



# Sides

## Recipe Pack



# Stuffed Portobello Mushrooms



Serves: 1



**Prep Time:** 5 mins



**Cook Time:** 20 mins

**Carbohydrates:** 10 grams **Fat:** 20 grams **Protein:** 22 grams

## Ingredients:

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- 3 portobello mushrooms
- 1 tbsp full-fat cream cheese
- 2 unsmoked bacon rashers
- 1 ½ tsp chives
- 1 tsp extra virgin coconut oil (or olive oil)
- Paprika (to taste)

## Instructions:

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- 1.. Preheat oven to 200°C.
2. Fry bacon and mushroom stems, then mix with remaining
3. ingredients.
4. 3. Stuff mushrooms, bake for 20 minutes, and serve.





# Garlic Prawns



Serves: 2



Prep Time: 5 mins



Cook Time: 10 mins

**Carbohydrates:** 4 grams **Fat:** 21 grams **Protein:** 46 grams

## Ingredients:

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- 450g prawns
- 3 tbsp butter
- 3 garlic cloves, minced
- ½ tsp red chili flakes
- 1 tbsp lemon juice

## Instructions:

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1. Melt butter in a pan, cook prawns with salt and pepper for 2-3 minutes.
2. Add garlic and chili flakes, cook for 30 seconds.
3. Stir in lemon juice, cook for another minute, then serve.





# No Potato Salad



Serves: 6



**Prep Time:** 5 mins



**Cook Time:** 30 mins

**Carbohydrates:** 6 grams **Fat:** 14 grams **Protein:** 7 grams

## Ingredients:

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- 1 medium cauliflower, florets
- 3 boiled eggs, chopped
- 120g spicy mayo
- 4 bacon rashers, cooked and crumbled

## Instructions:

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1. Roast cauliflower at 200°C for 25 minutes.
2. Mix roasted cauliflower with eggs, bacon, and mayo.
3. Chill before serving.





# Chicken Seekh Kebab



Serves: 8



**Prep Time:** 15 mins



**Cook Time:** 10 mins

**Carbohydrates:** 7 grams **Fat:** 38 grams **Protein:** 44 grams

## Ingredients:

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- 450g minced chicken
- 1 serrano chili, chopped
- 1 tbsp garam masala
- 1 carrot, shredded
- 1 tbsp ginger garlic paste

## Instructions:

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1. Mix chicken, chili, carrot, spices, and ginger garlic paste in a bowl.
2. Shape into kebabs and thread onto skewers.
3. Grill or fry for 6-7 minutes on each side until cooked through.

