

Fun Ziplock Omelette

Recipe makes:

I portion

Preparation time:

5 minutes

Cooking time:

15-20 minutes

Nutritional Information	1 Portion
Energy	301kcals
Carbohydrates of which sugars	3.5g 3.5g
Protein	29.9g
Fat	18.6g

Ingredients:

- 2 medium eggs, beaten
- I large slice of ham cut into pieces
- I tbsp finely chopped onions
- 2 tbsp finely chopped mushrooms
- I tbsp cooked bacon, finely chopped
- 2 tbsp green pepper, finely chopped
- 28g reduced-fat mozzarella cheese, shredded
- Salt and black pepper to taste
- 2 dark green salad leaves
- Small tomato cut into wedges

Method:

- I. Half fill a medium sized pan with water and bring to the boil.
- 2. Add the beaten eggs and all ingredients (except the salad leaves and tomato) into a Ziplock food bag.
- 3. Gently shake ingredients to mix, and make sure any air is removed before sealing the Ziplock bag.
- 4. Place the bag zip side up into the boiling water, and boil for 15-20 minutes or until cooked.
- 5. Carefully remove the bag from the boiling water and open. Be careful not to burn yourself with the steam.
- 6. Pour the omelette onto a plate and serve with the salad leaves and tomato.

Chef's Tips:

- For a Mexican fiesta omelette try adding guacamole, salsa and sour cream.
- If making several servings, have each person write their name on the outside of the Ziplock bag with a permanent marker. You may cook 6-8 bags at a time in a large pan.





Green Goddess Smoothie

Recipe makes:

I smoothie

Preparation time:

5 minutes

Nutritional Information	1 Smoothie
Energy	296kcals
Carbohydrates of which sugars	8.1g 5.8g
Protein	12.8g
Fat	23.6g

Ingredients:

- 100g plain Greek yogurt
- I5g mixed greens
- 1/4 of an avocado
- I tbsp hemp seeds
- 4 fresh raspberries

Method:

Place all ingredients in a blender and blend until smooth.
Add water, if a thinner consistency is desired.

Chef's Tip:

• Add ice before blending, if desired.





Pick-Me-Up Smoothie

Recipe makes:

I Smoothie

Preparation time:

5 minutes

Nutritional Information	1 Smoothie
Energy	136kcals
Carbohydrates of which sugars	4.1g 2.9g
Protein	8g
Fat	9.7g

Ingredients:

- 120ml unsweetened almond milk
- 7.5g baby spinach leaves
- 4g baby kale
- I tbsp almond butter
- 10 small fresh blueberries
- 3/4 tsp vanilla extract

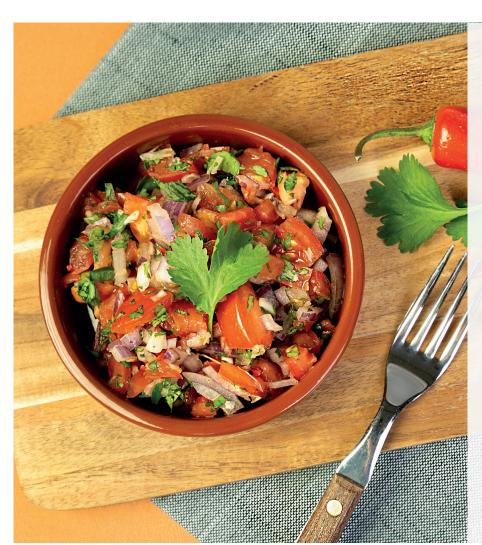
Method:

Place all ingredients in a blender and blend until smooth.
Add water if a thinner consistency is desired.

Chef's Tips:

- Add ice before blending, if desired.
- Try any greens you have on hand for a different flavour.





Pico de Gallo -Mexican Salsa

Recipe makes: 4 Portions (344g)

Preparation time: 10 minutes

1 Portion (86g)
17kcals
2.9g 2.5g
0.8g
0.2g

Ingredients:

- I large or 2 medium tomatoes, finely chopped
- ½ medium red onion, finely chopped
- 2 tbsp fresh coriander, chopped
- 2 freshly squeezed lemons, juice only
- I red de-seeded chilli, finely chopped
- 2 cloves of garlic, minced

Method:

- I. Mix all ingredients in a bowl.
- 2. Cover and chill until ready to use.

Chef's Tip:

• Great served as a side dish with the Mouth-watering Meatloaf (see separate recipe card).





Mouth-Watering Meatloaf

Recipe makes:

8 Portions

Preparation time:

15 minutes

Cooking time:

45-55 minutes

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Ingredients:

- 500g 10% fat beef mince
- 60g breadcrumbs
- 3 medium onions, thinly sliced
- 5 cloves garlic, minced
- 2 large eggs
- 2tbsp of tomato puree
- 60g passata
- ½ tsp salt
- 3/4 tsp ground pepper
- 4 slices thinly cut bacon

Method:

- 1. Pre-heat oven to 180°C/ fan 160°C/ gas mark 4.
- 2. Mix ground beef, breadcrumbs, onions, garlic, eggs, tomato puree, passata, salt and pepper in a large bowl.
- 3. Shape the beef mix into an 8x4 inch foil lined loaf pan.
- 4. Lay uncooked bacon slices on top of your meatloaf.
- 5. Bake for 45-55 minutes.
- 6. Remove from the oven and let rest for 5 minutes.
- 7. Cut into 8 equal sized slices.

Chef's Tips:

- Instead of passata you can use tinned crushed tomatoes. Ensure to press with a potato masher or use a stick blender to make a smooth consistency.
- Serve with fresh green salad or Pico de Gallo Mexican salad (see separate recipe card), and a portion of rice or potatoes.

