



MAIN  
MEALS



## Food Hero

Cinnamon adds sweetness to food with the added benefit of effectively balancing blood sugar levels.

# Tex Mex Steak Fajitas

*with Exante Diet*

Prep time:  
10 minutes

Cooking time:  
10 minutes

A spicy family favourite, this is an easy-to prepare dinner that's a rich source of protein.

## Ingredients:

- 100g sirloin steak
- 1x small wholewheat tortilla
- ½ onion
- ¼ red pepper
- 1x garlic clove
- ½ tsp cumin
- ½ tsp chilli powder
- ½ tsp paprika
- Pinch of cinnamon
- 5ml olive oil
- 1 teaspoon crème fraiche
- FryLight

## Nutritional:

Energy (kcal)	414
Protein (g)	31.3
Total Carbs (g)	24
Total fat (g)	21.4

## Method:

- 1 Place a frying pan on high heat to get it nice and hot.
- 2 Mix together the spices and garlic clove in a medium sized bowl to create the tex mex seasoning.
- 3 Slice the steak into thin strips and add to the bowl with the spices.
- 4 Add the olive oil and mix until the steak is evenly coated with the spices.
- 5 Allow to stand while you slice the onion and pepper into thin strips.
- 6 Allow the steak to absorb the spicy flavours.
- 7 Spray the hot pan with the FryLight and add the sliced onions and peppers; cook until softened then add the steak. Cook for 3-4 minutes, stirring occasionally to ensure even cooking.
- 8 Lay the tortilla on a plate and add the tender, succulent steak, onion and pepper. To finish add a dollop of crème fraiche for a touch of freshness to the spicy steak.

Prep time:  
10 minutes

Cooking time:  
10 minutes

# Tofu and Mushroom Stir Fry

*with Exante Diet*

A healthy dinner choice for vegetarians packed full of protein and immune system boosting vitamins.

## Ingredients:

- 100g tofu
- 75g mushroom
- 1x carrot
- 50g broccoli
- 50g edamame beans (stir fry pack available at Tesco)
- 2x spring onions
- 50g straight-to-wok noodles

### For sauce

- ½ tsp chilli flakes
- 2x tsp soy sauce
- 1x tsp rice wine vinegar
- 1x garlic clove
- 1x tsp sesame oil
- 1x tsp honey

## Nutritional:

Energy (kcal)	308
Protein (g)	26.5
Total Carbs (g)	38.5
Total fat (g)	5.3

## Method:

- 1 Start by making the stir-fry sauce. Finely chop the garlic clove and combine all ingredients in a small bowl.
- 2 Slice the mushrooms and spring onions, cut the carrots into strips and weigh out the broccoli florets.
- 3 Spray a wok with FryLight and place on a high heat.
- 4 Add the tofu to the pan and cook as directed on the packaging.
- 5 After 5 minutes, add the carrots and broccoli and cook for a further 5 minutes before adding the mushrooms, edamame beans and spring onions.
- 6 Allow the mushrooms to soften and cook for a couple of minutes.
- 7 Finally, add the straight-to-wok noodles and pour over the sauce.
- 8 Allow both the noodles and sauce to warm through and serve.



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Containing protein, mushrooms are also high in vitamin C providing a healthy boost to your immune system.



Prep time:  
**10 minutes**

Cooking time:  
**30 minutes**

# Mozzarella Stuffed Chicken Breast *with Exante Diet*

A healthy dinner choice full of flavour and slow-release carbohydrates to help you feel energised for longer.

## Ingredients:

- 125g chicken breast
- 2x slices parma ham
- 30g mozzarella
- 5 cherry tomatoes
- 60g sweet potatoes
- 1x garlic clove
- Pinch rosemary
- 5ml balsamic vinegar

## Method:

- 1 Pre-heat the oven to 200C.
- 2 Slice the chicken breast to make a pocket big enough to stuff with the mozzarella. Ensure that the meat is not pierced all the way through otherwise the mozzarella will leak through during cooking.
- 3 Once stuffed, wrap the chicken breast with the 2 slices of Parma ham.
- 4 Chop the sweet potato into 1 cm sized cubes and finely chop the garlic.
- 5 Place in an oven ready dish, mix well and sprinkle over the rosemary.
- 6 Make a space in the middle and place the chicken breast in the dish.
- 7 Place in the centre of the oven. Turn the sweet potatoes after 10 minutes. Cook for a further 10 minutes then add the tomatoes and cook for a further 5 minutes.
- 8 Check that the chicken is cooked through, plate up and drizzle the balsamic vinegar over the tomatoes to serve.

## Nutritional:

Energy (kcal).....	<b>331</b>
Protein (g).....	<b>40.6</b>
Total Carbs (g).....	<b>16.2</b>
Total fat (g) .....	<b>11.5</b>

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Sweet potato is a good alternative healthy carbohydrate choice.



Prep time:  
5 minutes

Cooking time:  
25 minutes

# Jerk Salmon, Rice & Peas (Kidney Beans)

*with Exante Diet*

A Caribbean favourite, this nutritious dinner option provides the perfect ratio of protein to carbohydrate

## Ingredients:

- 110g salmon fillet
- 25g brown rice
- ½ onion
- 1x tbsp coconut milk
- 60g kidney beans
- 1x tsp Jerk seasoning
- ½ tsp dried thyme
- Pinch of salt and pepper
- 30g broccoli florets
- 30g green beans

## Method:

- 1 Place the rice in a small saucepan and cover with 2 inches of boiling water, bring to the boil and simmer.
- 2 Drain and rinse the kidney beans.
- 3 Once the rice has boiled for 10 minutes, add the kidney beans and thyme.
- 4 Add the coconut milk when it is almost cooked.
- 5 Brush the salmon lightly with a small amount of olive oil and sprinkle on top the jerk seasoning on the bare flesh side.
- 6 Bring a separate pan of water to the boil and add the broccoli florets and green. Simmer until cooked.
- 7 Spray another saucepan with FryLight and place on a high heat.
- 8 Once hot add the salmon skin side down and cook for 6 minutes.
- 9 Flip the salmon to cook the fleshy side for a further 6 minutes.
- 10 To serve, place the rice and peas on a plate and place the salmon flesh side down on the rice.
- 11 Add the cooked greens on the side.

**Food Hero**

Coconut milk is sweet but low in sugar and provides a healthy dose of good fats.

## Nutritional:

Energy (kcal)	402
Protein (g)	29.3
Total Carbs (g)	26.4
Total fat (g)	19.9



 Prep time:  
**10 minutes**

 Cooking time:  
**25 minutes**

# Chicken & Prawn Quinoa Jambalaya *with Exante Diet*

A world cuisine dinner option with a blend of spices, providing big flavours and an essential combination of vitamins.

## Ingredients:

- 115g chicken
- 75g prawn
- 20g quinoa
- ½ onion
- ¼ red pepper
- ½ fresh chilli
- 1x garlic clove
- 50g courgette
- 150g chopped tomatoes
- 1x tsp paprika
- 1x tsp chilli powder
- 60ml chicken stock
- Pinch of salt and pepper
- 5-10 basil leaves

## Nutritional:

Energy (kcal).....	<b>377</b>
Protein (g).....	<b>42</b>
Total Carbs (g).....	<b>24.5</b>
Total fat (g).....	<b>12.3</b>

## Method:

- 1 Cut the chicken into 1 inch cubes and dice the onion, peppers and courgette whilst finely chopping the chilli and garlic.
- 2 Heat a saucepan on high heat, spray with FryLight and add the chicken, cooking for 5 minutes to ensure it is cooked through.
- 3 Remove the chicken, spray the pan with FryLight once more and add the onion. Cook gently for 5 minutes, stirring all the time to allow to soften and once it appears translucent, add the chilli, garlic and teaspoon of paprika.
- 4 Cook for a further 2 minutes before adding the pepper and courgette, allow to soften.
- 5 Pour in the quinoa and cooked chicken stir well and add the chicken stock and chopped tomatoes.
- 6 Bring to the boil, cover and allow to simmer for 10 minutes, stirring occasionally to prevent the mixture from sticking.
- 7 Add the prawns and cover for another 5-10 minutes.
- 8 Season to taste and serve topped with fresh, chopped basil.

### Food Hero

High in fibre and protein, Quinoa is a fantastic gluten-free alternative to rice and pasta.



BREAKFAST