



Our Five Most Popular Recipes

Enjoy these favourite tasty and healthy recipes created by Fitfish and
enjoyed by many!



Butternut Squash and Lentil Dahl in the Slow Cooker

Serves 6

Prep 5 min

Cook 4 hours on high,
6+ hours on low

- 1 clove garlic, crushed
- 1 packet of chopped frozen butternut squash (usually approx 500g)
- 1 tin chopped tomatoes
- 300g dry red lentils
- 1 litre vegetable stock
- 1 tsp. cumin
- 1 tsp. coriander
- 1 tsp. turmeric
- ½ tsp. chilli powder (or more if you like)
- 1 tbsp. mango chutney

What you need to do

Place all the ingredients into a slow cooker

Cook on high for 4+ hours or low for 6+ hours

Stir through before serving and serve with cous cous, rice or salad as desired.

You can also add in frozen peas or soya beans towards the end of the cooking time





One Pot Spaghetti

Serves 1
(but this recipe
can be multiplied
to serve more)

Prep 2 mins
Cook 16 mins

- 1 tin chopped tomatoes
- 80g wholegrain spaghetti
- Good shake of Italian herb mix
- 1 garlic clove chopped
- Basil leaves (optional) to serve

What you need to do

Put all of the ingredients into a saucepan on the hob and simmer for 16 minutes.

Stir Occasionally

Garnish with basil and enjoy!

You can also add in any chopped leftover veg that you want to use up in the last 5 mins of cooking.





Chicken Casserole

Serves 4

Prep 10 mins

Cook 1 hour

- 1 tbsp olive oil
- 4 chicken breasts, cut into bite sized pieces
- 500g dice size chopped carrots, leeks, celery and parsnip (you can buy a bag of pre chopped soup or casserole veg)
- 150g green beans
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 500ml vegetable or chicken reduced salt stock
- 40 (approx.) green or black olives
- 2 sprigs rosemary
- 2 sprigs oregano
- 2 leaves lemon balm (optional)

What you need to do

Heat the oil in a pan

Add the chicken and stir until browned

Add the vegetable and the beans and stir for 2 minutes

Add the chopped tomatoes, stock and tomato puree and stir

Add the olives, rosemary, oregano and lemon balm and stir

Bring to the boil and then simmer for one hour with a lid on, stirring as necessary

Serve with roasted vegetables, sweet potato, brown rice, quinoa or bulgur wheat

(Or you can put all ingredients into a slow cooker for 4 hours on high or 8 on low)





Slow Cooker Great Veggie Chilli

Serves 4

Prep 5 mins

Cook 4 hours

on high, 6+

hours on low

- 1 large red onion, chopped
- 1 red pepper, chopped
- 2 garlic cloves, crushed
- 1 tsp. chilli powder (hot or mild to taste)
- 1 tsp. paprika
- 1 tsp. ground cumin
- 1 grated large carrot
- 1 grated medium courgette
- 410g can pinto beans
- 410g can green lentils
- 300ml vegetable stock
- 400g can chopped tomatoes
- 1/2 tsp. dried marjoram
- 1 tsp. cocoa powder
- 2 tbsp. tomato puree
- 410g can red kidney beans
- Rice, Greek Yogurt and Chopped Coriander to serve if desired

What you need to do

Place all the ingredients into a slow cooker

Cook on high for 4+ hours or low for 6+ hours

Serve with whole grain rice, greek yoghurt and chopped coriander





Chocolate Balls

Makes 20-30 balls

Prep 10 mins

Cook 1 hour

- 100g oats – finely ground
- 60g finely milled seeds, linseed/flaxseed/sunflower/pumpkin
- 60g melted dark chocolate
- 2 tbsp peanut butter
- 3 tbsp honey
- 1 tsp vanilla extract - optional

What you need to do

Mix all ingredients together with your hands in a bowl.

Roll the mixture into balls and place in the fridge for 1-2 hours or the freezer for 30 mins

Ready to eat!

They can be stored in an airtight container in the fridge for a week or kept in the freezer for ages or until you eat them!



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