

**TEAM FITTY**

# THE TEAM FITTY RECIPE BOOK



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Hey Team! We hope you enjoy these recipes as much as we do!  
Remember - you can swap out meat for veggie/vegan alternatives

Holly & Jacob

# 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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## KEY

- V** VEGETARIAN
- VE** VEGAN
- DF** DAIRY FREE
- GF** GLUTEN FREE
- N** CONTAINS NUTS
- P** HIGH PROTEIN
- LC** LOW CARB
- LF** LOW FAT
- C** LOW CALORIE



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# BREAKFAST

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# POPPY SEED PANCAKES



**SERVES:** 12 Pancakes (4  
Pancakes per serving)



**TOTAL TIME:**  
40 minutes



## INGREDIENTS

1 medium egg  
200g plain flour  
75g caster sugar  
2 tsp baking powder  
150ml milk  
2 lemons, juiced and zested  
40g poppy seeds  
2 tbsp coconut oil

## 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 10 cm 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. Wrap the finished pancakes in kitchen foil to keep warm while the rest cook. Squeeze a wedge of lemon over the pancakes before serving with a dollop of natural yoghurt and honey for a delicious breakfast

### CALORIES

568

### PROTEIN

14

### CARBS

83

### FATS

20

### FIBRE

4

PER PORTION





# PB AND J OVERNIGHT OATS



**SERVES: 2**



**TOTAL TIME:**  
5 minutes



## INGREDIENTS

130g rolled oats  
240ml of unsweetened almond milk  
1 tbsp chia seeds  
½ tbsp maple syrup  
1 tbsp peanut butter  
1 tbsp jam

## INSTRUCTIONS

To make this nutritious and simple breakfast, add all the ingredients except the jam into a serving bowl and stir to combine. 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 most of the almond milk.

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

**CALORIES**  
365

**PROTEIN**  
12

**CARBS**  
50

**FATS**  
13

**FIBRE**  
11

PER PORTION







# AVOCADO ON TOAST WITH SMOKED SALMON



**SERVES: 2**



**TOTAL TIME:**  
15 minutes

## INGREDIENTS

1 avocado, peeled and stoned  
2 tbsp fat-free natural yoghurt  
½ lemon, juiced  
2 slices of rye bread, toasted  
½ tsp cayenne pepper  
75g smoked salmon  
¼ cucumber, thinly sliced using a vegetable peeler  
Handful of watercress  
Dressing:  
½ red chilli, deseeded and diced  
Handful fresh mint, chopped  
½ lemon, juiced and zested  
1 tomato, diced  
1 tsp white wine vinegar  
Pinch salt and black pepper

## INSTRUCTIONS

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

In a separate bowl, roughly mash together the avocado, 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 adding a small handful of watercress on the salmon and drizzling the dressing over everything.

### CALORIES

420

### PROTEIN

16

### CARBS

44

### FATS

20

### FIBRE

12

PER PORTION









# BLACK FOREST OVERNIGHT OATS



**SERVES: 2**



**TOTAL TIME:**  
10 minutes



## INGREDIENTS

65g rolled oats  
1 tbsp unsweetened cocoa powder  
125ml unsweetened almond milk  
¼ tsp vanilla extract  
1 tsp maple syrup  
65g frozen dark cherries  
1 tsp dark chocolate chips  
Pinch salt  
¼ tsp ground cinnamon  
25g whey chocolate protein

## INSTRUCTIONS

To make this nutritious and easy breakfast, add all the ingredients except the chocolate chips into a serving bowl and stir to combine. 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.

### CALORIES

238

### PROTEIN

16

### CARBS

30

### FATS

6

### FIBRE

6

PER PORTION



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# FULL ENGLISH BAKED EGGS



**SERVES: 2**



**TOTAL TIME:**  
25 minutes



## INGREDIENTS

60g vegetarian bacon  
2 mushrooms, cut into chunky slices  
2 tomatoes, diced  
4 eggs  
30g cheddar cheese, grated  
Pinch black pepper

## INSTRUCTIONS

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

Fry the vegetarian bacon over a low-medium heat, turning occasionally, until crisp (around 8-10 mins).

Add the mushrooms, tomatoes and bacon to two large ramekins or small oven safe bowls. Crack the eggs into each dish over the vegetable and bacon mixture and then crumble the cheddar over the whites of the eggs. Sprinkle over a pinch of black pepper and bake for around 15 minutes, or until the cheese has melted and the eggs are cooked to your liking. If you like a runny yolk, take the ramekins out of the oven slightly earlier.

**CALORIES**  
240

**PROTEIN**  
16

**CARBS**  
8

**FATS**  
16

**FIBRE**  
2

PER PORTION





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# SIDES

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# SPICY MOROCCAN EGGS



**SERVES: 4**



**TOTAL TIME:**  
20 minutes



## INGREDIENTS

2 tsp of olive oil  
1 white onion, thinly sliced  
3 garlic cloves, crushed  
1 tbsp rose harissa paste  
1 tsp ground coriander  
150ml vegetable stock  
1 x (400g) tin chickpeas  
2 x (400g) tin chopped tomatoes  
2 courgettes, diced  
200g baby spinach  
Large handful coriander, chopped  
4 eggs

## 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.

### CALORIES

242

### PROTEIN

16

### CARBS

22

### FATS

10

### FIBRE

8

PER PORTION





# SOUTHERN SUCCOTASH



**SERVES: 6**



**TOTAL TIME:**  
10 minutes



## INGREDIENTS

115g lima beans  
350g fresh or frozen corn kernels  
60ml water  
1 clove garlic, minced  
100g quartered cherry tomatoes or  
halved baby plum tomatoes  
½ tbsp extra virgin olive oil  
5g parsley or basil, chopped  
(optional)  
Salt and freshly ground black  
pepper

## INSTRUCTIONS

In a small pot, cook the lima beans and corn over medium heat with the water for 5 minutes.

Strain out any remaining water and return the lima and corn mix back to the pot.

Stir in the olive oil, garlic, and tomatoes and cook for a further 2 minutes.

Add the chopped herbs, and add salt and pepper to taste.

### CALORIES

218

### PROTEIN

14

### CARBS

9

### FATS

14

### FIBRE

2

PER PORTION



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# CAPRESE SALAD



**SERVES: 6**



**TOTAL TIME:**  
10 minutes



## INGREDIENTS

500g tri-colour tomatoes, halved  
2 tbsp extra-virgin olive oil  
90g fresh mozzarella, sliced  
½ tsp of salt  
¼ tsp of black pepper  
Small amount torn fresh basil

## 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.

**CALORIES**  
100

**PROTEIN**  
3

**CARBS**  
4

**FATS**  
8

**FIBRE**  
1

PER PORTION









# ROCKET, EGG AND CHARRED ASPARAGUS SALAD



**SERVES: 4**



**TOTAL TIME:**  
20 minutes



## INGREDIENTS

4 eggs  
1 tbsp extra-virgin olive oil  
340g asparagus, trimmed  
50ml Greek yoghurt  
1 lemon, juiced  
1 tbsp water  
150g rocket  
Pinch salt and black pepper

## 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 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 cm pieces.

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.

**CALORIES**  
154

**PROTEIN**  
10

**CARBS**  
6

**FATS**  
10

**FIBRE**  
2

PER PORTION







# BAKED FRENCH FRIES



**SERVES: 6**



**TOTAL TIME:**  
50 minutes



## INGREDIENTS

400g potatoes (preferably russet),  
sliced into chips  
1l water  
1½ tsp salt  
1 tbsp sugar  
1 tbsp olive oil

## INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7.

Peel the potatoes and slice them into chunky chips. In a large bowl, add salt and sugar to the water and drop in the potato slices before leaving them to soak for around 5 minutes. Soaking the potatoes draws moisture out of them so that they will become even crisper in the oven.

Once the potatoes have soaked, drain them and pat them dry with a dishtowel. In a large bowl coat the potatoes with the salt and olive oil. The easiest way to do this is to toss them with your hands.

After the potatoes have been evenly coated in olive oil spread them onto a large baking tray that has been coated with a non-stick cooking spray. Bake the chips for around 25 minutes at 220°C (425°F) and then flip them with a spatula before raising the temperature to 260°C (500°F). Bake at the higher temperature for 10 minutes, until the chips look crisp and golden.

For this recipe make sure that your oven has reached the correct temperature before putting the chips into bake, as a hot oven is essential for restaurant-quality chips.

### CALORIES

82

### PROTEIN

1

### CARBS

15

### FATS

2

### FIBRE

1

PER PORTION





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# MAINS

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# TURKEY CHILLI



**SERVES: 6**



**TOTAL TIME:**  
**55 minutes**



## INGREDIENTS

2 tsp olive oil  
1 white onion, diced  
3 garlic cloves, crushed  
1 red pepper, chopped  
450g lean turkey mince  
1 tbsp chilli powder  
2 tsp ground cumin  
1 tsp dried oregano  
¼ tsp cayenne pepper  
½ tsp salt  
2 x (400g) tins chopped tomatoes  
300ml chicken stock

2 x (400g) tin kidney beans,  
drained and rinsed  
1 x (400g) tin sweet corn, drained  
and rinsed

## 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.

**CALORIES**  
**235**

**PROTEIN**  
**22**

**CARBS**  
**21**

**FATS**  
**7**

**FIBRE**  
**5**

**PER PORTION**







# BBQ CHICKEN TORTILLA PIZZA



**SERVES: 2**



**TOTAL TIME:**  
16 minutes



## INGREDIENTS

2 flour tortillas  
1 white onion, diced  
85g cooked chicken, shredded  
50ml barbeque sauce  
1 tsp balsamic vinegar  
50g cherry tomatoes, sliced  
100g mozzarella cheese, grated  
50g Parmesan cheese, grated

## 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 grill and serve.

**CALORIES**  
498

**PROTEIN**  
36

**CARBS**  
39

**FATS**  
22

**FIBRE**  
2

PER PORTION



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# GOAT'S CHEESE AND CARAMELISED ONION FRITTATA



**SERVES: 4**



**TOTAL TIME:**  
25 minutes



## INGREDIENTS

4 tsp rapeseed oil  
2 red onions, finely sliced  
4 tsp of honey  
8 eggs  
140g goat's cheese  
100g rocket  
250g cooked beetroot, sliced  
½ lemon, juiced

## 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.

### CALORIES

371

### PROTEIN

22

### CARBS

19

### FATS

23

### FIBRE

3

PER PORTION





# SALMON QUINOA BOWL



**SERVES: 1**



**TOTAL TIME:**  
20 minutes



## INGREDIENTS

45g uncooked quinoa  
125ml water  
Pinch salt and black pepper  
1 tbsp low-fat natural yoghurt  
½ beef tomato, sliced  
1/4 avocado, stoned and sliced  
30g cooked salmon  
Handful of rocket  
30g feta cheese  
2 tsp dried oregano

## INSTRUCTIONS

Bring a saucepan of water to boil over 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.

### CALORIES

401

### PROTEIN

19

### CARBS

34

### FATS

21

### FIBRE

8

PER PORTION







# MOROCCAN FILO PIE



**SERVES: 4**



**TOTAL TIME:**  
1 hour 30 minutes



## INGREDIENTS

1 bell pepper, deseeded and sliced	50g almonds, toasted
15g dried porcini mushrooms	230g chestnut mushrooms, sliced
5 tbsp extra-virgin olive oil	2 carrots, grated
1 large white onion, diced	Handful watercress, chopped
2 garlic cloves, crushed	7 sheets filo pastry
¼ tsp saffron	
1 tsp ground cinnamon	
½ tsp ground ginger	
½ tsp allspice	
Handful flat-leaf parsley, chopped	
4 eggs, hard boiled, shelled and chopped	

## INSTRUCTIONS

Begin by preheating the grill to a medium-high temperature, grill the pepper on all sides until its skin is well charred. Remove from the oven and place the pepper in a plastic bag, the condensation in the bag will help loosen the skin. When cool, remove from the bag and then skin, deseed and dice the pepper.

Preheat the oven to 180°C/360°F/gas 4. Meanwhile, rehydrate the porcini mushrooms by placing them in hot water. Leave them to soak for 15 minutes before draining and then roughly chop them. Reserve some of the soaking liquid for later.

Heat the oil in a large frying pan and add the onion and garlic. Cook for 5 minutes, or until they have softened and started to caramelize. Add the saffron and spices and toast them in the pan shortly before adding the chopped parsley and the reserved porcini soaking liquid. Simmer until the liquid has evaporated, it should smell incredible by now, and then stir in the chopped eggs and almonds. Season well with salt and freshly ground black pepper before removing from the heat and setting aside.

In another frying pan heat some more olive oil and fry the porcini and chestnut mushrooms. Cook these on a medium-high heat until they have warmed through and then mix in the carrots, watercress and oven roasted pepper.

To assemble the pie, brush 2 filo pastry sheets with olive oil and use them to line a loose-bottomed cake tin leaving the edges of the pastry hanging over the side. Begin filling the pie by spooning the onion and egg mixture over the pastry and then cover with another filo sheet. Add the mushrooms and top this with 2 more filo sheets, these should then be tucked down the sides of the tin creating a neat parcel. Brush the top of the pie with oil and decorate with the final filo sheet crumbled into pieces for an impressive finish.

Bake the pie in the oven until it is golden and crisp, then serve.

**CALORIES**  
316

**PROTEIN**  
12

**CARBS**  
22

**FATS**  
20

**FIBRE**  
5

PER PORTION



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# COCONUT AND SQUASH DHANSAK



**SERVES: 4**



**TOTAL TIME:**  
20 minutes



## INGREDIENTS

500g butternut squash, peeled and chopped into 2cm chunks  
1 tbsp vegetable oil  
2 white onions, diced  
4 tbsp mild curry paste  
1 (400g) tin chopped tomatoes  
1 (400g) tin coconut milk  
1 (400g) tin lentils  
200g spinach  
150ml coconut yoghurt  
1 naan bread

## INSTRUCTIONS

Begin by putting the chopped squash in a bowl with splash of water. Cover this with cling film and microwave for 10 minutes. This should steam the squash and it will quickly become tender. If you prefer, you can also roast the squash in the oven at a medium-high heat for 35 minutes.

While the squash is cooking, heat oil in a large pan and add the onions. Cook until the onions are translucent and soft before adding the curry paste, tomatoes and coconut milk. Let this simmer for 10 minutes until it has thickened into a rich sauce.

Drain any liquid from the microwaved squash (ignore this step if you have roasted the squash). Add the squash to the sauce with the lentils, spinach and season to taste. Allow the spinach to wilt in the sauce and then mix in the coconut yoghurt to add some creaminess.

Serve the curry with toasted naan bread and a dollop of extra yoghurt on the side.

**CALORIES**  
305

**PROTEIN**  
9

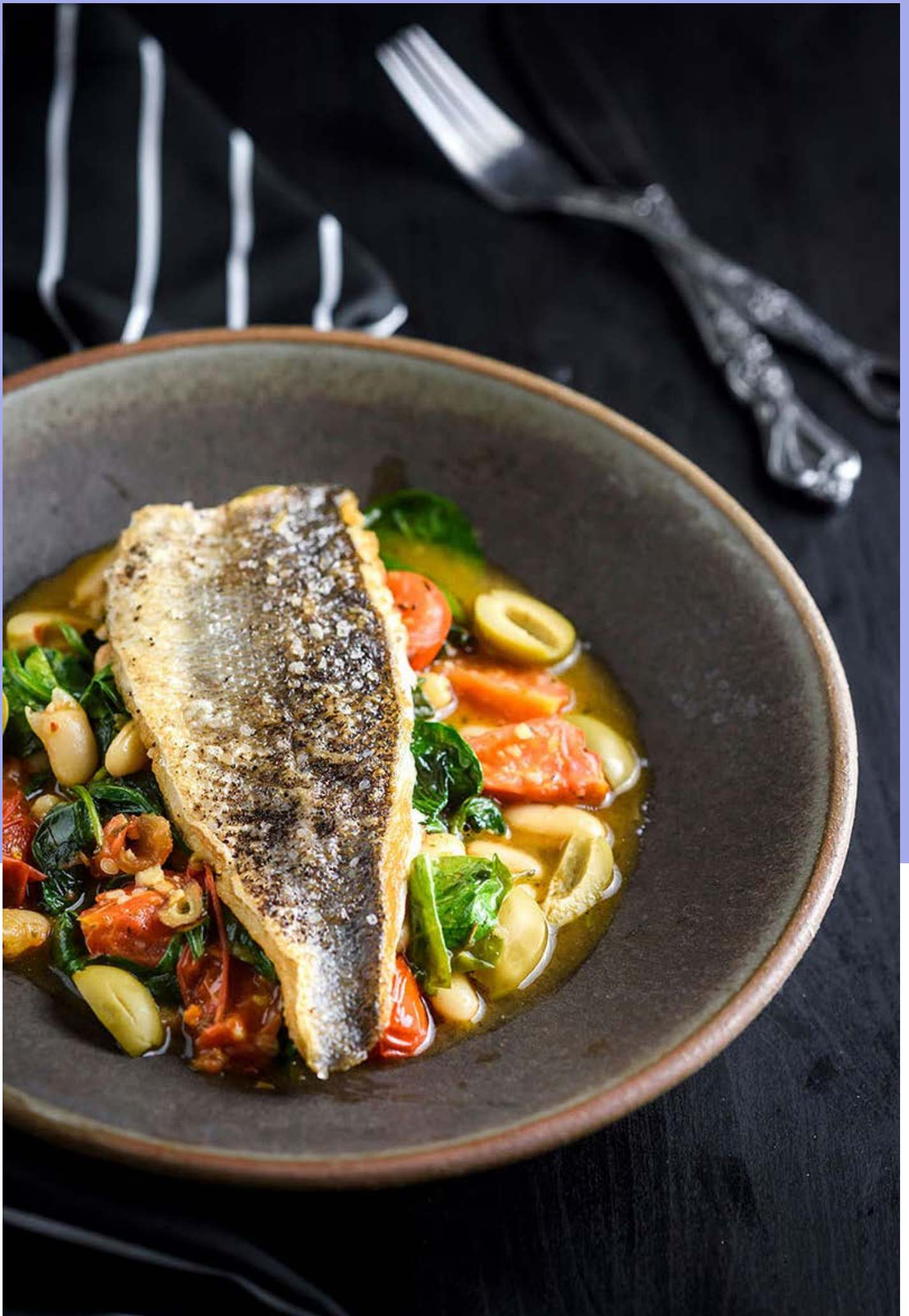
**CARBS**  
29

**FATS**  
17

**FIBRE**  
7

PER PORTION





# SEA BASS WITH CANNELLINI BEANS



**SERVES: 4**



**TOTAL TIME:**  
40 minutes



## INGREDIENTS

4 skinless sea bass fillets  
¾ tsp sea salt  
½ tsp black pepper  
3 tbsps extra-virgin olive oil  
5 garlic cloves, sliced  
2 tsp fresh thyme  
8 cherry tomatoes, quartered  
200ml chicken stock  
1 (400g) tin cannellini beans  
140g baby spinach  
Handful olives, stoned  
1 lemon, juiced

## INSTRUCTIONS

Begin by sprinkling the fish with a pinch of sea salt and black pepper. Add 1 tbsp of oil to a frying pan over a medium-high heat and add the fillets of fish. Cook each side of the fish until it reaches your desired level of doneness. We recommend cooking the fish for 3 minutes on either side but just cook for more or less time to suit your own preference. Once the fish is cooked to your liking, remove it from the frying pan and wrap it in foil to keep it warm.

Add the garlic to the same frying pan so that it cooks in the same oil as the fish - this will allow the cannellini bean sauce to absorb the flavour of the fish. Fry the garlic until it begins to caramelise and then add the tomatoes and the thyme. After these ingredients have cooked through, add the stock and the cannellini beans. Let the sauce simmer for few minutes and then add the spinach in batches, allowing each batch to wilt before adding the next. Stir in a handful of olives, season to your taste and squeeze over the lemon juice for some added zing.

To serve, divide the bean mixture between 4 bowls and nestle a fillet of sea bass into the cannellini beans.

**CALORIES**  
380

**PROTEIN**  
40

**CARBS**  
19

**FATS**  
16

**FIBRE**  
6

PER PORTION









# LAMB HOTPOT



**SERVES: 4**



**TOTAL TIME:**  
**2 hours**



## INGREDIENTS

3 tsp olive oil  
600g lamb leg steaks (once all visible fat removed it should weigh around 500g)  
2 onions, roughly chopped  
2 garlic cloves, thickly sliced  
250g celery stalks, thickly sliced  
400g carrots, thickly sliced  
Small handful fresh rosemary, finely chopped  
Few sprigs fresh thyme  
1 tbsp plain flour

1 beef stock pot, diluted to make 500 millil/18 fluid oz stock  
2 tbsp Worcestershire sauce  
2 tbsp tomato purée  
650g floury potatoes, ideally Maris Piper, cut into thick slices  
Salt and freshly ground black pepper

## INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3.

Heat 1 tsp of the oil in a large heavy-bottomed casserole over a medium to high heat.

Cut the lamb into cubes and brown on all sides in two batches for around 3-4 minutes per batch. Transfer to a plate using a slotted spoon.

Add another tsp of oil to the pan and add the onions, garlic, celery and carrots and fry, stirring, for 3-4 minutes.

Add the rosemary and thyme and fry for another minute. Sprinkle over the flour and cook for 2 minutes, stirring constantly to cook the flour.

Return the lamb to the pan, pour over the stock and stir in the Worcestershire sauce and tomato purée, then bring to the boil.

Layer the potatoes on top in two overlapping layers, seasoning between the layers.

Cover with the lid and bake in the oven for 1½ hours, or until the lamb and the potatoes are tender. Remove the lid and increase the oven temperature to 200°C/400°F/gas 6.

Brush the potatoes with the final tsp of oil and bake for a further 15 minutes, or until the top is nicely browned and crispy.

**CALORIES**  
**438**

**PROTEIN**  
**31**

**CARBS**  
**47**

**FATS**  
**14**

**FIBRE**  
**10**

PER PORTION









# ASPARAGUS, PEA AND SALMON RICE



**SERVES: 4**



**TOTAL TIME:**  
10 minutes



## INGREDIENTS

2 bunches asparagus or green beans, trimmed and diagonally chopped  
150g frozen peas  
2 (250g) packs ready-to-heat white rice  
350g poached salmon fillets, flaked  
100g baby spinach  
1 lemon, zest and juice  
2 tsp Dijon mustard  
1 tbsp olive oil  
Pinch sugar

## INSTRUCTIONS

Cook the asparagus or green beans and peas for 2–3 min in a large pan of boiling water until just tender, drain well.

Meanwhile, heat the rice according to the packet instructions, then put in a large bowl. Add the asparagus or beans, peas, salmon and spinach.

Put the lemon zest and juice, mustard, olive oil and sugar in a bowl and whisk to combine. Drizzle over the rice mixture and gently toss to combine.

Serve immediately sprinkled with ground black pepper.

### CALORIES

444

### PROTEIN

29

### CARBS

46

### FATS

16

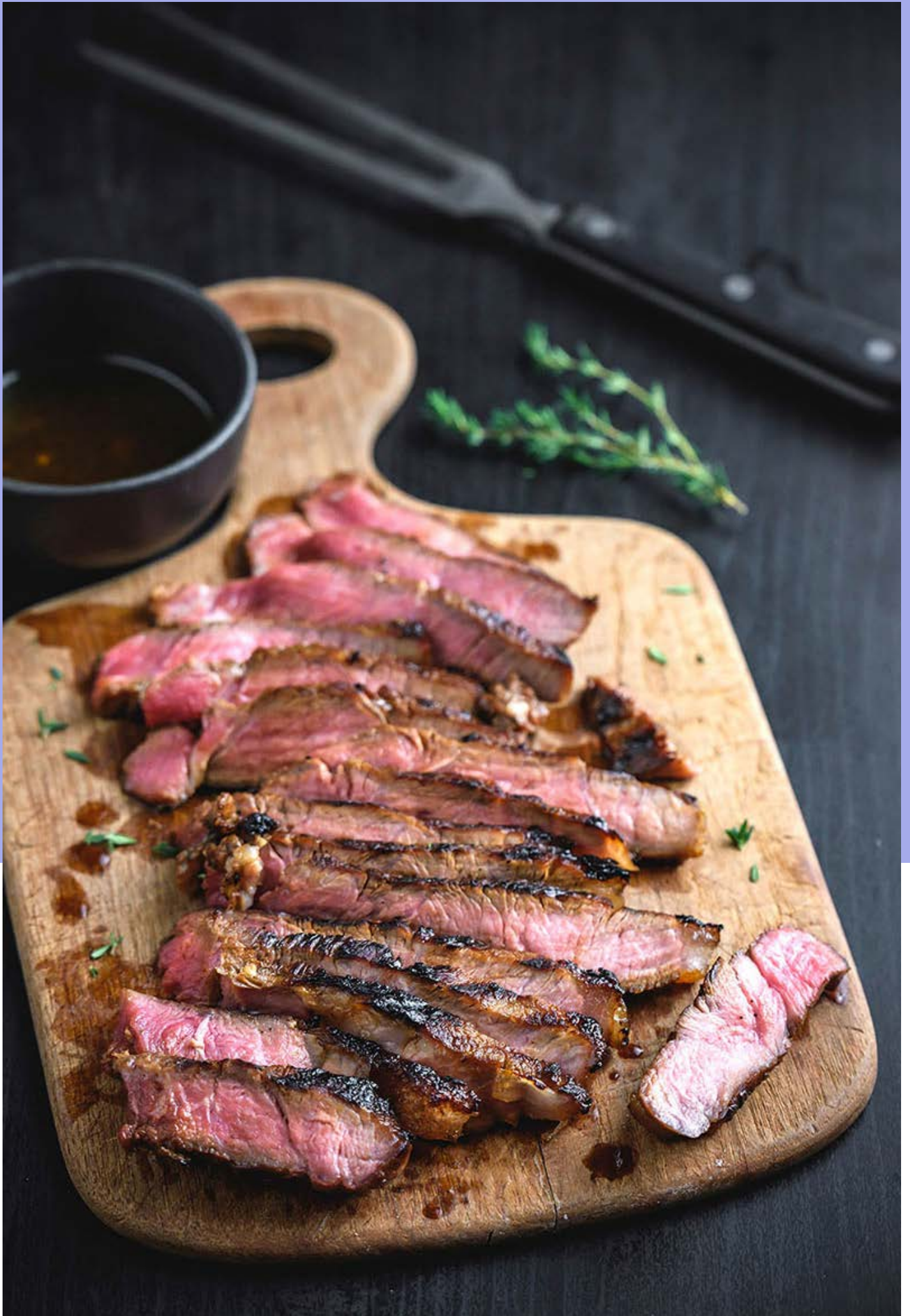
### FIBRE

6

PER PORTION



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# MISO MARINATED FLANK STEAK



**SERVES: 5**



**TOTAL TIME:**

**3 hours**



## INGREDIENTS

80ml sake  
60ml mirin  
1 tbsp soy sauce  
1 tsp fresh ginger, minced  
1 tsp sugar  
2 tbsp white miso  
1 flank steak, trimmed  
1 tbsp peanut oil

## INSTRUCTIONS

To make the marinade for the flank steak, begin by heating the sake, mirin, soy sauce, ginger and sugar in a small saucepan over a medium-high heat. Once the mixture begins to boil, remove it from the heat and whisk in the miso until it has fully dissolved. Set aside and fully cool.

Place the steak in a sealable plastic bag and pour in the marinade making sure the steak is fully submerged. Keep the steak marinating in the fridge for between 2 hours and 1 day.

After the steak has marinated, remove it from the bag and let it to rest at room temperature for 40 minutes. Meanwhile, preheat your oven grill to a medium-high heat. Pat the steak dry and brush with oil before placing on the grill rack and cooking for 6 minutes per side, or until the meat thermometer inserted into the steak reads 50°C (125°F). This will give you a perfect medium-rare steak but if you like your steak more well-done then keep it under the grill for longer.

Once cooked the way you wish, transfer the steak to a chopping board and leave to rest for 5 minutes. To serve the steak, cut it diagonally across the grain into 1 cm slices.

### CALORIES

**224**

### PROTEIN

**28**

### CARBS

**1**

### FATS

**12**

### FIBRE

**0**

**PER PORTION**







# CREAMY FETTUCCHINE WITH BRUSSELS SPROUTS AND MUSHROOMS



**SERVES: 6**



**TOTAL TIME:**  
**30 minutes**

## INGREDIENTS

340g whole wheat fettuccine	120g Asiago cheese, grated
1 tbsp extra virgin olive oil	
170g mixed mushrooms (we recommend oyster, shiitake or cremini), thinly sliced	
170g brussels sprouts, thinly sliced	
2 cloves garlic, crushed	
60ml dry sherry	
400ml low fat milk	
2 tbsp all purpose flour	
½ tsp salt	
½ tsp black pepper	

## INSTRUCTIONS

Bring a large pot of water to a boil and cook the fettuccine until al dente. Once the pasta is cooked, drain and put to the side.

Meanwhile, heat the oil in a large frying pan over a medium heat. Add the mushrooms and sprouts and cook for around 10 minutes, or until the mushrooms have released all of their liquid, before adding the garlic to the pan. Sauté the sprouts, mushrooms and garlic until fragrant before pouring in the sherry and bringing to the boil. After around 2 minutes, whisk in the milk and flour and season to taste.

Continue whisking the sauce until it thickens before stirring in the Asiago cheese, which will make it rich and glossy. Add the fettuccine to the sauce and warm through before serving.

### CALORIES

**386**

### PROTEIN

**18**

### CARBS

**56**

### FATS

**10**

### FIBRE

**10**

PER PORTION









# INDIAN CHICKPEAS WITH POACHED EGGS



**SERVES: 2**



**TOTAL TIME:**  
15 minutes

## INGREDIENTS

1 tbsp rapeseed oil  
2 garlic cloves, chopped  
1 yellow pepper, deseeded and diced  
½ - 1 red chilli, deseeded and chopped  
5 spring onions, tops and whites sliced, kept separate  
1 tsp cumin plus a little extra to serve (optional)  
1 tsp coriander  
½ tsp turmeric

3 tomatoes, cut into wedges  
⅓ bunch coriander, chopped  
1 (400g) tin chickpeas in water, drained but liquid reserved  
½ tsp reduced-salt bouillon powder  
4 large eggs

## INSTRUCTIONS

Heat the oil in a non-stick sauté pan, add the garlic, pepper, chilli and the whites from the spring onions and fry for 5 mins over a medium-high heat.

Meanwhile, put a large pan of water on to boil.

Add the spices, tomatoes, most of the coriander and the chickpeas to the sauté pan and cook for 1-2 mins more. Stir in the bouillon powder and enough liquid from the chickpeas to moisten everything, leave to simmer gently.

Once the water is at a rolling boil, crack in your eggs and poach for 2 mins, then remove with a slotted spoon.

Stir the spring onion tops into the chickpeas, then very lightly crush a few of the chickpeas with a fork or potato masher to add texture.

Spoon the chickpea mixture onto plates, scatter with the reserved coriander and top with the eggs.

Serve with an extra sprinkle of cumin for added warmth and flavour if desired

### CALORIES

384

### PROTEIN

24

### CARBS

27

### FATS

20

### FIBRE

10

PER PORTION





# CHICKEN KORMA



**SERVES: 2**



**TOTAL TIME:**  
45 minutes



## INGREDIENTS

½ white onion, diced  
2 garlic cloves, crushed  
200g chicken breast fillets, cut into 3cm pieces  
2 tsp sunflower oil  
1 tbsp butter  
1 tsp ground turmeric  
1 tbsp garam masala  
½ tsp chilli powder  
½ tbsp caster sugar  
125g low fat plain yoghurt  
30ml coconut milk  
20g flaked almonds

## INSTRUCTIONS

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

Heat the oil and butter in a pan and gently fry the onion for around 3 minutes until translucent. Add the garlic and fry until both begin to caramelise. At this point, add the turmeric, garam masala, chilli powder and sugar to the pan. Let the spices roast for 1 minute or until they smell incredible. Once the onion and spice mixture is cooked, stir in the yoghurt and coconut milk. Let this gently simmer for a few minutes and remove from the heat.

Place the pieces of chicken into a casserole dish and pour over the yoghurt sauce. Cover the dish and bake in the oven for around 30 minutes until the chicken is cooked and is well marinated in the sauce. Before serving, sprinkle flaked almonds over the curry.

### CALORIES

401

### PROTEIN

35

### CARBS

18

### FATS

21

### FIBRE

2

PER PORTION



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# SALMON BURGERS WITH AVOCADO SALSA



**SERVES: 4**



**TOTAL TIME:**  
28 minutes

## INGREDIENTS

450g salmon fillet	½ poblano pepper, deseeded and sliced
50g panko breadcrumbs	2 spring onions, finely sliced
1 egg	1 lemon or 1 lime, juiced
2 spring onions, finely sliced	½ tsp salt
½ poblano pepper, deseeded and sliced	¼ tsp black pepper
1 lemon or 1 lime, juiced	
½ tsp salt	
¼ tsp black pepper	
Avocado salsa:	
1 large ripe avocado, peeled, stoned and chopped	

## INSTRUCTIONS

Begin by skinning and chopping the salmon fillet into small chunks. In a large bowl, combine the salmon, panko breadcrumbs, poblano pepper, egg, spring onions, lemon or lime juice, salt and pepper. Once all the ingredients are well mixed use your hands or a large spoon to divide the mixture into patties. The easiest way to get a consistent shape and size is to mould them with your hands. Place the patties on a medium-hot griddle pan, or alternatively an outdoor barbeque to give it a smoky flavour, and grill for around four minutes on each side until the salmon is cooked through.

The avocado salsa is simple but very delicious - all you have to do is combine all the ingredients in a large bowl and mix well. Top the salmon burgers with the salsa and serve with or without a bun.

### CALORIES

355

### PROTEIN

25

### CARBS

12

### FATS

23

### FIBRE

4

PER PORTION









# QUINOA STUFFED SPANISH PEPPERS



**SERVES: 4**



**TOTAL TIME:**  
1 hour 15 minutes

## INGREDIENTS

300g quinoa (alternatively use rice if you cannot find quinoa)  
½ l vegetable stock  
4 bell peppers, deseeded and halved  
100g tomato salsa  
1 tbsp nutritional yeast (optional)  
2 tsp cumin powder  
1½ tsp chilli powder  
1½ tsp garlic powder  
1 (400g) tin black beans  
Toppings:

1 avocado, stoned and peeled  
1 lime, juiced  
Hot sauce  
Handful coriander, chopped  
1 red onion, diced

## INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.

Thoroughly rinse the quinoa and add it to a pot with ½l of vegetable stock. Bring the stock to a boil over a high heat and then reduce the heat, cover and let the quinoa simmer until all the stock is absorbed. This should take around twenty minutes and by the end the quinoa should look fluffy.

Brush the halved peppers with high heat oil, such as avocado oil. Add the cooked quinoa to a large mixing bowl and add the remaining ingredients. Mix well and then adjust the seasoning to your taste by adding salt, black pepper or more spices.

Generously stuff the halved peppers with the quinoa, remembering that the mixture will shrink in the heat of the oven. Place the peppers in a non-stick baking tray and bake in the oven for around 30 minutes, or until the skin of the peppers is slightly charred.

Serve the stuffed peppers with your favourite toppings. We recommend sliced avocado, a squeeze of lime or even a dash of hot sauce. The stuffed peppers are best served immediately but leftovers can be kept in the fridge for around 3 days and reheated in the oven at 190°C (375°C).

**CALORIES**  
319

**PROTEIN**  
14

**CARBS**  
59

**FATS**  
3

**FIBRE**  
11

PER PORTION





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# DESSERTS

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# QUICK BLUEBERRY MUFFINS



**SERVES: 1**



**TOTAL TIME:**  
**5 minutes**



## INGREDIENTS

1 tbsp coconut flour  
1 tbsp almond flour  
1 tbsp oat flour  
2 tbsp granulated sweetener of choice  
½ tsp baking powder  
Pinch cinnamon  
1 large egg  
1 tbsp mashed banana or pumpkin  
1 tbsp semi-skimmed milk or dairy alternative  
2-3 tbsp frozen blueberries

## INSTRUCTIONS

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

Add the egg, mashed banana, 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).

### CALORIES

**393**

### PROTEIN

**15**

### CARBS

**27**

### FATS

**25**

### FIBRE

**5**

**PER PORTION**









# NO BAKE PEANUT BUTTER PROTEIN BARS



**SERVES: 12 Bars**



**TOTAL TIME:**  
25 minutes



## INGREDIENTS

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

## 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 into 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.

### CALORIES

123

### PROTEIN

8

### CARBS

7

### FATS

7

### FIBRE

1

PER PORTION





# BLACK BEAN CHOCOLATE PROTEIN TRUFFLES



**SERVES: 12**



**TOTAL TIME:**  
40 minutes

## INGREDIENTS

1 (400g) tin low-sodium or no salt added organic black beans, rinsed and drained, and patted dry  
1 ½ tbsp coconut oil, plus 1 tsp for chocolate coating  
2 tbsp pure maple syrup  
5 tbsp unsweetened cocoa powder  
1 scoop chocolate protein powder of choice  
100g good quality chocolate, chopped  
Toppings, if desired: sprinkles, flaked coconut, and/or chopped nuts

## INSTRUCTIONS

Place black beans, 1 ½ tbsp coconut oil and maple syrup in large bowl of food processor; process until very smooth in consistency. You may need to occasionally scrape the mix from the sides.

Slowly add in cocoa powder and chocolate protein powder (if desired). Taste and add more cocoa powder if necessary.

If you decide not to add in protein powder, simply replace with about 3 more tbsps of cocoa powder or until batter tastes chocolatey enough to your liking.

Place the truffle batter in the fridge for about 20 minutes. Once chilled remove from the fridge and form the batter into 12 even dough balls; roll them with your hands to form a ball (you can use gloves if you don't want messy hands)

Place the formed truffles on a baking tray lined with parchment paper and place back in fridge while you prepare the chocolate coating:

Heat the chocolate and 1 tsp coconut oil in small saucepan on very low. Stir every so often until chocolate has melted and is smooth.

Remove from heat.

Lift each truffle with a fork or toothpick and dip into the chocolate mixture to coat - they don't have to be perfect!

Roll in sprinkles, nuts or coconut if desired.

Place back on parchment paper and return to the fridge for ten minutes.

Once chilled, enjoy these delicious sweet treats!

### CALORIES

113

### PROTEIN

4

### CARBS

13

### FATS

5

### FIBRE

3

PER PORTION



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# NO BAKE ALMOND FUDGE PROTEIN BARS



**SERVES: 12**



**TOTAL TIME:**  
10 minutes

## INGREDIENTS

80g oats, ground into a flour  
40g quick oats  
60g vanilla protein powder  
15g crispy rice cereal  
125g almond butter (or peanut butter)  
115g cup honey  
1 tsp vanilla extract  
Optional: 2-3 tbsp chocolate chips, for melting

## INSTRUCTIONS

Prepare a 9 x 5 inch loaf tin by spraying it with cooking spray. Set it aside for now.

In a medium-sized mixing bowl, combine the oat flour, quick oats, protein powder and crispy rice cereal. Mix until well combined and also set aside.

In a small pan over medium heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey. Stir in the vanilla extract.

Remove from the heat, pour into the dry mixture, stirring well until everything is well mixed.

Pour the mixture into the loaf tin. Using a spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.

For the optional topping, place the chocolate into a microwave safe bowl and heat on high in 20 second intervals, stirring between each heating session.

When fully melted, drizzle over the top of the packed mix using a spoon.

Place pan into fridge and allow to cool for 30 minutes before slicing into bars.

### CALORIES

163

### PROTEIN

7

### CARBS

18

### FATS

7

### FIBRE

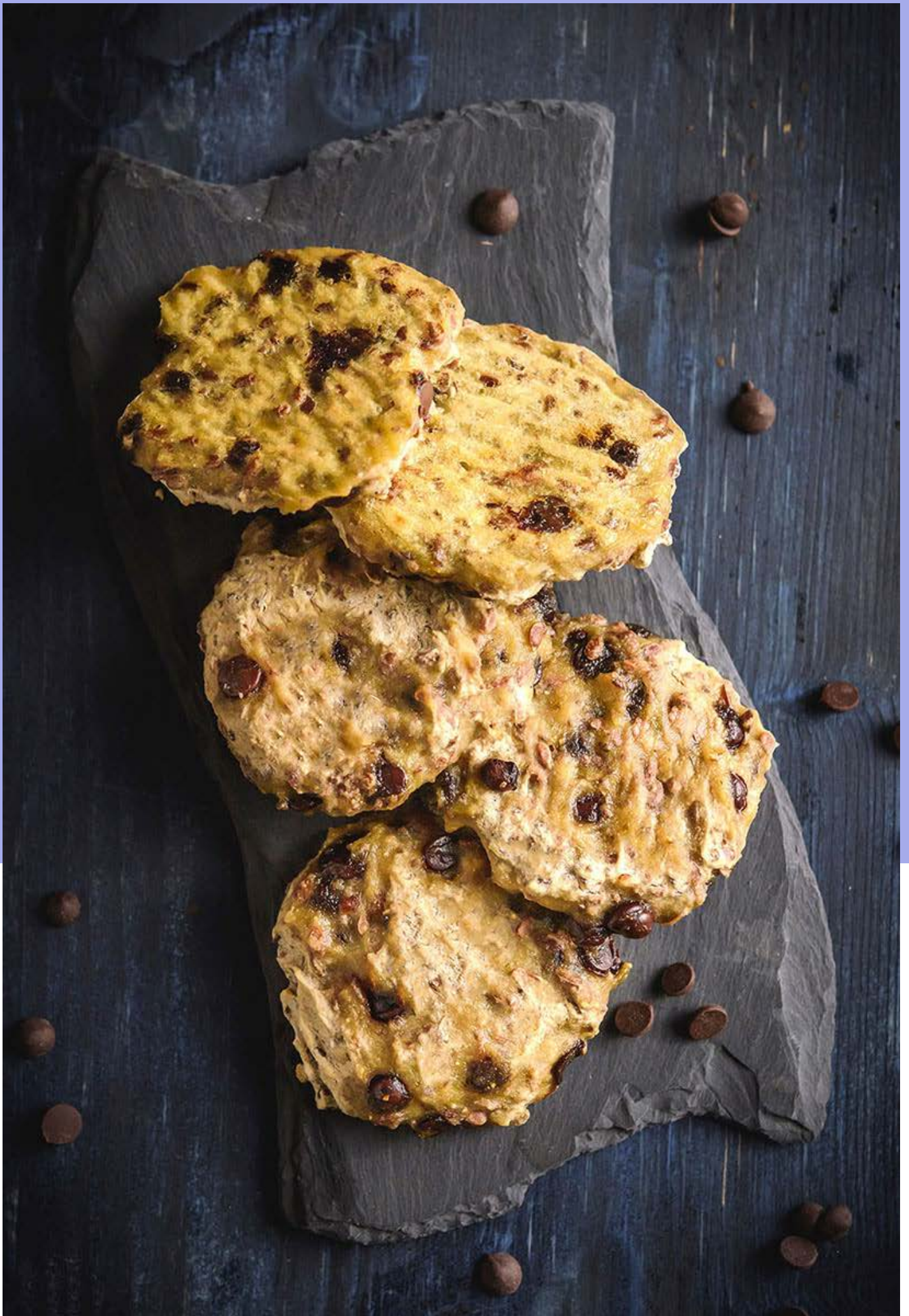
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PER PORTION



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# PEANUT BUTTER PROTEIN COOKIES



**SERVES: 6**



**TOTAL TIME:**  
20 minutes



## INGREDIENTS

1 ripe banana  
2 tsp chia seeds  
3 tbsp golden flax seeds  
1 tbsp peanut flour  
340g vanilla protein powder  
2 tbsp mini dairy free chocolate chips

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/ gas 4 and line a baking sheet with parchment paper.

Using a hand mixer or a potato masher, blend the banana until it is a smooth and creamy consistency. Add the chia and flax seeds to the banana and mix until they are well combined. Then, stir in the protein powder and peanut flour and mix until just combined. Do not over mix the protein powder and flour as the banana batter will become too hard.

Using your hands, fold the chocolate chips into the batter. You should now have enough batter to make 6 cookies. Use an ice cream scoop to divide the batter and with the palm of your hand, spread the portions of batter into a cookie shape, as these cookies do not rise in the oven.

Bake the cookies for around 8 minutes until they have turned golden brown and have a firm texture. Remove the cookies from the oven and place them on a rack to cool for 10 minutes before devouring.

### CALORIES

75

### PROTEIN

4

### CARBS

8

### FATS

3

### FIBRE

2

PER PORTION





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