

**MIND+MUSCLE**<sup>7</sup>  
FITNESS

# MIND + MUSCLE RECIPE BOOK

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# **MIND + MUSCLE RECIPE BOOK**



Good Eats, All Day!

A handwritten signature in black ink, appearing to read "Steve Brenner". The signature is stylized with a large, looping initial "S" and a long horizontal stroke extending to the right.

Steve Brenner



# DISCLAIMER

*The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences research and knowledge. The information provided is not to be used in place of proper medical advice.*

**MIND+MUSCLE**  
FITNESS



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# BREAKFASTS











# LEMON POPPY SEED PANCAKES

**SERVES: 12**

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**TOTAL TIME: 40 MINUTES**

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## INGREDIENTS

1 medium egg  
200g (7oz) plain flour  
75 g (3oz) caster sugar  
2 tsp. baking powder  
150 ml (5fl oz) milk  
Finely grated zest and juice of 2 lemons, plus  
wedges to serve  
40g (1½oz) poppy seeds  
2 tbsp. oil

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## INSTRUCTIONS

Sift the flour into a large bowl; stir in sugar, baking powder and ¼ tsp salt then make a well in the centre.

In a large jug, whisk the milk, lemon zest and juice, egg and poppy seeds together. Pour into the well in the dry ingredients. Gradually fold the flour into the wet ingredients until combined.

Heat a large non-stick frying pan over low-medium heat and brush or spray with some oil. Spoon the batter to make 10cm (4in) wide pancakes, ensuring that you space them around 2cm apart. Cook for 2-3 mins or until the edges are dry and bubbles start to show through the the surface. Flip and cook for a further 2mins on the other side. Transfer the pancakes to a plate and cover with foil to keep warm as you prepare the rest.

In between pancakes carefully wipe pan with kitchen paper and give another light coating of oil.

Serve the pancakes with yogurt, honey or some sugar free syrup if you wish.

## MACROS

CALORIES	480	PROTEIN	14
CARBS	74	FATS	14
FIBRE	2		



# PB & J OVERNIGHT OATS

SERVES: 2

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TOTAL TIME: 5 MINUTES

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## INGREDIENTS

1 cup rolled oats  
1 cup unsweetened almond milk, unsweetened  
1 tablespoon chia seeds  
1/2 tablespoon maple syrup  
2 tablespoons creamy peanut butter  
1 tablespoon jam

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## INSTRUCTIONS

Simply throw all ingredients minus the jelly into your serving vessel of choice. Cover and let sit in the fridge for at least 3 hours or ideally overnight.

In the morning, swirl in some jam or jelly and enjoy!

### NOTES

The traditional ingredient to use here is grape jelly, if not raspberry or strawberry jam works equally as well.

## MACROS

CALORIES	326	PROTEIN	11
CARBS	45	FATS	13
FIBRE	8		





# AVOCADO ON TOAST WITH SMOKED SALMON

SERVES: 2

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TOTAL TIME: 15 MINUTES

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## INGREDIENTS

1 Avocado  
2 Tbsp fat-free yogurt  
½ Lemon, juiced  
2 Slices rye bread, toasted  
Pinch of cayenne peppe  
75G (3oz) smoked salmon  
¼ Cucumber, ribboned with a veg peeler  
Handful of salad cress or micro greens

### Dressing

½ Red chilli, seeded and finely diced  
1 Tbsp finely chopped mint  
½ Lemon, zested and juiced  
1 Tomato, finely diced  
1Tsp white wine vinegar

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## INSTRUCTIONS

Mix all the dressing ingredients together in a small bowl and season well.

Slice the avocado in half and remove the stone, scooping the flesh into a bowl. Add the yoghurt and lemon juice and mash it all together with a fork.

Season well with salt and black pepper.

Divide the mix between the toasted rye bread, sprinkling over a little cayenne pepper and layering the smoked salmon and cucumber on top.

Spoon over a little dressing, then top with the cress.

## MACROS

CALORIES	296	PROTEIN	16
CARBS	18	FATS	17
FIBRE	6		





# BLACK FOREST OVERNIGHT OATS

SERVES: 2

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TOTAL TIME: 10 MINUTES

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## INGREDIENTS

½ cup rolled oats  
1 tablespoon unsweetened cocoa powder  
125ml (½ cup) unsweetened almond milk.  
¼ teaspoon vanilla extract  
1 teaspoon pure maple syrup  
½ cup frozen dark sweet cherries  
1 teaspoon dark chocolate chips  
small pinch of salt  
⅛ teaspoon cinnamon

---

## INSTRUCTIONS

In your container mix together the rolled oats, cocoa powder, cinnamon, and salt. Next add in the almond milk, vanilla extract, and pure maple syrup. Stir together until all the ingredients are nicely combined. Place the frozen cherries on top. Cover and refrigerate for 3-5 hours or ideally overnight. In the morning, stir in the chocolate chips. Add in a little extra almond milk, if needed, till you get the consistency you like then enjoy.

### NOTES

As with all of our overnight oat recipes you can bump the protein content by simply adding a scoop of your favourite protein powder into the mix.

## MACROS

CALORIES	267	PROTEIN	8
CARBS	46	FATS	7
FIBRE	6		



# SPICY MORROCCAN EGGS

**SERVES: 4**

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**TOTAL TIME: 20 MINUTES**

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## INGREDIENTS

2 tsp olive oil  
1 large onion, halved and thinly sliced  
3 garlic cloves, sliced  
1 tbsp rose harissa  
1 tsp ground coriander  
150ml (5fl oz) vegetable stock  
400g (14oz) can chickpea  
2 x 400g (14oz) tins of cherry tomatoes  
2 courgettes, finely diced  
200g (7oz) bag baby spinach  
4 tbsp chopped coriander  
4 large eggs

---

## INSTRUCTIONS

Heat the oil in a large, deep pan, and saute the onion and garlic for about 6-8 mins, stirring occasionally, until it softens and starts to colour. Add in the harissa and ground coriander, stir well, then follow with the stock and chickpeas with their liquid. Cover the pan and simmer for 5 mins, then gently mash about a third of the chickpeas to give the stock a little thickness.

Pour the tinned tomatoes and courgettes into the pan, and cook gently for 10 mins until the courgettes are tender. Fold the baby spinach into the mix.

Stir in the chopped coriander, then make 4 hollows in the mixture and break in the eggs. Cover and cook for 2 mins, then take off the heat and allow to rest for 2 minutes before serving.

## MACROS

CALORIES	242	PROTEIN	16
CARBS	22	FATS	10
FIBRE	8		



# SIDES & SMALL PLATES











# ROASTED BRUSSELS SPROUTS WITH CRANBERRIES

SERVES: 4

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TOTAL TIME: 35 MINUTES

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## INGREDIENTS

450g (1lb) Brussels sprouts, trimmed and halved  
1 tablespoon olive oil  
Pinch of Salt and Pepper  
2 Tbsp dried cranberries

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## INSTRUCTIONS

Preheat oven to 200°C (425°F).

Spread the Brussels sprouts across a lightly oiled baking tray.

Drizzle with the Olive oil and season with salt and pepper.

Toss to coat the Brussels. Roast for around 20-25 mins until tender, stirring occasionally.

Transfer to a large bowl and stir in cranberries.

## MACROS

CALORIES	81	PROTEIN	4
CARBS	14	FATS	1
FIBRE	5		



# ROCKET, EGG & CHARRED ASPARAGUS SALAD

**SERVES: 4**

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**TOTAL TIME: 20 MINUTES**

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## INGREDIENTS

4 large eggs in shells  
1 tablespoon extra-virgin olive oil  
12 ounces medium asparagus, trimmed  
50ml (2fl oz) Plain Greek Yoghurt  
1 tablespoon fresh lemon juice  
1 tablespoon water  
150g (5oz) Rocket leaves  
Salt and Pepper to taste

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## INSTRUCTIONS

Preheat a grill to high.

Bring a small saucepan filled with water to the boil. Carefully add in the eggs using a spoon and boil for 8 minutes. Remove from the boiling water and place in a bowl of iced water for 2 minutes (The eggs will keep cooking if you don't do this). Gently peel the eggs, cut into quarters, and sprinkle with a little salt and pepper

Combine the olive oil with a little seasoning and the asparagus and create a single layer on baking sheet. Grill for 2-3 minutes or until lightly charred.

Remove asparagus mixture from the grill and cut into 2-inch pieces.

Combine the yogurt, lemon juice, a little more seasoning and 1 tablespoon water in a medium bowl and fold it all together.

Add rocket; toss.

Arrange the rocket mixture on a platter; top with asparagus mixture and eggs.

## MACROS

CALORIES	148	PROTEIN	10
CARBS	6	FATS	10
FIBRE	2		





# PARMESAN ROASTED CAULIFLOWER

SERVES: 4

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TOTAL TIME: 55 MINUTES

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## INGREDIENTS

1 head cauliflower, cut into florets  
1 medium onion, sliced  
4 sprigs thyme  
4 garlic cloves, unpeeled  
3 tablespoons olive oil  
Salt and freshly ground black pepper  
½ cup grated Parmesan

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## INSTRUCTIONS

Preheat the oven to 220°C (425°F). Toss the cauliflower florets in a large rimmed baking tray with the onion, thyme, garlic, and oil; season with salt and pepper.

Roast in the oven for around 35-40 minutes, turning occasionally, until almost tender. Sprinkle with the grated Parmesan, toss to combine, and return to the oven for a further 10-12 minutes until the cauliflower is tender and lightly browned.

## MACROS

CALORIES	220	PROTEIN	9
CARBS	11	FATS	15
FIBRE	3		





# TOMATO CAPRESE SALAD

SERVES: 6

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TOTAL TIME: 12 MINUTES

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## INGREDIENTS

4 cups Mixed Cherry tomatoes  
2 tablespoons extra-virgin olive oil  
75g (3oz) small fresh mozzarella balls  
Salt and Black Pepper to taste  
Small handful of Fresh Basil

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## INSTRUCTIONS

Throw all of the ingredients into a bowl, toss it all together then top with the fresh basil leaves.

## MACROS

CALORIES	100	PROTEIN	3
CARBS	4	FATS	8
FIBRE	1		



# BAKED SWEET POTATO FRIES

**SERVES: 4**

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**TOTAL TIME: 40 MINUTES**

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## INGREDIENTS

3 large sweet potatoes  
1 tablespoon extra virgin olive oil  
1 teaspoon cumin  
1/4 teaspoon paprika  
1/2 teaspoon sea salt  
Dash of cayenne pepper (optional)  
Coconut or vegetable oil cooking spray

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## INSTRUCTIONS

Preheat the oven to 200°C (400°F). Scrub or peel the sweet potatoes, then cut them lengthwise into wedges or sticks.

Throw the sweet potatoes in a large bowl and toss them in the extra virgin olive oil until thoroughly coated. Combine the cumin, paprika, and sea salt and do the same until everything is evenly coated.

Spray a baking sheet with the coconut or vegetable oil spray or use a good non-stick tray or a silicon tray and spread the potatoes over it in a single layer.

Bake in the preheated oven for about 30 minutes, or until crisp and cooked through, tossing once or twice and turning the pan, to make sure the fries bake evenly.

## MACROS

CALORIES	78	PROTEIN	1
CARBS	11	FATS	4
FIBRE	1		





# PARMESAN MASHED POTATO

SERVES: 6

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TOTAL TIME: 35 MINUTES

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## INGREDIENTS

450g (1lb) medium round potatoes  
2 medium-sized parsnips  
2 tablespoons light butter  
3 to 4 tablespoons skimmed milk  
75g (3oz) Grated Parmesan cheese  
Salt and Black Pepper to taste

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## INSTRUCTIONS

Scrub or peel the potatoes and cut them in half. Peel the parsnips and cut them into 2-inch pieces. In a large pan of boiling water cook the potatoes and parsnips, for around 20 minutes or until you can push a fork easily through them. Mash the potatoes and parsnips or beat with an electric mixer on a low speed. Add the butter and salt and pepper to taste. Add enough milk to make the mixture light and fluffy and finally stir in the cheese.

## MACROS

CALORIES	172	PROTEIN	8
CARBS	23	FATS	7
FIBRE	3		



# MAINS











# TURKEY CHILLI

**SERVES: 6**

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**TOTAL TIME: 55 MINUTES**

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**THIS CAN ALSO BE A GREAT  
SLOW COOKER DISH!**

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## INGREDIENTS

2 teaspoons olive oil  
1 Onion, chopped  
3 garlic cloves, minced  
1 medium red pepper, chopped  
450g extra lean turkey or chicken mince  
1 tablespoon Chilli Powder  
2 teaspoons ground cumin  
1 teaspoon dried oregano  
1/4 teaspoon cayenne pepper  
1/2 teaspoon salt, plus more to taste  
2 tins (400g) of chopped tomatoes  
1 1/4 cups chicken stock  
2 tins dark red kidney beans, rinsed and drained  
2 (200g) tins of sweet corn, rinsed and drained

For topping:  
cheese, avocado, tortilla chips, cilantro, sour cream

## INSTRUCTIONS

Using a large pan heat the oil over a medium heat. Add the onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.

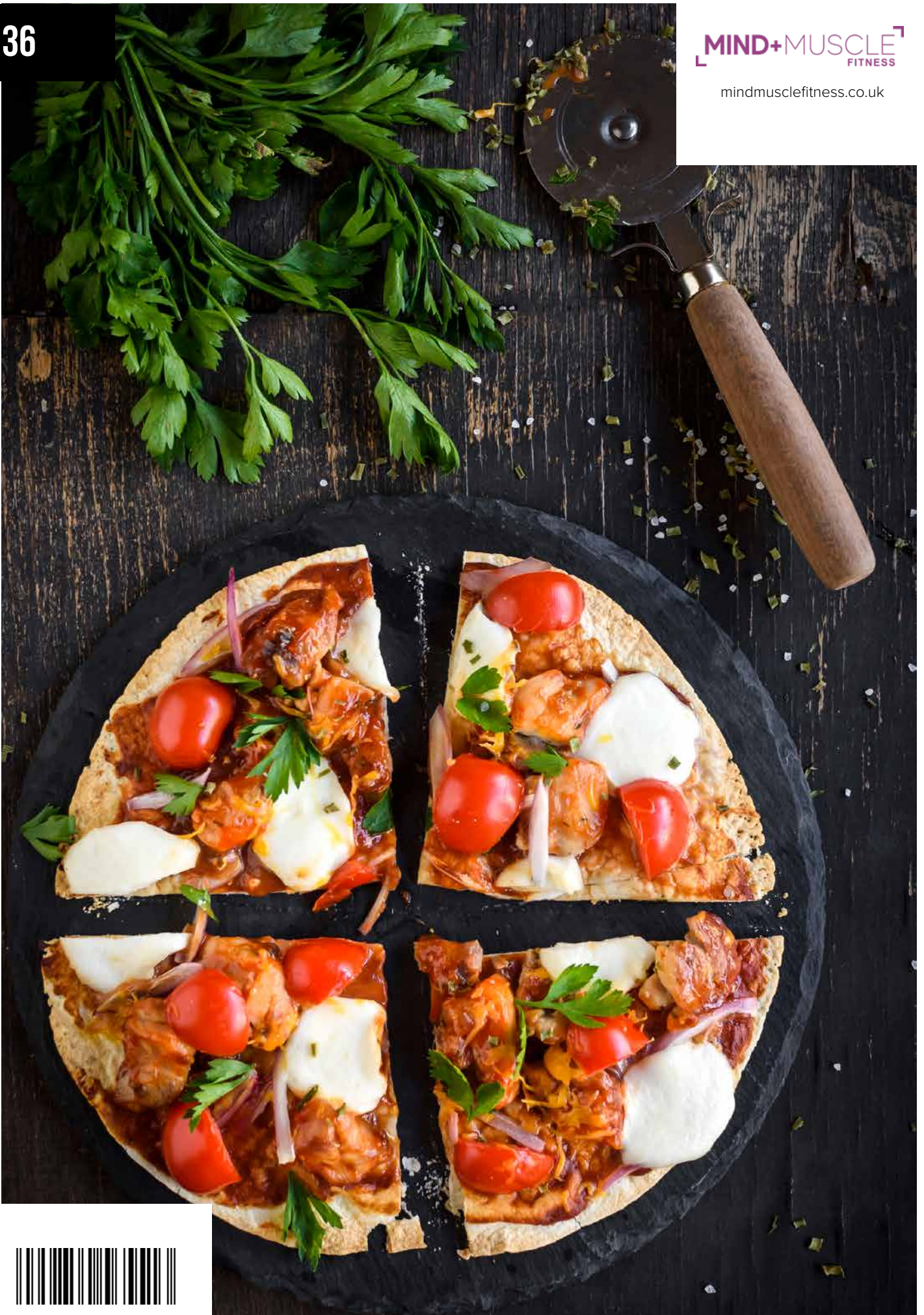
Add the minced chicken or turkey to the pan until cooked through then add the chilli powder, cumin, oregano, cayenne pepper and salt, stirring well.

Add the tomatoes, stock, kidney beans and sweetcorn. Bring to the boil, then reduce the heat and simmer for 30-45 minutes or until the chilli thickens and flavours come together. Taste and season as required.

Makes six servings, about 1 1/2 cups each.

## MACROS

CALORIES	356	PROTEIN	32
CARBS	47	FATS	4
FIBRE	18		



# BBQ PIZZA

**SERVES: 2**

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**TOTAL TIME: 16 MINUTES**

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**SERVING SIZE: 1 TORTILLA PIZZA**

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## INGREDIENTS

2 flour tortillas  
1 cup onions, thinly sliced  
85g (3oz) cooked chicken, diced or shredded  
50ml (¼ cup) barbecue sauce  
1 teaspoon balsamic vinegar  
½ cup cherry or baby tomatoes, sliced  
6 tablespoons light mozzarella cheese  
1 tablespoon Parmesan cheese

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## INSTRUCTIONS

Place tortillas under broiler for about 1-2 minutes to toast, turn over and broil 1 more minute to toast other sides. Keep an eye on them so they don't burn. Remove from oven and set aside.

Place sliced onions on a microwave safe plate and cook in microwave for 2 minutes, to soften.

Add chicken to a small bowl. Toss with 3 tablespoons barbecue sauce and balsamic vinegar.

To Assemble Pizza: Spread each tortilla with ½ table-spoon barbecue sauce. Use the back of a spoon to spread. Top each with ½ of chicken/barbecue sauce mixture and spread around. Place ½ of the onions all over the top of each pizza. Sprinkle each with ¼ cup tomatoes. Finally, top each with 3 tablespoons light mozzarella cheese and ½ tablespoon Parmesan cheese.

Place on a baking sheet and broil for about 1-2 minutes until cheese is melted and tortilla is browned. Keep an eye on them so they don't burn.

Remove from oven. Place each on a dinner plate. Pull apart with your hands into pieces to eat or serve with a fork and sharp knife, if desired.

## MACROS

CALORIES	331	PROTEIN	23
CARBS	44	FATS	7
FIBRE	6		





# OVEN BAKED CHICKEN

**SERVES: 4**

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**TOTAL TIME: 35 MINUTES**

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## INGREDIENTS

450g (1lb) Chicken breasts cut into strips  
4-5 tbsp melted butter  
100g (3 1/2oz) flour  
1/2 cup Panko breadcrumbs  
1/2 tsp salt  
1 tbsp seasoning mix  
1/2 tsp pepper  
2 tsp paprika

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## INSTRUCTIONS

Preheat the oven to 220°C (425°F). Place a large piece of parchment paper on a baking sheet and lightly brush with some of the butter.

Combine all the ingredients besides the chicken and butter in a large sealable bag. Add the chicken and shake it to coat.

Place your chicken evenly on the baking sheet, leaving a space between each strip. Bake for 10 minutes, turn over and bake a further 10 minutes.

Be sure to check to make sure your chicken is cooked through, as the thickness of your strips can greatly affect cooking taking. You want it to be done but not overdone and dry.

Remove to a plate lined with paper towel to soak up any excess fat.

Serve immediately.

## MACROS

CALORIES	317	PROTEIN	21
CARBS	24	FATS	14
FIBRE	1		



# THAI GREEN CURRY

SERVES: 4

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TOTAL TIME: 17 MINUTES

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## INGREDIENTS

Several Sprays of fry-light or other one-cal-per-spray oil  
450g (1lb) Chicken Breasts  
1 bunch of broccoli broken into small florets  
4 Tbsp Green Thai Curry Paste  
120ml (4fl oz) chicken or vegetable stock  
200ml (7fl oz) light coconut milk  
Small handful mangetout/snowpeas roughly chopped  
1 tsp cornflour cornstarch mixed with 1 tbsp cold water

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## INSTRUCTIONS

Heat a large frying pan and spray in the oil, add in the chicken and cook for 5-6 minutes until cooked through.

Add the broccoli and fry for a further minute, then add the green thai curry paste. Cook for 1-2 minute, stirring until the paste starts to release its fragrance, then add in the stock. Simmer for 2-3 minutes.

Stir in the coconut milk and mangetout and heat it gently.

If you boil it at this stage the sauce may split.

If the mixture is a little thin add in the cornflour mix to thicken.

## MACROS

CALORIES	226	PROTEIN	30.5
CARBS	10	FATS	8
FIBRE	3		





# SALMON QUINOA BOWL

SERVES: 1

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

45g (1/4 Cup) Quinoa, uncooked  
120ml (4fl oz) Water  
1 Pinch Salt and pepper  
1 tbsp low fat plain Greek yogurt  
1/2 sliced Tomato  
2 tbsp Avocado (diced)  
30g (1oz) Tinned Salmon or 2 Tbsp Fresh cooked  
Handful of leafy greens (Spinach or Rocket work  
very well) or fresh sunflower sprouts  
1 tbsp Feta cheese  
Mixed Herbs, dry or fresh (For the yoghurt  
dressing,dip)

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## INSTRUCTIONS

Put the quinoa and water in a saucepan and bring to a bowl. Cover and reduce heat to low. Cook for 10 to 15 minutes until the water is absorbed, the grain is soft, and you can see little green rings on the outside edge of the grain.

Transfer the quinoa to a bowl and allow to cool. If the quinoa is still warm it can steam the leafy veg.

Once the quinoa is cooled lightly stir in all the ingredients. Either mix the yogurt and herbs together in the mix or dollop on top as a dressing.

## MACROS

CALORIES	346	PROTEIN	20
CARBS	33	FATS	15
FIBRE	6		





# LIME, SHRIMP & AVOCADO SALAD

SERVES: 4

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

1/4 cup chopped red onion  
2 limes, juice of  
1 tsp olive oil  
450g (1 lb) jumbo cooked, peeled prawns,  
chopped  
1 medium tomato, diced  
1 medium hass avocado, diced  
1 jalapeno, seeds removed, diced fine  
1 tbsp chopped coriander  
Salt and Black Pepper to taste.

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## INSTRUCTIONS

Combine the chopped red onion, lime juice, olive oil and salt and pepper in a bowl. Let the mix marinate at least 5 minutes to allow the intensity of the onion to ease off.

In a large bowl combine the chopped prawns, avocado, tomato and jalapeño. Combine all the ingredients together, add the coriander and gently toss. Add a pinch of seasoning to your taste and serve.

## MACROS

CALORIES	197	PROTEIN	25
CARBS	7	FATS	8
FIBRE	3		





# SHRIMP LINGUINE

SERVES: 4

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TOTAL TIME: 25 MINUTES

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## INGREDIENTS

225g (8oz) dry or fresh linguine  
2 tablespoons unsalted butter  
450g (1lb) medium shrimp, peeled and deveined  
3 cloves garlic, minced  
1/4 teaspoon crushed red pepper flakes, or more,  
to taste  
50ml (1/4 Cup) white wine or stock if want a  
non-alcoholic version.  
50ml (1/4 Cup) freshly squeezed lemon juice  
Salt and freshly ground black pepper, to taste  
Zest of 1 lemon  
2 tablespoons chopped fresh parsley leaves  
Parmesan to taste

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## INSTRUCTIONS

In a large pot of boiling salt water, cook pasta according to the instructions then drain well.

Melt the butter in a large pan over a medium high heat. Add the shrimp (Sounds much posher than prawns) and the garlic and red pepper flakes.

Cook for around 2-3 minutes, stirring occasionally until the shrimp has turned fully pink.

Stir in the wine and lemon juice then season with salt and pepper, to taste.

Bring to a simmer then remove from heat and stir in the pasta, lemon zest and parsley.

Serve immediately, with a sprinkling of Parmesan, if you wish.

## MACROS

CALORIES	417	PROTEIN	33
CARBS	45	FATS	10
FIBRE	2		





# COD PROVENCAL

**SERVES: 4**

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**TOTAL TIME: 25 MINUTES**

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## INGREDIENTS

2 cups chopped cherry tomatoes  
1 garlic clove, finely chopped  
½ teaspoon ground fennel seed  
1/2 teaspoon freshly ground black pepper  
2 tablespoons extra-virgin olive oil  
1 small fennel bulb, stems trimmed and fronds reserved  
1 teaspoon fresh lemon juice  
1 leek, white part only, halved lengthwise and very thinly sliced  
450g (1lb) cod or other flaky white fish, cut into 4 even portions  
4 sprigs fresh thyme  
4 tablespoons butter  
Salt and Pepper to Season

## MACROS

CALORIES	319	PROTEIN	34
CARBS	36	FATS	5
FIBRE	0		

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## INSTRUCTIONS

Preheat the oven to 230°C (450°F)

Toss the chopped tomatoes with the garlic, fennel seed, black pepper, a tablespoon of olive oil and 1/2 teaspoon salt.

Remove the tough outer layer from the fennel bulb. Thinly shave the fennel with a mandoline or sharp knife and combine it in another bowl with the remaining tablespoon of oil, pinch of salt, lemon juice and the chopped leek.

Fold 4 pieces of parchment paper (12 x 16 inches) in half, then open them flat on a work surface. Place an equal portion of tomatoes on each of the sheets to one side of the fold. Place a portion of fish gently over the tomatoes.

Season the fish, then top with some of the fennel mixture, 1tablespoon butter and a thyme sprig.

To seal, fold the other half of the parchment over the fish. Starting at one corner and working around the open edge, fold the parchment tightly and crimp to seal. It is important to make sure the parchment is tightly sealed so no steam escapes during cooking. The packages can be prepared ahead and refrigerated up to 4 hours in advance of baking.

Place the parchment packet on a baking sheet and bake for 18-20 minutes.

Fish should flake easily with a fork.





# SLOW COOKER SPICY BEEF CURRY

**SERVES: 6**

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**TOTAL TIME: 5 HOURS**

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## INSTRUCTIONS

Place the beef and marinade ingredients into a medium sized bowl and mix together until everything is combined.

Cover with cling film and place in the fridge to marinade for 1-2 hours (or overnight).

Using a large pan fry the marinated beef over a high-heat until sealed. Drain the beef as you go as not to boil it. Once the beef is sealed, add in the onion and turn the heat down to medium. Stir and cook for 4-5 minutes until the onion starts to soften.

Add in the coriander, cumin, cardamom, turmeric, garam masala, black pepper, whole and chopped chillies, garlic and ginger. Cook for a further 3- 4 minutes, stirring a few times until the spices start to release their aroma.

Add in the tomato paste, stock, chopped tomatoes and lemon juice. Bring to a simmer, then transfer to your slow cooker and cook on high for either 3-4 hours or on low for 5-6 hours.

Once cooked, test and add salt and pepper if required.

Serve over rice with some freshly chopped coriander

## MACROS

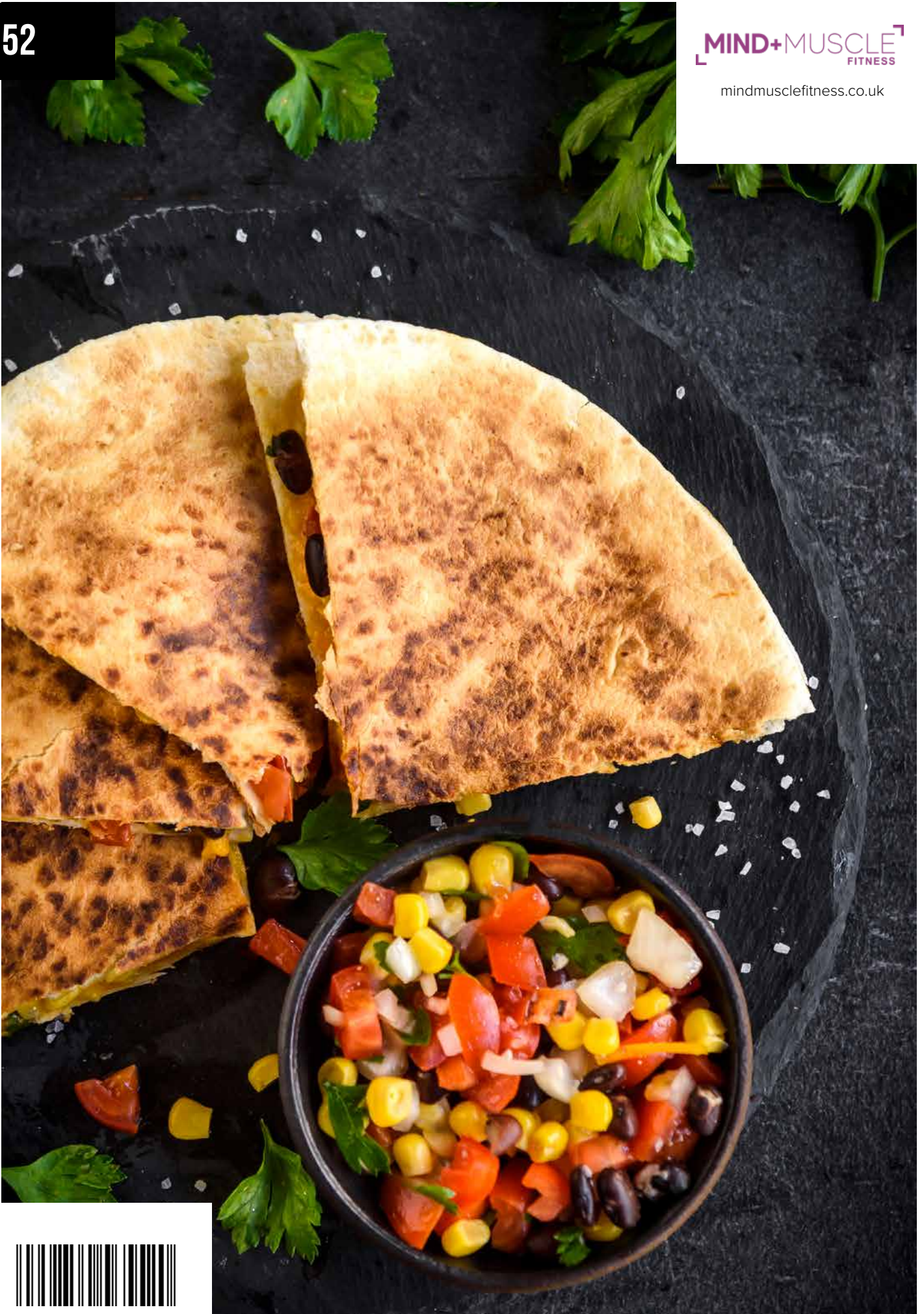
CALORIES	197	PROTEIN	25
CARBS	7	FATS	8
FIBRE	3		

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## INGREDIENTS

150ml (5fl oz) fat-free Greek yogurt  
1 tsp salt  
1 kg (2 1/4 lb) lean braising/casserole steak (cut into small chunks)  
1 tsp cumin  
1 tsp coriander  
1 tsp turmeric  
10 sprays of low calorie cooking oil spray  
1 large onion  
2 tbsp ground coriander  
1.5 tbsp ground cumin  
6 cardamom pods (sew them onto a piece of thread to keep them together - makes it easier to fish them out later)  
1 tsp turmeric  
2 tsp garam masala  
1/2 tsp freshly ground black pepper  
4 dried whole chillies  
1 fresh green chilli (finely chopped)  
3 garlic cloves (peeled and minced)  
1 thumb-sized piece of ginger (peeled and minced)  
2 tbsp tomato paste





# BLACK BEAN AND CORN QUESIDILLAS

**SERVES: 4**

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**TOTAL TIME: 15 MINUTES**

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## INGREDIENTS

425g (15 oz) can Black beans, rinsed and drained  
175g (1 Cup) Sweetcorn  
75g (1/3 cup) Salsa  
2 tsp Taco seasoning  
Bunch of Fresh coriander, chopped  
125g (1 cup) grated low fat cheese  
8 Tortilla Wraps

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## INSTRUCTIONS

In a medium bowl, mix together the beans, corn, salsa, taco seasoning and coriander to taste.

Spray a large frying pan with a light coating of cooking spray and pre-heat over a medium-low heat. Place one tortilla in the pan, and scoop 1/2 cup of the filling onto the tortilla. Sprinkle 1/4 cup cheese over the bean mixture, and place the second tortilla on top of the cheese. Press down on top tortilla lightly with the back of your spatula, so you can meld the tortillas together as the cheese melts. When the bottom tortilla begins to brown, flip the quesadilla over until both tortillas are lightly browned and crispy and the cheesy filling has melted. Cut into wedges and enjoy!

Note: If you don't want to make all four quesadillas right away, you can store the bean/corn mixture in the refrigerator, and make quesadillas throughout the week!

## MACROS

CALORIES	396	PROTEIN	31
CARBS	50	FATS	8
FIBRE	12		





# EGGS AND PARMENTIER POTATOES

SERVES: 2

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

500g (1lb 2oz) potato, diced  
2 shallots, sliced  
1 tbsp olive oil  
2tsp dried parsley  
2 sprigs fresh rosemary  
200g (7oz) small mushroom  
4 eggs

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## INSTRUCTIONS

Heat the oven to 200°C (400°F). Tip the diced potatoes and shallots into a large, non-stick roasting tin, drizzle with the oil, sprinkling over the parsley and Rosemary. Mix everything together well and bake for 40-45 mins (or until starting to go brown), add the mushrooms, then cook for a further 10 mins until the potatoes are browned and tender.

Make four spaces in the vegetables and crack an egg into each space. Return to the oven for 3-4 mins or until the eggs are cooked to your liking.

## MACROS

CALORIES	218	PROTEIN	11
CARBS	22	FATS	10
FIBRE	2		



# MUSHROOM BOLOGNAISE

SERVES: 6

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TOTAL TIME: 1 HOUR 15 MINS

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## INGREDIENTS

30g (1.1 oz) dried porcini mushrooms 30g  
2 tbsp olive oil  
500g (1lb 2oz) chestnut mushrooms, finely diced  
2 onions, chopped  
4 garlic cloves, crushed  
2 carrots, grated  
2 celery stalks, finely diced  
1 tsp chopped thyme leaves  
1 tsp chopped rosemary leaves  
1 tsp celery salt  
1 star anise  
2 tbsp tomato purée  
2x 400g (14oz) tins chopped tomatoes  
½ a small bunch basil, torn  
400g (14oz) tagliatelle

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## INSTRUCTIONS

Put the dried porcini into a bowl and pour over 200ml (7fl oz) boiling water. Leave to soak while you make the sauce.

Heat 1 tbsp of olive oil in a large non-stick pan. Add in the finely diced chestnut mushrooms, a pinch of salt, and stir-fry, until they start to soften and give out liquid. Keep cooking until all the moisture has disappeared and the mushrooms have coloured to a dark golden brown. This is what gives the final dish its texture and lot of its taste. Remove the mushrooms from the pan and add another tbsp of olive oil, the onions, garlic, carrots and celery to the same pan stirring well. Put a lid on the pan and cook for 10 minutes, stirring now and again, or until the veg has softened. Add in the herbs, the celery salt, star anise and tomato purée. Drain the porcini mushrooms, keeping the liquid. Chop them well and add to the sauce, along with the strained liquid. Tip the cooked chestnut mushrooms back in.

Cook, stirring, for a minute then add in the chopped tomatoes and bring to a simmer. Simmer for 30 minutes until the sauce thickens and in the final few minutes stir through the basil. Cook the tagliatelle following the pack instructions, drain and toss with the sauce before serving.

## MACROS

CALORIES	363	PROTEIN	14
CARBS	60	FATS	6
FIBRE	9		





# CHEESEY CHICKEN ORZO

**SERVES: 4**

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**TOTAL TIME: 35 MINUTES**

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## INGREDIENTS

2 tablespoons olive oil  
350g(12oz) chicken breasts cut into 1-inch cubes  
salt and pepper to taste  
140g(1 Cup) orzo  
50g (1/2 Cup) shredded cheddar cheese  
2 tablespoons butter  
60ml (1/4 Cup) Semi Skimmed Milk

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## INSTRUCTIONS

Heat the olive oil in a large pan.

Add chicken to the pan and season with salt and pepper.

Cook over a medium heat for around 10-15 minutes stirring occasionally until cooked through. Set the cooked chicken aside.

Bring a pot of water to boil, and stir in the orzo.

Cook for 5 minutes, or until orzo is tender then drain.

Put the orzo back in the pot, mixing in the cheese, butter, and milk; add more milk if needed. Continue to stir until smooth and blended well.

Stir in the cooked chicken and serve.

## MACROS

CALORIES	381	PROTEIN	26
CARBS	29	FATS	16
FIBRE	1		



# GREEK STYLE TURKEY BURGERS

SERVES: 4

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TOTAL TIME: 35 MINUTES

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## INGREDIENTS

### Burgers

450g (1lb) Turkey Mince

½ cup crumbled feta cheese

1 tablespoon milk

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh mint

½ teaspoon fine grain salt

⅛ teaspoon ground black pepper

### Sauce

170g (6oz) plain Greek yogurt

1 tablespoon lemon juice

1 garlic clove, minced

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh mint

½ teaspoon fine grain salt

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## INSTRUCTIONS

In a large bowl combine the turkey, feta cheese, mint, milk, parsley, salt, and pepper.

Using your hand's mix until thoroughly until combined.

Divide the meat mixture into 4 parts and shape into your burgers.

Throw the turkey burgers on the grill and cook for five minutes covered.

Flip and continue to cook, covered, for 3-5 minutes more. To make the yogurt sauce combine all ingredients in a small bowl. Take a taste and adjust seasoning if needed.

Serve burgers with a dollop of sauce on the side, a nice fresh salad or throw them in a bun.

## MACROS

CALORIES	156	PROTEIN	12
CARBS	0	FATS	12
FIBRE	1		





# SUPER QUICK FISH CURRY

SERVES: 4

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TOTAL TIME: 15 MINUTES

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## INGREDIENTS

1 tbsp vegetable oil  
1 large onion, chopped  
1 garlic clove, chopped  
1-2 tbsp Madras curry paste  
400g (14oz) Tinned Tomato  
200ml (7 fl oz) vegetable stock  
600g (1lb 5oz) Sustainable white fish fillets,  
skinned and cut into big chunks

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## INSTRUCTIONS

Heat the oil in a deep pan and gently saute the onion and garlic for about 5 mins until soft. Add in the curry paste and stir-fry for a further 1-2 mins adding in the tomatoes and stock.

Bring the pan to a simmer, then add in the fish. Cook gently for 4-5 mins until the fish softens and flakes easily.

## MACROS

CALORIES	191	PROTEIN	30
CARBS	9	FATS	5
FIBRE	2		





# BAKED SWEET AND SOUR CHICKEN

**SERVES: 4**

**TOTAL TIME: 60 MINUTES**

## INSTRUCTIONS

Preheat the oven to 160°C (350°F) and lightly coat a large baking dish with cooking spray.

Place the chicken and ⅓ cup of the cornstarch in a large resealable bag. Seal and shake the bag until the chicken is evenly coated.

In a wok or large pan, heat the olive oil over a medium-high heat. Add the chicken to the pan and cook until the chicken is sealed but not cooked through, 1 to 2 minutes, turning the chicken occasionally. Remove from the heat.

Drain the pineapple and keep the juice to one side for the sauce.

In a small bowl, whisk together the remaining pineapple juice, ketchup, rice vinegar, soy sauce, garlic, sweetener, red pepper flakes, and the remaining 2 teaspoons of the cornstarch to thicken.

Place the chicken pieces in the bottom of the prepared baking dish. Add in the pineapple chunks, onion, red and yellow peppers. Pour the sauce evenly over the mix.

Cover the baking dish loosely with foil and bake for around 45 minutes until the sauce is bubbling and the chicken is cooked through. Half way through the cooking, stir the chicken and rotate the pan front to back to ensure that it cooks evenly.

Serve garnished with finely sliced spring onions.

Bring a small saucepan filled with water to the boil. Carefully add in the eggs using a spoon and boil for 8 minutes. Remove from the boiling water

## INGREDIENTS

450g (1lb) boneless, skinless chicken breasts, cut into 1-inch cubes

⅓ cup plus 2 teaspoons cornstarch

2 tablespoon extra virgin olive oil

225g (8oz) tin pineapple chunks in juice

¼ cup reduced-sugar ketchup

2 tablespoons rice vinegar

1 tablespoon less-sodium soy sauce

1 teaspoon minced garlic

1 teaspoon stevia or sweetener

⅛ teaspoon red pepper flakes

1 small onion, chopped

1 red bell pepper, chopped

1 yellow bell pepper, chopped

3 spring onions, thinly sliced

## MACROS

CALORIES	294	PROTEIN	24
CARBS	29	FATS	10
FIBRE	3		



# CHICKEN KATSU CURRY

SERVES: 4

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TOTAL TIME: 40 MINUTES

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## INGREDIENTS

600g (1lb 5oz) skinless chicken breasts  
1 large egg, beaten  
8 tbsp finely crushed cornflakes or panko crumbs  
2 garlic cloves, crushed  
1-2 tbsp Korma paste  
1 tbsp soy sauce  
4 tbsp ketchup  
2 tbsp honey  
2 tbsp cornflour

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## INSTRUCTIONS

Heat the oven to 200°C (400°F). Dip the chicken in the egg, then coat in the cornflakes or crumbs. Space the chicken out on a non-stick baking tray and cook for 15-20 mins or until cooked through.

Put the remaining ingredients in a pan. Pour in 500ml (16fl oz) water and heat, stirring, until boiling and it has thickened.

Cover and leave to simmer for a further 5 mins.

Spoon some sauce onto 4 plates, slice the chicken breasts and place on top.

Great served over some rice and a side of soya beans.

## MACROS

CALORIES	319	PROTEIN	34
CARBS	36	FATS	5
FIBRE	0		





# GOATS CHEESE & CARAMELISED ONION FRITATTA

SERVES: 2

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TOTAL TIME: 20 MINUTES

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## INGREDIENTS

4 tsp olive or rapeseed oil  
2 large red onions, finely sliced  
4 tsp clear honey  
8 large eggs  
140g (4 1/2oz) goat's cheese  
100g (3 1/2oz) salad leaf (such as rocket, baby leaves, watercress and spinach)  
250g (9oz) cooked beetroot, sliced  
Juice 1/2' lemon

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## INSTRUCTIONS

Heat the grill to high. Put the oil and onions in a medium-to-large ovenproof non-stick frying pan and saute on a low-medium heat with the lid on for until they begin to soften and colour. Reduce the heat to low, add the honey, stir well, then leave to bubble for 1 min or so. In the meantime, crack the eggs into a bowl and beat with a fork, then add some black pepper to taste.

Pour the eggs into the pan and cook on the low heat for around 5-6 mins until almost set. Crumble the goat's cheese and scatter over the top. Place the frittata under the hot grill for 3-4 mins, checking that the egg is set firm and the cheese is soft and bubbling.

Mix the salad leaves and beetroot in a large bowl. Dress with the lemon juice and toss with salad tongs or a spoon (The beetroot will dye your hands). Cut the frittata into quarters and serve either warm or cold.

## MACROS

CALORIES	332	PROTEIN	20
CARBS	29	FATS	16
FIBRE	6		

# DESSERTS









# RASPBERRY CHOCOLATE MOUSSE

**SERVES: 8**

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**TOTAL TIME: 2 HOURS 20 MINS**

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## INGREDIENTS

1 tablespoon low-fat milk  
¾ teaspoon gelatin  
75g (3oz) dark chocolate  
4 large eggs, separated  
Vanilla extract

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## INSTRUCTIONS

Pour the milk in a small bowl and sprinkle the gelatin on top and let stand to soften. Place the chocolate in a microwave-safe bowl and microwave on for 1 minute. Stir well, then continue microwaving in short 30 second increments until the chocolate has almost melted, stir well after each burst. Bring 1-inch of water to a simmer in a medium-sized saucepan.

Combine the egg yolks, 3 table-spoons of sugar and salt in a metal bowl large enough to sit in the pan without touching the water. Set the bowl over the water and whisk constantly for around 1-2 minutes until the sugar dissolves. Add the gelatin mixture and again, whisk for around a minute until it all dissolves. Remove from the heat and whisk in the chocolate and a dash of vanilla extract (or fresh from a vanilla pod).

Take the separated egg whites and put in a large clean bowl and whisk on high speed until soft peaks form in it. Add the remaining 1 tablespoon sugar and continue beating until the mixture holds stiff, shiny peaks. Whisk a quarter of the egg whites into the chocolate mixture until smooth. With a spatula, fold the remaining egg whites into the chocolate mixture just until incorporated. Divide up among 8 dessert dishes (about ½ cup each). Cover and refrigerate for at least 2 hours until set. Serve with raspberries and/or chocolate shavings, if desired. These can be made ahead and last around 2 days refrigerated.

## MACROS

CALORIES	115	PROTEIN	4
CARBS	14	FATS	6
FIBRE	1		





# AVOCADO CHOCOLATE TRUFFLES

**SERVES: 25**

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**TOTAL TIME: 20 MINS**

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## INGREDIENTS

1 medium ripe avocado  
2 tablespoons sugar-free flavoured maple syrup  
175g (6 oz) 85% Dark Chocolate  
4 tablespoon unsweetened cocoa powder  
1/2 teaspoon vanilla extract

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## INSTRUCTIONS

Slice the ripe avocado into a bowl and mash using a fork into a smooth puree.

Melt the chocolate in a bowl and add that, the sugar-free maple syrup, unsweetened cocoa powder and vanilla together and stir to combine.

Cover the mixing bowl and refrigerate for around 30 minutes to 1-hour max. This firms up the mix and make the truffles easy to roll up.

Slightly grease your hands with coconut oil and shape the truffles with your hands.

Roll each truffle into a coating of your choice: unsweetened cocoa powder or desiccated coconut work well. Place the truffles on a plate covered with parchment paper and refrigerate 30 more minutes at least before serving.

This recipe makes around 25 truffles. You can keep these in an airtight container in the fridge for up to 4 days.

## MACROS

CALORIES	49	PROTEIN	1
CARBS	4	FATS	4
FIBRE	3		





# BLACK BEAN BROWNIES

SERVES: 12

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TOTAL TIME: 40 MINUTES

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## INGREDIENTS

425g (15oz) tin of drained and rinsed black beans  
2 tbsp cocoa powder  
½ cup quick oats  
¼ tsp salt  
⅓ cup pure maple syrup, agave, or honey  
2 tbsp. sugar or additional maple/agave/honey  
¼ cup vegetable oil  
2 tsp pure vanilla extract  
½ tsp baking powder  
½ cup chocolate chips  
225g (8 oz) low fat cream cheese  
5 tbsp icing sugar  
2 drops vanilla extract  
zest of half of a lemon

## INSTRUCTIONS

**INSTRUCTIONS** Preheat oven to 160°C (350°F). Spray a 9"x9" pan with nonstick spray or line a cupcake tin with liners sprayed lightly with nonstick spray.

Combine the beans, cocoa, oats, salt, sweeteners, oil, vanilla extract, and baking powder into a food processor or high powered blender. Blend until smooth, will take 5 – 10 minutes of continuous processing. Add the chocolate chips and pulse to blend in, taking care not break them up.

Spread into an even layer in the pan or cupcake tin. In a bowl, combine the cream cheese stir in the icing sugar, vanilla, and lemon zest.

Top the brownies with the cream cheese mixture.

Bake in the oven for approximately 25 minutes. Cool for at least ten minutes before serving. For best results, cool and refrigerate for at least 30 minutes before serving

## MACROS

CALORIES	190	PROTEIN	7
CARBS	30	FATS	5
FIBRE	3		

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# MIND + MUSCLE RECIPE BOOK

