

RAYMONDPRO

HEALTHY MEALS

10 WHOLESOME RECIPES

Chef-inspired food built around quality protein, vegetables, fibre-rich ingredients and simple cooking techniques.

FREE RECIPE COLLECTION

10 nourishing meals • clear ingredients • simple methods • chef tips • nutrition focus

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Simple ingredients. Strong flavour. Food made with care.

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This collection is designed as general food inspiration. Individual nutrition needs vary, so adjust portions and ingredients to suit your own requirements.

01 Grilled Salmon, Quinoa & Roasted Vegetables

A colourful, protein-rich plate with omega-3-rich salmon, fluffy quinoa and a generous mix of roasted vegetables.

Serves 2

INGREDIENTS

- 2 salmon fillets, 140-160 g each
- 120 g dry quinoa, rinsed
- 1 small courgette, sliced
- 1 red pepper, cut into chunks
- 1 small red onion, cut into wedges
- 150 g broccoli florets
- 1 tbsp extra virgin olive oil
- 1 lemon
- 1 garlic clove, finely grated
- 1 tsp dried oregano
- Fresh parsley or dill
- Black pepper and a small pinch of salt

METHOD

1. Heat the oven to 200 C / 180 C fan. Toss the courgette, pepper, onion and broccoli with half the olive oil, oregano and black pepper. Roast for 20-25 minutes.
2. Cook the quinoa according to the packet instructions. Fluff with a fork and finish with lemon zest, herbs and a squeeze of lemon.
3. Rub the salmon with the remaining olive oil, garlic and black pepper. Grill or pan-sear until just cooked through.
4. Divide the quinoa and vegetables between two plates, add the salmon and finish with herbs and lemon.

Chef's tip: Remove the salmon from the heat while it is still slightly soft in the centre; residual heat will finish the cooking.

NUTRITION FOCUS

Nutrition focus: salmon supplies protein and omega-3 fats; quinoa and vegetables contribute fibre, minerals and a wide range of micronutrients.

02 Mediterranean Chicken & Chickpea Bowl

A fresh, filling bowl combining herby chicken, chickpeas, crunchy vegetables and a light lemon-yoghurt dressing.

Serves 2

INGREDIENTS

- 2 skinless chicken breasts
- 1 x 400 g tin chickpeas, drained and rinsed
- 1/2 cucumber, chopped
- 200 g cherry tomatoes, halved
- 1 red pepper, diced
- 2 handfuls mixed leaves
- 2 tbsp Greek yoghurt
- 1 tbsp extra virgin olive oil
- 1 lemon
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1 small garlic clove, grated
- Fresh parsley or mint
- Black pepper

METHOD

1. Season the chicken with paprika, oregano, black pepper, half the lemon juice and half the olive oil.
2. Cook in a hot griddle or frying pan until golden and cooked through. Rest for 5 minutes before slicing.
3. Combine the chickpeas, cucumber, tomatoes, pepper, leaves and herbs.
4. Mix yoghurt with garlic, remaining lemon juice and a little water. Divide the salad between bowls, top with chicken and dressing.

Chef's tip: Resting chicken before slicing helps it retain its juices and gives a better texture.

NUTRITION FOCUS

Nutrition focus: lean chicken and chickpeas provide protein, while chickpeas and vegetables add fibre. Greek yoghurt keeps the dressing light and creamy.

03 Lean Beef, Sweet Potato & Greens

A satisfying whole-food meal with lean beef, roasted sweet potato and plenty of green vegetables.

Serves 2

INGREDIENTS

- 300 g lean beef steak or strips
- 1 large sweet potato, cut into wedges
- 160 g broccoli
- 120 g green beans
- 2 large handfuls kale or spring greens
- 1 tbsp extra virgin olive oil
- 1 garlic clove, crushed
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1 lime or lemon
- Fresh parsley
- Black pepper and a small pinch of salt

METHOD

1. Heat the oven to 200 C / 180 C fan. Toss sweet potato with half the olive oil, paprika, cumin and black pepper. Roast for 25-30 minutes.
2. Steam the broccoli and beans until just tender. Wilt the greens with a splash of water and garlic.
3. Pat the beef dry, season and sear in a very hot pan to your preferred doneness. Rest before slicing.
4. Plate the sweet potato and greens, top with beef and finish with herbs and citrus juice.

Chef's tip: A properly heated pan gives the beef colour quickly without overcooking the centre.

NUTRITION FOCUS

Nutrition focus: lean beef contributes protein, iron and vitamin B12; sweet potato provides fibre and beta-carotene; greens add folate and vitamin C.

04 Herb Chicken, Avocado & Brown Rice Bowl

A balanced bowl with lean chicken, creamy avocado, whole-grain rice and crisp vegetables.

Serves 2

INGREDIENTS

- 2 skinless chicken breasts
- 120 g dry brown rice
- 1 ripe avocado, sliced
- 1/2 cucumber, diced
- 150 g cherry tomatoes
- 100 g edamame or peas
- 1 tbsp extra virgin olive oil
- Juice of 1 lime
- 1 tsp dried mixed herbs
- Fresh coriander or parsley
- Black pepper

METHOD

1. Cook the brown rice until tender, then drain and keep warm.
2. Season the chicken with herbs and black pepper, then grill or pan-sear until cooked through. Rest and slice.
3. Arrange rice, cucumber, tomatoes, edamame and avocado in bowls.
4. Top with chicken and dress with olive oil, lime juice and fresh herbs.

Chef's tip: Dress the avocado with lime as soon as it is cut to keep it fresh and bright.

NUTRITION FOCUS

Nutrition focus: chicken provides lean protein, avocado adds unsaturated fats, and brown rice plus vegetables contribute fibre.

05 Baked Cod with Lemon, Herbs & Vegetables

A light, high-protein fish dish baked with vegetables, lemon and fresh herbs.

Serves 2

INGREDIENTS

- 2 cod fillets, about 150 g each
- 1 courgette, sliced
- 200 g cherry tomatoes
- 1 small fennel bulb, thinly sliced
- 1 red onion, sliced
- 1 tbsp extra virgin olive oil
- 1 lemon
- 1 garlic clove, crushed
- Fresh parsley and dill
- Black pepper

METHOD

1. Heat the oven to 190 C / 170 C fan. Place the vegetables in a baking dish with olive oil, garlic and black pepper.
2. Bake for 15 minutes, then place the cod on top.
3. Add lemon slices and herbs, then bake for another 10-12 minutes until the fish flakes easily.
4. Finish with fresh lemon juice and extra herbs.

Chef's tip: Cod dries out quickly, so take it from the oven as soon as the flakes separate with gentle pressure.

NUTRITION FOCUS

Nutrition focus: cod is a lean source of protein, while the mixed vegetables add fibre, potassium and vitamin C.

06 Turkey, Vegetable & Lentil Stew

A warming, fibre-rich stew with lean turkey, lentils and plenty of vegetables.

Serves 2

INGREDIENTS

- 300 g lean turkey mince
- 1 x 400 g tin green or brown lentils, drained
- 1 carrot, diced
- 1 celery stick, diced
- 1 onion, diced
- 1 red pepper, diced
- 1 x 400 g tin chopped tomatoes
- 500 ml low-salt vegetable or chicken stock
- 1 tsp smoked paprika
- 1 tsp ground cumin
- Fresh parsley
- Black pepper

METHOD

1. Brown the turkey in a large saucepan over medium-high heat.
2. Add onion, carrot, celery and pepper and cook for 5-6 minutes.
3. Stir in paprika, cumin, tomatoes, lentils and stock. Simmer gently for 25 minutes.
4. Season with black pepper and finish with fresh parsley.

Chef's tip: Simmer gently rather than boiling hard; it keeps the turkey tender and lets the flavours develop.

NUTRITION FOCUS

Nutrition focus: turkey and lentils provide protein, while lentils and vegetables make this meal especially rich in fibre.

07 Egg, Avocado & Roasted Vegetable Plate

A simple meal built around eggs, avocado and colourful roasted vegetables.

Serves 2

INGREDIENTS

- 4 eggs
- 1 avocado
- 1 small sweet potato, cubed
- 1 red pepper, sliced
- 1 courgette, sliced
- 100 g broccoli
- 1 tbsp extra virgin olive oil
- 1 tsp smoked paprika
- Juice of 1/2 lemon
- Fresh parsley
- Black pepper

METHOD

1. Heat the oven to 200 C / 180 C fan. Toss sweet potato and vegetables with olive oil, paprika and pepper, then roast until tender.
2. Boil, poach or softly fry the eggs to your preference.
3. Slice the avocado and dress with lemon juice.
4. Arrange the vegetables, avocado and eggs on plates and finish with parsley.

Chef's tip: Soft-centred eggs add richness and act almost like a natural sauce over the vegetables.

NUTRITION FOCUS

Nutrition focus: eggs provide complete protein and several vitamins; avocado contributes unsaturated fats; vegetables add fibre and micronutrients.

08 Chicken, Quinoa & Pomegranate Salad

A bright, refreshing salad with lean chicken, quinoa, herbs and pomegranate.

Serves 2

INGREDIENTS

- 2 chicken breasts
- 100 g dry quinoa
- 1 small cucumber, diced
- 150 g cherry tomatoes, halved
- 2 handfuls mixed leaves
- Seeds from 1/2 pomegranate
- 1 tbsp extra virgin olive oil
- Juice of 1 lemon
- Fresh mint and parsley
- 1 tsp ground cumin
- Black pepper

METHOD

1. Cook the quinoa until tender and allow it to cool slightly.
2. Season the chicken with cumin and black pepper, then grill until cooked through. Rest and slice.
3. Mix quinoa with cucumber, tomatoes, leaves, herbs and pomegranate.
4. Dress with olive oil and lemon, then top with the sliced chicken.

Chef's tip: Let the quinoa cool before adding the leaves so they stay crisp and fresh.

NUTRITION FOCUS

Nutrition focus: quinoa and chicken provide protein, while pomegranate, herbs and vegetables add fibre and plant compounds.

09 Salmon, Sweet Potato & Broccoli Bowl

A straightforward whole-food bowl that combines salmon, roasted sweet potato and green vegetables.

Serves 2

INGREDIENTS

- 2 salmon fillets
- 1 large sweet potato, cubed
- 200 g broccoli
- 120 g green beans
- 1 tbsp extra virgin olive oil
- 1 tsp smoked paprika
- 1 lemon
- Fresh dill or parsley
- Black pepper

METHOD

1. Heat the oven to 200 C / 180 C fan. Toss the sweet potato with half the olive oil and paprika, then roast for 20 minutes.
2. Add the salmon to the tray and cook for a further 10-12 minutes.
3. Steam the broccoli and beans until just tender.
4. Build the bowls with sweet potato, greens and salmon, then finish with lemon and herbs.

Chef's tip: Roast the sweet potato first so the salmon can be added later and remain moist.

NUTRITION FOCUS

Nutrition focus: salmon offers protein and omega-3 fats; sweet potato provides fibre and carotenoids; broccoli and beans add vitamin C and folate.

10 Mediterranean Bean, Tomato & Herb Bowl

A colourful plant-forward bowl packed with beans, tomatoes, crunchy vegetables and herbs.

Serves 2

INGREDIENTS

- 1 x 400 g tin cannellini beans, drained and rinsed
- 1 x 400 g tin chickpeas, drained and rinsed
- 200 g cherry tomatoes, halved
- 1/2 cucumber, diced
- 1 red pepper, diced
- 1 small red onion, finely sliced
- 2 handfuls rocket or mixed leaves
- 1 tbsp extra virgin olive oil
- Juice of 1 lemon
- Fresh parsley and mint
- Black pepper

METHOD

1. Combine the beans, chickpeas, tomatoes, cucumber, pepper and onion in a large bowl.
2. Add the leaves and plenty of chopped herbs.
3. Whisk together olive oil, lemon juice and black pepper.
4. Toss gently and serve immediately, or chill for 20 minutes to let the flavours combine.

Chef's tip: Rinse canned beans thoroughly; it improves their flavour and texture and reduces excess sodium from the packing liquid.

NUTRITION FOCUS

Nutrition focus: beans and chickpeas provide plant protein and fibre, while the vegetables and herbs add a wide range of vitamins and minerals.

COOK WELL. EAT WELL.

Healthy food can still be full of flavour. Build meals around good ingredients, plenty of colour, quality protein and simple techniques that let the food speak for itself.

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General note: This recipe pack provides general food and nutrition information only and is not a substitute for personalised medical or dietary advice.