



# **FITFISH FOR A FIVER**

## **DECEMBER RECIPE PACK 2024**



## Can't Taste the Difference Christmas Pud



A Fitfish invention of the Christmas pudding, made in the traditional way and tasting as traditional as all of the others without the excess! This recipe was created years ago and still going strong!



Prep: 30 min

Cook: 4 hours min



Beginner



Makes 12 servings

- 300g raisins
- 250g dates, roughly chopped
- 150g prunes, roughly chopped
- 200ml boiled water
- 100g mixed peel
- 175g oats
- 125g wholemeal self-raising flour, sieved
- 50g whole almonds

- 50g shelled pistachios
- 1 tsp mixed spice
- ½ tsp ginger
- Zest of 2 oranges
- 175g tinned apples blended to make puree or apple puree
- 2 eggs
- 2 tbsp honey
- 2 tbsps. orange blossom water

# Can't Taste the Difference Christmas Pud



## Method

- Put the raisins, dates and prunes into a large bowl and cover with 200ml boiling water
- Lightly grease a 1.5-litre pudding basin and line the base with a disk of parchment paper.
- Put the remaining dry ingredients (peel, oats, flour, nuts, spices) and the orange zest into another bowl and mix.
- Add the fruit mixture, apple puree, eggs, honey and orange blossom water
- Mix until everything is combined
- Spoon the mixture into the pudding basin
- Cover with a circle of parchment paper and then foil and secure with string
- Place the pudding on an upturned jar lid in a large pan and pour in hot water until it comes halfway up the bowl.
- Cover the pan and gently steam for 4 hours, topping up the water as needed
- After 4 hours remove the pudding from the heat and tap out the pudding into a serving dish, top with a sauce and garnish of your choice. (holly/mint leaves and cranberries/pomegranates look good!)

### Allergen Information

Contains: nuts



## Commuter Breakfast Loaf



A portable equivalent to porridge to eat on your commute or at your desk! It will give you a steady energy boost and minimise cravings. Add a dollop of Greek yogurt to pack even more of a nutritional punch!



Prep: 15-35 min

Cook: 45 min



Beginner



Makes 10 slices

- 200g porridge oats (the bigger the better)
- 200g dried fruit, nuts and seeds (according to your taste). This one has cranberries, dates, raisins, linseed and chia seeds)
- 25g desiccated coconut
- 1 tsp baking powder
- 1 egg
- ½ tbsp honey or maple syrup

- 1 cup of strong black tea (decaf if preferred)
- Milk of your choice, enough to cover the mixture

# Commuter Breakfast Loaf



## Method

1. Preheat the oven to 180°C / Gas mark 4 / 350°F.
2. In a mixing bowl, combine the oats with the mixed dried fruits, nuts, and seeds.
3. Add the desiccated coconut and baking powder, and stir well.
4. Add the cup of tea
5. Pour enough milk over the mixture to just cover it\* and allow it to soak for up to 20 minutes. \*It's best to start with around 350ml of milk, mix, and then add a little more if the mixture looks too dry. Make sure all the dry ingredients are saturated, but the mixture shouldn't be overly runny.
6. After soaking, add the honey and egg, and stir all the ingredients together.
7. If the mixture seems too runny, add a handful of extra oats to thicken it slightly.
8. Line a rectangular loaf tin with baking paper and spoon the mixture into the tin.
9. Bake for approximately 40-45 minutes, or until a skewer inserted into the centre comes out clean.
10. This loaf keeps well in an airtight container for up to 3-4 days, or you can refrigerate it to extend the shelf life slightly. It also freezes well; slice into portions and wrap individually for an easy, grab-and-go breakfast.

### Allergen Information

Contains: Eggs, Nuts, Gluten, Dairy, Sulphites.  
Swap ingredients as needed



## Vanilla and Date Smoothie



A delicious, filling, and satisfying drink perfect for a meal on the go. The almond milk provides valuable protein to keep you full, while the oats and fruit deliver a burst of nutrition and energy.



Prep: 2 min

Cook: 0 min

Fresh: 2 days



Beginner



### Makes 1 portion

**Almond Milk** 8.4 fl oz or 250ml, unsweetened

**Dates** khalas, 6 dates or 50g (pitted)

**Oats** 1.4 oz or 40g

**Banana** 1 large, frozen

**Vanilla Essence** 1/2 tsp

# Vanilla Date Smoothie



## Method

Put all of the ingredients in a blender and blend until smooth.  
Be sure to remove the stones from the dates!

### **Allergen Information**

Contains tree nuts



## Lentil and Walnut Ragu



This hearty ragu blends the earthy flavours of lentils, walnuts, and fresh vegetables, giving you a satisfying yet healthy dish that you can enjoy on any weeknight or special occasion.



Prep: 15 min

Cook: 30 min

Fresh: 3 days



Beginner



Makes 4

**Salad Tomato** 3, large

**Red Lentils** 225g or 8oz

**Onion** 1, large

**Celery** 3 sticks

**Carrot** 1 large

**Red Wine** 1/4 cup

**Walnuts** 60g or 2oz

**Tomato Puree** 3 tbsp

**Garlic** 3 cloves

**Veg Stock** 750ml

**Olive Oil** 1 tbsp

**Balsamic Vinegar** 2 tsp

**Ground Thyme** 2 tsp

**Ground Oregano** 2 tsp

**Chilli Flakes** 1/2 tsp

# Lentil and Walnut Ragu



## Method

Heat olive oil in a large pot over medium-high heat. Add the diced onion and sauté for 2-3 minutes. Reduce heat to medium and add the diced carrots, celery, and garlic, along with the chilli flakes, and herbs. Continue to sauté for another 7-8 minutes, stirring occasionally.

Stir in the tomato puree and then deglaze the pot with red wine. Once most of the wine has evaporated, add the diced tomatoes along with their juices. Cook for a few more minutes to let the tomatoes soften.

Add the red lentils, along with vegetable stock to the pot. Bring the mixture to a boil, then cover tightly and reduce heat to low. Let it simmer for 20-25 minutes.

Continue cooking uncovered until most of the liquid has evaporated. Stir in the chopped walnuts and balsamic vinegar. Taste and adjust the seasoning as needed. If you plan to serve this with pasta, keep in mind the timing.

### Allergen Information

Contains gluten, tree nuts, sulphites.



## Mediterranean Aubergine and Couscous Stew



Savour the flavors of the Mediterranean with this hearty aubergine and couscous stew. Loaded with vegetables, herbs, and a touch of tanginess from rice wine vinegar, this stew is perfect for a comforting weeknight dinner.



Prep: 10 min

Cook: 20 min

Fresh: 3 days



Beginner



**Makes 2**

**Aubergine** 1, large

**Salad Tomatoes** 2 large

**Couscous** 150g or 5.3oz, dry

**Red Onion** 1 small

**Fresh Parsley** 2 tbsp, chopped

**Green Olives** 8, pitted

**Olive Oil** 1 tbsp

**Garlic Clove** 1

**Red Wine Vinegar** 1 tbsp

**Ground Oregano** 1/2 tsp

# Mediterranean Aubergine and Couscous Stew



## Method

In a large pan, heat a tsp of olive oil over medium heat. Add the aubergine (chopped into chunks) and dried oregano. Toss to coat the aubergine.

Increase the heat to high and cook for 4 to 5 minutes, shaking the pan occasionally.

While the aubergine is cooking, peel and finely chop the red onion and garlic. Chop the parsley leaves and stalks, and roughly chop the tomatoes.

When the aubergine is golden, add the chopped onion, garlic, and parsley stalks. Cook for another 2 minutes. Add more olive oil if the mixture seems too dry.

Add the chopped olives and rice wine vinegar to the pan. Cook until the vinegar has evaporated. Then add the chopped tomatoes and simmer for about 15 minutes, or until the aubergine is tender.

Place the couscous in a bowl, add a pinch of salt, and just cover with boiling water. Place a plate on top of the bowl and set aside for 5 minutes.

Fluff the couscous with a fork and stir in the chopped parsley.

Serve the stew on a bed of couscous

### Allergen Information

Contains none