



# Dinner Recipe Pack



# Chicken and Cauliflower Bake



Serves:6



Prep Time 20 mins



Cook Time: 25 mins

**Carbohydrates:** 14 grams **Fat:** 41 grams **Protein:** 43 grams

## Ingredients:

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- 500g chicken breast, diced
- 1 medium head of cauliflower
- 200ml heavy cream
- 150g shredded cheddar cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper
- 2 tbsp olive oil
- Fresh parsley for garnish (optional)

## Instructions:

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1. Preheat oven to 180°C (350°F). Cook diced chicken with garlic powder, onion powder, salt, and pepper.
2. Steam cauliflower until tender, then drain.
3. Mix chicken, cauliflower, heavy cream, and half the cheddar in a bowl.
4. Transfer to a baking dish, top with remaining cheddar, and bake for 20-25 minutes until golden.
5. Serve hot, garnish with parsley (optional).





# Lettuce Wrapped Quarter Pounder



Serves:1



**Prep Time** 5 mins



**Cook Time:** 12 mins

**Carbohydrates:** 4 grams **Fat:** 34 grams **Protein:** 25 grams

## Ingredients:

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- 1 onion, diced
- 1 tbsp sriracha
- 2 large lettuce leaves
- 1 egg
- 2 tbsp butter
- ½ lb ground beef
- ½ tsp salt & pepper
- 2 strips of bacon
- 2 tbsp jalapenos, sliced
- 1 tbsp mayonnaise
- 1 large plum tomato, sliced
- 1 avocado, mashed

## Instructions:

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1. Knead the ground beef with diced onion, sriracha, egg, salt, and pepper.
2. Form into two patties and cook in butter, flipping after 5 minutes. Add onions if you want them caramelised.
3. Cook bacon until crispy.
4. Spread mayonnaise on lettuce leaves, place patties on top, and add toppings like tomato, avocado, bacon, and jalapenos.





# Baked Salmon with Cauliflower Mash



Serves:2



Prep Time 20 mins



Cook Time: 20 mins

**Carbohydrates:** 31 grams **Fat:** 41 grams **Protein:** 34 grams

## Ingredients:

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- 1 salmon fillet
- 1 small head of cauliflower
- 2 tablespoons cream
- 1 tablespoon butter
- 2 tablespoons breadcrumbs
- 1 tablespoon pecans, chopped
- 1 tablespoon fresh parsley
- 1 teaspoon mustard
- 1 teaspoon honey
- Green beans

## Instructions:

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1. Oil cauliflower with salt for 15 minutes. Mash with cream and butter until smooth.
2. Coat one side of the salmon with a breadcrumb, pecan, parsley, mustard, and honey mixture. Bake at 200°C for 20-25 minutes.
3. Steam or boil green beans for 6 minutes.
4. Serve salmon over cauliflower mash with green beans on the side.





# Thai Green Curry with Cauliflower Rice



Serves:2



Prep Time 20 mins



Cook Time: 20 mins

**Carbohydrates:** 34 grams **Fat:** 53 grams **Protein:** 40 grams

## Ingredients:

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- 200ml coconut cream
- 85g sugar snap peas
- 2 tsp green curry paste
- 1 pack cauliflower rice
- 1 medium chicken breast
- 100g green beans
- 50g baby sweet corn
- 100ml water
- Salt and pepper

## Instructions:

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1. Cook sliced chicken in coconut oil for 5 minutes.
2. Add vegetables, coconut cream, curry paste, and water. Cook for 10 minutes.
3. Cook cauliflower rice in coconut oil for 2 minutes.
4. Serve curry over rice, and season to taste.





# Fish Pie



Serves:1



**Prep Time** 15 mins



**Cook Time:** 40 mins

**Carbohydrates:** 8 grams **Fat:** 36 grams **Protein:** 28 grams

## Ingredients:

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- 200g full-fat Philadelphia
- 100g garlic & herb cream cheese
- 1 salad bag of baby spinach
- 1 cup of prawns
- 2 salmon fillets
- 2 haddock /trout fillets
- 1 head of cauliflower
- 1 fish stock cube
- 1 egg
- 1 tablespoon butter
- Handful of parmesan

## Instructions:

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1. Boil cauliflower in salted water with a stock cube, then mash with butter and seasoning.
2. Melt cream cheese and herb cheese in a pan, add fish and spinach, and simmer.
3. Transfer fish mix to a dish, top with mashed cauliflower, and sprinkle with parmesan. Bake until golden.





# Cauliflower Shepherd's Pie



Serves:4



Prep Time 20 mins



Cook Time: 45 mins

**Carbohydrates:** 12 grams **Fat:** 40 grams **Protein:** 30 grams

## Ingredients:

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- 1 onion
- 1 glass of red wine
- 2 tbsp tomato purée
- 1 tsp Worcestershire Sauce
- 600ml beef stock
- 600g lamb or beef mince
- 125g butter
- 8 mushrooms
- 1 large head of cauliflower
- 2 carrots

## Instructions:

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1. Sauté onion, carrots, mushrooms, and mince until browned.
2. Add wine, stock, purée, Worcestershire sauce, and simmer.
3. Cook cauliflower, mash with butter, and season.
4. Layer meat in a dish, top with mashed cauliflower, and bake until golden.

