## EASY COOK PROTEINS - Lunch & Supper

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<tr>
<th>PROTEIN</th>
<th>RECIPE</th>
<th>NUTRITION INFO</th>
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| **Chinese Beef**| 130 g extra lean steak  
20 g (1 heaped tsp) Sharwood hoisin sauce  
1 tsp tamari  
1 tbsp. rice wine or sherry  
1/2 tsp grated ginger  
50 ml water  
• Cut steak into strips  
• Mix hoisin sauce, tamari, ginger, water and rice wine  
• Heat sauce mix in pan until slightly reduced and add beef  
• Cook until beef is how you like it (5 mins approx.) | Calories: 196  
Protein: 26.2 g  
Carb: 12.0 g  
Fat: 4.8 g |
| **Harissa Chicken**| 100 g chicken breast  
25 g Alfez harissa paste  
2 tsp (10 g) tomato paste  
5 g agave syrup  
2 tbsp. water  
• Cut chicken breast into slices  
• Mix harissa paste, tomato paste, agave syrup and water  
• Put in pan with chicken  
• Simmer for approx. 5 to 10 mins until sauce thickens and chicken is cooked | Calories: 196  
Protein: 25.3 g  
Carb: 14.7 g  
Fat: 4.0 g |
| **Thai Taste Cod**| 140 g Cod  
50 ml coconut milk  
1.5 tsp (15 g) Thai taste green curry paste  
1/2 tsp chopped coriander  
Mix coconut milk, curry paste  
Place cod in baking dish  
Pour over coconut milk mix  
Bake in oven Gas 5 (200C, fan 180C) for approx. 20 mins until fish is cooked  
Serve with chopped coriander | Calories: 199  
Protein: 25.6 g  
Carb: 5.0 g  
Fat: 8.4 g |
### Cajun Turkey
- 150 g turkey breast
- 1 tsp tamari
- 1/2 tsp Cajun seasoning
- 5 tbsp. water
- 1/4 tsp olive oil

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<tbody>
<tr>
<td></td>
<td>Cut turkey into strips</td>
<td>Fry in olive oil until slightly browned</td>
<td>Mix tamari, Cajun seasoning and water</td>
<td>Add to turkey</td>
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<tr>
<td>Calories</td>
<td>173</td>
<td>Protein</td>
<td>37.7 g</td>
<td>Carb</td>
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### Ginger Tofu
- 200 g fresh tofu (cauldron)
- 1 cm cube fresh ginger
- 2 tsp tamari
- 3 tbsp. water

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<tr>
<td></td>
<td>Grate ginger</td>
<td>Cut tofu into cubes</td>
<td>Put ginger, tamari and water into frying pan</td>
<td>Add tofu and simmer for a couple of mins until tofu is hot</td>
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<tr>
<td>Calories</td>
<td>179</td>
<td>Protein</td>
<td>21.3 g</td>
<td>Carb</td>
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### Cottage Cheese Frittata
- 2 eggs
- 60 g low fat cottage cheese
- 1/2 tsp Nando’s Peri Peri Sauce (more if you like it hot)
- black pepper

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<td></td>
<td>Beat eggs with cottage cheese and Peri Peri sauce</td>
<td>Season with black pepper</td>
<td>Pour into lined baking dish</td>
<td>Bake gas 4 (180C, fan 160C) for 10 to 15 mins until egg is cooked</td>
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<tr>
<td>Calories</td>
<td>185</td>
<td>Protein</td>
<td>19.4 g</td>
<td>Carb</td>
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