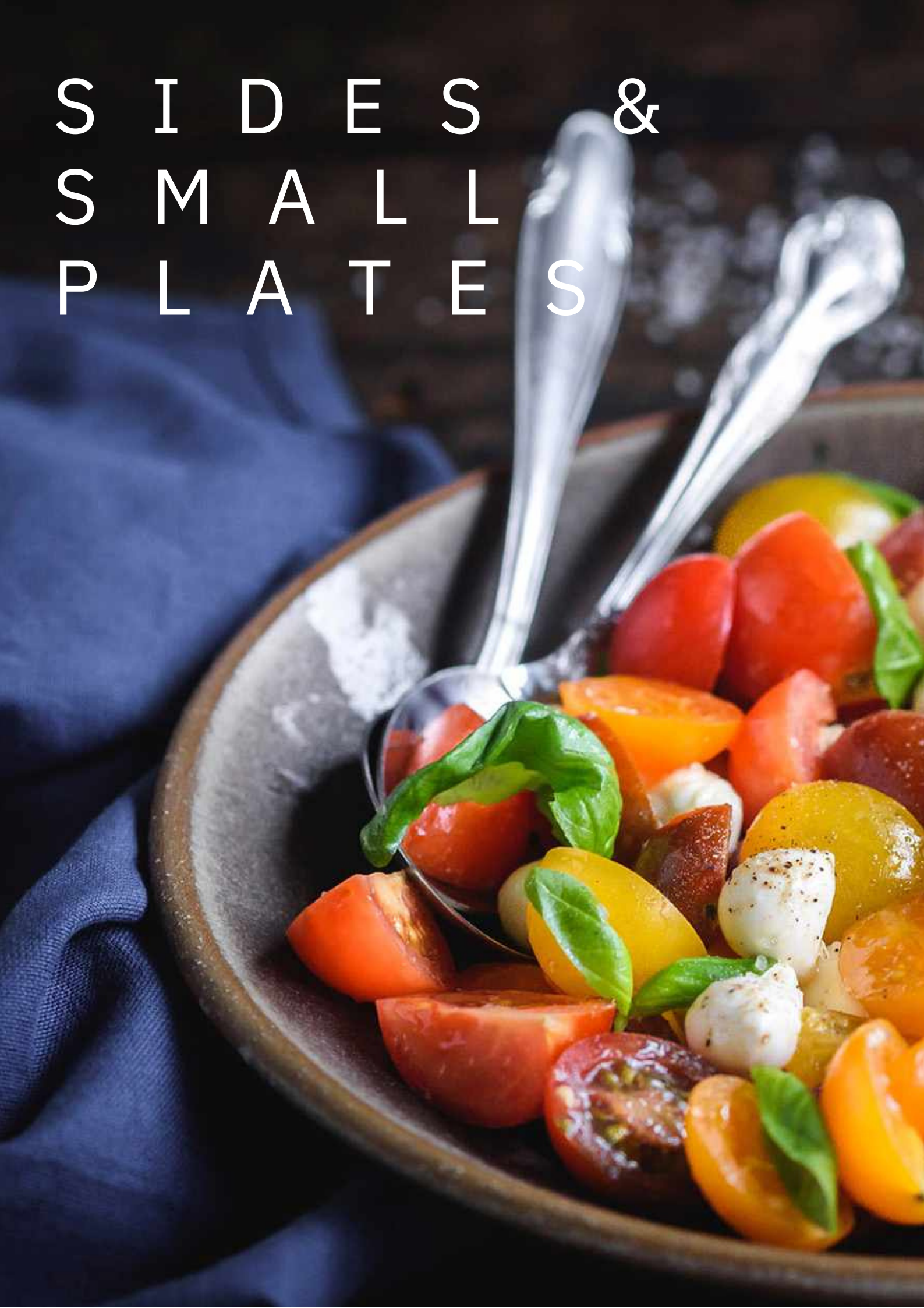
SIDES & SMALL PLATES



ROASTED BRUSSELS SPROUTS WITH CRANBERRIES

SERVES: 4

TIME: 35 MINUTES

CALORIES	81
PROTEIN	4
CARBS	14
FATS	1
FIBRE	5

CRISPY
If you prefer your sprouts a little crispier keep them in the oven 10-15 minutes longer.

When prepared properly, Brussels sprouts have a sweet, nutty flavour and a crisp texture. If overcooked, Brussels sprouts produce a strong foul odour and become
mushy in texture hence have garnered a somewhat undeserved reputation.

INGREDIENTS

450 grams **Brussels sprouts**, trimmed and halved
1 tablespoon **olive oil**
A pinch **salt and black pepper**
1 tablespoon **dried cranberries**

CALORIES
81

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

In a large bowl, toss the Brussels sprouts with olive oil before spreading them out evenly across a baking tray. Season the sprouts to perfection with salt and pepper before roasting them in the oven for 15 minutes, by which point they will have started to soften.

Remove the sprouts from the oven and scatter over the cranberries. Return to the oven and roast for a further 10 minutes, or until the sprouts have begun to slightly char and the cranberries are caramelised.

Serve as a delicious accompaniment to any main meal or as a healthy snack.

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ROCKET, EGG AND CHARRED ASPARAGUS

SERVES: 4

TIME: 20 MINUTES

CALORIES	148
PROTEIN	10
CARBS	6
FATS	10
FIBRE	2

SMELLY PEE
Asparagus contains Asparagusic acid that our bodies convert into sulfur-containing chemicals that can make your urine stink.

Look for medium sized asparagus stalks for this dish. The thin ones can dry out rapidly when grilled or oven baked.

INGREDIENTS

4 **eggs**
1 tablespoon **extra-virgin olive oil** 340 grams **asparagus**, trimmed
50 millilitres **Greek yoghurt**
1 **lemon**, juiced
1 tablespoon **water**
150 grams **rocket**
A pinch **salt and black pepper**

CALORIES
154

INSTRUCTIONS

Begin by preheating your grill to a high heat.

Meanwhile, bring a saucepan of water to the boil. Add the eggs and cook for 6-8 minutes until they are hard-boiled or to your liking. Using a slotted spoon, remove the eggs from the water and place in a bowl of ice or cold water for a few minutes to halt the cooking process. Once the eggs are cold to the touch, peel them and cut into quarters.
Place the asparagus on a baking tray and drizzle over olive oil and a pinch of salt and pepper. Grill for 3 minutes until it is lightly charred, then remove from the grill and chop into 3 centimetre pieces.

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In a small bowl make the salad dressing by combining the yoghurt, lemon juice and seasoning – if the dressing is too thick just add a splash of water. Once it has reached your desired consistency, fold the rocket into the yoghurt mixture.

To serve, arrange the rocket on a platter and top with the asparagus and hard-boiled eggs.

PARMESAN ROASTED CAULIFLOWER

SERVES: 4

TIME: 40 MINUTES

CALORIES	220
PROTEIN	9
CARBS	11
FATS	15
FIBRE	3

CONVENIENCE
Feel free to use frozen cauliflower for convenience. Just soak in some hot water for 5-10 minutes beforehand and drain.

In almost any dishes that contain cauliflower, you can trade it for it's slightly quicker cooking counterpart, broccoli.

INGREDIENTS

1 **cauliflower**, cut into florets
1 **white onion**, sliced
A handful fresh **thyme**
4 **garlic cloves**, crushed
3 tablespoons **olive oil**
60 grams **Parmesan cheese**, grated
A pinch **salt and black pepper**

CALORIES
220

INSTRUCTIONS

Begin by preheating your oven to 220°C /425°/gas7.

Meanwhile, toss the cauliflower, onion, thyme and garlic in a large bowl with a splash of olive oil. Once the vegetables and herbs are well coated, season with salt and pepper before placing them on a baking tray.

Roast the cauliflower for 40 minutes and toss occasionally to prevent burning. Once the cauliflower has started to turn golden brown, remove from the oven and scatter over the Parmesan cheese before returning to the heat for a further 10 minutes.

Remove from the oven once the cauliflower is fully golden and the cheese has melted. Enjoy as a healthy alternative to crisps or as a delicious side to a main dish.

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CAPRESE SALAD

SERVES: 6

TIME: 10 MINUTES

CALORIES	100
PROTEIN	3
CARBS	4
FATS	8
FIBRE	1

Experiment with different colour and sized tomatoes. The traditional way to serve this is with thick slices of beef tomatoes.

INGREDIENTS

500 grams different coloured **tomatoes**, halved
2 tablespoons **extra-virgin olive oil**
90 grams **fresh mozzarella**, sliced
½ teaspoon **salt**
¼ teaspoon **black pepper**
Small amount torn **fresh basil**

CALORIES
100

INSTRUCTIONS

In a large bowl, combine all of the ingredients except the basil. Gently toss the ingredients so that they are well combined before placing on a serving dish. Top the salad with fresh basil leaves and serve as a refreshing side dish or appetiser.

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BAKED VEGAN SWEET POTATO FRIES

SERVES: 4

TIME: 40 MINUTES

CALORIES	78
PROTEIN	1
CARBS	11
FATS	4
FIBRE	1

SOGGY FRIES
Overcrowded fries steam each other and never get crispy! Make sure you space them out nicely on your baking tray.

Sweet potatoes are most commonly orange, but are also found in other colors, such as white, red, pink, violet, yellow and purple.

INGREDIENTS

3 **sweet potatoes**
1 tablespoon **extra-virgin olive oil** 1 teaspoon **ground cumin**
¼ teaspoon **paprika**
½ teaspoon **sea salt**
¼ teaspoon **cayenne pepper**
1 tablespoon **coconut oil**

CALORIES
78

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

While your oven heats, wash and peel the sweet potatoes before cutting them into lengthwise wedges.
In a large bowl, drizzle the sweet potatoes with olive oil and mix well to combine. Once the sweet potatoes are well coated, mix through the cumin, paprika, cayenne pepper and salt.
Brush a large baking tray with coconut oil and arrange the sweet potatoes evenly. Bake for around 30 minutes, or until they have turned golden brown and the spices smell aromatic. Remember to toss the sweet potatoes at least once while they bake to ensure even cooking.

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Serve with your favourite condiments as a nutritious snack or as an accompaniment to any main dish.

PARMESAN MASHED POTATOES

SERVES: 6

TIME: 35 MINUTES

CALORIES	172
PROTEIN	8
CARBS	23
FATS	7
FIBRE	8

If you're not overly keen on parsnips, feel free to substitute the same weight of potatoes back into the recipe.

INGREDIENTS

450 grams **red skinned potatoes**,
cleaned and halved
340 grams **parsnips**, peeled and chopped
2 tablespoons **butter**
A pinch **black pepper**
60 millilitres **milk**
85 grams **Parmesan cheese**, grated

CALORIES
172

INSTRUCTIONS

After thoroughly cleaning the potatoes and peeling the parsnips, add them to a large saucepan of boiling water. Cook for around 20 minutes, or until the vegetables are tender, and drain.

Using a masher, mash the potatoes and parsnips into a rough mixture before adding the butter and pepper. Once well combined, gradually add the milk and beat the mixture until it is velvety and fluffy. To finish off this luxurious accompaniment, stir in a handful of Parmesan cheese

before
serving.

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MAINS

TURKEY CHILLI

SERVES: 6

TIME: 55 MINUTES

CALORIES	356
PROTEIN	32
CARBS	47
FATS	4
FIBRE	17

CALORIE GRENADES

Although an incredible accompaniment to the dish, beware of the calories packed in avocados.

This is a great, nicely balanced dish, however, if you want to lower the carbs substitute the corn and half the beans for some chopped bell peppers.

INGREDIENTS

2 teaspoons **olive oil**
1 **white onion**, diced
3 **garlic cloves**, crushed
1 **red pepper**, chopped
450 grams **lean turkey mince**
1 tablespoon **chilli powder**
2 teaspoons **ground cumin**
1 teaspoon **dried oregano**
¼ teaspoon **cayenne pepper**
½ teaspoon **salt**
2 400 gram tins **chopped tomatoes**
300 millilitres **chicken stock**
2 400 gram tins **kidney beans**,
drained and rinsed
400 gram tin **sweet corn**, drained and rinsed

CALORIES
356

INSTRUCTIONS

In a large frying pan, sauté the onion, garlic and red pepper over a medium heat for around 5 minutes, or until the vegetables are tender and beginning to caramelise. Add the turkey to the pan and cook through before adding the spices.

Let the spices roast in the pan until they are aromatic before adding the chopped tomatoes, stock, kidney beans and sweet corn. Bring the chilli to the boil and let it reduce for around 30 minutes by which point the sauce will be thick and rich. Season to your taste with a pinch of salt and black pepper before removing from the heat.
To serve, top with your favourite Mexican condiments such as guacamole, sour cream or hot sauce.

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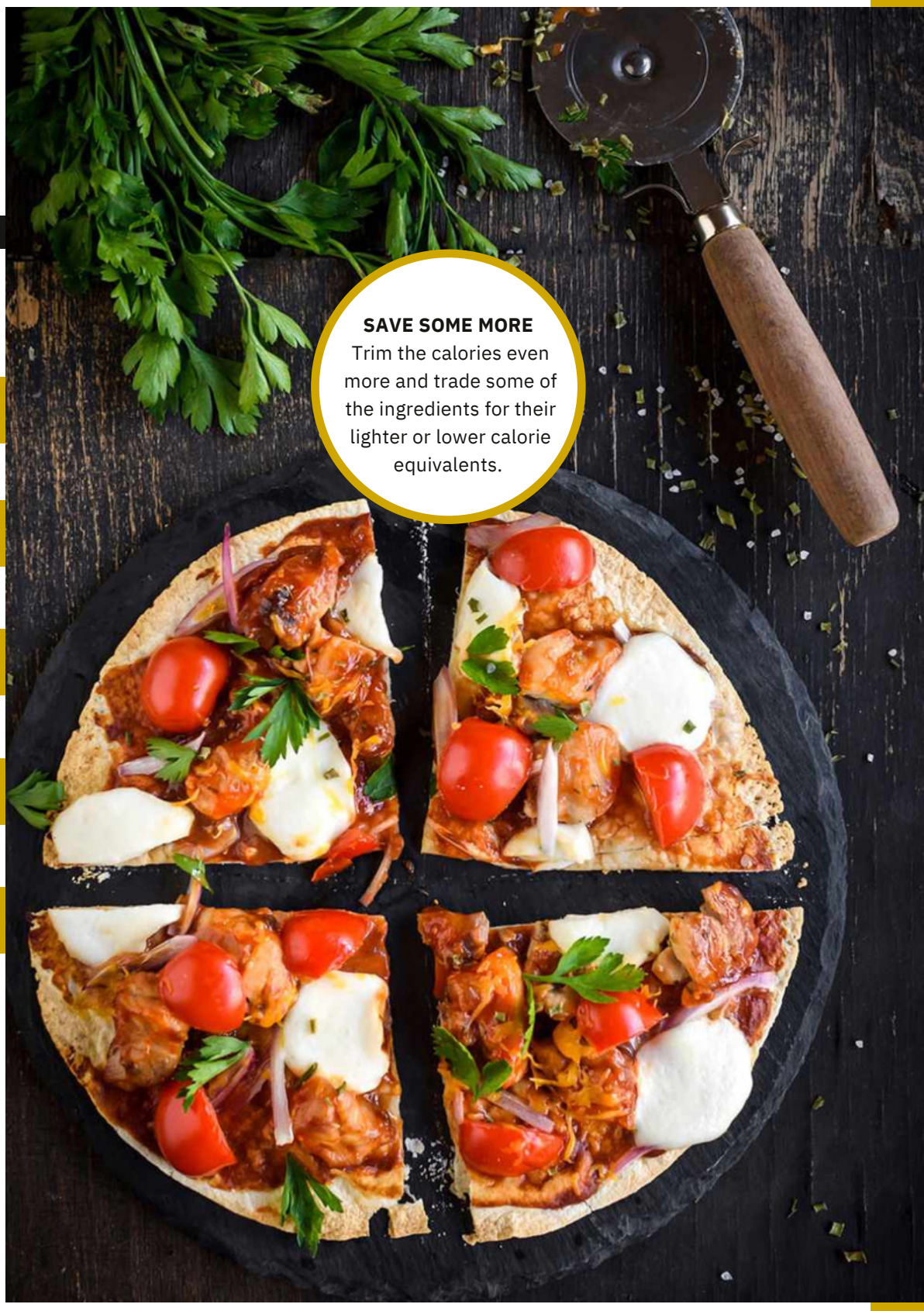
BBQ CHICKEN TORTILLA PIZZA

SERVES: 2

TIME: 16 MINUTES

CALORIES	460
PROTEIN	35
CARBS	34
FATS	22
FIBRE	3



SAVE SOME MORE
Trim the calories even more and trade some of the ingredients for their lighter or lower calorie equivalents.

Everyone loves a pizza, by switching your often grease ladened dough for a tortilla wrap you trim the calories and add some crunch. Try it with your favourite toppings.

INGREDIENTS

2 **flour tortillas**
1 **white onion**, diced
85 grams **cooked chicken**, shredded
50 millilitres **barbeque sauce**
1 teaspoon **balsamic vinegar**
50 grams **cherry tomatoes**, sliced
100 grams **mozzarella cheese**, grated 50 grams **Parmesan cheese**, grated

CALORIES
460

INSTRUCTIONS

Begin by preheating your grill to a medium heat.

Place the tortillas under the grill for around 1 minute, or until they are lightly toasted all over – remember to watch the tortillas carefully as they will burn very easily. Once cooked, remove from the grill and set aside.

To soften the onion, gently sauté in a pan for 5 minutes or, alternatively, cook them in a microwave for 2 minutes.
While the onion cooks, add the shredded chicken to a bowl and combine with the barbeque sauce and balsamic vinegar.
To assemble the pizza, spread the tortillas with barbeque sauce and scatter over the chicken, onions and tomatoes. Top with the grated mozzarella and Parmesan before placing the pizza under the grill once again.

Once the cheese has melted and is beginning to brown, remove the pizza from the oven and serve.

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GOAT'S CHEESE & CARAMELISED ONION FRITTATA

SERVES: 2

TIME: 25 MINUTES

CALORIES	332
PROTEIN	20
CARBS	29
FATS	16
FIBRE	6

LUNCH BOX
Allow frittatas to cool and use an alternative to the common lunch box staple of a sandwich.

If you're not a fan of honey (or Canadian) you can easily switch out the honey for maple syrup.

INGREDIENTS

4 teaspoons of **rapeseed oil**
2 **red onions**, finely sliced
4 teaspoons **honey**
8 **eggs**
140 grams **goats cheese**
100 grams **rocket**
250 grams **cooked beetroot**, sliced
½ **lemon**, juiced

CALORIES
332

INSTRUCTIONS

Begin by preheating your grill to a high temperature.

Meanwhile, in an ovenproof frying pan sauté the onions for 10 minutes until they have softened. Add the honey to the pan and leave to bubble for 2 minutes allowing the onions to caramelise. As the onions caramelise, beat the eggs before adding them to the pan. Cook for 5 minutes until the eggs have almost set before crumbling goat's cheese over the top. Place the frittata under the hot grill and cook until a delicious layer of melted cheese has formed on top and the eggs have firmly set.
As the frittata cooks, combine together the rocket and beetroot in a large bowl and dress with lemon juice for some extra zing.
To serve, cut the frittata into quarters and serve with the beetroot salad for some added freshness.

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SALMON QUINOA BOWL

SERVES: 1

TIME: 20 MINUTES

CALORIES	346
PROTEIN	20
CARBS	33
FATS	15
FIBRE	6

GET IT RIGHT
Quinoa is properly pronounced as "KEEN-wah"

Quinoa is gluten-free, high in protein and one of the few plant foods that contain sufficient amounts of all nine essential amino acids.

It is also high in fibre, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

INGREDIENTS

45 grams uncooked **quinoa**
125 millilitres **water**
A pinch **salt and black pepper**
1 tablespoon **low-fat natural yoghurt** ½ a **beef tomato**, sliced
2 tablespoon **avocado**
30 grams **cooked salmon**
A handful **rocket**
1 tablespoon **feta cheese**
2 teaspoon **dried oregano**

CALORIES
346

INSTRUCTIONS

Bring a saucepan of water to the boil over a medium heat and add the quinoa. Cover and let the quinoa simmer for 10 to 15 minutes until the water is completely absorbed and the quinoa is fluffy.

Drain the quinoa and transfer to a bowl to cool. Once the quinoa has cooled, stir in the avocado, tomato, salmon and rocket making sure that it is well mixed.
To make the dressing, combine the yoghurt, feta cheese and oregano in a small bowl.

To serve, add a dollop of yoghurt dressing on of the quinoa and enjoy.

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PRAWN LINGUINE

SERVES: 4

TIME: 25 MINUTES

CALORIES	417
PROTEIN	33
CARBS	45
FATS	10
FIBRE	2

The word linguine means “little tongues” in Italian.

INGREDIENTS

220 grams **linguine pasta**
2 tablespoons **unsalted butter**
450 grams **prawns**, peeled and deveined
3 **garlic cloves**, crushed
¼ teaspoon **crushed red pepper**
50 millilitres **white wine**
1 **lemon**, juiced and zested
A pinch **salt and black pepper**
A handful **parsley**, chopped
A handful **Parmesan cheese**, grated

CALORIES
417

INSTRUCTIONS

In a large pot of boiling salted water, cook the linguine until al dente.

Meanwhile, melt the butter in a large pan over a medium heat before adding the prawns, garlic and crushed red pepper. Sauté for 3 minutes, or until the prawns have turned pink and the garlic and pepper smell aromatic.

Squeeze the lemon juice and pour the wine into the pan and season to perfection. Let the sauce reduce for 5 minutes before removing from the heat and stirring in the pasta, zest and parsley, which will add some freshness to the dish.

Mix well before serving immediately with a handful of Parmesan cheese scattered on top.

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COD PROVENÇAL

SERVES: 4

TIME: 25 MINUTES

CALORIES	319
PROTEIN	34
CARBS	36
FATS	5
FIBRE	0

Some great alternatives to cod and slightly more budget- friendly options are pollack, coley, hake or whiting.

INGREDIENTS

260 grams of **cherry tomatoes**, quartered
1 **garlic clove**, crushed
½ teaspoon of **ground fennel seeds**
½ teaspoon of **ground black pepper**
2 tablespoons of **extra-virgin olive oil**
A pinch of **salt**
1 **fennel bulb**, trimmed with leaves reserved
½ **lemon**, juiced
1 **leek**, thinly sliced
450 grams of **cod**, cut into 3 centimetre pieces
A handful of **fresh thyme**
1 tablespoons of **butter**
4 teaspoons of **aniseed liqueur**

CALORIES
319

INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

In a large bowl, toss together the tomatoes, garlic, fennel seeds, black pepper, olive oil and salt until well combined before setting aside.
To prepare the fennel bulb, remove the tough outer layer and finely slice it using a mandolin or sharp knife. Add the fennel bulb to a bowl with the leek and lemon juice before mixing well.
Place the fish on a large sheet of kitchen foil and cover with the tomatoes and fennel bulb mixtures. Top with butter, thyme and a splash of aniseed liqueur. Create a parcel by placing another sheet of foil on top and scrunch the edges of both sheets together.

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Bake the fish parcels for 10 to 15 minutes or until the fish flakes easily and smells delicious. Scatter over the reserved fennel leaves and serve immediately.

SLOW COOKED SPICY BEEF CURRY

SERVES: 6

TIME: 5HOURS

CALORIES	224
PROTEIN	28
CARBS	18
FATS	4
FIBRE	2

Slow cooking beef makes use of the often budget-friendly tough, lean cuts. These don’t have as much fat, but they do have something called collagen. Connective tissue. This breaks down over long cooking, rendering the meat tender and super tasty.

INGREDIENTS

MARINADE:
150 millilitres low-fat **natural yoghurt** 1 kilogram lean **casserole steak**,
cut into 3 centimetre pieces
1 teaspoon **ground cumin**
1 teaspoon **ground coriander**
1 teaspoon **ground turmeric**

CURRY:
1 tablespoon **olive oil**
1 **white onion**, diced
2 tablespoons **ground coriander**
1½ tablespoons **ground cumin**
6 **cardamom pods**
1 teaspoon **ground turmeric**
2 teaspoons **garam masala**
½ teaspoon **black pepper**
4 dried **Kashmiri chillies**
1 **green chilli**, diced
3 **garlic cloves**, crushed
3 centimetre piece **ginger**,
peeled and grated
2 tablespoons **tomato paste**
400 gram tin **chopped tomatoes** ½ litre **beef stock**
1 **lemon**, juiced

INSTRUCTIONS

Begin by combining the ingredients for the marinade in a large bowl, making sure to mix well. Once the marinade has come together, add the steak and massage the marinade into the meat so that it absorbs the delicious flavours. Cover with kitchen wrap and place the steak in the fridge for 2 hours.

Heat the oil in a large frying pan and cook the marinated steak for 5 minutes until it has sealed. Add the onions to the pan and gently sauté them until they have softened and are turning translucent.

Add the coriander, cumin, cardamom, turmeric, garam masala, black pepper, Kashmiri chillies, fresh chillies, garlic and ginger to the pan and let them cook for 4 minutes, by which point the spices will smell aromatic.

Stir in the tomato paste, stock, chopped tomatoes and lemon juice. Bring the sauce to a simmer before transferring the curry to a slow cooker and cook on high for 3 hours.
Once the meat is tender and the sauce looks rich and moreish, season to perfection. To serve, scatter over some freshly chopped coriander for some added freshness and enjoy.

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CALORIES
224

BLACK BEAN AND CORN QUESADILLAS

SERVES: 4

TIME: 15 MINUTES

CALORIES	396
PROTEIN	31
CARBS	50
FATS	8
FIBRE	12

TRADE THE CHEESE
Feel free to throw in some cheese alternatives.

Studies have found that a diet high in dietary fibre, especially from bean and legume sources, is protective against
mortality due to heart disease, cardiac arrest and stroke.

INGREDIENTS

400 gram tin **black beans**, drained and rinsed
130 grams **sweet corn**
60 grams **salsa**
2 teaspoons **taco seasoning**
A handful **fresh coriander**, chopped
130 grams **cheddar cheese,** grated
8 **tortilla wraps**

CALORIES
396

INSTRUCTIONS

In a medium bowl, combine the beans, sweet corn, salsa, taco seasoning and coriander.

Heat a large frying pan over a medium heat and place one tortilla in it. Layer the tortilla with the bean mixture and the cheese before placing a second tortilla on top. Press down on the tortillas firmly before leaving to cook. Once the bottom tortilla has turned golden brown flip the quesadilla and repeat, by which point the cheese filling should have melted.
To serve, cut the tortillas into quarters and enjoy with your favourite Mexican condiments such as sour cream, guacamole and hot sauce.

REAL NUTRITION
with Jayne O'Toole

EGG AND PARMENTIER POTATOES

SERVES: 4

TIME: 1HOUR 10 MINUTES

CALORIES	218
PROTEIN	11
CARBS	22
FATS	10
FIBRE	2

Parmentier actually means that a dish is made with potatoes. This is therefore in fact egg and potato, potatoes.

INGREDIENTS

500 grams **potatoes**, peeled and diced
2 **shallots**, quartered
1 tablespoon **olive oil**
2 **teaspoons** dried oregano
200 grams **button mushrooms**, sliced
4 **eggs**

CALORIES
218

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6

In a large roasting tin, coat the potatoes and shallots in olive oil and sprinkle over the dried oregano. Bake for 45 minutes or until the potatoes have softened and turned golden brown, before adding the mushrooms. Roast for a further 15 minutes until the vegetables have started to caramelise.
Using a spoon, make four hollows in the vegetables and crack an egg into each hollow. Return to the oven for 4 minutes for a perfectly cooked egg with a runny yolk. If you prefer a harder yolk, just keep the dish in the oven for a few minutes longer.

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MUSHROOM BOLOGNESE

SERVES: 6

TIME: 1HOUR 16 MINUTES

CALORIES	363
PROTEIN	14
CARBS	60
FATS	6
FIBRE	9

Top quality fresh porcini are hard to come by. If not perfectly fresh, porcini are frequently prone to spoilage. Hence why we typically only find the dried variety.

INGREDIENTS

30 grams **dried porcini mushrooms**
2 tablespoons **olive oil**
500 grams **chestnut mushrooms**, finely diced
2 **white onions**, diced
4 **garlic cloves**, crushed
2 **carrots**, grated
2 **celery stalks**, diced
A handful **thyme leaves**, chopped
1 teaspoon **celery salt**
1 **star anise**
2 tablespoons **tomato purée**
2 400 gram tins **chopped tomatoes**
A handful **basil**, chopped
400 grams **tagliatelle**

CALORIES
363

INSTRUCTIONS

Begin by soaking the porcini mushrooms in a bowl of boiling water and setting them aside to rehydrate.

In a large frying pan, heat the olive oil and gently sauté the chestnut mushrooms. The mushrooms will release a lot of liquid so keep cooking until the liquid has evaporated and the mushrooms are soft and golden brown.

Remove the mushrooms from the pan and add the carrots, onion, garlic and celery. Sauté the vegetables for around 10 minutes or until they have softened, before adding the herbs, celery salt, star anise and tomato purée.

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Drain the porcini mushrooms and add them to the pan, alongside some of the reserved soaking liquid and the chestnut mushrooms. Combine the ingredients in the pan before adding the chopped tomatoes. Cook the sauce for 30 minutes, by which point it will look luxurious and glossy.
Meanwhile, cook the pasta until al dente before draining and mixing through the mushroom sauce. To serve, tear over some fresh basil leaves and enjoy.

CHEESY CHICKEN ORZO

SERVES: 4

TIME: 35 MINUTES

CALORIES	381
PROTEIN	26
CARBS	29
FATS	16
FIBRE	1

Orzo is a rice-shaped pasta that you can cook and serve in much the same way you do rice. That is, you can boil it until the liquid is absorbed, cook it risotto-style, or use the pilaf method.

INGREDIENTS

2 tablespoons **olive oil**
350 grams **chicken breasts**,
chopped into 2 centimetre pieces
140 grams **Orzo pasta**
50 grams **cheddar cheese**, grated
2 tablespoons **butter**
60 millilitres **milk**

CALORIES
381

INSTRUCTIONS

Begin by heating the olive oil in a large frying pan. Add the chicken and cook over a medium heat for around 15 minutes until it has cooked through before setting aside.

Meanwhile, bring a large saucepan of water to the boil and add the Orzo pasta. Boil the pasta until al dente and drain before returning it to the pot. Add the grated cheese, butter and milk to the pasta and combine until it has formed a smooth and creamy sauce.

Stir in the cooked chicken and season to perfection with a pinch of salt and black pepper before serving immediately.

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GREEK STYLE TURKEY BURGERS

SERVES: 4

TIME: 35 MINUTES

CALORIES	240
PROTEIN	39
CARBS	4
FATS	8
FIBRE	1

These are great served with some cool fresh cucumber ribbons, chunks or slices.

INGREDIENTS

BURGERS:
450 grams **turkey mince**
50 grams **feta cheese**, crumbled
1 tablespoon **semi-skimmed milk**
A handful **fresh parsley**, chopped
A handful **fresh mint**, chopped
A pinch **salt and black pepper**

SAUCE:
150 grams **natural low fat yoghurt**
½ **lemon**, juiced
½ **garlic clove**, crushed
A handful **fresh parsley**, chopped
A handful **fresh mint**, chopped
A pinch **salt and black pepper**

CALORIES
240

INSTRUCTIONS

Begin making the burger patties by combining the turkey, feta, mint, parsley, milk, salt and pepper in a large bowl. Once well mixed, divide the burger mixture into four patties using your hands to shape them into the classic shape.

Arrange the burgers on a baking tray before placing under a high grill. Cook the burgers for 5 minutes until the top side is slightly charred before flipping and continuing to cook for a further 5 minutes.

While the burgers are grilling, make the yoghurt sauce by combining all the ingredients in a small bowl before seasoning to perfection.
Serve the burgers with a dollop of yoghurt sauce on top for some added freshness.

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QUICK FISH CURRY

SERVES: 4

TIME: 15 MINUTES

CALORIES	191
PROTEIN	30
CARBS	9
FATS	5
FIBRE	2

This dish can be adapted easily by using a wide array of different curry pastes. A great way to store curry paste is to spoon into ice-cube trays and store in the freezer for up to three months.

INGREDIENTS

1 tablespoon **vegetable oil**
1 **white onion**, diced
1 **garlic clove**, crushed
2 tablespoons **Madras curry paste**
400 gram tin **tomatoes**
200 millilitres **vegetable stock**
600 grams white **fish fillets**, skinned and cut into large pieces
A handful **fresh coriander**, chopped

CALORIES
191

INSTRUCTIONS

To make this simple but delicious curry, begin by gently sautéing the onion and garlic for around 5 minutes or until the onion is soft and the garlic smells aromatic. Stir in the curry paste and let
it roast in the pan for 3 minutes to release the flavours of the spices before adding the tomatoes and the stock.

Bring the sauce to a simmer and add the fish. Cook gently for around 10 minutes, by which point
the fish will be soft and flaky. Serve immediately topped with a handful of fresh coriander.

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BAKED SWEET AND SOUR CHICKEN

SERVES: 4

TIME: 60 MINUTES

CALORIES	294
PROTEIN	24
CARBS	29
FATS	10
FIBRE	3

RICE RICE BABY
Adding 250g of cooked rice to the dish adds an extra 200 calories.

INGREDIENTS

450 grams skinless **chicken breasts**,
cut into 2 centimetre pieces
2 tablespoons **cornstarch**
2 tablespoons **extra-virgin olive oil**
250 gram tin **pineapple**
60 millilitres **tomato ketchup**
2 tablespoons **rice vinegar**
1 tablespoon **soy sauce**
1 **garlic clove**, crushed
¼ teaspoon **red pepper flakes**
1 **white onion**, diced
2 **bell peppers**, diced
3 **spring onions**, thinly sliced

CALORIES
294

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile, place the chicken and corn starch in a sealable bag and shake well to evenly coat the chicken.
Heat the olive oil in a wok over a medium heat. Add the chicken and stir-fry for around 2 minutes until it has turned golden brown before removing from the heat.
Once the chicken has cooked, drain the pineapple, making sure to reserve some of the juice for the sauce. To make the sauce, whisk together the pineapple juice, ketchup, rice vinegar, soy sauce, garlic and red pepper flakes in a small bowl.

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Place the chicken pieces in a large roasting tin. Scatter over the pineapple, onion and bell peppers before pouring over the sauce. Remember to make sure that everything is well-coated, as this will let the vegetables and chicken absorb the sweet and sour flavours.

Cover the roasting tin with foil and bake for 45 minutes or until the chicken has cooked through and the sauce has become thick and sticky.
Scatter over a handful of spring onions before tucking in.

DESSERTS

QUICK BLUEBERRY MUFFINS

SERVES: 1

TIME: 5MINUTES

CALORIES	383
PROTEIN	15
CARBS	27
FATS	25
FIBRE	5

INGREDIENTS

1 tablespoon **coconut flour**
1 tablespoon **almond flour**
1 tablespoon **oat flour**
2 **tablespoons** granulated sweetener of choice
½ teaspoon **baking powder**
A pinch **cinnamon**
1 large **egg**
1 tablespoon **mashed banana or pumpkin**
1 tablespoon **semi-skimmed milk or dairy alternative**
2-3 tablespoons **frozen blueberries**

CALORIES
383

INSTRUCTIONS

In a small bowl, combine all the dry ingredients and mix well.

Add the egg, mashed banana and milk, and mix until fully incorporated. Fold in the blueberries, making sure you can see a few poking out the top.
Microwave for 50 seconds (850w).

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NO BAKE PEANUT BUTTER PROTEIN BARS

SERVES: 12

TIME: 25 MINUTES

CALORIES	121
PROTEIN	8
CARBS	7
FATS	7
FIBRE	1

INGREDIENTS

130 grams **natural smooth peanut butter**
30 grams **honey**
75 grams **vanilla whey protein powder**
60 grams **oat flour**
30 grams **chocolate chips**

CALORIES
121

INSTRUCTIONS

In a large bowl, mix the peanut butter and honey.

Add in the protein powder and oat flour until it forms a large, slightly dry, ball of dough.

Place a large piece of cling film over an 8 x 8 inch baking tray so that it hangs over the sides and press the mixture into the tray flattening with your hands so it goes right to the edges.
Place the tray in the freezer for around 20 minutes.

Whilst the mix is cooling, melt the chocolate chips in the microwave.

Remove the tray from the freezer and using the cling film, lift it out and onto a chopping board.

Cut evenly into 12 bars and either drizzle or coat them all with the chocolate mix.

The bars can be stored in an airtight container in the fridge or freezer.

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RASPBERRY CHOCOLATE MOUSSE

SERVES: 8

TIME: 20 MINUTES

CALORIES	115
PROTEIN	4
CARBS	14
FATS	6
FIBRE	1

SANS ALCOHOL
If raspberry liqueur isn't your thing, this can be easily traded for a teaspoon of vanilla extract.

Gelatine is made from animal collagen, but if you're a vegetarian or vegan, you can still make delicious desserts using alternatives such as Agar, Carrageen or vegetable gums.

INGREDIENTS

1 tablespoon **raspberry liqueur**
1 tablespoon **milk**
¾ teaspoon **gelatine**
85 grams **baking chocolate**, roughly chopped
4 **eggs**, separated
4 tablespoons **sugar**
1 teaspoon **vanilla extract**
A pinch **salt**

CALORIES
115

INSTRUCTIONS

Begin by whisking together the liqueur, milk and gelatine in a small bowl before leaving to set.

Meanwhile, create a bain-marie by placing a glass bowl atop a saucepan half-filled with boiling water. Place the chocolate in the glass bowl and gently whisk until it has completely melted and there are no lumps.

Put the chocolate to one side and place another glass bowl atop the saucepan. In the bowl, combine the egg yolks, 3 tablespoons of sugar and a pinch of salt. Whisk constantly until the sugar dissolves and then add the gelatine mixture and melted chocolate. Continue to whisk until the gelatine dissolves before removing from the heat.
In a large bowl, beat the egg whites until they form stiff peaks. Once the eggs have reached this consistency, fold them into the chocolate mixture and then divide between 8 ramekins. Refrigerate the chocolate mousses for at least 2 hours before serving and garnish with fresh raspberries or whipped cream.

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HEALTHY AVOCADO CHOCOLATE TRUFFLES

SERVES: 25

TIME: 20 MINUTES

CALORIES	49
PROTEIN	1
CARBS	4
FATS	4
FIBRE	3

Avocados are a fruit, not a vegetable. Now it doesn't seem as weird, right?

INGREDIENTS

1 **avocado**, stoned, peeled and mashed
2 tablespoons **maple syrup**
170 grams **dark chocolate**, melted
4 tablespoons **unsweetened cocoa powder**
½ teaspoon **vanilla extract**
50 grams **desiccated coconut**

CALORIES
49

INSTRUCTIONS

Begin making this healthy sweet treat by combining the maple syrup, melted chocolate, cocoa powder and mashed avocado in a large bowl. Thoroughly mix so that it becomes a smooth paste before covering and placing in the fridge for around 30 minutes or until the truffle mixture has hardened slightly.

Lightly grease your hands with coconut oil and shape the individual truffles with your hands. Once the truffles are round, roll them in the desiccated coconut and place them on parchment paper before returning them to the fridge for another 30 minutes.

Once the truffles have hardened, remove from the fridge and enjoy. Any leftover truffles can be kept in the fridge for up to four days in an airtight container.

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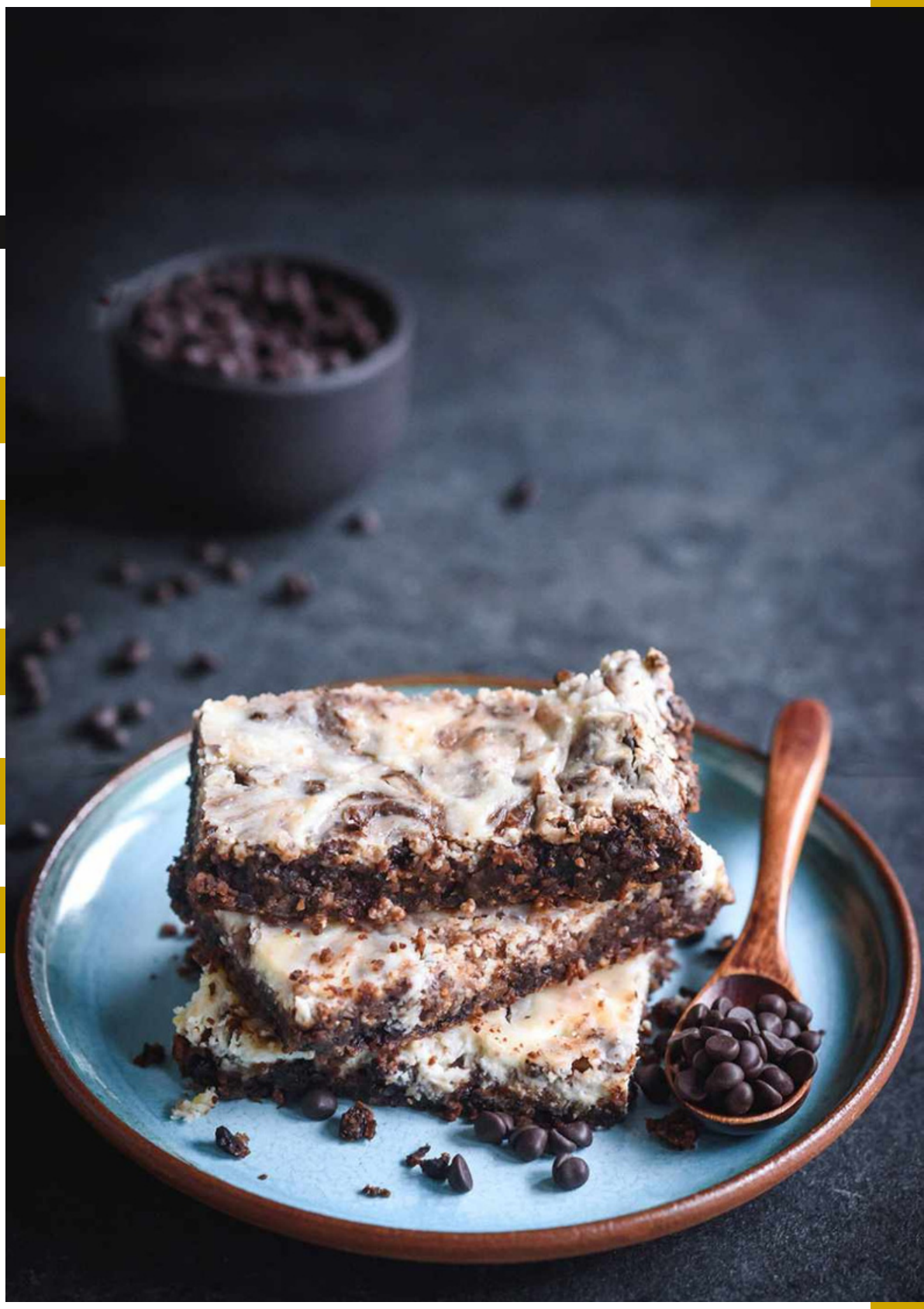
BLACK BEAN BROWNIES

SERVES: 12

TIME: 40 MINUTES

CALORIES	190
PROTEIN	7
CARBS	30
FATS	5
FIBRE	3



The black beans in this recipe can be replaced by any type of legumes like chickpeas, red kidney beans or even lentils. Give it a go.

INGREDIENTS

400 gram tin **black beans**, drained and rinsed
2 tablespoons **cocoa powder**
65 grams **rolled oats**
A pinch **salt**
3 tablespoons **maple syrup**
2 tablespoons **sugar**
1 tablespoon **vegetable oil**
2 teaspoons **vanilla extract**
½ teaspoon **baking powder**
65 grams **chocolate chips**
230 grams **cream cheese**
5 tablespoons **powdered sugar**
1 **lemon**, zested

CALORIES
190

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile, combine the black beans, cocoa powder, oats, salt, maple syrup, sugar, oil, vanilla and baking powder in a food processor. Blend the mixture until it is velvety smooth, which will take around 5 minutes. Add the chocolate chips to the food processor and roughly combine before pouring the brownie mixture into a non-stick cake tin. Bake the brownies for 25 minutes, by which point they will be crisp on the outside and gooey in the middle.

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While the brownies cook, start making the icing by microwaving the cream cheese until soft. Combine the cheese with powdered sugar and lemon zest to make a tangy topping for the brownies.

Once the brownies are cooked, remove from the oven and leave to cool for 30 minutes before spreading on the icing.