



# 5-Ingredient Recipe Pack

Discover this collection of simple, tasty and healthy recipes selected and approved by Fitfish



# Smoked Salmon, Avocado & Cottage Cheese Breakfast Platter

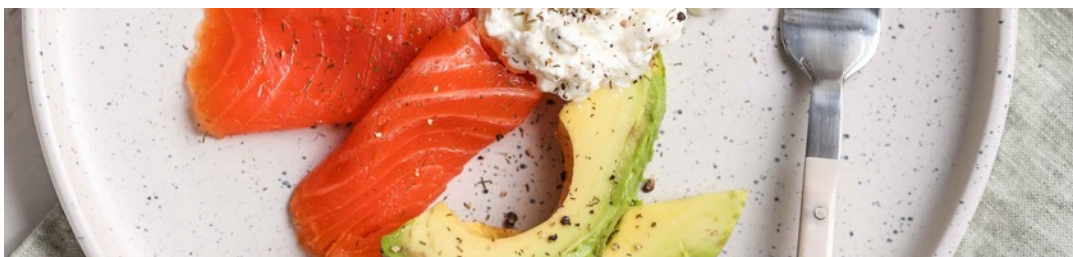
Serves 4

Prep 15 mins  
Cook 0 mins

## What you need to do

- 1 cucumber
- 7 oz. (200g) smoked salmon
- 1 avocado
- ½ cup (110g) cottage cheese
- 1 tsp. dried dill
- salt and pepper
- 2 tbsp. apple cider vinegar

- Peel the cucumber lengthwise into ribbons. Place in a bowl, and pour over 2 tablespoon of apple cider vinegar, season with salt and mix to combine. Set aside.
- Divide the salmon, avocado flesh and cottage cheese between plates. Place the earlier prepared cucumber on the side and drizzle the platter with some of the cucumber juices.
- Sprinkle with dill and season to taste with salt and pepper. Serve immediately.





# Protein Pancakes

Serves 4

Prep 5 mins

Cook 15 mins

- 1 cup (225g) cottage cheese
- 1 cup (80g) rolled oats
- 5 eggs
- 2 tsp. cinnamon
- 1 tbsp. maple syrup
- 2 tbsp. coconut oil

## What you need to do

- Place all ingredients into a blender or food processor and blitz together until smooth.
- Heat  $\frac{1}{4}$  of the coconut oil in a large frying pan over low-medium heat, pour about  $\frac{1}{4}$  cup of batter per pancake, and repeat until the pan is filled.
- Cook until you start to see bubbles form on the surface of the pancakes, about 1-2 minutes. Then, flip and cook for another minute or until golden brown on both sides.
- Repeat this process until all the batter has been used. Top the pancakes with your favorite toppings.





# Cinnamon Granola

Serves 16

Prep 10 mins

Cook 30 mins

- 2 cups (160g) rolled oats
  - 1 cup (115g) walnuts, chopped
  - 1 tbsp. cinnamon
  - 4 tbsp. almond butter
  - ½ cup maple syrup
- Preheat the oven to 325°F (160°C) and line a baking tray with baking paper.
  - Mix the oats, walnuts and cinnamon in a large bowl, adding a pinch of salt.
  - Next, add the almond butter and maple syrup, mix until well combined and sticky.
  - Spread the mixture evenly over the baking tray and bake for 15 minutes on the middle shelf in the oven. Remove the tray, stir the mixture to break it up a little and place back in the oven to cook for a further 10-12 minutes until golden brown.
  - Remove the tray from the oven and place on a wire rack to cool. Once cooled down store in an airtight container for up to one week.





# Chickpea Bruschetta

Serves 2

Prep 10 mins  
Cook 0 mins

- 2 slices wholegrain or rye bread, toasted
- 1 cup (165g) chickpeas, drained
- 1 tbsp. tahini
- ½ cup (75g) cherry tomatoes, quartered
- 1 tbsp. parsley, chopped
- 1 tbsp. olive oil
- 1 tsp. apple cider vinegar
- salt & pepper

## What you need to do

- Toast the bread on both sides.
- Place the chickpeas in a small bowl with the vinegar and tahini. Mash with a fork and, season with salt and pepper.
- Combine the tomatoes, parsley and olive oil in a small bowl. Spread the chickpea mixture over the toasted bread. Top with the tomatoes and serve immediately.

Serving suggestion: Lemon wedges





# Pesto Pasta Salad

Serves 4

Prep 10 mins  
Cook 20 mins

## What you need to do

- 11 oz. (320g) whole wheat pasta
  - 13 oz. (360g) roasted peppers, drained, sliced
  - 6 tbsp. basil pesto
  - 1 mozzarella ball, chopped (125g)
  - 4 oz. (120g) rocket
- Cook the pasta according to the instructions on the packaging. Once cooked, drain and rinse under cold running water until cooled.
  - In a large bowl, toss the pasta and the remaining ingredients together until combined. Serve immediately. Alternatively, place in a sealed container and refrigerate for up to 3 days.





# Chickpea & Quinoa Tabbouleh

Serves 4

Prep 15 ins  
Cook 12 mins

## What you need to do

- $\frac{3}{4}$  cup (130g) quinoa, uncooked
  - 1 x 14 oz. (400g) can chickpeas, drained
  - 2 medium tomatoes, diced
  - 1 small cucumber, diced
  - 1 cup (60g) parsley, chopped
  - 3 tbsp. olive oil
  - 2 tbsp. red wine vinegar
- Cook the quinoa according to the instructions on the packaging. Once cooked, drain and set aside.
  - Mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar in a large bowl. Place in the refrigerator to chill. Best served chilled.
  - Store refrigerated in an air-tight container for up to 2-3 days.





# Baked Lentil Falafels

Serves 4

Prep 10 mins

Cook 20 mins

- 2 cups (400g) lentils, cooked
- 1 cup (60g) fresh parsley
- 2 cloves garlic
- juice of 1 lemon
- 2 tbsp. all-purpose flour
- 1 ½ tbsp. olive oil

## What you need to do

- Preheat the oven to 350°F (180°C). Pulse all the ingredients (except the flour) in a food processor until well combined. The mixture should look like semi-dry crumbs and should hold together when pressed.
- Stir in the flour, and then form the mixture into patties, using a large tablespoon of mixture for each falafel. Place on a baking sheet and bake in the oven for 18-20 minutes.
- Serve warm or cold in salads, sandwiches, poke bowls, with dips. The falafels can be stored in the refrigerator for 2-3 days.





# Quinoa, Beef & Courgette Burgers

Serves 8

Prep 25 mins  
Cook 35 mins

- 1 courgette, grated
- 14 oz. (400g) lean, ground beef
- 1 cup (185g) quinoa, cooked
- 2 cloves garlic, minced
- 1 egg, beaten
- 2 tbsp. olive oil
- pepper

## What you need to do

- Grate the courgette and squeeze out any excess moisture using a clean kitchen towel.
- Transfer the courgette into a bowl. Add the beef, quinoa, garlic, egg,  $\frac{1}{4}$  teaspoon of pepper. Combine all the ingredients together using clean hands.
- Form the mixture into 8 patties. Heat a part of the oil in a grill pan over medium-high heat, and cook the burgers 5-6 minutes each side.
- The burgers can be stored in an airtight container in the refrigerator for 3-4 days.





# Cajun Salmon With Corn Salsa

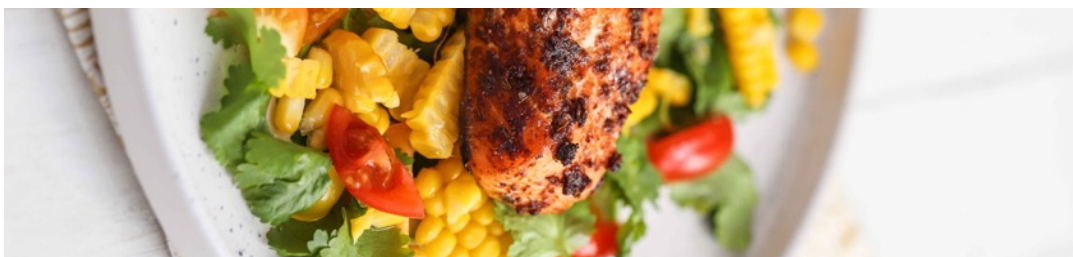
Serves 4

Prep 10 mins  
Cook 10 mins

- 2 corn cobs, cooked
- 10.5 oz. (350g) cherry tomatoes, quartered
- 1 cup (60g) coriander, leaves
- 4 salmon fillets (6oz./170g each)
- 2 tbsp. Cajun seasoning
- 2 tbsp. olive oil

## What you need to do

- Heat the oven to 425°F (220°C). Mix the Cajun seasoning with the olive oil and rub all over the salmon. Place the salmon on a baking tray or on an oven proof dish. Bake in the oven for 12-15 minutes, until cooked through.
- Use a small knife to cut down the side of the corn cobs to remove the kernels and place them in a large bowl. Add the tomato and coriander and toss to combine.
- To serve, divide the salsa between 4 serving plates. Top with the salmon and serve immediately.





# Baked Carrot Fritters

Serves 10

Prep 5 mins  
Cook 25 mins

- 4 medium carrots, grated
- 1 small egg
- 4 tbsp. all-purpose flour
- 1 clove garlic, minced
- 1 tsp. ground cumin

## What you need to do

- Preheat the oven to 400°F (200°C) and prepare a baking tray lined with baking paper.
- In a bowl, mix all the ingredients together until well combined. Take a heaped tablespoon of the batter and place it on the baking tray, flatten slightly with your hand to form a round shaped fritter.
- Bake the fritters for 12 minutes, then turn them over and bake for a further 12 minutes on the other side until golden.
- Serve hot or cold. These fritters can be refrigerated in an air-tight container for up to 2-3 days.

Serving suggestion: sweet potato hummus





# Curried Cauliflower Soup

Serves 4

Prep 10 mins  
Cook 25 mins

- 1 yellow onion, chopped
- 1 cauliflower head
- 2 tsp. fennel seeds
- 1 cup. (190g) red lentils, dry
- 3 tbsp. yellow curry paste
- 2 tbsp. olive oil

## What you need to do

- Heat the oven to 400°F (200°C).
- Separate the cauliflower head into small florets. Drizzle  $\frac{1}{4}$  of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of the fennel seeds. Place in a roasting dish and set aside.
- Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds. Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 1 litre of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.
- In the meantime, place the roasting dish with cauliflower into the oven and roast for 20 minutes, until browned.
- Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.



# Quinoa & Beetroot Salad



Serves 4

Prep 10 mins

Cook 0 mins

## What you need to do

- 2 cups (370g) cooked quinoa
  - 7 oz. (200g) feta cheese, cubed
  - 2 medium beets, cooked, cubed
  - 1 cup (165g) chickpeas, drained
  - 1 lemon, zest and juice
  - 2 tbsp. olive oil
- Combine the cooked quinoa, feta cheese, beetroot and chickpeas in a medium-sized bowl. Drizzle with olive oil and lemon juice and add in the finely grated lemon zest.
  - Mix well to combine. Divide between 4 plates and serve immediately.





# Vegetable Chili Salad

Serves 4

Prep 10 mins  
Cook 0 mins

- 1 x 14 oz. (400g) can black beans, rinsed, drained
- 1 x 7 oz. (200g) can sweet corn, rinsed, drained
- 1 red bell pepper, sliced
- bunch coriander, chopped
- 5 oz. (150g) hot salsa

## What you need to do

- Rinse the black beans and corn under cold running water, rinse thoroughly and drain well. Slice the pepper into small strips. Chop the coriander coarsely.
- Mix the beans, corn, pepper and coriander with the salsa in a medium bowl. This salad can be stored in an airtight container in the refrigerator for up to 3 days.





# Slow-Cooked Chicken Fajita

Serves 6

Prep 5 min  
Cook 4-6 hours

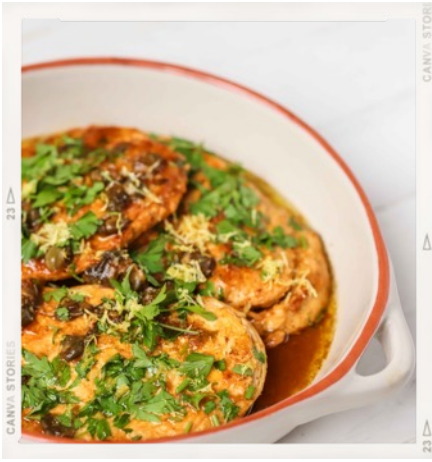
- 1.5 lb. (680g) chicken breast
- 1 large onion, sliced
- 2 bell pepper, sliced
- 1 x 16 oz. (450g) jar salsa
- juice of 1 lime

## What you need to do

- Add the chicken, onions, peppers and salsa to a slow cooker. Stir well to combine.
- Cook on a high heat setting for 4 hours or low heat setting for 6 hours, until the chicken and vegetables are tender.
- Once cooked, remove the chicken and place on a cutting board. Shred the chicken, with two forks and place back into the slow cooker. Add in the lime juice and mix everything well to combine.

Serving suggestions: guacamole, tortilla chips, salsa, lime wedges





# Chicken Piccata

Serves 4

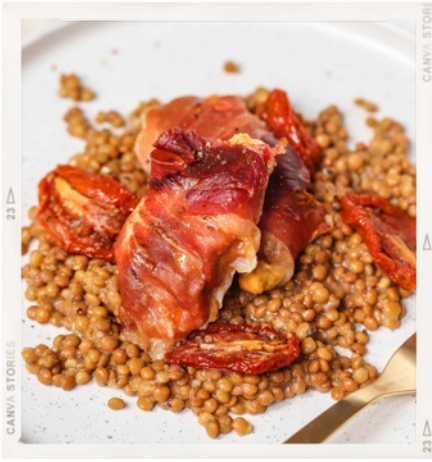
Prep 10 mins  
Cook 20 mins

- 1 lb. (450g) chicken breast
- 3.5 oz. (100g) butter
- ¼ cup (50g) capers, drained
- 3 lemons, zested, juiced
- ½ cup (30g) parsley, chopped

## What you need to do

- Place a chicken breast between 2 sheets of cling film. Use a meat mallet, or rolling pin, to gently pound the chicken until it is approximately 1.5cm thick.
- Heat ¼ of the butter in a large pan over a medium-high heat and cook the chicken. Cook for 4 minutes each side or until golden brown. Transfer to a plate and set aside.
- Add the remaining butter to the pan. Cook, stirring, for 2-3 minutes or until the butter melts and turns a golden brown colour.
- Add the capers to the butter and cook for 1 minute. Add the lemon juice and half the lemon zest, and mix through. Now place the chicken and any juices back in the pan. Cook, turning occasionally, for 2-3 minutes or until the chicken is cooked through and the sauce has thickened slightly.
- To serve, sprinkle with parsley and remaining lemon zest.





# Prosciutto Wrapped Chicken With Lentils

Serves 4

Prep 15 mins  
Cook 30 mins

- 4 chicken thighs, skinless (480g)
- 8 prosciutto slices
- 8 tsp. red pesto
- 2x 14 oz. (400g) can lentils, drained
- 5 oz. (145g) sun-dried tomatoes, drained
- 2 tbsp. apple cider vinegar
- 2 tbsp. oil from sun-dried tomatoes

## What you need to do

- Heat the oven to 360°F (180°C).
- Cut each chicken thigh into two pieces. Spread 1 teaspoon of pesto over each piece of chicken and wrap in a slice of prosciutto. Place on a baking tray and bake in the oven for 25-30 minutes, until crispy and cooked through.
- In the meantime, place the lentils and tomatoes in a pot and gently warm them through adding in the apple cider vinegar and 2 tablespoons of oil from the sun-dried tomatoes.
- Divide the lentils between 4 plates and, top with the chicken. Serve immediately.





# Spinach Risotto

Serves 4

Prep 10 mins

Cook 30 mins

- 1 yellow onion, diced
- 1 ½ cup (300g) risotto rice, dry
- 5 cups (1.2L) vegetable stock
- 8 oz. (225g) spinach, frozen
- 3 oz. (85g) parmesan
- 2 tbsp. olive oil

## What you need to do

- Heat the olive oil in a large pan over a medium heat. Add the onion and cook for about 5 minutes until softened. Next add in the rice and cook for a further 3 minutes, stirring occasionally.
- Now lower the heat and add in the vegetable stock 1 cup at a time, stirring frequently. Wait until all the stock has been almost absorbed into the rice before adding the next cup. Keep repeating the process for about 16-18 minutes, until rice is cooked.
- Stir in the spinach and cook until warmed through. Remove from the heat and stir in the parmesan cheese. Serve immediately.





# Salmon En Papillote

Serves 2

Prep 5 mins

Cook 20 mins

- 1 courgette, sliced
- 1 red onion, sliced
- 2 salmon fillets (6oz./170g each)
- ½ cup (30g) dill
- 1 lemon, sliced
- 2 tbsp. olive oil

## What you need to do

- Heat the oven to 350°F (180°C).
- Prepare 2 pieces of baking paper. Each piece should be large enough to create a parcel to fit the salmon and vegetables inside once folded up.
- Arrange a layer of 8 courgette slices on each piece of paper. Cover the courgette with the sliced onion. Drizzle each serving with 1 tablespoon of olive oil.
- Next place one salmon piece on top of the vegetables
- Top with the dill, and cover with a layer of sliced lemon.
- Seal the parchment paper well by folding the ends over each other to form a parcel.
- Bake for 18-20 minutes, or until cooked through. Place the entire packet on each plate, tear the parchment paper to open and serve immediately.





# Chickpea & Broccoli Curry

Serves 4

Prep 5 mins  
Cook 10 mins

## What you need to do

- 1 x 14 fl. oz. (400ml) can coconut milk
  - 2 tbsp. red curry paste
  - 2 broccoli heads, florets
  - 1 x 14 oz. (400g) can chickpeas, rinsed and drained
  - 1 tbsp. cornstarch
  - 1 tbsp. coconut oil
- Heat the oil in a large pan over a medium-high heat. Sauté the broccoli for 3-4 minutes, then add the curry paste and cook for further 2 minutes. Now add coconut milk and simmer gently for 5-8 minutes.
  - Next, add in the chickpeas and mix well to combine, bring to a gentle simmer.
  - Mix the cornstarch with 2 tablespoon of cold water and add to the pan, simmer for about a minute, then reduce heat and let it cool slightly before serving.

Serving suggestions: wholegrain rice, coriander





# Mexican Stuffed Peppers

Serves 4

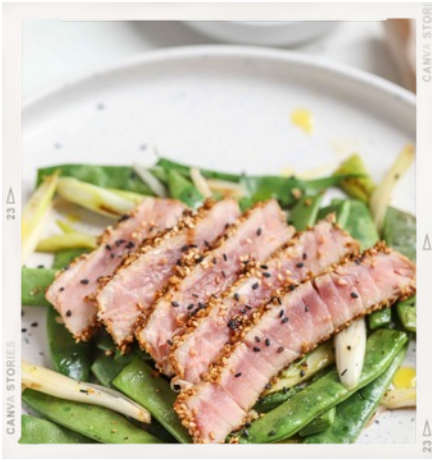
Prep 10 mins

Cook 50 mins

## What you need to do

- 4 bell peppers
  - 14 oz. (400g) lean ground beef
  - 1 x 14 oz. (400g) can chopped tomatoes
  - 1 cup (160g) cooked wholegrain rice
  - 2 tbsp. Mexican spice blend
- Preheat the oven to 375°F (190°C). Heat a large pan over a medium-high heat and cook the beef for 5-7 minutes until browned. Add in the tomatoes spices and, rice and bring to the boil, then reduce the heat and simmer gently, covered, for around 6-8 minutes.
  - Meanwhile, cut off the tops from peppers and remove the seeds from the inside. Place the peppers on a baking dish and fill the peppers with the beef mixture.
  - Cover the dish with kitchen foil and bake in the oven for 35 minutes, or until the peppers are tender.





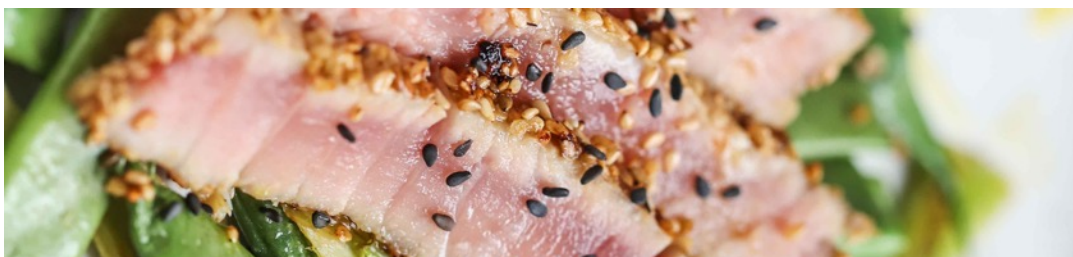
# Sesame Crusted Miso Tuna

Serves 2

Prep 5 mins  
Cook 10 mins

## What you need to do

- 1 tbsp. white miso
  - 2 tuna steaks (5 oz. /140g each)
  - 4 tbsp. sesame seeds
  - bunch spring onions, trimmed and sliced
  - 7 oz. (200g) green beans, halved
  - 1 tbsp. olive oil
- Heat 1 tablespoon of olive oil in a large pan over a medium-high heat.
  - Rub the tuna steaks with miso paste and coat with sesame seeds on each side. Cook the steaks in the pan for 1 ½ minute each side, then place them aside to rest.
  - In the same pan cook the spring onions and green beans for 3-4 minutes, or until beans are tender. Divide between two serving plates.
  - Slice the steaks and place on top of the vegetables. Serve immediately.



# Fish Curry



Serves 4

Prep 5 min

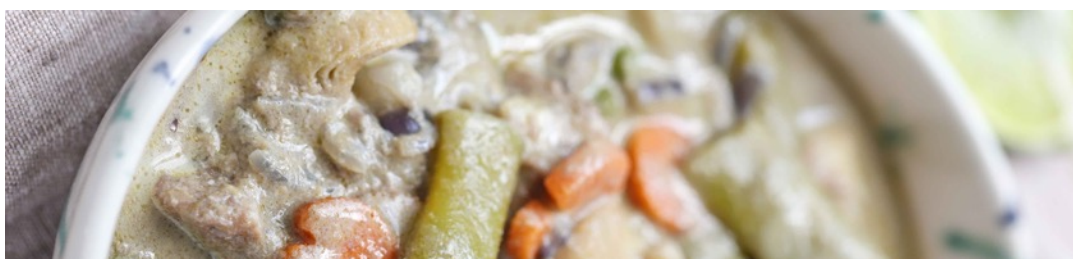
Cook 20 min

- 1 medium yellow onion, chopped
- 3 tbsp. green curry paste
- 1 x 14 oz. (400ml) can coconut milk
- 1.3 lb. (600g) white fish fillets (such as cod), coarsely chopped
- 2 cups. (360g) frozen vegetable mix
- 1 tbsp. olive oil

## What you need to do

- Heat the oil in a wok or high sided frying pan over high heat. Add the chopped onion and cook for 3-4 minutes, then add the curry paste and cook, stirring, for 1 more minute.
- Add the coconut milk and bring to a boil. Reduce the heat to medium-low and add the fish and frozen vegetables. Simmer for 15 minutes, until fish is cooked and the vegetables have warmed through. Serve immediately.

Serving suggestions: wholegrain rice, lime wedges





# Pork Meatballs In Tomato Sauce

Serves 4

Prep 10 min

Cook 25mins

- 14 oz. (400g) lean pork mince
- 1 clove garlic, minced
- 1 yellow onion, chopped
- 2 cups (480ml) passata
- ¼ cup (15g) parsley leaf, chopped
- 2 tbsp. olive oil

## What you need to do

- Place the pork in a medium bowl, add in the garlic and use your hands to mix thoroughly. Using 1 tablespoon of mince, form meatballs, roughly the size of a walnut.
- Heat 1 tablespoon of olive oil in a large pan and cook the meatballs, turning occasionally, for 10 minutes or until browned and cooked through. Then take off the heat and set aside.
- In the same pan, heat the remaining oil and cook the onion for 3-4 minutes until soft. Place the meatballs back into the pan and add the passata. Bring to a boil and then reduce the heat. Simmer for 10 minutes and serve garnished with the parsley.





# Sweet Potato Hummus

Serves 8

Prep 10 mins  
Cook 0 mins

- 1 ½ cup (250g) chickpeas, drained
- 1 cup (255g) sweet potato, mashed
- 4 tbsp. tahini
- ½ tsp. smoked paprika
- 1 garlic clove, minced

## What you need to do

- Place all the ingredients to a high speed blender or food processor and blitz smooth.
- Serve as a dip.



# Almond & Cranberry Energy Balls



Makes 20

Prep 15 mins  
Chill 1 hour

- 10 Medjool dates, pitted
- 1 cup (90g) rolled oats
- ¼ cup (35g) cranberries, dried
- ¼ cup (35g) almonds
- 4 tbsp. almond butter

## What you need to do

- Place the dates in a food processor and blitz until a smooth paste forms. Add the rolled oats, dried cranberries, almonds and almond butter and pulse until well combined.
- Using slightly wet hands, roll tablespoonfuls of the mixture into balls. Place in the fridge for 1 hour to set. Store in an airtight container in the refrigerator for up to 2 weeks.

