



5 NUTRITIOUS DINNERS

you can make on repeat



Quick · Healthy · Packed with Hidden Veg

1

Chicken Fajitas

Serves 4 adults

Ingredients

- Fry Light cooking spray
- 500g chopped chicken breast
- Peppers (mix of colours or just 1)
- 1 onion
- 8 wraps
- A tsp each: paprika, garlic granules, cumin, salt & chilli powder (add chilli gradually for young children)
- 40g 0% Greek yogurt
- 80g cheese



Method

- 1 Heat the fry light in a frying pan and add the chicken. When nearly all browned add the onions and peppers and cook for 3–4 minutes.
- 2 Add your spices, adjusting to suit your taste, and cook for another 2–3 mins ensuring the spices are evenly spread.
- 3 Heat your wraps following instructions from the packet just before serving.
- 4 Give 2 wraps to each person.
- 5 Divide the chicken mix between the wraps.
- 6 Top with 5g of Greek yogurt in each wrap and 10g cheese.

NUTRITION PER SERVING

Calories
566

Carbs
65g

Fat
12g

Protein
46g

Lighter version: serve with half a pack of rice — Calories: 372 · Carbs: 35g · Fat: 7g · Protein: 41g

2

Spaghetti Bolognese

Makes 4 adult portions

Ingredients

- Fry Light Spray
- 500g 5% beef mince
- 1 portion of hidden veg sauce
- 1 beef stock cube
- Italian herb seasoning (as much or little as you like to suit your taste)
- 300g uncooked spaghetti pasta



Method

- 1 Spray fry light into a frying pan, add the mince and cook over medium heat until all the mince is brown. Drain the fat to reduce calories further.
- 2 Add your hidden veg sauce and sprinkle over the beef stock cube. Give it a good mix.
- 3 Add your Italian herbs to taste. For a meatier flavour add gravy granules. If the sauce gets thick, add boiling water and simmer on low heat.
- 4 Bring a large pan of salted water to the boil. Cook the spaghetti following packet instructions.
- 5 Divide the pasta between 4 and split the Bolognese between 4. You'll be shocked how much Bolognese you have — this keeps you full for longer!
- 6 If you like a cheesy topping use 20g of Eatlean Cheese (not included in macros below).

NUTRITION PER SERVING

Calories
463

Carbs
65g

Fat
7g

Protein
36g

3

Thai Cod with Rice

Serves 2

Ingredients

- 2 cod fillets
- Green thai curry pot / paste
- Approx ½ tin of light coconut milk light
- 1 packet basmati microwave rice
- 1 red pepper, chopped into slices
- ½ small carrot, finely sliced
- 1 pak choi or broccolini
- 1 lime, sliced
- Handful of chopped coriander
- 3 sliced spring onions



Method

- 1 Cook your packet rice and spread out in a tray.
- 2 Lay your veggies, cod fillets and lime on top.
- 3 Mix together the thai curry paste and coconut milk and pour it on top.
- 4 Bake for 20 minutes.
- 5 Squeeze over some fresh lime and tuck in.

NUTRITION PER SERVING

Calories
117

Carbs
19g

Fat
11g

Protein
32g

4

Prawn Orzo

Serves 2

Ingredients

- 150g orzo
- Spray cooking oil
- 1 shallot, diced finely
- 4 reduced fat & salt bacon medallions, cut into small pieces
- 100g frozen peas
- Reduced salt chicken stock
- 300g fresh prawns
- ½ fresh lemon



Method

- 1 In a jug, add 1 pint of boiled water to the stock cube and mix until dissolved.
- 2 Add spray oil to a frying pan over medium heat. Add the shallot and bacon and cook for 3-5 mins until softened and cooked.
- 3 Add the orzo and fry for around 1 minute, continuously stirring so it doesn't stick to the pan.
- 4 Gradually add the stock until it just covers the orzo. Turn down to a simmer for 10 mins.
- 5 Add extra stock or boiling water if it looks dry.
- 6 Add the frozen peas and prawns and cook for a further 3-5 mins.
- 7 Add lemon juice, salt and pepper.
- 8 Give it a good mix and ensure orzo is cooked and add extra salt, pepper or lemon to your taste.
- 9 Serve immediately and finish with a little lemon zest to garnish.

NUTRITION PER SERVING

Calories

498

Carbs

70g

Fat

5g

Protein

44g

5

Quick Tofu Stir Fry

Serves 1 • Ready in 15–20 minutes

Ingredients

- 1 portion egg noodles
- 100g tofu
- 2 tbsp soy sauce
- 1 clove of garlic
- 1 tsp ginger
- ¼ fresh chilli
- 100g green beans
- 25g baby sweetcorn



Method

- 1 Prep all your ingredients.
- 2 Cook egg noodles according to packet instructions, drain and set aside.
- 3 Chop green beans in half and slice baby sweetcorn lengthways.
- 4 Finely chop the garlic. Slice the chilli (optional).
- 5 In a non-stick pan or wok over medium heat, add spray oil and tofu. Cook for 5–7 minutes, turning occasionally until lightly golden.
- 6 Add garlic, ginger and chilli; cook for 1–2 minutes until fragrant.
- 7 Toss in the green beans and baby sweetcorn and stir-fry for 3–4 minutes until slightly softened but still crunchy.
- 8 Add noodles and pour over the soy sauce. Toss until evenly coated and heated through.
- 9 Serve immediately. Top with chilli flakes or extra soy for more flavour.

NUTRITION PER SERVING

Calories
395

Carbs
51g

Fat
10g

Protein
26g