



**SILK**  
FITNESS THERAPY

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# **SILK**

## **FITNESS THERAPY**



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**Kate, Mike and the Team**  
SFT Team





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# BREAKFASTS









The dish's name, shakshuka, essentially means 'all mixed up'





SERVES 1 | TOTAL TIME: 10 MINUTES

# FAST SHAKSHUKA

## INGREDIENTS

1 tablespoon **olive oil**  
200 millilitres **passata** or **tinned tomatoes**, blended to a paste  
1 **garlic clove**, finely sliced  
1 heaped tablespoon **red pepper salsa** or  $\frac{1}{4}$ - $\frac{1}{2}$  **red pepper**, chopped  
2 medium **eggs**  
1 tablespoon chopped **coriander**  
**Pitta bread**, to serve

## INSTRUCTIONS

Brush a microwave safe bowl or deep dish with a drop of the oil. Mix the passata, garlic and salsa together and season with salt and pepper if required.

Pour into the bowl and create a well in the centre. Break in the egg into the well, then prick the yolk with the tip of a sharp knife.

Cover the bowl with a lid or clingfilm, then microwave on high for 1 minute, and then in 20 second bursts until the white is set.

Scatter over the coriander and serve with the warmed pitta.

**315**  
CALORIES

**17**  
PROTEIN

**13**  
CARBS

**21**  
FATS

**2**  
FIBRE







SERVES 2 | TOTAL TIME: 15 MINUTES

# BAKED AVOCADO EGGS

## INGREDIENTS

1 ripe **avocado**  
2 medium **eggs**  
Small handful **chives**, finely chopped  
Freshly **ground black pepper**  
2 slices **brown bread**, toasted

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Halve the avocado, keep the skin on but remove the stone. Using a teaspoon scoop out a little more of the flesh to create a larger hole.

Crack an egg into each avocado half, sprinkle with a few of the chives and season well with pepper.

Place the avocado halves into the oven and bake for about 10 minutes or until the white is set and the yolk is still runny.

Once the eggs are cooked, serve each avocado half with a slice of the toast.

**300**  
CALORIES

**13**  
PROTEIN

**17**  
CARBS

**21**  
FATS

**2**  
FIBRE



This can be created using any combination of beans. Most are nutritionally interchangeable.



SERVES 1 | TOTAL TIME: 30 MINUTES

# SMOKY BEANS ON TOAST

## INGREDIENTS

½ tablespoon **olive oil**, plus extra for drizzling  
½ small **onion**, sliced  
½ small **red pepper**, thinly sliced into strips  
1 **garlic clove**, halved  
227 grams of tinned **chopped tomatoes**  
½ teaspoon **smoked paprika**  
2 teaspoons **red wine vinegar**  
210 grams tinned **butter beans or chickpeas**, drained  
¼ teaspoon **sugar**  
1 slice **seeded bread**  
A few **parsley sprigs**, finely chopped

## INSTRUCTIONS

Heat the oil in a small pan, then add the onion and pepper frying gently until soft.

Crush half the garlic and then add this to the pan, along with the tomatoes, paprika, vinegar, beans, sugar. Season with salt and pepper

Bring to a simmer and cook for 10-15 minutes or until slightly thickened.

Toast the bread, rub with the remaining garlic and drizzle with a little oil.

Spoon the beans over the toast, drizzle with a little more oil and scatter over the parsley.

Serve warm.

**380**  
CALORIES

**13**  
PROTEIN

**42**  
CARBS

**2**  
FATS

**15**  
FIBRE







SERVES 1 | TOTAL TIME: 6 MINUTES

INGREDIENTS

- 1 large **egg**
- 85 grams **non-dairy yogurt or plain Greek yogurt**
- 25 grams **oats**
- 1 handful of **spinach**
- Pinch of **stevia**

INSTRUCTIONS

- Bring your waffle iron up to heat.
- Blend all the ingredients together, then when your waffle iron is ready, carefully pour the batter into the iron and close.
- Cook until the batter is no longer steaming (this should take around 5 minutes).
- The waffle should be slightly golden brown.
- Serve warm with your favourite toppings

SPINACH AND  
POTATO WAFFLES

217

CALORIES

18

PROTEIN

22

CARBS

7

FATS

3

FIBRE





SERVES 2 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

50 grams **jumbo porridge oats**  
50 millilitres **apple juice**  
Large pinch **cinnamon**  
Large pinch **nutmeg**  
1 medium **apple**, cored and grated  
2 tablespoons **low-fat natural yogurt**  
For the topping:  
25 grams chopped **pistachio**  
3 tablespoons **pomegranate**  
**Seeds or mixed berries**

## INSTRUCTIONS

Mix all the ingredients, except the yogurt, with 150 millilitres of water and leave to soak for at least 20 minutes or overnight is best.

Once the oats are softened, stir in the yogurt, then divide the mixture between 2 bowls.

Divide your choice of topping over each bowl and serve.

# PISTACHIO NUT & SPICED APPLE BIRCHER MUESLI

229  
CALORIES

8  
PROTEIN

29  
CARBS

8  
FATS

6  
FIBRE

# SIDES & SMALL PLATES













SERVES 2 | TOTAL TIME: 25 MINUTES

## INGREDIENTS

80 grams **dried quinoa**  
160 grams **broad beans, fresh** (podded/shelled) or frozen  
4 large **mint leaves**, finely chopped  
2 tablespoons **lemon juice**  
2 tablespoons **balsamic vinegar**  
2 teaspoons **olive oil**  
Freshly **ground black pepper**, to taste  
100 grams **rocket**  
100 grams **baby spinach**, roughly chopped  
30 grams **feta cheese**, cubed

## INSTRUCTIONS

Rinse the quinoa in cold water, then add to a saucepan with 400 millilitres of water. Bring the water to the boil, then reduce to a low heat and cover, leaving to simmer for 10–15 minutes, until the grains are tender and start to swell.

Meanwhile, add the beans to a saucepan of boiling water, and cook for 2 minutes or 4 minutes if using frozen. Drain, then refresh under cold water, then if you desire pop the beans out of their skins.

Add the mint, lemon juice, balsamic vinegar, olive oil and black pepper to a tight-sealing pot, screw on the lid on and shake to mix well.

Once the quinoa is cooked, drain off any remaining water, and divide between two plates.

Add half the rocket, spinach and broad beans to each plate, and drizzle over the dressing.

Top with the feta cheese and serve.

# BROAD BEAN, MINT AND FETA SALAD

**223**  
CALORIES

**15**  
PROTEIN

**28**  
CARBS

**6**  
FATS

**4**  
FIBRE

Blini are among the most popular and most-eaten dishes in Russia.





# POACHED SALMON BLINIS

## INGREDIENTS

2 **salmon steaks**

100 grams **watercress**

1 tablespoon **low-fat yogurt**

Juice and zest of 1 **lemon**

1 pack **16 blinis**

1 tablespoon **low-fat cream cheese**

**Watercress** or **salad** leaves, plus sprigs of **fresh dill** and **lemon** wedges, to garnish

## INSTRUCTIONS

Add the salmon steaks to a small pan, cover with boiling water and poach gently for 5 minutes covered with a lid.

Turn off the heat, leave to stand for 3 minutes, or until the salmon is thoroughly cooked through, then drain, set aside and allow to cool.

Once cooled down, remove the skin and any bits of brown fat from the fish.

To prepare the sauce, roughly chop the watercress and blend with the yogurt, lemon zest and half of the lemon juice.

Warm the blinis in a dry frying pan or under a grill on low for 1–2 minutes on each side.

Spread each blini with a little of the cream cheese and flake the salmon over the top.

Drizzle with the remaining lemon juice and top with blobs of the watercress sauce.

**279**  
CALORIES

**18**  
PROTEIN

**12**  
CARBS

**17**  
FATS

**2**  
FIBRE





SERVES 2 | TOTAL TIME: 1 HOUR 20 MINUTES

## INGREDIENTS

1 teaspoon **olive oil**  
2 teaspoon **runny honey**  
Grated zest and juice 1 **lemon**  
300 grams **butternut squash**, peeled, de-seeded and cut into chunks  
1 large **sweet potato** peeled and cut into chunks  
1 large **carrot**, cut into chunks  
1 sprig **rosemary**, chopped  
2 x 150 gram pieces **skinless cod fillet**

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Mix together the oil, honey and lemon zest and juice in a small bowl.

Brush the vegetables with a little of the mixture, then arrange on a baking tray. Sprinkle the rosemary on top then cook for about 45 minutes until beginning to char.

Place the pieces of cod on to the tray and continue to cook for 10–12 minutes.

Serve immediately.

# COD WITH ROASTED WINTER VEGGIES

**383**  
CALORIES

**30**  
PROTEIN

**53**  
CARBS

**3**  
FATS

**10**  
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

175 grams **fresh pomegranate seeds**

1 **banana**

100 grams **frozen strawberries or other berry**

120 millilitres cold **coconut milk**

Handful **Ice**

Toppings:

**Pomegranate seeds**

**Chia seeds**

**Coconut flakes**

**Cocoa nibs**

## INSTRUCTIONS

Place all ingredients into a blender and blend thoroughly.

Adjust to your preferred thickness, adding ice will make it thicker or more milk will yield a thinner consistency.

Pour into a serving bowl or wide mouthed dessert glass.

Top with chia seeds, pomegranate seeds, coconut flakes and cocoa nibs.

# POMEGRANATE SMOOTHIE BOWL

198  
CALORIES

3  
PROTEIN

40  
CARBS

4  
FATS

8  
FIBRE

Soy sauce has a large amount of sodium. Use lower sodium versions wherever possible.





SERVES 4 | TOTAL TIME: 30 MINUTES

# JAPANESE CUCUMBER SALAD

## INGREDIENTS

1 teaspoon **salt**  
60 millilitres **rice wine vinegar**  
1 teaspoon **sesame oil**  
300 grams **cucumber**, sliced  
7 grams **sesame seeds**  
1 tablespoon **soy sauce**  
3 teaspoons **sugar**

## INSTRUCTIONS

Peel the and deseed the cucumbers, cut lengthwise, and slice into thin half-moon shapes.

In a large bowl, combine cucumbers and salt then mix well.

Next add the sugar, soy sauce, rice wine vinegar, and sesame oil and again, mix well.

Finally add the sesame seed and give a final mix.

Set aside in the refrigerator to marinate for 20 minutes before serving.

**307**  
CALORIES

**27**  
PROTEIN

**16**  
CARBS

**15**  
FATS

**3**  
FIBRE







SERVES 4 | TOTAL TIME: 35 MINUTES

## INGREDIENTS

2½ kilogrammes 1-inch-thick slices **cauliflower** florets  
2 tablespoons **extra-virgin olive oil**  
1 teaspoon **dried marjoram**  
¼ teaspoon **salt**  
Freshly **ground pepper** to taste  
2 tablespoons **balsamic vinegar**  
50 grams finely shredded **Parmesan cheese**

## INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

Toss cauliflower in the oil, marjoram, salt and pepper in a large bowl. Arrange on a large rimmed baking sheet and roast until starting to soften and brown on the bottom.

Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes should suffice.

Serve hot while the cheese is still bubbling

# BALSAMIC & PARMESAN ROASTED CAULIFLOWER

152  
CALORIES

7  
PROTEIN

10  
CARBS

10  
FATS

3  
FIBRE

# MAIN COURSES













SERVES 4 | TOTAL TIME: 60 MINUTES

## INGREDIENTS

1 kilogram British free-range chicken drumsticks  
500 grams miniature **potatoes**  
450 grams **baby heritage carrots**  
2 tablespoon **green harissa paste** (use regular harissa or zhoug if you can't find green harissa)  
6 **garlic cloves**, crushed  
1 tablespoon **vegetable oil**  
200 millilitres **dry white wine**  
135 grams **baby leeks**  
Finely grated zest 1 **lemon** to serve  
Handful **fresh mint or flatleaf parsley**, roughly torn, to serve

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Put the chicken, potatoes, carrots, harissa paste and garlic cloves in a large roasting tin. Drizzle with the oil, then toss everything together to coat in the harissa. Season with salt and pepper, then pour over the white wine.

Transfer to the oven and roast for 30 minutes, then add the leeks and roast for 20-30 minutes more or until the chicken is cooked through and the skin is crisp.

Scatter over the lemon zest and herbs and serve.

# HARISSA CHICKEN, NEW POTATO AND CARROT TRAYBAKE

480  
CALORIES

44  
PROTEIN

28  
CARBS

15  
FATS

7  
FIBRE





SERVES 4 | TOTAL TIME: 35 MINUTES

# WARM TURKEY MEATBALL NOODLE SALAD

## INGREDIENTS

500 grams **turkey thigh mince** (2% fat)  
1 medium free-range **egg white**  
4 **spring onions**, finely chopped  
½ teaspoon **Chinese five-spice powder**  
Handful **fresh coriander**, stalks chopped, leaves reserved  
½ teaspoon **fish sauce**  
¼ teaspoon crushed **black pepper**  
**Cooking oil** spray  
4 little **gem lettuces**, leaves separated  
½ **cucumber**, halved lengthways, seeds removed and sliced into half-moons  
380 grams **Barenaked Noodles** (a pack contains 250 grams)  
Handful **fresh mint leaves**, radishes chopped into matchsticks  
For the dressing  
Finely grated zest and juice 2 limes  
½ teaspoon **toasted sesame oil**  
½ teaspoon grated **fresh ginger**  
1 red or **green chilli**, finely sliced or chopped

## INSTRUCTIONS

Place the turkey mince, egg white, spring onions, five-spice, coriander stalks, fish sauce and black pepper in a bowl, then mix together. Season with a pinch of salt, then shape into 20 equal-size balls.

Heat a large non-stick frying pan and spray with the oil. Cook the meatballs, turning regularly, until browned and cooked through. Unless the pan is particularly large cook in 2 or 3 batches to avoid overcrowding the pan and boiling the meat.

Divide the little gem leaves between 4 plates and top with the cucumber. Cook the noodles according to the packet instructions, drain, then arrange on top with the meatballs and scatter with the reserved coriander, mint and chopped radishes.

Mix the lime zest and juice, sesame oil, ginger, chilli and some salt in a small bowl, then drizzle over the salad.

Serve immediately.

248  
CALORIES

49  
PROTEIN

4  
CARBS

1  
FATS

4  
FIBRE





Give other pastes a go with this dish.





SERVES 4 | TOTAL TIME: 15 MINUTES

# THAI STYLE BEEF NOODLES

## INGREDIENTS

2 teaspoons **Thai green curry paste**  
1 tablespoon **toasted sesame oil**  
3 tablespoons **soy sauce**, plus extra to serve  
2 tablespoons **fish sauce**  
Juice 2 limes, plus extra wedges to serve  
**Vegetable oil** for stir-frying  
2 lean **British rump steaks** (about 250 grams each), sliced  
300 gram pack **stir-fry vegetables** (or shred a mix of veg from the fridge such as **spring onions**, **carrots**, baby **corn** and **spinach**)  
2 x 300 gram packs straight-to-wok **rice noodles** (or use 4 dried **egg** noodle cakes soaked in boiling **water** for 4 minutes, drained)  
Handful **mixed fresh herbs**, such as **coriander** and **mint**, chopped

## INSTRUCTIONS

In a small bowl, mix together the curry paste, sesame oil, soy sauce, fish sauce and lime juice.

Heat a splash of vegetable oil in a wok or large frying pan, then stir-fry the beef for 2 minutes. Add the vegetables and stir-fry for 2 minutes more.

Add the noodles and bowl of sauce, then toss it all together over the heat until warmed. Add a splash of water if the noodles aren't fully coated.

Remove from the heat, then stir through the herbs.

Serve in bowls with the cashews, extra soy sauce and lime wedges, if you like.

305  
CALORIES

23  
PROTEIN

23  
CARBS

12.5  
FATS

2  
FIBRE

40

An 80 gram serving of sprouts contains four times more vitamin C than an orange





SERVES 4 | TOTAL TIME: 45 MINUTES

## INGREDIENTS

700 grams bone-in, skin-on **chicken breasts**  
3 tablespoons **extra-virgin olive oil**  
1 teaspoon **salt**,  
½ teaspoon **ground pepper**  
700 grams **Brussels sprouts**, trimmed and halved or quartered if large  
2 medium **red onions**, cut into ½-inch wedges  
6 tablespoons **malt vinegar or sherry vinegar** ½ teaspoon dried **dill**  
½ teaspoon **garlic powder**  
½ teaspoon **onion powder**  
¼ teaspoon **sugar**

## INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

Cut the chicken breasts into 4 equal portions, brush with 1 tablespoon of the oil and sprinkle with ¼ teaspoon each of salt and pepper.

Toss the sprouts with the onions in a large bowl along with the remaining 2 tablespoons oil and ¼ teaspoon each of salt and pepper. Arrange the vegetables and the chicken in a single layer on a rimmed baking sheet, then roast until a thermometer inserted in the thickest part of a breast without touching bone registers 160°F and the vegetables are tender, or the meat, when pierced, produces clear juices.

While the chicken roasts, mix the vinegar, dill, garlic powder, onion powder, sugar and the remaining salt in a small microwave-safe bowl. Microwave on high until the salt and sugar dissolve, (this will only take about 30 seconds).

Drizzle the vinegar mixture over the chicken and vegetables and roast for 5 minutes more.

Transfer the chicken to a serving platter and stir the vegetables on the pan.

Serve hot.

# TRAY BAKE CHICKEN & BRUSSELS SPROUTS

**387**  
CALORIES

**35**  
PROTEIN

**20**  
CARBS

**19**  
FATS

**7**  
FIBRE



The addition of mushrooms into the burger mix adds some extra moisture to the burgers.



SERVES 4 | TOTAL TIME: 30 MINUTES

# MUSHROOM AND BEEF BURGERS

## INGREDIENTS

**Olive oil** for frying  
½ large **onion**, finely chopped  
250 grams **chestnut mushrooms**, finely chopped  
1 **garlic clove**, crushed  
250 grams **British beef mince**  
1 tablespoon **Worcestershire sauce**  
6 **fresh thyme sprigs**, leaves picked and roughly chopped  
1 medium free-range **egg**  
4 **burger buns**, split in half  
4 crisp lettuce leaves, sliced **tomatoes** and **onion** to serve

## INSTRUCTIONS

Heat a glug of oil in a pan over a medium-high heat and fry the onion for 4-5 minutes. Stir in the mushrooms, fry for 3-4 minutes, then add the garlic and fry for a minute.

Put the mix in a large bowl, cool, then add the mince, Worcestershire sauce, thyme and egg with a pinch of salt and pepper. Mix with a wooden spoon, then knead in the bowl for 2 minutes with your hands until the mixture starts to stick together.

Divide into 4 equal patties, put on a plate, then cover with cling film and chill in the fridge for 30 minutes or the freezer for 10.

Heat a glug of oil in a large frying pan over a medium-high heat and fry the burgers for 3 minutes, then flip and fry for 3 minutes on the other side and finally for 3 further minutes on the first side.

Remove the burgers and set aside to rest while you toast the buns.

Put the burger buns cut-side down in the pan and toast for 2 minutes or until the undersides are golden and crisp.

Layer up the lettuce, burgers, tomatoes and onion rings between the toasted bun halves.

**453**  
CALORIES

**4**  
PROTEIN

**40**  
CARBS

**21**  
FATS

**2**  
FIBRE







KOREAN-STYLE  
BEEF BIBIMBAP

## INGREDIENTS

80 grams **basmati rice**, rinsed  
2 teaspoons **sesame oil**  
3 teaspoons **olive oil**  
125 grams **lean beef steak mince**  
2 **spring onions**, chopped  
3 teaspoon chipotle **chilli** and **smoked paprika** paste  
1 teaspoon **light soy sauce**  
1 **lime**, juiced  
2 **eggs**  
1 head **pak choi**, thickly sliced  
1 **carrot**, peeled into ribbons

## INSTRUCTIONS

Put the rice in a medium saucepan and cover with 150 millilitres of water. Bring to the boil, cover and allow to simmer for 8 minutes. Remove from the heat and stir in 1 teaspoon of sesame oil, cover and set aside.

Heat 1 teaspoon of the olive oil in a large frying pan on a high heat and fry the mince for 3-4 minutes until browned all over. Next add the onions and 2 teaspoons of the chipotle chilli and smoked paprika paste and cook for a further 1 min or until the mince is cooked through.

Stir in the soy sauce and half the lime juice, then pour into a bowl and cover with foil.

Steam the pak choi for 4-5 minutes.

Meanwhile, wipe out the frying pan and heat the remaining olive oil. Break the eggs and cook over a medium-high heat for 3 minutes until the whites have formed crispy edges and are set but the yolks are still runny.

Divide the rice between 2 bowls, pile on the carrot, pak choi and mince, and then top with the eggs.

Mix the remaining lime juice, sesame oil and chipotle paste and drizzle over the top to serve.

412  
CALORIES

25  
PROTEIN

41  
CARBS

18  
FATS

3  
FIBRE







SERVES 4 | TOTAL TIME: 30 MINUTES

## INGREDIENTS

½ tablespoon **coconut oil**  
1 medium **yellow onion**, diced  
1 teaspoon **ground turmeric**  
½ teaspoon **cumin**  
½ teaspoon **cinnamon**  
½ teaspoon **salt**, plus more to taste  
Freshly **ground black pepper**  
80 grams **uncooked quinoa**  
570 millilitres **vegetarian broth** (or **water**)  
400 gram **tin chickpeas**, rinsed and drained  
80 grams **dried cranberries**  
10 grams finely diced **flat leaf parsley**  
55 grams sliced toasted **almonds**

## INSTRUCTIONS

Add coconut oil to a large pot and place over medium heat. Once oil is hot add in onion and sauté until translucent.

Stir in the turmeric, cumin, cinnamon and salt and pepper and allow to cook for 30 seconds more.

Next add in broth (or water) and quinoa; bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. Remove from heat and fluff quinoa with a fork.

Stir in chickpeas, cranberries and parsley to the quinoa and mix until well-combined. Taste and adjust seasonings.

Garnish with toasted almonds and extra parsley.

# ONE POT MOROCCAN CHICKPEA QUINOA SALAD

**448**  
CALORIES

**16.5**  
PROTEIN

**16**  
CARBS

**13.5**  
FATS

**12**  
FIBRE





SERVES 4 | TOTAL TIME: 25 MINUTES

# BBO TURKEY BURGERS

## INGREDIENTS

½ kilogramme **dark-meat turkey mince**  
1 **garlic clove**, minced  
½ teaspoon **paprika**  
¼ teaspoon **ground cumin**  
Pinch **salt**  
¼ teaspoon freshly **ground black pepper**  
4 slices **sweet onion**, grilled  
60 millilitres **barbecue sauce**  
4 **sesame seed** buns, toasted

## INSTRUCTIONS

Mix together the turkey, garlic, paprika, and cumin in a bowl.

Form the turkey mix into 4 patties and season with salt and pepper.

Heat grill to medium-high and cook the burgers turning once, until burgers are just cooked through.

Serve in the toasted buns with a slice of the onion and desired toppings.

**324**  
CALORIES

**28**  
PROTEIN

**28**  
CARBS

**11**  
FATS

**1**  
FIBRE

The name pappardelle comes from “pappare,” which means “to gobble up.”





SERVES 4 | TOTAL TIME: 20 MINUTES

## INGREDIENTS

340 milligrams **pappardelle**  
225 grams **frozen peas**, thawed  
1 teaspoon **lemon zest**  
115 grams **ricotta cheese**  
½ teaspoon **salt**  
½ teaspoon **pepper**  
¼ cup **chives**, chopped

## INSTRUCTIONS

Cook the pasta according to the package instructions. Reserve 120 millilitres of the cooking water, then drain the pasta and return it to the pan.

While the pasta is cooking, pulse half the thawed peas in a food processor until roughly chopped, add the zest and ricotta and pulse a couple times to combine, then season with salt and pepper.

Toss pasta with the cheese mixture and remaining peas, adding reserved pasta water if pasta appears a little dry.

Sprinkle with chopped chives and serve.

# SMASHED PEA AND RICOTTA PAPPARDELLE

**430**  
CALORIES

**19**  
PROTEIN

**70**  
CARBS

**6.5**  
FATS

**5**  
FIBRE







SERVES 4 | TOTAL TIME: 30 MINUTES

## INGREDIENTS

4 x 450 gram boneless, skinless **chicken-breast** halves

### **Salt and Pepper**

2 limes, halved

4 **ears corn**, husk removed

5 grams **coriander**, chopped

2 tablespoons chopped **green olives**

300 milligrams **Manchego cheese**, finely grated

1½ teaspoons **olive oil**

1 teaspoon **smoked paprika**

## INSTRUCTIONS

Season the chicken with salt and pepper and grill on medium-high until cooked through.

Meanwhile, grill the limes, cut sides down, and corn until charred all round.

Cut corn from cob and toss in bowl with the juice of 2 lime halves, then the chopped coriander, green olives, grated Manchego cheese, and pinch each of salt and pepper.

Serve the chicken with the corn and remaining lime halves and drizzle with a mixture of olive oil and smoked paprika.

# HERB-ROASTED CHICKEN AND CHERRY TOMATOES

**355**  
CALORIES

**21**  
PROTEIN

**21**  
CARBS

**13**  
FATS

**2**  
FIBRE





# GRILLED FISH TACOS

## INGREDIENTS

4 teaspoons **chilli powder**  
2 tablespoons **lime juice**  
2 tablespoons **extra-virgin olive oil**  
1 teaspoon **ground cumin**  
1 teaspoon **onion powder**  
1 teaspoon **garlic powder**  
1 teaspoon **salt**  
½ teaspoon freshly **ground pepper**  
1 kilogramme **halibut** ½- ¾ inch thick, skinned and cut into 4 portions  
Coleslaw:  
120 millilitres **reduced-fat sour cream**  
60 millilitres **low-fat mayonnaise**  
2 tablespoons chopped **fresh cilantro**  
1 teaspoon **lime zest**  
2 tablespoons **lime juice**  
1 teaspoon **sugar**  
⅛ teaspoon **salt**  
Freshly **ground pepper**  
575 grams finely shredded **red or green cabbage**  
12 **corn tortillas**, warmed.

## INSTRUCTIONS

Combine the chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt and pepper in a small bowl. Rub the mix all over fish and allow to stand 20 to 30 minutes for the fish to absorb the flavour.

Meanwhile prepare coleslaw by combining the sour cream, mayonnaise, coriander, lime zest and juice, sugar with the salt and pepper in a medium bowl. Mix until smooth and creamy.

Add the cabbage and toss to combine. Refrigerate until ready to serve.

Oil and preheat your grill pan to medium-high. Grill the fish until it is cooked through and easily flakes with a fork, around 3 to 5 minutes per side.

Transfer the fish to a platter and separate into large chunks.

Serve with the warmed tacos coleslaw and your choice of taco garnishes.

**333**  
CALORIES

**31**  
PROTEIN

**30**  
CARBS

**10**  
FATS

**5**  
FIBRE





SERVES 6 | TOTAL TIME: 1 HOUR

# CHICKEN COCONUT CURRY

## INGREDIENTS

700 grams boneless, skinless **chicken breast**, cut into bite-size cubes  
6 teaspoons **curry powder**  
 $\frac{3}{4}$  teaspoon **salt**  
2 tablespoons **coconut oil or canola oil**  
1 large **yellow onion**, chopped  
1 tablespoon chopped **garlic**  
400 gram tin **low fat coconut milk**  
400 gram tin **reduced-sodium chicken broth**  
3 medium **potatoes**  
150 grams sliced **carrots**  
50 grams chopped **celery**  
115 grams **frozen peas**  
5 grams chopped **fresh coriander**  
1 tablespoon packed **brown sugar**

## INSTRUCTIONS

Place chicken in a medium bowl and sprinkle with 1 teaspoon of curry powder and  $\frac{1}{4}$  teaspoon of salt then toss to coat.

Heat 1 tablespoon oil in a large pan over medium-high heat. Add chicken and cook, stirring once or twice, until browned, then transfer to a plate.

Heat the remaining 1 tablespoon oil in the same pan and add the onion and garlic. Cook, stirring often, until the onion is starting to become translucent. Stir in the remaining 5 teaspoons of curry powder and cook, stirring, until fragrant but not browned.

Pour in the coconut milk, broth, potatoes, carrots, celery and the remaining  $\frac{1}{2}$  teaspoon salt and bring to a boil over high heat, stirring often.

Reduce heat to a gentle simmer and cook, stirring occasionally, until the potatoes and carrots are tender.

Return the chicken to the pot and add the peas. Increase heat to high and continue cooking until the chicken is cooked through.

Remove from the heat and stir in the coriander and brown sugar before serving.

**346**  
CALORIES

**29**  
PROTEIN

**31**  
CARBS

**12**  
FATS

**5**  
FIBRE







SERVES 4 | TOTAL TIME: 55 MINUTES

## INGREDIENTS

230 millilitres **low fat coconut milk**  
3 tablespoons **lemon juice**  
2 tablespoons **tomato paste**  
3 **garlic cloves**, minced  
2 teaspoons **paprika**  
2 teaspoons **ground cumin**  
½ teaspoon **turmeric**  
¼ teaspoon **cayenne pepper**, or more to taste  
¾ teaspoon **salt**, or to taste  
¼ teaspoon **black pepper**  
115 grams **extra firm tofu**, drained, pressed and cut into 1-inch pieces  
1 small **courgette**, cut into large chunks  
1 medium **red pepper**, cut into large chunks

## INSTRUCTIONS

In a medium bowl stir together the coconut milk, lemon juice, tomato paste, garlic, paprika, cumin, turmeric, cayenne, salt and pepper. Add the tofu, courgette, and pepper and gently stir to coat. Allow to marinate at room temperature for at least 1 hour.

Arrange the tofu, courgette, and pepper pieces on skewers.

Lightly oil a grill pan and place the skewers on the grill. Grill over a medium heat until lightly charred and the veggies are tender, brushing with excess marinade while grilling and turning halfway through.

If you prefer to bake this dish preheat your oven to 200°C/400°F/gas 6 and line a baking sheet with parchment paper.

Arrange the skewers on the baking sheet and bake until lightly browned in spots and the veggies are tender (about 35 minutes), turning halfway through.

Divide the skewers onto plates, sprinkle with coriander, and drizzle with warmed tahini.

Serve hot.

# MEDITERRANEAN SPICED TOFU KEBABS

243  
CALORIES

11  
PROTEIN

12  
CARBS

19  
FATS

1  
FIBRE





SERVES 4 | TOTAL TIME: 25 MINUTES

# CHARRED PRAWN AND AVOCADO SALAD

## INGREDIENTS

1 kilogramme large **peeled and deveined prawns**  
5 tablespoons **olive oil**  
**Salt**  
**Pepper**  
½ small **pineapple**, peeled, trimmed and sliced ½-inch thick  
2 tablespoons **fresh lemon juice**  
½ small **red onion**, thinly sliced  
½ **cucumber**, sliced into half-moons  
½ bunch **watercress**  
1 **avocado**, quartered

## INSTRUCTIONS

Toss the prawns with 2 tablespoons of the oil and ½ teaspoon each of salt and pepper.

Heat your grill to medium. Brush the pineapple with 1 tablespoon oil and grill with the prawns until slightly charred and the prawns are opaque throughout.

Meanwhile, in large bowl, whisk together lemon juice, remaining 2 tablespoons oil and ¼ teaspoon each salt and pepper. Toss with the onion.

Cut the grilled pineapple into smaller pieces before adding to a bowl with the onion, cucumber and shrimp and toss to combine.

Fold in watercress and avocado before serving.

420  
CALORIES

35  
PROTEIN

20  
CARBS

23.5  
FATS

4  
FIBRE





SERVES 4 | TOTAL TIME: 20 MINUTES

# CHICKEN AND RED PLUM SALAD

## INGREDIENTS

4 x 200 gram boneless, skinless **chicken breasts**  
2 tablespoons plus 1 teaspoon **olive oil**  
¼ teaspoon **salt**  
¼ teaspoon **pepper**  
4 **red plums**, cut into 1-inch wedges  
2 **spring onions**, thinly sliced  
150 grams **rocket**  
5 grams **fresh dill**, very roughly chopped  
30 grams **roasted almonds**, chopped

## INSTRUCTIONS

Heat your grill to medium. Rub the chicken with 1 teaspoon olive oil and season with ¼ teaspoon each of the salt and pepper.

Grill chicken until cooked through, 5 to 7 minutes per side. Transfer to cutting board and let rest 5 minutes before slicing.

While the chicken is grilling, in large bowl, toss the plums with 1 tablespoon of oil and ¼ teaspoon each of salt and pepper.

Add plums to the grill and cook until just charred, then return to the bowl and toss with the remaining 1 tablespoon oil and spring onions.

Add the chicken (and any of its juices) to the bowl and toss to combine.

Fold in the rocket, dill, and almonds before serving piping hot.

355  
CALORIES

38  
PROTEIN

12  
CARBS

16  
FATS

3  
FIBRE

# DESSERTS













SERVES 12 | TOTAL TIME: 35 MINUTES

# FRUITY CHOCOLATE TRAY BAKE

## INGREDIENTS

2 teaspoons **sunflower oil**  
1 large **banana**, split and cut into chunks  
100 grams **blueberries**  
50 grams **sugar**  
50 grams **wholemeal flour**  
2 heaped teaspoons **cocoa powder**  
1 teaspoon **baking powder**  
1 teaspoon **vanilla extract**  
50 millilitres **sunflower oil**  
50 millilitres **semi-skimmed milk**

## INSTRUCTIONS

Grease a 20 x 25 cm cake tin with the oil and preheat your oven to 180°C/350°F/gas 4.

Scatter the banana chunks and blueberries evenly over the base of the tin.

Add the sugar, wholemeal flour, cocoa powder and baking powder to a bowl and mix well.

Add the vanilla extract, sunflower oil and milk to the bowl, mix again.

Pour evenly over the banana and blueberries and bake for 15–20 minutes.

It's ready to serve when a knife or skewer inserted into the centre comes out clean.

83  
CALORIES

1  
PROTEIN

10  
CARBS

4  
FATS

1  
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

2 tablespoons **semisweet chocolate chips**  
1 small **banana**, peeled and cut into 1-inch chunks

## INSTRUCTIONS

Place the chocolate chips in a small microwave-safe bowl.

Microwave on high for 1 minute or until chocolate melts.

Dip banana pieces in chocolate using cocktail sticks.

# CHOCOLATE-DIPPED BANANA BITES

190  
CALORIES

2  
PROTEIN

36  
CARBS

7  
FATS

4  
FIBRE





SERVES 25 | TOTAL TIME: 5 MINUTES

# CHOCOLATE FUDGE BARS

## INGREDIENTS

180 grams **instant oats**  
½ teaspoon **salt**  
175 grams pure **maple syrup, honey**, or agave  
65 grams **peanut butter**  
125 grams **peanut butter**  
1 tablespoon **water**  
1 teaspoon **pure vanilla extract**  
140 grams **chocolate chips or sugar free chocolate chips**

## INSTRUCTIONS

Line an 8× 8 inch pan with parchment or greaseproof paper, and set aside

Stir together the syrup, 65 grams of peanut butter, water, and vanilla until smooth. Then add in the oats and salt and stir again.

Transfer about ⅔ of the mixture to the pan, and press down very well, using a second sheet of parchment to press it evenly into the bottom of the pan.

In a separate bowl, carefully melt the chocolate and 125 grams of peanut butter, stirring constantly until smooth.

Pour this evenly on top of the crust in the pan.

Sprinkle the remaining oat crumbles on top of the chocolate layer, then press down.

Refrigerate until firm enough to cut into squares.

96  
CALORIES

2  
PROTEIN

17  
CARBS

3  
FATS

1  
FIBRE





SERVES 6 | TOTAL TIME: 10 MINUTES

# COOKIE DOUGH DIP

## INGREDIENTS

250 grams **chickpeas or white beans** drained well  
1/8 teaspoon **salt**  
1/8 teaspoon **baking soda**  
2 teaspoons **pure vanilla extract**  
65 grams **nut butter** of choice  
60 millilitres **milk** of choice, only if needed  
**Sweetener** of choice  
60 grams **chocolate chips or sugar free chocolate chips**  
2-3 tablespoons **oats**

## INSTRUCTIONS

Add all ingredients (except for the chocolate chips) to a good food processor, and process until very smooth.

Then to finish, stir in the chocolate chips.

If made correctly and blended for long enough, this should have the exact texture of real cookie dough.

If it appears too thick and dry add tiny splashes of milk to loosen the mixture

Try varying your choice of nut butters to create different flavours

172  
CALORIES

7  
PROTEIN

17  
CARBS

9  
FATS

1  
FIBRE



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