



# **S P I C E**

## **C O O K B O O K**



FoodFlexibility

**HEALTHY HOME**  
**'TAKEAWAYS'**





# CALORIE INDEX

## UNDER 200 KCAL

Gotu Kola - 122

## UNDER 300 KCAL

Light Spinach and Mushroom Korma - 209

Turmeric Roasted Potatoes - 273

## UNDER 400 KCAL

Easy Lamb Rogan Josh - 315

Prawn Laksa - 317

Thai Pork Mince - 351

Green Shakshuka - 359

Carrot & Spinach Tadka Dahl - 373

Curried Potato Salad - 341

## UNDER 500 KCAL

Gochujang Lamb - 437

One Pot Chipotle Chicken - 442

Keema Lamb Pie - 482

## UNDER 600 KCAL

Curry on My Jacket - 566

Roast Spiced Chicken - 566

Love to Cook Rendang - 574

## UNDER 700 KCAL

King Korma - 691





# CARROT & SPINACH TADKA DHAL

Main  
Serves 4  
Low Fat, Vegan, Gluten Free, High Fibre

## INGREDIENTS

- 1 onion, sliced
- 250g red lentils
- 300g carrot, cut into chunks
- 3 large garlic cloves, finely chopped
- 1 green chilli, finely diced
- 100g baby spinach leaves
- 1 ltr gluten free vegetable stock
- 2 tbsp sunflower oil
- 1 tsp ground turmeric
- 1 tsp garam masala
- 2 tsp cumin seeds
- 1 tsp coriander seeds
- 12 curry leaves
- 25g root ginger, finely chopped
- fresh coriander to garnish
- salt & pepper to season

## MACRO INFO PER SERVING:

**PROTEIN: 20G**  
**CARBS: 53G**  
**FAT: 9G**  
**ENERGY: 373KCAL**



## DIRECTIONS

Put the carrots and the lentils into a large saucepan along with the turmeric and stock. Bring to a boil, then simmer uncovered for 20 minutes, stirring occasionally.

Meanwhile toast the seeds in a dry frying pan for 1-2 minutes and transfer a quarter of the seeds to a bowl and set aside. Grind the remaining seeds into a powder using a spice grinder or pestle and mortar.

Add the oil to a frying pan along with the onion and curry leaves, cover and cook for 15 minutes until soft. Stir in the garlic, ginger and garam masala, most of the chilli and the ground spices. Cook for 2 minutes.

Stir the spiced onions into the lentils and, over a low heat, add the spinach a handful at a time, stirring until wilted. Season well.

Serve in bowls topped with coriander, the remaining toasted seeds and the remaining chilli.



FoodFlexibility



Image for illustration purposes

# CURRIED POTATO SALAD

Side

Serves 4

Low Fat

## INGREDIENTS

800g can baby/new potatoes  
3 tbsp mayonnaise  
3 tbsp low fat yogurt  
3 tbsp mango chutney  
1 tbsp medium curry powder  
40g cashews, lightly toasted  
2 tbsp fresh coriander, chopped  
3 spring onions, chopped  
1 tbsp caster sugar

## MACRO INFO PER SERVING:

**PROTEIN: 6.4G**

**CARBS: 49.55G**

**FAT: 13.02G**

**ENERGY: 341KCAL**



## DIRECTIONS

To toast the cashews add them to a non-stick frying pan over a medium-high heat. Sauté until starting to turn golden. Set aside to cool.

Meanwhile mix the curry powder with the mayonnaise, yogurt and mango chutney. Stir in the potatoes. Add the cashews, coriander and spring onions. Mix well.

Serve as a side dish.



FoodFlexibility





# CURRY ON MY JACKET

Main

Serves 4

High Fibre, Vegan, Gluten Free

## INGREDIENTS

4 large baking potatoes  
25g coconut flakes  
1 tbsp olive oil  
1 large onion, sliced  
2-3 garlic cloves, finely chopped  
1 green chilli, finely chopped  
3 tbsp korma curry paste  
1 large cauliflower, in florets  
400ml can coconut milk  
200g bag baby leaf spinach  
handful of fresh coriander, chopped  
salt & pepper to season

## MACRO INFO PER SERVING:

**PROTEIN: 15G**

**CARBS: 68G**

**FAT: 26G**

**ENERGY: 566KCAL**



## DIRECTIONS

Preheat the oven to 190c/170 fan assisted/ 375f/gas mark 5. Prick the potatoes all over with a fork. Bake in the oven for 1½ hours until the skins are crispy and the potatoes are completely tender.

Set a deep sauté pan over a medium heat, add the coconut flakes and toss occasionally until toasted. Set the toasted flakes aside.

Return the pan to heat, add the olive oil, onion, garlic and chilli. Cover and cook gently for 10 minutes until softened.

Stir in the curry paste and cook for 2-3 minutes. Add the cauliflower and coconut milk, cover with a lid and bring to a boil. Reduce the heat to low and simmer, covered, for 10 minutes until the cauliflower is just tender. Remove the lid, stir in the spinach, a handful at a time, allow to wilt. Season to own taste.

Split the potatoes, spoon the curry on top, scatter with the toasted coconut flakes and the coriander. Serve.



FoodFlexibility



# EASY LAMB ROGAN JOSH

Lunch  
Serves 4  
High Protein, Gluten Free

## INGREDIENTS

- 450g diced lamb
- 1 onion, roughly chopped
- 120g rogan josh paste
- 230g can chopped tomatoes
- 100g natural yogurt
- ½ cucumber, diced
- 2 garlic cloves, crushed
- 25g root ginger, chopped
- 1 tbsp olive oil
- 1 bay leaf
- 1 cinnamon stick
- salt & pepper to season

## MACRO INFO PER SERVING:

**PROTEIN: 26G**  
**CARBS: 10G**  
**FAT: 19G**  
**ENERGY: 315KCAL**



## DIRECTIONS

- Heat the oil in a large lidded saucepan. Brown the diced lamb in batches over a high heat, removing to a plate as they are done.
- Blend the onion, garlic, ginger and curry paste in a food processor and add to the pan and stir-fry for a couple of minutes before returning the lamb to the pan and stirring to coat.
- Add the bay leaf, cinnamon stick, yogurt, seasoning and tomatoes to the pan along with 330ml of boiling water. Stir well and bring to a boil, reduce the heat, cover and simmer very gently for 40 minutes until the lamb is tender.
- Serve alongside the diced cucumber.





Image for illustration purposes

# GOCHUJANG LAMB

Lunch

Serves 6

High Protein

## INGREDIENTS

18 lamb chops  
120g gochujang (korean hot pepper paste)  
50ml soy sauce  
50ml rice wine vinegar  
80g caster sugar  
80ml sunflower oil  
4 spring onions, sliced  
3 limes, halved

## MACRO INFO PER SERVING:

**PROTEIN: 37.8G**

**CARBS: 12.2G**

**FAT: 26.3G**

**ENERGY: 437KCAL**



## DIRECTIONS

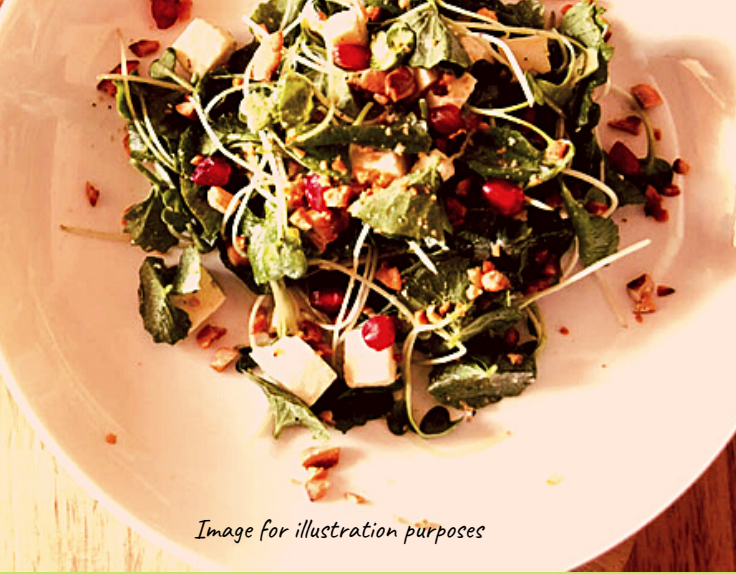
Place the gochujang, vinegar, soy sauce, oil and sugar in a large bowl and stir to combine. Add the lamb and stir until coated. Cover and transfer to the fridge for one hour to marinate. Bring out of the fridge and allow to warm up to room temperature.

Heat a griddle pan. Place the lamb chops in batches onto the pan and cook for 4-5 minutes on each side until lightly caramelised in places. Set aside to rest, keeping warm, as you cook more lamb.

Arrange the chops on a large serving plate. Scatter over the spring onions and squeeze over the lime juice to serve.



FoodFlexibility



*Image for illustration purposes*

# GOTU KOLA

Side

Serves 2

Gluten Free , Low Fat

## INGREDIENTS

1 bunch of flat-leaf parsley, finely chopped

½ bunch of coriander, finely chopped

2 anchovies, chopped

50g fresh coconut, grated

juice of 1 lime

1 green chilli, finely chopped

handful of pomegranate seeds

salt & pepper to season

## DIRECTIONS

Mix everything together for a refreshing side-salad.

If serving with a hot, spicy curry, leave out the green chilli so the salad is cooling and refreshing.

## MACRO INFO PER SERVING:

**PROTEIN: 3.1G**

**CARBS: 5.3G**

**FAT: 9.8G**

**ENERGY: 122KCAL**



FoodFlexibility





# GREEN SHAKSHUKA

Breakfast

Serves 2

Gluten Free, Vegetarian

## INGREDIENTS

- 4 large eggs
- 100g cavolo nero (black kale, black cabbage)
- 100g spinach
- 50g frozen peas
- 40g feta, crumbled
- 4 spring onions, finely chopped
- 1½ tbsp olive oil
- 1 tsp cumin seeds
- 2 tsp coriander seeds
- 1 tsp oregano
- 1 garlic clove, very finely chopped
- juice of ½ a lemon
- ½ bunch of dill, chopped
- ½ bunch of mint, chopped
- pinch of sea salt
- salt & pepper to season

## MACRO INFO PER SERVING:

**PROTEIN: 21G**  
**CARBS: 13.5G**  
**FAT: 24.5G**  
**ENERGY: 359KCAL**



## DIRECTIONS

Toast the cumin and coriander seeds in a non-stick frying pan for 1-2 minutes until golden. Tip into a pestle and mortar, or spice grinder, along with the oregano and a pinch of salt. Grind into a powder.

Place the spring onions and garlic in the frying pan along with the olive oil and cook over a medium-low heat until softened and golden. Stir in the spice mix and cook for a further minute.

Remove the stalks from the cavolo nero and slice the leaves. Add to the pan along with the lemon juice. Stir until the greens are wilted. Add the spinach and peas, season, then cook, stirring, for 2-3 minutes until the spinach has wilted.

Crack the eggs into the pan and cook for 2-3 minutes, then cover with a lid to steam the egg yolks until cooked to your liking.

Season, scatter over the herbs and feta, then serve.



Image for illustration purposes

# KEEMA LAMB PIE

Main

Serves 4

High Protein

## INGREDIENTS

500g lamb mince  
2 sheets of filo pastry  
2 onions, finely chopped  
2 garlic cloves, finely chopped  
2.5cm root ginger, finely chopped  
2 tsp olive oil  
2 green chillies, finely sliced  
2 tbsp mild curry powder  
1 tsp ground turmeric  
2 tsp cumin seeds  
2 tbsp tomato purée  
400ml vegetable stock  
150g frozen peas  
½ a bunch of coriander, chopped  
salt & pepper to season

## MACRO INFO PER SERVING:

**PROTEIN: 32.6G**

**CARBS: 40.1G**

**FAT: 21.2G**

**ENERGY: 482KCAL**



## DIRECTIONS

Preheat the oven to 200c/180 fan assisted/  
400f/gas mark 6.

In a large non-stick frying pan add 1 tsp of the olive oil over a medium heat. Add the onion, garlic, ginger and cumin seeds and fry for 5 minutes, until starting to soften.

Add the lamb mince, turn up the heat, and cook until browned, breaking up the mince using a wooden spoon. Add the chillies to the mince along with the curry powder, tomato purée and turmeric. Pour in the stock and simmer for a few minutes until thickened.

Add the frozen peas to a colander and pour over some freshly boiled water to defrost them. Stir into the lamb along with the coriander. Season well. Leave to cool for a few minutes.

Tip the mince mixture into an ovenproof dish. Halve then filo pastry width ways. Brush each piece with the remaining olive oil. Lay two on top of the lamb, and then scrunch two pieces on top of that. Brush with any remaining drops of oil and bake in the oven for 20-25 minutes, or until golden.



FoodFlexibility





Image for illustration purposes

# KING KORMA

Main  
Serves 4  
Gluten Free, High Protein, High Fibre

## INGREDIENTS

- 150g shallots, roughly chopped
- 5cm piece of root ginger, roughly chopped
- 4 garlic cloves, roughly chopped
- 615g skinless chicken thighs
- 1 large onion, chopped
- 500g cubes of pumpkin
- 400g can chickpeas, drained
- 1 large tomato, skinned, deseeded & diced
- 75ml natural yogurt
- 400ml can coconut milk
- 4 tbsp sunflower oil
- 1 tsp mixed peppercorns
- 1 tsp coriander seeds
- 2 tsp cumin seeds
- ½ tsp fennel seeds
- 3 cardamom pods, bruised
- 2 star anise
- ¼ tsp cayenne pepper
- 2 tsp sea salt
- 3 tbsp fresh mint, chopped
- 3 tbsp fresh coriander, chopped

## MACRO INFO PER SERVING:

**PROTEIN: 43G**  
**CARBS: 24G**  
**FAT: 47G**  
**ENERGY: 691KCAL**



## DIRECTIONS

Put the chopped shallots, ginger and garlic into a food processor or blender along with 2 tbsp of water and blend to a paste. Grind the peppercorns, fennel, cumin and coriander seeds to a fine powder using a spice grinder, or a mill, or with a pestle and mortar.

Preheat the oven 180c/160 fan assisted/350f/gas mark 4. Heat 1 tbsp of the oil in a large casserole dish over a medium heat and fry the chicken in batches for 3-4 minutes per batch until golden. Set aside.

Next add the remaining oil and the chopped onion the casserole dish and fry for 5 minutes, until the onion has softened. Then add the cardamom pods, star anise and shallot paste to the casserole, fry for 3-4 minutes, stirring frequently.

Add the cubes of pumpkin to the casserole, fry for 3-4 minutes. Stir in the ground spices. Return the chicken and any juices to the casserole along with the chickpeas, diced tomato, sea salt and cayenne pepper.

Mix the coconut milk and yogurt together; stir into the casserole. Bring to a boil and simmer gently for 5 minutes. Lay a circle of greaseproof baking paper on top of the dish, then add a lid and put the casserole into the oven for 30 minutes until the chicken and the pumpkin are both fully cooked.

Remove the star anise and cardamom pods, scatter over the mint and coriander before serving.



Image for illustration purposes

# LIGHT SPINACH & MUSHROOM KORMA

Main

Serves 4

Low fat, Vegan, High Fibre, Gluten Free

## INGREDIENTS

250g chestnut mushrooms, sliced  
200g baby mushrooms  
400ml can light coconut milk  
500g baby spinach  
200ml gluten free vegetable stock  
1 large onion, finely diced  
5 tbsp korma paste  
½ tsp sunflower oil  
juice of 1 lime  
4 tbsp soya yogurt

## MACRO INFO PER SERVING:

**PROTEIN: 6.75G**

**CARBS: 20.75G**

**FAT: 11G**

**ENERGY: 209KCAL**



## DIRECTIONS

Heat the olive oil in a large non-stick frying pan. Add the onion and soften on a medium heat for 3-4 minutes. Add the baby mushrooms and fry for 5 minutes until lightly browned.

Add the chestnut mushrooms and korma paste and cook for a further minute. Add the coconut milk and stock and bring to the boil. Reduce the heat and simmer for 10-15 minutes.

Add the spinach and stir over a medium heat for a minute or two until the spinach has wilted.

Stir in the lime juice followed by the soya yogurt. Serve immediately.



FoodFlexibility





Image for illustration purposes

# LOVE TO COOK RENDANG

Main  
Serves 6  
High Protein, Gluten Free

## INGREDIENTS

- 1.7kg beef, cubed
- 1 tbsp coconut oil
- 8 cardamom pods, lightly crushed
- 3 star anise
- 1 bay leaf
- 3 cloves
- 2 cinnamon sticks
- 1 tbsp each ground cinnamon & coriander
- 1 tsp hot chilli powder
- 1 gluten free beef stock cube
- 400ml can coconut milk
- 1 tbsp tamarind paste
- 1½ tbsp soft brown sugar
- 2 tbsp thai fish sauce
- 10 kaffir lime leaves, fresh or dry
- 4 stalks of lemongrass
- juice of 2 limes

**Garnish**  
handful of fresh coriander, chopped  
toasted desiccated coconut  
red chili slivers

**For the spice paste**  
2 shallots, chopped  
8 garlic cloves  
20g root ginger, chopped  
1 tbsp galangal paste  
6 birds eye chillies  
3 tbsp lemongrass paste  
2 tbsp sunflower oil

## MACRO INFO PER SERVING:

**PROTEIN: 63G**  
**CARBS: 11G**  
**FAT: 30G**  
**ENERGY: 574KCAL**



## DIRECTIONS

Make the spice paste by blending all the ingredients in a food processor or blender with 50ml of water to a fairly smooth paste. Transfer to a mixing bowl, add the beef and coat it in the paste. Cover and marinate for 6-8 hours or overnight in the fridge.

Preheat the oven to 160c/140 fan assisted)/325f/gas mark 3. Heat the coconut oil in a heavy-based casserole dish over a medium-low heat. Add the cardamom pods, star anise, bay leaf, cinnamon sticks, cloves, ground cumin, ground coriander and the chilli powder.

Stir in the marinated beef and toss in the spiced oil. Crumble in the stock cube and add the coconut milk, sugar, tamarind paste, Thai fish sauce, lime leaves and lemongrass. Bring to a boil.

Cover and transfer to the preheated oven for 2½ hours. Return to the hob and simmer, uncovered for 10-15 minutes, stirring regularly, until the sauce has thickened. Stir in the lime juice.

Serve with chopped coriander, toasted coconut and red chilli slivers to garnish.



# ONE POT CHIPOTLE CHICKEN

Serves 8

High Protein, Gluten Free

## INGREDIENTS

16 skinless & boneless chicken thighs, halved  
3 red onions, cut into wedges  
2 red peppers, sliced  
1 green pepper, sliced  
4 garlic cloves, crushed  
4 tbsp sunflower oil  
2 tsp ground cumin  
2 tsp smoked paprika  
2 tbsp spicy chipotle chilli paste  
1 tbsp unsweetened cocoa powder  
2 x 400g can chopped tomatoes  
2 x 400g can black beans, drained & rinsed  
300ml gluten free chicken stock  
fresh coriander to garnish

### Guacamole

3 ripe avocados  
juice of 2 limes  
1 green chilli, finely diced  
3 spring onions, chopped  
4 tbsp fresh coriander, chopped

## MACRO INFO PER SERVING:

**PROTEIN: 41G**

**CARBS: 20G**

**FAT: 22G**

**ENERGY: 442KCAL**



## DIRECTIONS

Heat 2 tbsp of the oil in a large lidded flameproof casserole dish or pan. Season the chicken thighs and brown them in batches over a high heat, removing to a plate as they are done.

Preheat the oven to 150c/130 fan assisted/  
300f/gas mark 2.

Add the remaining oil to the pan and cook the onions and peppers over a medium-heat for about 8 minutes or until starting to colour. Add the garlic, cumin, smoked paprika, chipotle paste and cocoa powder. Cook, stirring for 2 minutes.

Return the browned chicken to the casserole and stir to coat in the spicy mixture. Add the tomatoes and the black beans, stock and some seasoning. Bring to a simmer, cover and transfer to the oven. Cook for 45 minutes.

Meanwhile make the guacamole. Mash the flesh of one avocado with half of the lime juice. Cut the remaining avocados into little chunks and toss in the remaining lime juice to coat. Stir the avocado chunks through the mashed avocado along the chopped chilli, spring onions and coriander. Season.

Serve the chicken with a coriander garnish alongside the guacamole.



FoodFlexibility





# PRAWN LAKSA

Lunch

Serves 2

High Protein, Gluten Free

## INGREDIENTS

- 150g rice noodles
- 180g cooked king prawns
- 400g can coconut milk
- 50g beansprouts, to serve
- 1 tbsp fish sauce
- 2 garlic cloves, finely chopped
- 2.5cm root ginger, finely chopped
- 1 red chilli, finely sliced
- 1 lime
- 1 tsp soft brown sugar
- 1 tbsp soy sauce
- ½ tsp ground turmeric
- 2 sprigs coriander, to serve

## MACRO INFO PER SERVING:

**PROTEIN: 20.3G**  
**CARBS: 27.9G**  
**FAT: 13.8G**  
**ENERGY: 317KCAL**



## DIRECTIONS

Put the rice noodles in a bowl, cover with boiling water and leave to soften.

Meanwhile blitz the garlic, ginger, chilli, fish sauce, soy sauce, turmeric, sugar and lime juice in a food processor or blender. Tip into a saucepan and cook over a medium heat for a minute.

Pour in the coconut milk and 100ml of water then simmer for 5 minutes. Add the prawns for 2 minutes to warm through.

Drain the noodles and divide between bowls, ladle over the laksa. Top with coriander and beansprouts and serve.



# ROAST SPICED CHICKEN

Lunch

Serves 8

Gluten Free, High Protein

## INGREDIENTS

2kg chicken, spatchcocked  
800ml can coconut milk  
30g pomegranate seeds, to serve  
30g fresh chopped herbs, to serve

### Marinade

50g fresh ginger, grated  
50g garlic, crushed  
500g natural yogurt  
1 tbsp chilli powder  
1 tbsp ground turmeric  
1 tbsp ground black pepper

## MACRO INFO PER SERVING:

**PROTEIN: 31.3G**  
**CARBS: 16.5G**  
**FAT: 41.6G**  
**ENERGY: 566KCAL**



## DIRECTIONS

Mix together the marinade ingredients. Cover the chicken inside and out with the marinade and leave overnight in the fridge.

Preheat the oven to 200c/180 fan assisted/ 400f/gas mark 6. Use a roasting dish that the chicken just fits into, add the coconut milk and roast on the middle shelf of the oven for 45 minutes. Baste the chicken with the coconut milk every 10 minutes throughout the roasting time.

Check to see the chicken is fully cooked through by gently pulling on a leg and seeing whether the juices run clear. If not return to the oven for a further 10 minutes and test again.

Once cooked through, set aside on a board to rest for 20-40 minutes then scatter over the fresh herbs and pomegranate seeds before carving and serving.



FoodFlexibility





*Image for illustration purposes*

# THAI PORK MINCE

Main  
Serves 4  
High Protein

## INGREDIENTS

500g pork mince  
1 red pepper, sliced  
250g chestnut mushrooms, quartered  
45g thai paste  
2 tbsp cornflour  
300ml chicken stock  
1 tbsp thai fish sauce  
400g beansprouts  
juice of 1 lime  
30g coriander, leaves chopped  
1 tbsp olive oil

## MACRO INFO PER SERVING:

**PROTEIN: 39G**  
**CARBS: 15G**  
**FAT: 15G**  
**ENERGY: 351KCAL**



## DIRECTIONS

Heat the olive oil in a large non-stick frying pan. Add the pork mince and fry for 5 minutes over a high heat, stirring to break it up well.

Add the red pepper, mushrooms and the Thai paste and cook for a further 3 minutes.

Mix in the cornflour then add the chicken stock and Thai fish sauce. Simmer, uncovered, for 10 minutes.

Divide the beansprouts between 4 bowls. Stir in the lime juice into the pork mince, then spoon it over the beansprouts. Scatter the coriander on top before serving.



FoodFlexibility



Image for illustration purposes

# TURMERIC ROASTED POTATOES

Side  
Serves 6  
Gluten Free, Low Fat, Vegan

## INGREDIENTS

- 1kg small new (baby) potatoes
- 2 onions, in wedges
- 2 tbsp olive oil
- 1 heaped tsp ground turmeric
- 2 tsp onion seeds
- salt & pepper to season

## MACRO INFO PER SERVING:

**PROTEIN: 6G**  
**CARBS: 44.9G**  
**FAT: 7.7G**  
**ENERGY: 273KCAL**



## DIRECTIONS

Preheat the oven to 220c/200 fan assisted/ 425f/gas mark 7.

Cook the potatoes in a large saucepan of salted boiling water for 15-20 minutes, or until tender. Drain and arrange on a baking tray and lightly crush with a potato masher.

Add the onions to the potatoes. Drizzle over the olive oil, scatter over the turmeric and onion seeds, season and toss to coat.

Cook for 30 minutes, or until crisp and golden, shaking the tray halfway through the cooking time.



FoodFlexibility