



FITFISH FOR A FIVER

NOVEMBER RECIPE PACK 2024



Quinoa and Roasted Vegetable Salad



This Quinoa and Roasted Vegetable Salad is a nutrient-packed dish perfect for lunch or dinner. Featuring a variety of colourful vegetables, aromatic herbs, and tangy feta, it offers a delicious blend of flavours and textures.



Prep: 15 min

Cook: 30 min

Fresh: 3 days



Beginner



Makes 2

Sweet Potato 2, medium
Red Quinoa 120g or 4.2oz, dry
Water 300ml or 10fl oz
Cherry Tomato 10 single
Red Onion 1 large
Courgette 1 medium
Aubergine 1, medium
Feta Cheese sprinkle

Lemon Juice 4 tbsp
Olive oil 3 tsp
Garlic 1 clove
Mint Leaves 1 tbsp
Rosemary 1 tsp

Quinoa and Roasted Vegetable Salad



Method

Preheat your oven to 400°F (200°C).

Place all the vegetables, roughly chopped in a large roasting pan. Add the rosemary sprigs and scatter the crushed garlic over the vegetables.

Drizzle half of the olive oil over the vegetables and toss lightly so that they are well coated.

Meanwhile, rinse the quinoa under cold water. Place it in a saucepan with the water. Bring to a boil, then lower the heat to a simmer for about 15–20 minutes, or until the water has been absorbed and the quinoa is tender.

While the quinoa and vegetables are cooking, prepare the dressing. Combine the remaining olive oil and lemon juice in a screw-top jar. Shake until well combined.

Once the quinoa is cooked, fluff it with a fork and transfer to a large bowl. Add the roasted vegetables to the quinoa. Drizzle the dressing over the quinoa and vegetables, mixing well to combine.

Crumble the feta over the top of the salad and sprinkle with a handful of chopped mint leaves.

Allergen Information



Raspberry & Date Balls



If you struggle to find suitable snacks to have when you are on the go, then energy balls are a great idea. They are tasty, transportable, and effective.



Prep: 10 min

Cook: 0 min

Fresh: 5 days



Beginner



Makes 12 balls

Dates 7, medjool, pitted

Oats 3.5 oz or 100g

Raspberries 2 handfuls

Honey 1 tbsp

Cocoa Powder 1 tbsp

Desiccated Coconut 0.7 oz or 20g

Almonds 0.7 oz or 20g

Raspberry & Date Balls



Method

Pit the dates and then add them to a blender or food processor with the oats, raspberries, honey, and cocoa powder. Blitz them in short spurts until well combined. You may need to physically mix/move the mixture from the wall of the blender to continue blending.

Once well mixed, use a tablespoon to make each portion. Spoon out some of the mixtures and roll them into a ball.

Finally, roll the ball in a mixture of desiccated coconut and crushed almonds. This will make up to 12 balls. However, you can make them as big or as small as you wish.

You can keep these in an airtight container for up to a week or freeze for up to 3 months.

Allergen Information

Contains tree nuts,
sulphites, coconut



Chicken Korma



A symphony of flavours, offering a perfect blend of spicy, sweet, and savoury. The tender chicken pieces bring a hearty protein element, while the vegetables introduce a delightful crunch and nutritional punch. The creamy sauce, laced with an array of spices, offers an indulgent texture and a rich, unforgettable taste.



Prep: 10 min

Cook: 30 min

Fresh: 5 days



Beginner



Makes 4

Chicken Breast 4 average

Basmati Rice, ideally brown 240g or 8.4oz, dry

Garlic Cloves 6

Onion 2, medium

Coconut Milk 1/2 tin

Red Pepper 1, medium

Yellow Pepper 1, medium

Water 100ml or 3.4 fl oz

White Mushrooms 100g or 3.5 oz

Greek Yogurt 2 tbsp

Red Chilli 2

Ginger 1 tbsp, grated

Spice Mixture: Curry Powder (2 tsp), Cumin (1 tsp), Cinnamon (1/2 tsp), Black Pepper (1/2 tsp)

Coriander Leaves 1 sprig

Chicken Korma



Method

Dice 4 chicken breasts and place them in a bowl. Add 1 tsp each of olive oil and curry powder, pepper, and 2 crushed garlic cloves. Mix well and let it marinate for 1 to 24 hours. This step isn't necessary, but it significantly enhances the flavours.

Meanwhile, dice the red and yellow peppers and slice the mushrooms. Leave them to the side

In a pot, heat 1 tsp of olive oil over medium heat. Add in 1 chopped onion, 1 chopped red chili, and 2 crushed garlic cloves. Cook for 3-5 minutes until the onions are translucent.

Add the marinated chicken to the pot and cook for about 10 minutes, stirring occasionally. While the chicken is cooking, blend together 1 onion, 2 garlic cloves, 1 red chili, and 100ml of water until smooth.

After 10 minutes of cooking the chicken, add the blended mixture to the pot. Stir well, then add 1/2 tin of coconut cream and 2 tablespoons of Greek yogurt.

Next, add in the grated ginger, 1 tsp of curry powder, 1/2 tsp each of cinnamon, turmeric, and black pepper, 1 tsp of cumin, and a handful of chopped coriander. Mix everything well to combine.

Add in the chopped peppers and mushrooms, then let everything simmer together for 10 to 20 minutes. Finally, serve the chicken korma with a side of cooked rice.

Allergen Information

Contains lactose



Chicken Satay



The next time you crave your favourite restaurant's Chicken Satay, why not give this alternative a try? I guarantee it won't disappoint.



Prep: 10 min

Cook: 20 min

Fresh: 2 days



Beginner



Makes 4

Chicken Breast 4

Basmati Rice, ideally brown 240g or 8.4 oz

Peanut Butter 140g or 5 oz

Coconut Milk 120ml or 4 fl oz

Lime Juice yield of 1 lime

Curry Powder 2 tbsp

Honey 1 tsp

Garlic 2 cloves

Olive Oil 2 tsp

Red Chilli 2

Coriander 1 sprig

Fresh Ginger 1 tsp

Chilli Flakes 1/2 tsp

Chicken Satay



Method

First, dice the chicken breasts and add them to a mixing bowl along with a tsp of olive oil and a tbsp of curry powder. Mix well and leave to the side to marinate.

Next, prepare the sauce. To a saucepan, add the peanut butter, honey, coconut milk, chilli flakes, curry powder, the zest of 1 lime and the juice, the ginger, and garlic cloves (crushed).

Place the chicken on skewers if you like.

Next, to a pan on medium heat, add a tsp of olive oil and the chicken.

As the chicken cooks, bring a pot of water to a boil and add the rice. Cook the rice according to the instructions on the packet.

With 5 minutes remaining until the rice is cooked, place the saucepan with the satay sauce on low-medium heat. Mix well and stir regularly.

Serve on a plate with the sauce kept separate, and topped with some coriander and sliced red chilli (optional)

Allergen Information

Contains tree nuts,
peanuts, mustard



Flakey Salmon Veggie Bowl



This simple meal oozes with flavour and texture and is packed with protein and essential fatty acids from the salmon.



Prep: 5 min

Cook: 15 min

Fresh: 1 days



Beginner



Makes 1

Salmon 1 fillet

Carrot 1 small

Courgette 1 thumb length piece

Beetroot 1/2 small beet

Red Onion 1/4 small

Fresh Dill 1 tsp

Balsamic Vinegar 1 tsp

Flakey Salmon Veggie Bowl



Method

Preheat the oven to 180 degrees Celsius.

As the oven heats up, place the salmon fillet on a roasting tray. Next, prepare the veg.

Peel and grate the carrot and grate the courgette and place them in a bowl.

Next, dice the beetroot and finely slice the onion, and place them in a separate bowl. Add a tsp of balsamic vinegar and freshly chopped dill and mix well before transferring into the bowl with the carrot and courgette.

Place the salmon in the oven and cook for 12 to 15 minutes.

Break the salmon into flakey pieces and then place them on veg mixture.

Allergen Information

Contains fish, sulphites