



Achieve Your Objective



# Batch-Cooking Brilliance

*Ten quick, simple and tasty meals, that you can cook in bulk & 'Tupperware-up'. Simply add veggies and eat 'again' (and again) well into the week.*







# Contents & Key

- 4-5** Simple Shredded Chicken 2 Ways
- 6-7** Spicy Chicken & Chickpeas
- 8-9** High Protein Tuna Bake
- 10-11** Ginger & Soy Salmon With Coconut Rice
- 12-13** Oven Roasted Chicken Shawarma
- 14-15** Buckwheat Risotto
- 16-17** Turkey Chili
- 18-19** High-Protein Turkey Salad
- 20-21** Satay Tempeh Skewers With Asian Slaw
- 22-23** Vegan 'Tuna' Salad

|    |                               |
|----|-------------------------------|
| GF | Gluten Free                   |
| DF | Dairy Free                    |
| LC | Low Carb (20g- serve)         |
| MP | Meal Prep/Freezer Friendly    |
| HP | High Protein (20g+ per serve) |
| V  | Vegetarian                    |
| Q  | Quick (under 30 mins)         |
| N  | Contains Nuts                 |



# Simple Shredded Chicken 2 Ways

Serves 4

What you need to do

## Slow Cooked:

4 chicken breasts (500g/1.1 lb)  
1 cup (250ml) chicken stock  
½ tsp salt  
¼ tsp. ground pepper

## Slow Cooked:

1. Season the chicken breasts on both sides with salt and pepper and place in the slow cooker. Pour over the stock, place the lid on the slow cooker and cook on low for 3-4 hours.
2. Once cooked, remove the chicken breasts from the slow cooker and place on a large cutting board. Using two forks, pull the chicken apart until shredded into bite-size pieces.

## Oven Baked:

4 chicken breasts (500g/1.1 lb)  
2 tbsp. olive oil  
½ tsp salt  
¼ tsp. ground pepper

## Oven Baked:

1. Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.
2. Set the chicken breasts onto the baking paper, drizzle with olive oil and season with salt and pepper.
3. Place the chicken in the oven and bake for 25-35 minutes or until the chicken is cooked through (internal temperature of 165°F (74°C)).
4. Remove the chicken from the oven and set it aside to rest for 10-15 minutes. Use two forks to shred the chicken.

**Note:** Once shredded, the chicken can be used as it is or added to soups, salads and sauces for extra flavor and protein.

**Storage:** Once cooked and cooled, place the chicken in an airtight container and store in the refrigerator for up to 5 days.



| GF | DF | LC | MP | HP |
|----|----|----|----|----|
|----|----|----|----|----|

| Ways        | Prep   | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|-------------|--------|---------|------|---------|----------|------------|----------|
| Oven Baked  | 5 mins | 35 mins | 211  | 10      | 0        | 28         | 0        |
| Slow Cooked |        | 4 hrs   | 154  | 3       | 0        | 29         | 0        |

\*Nutrition per serving







# Spicy Chicken & Chickpeas

## Serves 4

1 tbsp. olive oil  
1 lb. (450g) chicken breast, chopped  
1 tsp. chili flakes  
1 cup (170g) chickpeas, drained  
2 garlic cloves, minced  
1 tbsp. lemon juice  
2 green onions (spring onions), sliced  
2 tbsp. chopped parsley  
salt & pepper

## What you need to do

1. Heat the olive oil in a non-stick skillet/frying pan over medium-high heat. Season the chicken with salt, pepper and chili flakes. Cook in the pan for 5-6 minutes until the chicken is cooked through.
2. Add in the chickpeas, garlic and green onions, and continue cooking for another 3-4 minutes.
3. Take the pan off the heat, drizzle with the lemon juice and top with chopped parsley to serve.

**Serving Suggestions:** white rice, hummus, fresh salad



| GF | DF | LC | MP | Q |
|----|----|----|----|---|
|----|----|----|----|---|

| Prep   | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 15 mins | 158  | 5       | 8        | 19         | 2        |

\*Nutrition per serving







# High Protein Tuna Bake

## Serves 4

3.5 oz. (100g) chickpea pasta  
2 cans tuna, in water (7 oz./200g drained weight)  
1 cup (160g) sweetcorn, drained  
½ broccoli head, separated into florets  
1 cup (70g) white mushrooms  
1 garlic clove, minced  
1 tbsp. mixed Italian herbs  
¼ cup (30g) cheddar cheese, shredded  
salt & pepper

## What you need to do

1. Cook the pasta according to instructions on the packaging, drain and set aside. Heat oven to 400°F (200°C).
2. Place the drained tuna into a large bowl, add the sweetcorn, broccoli, mushrooms, garlic and herbs, and mix well.
3. Next add in the cooked pasta, season to taste with salt and pepper, and gently mix until well combined.
4. Place the mixture in an ovenproof dish, and top with the shredded cheese.
5. Bake in the preheated oven for 15-20 minutes until the cheese is melted and has turned golden.

**Note:** This recipe uses chickpea pasta as it is high in protein and gluten free. This pasta is usually available in all major stores, check the 'healthy' or 'gluten free' aisles. If unavailable, substitute with another variety of pasta, but note that the macronutrient breakdown will change.

| GF | MP | HP |
|----|----|----|
|----|----|----|

| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 10 mins | 20 mins | 252  | 6       | 28       | 28         | 7        |

\*Nutrition per serving







# Ginger & Soy Salmon With Coconut Rice

Serves 4

What you need to do

## For the salmon:

- 1 ½ lb. (680g) salmon fillet (4 fillets)
- ¼ cup (60ml) tamari (or soy sauce)
- 1 tbsp. sesame oil
- 2 tbsp. root ginger, grated
- ½ tsp. ground black pepper
- 3-4 garlic cloves, crushed
- 4 tsp. coconut sugar
- 1 tbsp. sesame seeds
- 2 tbsp. chives, chopped

## For the rice:

- 1 cup (195g) Jasmine rice
- ¾ cup (180ml) can light coconut milk
- 1 tbsp. coconut sugar
- ½ tsp. salt, plus more to taste
- ¾ cup (180ml) water

## For the salmon:

1. In a small bowl, combine the tamari, sesame oil, ginger, pepper, and garlic; and pour over the salmon. If time allows, leave the salmon to marinade for at least 2 hours.
2. Preheat the oven to 350°F (180°C). Place the salmon fillets, skin side down, on a baking dish. Sprinkle with sugar and sesame seeds.
3. Bake the salmon in the oven for 25 to 30 minutes or until the fish flakes easily with a fork. Garnish with chives and serve with coconut rice.

## For the rice:

1. Rinse the rice a few times, until the water runs clear.
2. Place the rice into a medium saucepan along with the coconut milk, water, sugar and salt and place over a medium-high heat. When the rice comes up to the boil, stir well, then cover the pan and reduce the heat to low.
3. Simmer gently for 15 minutes, then turn off the heat and leave to rest for 10 minutes. To serve, mix the rice with a fork and season with more salt if necessary.

| GF | DF | MP | HP |
|----|----|----|----|
|----|----|----|----|

| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fiber(g) |
|---------|---------|------|---------|----------|------------|----------|
| 10 mins | 30 mins | 555  | 23      | 47       | 40         | 2        |

\*Nutrition per serving







# Oven Roasted Chicken Shawarma

## Serves 6

2 lemons, juiced  
 ¼ cup (60ml), plus 1 tbsp. olive oil  
 6 cloves garlic, minced  
 1 tsp. salt  
 2 tsp. ground black pepper  
 2 tsp. ground cumin  
 2 tsp. ground paprika  
 ½ tsp. turmeric  
 pinch ground cinnamon  
 chili flakes, to taste  
 2 lbs. (900g) chicken legs  
 1 red onion, peeled and quartered  
 2 tbsp. chopped fresh parsley

## What you need to do

1. Prepare the marinade by combining the lemon juice, ½ cup olive oil, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon and chili flakes in a large bowl, then whisk to combine. Add the chicken and toss well to coat in the marinade. Cover and store in the refrigerator for at least 1 hour, or up to 12 hours.
2. Heat oven to 425°F (220°C). Use the remaining 1 tablespoon of olive oil to grease roasting tin.
3. Add the quartered onion to the chicken and marinade.
4. Remove the chicken and onion from the marinade and place in the roasting tin. Roast in the oven until golden and cooked through, approximately 30 to 40 minutes. Remove from the oven, allow to rest for 5 minutes, then shred the chicken into pieces.
5. To serve garnish the chicken with the parsley over the top.

### Serving Suggestions:

Tomato, cucumbers and chickpea salad, warm pitta bread, hot sauce and olives.



| GF    | DF      | LC   | MP      | HP       |            |
|-------|---------|------|---------|----------|------------|
|       |         |      |         |          |            |
| Chill | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
| 1 hr  | 40 mins | 442  | 37      | 3        | 25         |

\*Nutrition per serving





# Buckwheat Risotto

## Serves 2

1 tbsp. olive oil  
1 garlic clove, chopped  
1 leek, sliced  
7 oz. (200g) chicken breast, chopped  
2 tsp. dried oregano  
3.5 oz. (100g) buckwheat groats  
¾ cup (180ml) boiling water  
2 tbsp. tamari, or soy sauce  
1 tbsp. balsamic vinegar  
⅓ head savoy cabbage, finely chopped  
salt & pepper

## What you need to do

1. Heat the oil in a large frying pan over medium heat and add the garlic and leek. Season with salt and pepper and fry for 2 minutes, stirring every now and then. Cover the pan and continue to cook for a further 2-3 minutes until the leek has softened.
2. Season the chicken breast with salt, pepper and dried oregano. Move the leek to the side of the pan and place the chicken on the other side. Cook the chicken for 6-7 minutes, turning often, until cooked through and golden browned.
3. Add in the buckwheat groats and mix in all the remaining ingredients. Cook for 1-2 minutes and then add the hot water along with tamari (or soy sauce) and balsamic vinegar, bring to a boil. Cover the pan, turn the heat down to low and simmer gently for around 5 minutes.
4. Add the chopped cabbage, mix through and cover. Cook for a further 3 minutes then remove the lid and cook uncovered for another 3 minutes. Serve immediately.



| GF | DF | MP | HP |
|----|----|----|----|
|----|----|----|----|

| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 25 mins | 445  | 11      | 57       | 33         |

\*Nutrition per serving





# Turkey Chili

## Serves 4

16 oz. (450g) turkey mince  
1 medium onion, chopped  
1 yellow pepper, chopped  
1 cup (100g) celery, chopped  
1 cup (130g) carrots, chopped  
19 oz. (650ml) can of kidney beans  
28 oz. (828ml) can of fire-roasted tomatoes or chopped tomatoes  
3 cups (700ml) chicken stock  
⅔ cup (160ml) can of tomato paste  
2 cloves garlic  
1 tbsp. chili powder  
1 ½ tsp. ground cumin  
¼ tsp. ground cinnamon  
¼ tsp. salt  
⅓ tsp. pepper  
⅛-¼ tsp. cayenne pepper, optional  
⅓ cup fresh chopped coriander

## What you need to do

1. Drain the can of kidney beans and rinse with cold water. Set aside.
2. Chop all the vegetables into small even sized pieces. Keep the onions separate.
3. Place a non-stick frying pan over a medium-high heat. Sauté the onions in 1 tablespoon of oil and season with salt and pepper for 2 minutes. Now add in the turkey, mince and cook until the mince has browned. Now add in the rest of the vegetables and cook for 2 minutes.
4. Add in the chicken stock, canned tomatoes, garlic, chili powder, kidney beans, ground cumin, tomato paste, ground cinnamon and cayenne pepper. Stir well to combine, bring to a boil then turn down to simmer and simmer gently for 20 minutes.
5. With 5 minutes of cooking time left, add in freshly chopped coriander and stir through.

### Tip:

- A great make ahead dish, cook the night before for an easy grab and go lunch.
- Freeze the chili into individual-sized portions for easy weekly meal planning.

| GF | DF | MP | HP |
|----|----|----|----|
|----|----|----|----|

| Prep    | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 15 mins | 20 mins | 390  | 17      | 32       | 32         |

\*Nutrition per serving







# High-Protein Turkey Salad

Serves 4

10 oz. (280g) cooked turkey breast, chopped

2 celery stalks, chopped

1 red onion, diced

½ cup (60g) dried cranberries, unsweetened

½ cup (70g) roasted almonds, chopped

4 tbsp. mayonnaise

4 tbsp. Greek yogurt

1 tbsp. lemon juice

2 tsp. Dijon mustard

salt & pepper

What you need to do

1. Place all the ingredients in a large bowl, season with salt and pepper and mix until well combined.
2. Serve the salad immediately with salad leaves, in a wrap or sandwich. Store any leftover salad in an airtight container in the fridge for 3-5 days.



| GF | LC | MP | HP | Q | N |
|----|----|----|----|---|---|
|----|----|----|----|---|---|

| Prep    | Cook   | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fiber(g) |
|---------|--------|------|---------|----------|------------|----------|
| 15 mins | 0 mins | 350  | 20      | 17       | 26         | 3        |

\*Nutrition per serving





# Satay Tempeh Skewers With Asian Slaw

## Serves 4

14 oz. (400g) natural tempeh

### For the marinade:

¼ cup (45g) crunchy peanut butter  
3 tbsp. coconut milk (more if required)  
1 tbsp. sesame oil  
1 tbsp. lime juice  
1 tbsp. tamari (or soy sauce)  
1 tbsp. honey  
1 tsp. chili paste (sambal oelek)  
1 tsp. ginger, grated

### For the slaw:

300g red cabbage, shredded  
1 tbsp. sesame oil  
1 tsp. honey  
1 tbsp. lime juice  
2 tsp. ginger, grated  
sesame seeds, to serve

## What you need to do

1. Cut the tempeh into 32 even cubes.
2. Mix all the marinade ingredients in a bowl. Add the tempeh to the marinade and stir until all cubes are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or a least 1-2 hours).
3. Preheat the oven to 350°F (180°C).
4. Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20-25 minutes checking to prevent burning. Save the rest of the marinade for serving.
5. Mix all the slaw ingredients and season with salt and pepper, then mix well and set aside.
6. Once tempeh is ready, serve 2 skewers per person with a drizzle of the leftover sauce, alongside the Asian slaw. Sprinkle with sesame seeds to serve.

| GF | DF | V | N |
|----|----|---|---|
|----|----|---|---|

| Prep      | Cook    | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|-----------|---------|------|---------|----------|------------|
| overnight | 20 mins | 500  | 30      | 19       | 32         |

\*Nutrition per serving







# Vegan 'Tuna' Salad

## Serves 4

2 ½ cups (400g) chickpeas,  
drained

2 nori sheets

2 tbsp. vegan mayo (or tahini)

2 tbsp. lemon juice

1 cup (175g) sweetcorn,  
drained

1 small onion, finely diced

## What you need to do

1. Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.
2. Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.
3. Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.



| GF      | DF | MP     | V | Q    |         |          |            |
|---------|----|--------|---|------|---------|----------|------------|
| Prep    |    | Cook   |   | Kcal | Fats(g) | Carbs(g) | Protein(g) |
| 10 mins |    | 0 mins |   | 255  | 9       | 35       | 10         |

\*Nutrition per serving