

# FAKEAWAY CRAVING REMOVING SOLUTION



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# Wrapizza Margherita



**1 Serving . 5 mins prep time . 10 mins cooking time**

**311**  
kcal

**25g**  
Protein

**11g**  
Carbs

**17g**  
Fat

**7g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 3 tbsp tomato sauce
- 3 slices fresh mozzarella
- Handful of fresh basil leaves
- 1 tsp olive oil
- 1 clove garlic (from pre-made garlic spread or paste)
- Salt, to taste

## Directions

1. Set the oven's temperature to 200°C.
2. Delicately spread the tomato sauce over the wrap's surface.
3. Strategically position mozzarella slices atop.
4. Gently drizzle olive oil and evenly distribute garlic.
5. Season with a touch of salt.
6. Bake until the cheese lovingly melts and edges crisp, roughly 10 minutes.
7. Gracefully garnish with basil leaves before serving.



# Spicy Tortilla Chips



**2 Servings . 5 mins prep time . 10 mins cooking time**

**124  
kcal**

**7g  
Protein**

**4g  
Carbs**

**8g  
Fat**

**4g  
Fibre**

## Ingredients

- 1 Higher Horizons wrap
- 1 tbsp olive oil
- Pinch of chili flakes
- Salt, to taste
- 1 tsp smoked paprika
- 2 tbsp salsa (for serving)

## Directions

1. Begin by setting the oven to a welcoming 180°C.
2. Craftily slice the wrap into triangle shapes.
3. Bestow a drizzle of olive oil, and sprinkle with chili flakes, salt, and smoked paprika.
4. Bake until each chip achieves a golden crispness, about 10 minutes.
5. Serve alongside a dish of inviting salsa.



# Garlic Wrap Bread



**1 Serving . 5 mins prep time . 8 mins cooking time**

**363**  
kcal

**14g**  
Protein

**8g**  
Carbs

**29g**  
Fat

**7g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 2 tbsp garlic butter spread
- 1 tbsp parsley, finely chopped (from pre-packed herbs)
- Pinch of salt
- 1 tsp olive oil

## Directions

1. Preheat the oven to 200°C.
2. Generously slather the wrap with the garlic butter spread.
3. For seasoning, add a drizzle of oil and a pinch of salt.
4. Shower with finely chopped parsley.
5. Bake until the wrap attains a golden hue, and the edges are slightly crispy, around 8 minutes.
6. Nutrition Facts (per serving):



# Wrap Cinnamon Rolls



**2 Servings . 8 mins prep time . 12 mins cooking time**

**396**  
kcal

**14g**  
Protein

**23g**  
Carbs

**26g**  
Fat

**7g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 2 tbsp butter, softened
- 1 tbsp cinnamon
- 2 tbsp brown sugar
- 1 tsp vanilla extract
- Pinch of salt

## Directions

1. Preheat the oven to 180°C.
2. Blend butter, cinnamon, brown sugar, vanilla, and salt until smooth.
3. Lavishly spread the mix over the wrap.
4. Carefully roll each wrap and slice it into 2-inch pieces.
5. Place the pieces cut-side up on a baking tray.
6. Bake until they're warm and slightly firm, roughly 12 minutes.



# Wrap Quesadilla



**2 Servings . 5 mins prep time . 8 mins cooking time**

**315  
kcal**

**22g  
Protein**

**15g  
Carbs**

**17g  
Fat**

**7g  
Fibre**

## Ingredients

- **2 Higher Horizons wraps**
- 4 slices cheddar shredded cheese
- 2 tbsp pre-made salsa
- 1 tbsp sour crème and chive
- Pinch of salt
- 1 tsp olive oil

## Directions

1. In a skillet over medium heat, warm the olive oil.
2. Lay one wrap flat in the skillet. Evenly distribute 2 slices of cheddar shredded cheese over the wrap.
3. Carefully spoon 1 tablespoon of the salsa over the shredded cheese, spreading it out.
4. Season with a pinch of salt. Place the second wrap on top.
5. Let it cook for about 4 minutes or until the bottom wrap is golden brown.
6. Carefully flip the quesadilla to brown the other side. Ensure the shredded cheese has melted, allowing another 3-4 minutes of cooking time.
7. Once golden brown on both sides and shredded cheese is melted inside, transfer to a cutting board.
8. Slice into quarters using a sharp knife or pizza cutter.
9. Plate and serve with a dollop of sour crème and chive on top or on the side.



# Apple Pie Wrap



**1 Serving . 5 mins prep time . 15 mins cooking time**

**340**  
kcal

**15g**  
Protein

**23g**  
Carbs

**18g**  
Fat

**13g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 2 apples, peeled and thinly sliced
- 2 tbsp brown sugar
- 1 tsp cinnamon
- Pinch of salt
- 1 tbsp unsalted butter
- Additional 1 tbsp melted unsalted butter for brushing

## Directions

1. Preheat the oven to 190°C.
2. In a pan, melt 1 tbsp of butter and add the sliced apples, brown sugar, cinnamon, and a pinch of salt. Cook over medium heat for about 5-7 minutes, until the apples are soft.
3. Place the cooked apple mixture in the center of the wrap.
4. Fold the wrap into a semi-circular shape, sealing the edges.
5. Brush the top with melted butter.
6. Bake until the wrap is golden brown and slightly crispy, around 15 minutes.



# BBQ Chicken Wrapizza



**1 Serving . 5 mins prep time . 10 mins cooking time**

**335**  
kcal

**34g**  
Protein

**8g**  
Carbs

**17g**  
Fat

**7g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 3 tbsp BBQ sauce
- 50g pre-cooked chicken slices
- 2 slices cheddar cheese
- 1 tbsp red onion, thinly sliced
- 1 tsp olive oil
- Fresh parsley for garnish

## Directions

1. Preheat the oven to 200°C.
2. Slather the wrap with BBQ sauce.
3. Layer chicken slices and red onion over the sauce.
4. Top with cheddar slices.
5. Drizzle olive oil over the toppings.
6. Prepare for 10 minutes, or until the cheese gets melted and the edges are golden brown.
7. Garnish with fresh parsley.



# Wrap Nachos Supreme



**3 Servings . 10 mins prep time . 15 mins cooking time**

**365  
kcal**

**28g  
Protein**

**12g  
Carbs**

**21g  
Fat**

**8g  
Fibre**

## Ingredients

- **3 Higher Horizons wraps**
- 100g salsa
- 6 slices cheddar cheese
- 100g pre-cooked chicken slices
- 3 tbsp guacamole
- 2 tbsp sour cream
- Fresh coriander for garnish

## Directions

1. Preheat the oven to 200°C.
2. Cut each wrap into triangle sections, resembling tortilla chips.
3. Arrange the wrap triangles on a baking tray in a single layer.
4. Spread salsa over the wrap triangles.
5. Evenly distribute chicken slices and place cheddar slices on top.
6. Bake until the cheese is melted and the wrap edges are crispy, around 10-15 minutes.
7. Add guac and sour cream, and top with coriander.



# Cheesy Garlic Wrap Bread



**2 Servings . 5 mins prep time . 10 mins cooking time**

**375**  
kcal

**26g**  
Protein

**8g**  
Carbs

**25g**  
Fat

**7g**  
Fibre

## Ingredients

- **2 Higher Horizons wraps**
- 4 tbsp unsalted butter, melted
- 2 garlic cloves, minced
- 4 slices cheddar cheese
- Pinch of salt
- Fresh parsley, chopped

## Directions

1. Preheat the oven to 190°C.
2. Mix the melted butter and minced garlic in a bowl.
3. Brush each wrap generously with the garlic butter mixture.
4. Lay cheddar slices on one half of each wrap.
5. Fold the other half over the cheese.
6. Prepare until golden and crispy, about 10 minutes.
7. Sprinkle with salt and fresh parsley before serving.



# Nutty Banana Wrap Roll



**2 Servings . 5 mins prep time . 0 min cooking time**

**352**  
kcal

**22g**  
Protein

**26g**  
Carbs

**16g**  
Fat

**8g**  
Fibre

## Ingredients

- 2 Higher Horizons wraps
- 4 tbsp peanut butter
- 2 ripe bananas, sliced
- 1 tsp honey
- Pinch of cinnamon
- 2 tbsp chopped nuts (optional)

## Directions

1. Spread each wrap with peanut butter.
2. Arrange banana slices over half the wrap.
3. You can add a drizzle of honey and sprinkle some cinnamon and nuts over it if needed.
4. Roll the wrap tightly, beginning with the banana-covered side.
5. Slice in half and serve.



# Hummus & Olive Wrapizza



**2 Servings . 5 mins prep time . 10 mins cooking time**

**321  
kcal**

**29g  
Protein**

**9g  
Carbs**

**17g  
Fat**

**8g  
Fibre**

## Ingredients

- **2 Higher Horizons wraps**
- 4 tbsp hummus
- 10 sliced olives (mix of green and black)
- 50g feta cheese, crumbled
- 1 tbsp olive oil
- 1 tsp za'atar or mixed dried herbs
- Fresh parsley, chopped for garnish

## Directions

1. Preheat the oven to 190°C.
2. Spread each wrap evenly with hummus.
3. Sprinkle the sliced olives and crumbled feta cheese over the wraps.
4. Add a touch of oil and sprinkle with za'atar or your favorite herbs.
5. Bake for about 10 minutes or until the edges are crisp.
6. Garnish with chopped parsley before serving.



# Crispy Wrap Sticks



**3 Servings . 5 mins prep time . 10 mins cooking time**

**223**  
kcal

**15g**  
Protein

**8g**  
Carbs

**13g**  
Fat

**7g**  
Fibre

## Ingredients

- 3 Higher Horizons wraps
- 3 tbsp olive oil
- 1 tsp mixed herbs (oregano, basil, thyme)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper

## Directions

1. Preheat the oven to 190°C.
2. Cut each wrap into 1-inch-wide sticks.
3. Mix olive oil with herbs, garlic powder, onion powder, and black pepper in a bowl.
4. Brush each stick generously with the herb oil mixture.
5. Arrange sticks on a baking sheet without overlapping.
6. Bake for 10 minutes or until crisp. Serve with your favorite dipping sauce.



# Pesto & Cheese Wrapizza



**2 Servings . 5 mins prep time . 10 mins cooking time**

**342**  
kcal

**28g**  
Protein

**9g**  
Carbs

**20g**  
Fat

**7g**  
Fibre

## Ingredients

- 2 Higher Horizons wraps
- 4 tbsp pesto sauce
- 6 slices mozzarella cheese
- 10 cherry tomatoes, halved
- 1 tbsp olive oil
- Fresh basil leaves for garnish

## Directions

1. Preheat the oven to 190°C.
2. Spread each wrap with pesto sauce.
3. Lay mozzarella slices and cherry tomatoes over the wraps.
4. Drizzle with a touch of olive oil.
5. Prepare for 10 minutes until cheese melts and wrap edges are crisp.
6. Garnish with fresh basil leaves before serving.



# Sweet Wrap Chips



**3 Servings . 5 mins prep time . 10 mins cooking time**

**214**  
kcal

**15g**  
Protein

**8g**  
Carbs

**12g**  
Fat

**7g**  
Fibre

## Ingredients

- 3 Higher Horizons wraps
- 3 tbsp melted butter
- 2 tbsp sugar
- 1 tsp ground cinnamon

## Directions

1. Preheat the oven to 190°C.
2. Cut each wrap into strips shapes.
3. Mix sugar and cinnamon in a bowl.
4. To prepare, brush melted butter onto each strip and sprinkle with the sugar-cinnamon mixture.
5. Arrange strips on a baking sheet without overlapping.
6. Bake for 10 minutes or until crisp. Let cool for a few minutes before serving.



# Melted Cheese & Ham Quesadilla



**2 Servings . 5 mins prep time . 5 mins cooking time**

**309**  
kcal

**32g**  
Protein

**8g**  
Carbs

**15g**  
Fat

**7g**  
Fibre

## Ingredients

- **2 Higher Horizons wraps**
- 4 slices of ham
- 4 slices of cheddar cheese
- 1 tbsp butter
- 2 tbsp sour crème and chive for serving (optional)

## Directions

1. Lay out one wrap. Lay 2 slices of ham and 2 slices of cheddar cheese on one half of the wrap.
2. Fold the wrap over to create a half-moon shape.
3. Repeat with the second wrap.
4. On moderate heat, melt some butter in a non-stick pan.
5. Place the Quesadilla in the skillet until it gets golden brown on both sides, and the cheese gets melted.
6. Remove from the pan, cut into wedges, and serve with sour crème and chive if desired.



# Chocolate & Berry Wrap Rolls



**2 Servings . 10 mins prep time . 0 min cooking time**

**328**  
kcal

**16g**  
Protein

**31g**  
Carbs

**14g**  
Fat

**7g**  
Fibre

## Ingredients

- 2 Higher Horizons wraps
- 4 tbsp Nutella or equivalent
- 8 strawberries, thinly sliced
- 12 blueberries
- A sprinkle of powdered sugar (optional)

## Directions

1. Lay out the wraps.
2. Spread 2 tablespoons of Nutella on each wrap.
3. Lay out strawberry slices and blueberries over the Nutella.
4. Roll up the wraps tightly and slice them into rounds.
5. Optionally, sprinkle with a bit of powdered sugar before serving.



# Peanut Butter & Jelly Wrapizza



**2 Servings . 5 mins prep time . 10 mins cooking time**

**441**  
kcal

**25g**  
Protein

**37g**  
Carbs

**19g**  
Fat

**11g**  
Fibre

## Ingredients

- 2 Higher Horizons wraps
- 4 tbsp peanut butter
- 4 tbsp jelly (your preference on flavor)
- 1 banana, sliced
- 1 tbsp chia seeds

## Directions

1. Preheat the oven to 190°C.
2. Lay out the wraps on a baking sheet.
3. Place 2 tablespoons of peanut butter on each wrap, followed by 2 tablespoons of jelly.
4. Place the banana slices on the surface and sprinkle some chia seeds.
5. Bake in the oven for 10 minutes or until the wrap edges become crispy.
6. Take the dish out of the oven and let it cool down. After that, cut it into slices and serve.



# Savoury Herb Wrap Chips



**3 Servings . 5 mins prep time . 10 mins cooking time**

**240**  
kcal

**17g**  
Protein

**8g**  
Carbs

**14g**  
Fat

**7g**  
Fibre

## Ingredients

- 3 Higher Horizons wraps
- 3 tbsp olive oil
- 1 tsp mixed dried herbs (e.g., rosemary, thyme, oregano)
- Salt to taste

## Directions

1. Preheat the oven to 190°C.
2. Cut each wrap into triangle shapes.
3. In a bowl, mix olive oil, mixed herbs, and salt.
4. Brush each triangle with the herb oil mix.
5. Lay triangles on a baking sheet without overlapping.
6. Bake in the oven for 10 minutes or until the chips are crisp.
7. Let cool before serving with a side dip of your choice.



# Tropical Wrapizza



**2 Servings . 5 mins prep time . 10 mins cooking time**

**342  
kcal**

**24g  
Protein**

**22g  
Carbs**

**16g  
Fat**

**7g  
Fibre**

## Ingredients

- **2 Higher Horizons wraps**
- 4 tbsp tomato sauce
- 4 slices of ham, torn into pieces
- 8 pineapple chunks, diced
- 4 slices of cheddar cheese
- 1 tsp dried oregano

## Directions

1. Preheat the oven to 190°C.
2. Lay out wraps on a baking sheet.
3. Spread 2 tablespoons of tomato sauce on each wrap.
4. Distribute ham pieces and pineapple chunks evenly over the sauce.
5. Add 2 slices of cheddar cheese for each wrap and sprinkle some dried oregano over it.
6. Prepare in the oven for about 10 minutes or until cheese is melted and the wrap is crispy at the edges.
7. Remove, slice, and serve immediately.



# Wrap French Toast



**2 Servings . 10 mins prep time . 5 mins cooking time**

**307**  
kcal

**18g**  
Protein

**26g**  
Carbs

**13g**  
Fat

**7g**  
Fibre

## Ingredients

- **2 Higher Horizons wraps**
- 1 egg
- 50ml milk
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 2 tbsp maple syrup or honey for serving
- 1 tbsp butter for frying

## Directions

1. Whisk together egg, milk, vanilla extract, and ground cinnamon in a wide bowl.
2. Soak each wrap in the egg mixture, ensuring both sides are well-coated.
3. Begin by heating butter in a non-stick skillet over medium heat.
4. Place the soaked wraps in the skillet and fry until golden brown on both sides.
5. Remove from the pan, plate, and drizzle with maple syrup or honey before serving.



# Meatballs & Spaghetti



**290**  
kcal

**36g**  
Protein

**17g**  
Carbs

**8g**  
Fat

## Ingredients

- 300g Beef Mince
- 3g Parsley
- 3 Cloves Garlic
- 3g Basil
- 30g Tomato Puree
- 140g Diced Red Pepper
- 100g Diced Mushrooms
- 100ml Unsweetened Almond Milk
- 400g Shirataki Noodle

## Directions

1. Mix the dry spices and herbs in the mince and ball into small meatballs.
2. Wash the shirataki noodles under running water while the meatballs are cooking.
3. Once the meatballs are cooked though, turn the heat down and add the tomato puree to the noodles and cook for 5 minutes over a low heat.
4. Add the almond milk to make the sauce with the noodles.



# Nando's Chicken & Sides



**323**  
kcal

**38g**  
Protein

**30g**  
Carbs

**4g**  
Fat

## Ingredients

- 240g Chicken Breast
- 200g Red Pepper
- 150g Rice (Cooked)
- 5g Peri Peri Seasoning
- 1 tsp Garlic Powder
- 2g Turmeric Powder
- 300g Tender-Stem Broccoli
- 1 Cal Oil Spray
- 20ml Nando's Medium Peri Peri Sauce

## Directions

1. Pre Heat the oven to 170°C. Cut and season the peppers and chicken place them onto a baking tray and spray with the oil spray bake for 25 minutes. Cook the rice per the instructions.
2. Pour the Nando's sauce over the chicken about 10 minutes before it is cooked, return to the oven and let it crisp up slightly.
3. While that is happening cook the broccoli and mix the peri seasoning, garlic and turmeric powder with the drained rice and fry for a few mins.
4. Once everything is fully cooked, serve straight away.



# Chicken Satay & Stir-fry



**320**  
kcal

**47g**  
Protein

**10g**  
Carbs

**8g**  
Fat

## Ingredients

- 300g Chicken
- 1/2 Pack Mushroom Stir Fry Mix
- 2tbsp Peanut Butter Powder
- 1tsp Coriander
- 1g Garlic Powder
- 60ml Unsweetened Almond Milk
- 10ml Light Soy Sauce

## Directions

1. Mix the peanut butter powder with the coriander, garlic, soy sauce and almond milk and put to one side.
2. Season the chicken and leave on the side while the oven pre heats to 170°C. Bake for 25 minutes.
3. Pour the satay sauce over the chicken 5-10 minutes before it is fully cooked. While the chicken is finishing cooking, add the stir-fry mix to a hot pan and fry.



# Chicken Tikka & Rice



**442**  
kcal

**46g**  
Protein

**43g**  
Carbs

**7g**  
Fat

## Ingredients

- 300g Chicken (Diced)
- 200g Rice (Cooked)
- 2g Tikka Powder
- 2g Garlic Powder
- 2g Turmeric Powder
- 5g Veg Oil
- 20g 0% Fat Yoghurt
- 10g Cucumber (Small Dice)
- 1g Cumin
- Salt And Pepper

## Directions

1. Mix the tikka powder and oil together and then rub over the chicken, coating both sides of it. Set aside in the fridge for 3 hours but ideally overnight.
2. Cook the rice as per instructions.
3. Once ready to cook take out of the fridge and leave on the side while the oven pre heats to gas mark 6. Bake for 20-25 minutes.
4. While the chicken is cooking mix the turmeric and garlic powder with the drained rice. Add 5-10 mls of water and microwave for 3 minutes once the chicken is cooked.
5. Mix the yoghurt and cucumber together, season to taste and serve with the curry.



# Pork Kofta



**385**  
kcal

**45g**  
Protein

**27g**  
Carbs

**12g**  
Fat

## Ingredients

- 300g Grams Pork Mince 5% Fat
- 3g Cumin
- 2g Garlic Powder
- 1tsp Oregano
- 2g Turmeric
- 1g Chilli Powder
- 1g Onion Powder
- 20g Bread-Crumbs
- 1 Egg
- 40g 0% Fat Yoghurt
- 15g Cucumber
- 10ml Mint Sauce

## Directions

1. Mix the breadcrumbs and all the dry herbs and spices into the pork mince, add the egg and combine well.
2. Roll into a sausage shape and then place on a baking tray and leave on the side while the oven pre heats to gas mark 6. Bake for 20-25 minutes.
3. Cook on low for 8 hours.



# Fish & Chips



**464**  
kcal

**52g**  
Protein

**43g**  
Carbs

**7g**  
Fat

## Ingredients

- 400g Cod
- 150g New Potatoes
- 15g Flour
- 100g Peas
- 4 Spray Light Oil Spray

## Directions

1. Pre-heat oven gas mark 6. While the oven is heating up, cut the new potatoes in half and boil for 7 minutes.
2. Place onto baking tray and spray with two sprays of the oil. Place into oven for 30 minutes.
3. Add salt and pepper to the flour and use that to dust the fish. While frying pan is heating to medium temperature. Use the 2 remaining oil sprays to coat the pan and then seal the fish before adding to the oven to cook for 20 minutes.



# Thai Chicken & Noodles



**412**  
kcal

**42g**  
Protein

**26g**  
Carbs

**13g**  
Fat

## Ingredients

- 240g Chicken Breast
- 400g Shirataki Noodle
- 3g Garlic
- 400g Veg Stir-Fry Mix
- 3 Tsp Thai Tom Yum Paste

## Directions

1. Slice the chicken and then coat in the Thai paste and leave on the side.
2. Wash the noodles under cold running water for 2-4 minutes then drain and put to one side. Fry the chicken until cooked. Remove from the pan and add in the garlic and stir fry mix.
3. Once almost cooked add in the noodles, cooked chicken and cook for 4-5 minutes.
4. Serve when fully cooked and hot.



# Katsu Chicken



**353**  
kcal

**29g**  
Protein

**48g**  
Carbs

**6g**  
Fat

## Ingredients

- 400g Chicken Breast Fillets (Sliced)
- 5 Spray Oil Cooking Spray
- 100g Onions (Sliced)
- 100g Carrots (Sliced)
- 4 Medium clove Garlic (Crushed)
- 14g Fresh Ginger (Crushed)
- 5g Curry Powder
- 3g Turmeric Powder
- 200g Coconut Milk (Reduced Fat)
- 100mls Water
- 100g Breadcrumbs
- 30g Cornflour
- 200g Cooked Rice

## Directions

1. First, make the curry sauce. Use the oil spray in a pan, cook the onions and chopped carrots until the onions are soft and starting to caramelize, about 8 mins. Add the garlic, ginger, curry powder and turmeric. Once the spices are warmed through, add the coconut milk, maple syrup or honey and 100ml water. Season well, cover and simmer over a low heat for 20 mins.
2. For the katsu. In a wide bowl, mix the cornflour with 4 tbsp water and some seasoning. Dip the chicken into the flour mixture. Place the breadcrumbs in another bowl and dip the chicken in it, turning until well coated.
3. When the onions and carrots in the curry sauce are soft, blitz using a hand blender. If the sauce is too thick, add a little more water, check the seasoning. Keep warm, on a low heat.
4. Heat some oil in a frying pan and cook the chicken for 4-5 mins on each side until golden and cooked through. Warm the rice and divide between bowls. Top with the katsu chicken and curry sauce.



# Prawn Fried Rice



**412**  
kcal

**38g**  
Protein

**52g**  
Carbs

**5g**  
Fat

## Ingredients

- 5 Sprays Low Cal Oil Spray
- 300g King Prawns (Raw & Peeled)
- 20g Cornflour
- 3 clove Garlic (Finely Sliced)
- 1 Large Egg
- 200g White Mushrooms,
- 3g Turmeric Powder
- 200g Coconut Milk (Reduced Fat)
- 100mls Water
- 100g Breadcrumbs
- 30g Cornflour
- 200g Cooked Rice

## Directions

1. Cook the rice as per instructions.
2. While the rice is cooking. Mix prawns, salt and pepper together in a bowl stir in cornflour.
3. Heat oil in a wok over medium heat; add prawn mixture. Cook until light brown, about 5 minutes. Transfer to a plate.
4. Mix in mushrooms and mixed vegetables into the wok; cook until softened, 3 to 5 minutes. Add in 5 spice, garlic, turmeric powder. Cook and stir until fragrant, about 3 minutes.
5. Add egg; cook and stir until scrambled, about 2 minutes. Mix the rice into the wok; season with soy sauce, salt and pepper. Add prawns and cook until everything is hot.



# Lebanese Doner Kebab



**367**  
kcal

**31g**  
Protein

**29g**  
Carbs

**14g**  
Fat

## Ingredients

- 200g 10% Fat Lamb Mince
- 150g Onions (Finely Sliced)
- 4 Medium clove Garlic (Finely Sliced)
- 3g Ground Cumin
- 2g Ground Coriander
- 3g Oregano
- 5g Smoked Paprika
- 1g Dried Chilli Flakes
- 50g Breadcrumbs
- 1 Medium Egg

## Directions

1. Heat the oven to gas mark 6. Tip all the ingredients except the oil into a food processor with a large pinch of salt and lots of ground pepper. Pulse until everything is combined and chopped together. You can also just squish everything together in a bowl but this will give you a looser finish.
2. Oil a large sheet of foil, tip the meat mix in the middle and mould to a
3. thick sausage, shape. Roll up the foil tightly, twisting up the ends to create a Christmas cracker shape.
4. Lay on a shallow roasting tin and roast in the oven for 35-40 mins, turning occasionally, or until a digital cooking thermometer reads 75C when pierced in the middle. Leave the kebab to cool a little, then unwrap the foil. Place back on the tray and brown under the grill or with a blowtorch.
5. Place on a board and carve into thin slices.



# Crispy Chilli Beef



**347**  
kcal

**33g**  
Protein

**39g**  
Carbs

**6g**  
Fat

## Ingredients

- 10ml Oil
- 200g Beef Rump Steak (Lean & Finely Sliced )
- 200g Onions (Finely Sliced)
- 200g Red Peppers (Finely Sliced)
- 200g Carrots (Finely Sliced)
- 1 Bunch Spring onions (Sliced)
- 3 Cloves Garlic
- 10ml Light Soy Sauce
- 1g Dried Chilli Flakes
- 10ml White Rice Vinegar
- 5g White Sugar
- 10g Honey
- 25g Cornflour
- 1 Egg
- Salt & Pepper

## Directions

1. Heat the oil over a high heat in a wok. Combine eggs, salt and cornflour, then use to coat the beef strips.
2. Fry the beef strips, taking care to add them to the pan one by one. Don't stir them for 10 seconds, then stir to ensure they don't stick together. Cook for 6 to 7 minutes until brown and crispy. Remove and drain on kitchen paper.
3. Add some of the oil from frying to a clean wok over medium high heat. Fine slice all of the veg and then stir fry them a long with the, garlic and chilli. Once cooked 3-4mins. Add the sugar, white rice vinegar, sweet chilli sauce and soy sauce and mix together, cook until the sauce reduces and starts to thicken slightly. Finally add the beef and toss together just to heat through.
4. Serve straight away.

