

# Quick & Lean Mum's Cookbook

## 21 Fitness Recipes



**DAIRY FREE  
GLUTEN FREE  
WHEAT FREE  
& VEGETARIAN OPTIONS**





**Medical Disclaimer** Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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# Chocolate & chia smoothie



**150g plain yoghurt (use dairy free yoghurt if preferred)**  
**150ml nut milk of your choice**  
**2 tps coconut flakes**  
**25g chocolate flavour whey or rice protein powder**  
**10g chia seeds**  
**2 ice cubes**

Put all the ingredients into a blender and whizz until smooth. Add more water if required to achieve the desired consistency.

*Consume immediately.*

**SERVINGS 2**



**PER SERVING:**

**190 Calories**

**7g Carbs**

**18g Protein**

**10g Fat**

# Coconut dream smoothie



40g tinned sweetcorn, rinsed and drained

140ml dairy free alternative coconut milk (or use milk of your choice)

40ml tinned coconut milk

1 tsp vanilla extract

25g vanilla flavour whey or rice protein powder

4 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

SERVINGS 1



PER SERVING:  
234 Calories  
14g Carbs  
22g Protein  
10g Fat

# Roasted almond sesame bark



## For the topping:

**50g whole almonds**

**2 tsps honey (or use natural sweetener of your choice)**

**1 tsp sesame seeds**

**1 tsp ground cinnamon**

**1 tsp desiccated coconut**

## For the bark:

**3 tbsps coconut oil**

**2 tbsps cocoa powder**

**1 tsp honey (or use natural sweetener of your choice)**

Line a baking tray with greaseproof paper and place in the freezer.

Preheat oven to 120°C/250°F.

Mix the topping ingredients together in a bowl. Spread out evenly onto a baking tray. Oven roast for 20-25 minutes, turning halfway. Leave to cool in the tray.

Melt the coconut oil in a pan over a medium / low heat. Add the cocoa powder and honey and stir well. Remove from heat. Add 1 tbsp cold water and stir well.

Pour evenly onto the baking tray. Sprinkle on the topping. Freeze for one hour or more. Remove from freezer 10 minutes before serving.

*Store any leftovers in an airtight container and freeze for up to 2 weeks.*



PER SERVING:  
232 Calories  
9g Carbs  
4g Protein  
20g Fat

# Berry soufflé



**1 tsp organic butter or coconut oil**  
**100g mixed berries**  
**2 tbsps coconut milk**  
**4 large eggs, yolks and whites separated**  
**1 tsp vanilla extract**  
**pinch of ground cinnamon**

**SERVINGS 2**

## Serving suggestion:

**Drizzle lightly with honey and sprinkle over a few flaked almonds**

Preheat oven to 200 °C / 400 °F.

Melt the butter / oil in an ovenproof skillet or pan over a medium heat.

Add the berries and simmer gently for around 4 minutes, stirring occasionally.

Meanwhile, whisk the egg whites with an electric mixer until stiff peaks form.

In a separate bowl hand whisk the egg yolks, coconut milk, cinnamon and vanilla extract for 1-2 minutes.

Gently fold the yolks into the egg whites.

Pour the mixture over the berries and cook for 2 minutes then transfer to the oven.

Bake for 10-12 minutes until lightly browned. Serve warm or cold.

*Consume immediately.*



**PER SERVING:**  
203 Calories  
4g Carbs  
13g Protein  
15g Fat

# Caramel protein bars



**30g oats (use gluten free if preferred)**

**30g pitted dates**

**1 tbsp melted coconut oil**

**50g tahini**

**35g vanilla flavour whey or rice protein powder (optional) or use natural sweetener of your choice, to taste**

**10g cocoa powder**

**½ tsp vanilla extract**

**a pinch of sea salt**

**for the chocolate coating:**

**1 tbsp melted coconut oil**

**20g dark chocolate (minimum 70% cocoa powder)**

**MAKES 5 BARS**



PER BAR:

**214 Calories**

**12g Carbs**

**10g Protein**

**14g Fat**

Line the base of an oven tray with baking paper. Place the oats in a blender or food processor and blend until finely ground. Transfer the ground oats to a bowl.

Blend the dates and melted coconut oil into a paste in a blender or food processor. Transfer the paste to the bowl and add the remaining ingredients. Mix well to combine. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the oven tray and shape into a long sausage. Flatten down to form a long rectangle. Neaten the sides with a spatula.

Place the dark chocolate and coconut oil in a saucepan. Place the saucepan in a shallow basin of boiling water and place over a medium heat. Stir until melted. Remove the saucepan from the water and set aside for 10 minutes.

Drizzle the chocolate over the filling mixture. Refrigerate until firm then cut into 5 pieces.

*Store the bars in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Strawberry cheesecake



**for the base:**

**50g coconut oil**

**80g ground almonds**

**50g ground flaxseed**

**20g honey or maple syrup**

**30g crunchy peanut butter (or use  
nut butter of your choice)**

**a pinch of sea salt**

**60g oats (use gluten free oats if  
preferred)**

**for the topping:**

**120g cream cheese (use dairy free  
if preferred)**

**100g Greek yoghurt (use dairy  
free if preferred)**

**1 egg**

**30g vanilla or strawberry flavour  
whey or rice protein powder**

**200g fresh strawberries**

**to serve:**

**a few fresh strawberries**

Preheat oven to 175°C/350°F. Line the base of a 15x15cm square or round baking tin with baking paper.

Place the base ingredients in a blender or food processor and blend until smooth.

Transfer to the baking tin and press down firmly to compact. Bake for 10 minutes then allow to cool.

Place the topping ingredients in a blender or food processor and blend until smooth.

Pour the mixture over the base, and spread out evenly with a spatula.

Bake for 20 minutes then allow to cool.

Refrigerate for one hour or more until ready to serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



**SERVINGS 8**

**PER SERVING**  
**304 Calories**  
**10g Carbs**  
**12g Protein**  
**24g Fat**



# Chocolate peanut balls



**for the filling:**

**80g lightly salted peanuts**

**40g dried pitted dates, chopped**

**1 tsp coconut oil, melted**

**20g raisins a pinch of sea salt flakes**

**30ml cold water**

**for the coating:**

**25g cocoa powder**

**30g coconut oil, melted stevia to**

**sweeten (or use a natural**

**sweetener of your choice)**

**MAKES 9 BALLS**



Place all of the filling ingredients in a blender and blend into a thick paste. Add a drop more water if the mixture is too dry. Transfer to a bowl and refrigerate for 20 minutes to firm up.

Melt the coconut oil in a small saucepan over a medium heat. Add the cocoa powder and mix well to combine thoroughly. Remove from heat. Add sweetener to taste (be careful as the liquid will be hot and may burn). Mix well. Transfer to a bowl and set aside for 10 minutes to cool.

Remove the nut mixture from the fridge and roll into 9 balls.

Roll each ball in the chocolate mixture to coat thoroughly. Refrigerate for 30 minutes or until the chocolate has set.

*Store any leftovers in an airtight container and refrigerate for up to 4 days.*



**PER BALL:**

**121 Calories**

**7g Carbs**

**3g Protein**

**9g Fat**

# Egg, kale & salmon breakfast bowl



- 125g fresh salmon fillet**
- 1 egg**
- 1 tsp ghee or coconut oil**
- 1 red bell-pepper, sliced**
- a handful of kale**
- 8 cherry tomatoes, halved**
- a pinch of sea salt and ground black pepper**

Pour 3 inches of boiling water into a medium-sized saucepan and place over a medium heat. Add the salmon and poach gently for 8 minutes. Remove from the water using a large slotted spoon or fish slice and set aside.

Meanwhile bring a small saucepan of water to the boil. Add the egg and cook for 6-8 minutes, until cooked to your liking. Remove the egg from the water using a slotted spoon and immerse in cold water for 2 minutes. Peel and cut in half.

Heat the ghee/oil in a frying pan over a medium heat. Add the bell-pepper and kale and cook for 3 minutes, stirring occasionally.

Add the cherry tomatoes and cook for 2-3 minutes, stirring occasionally until the vegetables are soft. Season with salt and pepper.

Transfer the cooked vegetables to a plate and top with the poached salmon and boiled egg. Serve.

*Consume immediately.*



**PER SERVING:**  
**456 Calories**  
**12g Carbs**  
**39g Protein**  
**28g Fat**



# Mushroom, rocket & Feta frittata



- 1 tsp ghee or olive oil**
- 100g mushrooms of your choice, roughly chopped or torn**
- 4 eggs**
- 1 egg white**
- a pinch of sea salt and ground black pepper**
- 40g Feta cheese (use dairy free if preferred)**
- a handful of rocket leaves**
- 2 tps balsamic vinegar**

**SERVINGS 2**



**PER SERVING:**  
269 Calories  
9g Carbs  
20g Protein  
17g Fat

Preheat oven to 200°C/400°F.

Melt the ghee / oil in a skillet or ovenproof frying pan over a medium heat. Add the mushrooms and fry gently for 2-3 minutes, stirring occasionally.

Break the eggs and egg white into a jug and add the salt and pepper. Beat with a fork.

Add the eggs to the pan. Crumble the Feta cheese over the top, distributing evenly over the eggs.

Bake for 10 minutes or until firm.

Transfer the frittata to a plate and top with the rocket leaves. Drizzle the balsamic over the leaves and serve.

*Consume immediately.*



# Quinoa breakfast muffins



small amount of coconut oil to grease tin  
120g cooked quinoa (40g dry weight)  
2 egg whites  
2 eggs  
handful of spinach leaves, finely chopped  
1 small red onion, finely diced  
2 small vine ripened tomatoes, diced  
handful of closed cup mushrooms, finely chopped  
30g grated Cheddar cheese (or use dairy free if preferred)  
1 tbsp Worcestershire sauce  
1/4 tsp garlic powder  
pinch of sea salt and ground black pepper

Preheat oven to 180°C/350°F. Lightly

grease 8 compartments of a muffin tray or 8 ovenproof ramekins with coconut oil.

Place all ingredients in a large bowl and mix thoroughly.

Spoon the mixture into the muffin compartments. Bake for 20-25 minutes, until the centre of the muffins are firm.

Leave to cool in the tin for 5-10 minutes. Serve.

*Once cooled, store any leftover muffins in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER MUFFIN:

**67 Calories**  
**5g Carbs**  
**5g Protein**  
**3g Fat**



# Thick & fluffy protein pancakes



- 8 egg whites**
- 75g oats (use gluten free if preferred)**
- 40g vanilla flavour whey or rice protein powder (optional)**
- 1 tsp stevia (or natural sweetener of your choice)**
- 100ml unsweetened almond milk**
- ¼ tsp xanthan gum (optional)**
- 2 tps coconut oil**

Place the egg whites, oats, protein powder (if using), stevia, milk and xanthan gum (if using) in a blender, and blend well until creamy.

Melt ½ tsp oil in a frying pan over a medium heat. Pour ¼ of the batter into the pan. Tilt the base of the pan gently to shape the batter into a circle.

Cook for 2-3 minutes. When small holes appear on the surface of the pancake, flip or turn using a fish slice. Cook on the other side for 2-3 minutes or until the underside of the pancake is golden. Transfer to a plate.

Repeat steps with the remaining oil and batter.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

## Serving suggestion:

Serve with mixed berries and a drizzle of agave syrup, maple syrup or honey.



PER PANCAKE:  
**168 Calories**  
**15g Carbs**  
**18g Protein**  
**4g Fat**



# Edamame & garlic chicken salad with mustard dressing



**1 garlic clove, skin on a pinch of sea salt and ground black pepper**  
**200g chicken breasts, cut into strips**

**1 tsp olive oil or coconut oil**  
**100g cooked edamame beans**

**1 large carrot, spiralised or coarsely grated a large handful of mixed lettuce leaves**

**2 eggs**

**for the dressing:**

**1 tbsp olive oil**

**1 tsp wholegrain mustard**

**2 tsps rice vinegar**

**1 tsp honey**

Crush the garlic clove with a wooden spoon. Season the chicken with salt and pepper.

Heat the oil in a frying pan over a medium heat. Add the chicken and garlic and cook for 6-8 minutes, or until the chicken is thoroughly cooked.

Bring a small saucepan of water to the boil. Add the eggs, ensuring they are covered with water. Simmer for 6-8 minutes, depending on how well cooked you like them. Remove from the pan with a slotted spoon and immerse in cold water for 2 minutes. Peel the eggs then slice in half lengthways.

Mix the dressing ingredients in a jug.

Divide the lettuce leaves between two serving bowls. Top with the edamame beans, carrot and chicken. Drizzle the dressing over the salad. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

SERVES 2



PER SERVING:  
**400 Calories**  
**16g Carbs**  
**39g Protein**  
**20g Fat**



# Lamb skewers with a herby yoghurt dip



**700g lean boneless lamb, cut into small chunks**  
**1 large onion, grated**  
**2 bay leaves**  
**1 sprig fresh rosemary juice and grated rind of 1 lemon**  
**2 tsps olive oil**  
**salt and pepper**  
**1/3 red bell-pepper, cut into squares**  
**1/3 green bell-pepper, cut into squares**  
**for the yoghurt dip:**  
**50g plain yoghurt (use dairy free if preferred)**  
**1 tsp fresh mint, finely chopped**  
**1 tsp fresh coriander, finely chopped**  
**to serve:**  
**wedges of lemon**

Mix the yoghurt dip ingredients together in a bowl. Cover and refrigerate.

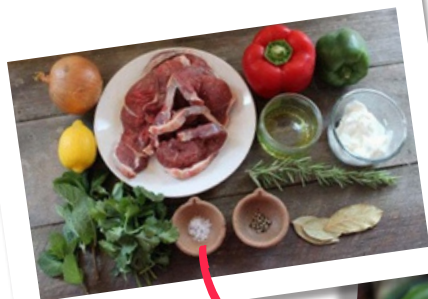
Place the lamb in a bowl. In a separate bowl, combine the grated onion, bay leaves, rosemary, lemon rind and juice, salt, pepper and olive oil.

Pour the mixture over the lamb and stir well to cover the meat. Cover and refrigerate for 2 hours or overnight.

Thread the meat onto four pre-soaked bamboo skewers, alternating with pieces of red and green pepper.

Prepare a medium grill. Line a grill tray with foil and place the skewers onto the foil. Grill for 10 minutes, turning occasionally. When the lamb is cooked thoroughly, remove from grill and serve with wedges of lemon and the yoghurt dip.

*Store any leftover meat in an airtight container and refrigerate for up to 2 days. Store any yoghurt dip in a separate container and refrigerate for up to 2 days.*



PER SKEWER:  
**444 Calories**  
**8g Carbs**  
**49g Protein**  
**24g Fat**



# Cauliflower cheese omelette



**100g cauliflower florets**  
**4 eggs**  
**1 egg white**  
**a pinch of sea salt and ground black pepper**  
**1 tsp curry powder**  
**1/2 tsp ground coriander**  
**1/2 tsp chilli powder**  
**1 tsp ghee or coconut oil**  
**40g button mushrooms, chopped**  
**30g Cheddar cheese (use dairy free if preferred), grated**

SERVES 2

## Serving suggestion:

Serve with leafy greens salad and a drizzle of balsamic vinegar.

Blitz the cauliflower in a blender or food processor. Beat the eggs and egg white in a jug. Add the salt, pepper, curry powder, ground coriander and chilli powder and stir well.

Melt half of the ghee/oil in a frying pan over a medium heat. Add the cauliflower and mushrooms. Fry gently for 3 minutes, stirring occasionally, until the cauliflower is soft and a light golden colour. Remove the vegetables from the pan and transfer to a plate.

Melt the remaining ghee/oil in the pan and add the eggs. Cook for 3-4 minutes or until the omelette starts to firm up in the centre. Place a lid over the pan to speed up the cooking process.

Add the cooked vegetables and cheese over one half of the omelette and cook for 2-3 minutes. Use a fish slice to fold the 'empty' half of the omelette over the vegetables and cheese. Cut the omelette in half and transfer to two serving plates.

*Store any leftovers in an airtight container and refrigerate for up to 1 day.*



PER SERVING:  
**253 Calories**  
**5g Carbs**  
**20g Protein**  
**17g Fat**



# Basil & chilli chicken



- 1 tsp ghee or coconut oil**
- 2 cloves garlic, finely chopped**
- 1-2 red chilli peppers, finely chopped**
- 200g fresh chicken breast, diced**
- 8 fresh basil leaves**
- pinch of ground black pepper**
- pinch of sea salt**
- 1/4 tsp Thai 7 spice**
- 1/4 tsp ground ginger**
- 1 tbsp soy sauce**
- juice of 1/2 lemon or lime**
- small handful of fresh coriander, roughly chopped**

Heat the ghee / oil in a frying pan or wok over a medium / low heat. Add the garlic and chillis and sauté gently for 2 minutes.

Add the chicken and cook for 3-4 minutes, stirring to seal on all sides.

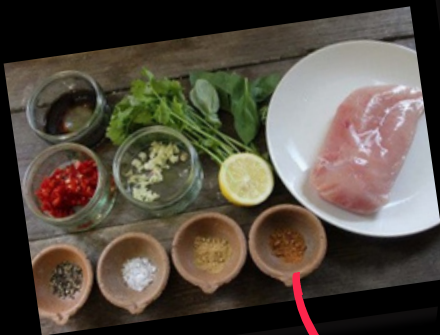
Stir in the basil and cook for 1 minute.

Add the salt, pepper, Thai 7 spice, soy sauce and ginger and stir well. Cook for 3-4 minutes, until the chicken is cooked throughout.

Add the lemon / lime juice and stir.

Serve garnished with chopped coriander.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
**306 Calories**  
**9g Carbs**  
**45g Protein**  
**10g Fat**

# Salmon & chive omelette salad



**a large handful of mixed salad leaves**  
**1 salad tomato, sliced**  
**20g cucumber, sliced**  
**2 tps balsamic vinegar**  
**black pepper, to season**  
**1 tsp olive oil**  
**1 tsp ghee or coconut oil**  
**3 spring onions, sliced finely**  
**a small bunch of fresh chives, finely chopped**  
**3 eggs, whisked**  
**50g smoked salmon, cut into small pieces**  
**juice of 1/2 a lemon**

Arrange the salad leaves in a bowl and add the cucumber and tomato. Mix the balsamic vinegar, black pepper and olive oil together and drizzle over the salad.

Melt the ghee / oil in a frying pan over a medium heat. Add the chives and spring onions and fry for 1 minute, stirring.

Pour the eggs into the pan and tilt gently to cover the base evenly. Cook for 2-3 minutes until the egg starts to firm up. Add the salmon pieces, distributing evenly over the omelette. Cook for 1 minute.

Using a slice, carefully turn the omelette over and cook for 1 minute, then remove from pan and transfer to a plate. Slice the omelette into bite-sized strips and place on top of the salad.

Drizzle the lemon juice over the omelette and serve.

*Store in an airtight container and refrigerate for up to 1 day.*



**PER SERVING:**  
**486 Calories**  
**13g Carbs**  
**32g Protein**  
**34g Fat**

# Baked chicken satay



**7 x chicken thighs, bone in and skin on**  
**40g crunchy peanut butter**  
**1 tsp chilli flakes**  
**10g melted coconut oil**  
**1-2 garlic cloves, finely chopped**  
**1 inch piece fresh ginger, finely chopped**  
**100g asparagus spears**  
**150g tenderstem broccoli**  
**5g sesame seeds**  
**to serve:**  
**small bunch coriander, chopped**

Preheat oven to 170°C / 350°F.

In a large bowl, mix the peanut butter, chilli flakes, coconut oil, garlic and ginger. Add a drop of cold water – just enough to make the mixture slightly runny.

Add the chicken and stir well to coat thoroughly. Transfer to an ovenproof dish. Cook for 40 minutes then turn each chicken thigh over. Sprinkle the sesame seeds over the chicken. Place the asparagus and broccoli around the chicken.

Cook for a further 10-15 minutes, or until the vegetables are cooked to your liking. Ensure the chicken is thoroughly cooked before serving. Remove skin from chicken thighs and discard. Serve garnished with coriander.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



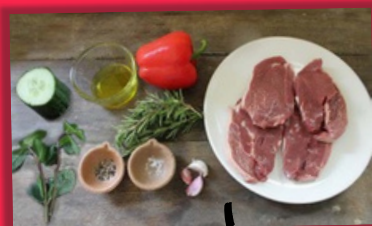
PER PIECE:  
252 Calories  
3g Carbs  
24g Protein  
16g Fat

# Lamb steaks with roasted red peppers



**15ml olive oil**  
**2-3 garlic cloves, finely chopped**  
**pinch of salt and pepper**  
**360g lamb shoulder steaks**  
**a large sprig of fresh rosemary**  
**for the red pepper topping:**  
**1 red bell-pepper, left whole**  
**a drizzle of olive oil**  
**salt and pepper**  
**3ml olive oil**  
**a few sprigs of fresh mint, chopped finely**  
**50g cucumber, diced finely**

In a bowl, mix the garlic, olive oil, salt and pepper. Place the lamb in a single layer in a wide based ovenproof dish. Add the oil mixture and turn the lamb to coat thoroughly. Add the rosemary. Cover and refrigerate for 2 hours, or overnight.



**PER SERVING:**  
**501 Calories**  
**6g Carbs**  
**63g Protein**  
**25g Fat**

Preheat oven to 160 °C / 325 °F.

Place the red pepper upright in an ovenproof dish and drizzle lightly with olive oil. Bake for around 25 minutes, or until the skin becomes crispy. Remove from oven and allow to cool.

Remove the skin, seeds and core from the pepper. Chop into small bite-sized pieces. Add the salt and pepper, olive oil, fresh mint and cucumber and stir well.

Place the lamb steaks in the oven and cook for around 10 minutes each side (medium) or longer if you prefer the lamb well done.

Serve the lamb topped with the red pepper mixture.

*Store any leftover lamb in an airtight container and refrigerate for up to 2 days. Store any leftover red pepper mixture in an airtight container and refrigerate for up to 2 days.*



# Turkey cashew coconut curry



- 1 tsp ghee or coconut oil
- 1 large white onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 inch piece ginger, finely chopped
- 3 green chilli peppers, finely chopped
- 3/4 tsp sea salt
- 1/2 tsp ground cinnamon
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 600g turkey breast mince
- 200ml coconut milk
- 30g cashews, finely chopped
- a small handful fresh coriander, finely chopped

SERVES 4



PER SERVING:  
363 Calories  
15g Carbs  
42g Protein  
15g Fat

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 4 minutes, stirring frequently.

Add the ginger, garlic, and chilli peppers and fry gently for 2 minutes, stirring occasionally.

Add the salt, cinnamon, mustard seeds, turmeric, cumin and ground coriander. Stir well and cook for 1 minute.

Add the turkey mince and stir well. Cook for 5 minutes, breaking up the mince with a spoon as it cooks.

Add the coconut milk and cashews. Bring to a simmer and cook for 5 minutes. Add the fresh coriander, stir well and serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Serving suggestion:

Serve on a bed of steamed basmati rice.



# Cajun spiced chicken



- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1 heaped tsp hot paprika
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1/2 tsp chilli powder
- 450g skinless chicken thighs, diced
- 1 tsp ghee or olive oil
- 1 small white onion, finely chopped
- 1 bell-pepper (any colour), diced
- 3 garlic cloves, finely chopped
- 400g tinned chopped tomatoes
- 200ml chicken stock (made with one organic stock cube)

Place the salt, pepper, dried herbs and spices in a bowl and mix well. Add the chicken and stir well to coat.

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and fry for 4 minutes, stirring occasionally.

Add the bell-pepper and fry for 4 minutes, stirring occasionally. Add the garlic and fry gently for 2 minutes, stirring frequently.

Add the chicken and cook for 5 minutes, stirring occasionally to seal on all sides. Add the tinned tomatoes and stock. Stir well and bring to a simmer. Cover and cook for 15 minutes, stirring occasionally. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

SERVES 3

## Serving suggestion:

Serve on a bed of steamed cauliflower rice.



**PER SERVING:**  
337 Calories  
15g Carbs  
31g Protein  
17g Fat



# Mediterranean style chicken with ham & basil



**2 x 175g fresh chicken breasts, butterflied**  
**40g prosciutto ham**  
**4 sprigs of fresh basil leaves and stalks**  
**1 large ripe tomato, sliced**  
**pinch of salt and pepper**  
**juice of 1/2 a lemon**

**SERVES 2**

Preheat oven to 180°C /350°F.

Lined a tray with foil. Place the chicken on the tray. Top with the tomato, basil and sliced ham. Add the lemon juice and salt and pepper.

Cover with foil and seal loosely to form a parcel. Cook for 25-30 minutes until the chicken is cooked thoroughly. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



**PER SERVING:**  
**267 Calories**  
**8g Carbs**  
**43g Protein**  
**7g Fat**