

CHIPOTLE CHICKEN TACOS WITH PINEAPPLE SALSA

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 500 grams **skinless boneless chicken thighs** roughly chopped
- 1 tablespoon **vegetable oil**
- 1 medium **onion**, chopped
- 2 teaspoons **sweet smoked paprika**
- 2 teaspoons **ground cumin**
- 2 tablespoons **cider vinegar**
- 1 tablespoon **chipotle paste**
- 200 millilitres **passata**
- 2 tablespoons soft **brown sugar**
- ½ small **pineapple**, cored, peeled and chopped
- Small bunch **coriander**, chopped
- Corn or flour tortillas**
- Hot sauce** of choice

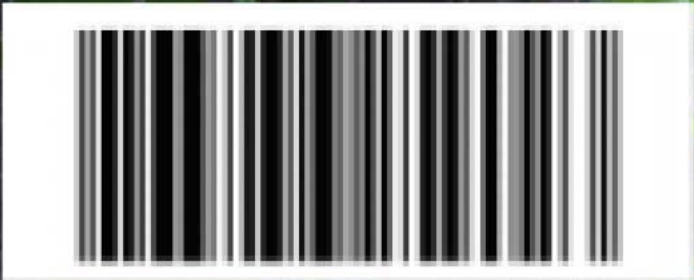
MACROS PER PORTION			
CALORIES	392	PROTEIN	30
CARBS	37	FATS	13
FIBRE	5		

INSTRUCTIONS

- Whiz the chicken in a food processor to create a rough mince.
- Heat the oil in a large saucepan and add half the onion along with the chicken mince.
- Season well and cook for about 5 minutes on a high heat to brown, breaking up any lumps. Next add the spices, vinegar, chipotle paste, passata and sugar.
- After a further 5 minutes cooking, remove from the heat and set aside.
- Make the salsa by mixing the rest of the onion, pineapple and coriander together in a bowl.
- Serve the chicken with sides of the salsa, warmed tortillas and hot sauce.

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CHICKEN KATSU CURRY

SERVES: 4

TOTAL TIME: 40

INGREDIENTS

- 4 skinless **chicken breasts**
- 1 large **egg**, beaten
- 8 tablespoons finely crushed cornflakes or panko crumbs
- 2 **garlic cloves**, crushed
- 1-2 tablespoon **Korma paste**
- 1 tablespoon **soy sauce**
- 4 tablespoons **ketchup**
- 2 tablespoons **honey**
- 2 tablespoons **cornflour**

INSTRUCTIONS

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

Dip the chicken in the egg, then coat evenly in the cornflakes or crumbs. Arrange the chicken spaced out on a non-stick baking tray and cook for 15-20 mins or until cooked through.

Add the remaining ingredients in a pan with 500 millilitres of water and heat, stirring constantly until boiling and starting to thicken.

Cover the pan, reduce to a simmer and cook for a further 5 minutes.

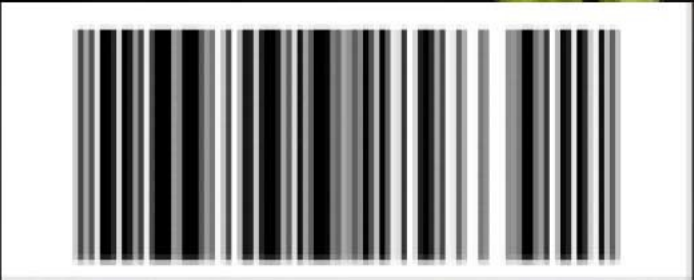
Divide the sauce between 4 plates, slice the chicken breasts and arrange on top of the sauce.

Serve with fluffy Jasmin rice, garnished with soya beans and finely sliced red chilli.

MACROS PER PORTION			
CALORIES	319	PROTEIN	34
CARBS	36	FATS	5
FIBRE	0		

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PAD THAI

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

- Sesame oil
- 1 red chilli diced
- 1 tablespoon grated ginger
- 1 clove garlic, crushed
- 2 sliced spring onions
- 1 egg, beaten and seasoned
- 1 mooli shredded
- 2 courgettes shredded or spiralised
- 50 grams beansprouts
- 200 grams cooked and peeled prawns
- Juice of 1 lime
- 1 tablespoon fish sauce
- ½ bunch coriander, chopped
- 2 tablespoon roasted peanuts, chopped

MACROS PER PORTION

CALORIES	139	PROTEIN	14
CARBS	5	FATS	7
FIBRE	1		

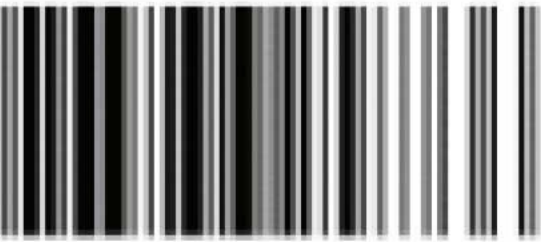
INSTRUCTIONS

- Heat 1 teaspoon of oil in a wok until smoking hot.
- Stir fry the chilli, ginger and garlic until fragrant, then add the spring onions for 2 minutes. Scrape everything to one side and add the egg.
- Rapidly stir-fry, to get scrambled egg mixed with the spring onions and chilli.
- Add the mooli and stir-fry for another 4 minutes, then add the beansprouts and the prawns.
- Cook for another 2 minutes until the prawns have warmed though and the water has all but evaporated.
- Flavour with the lime juice and fish sauce and transfer to four bowls.
- Scatter with the coriander and chopped peanuts and serve.

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Pad Thai follows a Thai culinary tradition of using all five tastes which are salty, sour, sweet, spicy and bitter.

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THAI STYLE BEEF NOODLES

SERVES: 4

TOTAL TIME: 15 MINUTES

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

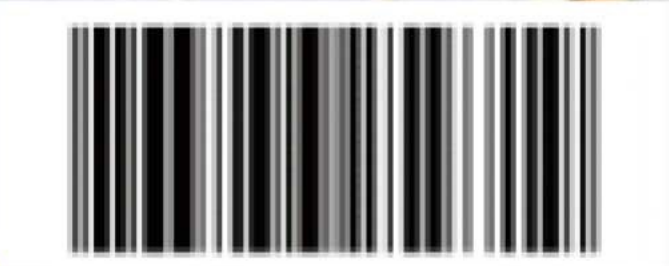
MACROS PER PORTION			
CALORIES	305	PROTEIN	23
CARBS	23	FATS	12.5
FIBRE	2		

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.

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