

DMF:evolve

MARCH EDITION

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MARINATED SKIRT STEAK AND SWEET POTATO FRIES

Low-Cal Alternative

beef → 120g lean beef steaks

Calories - 334
Protein - 31g
Carbs - 39g
Fat - 4g

Plant-Based Alternative

beef → 100g Taste & Glory no beef strips
honey → 1 tbsp agave syrup
Worcestershire sauce → 1 tbsp HP brown
sauce

Calories - 353
Protein - 28g
Carbs - 43g
Fat - 5g

Time Saver Alternative

No marinating

New Time - 18 mins

Calories - 377
Protein - 30g
Carbs - 39g
Fat - 9g

MARINATED SKIRT STEAK AND SWEET POTATO FRIES

Skirt steak marinated in garlic, honey, paprika and Worcestershire sauce grilled and glazed to perfection, served with air fried sweet potato fries.

Ingredients

- 120g skirt steak
- 120g sweet potato
- 1 tbsp honey
- 1 tbsp Worcestershire sauce
- 1 tbsp light soy sauce
- 1 tsp smoked paprika
- ½ clove garlic
- rapeseed oil spray
- salt
- pepper

Method

- **Marinate the steak** – In a large mixing bowl add the honey, Worcestershire sauce, soy sauce, half the smoked paprika and season with salt and pepper. Spritz with rapeseed oil, before grating in the garlic. Mix well to combine then add the beef into the mixture and leave to marinate for 15–20 mins.
- **Prepare the fries** – Cut the sweet potato into 1cm batons, add to a mixing bowl along with the remaining smoked paprika, salt and spritz with rapeseed oil. Toss well to ensure each baton is coated well.
- **Cook the fries** – Place the sweet potato fries into a preheated air fryer at 200C and cook for 15–20 mins flipping halfway.
- **Grill the steak** – Preheat a griddle or frying pan to medium-high heat. Once up to temperature, add the steak and cook for 5–6 mins for medium, flipping every 30 secs. Glaze the steak with the remaining marinade halfway through cooking. Once cooked to your liking, remove from the pan to rest for 5 mins.
- **Plate** – Once rested, slice the steak against the grain and add to a plate along with the sweet potato fries and serve.
- **Tip** – The steak can be served with other sides such as mashed potatoes or steamed rice.

Calories – 377

Protein – 30g

Carbs – 39g

Fat – 9g



35 mins



Serves 1



HONEY CAJUN GRILLED CHICKEN BURGER

Low-Cal Alternative

brioche bun → 1 Warburtons sliced roll
No avocado
No cheese

Calories - 347
Protein - 31g
Carbs - 40g
Fat - 6g

Plant-Based Alternative

chicken → 100g This Isn't chicken
mayonnaise → 2 tbsp plant-based mayonnaise
honey → ½ tbsp agave syrup
brioche bun → 1 plant-based brioche bun
No cheese

Calories - 619
Protein - 30g
Carbs - 39g
Fat - 35g

Time Saver Alternative

No marinating

New Time - 15 mins

Calories - 457
Protein - 35g
Carbs - 37g
Fat - 18g

HONEY CAJUN GRILLED CHICKEN BURGER

Grilled chicken breast marinated in honey and Cajun spices with smashed avocado, tomato, butterhead lettuce, melted Mexican-style chilli cheddar cheese and homemade Cajun mayonnaise served in a warm toasted brioche bun.

Ingredients

- 100g chicken breast
- 20g avocado
- 15g Mexican style chilli cheddar cheese
- 2 tbsp lightest mayonnaise
- 1 tbsp Cajun seasoning
- ½ tbsp honey
- 1 tsp apple cider vinegar
- 1 tsp smoked paprika
- 2 slices tomato
- 1 brioche burger bun
- 1 wedge lemon
- small handful butterhead leaf lettuce
- olive oil spray
- salt
- pepper

Calories – 457

Protein – 35g

Carbs – 37g

Fat – 18g

Method

- **Marinate the chicken** – In a mixing bowl, add half the Cajun seasoning, half the smoked paprika and half the apple cider vinegar before seasoning with salt and pepper to taste. Next, drizzle in half the honey, spritz with olive oil and squeeze in some lemon juice. Mix well and add the chicken breast into the marinade and leave to sit for 10 mins.
- **Prepare the sauce** – In a small bowl, combine the mayo with the remaining apple cider vinegar, smoked paprika, Cajun seasoning and honey and mix well.
- **Prepare the accompaniments** – In a small bowl, smash the avocado using a fork, squeeze in some lemon juice and season with salt and pepper to taste before slicing the tomato.
- **Grill the chicken** – Preheat a griddle to medium heat, add the chicken breast and cook for 8-10 mins flipping halfway. Add the cheese on top of the chicken for the final 1-2 mins of cooking and cover with a lid to melt the cheese if necessary. When the cheese has melted, remove from the pan to rest.
- **Toast the bun** – Toast the bun in the same pan on both sides until golden brown.
- **Plate** – Place the bottom bun half on a plate and top with the sauce, add the lettuce and tomato slices then season with salt and pepper. Lay the chicken breast on top and spread the smashed avocado on the top bun half before crowning the burger and serving.
- **Tip** – Feel free to add toppings like pickles or sliced onion, homemade coleslaw also pairs well with the spicy Cajun chicken.



25 mins



Serves 1



BEEF MASSAMAN CURRY

Low-Cal Alternative

beef → 100g lean beef steaks
No potatoes

Calories - 504
Protein - 30g
Carbs - 61g
Fat - 15g

Plant-Based Alternative

beef → 100g Taste & Glory no beef strips
Massaman curry paste → 15g vegan
Massaman curry paste
fish sauce → ½ tbsp Thai Taste vegan fish
sauce

Calories - 581
Protein - 31g
Carbs - 72g
Fat - 16g

Time Saver Alternative

beef → 100g tenderloin steak
rice → 110g microwave rice

New Time - 12 mins

Calories - 529
Protein - 30g
Carbs - 62g
Fat - 17g

BEEF MASSAMAN CURRY

Slow cooked tender beef chunks in a rich Thai coconut curry with soft creamy potato pieces served over steamed Thai Jasmine rice, garnished with crushed peanuts.

Ingredients

- 100g skirt steak
- 60g uncooked Thai Jasmine rice
- 50g Maris Piper potatoes
- 15g Thai Massaman curry paste
- 3g unsalted peanuts
- 150ml light coconut milk
- ½ tbsp tamarind paste
- ½ tbsp fish sauce
- 1 tsp palm sugar
- rapeseed oil spray
- salt

Method

- **Prepare the beef** – Cut the beef into 1.5-inch chunks.
- **Prepare the curry** – Preheat a non-stick saucepan to high heat, spray in some oil and add in the beef chunks. Sear on all sides, turn the heat down to medium and add in the curry paste and a splash of coconut milk. Cook until the oil separates from the paste and pour in another 50ml of coconut milk. Repeat the process until all the coconut milk has been added. Pour in 150ml of water and leave to simmer covered over low heat for 2 hours.
- **Prepare the accompaniments** – Crush the peanuts using the back of a knife or heavy-based pan. Peel and cut the potatoes into 1.5-inch chunks.
- **Cook the potatoes** – After 2 hours of simmering add in the potato chunks, cover and leave to cook on low for 20–30 mins.
- **Prepare the rice** – Rinse the rice until the water runs clear and drain. Add to a saucepan with 125ml of water and salt to taste. Cover with a lid, bring to a boil before turning down to low for 10 mins. Leave to sit off the heat for a further 10 mins before fluffing with a fork or chopstick when serving.
- **Finish the curry** – When the beef is tender and the potatoes are cooked through, add in the fish sauce, tamarind paste and sugar. Season with salt to taste before leaving to simmer with the lid off for a final 10 mins until thickened.
- **Plate** – Add the rice to a bowl, spoon over the curry and garnish with the crushed peanuts.
- **Tip** – This dish works well with other slow-cooked proteins such as diced lamb leg or shoulder. Make an extra portion of rice to be used in the Yangzhou fried rice.

Calories – 579

Protein – 31g

Carbs – 68g

Fat – 18g



2 hrs 30 mins



Serves 1



CHAR SIU BAO BUNS

Low-Cal Alternative

2 bao buns → 1 bao bun

Calories - 323
Protein - 30g
Carbs - 38g
Fat - 6g

Plant-Based Alternative

pork → 100g This Isn't chicken
honey → ½ tbsp agave syrup
oyster sauce → ½ tsp vegan oyster sauce

Calories - 415
Protein - 28g
Carbs - 53g
Fat - 7g

Time Saver Alternative

No marinating

New Time - 40 mins

Calories - 394
Protein - 30g
Carbs - 53g
Fat - 6g

Pork-Free Alternative

pork → 120g chicken thighs

Calories - 413
Protein - 30g
Carbs - 50g
Fat - 10g

CHAR SIU BAO BUNS

Cantonese-inspired barbecued pork tenderloin with cucumber slices served in fluffy steamed bao buns.

Ingredients

- 130g pork tenderloin
- ½ tbsp brown sugar
- ½ tbsp honey
- ½ tbsp Hoisin sauce
- 1 tsp Shaoxing cooking wine
- ½ tsp oyster sauce
- ½ tsp light soy sauce
- ¼ tsp Chinese five spice
- ¼ tsp sesame oil
- 4 slices cucumber
- 2 small bao buns
- ½ clove garlic
- rapeseed oil spray

Calories – 394

Protein – 30g

Carbs – 53g

Fat – 6g

Method

- **Marinate the pork** - Grate the garlic directly into a large mixing bowl. Add in the honey, brown sugar, Hoisin sauce, Shaoxing wine, Chinese five spice, light soy sauce, oyster sauce and sesame oil and mix well. Remove 1 tbsp of the marinade and reserve to baste the pork with. Add the pork into the mixing bowl and massage in the marinade. Leave to marinate for 15-20 mins at room temperature or in the refrigerator for up to 24 hours.
- **Cook the pork** - Preheat the oven to 220C. Place a wire rack over a large roasting tray half filled with boiling water. The rack should be above the water and not touching. Roast the pork for 30 mins, basting and flipping every 10 mins. Once cooked through, place under a hot grill for 2 mins until charred before removing from the oven to rest for 10 mins.
- **Steam the bao buns** - Steam the bao buns for 10 mins or according to instructions on the packet.
- **Plate** - Brush the inside of the bao buns with any remaining glaze, slice and add the pork along with the cucumber slices and serve.
- **Tip** - Make an extra portion of the char siu, half to be used in the Singapore Noodles recipe and the other half in the Yangzhou Fried Rice recipe. Feel free to add a few drops of red food colouring to emulate the char siu from Chinese take-aways.



57 mins



Serves 1



YANGZHOU FRIED RICE

Low-Cal Alternative

100g rice → 60g rice

Calories - 357
Protein - 30g
Carbs - 37g
Fat - 9g

Plant-Based Alternative

pork + prawns + egg → 100g This Isn't chicken
honey → ¼ tbsp agave syrup
oyster sauce → ¼ tsp vegan oyster sauce

Calories - 438
Protein - 28g
Carbs - 56g
Fat - 9g

Time Saver Alternative

Use leftover char siu

New Time - 10 mins

Calories - 446
Protein - 31g
Carbs - 55g
Fat - 11g

Pork-Free Alternative

pork → 60g chicken thighs

Calories - 461
Protein - 31g
Carbs - 53g
Fat - 13g

YANGZHOU FRIED RICE

A.K.A special fried rice in many Chinese take-away's up and down the country, this savoury fried rice dish contains char siu, prawns, egg, garden peas and diced carrot.

Ingredients

- 65g pork tenderloin
- 40g prawns
- 100g cooked Thai Jasmine rice
- 20g carrot
- 10g frozen peas
- 6¼ tsp light soy sauce
- ¼ tbsp brown sugar
- ¼ tbsp honey
- ¼ tbsp Hoisin sauce
- ½ tsp Shaoxing wine
- ¼ tsp oyster sauce
- ¼ tsp dark soy sauce
- ⅛ tsp sesame oil
- ⅛ tsp sugar
- ⅛ tsp Chinese five spice
- 1 medium egg
- 1 spring onion
- ¼ clove garlic
- rapeseed oil spray
- salt

Calories – 446

Protein – 31g

Carbs – 55g

Fat – 11g

Method

- **Marinate the pork** – Grate the garlic directly into a mixing bowl then add in the honey, brown sugar, Hoisin sauce, Shaoxing wine, Chinese five spice, ¼ tsp light soy sauce, ¼ tsp oyster sauce and sesame oil. Mix well, add the pork and massage the marinade in. Leave to marinate for 15–20 mins at room temperature or in the refrigerator for up to 24 hours.
- **Cook the pork** – Preheat the oven to 220C. Place a wire rack over a large roasting tray half filled with boiling water. The rack should be above the water and not touching. Roast the pork for 30 mins, basting and flipping every 10 mins. Once cooked through, place under a hot grill for 2 mins until charred before removing from the oven to rest for 10 mins.
- **Prepare the accompaniments** – Cut the prawns, char siu and carrot into small bite-size pieces and thinly slice the spring onion.
- **Prepare the sauce** – In a small bowl, combine the remaining light soy with dark soy and sugar.
- **Stir-fry** – Preheat a wok to high heat, spray in some oil and add the carrots. Cook for 30 secs before adding in the prawns and char siu, stir-fry for 10 secs. Push everything to one side and crack in the egg and scramble. Cook until almost cooked through. Next, add in the rice and toss well to combine. Press down using the back of a spatula to help the grains separate before pouring in the sauce. Finally, add in the spring onion and peas, season with salt if required and toss well to ensure everything is incorporated well.
- **Plate** – Tip the fried rice out of the pan directly onto a plate, garnish with sliced spring onion if desired and serve.
- **Tip** – Feel free to swap or add additional meat to the dish such as thinly sliced beef or chicken. Day-old refrigerated rice works best for fried rice.



Char Siu – 57 mins
Fried Rice – 10 mins



Serves 1



SINGAPORE NOODLES

Low-Cal Alternative

100g noodles → 60g noodles

Calories - 365
Protein - 30g
Carbs - 38g
Fat - 9g

Plant-Based Alternative

pork + prawns + egg → 100g This Isn't chicken
honey → ¼ tbsp agave syrup
oyster sauce → ¾ tsp vegan oyster sauce

Calories - 417
Protein - 28g
Carbs - 53g
Fat - 7g

Time Saver Alternative

Use leftover char siu

New Time - 10 mins

Calories - 424
Protein - 31g
Carbs - 52g
Fat - 9g

Pork-Free Alternative

pork → 60g chicken thighs

Calories - 439
Protein - 31g
Carbs - 50g
Fat - 12g

SINGAPORE NOODLES

Originating in Hong Kong, this heavily spiced stir-fried dish includes vermicelli rice noodles, strips of sweet and savoury char siu, succulent prawns, egg, sliced green pepper and fresh sliced chilli all flavoured with curry powder and soy sauce.

Ingredients

- 65g pork tenderloin
- 40g prawns
- 100g fresh vermicelli rice noodles
- 3¼ tsp light soy sauce
- ½ tbsp hot curry powder
- ¼ tbsp brown sugar
- ¼ tbsp honey
- ¼ tbsp Hoisin sauce
- ¾ tsp oyster sauce
- ½ tsp Shaoxing wine
- ¼ tsp sugar
- ⅛ tsp sesame oil
- ⅛ tsp Chinese five spice
- 1 spring onion
- 1 medium egg
- ½ red chilli
- ¼ clove garlic
- ⅛ green pepper
- rapeseed oil spray
- salt

Calories – 424

Protein – 31g

Carbs – 52g

Fat – 9g

Method

- **Marinate the pork** – Grate the garlic directly into a mixing bowl and add in the honey, brown sugar, Hoisin sauce, Chinese five spice, Shaoxing wine, ¼ tsp light soy sauce, ¼ tsp oyster sauce and sesame oil and mix well. Add the pork and massage in the marinade. Leave to marinate for 15-20 mins at room temperature or in the refrigerator for up to 24 hours.
- **Cook the pork** – Preheat the oven to 220C. Place a wire rack over a large roasting tray half filled with boiling water. The rack should be above the water and not touching. Roast the pork for 30 mins, basting and flipping every 10 mins. Once cooked through, place under a hot grill for 2 mins until charred before removing from the oven to rest for 10 mins.
- **Prepare the accompaniments** – Cut the char siu into strips, julienne the green pepper, thinly slice the chilli and cut the spring onion into quarters.
- **Prepare the sauce** – In a small bowl, combine the remaining light soy sauce, oyster sauce, sugar and the curry powder.
- **Stir-fry** – Preheat a wok to high heat, spray in some oil and add in the green peppers. Cook for 30 secs before adding in the prawns followed by the char siu and spring onion. Stir-fry for a further 30 secs, push everything to one side and crack the egg into the centre of the pan. Season with salt, scramble well and when almost cooked through, add in the noodles. Pour in the sauce and toss well to ensure everything is incorporated.
- **Plate** – Tip the noodles directly into a bowl, garnish with sliced red chilli if desired and serve.
- **Tip** – Choose a curry powder depending on the spice level you like and add other veg such as bean sprouts or carrots for more variety.



Char Siu – 57 mins
Noodles – 10 mins



Serves 1



GINGER PORK UDON NOODLES

Low-Cal Alternative

100g noodles → 60g noodles

Calories - 328
Protein - 30g
Carbs - 32g
Fat - 9g

Plant-Based Alternative

pork → 120g Viverra plant mince

Calories - 339
Protein - 30g
Carbs - 43g
Fat - 3g

Pork-Free Alternative

pork → 100g 7% turkey mince

Calories - 347
Protein - 30g
Carbs - 41g
Fat - 7g

GINGER PORK UDON NOODLES

Stir-fried pork mince and thick Udon noodles with ginger and garlic in a sweet and savoury sauce, garnished heavily with sliced spring onion.

Ingredients

- 120g 5% pork mince
- 100g fresh udon noodles
- 1 tbsp light soy sauce
- ½ tbsp Hoisin sauce
- ½ tsp rice vinegar
- ¼ tsp brown sugar
- ¼ tsp sesame oil
- ¼ tsp dark soy sauce
- 1 spring onion
- ½ clove garlic
- ½ inch piece ginger
- rapeseed oil spray
- salt

Method

- **Chop the aromatics** – Julienne the ginger, dice the garlic and thinly slice the spring onion before separating the white parts from the green.
- **Prepare the sauce** – In a small bowl combine the light soy, dark soy, Shaoxing wine, Hoisin sauce, rice vinegar, brown sugar, sesame oil and dark soy sauce.
- **Stir fry** – Preheat a wok to high heat, spray in some oil, add in the pork mince and season with salt to taste. Allow the pork to sear and caramelise for 30 secs before breaking it up with a spatula. Cook for a further min before adding in the whites of the spring onion and the ginger. Stir-fry for 30 secs before adding in the udon noodles. Cook for 30 secs before pouring in the sauce, toss well to coat the noodles and pork mince. Once the noodles have absorbed all the sauce and the mince is cooked through, turn off the heat.
- **Plate** – Tip the noodles out onto a plate and garnish with the green parts of the sliced spring onion.
- **Tip** – Egg noodles or flat rice noodles are a great substitution for the udon noodles and garnish with fresh sliced chilli for an extra kick if desired.

Calories – 358

Protein – 30g

Carbs – 41g

Fat – 8g



10 mins



Serves 1



CHICKEN AND HALLOUMI GYROS

Low-Cal Alternative

No halloumi cheese
No potato

Calories - 358
Protein - 32g
Carbs - 39g
Fat - 6g

Plant-Based Alternative

chicken + halloumi → 100g This Isn't chicken
yoghurt → 40g Oatgurt

Calories - 528
Protein - 36g
Carbs - 54g
Fat - 14g

Time Saver Alternative

No marinating

New Time - 20 mins

Calories - 482
Protein - 40g
Carbs - 49g
Fat - 11g

CHICKEN AND HALLOUMI GYROS

Slices of grilled chicken breast marinated in yoghurt and spices served with grilled halloumi cheese, tomato and onion slices, air fried chips and homemade creamy tzatziki sauce, all wrapped in a warm toasted Greek style flatbread.

Ingredients

- 70g chicken breast
- 40g Maris Piper potato
- 40g Fage 0% Greek yoghurt
- 30g halloumi cheese
- ½ tsp oregano
- ½ tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 Greek style flatbread
- ½ clove garlic
- ½ tomato
- ½ lemon
- ¼ cucumber
- ⅛ onion
- small handful fresh dill
- olive oil spray
- salt
- pepper

Calories – 482

Protein – 40g

Carbs – 49g

Fat – 11g

Method

- **Marinate the chicken** – In a mixing bowl, add the smoked paprika, oregano, ground cumin, ground coriander, 1 tsp of yoghurt and a squeeze of lemon juice. Next, grate in half the garlic, spray in some olive oil and season with salt and pepper to taste. Massage the marinade into the chicken and leave to sit for 15–20 mins.
- **Prepare the chips** – Cut the potato into 1cm batons, rinse the starch off in cold water before draining and drying well with a paper towel.
- **Cook the chips** – Place the chips into a preheated air fryer at 200C, spray the chips with olive oil and cook for 15–20 mins giving them a toss halfway through.
- **Prepare the accompaniments** – Slice the onion, tomato and halloumi cheese before chopping the fresh dill.
- **Prepare the tzatziki** – Grate the cucumber into a bowl squeezing out as much liquid as possible using your hands. Drain off the excess liquid, add the remaining yoghurt to the grated cucumber, along with the chopped dill. Add a squeeze of lemon juice, grate in the remaining garlic and season with salt and pepper to taste. Mix well and set aside.
- **Grill** – Preheat a griddle to medium-high heat, add in the chicken and cook for 8–10 mins flipping halfway. Once cooked through, remove from the pan to rest. Turn the heat down to medium and add in the halloumi slices cooking for 1–2 mins on each side before removing from the pan. Finally, toast the flatbread in the same pan for 30 secs on each side.
- **Plate** – Lay the flatbread down on greaseproof paper and top with the tzatziki, tomato and onion. before slicing and adding the chicken along with the halloumi. Season the chips with salt before placing them on top of the chicken. Garnish with dried oregano if desired and wrap the gyro in the grease-proof paper and serve.
- **Tip** – Fresh mint is a great alternative for the fresh dill in the tzatziki and pairs well with lamb if you would like to swap out the chicken.



40 mins



Serves 1



HONEY SRIRACHA GARLIC WINGS

Low-Cal Alternative

chicken wings → 120g chicken mini fillets

Calories - 229
Protein - 30g
Carbs - 21g
Fat - 3g

Plant-Based Alternative

chicken wings → 140g Taste & Glory roast
tenderstrips
honey → 1 tbsp agave syrup

Calories - 296
Protein - 30g
Carbs - 24g
Fat - 8g

Time Saver Alternative

chicken wings → 120g chicken mini fillets
No marinating

New Time - 10 mins

Calories - 229
Protein - 30g
Carbs - 21g
Fat - 3g

HONEY SRIRACHA GARLIC WINGS

Glazed air fryer chicken wings marinated in a sweet savoury and spicy honey sriracha and garlic sauce, garnished with sesame seeds and fresh sliced spring onion.

Ingredients

- 4 whole chicken wings
- 1 tbsp honey
- 1 tbsp sriracha
- 1 tsp rice vinegar
- 1 clove garlic
- spring onion, garnish
- sesame seeds, garnish
- rapeseed oil spray
- salt

Method

- **Prepare the wings** – Separate the wings into drums and flats by cutting through the joints and discarding the wing tips.
- **Marinate the wings** – Add the honey, sriracha sauce and rice vinegar to a mixing bowl. Next grate in the garlic, season with salt, spray in some oil and mix well. Coat the wings in the marinade and leave to sit for 15–20 mins.
- **Cook the wings** – Place the wings into an air fryer at 200C for 20 mins flipping halfway.
- **Prepare the garnish** – Thinly slice the spring onion at an angle.
- **Plate** – Place the wings on a plate, garnish with sesame seeds and sliced spring onion and serve.
- **Tip** – Serve the wings with sides such as fried rice or sweet potato fries.

Calories – 394

Protein – 30g

Carbs – 21g

Fat – 22g



40 mins



Serves 1



CREAMY BLACKENED SALMON WITH SPRING ONION AND CHILLI CHEDDAR MASH

Low-Cal Alternative

160g potatoes → 100g potatoes
150ml chicken stock → 100ml chicken stock
50ml Elmlea → 30ml Elmlea
No cheese
No milk

Calories - 358
Protein - 31g
Carbs - 30g
Fat - 11g

Plant-Based Alternative

salmon → 1 Plant Pioneers no salmon fillet
chicken stock → 150ml vegetable stock
cream → 50ml Elmlea plant
milk → 20ml plant-based milk
No cheese

Calories - 632
Protein - 22g
Carbs - 59g
Fat - 29g

Time Saver Alternative

potatoes → 200g microwave mashed
potatoes

New Time - 15 mins

Calories - 486
Protein - 35g
Carbs - 38g
Fat - 19g

CREAMY BLACKENED SALMON WITH SPRING ONION AND CHILLI CHEDDAR MASH

Salmon seasoned heavily in Cajun spices and smoked paprika, seared then poached in a rich creamy Cajun sauce served with spring onion and chilli cheddar mashed potatoes.

Ingredients

- 100g skinless wild salmon
- 160g Maris Piper potatoes
- 10g Mexican style chilli cheddar cheese
- 150ml chicken stock
- 50ml Elmlea single light
- 20ml skimmed milk
- 1 tbsp Cajun seasoning
- 1 tsp plain flour
- 1 tsp smoked paprika
- 1 clove garlic
- ¼ shallot
- ¼ lemon
- ¼ spring onion
- ⅛ green pepper
- ⅛ red pepper
- olive oil spray
- salt
- pepper

Calories – 479

Protein – 36g

Carbs – 43g

Fat – 17g

Method

- **Boil the potatoes** – Peel the potatoes and cut them into small 2-inch cubes before placing them in a saucepan with cold salted water. Bring to a boil and leave to simmer until fork-tender.
- **Season the salmon** – Coat the salmon in half the Cajun seasoning and half the paprika before seasoning with salt and pepper to taste.
- **Chop the aromatics** – Cut the red and green pepper into small bite-sized pieces. Next, dice the garlic and shallot before thinly slicing the spring onion.
- **Sear the salmon** – Preheat a non-stick frying pan to medium-high heat, spray in some olive oil and add the salmon. Sear for 1- 2 mins on each side until 'blackened' but not burn before removing from the pan.
- **Make the sauce** – Add the shallot and the red and green peppers to the pan and sauté for 3-5 mins over medium heat until softened. Next, add in the garlic and cook for 30 secs until fragrant before adding in the flour, the remaining paprika and Cajun seasoning. Cook the flour and spices for 30-60 secs and then slowly whisk in the chicken stock, leave to simmer over low heat for 3-5 mins.
- **Finish the sauce** – Slowly stir in the cream and squeeze in some lemon juice before adding the salmon back to the pan. Leave to simmer for a final 3-5 mins until cooked through.
- **Prepare the mash** – When the potatoes are fork-tender, drain and add them back into the same pan to steam dry for 2-3 mins. Once dry, push through a potato ricer and into a bowl. Mix in the milk, cheese and spring onion before seasoning with salt and pepper.
- **Plate** – Spoon the mash onto a plate and top with the salmon fillet. Pour over the creamy sauce, garnish with additional fresh chives if desired and serve.
- **Tip** – Make an extra portion of salmon to be used in the Tuscan Salmon recipe. Prawns or chicken breast is a great alternative to the salmon fillet.



30 mins



Serves 1



TUSCAN SALMON PENNE PASTA

Low-Cal Alternative

70g pasta → 50g pasta
No cheese

Calories - 383
Protein - 31g
Carbs - 24g
Fat - 15g

Plant-Based Alternative

salmon → 1 Plant Pioneers no salmon fillet
cream → 50ml Elmlea plant
wine → 30ml vegan white wine
Parmigiano Reggiano → 10g Violife prosociano
wedge

Calories - 635
Protein - 23g
Carbs - 51g
Fat - 35g

TUSCAN SALMON PENNE PASTA

Pan seared salmon served with penne pasta in a white wine cream sauce with sun-dried tomatoes and spinach.

Ingredients

- 100g skinless wild salmon
- 70g dried penne
- 15g drained sun-dried tomatoes
- 10g grated Parmigiano Reggiano
- 50ml Elmlea single light
- 30ml white wine
- 1 clove garlic
- ¼ shallot
- ¼ lemon
- small handful fresh spinach
- olive oil spray
- salt
- pepper

Calories – 458

Protein – 35g

Carbs – 31g

Fat – 18g

Method

- **Chop the aromatics** – Finely dice the shallot, garlic and sundried tomatoes. Next, roughly chop the spinach.
- **Sear the salmon** – Preheat a non-stick frying pan to medium-high heat and spray in some olive oil. Season the salmon with salt and pepper, add to the pan and sear on both sides for 1-2 mins before removing and setting aside.
- **Make the sauce** – Turn the heat down to medium and add in the diced shallot. Season with salt and pepper to taste and sauté for 3 mins until softened before adding in the sun-dried tomatoes. Cook for 30-60 secs before adding in the garlic. Cook the garlic for 30 secs until fragrant and add in the spinach. When the spinach has wilted, deglaze with white wine, reduce by half and stir in the cream and Parmigiano Reggiano. Turn the heat to low, add the salmon back into the pan along with any resting juices and leave to simmer covered for 6-7 mins.
- **Boil the pasta** – Cook the pasta in boiling salted water for 2 mins less than stated on the packet for 'al-dente'.
- **Finish the sauce** – Remove the salmon from the pan and add the pasta directly into the sauce using a strainer. Toss the pasta in the sauce and add a splash of pasta water to thin out the sauce if needed. Cook the pasta in the sauce for 1-2 mins until al-dente or cooked to your liking before squeezing in some lemon juice.
- **Plate** – Spoon the pasta into a bowl or onto a plate and top with the salmon fillet. Spoon over any remaining sauce and serve.
- **Tip** – Feel free to spice up the dish with additional seasonings such as Cajun or smoked paprika. The salmon can also be flaked into the pasta instead of being served as a whole fillet.



15 mins



Serves 1