

HIGH PROTEIN, HEALTHY AND QUICK

# VALENTINES RECIPES

FOR ONE (UNDER 20 MINS!)



## BROCCOLI, LEMON AND WALNUT PASTA

### INGREDIENTS

HALF HEAD OF BROCCOLI, CHOPPED INTO SMALL FLORETS ● 1.5 TSP OLIVE OIL ● 75G PENNE  
1 GARLIC CLOVE ● 0.5 TBSP CHOPPED WALNUTS ● PINCH OF CHILLI FLAKES ● 1/4 LEMON

### METHOD

- PUT THE BROCCOLI ON A BAKING TRAY AND DRIZZLE OVER 0.5 TSP OF THE OIL. SEASON AND TOSS TOGETHER. GRILL FOR 8-10 MINS, TOSSING AROUND HALFWAY THROUGH UNTIL CRISPY AND CHARRED.
- COOK THE PASTA IN SALTED WATER FOLLOWING PACK INSTRUCTIONS. DRAIN, RESERVING A CUP OF THE COOKING WATER.
- IN A FRYING PAN, HEAT THE REMAINING TSP OIL OVER A MEDIUM HEAT, AND FRY THE GARLIC, WALNUTS AND CHILLI FOR 3-4 MINS UNTIL GOLDEN
- TIP IN THE PASTA, BROCCOLI, LEMON ZEST AND JUICE, RESERVING A LITTLE OF THE ZEST. ADD A SPLASH OF THE RESERVED COOKING WATER AND TOSS EVERYTHING TOGETHER TO COAT THE PASTA. SERVE IN WARMED BOWLS WITH THE REMAINING LEMON ZEST SCATTERED OVER.

### NUTRITION

FAT 12G    PROTEIN 18G    SUGARS 4G    KCAL 435  
CARBS 60G    FIBRE 12G

PLANT  
BASED



4 OF YOUR  
5 A DAY

## STEAK, BEETROOT, HORSERADISH AND LENTIL SALAD

### INGREDIENTS

0.5 TBSP HOT HORSERADISH SAUCE ● 1 TBSP GREEK YOGURT ● 0.5 TSP HONEY  
100G PRE-COOKED BEETROOT CUT INTO WEDGES ● 1.5 LEMON JUICED ● 100G FILLET STEAK  
SMALL PACK DILL CHOPPED ● ONE HANDFUL ROCKET  
1 GARLIC CLOVE ● 100G FROZEN PEAS ● 60G RUNNER BEANS SLICED  
1/2 250G POUCH PRE-COOKED PUY LENTILS ● 1 TBSP COLD PRESSED RAPESEED OIL

### METHOD

- WHISK TOGETHER THE HORSERADISH, YOGURT AND HONEY. SEASON AND ADD LEMON JUICE TO TASTE.
- SEASON THE STEAK ON ALL SIDES WITH A LITTLE SALT AND BLACK PEPPER. HEAT 0.5 TBSP OIL IN A NON-STICK FRYING PAN. ADD THE STEAK AND COOK TO YOUR LIKING.
- PUT THE PAN BACK ON THE HEAT. ADD THE REMAINING OIL. LIGHTLY CRUSH IN THE GARLIC, THEN TIP IN THE PEAS, LENTILS, BEANS AND BEETROOT. COOK FOR A FEW MINS, STIRRING, UNTIL THE PEAS AND BEETROOT ARE WARMED THROUGH. REMOVE FROM THE HEAT, THEN STIR THROUGH THE REMAINING LEMON JUICE, DILL AND ROCKET.
- THINLY SLICE THE STEAK. DIVIDE THE LENTIL SALAD BETWEEN TWO PLATES. NESTLE IN THE STEAK AND DRIZZLE OVER THE DRESSING.

**NUTRITION**    KCAL 496    PROTEIN 42G    CARBS 44G    SUGARS 20G    FIBRE 16G