

EASY COOK PROTEINS - Lunch & Supper		
PROTEIN	RECIPE	NUTRITION INFO
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	<ul style="list-style-type: none"> • 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 26.2g 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	<ul style="list-style-type: none"> • 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

<p>Cajun Turkey 150 g turkey breast 1 tsp tamari 1/2 tsp Cajun seasoning 5 tbsp. water 1/4 tsp olive oil</p>	<ul style="list-style-type: none"> • Cut turkey into strips • Fry in olive oil until slightly browned • Mix tamari, Cajun seasoning and water • Add to turkey • Cook while stirring for approx. 5 mins until turkey is tender 	<p>Calories 173 Protein 37.7 g Carb 1.5 g Fat 1.8 g</p>
<p>Ginger Tofu 200 g fresh tofu (cauldron) 1 cm cube fresh ginger 2 tsp tamari 3 tbsp. water</p>	<ul style="list-style-type: none"> • Grate ginger • Cut tofu into cubes • Put ginger, tamari and water into frying pan • Add tofu and simmer for a couple of mins until tofu is hot 	<p>Calories 179 Protein 21.3 g Carb 4.5 g Fat 8.4 g</p>
<p>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</p>	<ul style="list-style-type: none"> • Beat eggs with cottage cheese and Peri Peri sauce • Season with black pepper • Pour into lined baking dish • Bake gas 4 (180C, fan 160C) for 10 to 15 mins until egg is cooked 	<p>Calories 185 Protein 19.4 g Carb 5.0 g Fat 9.7 g</p>