



# January Recipe Pack

Discover 15 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies.



# Weekly Shopping List

#### Fruits, Vegetables

#### **Fruits**

2 oranges

3 lemons

5 limes

2 avocados 1 banana

1 pomegranate (or 3.5oz./100g fresh or frozen pomegranate seeds)

#### Vegetables

2 onions

1 red onion

2 shallot

bunch green onions (spring

onions)

bulb of garlic

root ginger

1 green chili

1 jalapeño

2 cucumbers

8 carrots

2 stalks celery

2 red peppers

7 zucchinis (courgette)

3.5 oz. (100g) mushrooms

purple cabbage

white cabbage

pack kale

pack spinach

pack arugula (rocket)

head romaine lettuce

1 lb. (450g) baby bok choy

pack cooked beets (beetroot)

#### Fresh Herbs

basil

cilantro (coriander)

mint

parsley

#### Frozen

pineapple

#### **Protein & Dairy**

10.5 oz. (300g) cooked chicken

breast 2.5 lbs. (1kg 130g) chicken breast 3 lbs. (1.3kg) chicken drumsticks 1.5 lbs. (680g) beef tenderloin 1 lb. (450g) lean 5% fat ground beef

#### Fish & Seafood

1.5 lb. (680g) white fish filet

#### Cold

23 eggs

unsweetened almond milk

Greek yogurt ghee

cheddar cheese

cottage cheese mozzarella cheese

Parmesan cheese

goat cheese

pomegranate juice

#### Seeds, Baking, Spices

rolled oats white rice

#### **Nuts & Seeds**

peanuts pistachios walnuts

#### **Baking**

all purpose flour baking powder chocolate chips vanilla extract

#### **Dried Herbs & Spices**

black pepper cayenne pepper

paprika

garam masala

chili powder

red pepper flakes (chili flakes)

garlic powder

onion powder

ground cumin

ground turmeric

Italian seasoning

dried oregano dried thyme

pumpkin pie spice

ground cinnamon

#### Cans, Condiments, Misc

olive oil

extra virgin olive oil

sesame oil

#### **Sweeteners**

brown sugar coconut sugar

honey

maple syrup

#### **Boxed, Canned & Condiments**

1x 1 lb. (450g) can pumpkin puree

1x 14 oz. (400g) can tomato sauce 2.8 oz. (80g) can artichoke hearts

2.6 oz. (75g) can sweet corn

2.6 oz. (75g) can brown lentils

1 x 14 oz. (400g) can coconut milk

peanut butter

jar roasted red peppers

jar basil pesto

tomato paste (puree)

Thai red curry paste

anchovies

oyster sauce

fish sauce

low sodium soy sauce

tamari sauce

apple cider vinegar

red wine vinegar Worcestershire sauce

Dijon mustard

mayonnaise

chicken broth (stock)

chicken stock cubes

orzo pasta

#### Misc/Other

sea salt

large flour tortillas

12 small flour tortillas (taco sized)

granola of choice

croutons

# Contents & Key

- 6 Indian Spiced Omelet
- **8** Fiery Green Smoothie
- 10 Chicken Pesto Breakfast Wrap
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GF Gluten Free

DF Dairy Free

LC Low Carb (20g- serve)

MP Meal Prep/Freezer Friendly

HP High Protein (20g+ per serve)

V Vegetarian

Q Quick (under 30 mins)

N Contains Nuts

# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Kale, Mushroom & Goat Cheese Egg Cups	Vietnamese Beef Rice Bowl	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Beef Zucchini Boats
Tue	Chicken Pesto Breakfast Wrap	Vietnamese Beef Rice Bowl	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Thai-Inspired Sheet Pan
Wed	Chicken Pesto Breakfast Wrap	Thai-Inspired Sheet Pan	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Orzo Chicken Comfort Soup
Thu	Pepper & Corn Egg Cups	Grilled Caesar Salad	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Orzo Chicken Comfort Soup
Fri	Pepper & Corn Egg Cups	Grilled Caesar Salad	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Air Fryer Fish Tacos with Cilantro Slaw
Sat	Indian Spiced Omelet	Beetroot Goat Cheese Salad	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Meal Out - Enjoy!
Sun	Kale, Mushroom & Goat Cheese Egg Cups	Beetroot Goat Cheese Salad	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Beef Zucchini Boats



# **Indian Spiced Omelet**

#### Serves 2

1 tsp. ghee

1 red onion, chopped

1 garlic, chopped

1 green chili, pepper,

deseeded, chopped (optional)

½ tsp. turmeric powder

½ tsp. garam masala

4 eggs, beaten

2 egg whites, beaten

3.5 oz. (100g) cooked chicken

breast, chopped

2 tbsp. cilantro, chopped

2 handfuls arugula, to serve

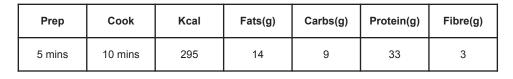
#### What you need to do

Heat a large skillet over a low-medium heat and add the ghee. Gently fry the onion, garlic and chili for 5 minutes until the onion has softened. Add the dry spices and cook for a further 1-2 minutes until aromatic.

Pour in the eggs and lower the heat. Stir slowly to scramble the eggs as they cook, and remove from the heat while they are still a little runny. Add in the chicken and cilantro and continue stirring off the heat for 1 minute more until the eggs are just set.

Divide the arugula between 2 plates, top with the cooked eggs and serve immediately.









# Fiery Green Smoothie

#### Serves 2

1 orange, peeled 4 tbsp. fresh cilantro juice of 1 lime 5.8 oz. (165g) frozen pineapple chunks 1 cucumber, cubed ½ avocado 1 banana 0.7 oz. (20g) kale 2 slices jalapeño

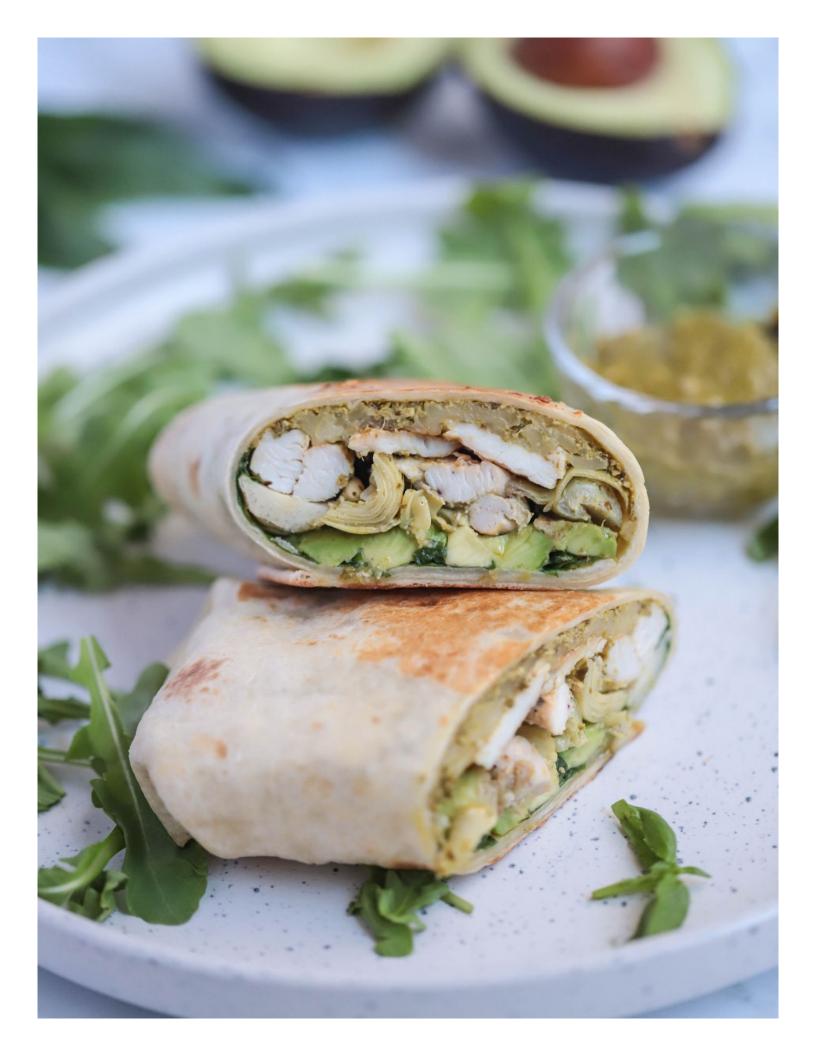
#### What you need to do

Place all the ingredients into a high speed blender and blend until smooth. Divide the mixture equally into two glasses and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	310	10	50	5	13





# Chicken Pesto Breakfast Wrap

#### Serves 4

2 large flour tortillas
1.8 oz. (50g) mozzarella
cheese, grated
6 tbsp. basil pesto, storebought or homemade
7 oz. (200g) shredded cooked
chicken
2.8 oz. (80g) canned artichoke
hearts, chopped, drained
1 avocado, sliced
2 tsp. Italian seasoning
handful basil leaves, to serve

#### What you need to do

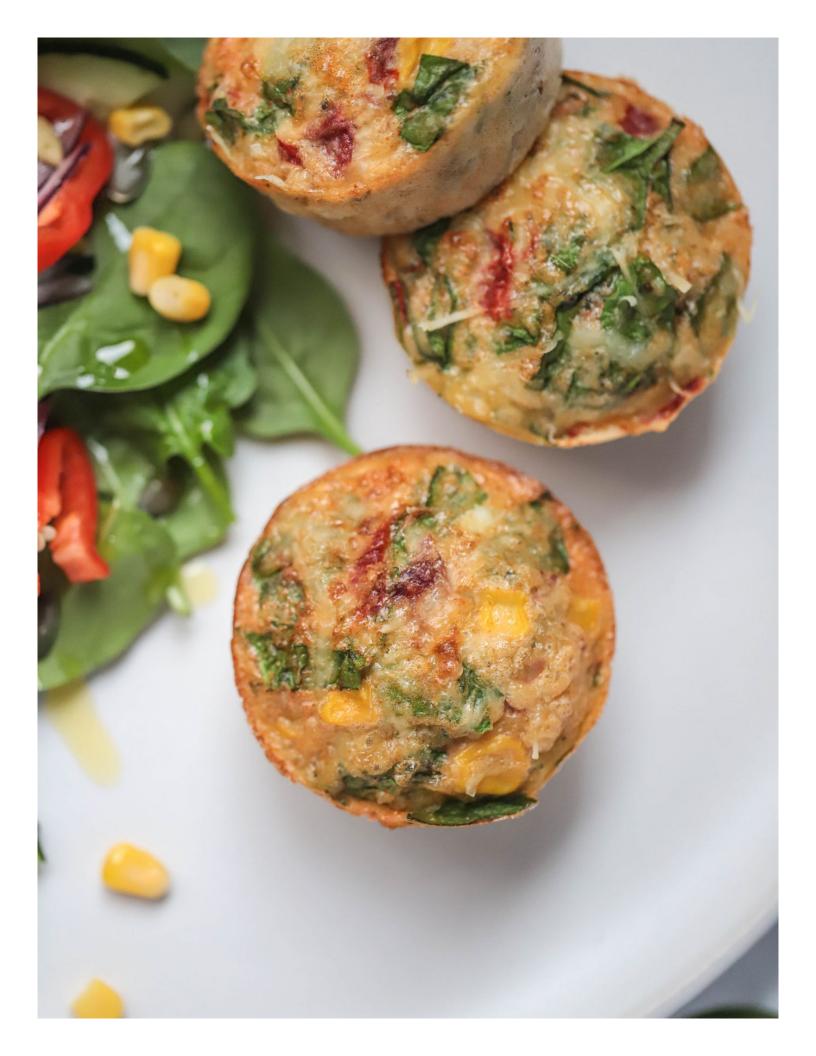
In the center of each tortilla, place a layer of the mozzarella, basil pesto, shredded chicken, artichoke hearts and sliced avocado. Sprinkle over some Italian seasoning and top with fresh basil leaves.

Preheat a grill pan over medium-high heat. Fold the sides of the tortilla inwards and roll it up like a burrito. Grill the wraps for 4-6 minutes on each side, or until golden brown and crispy. Serve warm from the grill.





Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	406	25	23	24	7



# Pepper & Corn Egg Cups

#### Makes 12

2.6 oz. (75g) can sweet corn, drained
2.6 oz. (75g) roasted red peppers, drained, chopped
1 oz. (30g) spinach, chopped
½ tsp. ground cumin
½ tsp. chili powder
8 eggs
½ tsp. salt
½ tsp. black pepper
1 oz. (30g) shredded cheddar cheese + 4 tbsp extra, for topping

2 oz. (60g) all purpose flour

½ tsp. baking powder

#### What you need to do

Preheat the oven to 350°F (175°C). Line a 12 hole muffin pan with paper or silicone liners.

In a large bowl, mix together the vegetables, spices, eggs, salt, black pepper, and 30g of cheddar cheese until well combined.

Stir in the flour and baking powder and gently stir the mixture until fully incorporated.

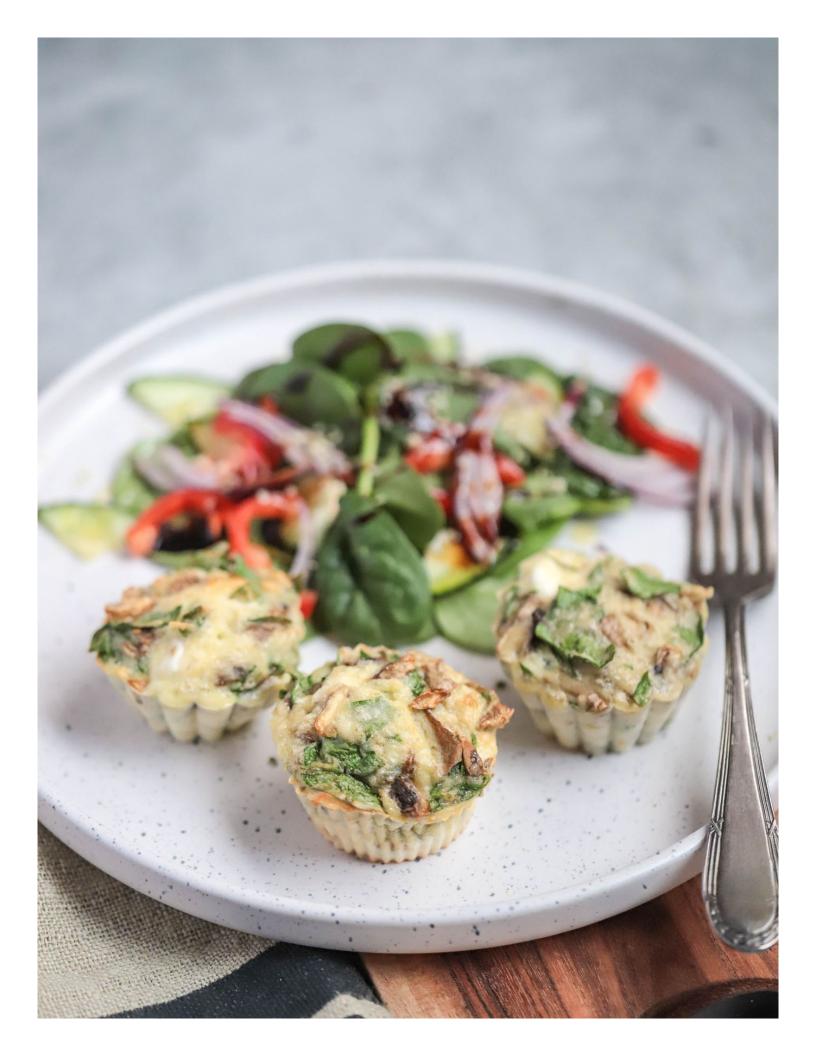
Divide the mixture equally between each of the 12 muffin cases, and sprinkle the remaining cheddar cheese on top. Place the pan into the pre-heated oven and bake for 20-25 minutes until baked through.

Remove from the oven and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	82	4	6	5	1





# Kale, Mushroom & Goat Cheese Egg Cups

#### Makes 12

1 oz. (30g) kale, chopped 3.5 oz. (100g) mushrooms, chopped 2 oz. (60g) goats cheese, crumbled 8 eggs ½ tsp. salt ½ tsp. black pepper 2 oz. (60g) all purpose flour ½ tsp. baking powder

#### What you need to do

Preheat the oven to 350°F (175°C). Line a 12 hole muffin pan with paper or silicone liners.

In a large bowl, add the vegetables, goat cheese, eggs, salt and pepper, and stir until well combined.

Stir in the flour and baking powder and gently stir the mixture until fully incorporated.

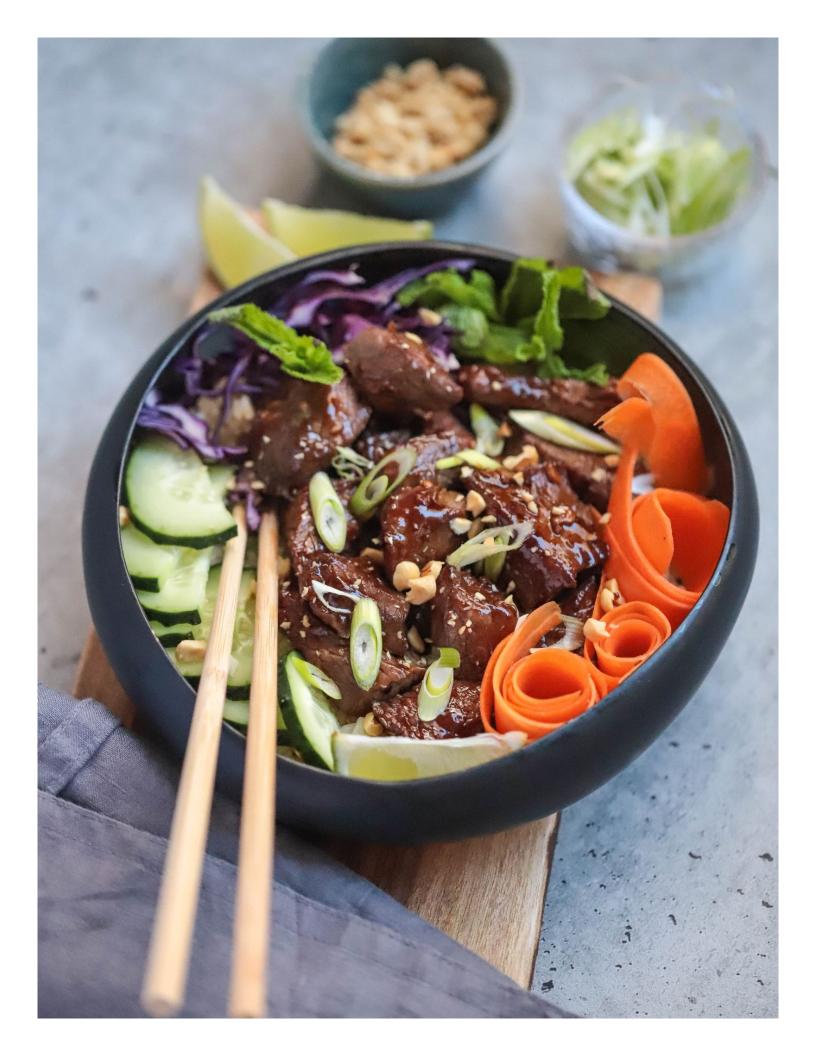
Divide the mixture equally between each of the 12 muffin cases and bake in the pre-heated oven for 20-25 minutes, until baked through.

Remove from the oven and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	81	4	5	6	1





### Vietnamese Beef Rice Bowl

#### Serves 6

1.5 lbs. (680g) beef tenderloin, cut into 1 inch cubes

1 tsp. black pepper

2 tbsp. oyster sauce

1 tbsp. fish sauce

1 tbsp. low sodium soy sauce

2 tbsp. honey

3 cloves garlic, minced or grated

1 pinch red pepper flakes

4 tbsp. sesame oil

1 lb. (480g) cooked white rice

3 tbsp. water

2.5 oz. (70g) purple cabbage, shredded

4 carrots, cut into ribbons

1 cucumber, sliced

2 green onions, chopped

4 tbsp. basil, roughly chopped

4 tbsp. mint, roughly chopped

4 tbsp. chopped peanuts, for

serving

1 lime, cut into wedges

#### What you need to do

Season the steak with the black pepper.

In a medium bowl, whisk together the oyster sauce, fish sauce, soy sauce, honey, garlic and red pepper flakes. Add the beef and toss to coat in the mixture.

Heat 2 tablespoons of sesame oil in a large skillet over high heat, add the rice and toss to coat in the oil. Press the rice evenly across the bottom and up the sides of the skillet. Allow the rice to cook, without stirring, until the rice begins to brown, about 3-5 minutes. Transfer the rice into the serving bowls.

Return the skillet to a high heat and add the remaining sesame oil. Take the steak out of the sauce, add to the skillet and cook for 2-3 minutes.

Now pour the remaining sauce into the skillet along with the water. Bring to a boil then reduce the heat to medium and cook for 3-5 minutes until the sauce thickens. Remove from the heat.

Top the rice in the bowls with cabbage, carrots, and cucumber then spoon the beef and sauce over the top. Now top the beef with green onions, basil, mint and peanuts and serve with a wedge of lime.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	480	26	41	21	3

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### Grilled Caesar Salad

#### Serves 4

#### For the grilled chicken:

2 tbsp. red wine vinegar

2 tbsp. olive oil

½ tsp. garlic powder

½ tsp. dried thyme

½ tsp. dried oregano

1/4 tsp. salt

1/4 tsp. black pepper

1.5 lbs. (680g) chicken breasts

#### For the salad:

1 head romaine lettuce, chopped into bite-sized pieces

6 tbsp. croutons

6 tbsp. fresh parmesan, shaved

#### For the dressing:

2 cloves garlic

2 anchovies

2 tbsp. lemon juice

1 tbsp. olive oil

2 tsp. Worcestershire sauce

4.2 oz. (120g) Greek yogurt

1 tsp. Dijon mustard

salt & pepper to taste

2 tbsp. water

#### What you need to do

Make a marinade for the chicken by whisking together the red wine vinegar, olive oil, garlic powder, thyme, oregano, salt and pepper in a small bowl until well combined.

Place the chicken in a shallow dish, pour over the marinade, toss to coat and refrigerate for at least 1 hour or up to 12 hours.

When ready to cook the chicken, make the salad dressing by blending all the ingredients together until smooth and creamy, then set aside.

Preheat the grill or use a grill pan on the stove top. Remove the chicken from the marinade, shake off any excess marinade and place the chicken on the grill. Cook the chicken for around 5 minutes on each side, or until cooked through. Then remove from the grill and rest for 5 minutes before slicing the chicken.

Assemble the salad by dividing the romaine lettuce equally between four bowls. Add the sliced chicken breast, croutons and shaved parmesan. Drizzle with caesar dressing and serve immediately.



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	1 hr	25 mins	300	14	9	33	2

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### **Beetroot Goat Cheese Salad**

#### Serves 4

### For the pomegranate dressing:

4 fl oz. (120ml) pomegranate juice

2 tbsp. shallot, chopped

2 tbsp. red wine vinegar

4 tbsp. olive oil

2 tbsp. maple syrup

1 tbsp. orange zest

½ tsp. salt

½ tsp. black pepper

#### For the salad:

7 oz. (200g) baby spinach 2.6 oz. (75g) canned brown lentils, drained 3 cooked beets, cut into wedges

4 tbsp. basil, chopped

3.5 oz. (100g) pomegranate

seeds

3.5 oz. (100g) crumbled goat

cheese

2 oz. (60g) walnuts

#### What you need to do

To make the dressing place the pomegranate juice and shallot into a small pot and bring to a simmer over medium-low heat. Simmer gently for 10-15 minutes until the juice has reduced. Add the mixture to a small bowl and whisk in the red wine vinegar, olive oil, maple syrup, orange zest, salt and pepper.

The dressing can be stored in a sealed jar in the refrigerator for up to 7 days. When ready to use give the dressing a shake to combine the ingredients again.

In a large bowl, add the spinach, cooked lentils, beets, basil and pomegranate seeds. Toss with half of the dressing then add more as needed to coat all the ingredients generously and evenly.

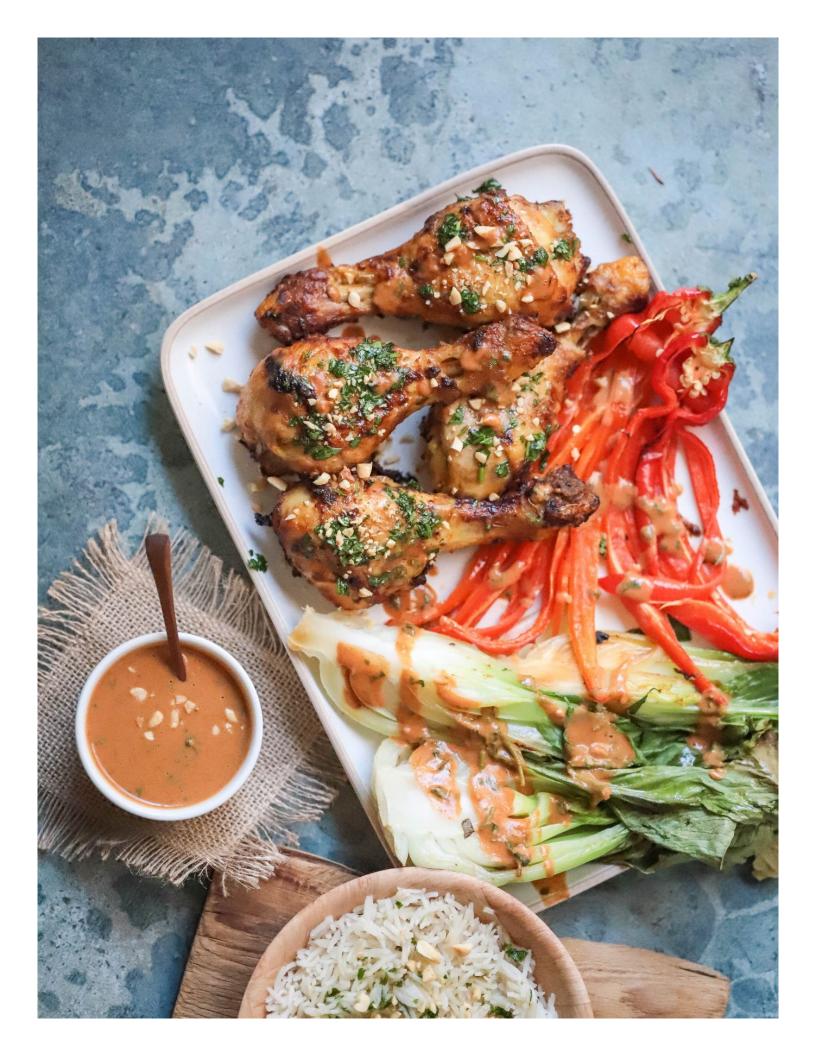
Taste the salad and if necessary adjust the salt and vinegar. Now toss in the goat cheese and walnuts, stir to combine and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	45 mins	411	30	31	11	5

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# Thai-Inspired Sheet Pan

#### Serves 8

#### For the sauce:

0.5 oz. (15g) cilantro 14 oz. (400ml) can coconut milk

9.2 oz. (260g) peanut butter

4 tbsp. fish sauce

2 limes, juiced

1 tbsp. brown sugar

1-inch (2.5cm) piece fresh

ginger, minced

2 cloves garlic, minced

2 tbsp. Thai red curry paste

4 tbsp. tamari sauce

#### For the chicken & bok choy:

3 lbs. (1.3 kg) chicken drumsticks

1 lb. (450g) baby bok choy

4 red peppers

1 tbsp. olive oil

0.5 oz. (15g) cilantro, chopped

4 tbsp. chopped peanuts, to

serve

#### What you need to do

Place all ingredients for the sauce into a large food processor and process until smooth and creamy.

Transfer the chicken drumsticks into a large zip-lock bag and add 8 fl oz. (240ml) of the sauce. Coat the chicken in the sauce and allow the chicken to marinate for at least 30 minutes, or overnight, in the refrigerator. Set aside the remaining sauce to use later.

When ready to cook the chicken, preheat the oven to 375°F (190°C).

Lay the chicken drumsticks on a large baking sheet and place into the hot oven. After 20 minutes, flip the chicken over and cook for an additional 20-30 minutes, or until the chicken is fully cooked.

Remove the chicken from the oven and increase the oven temperature to 450°F (230°C). Scatter the boy choy and peppers onto a baking sheet, toss in the olive oil and roast for approximately 10 minutes, or until wilted and slightly charred around the edges.

Serve the chicken with the remaining peanut sauce. Sprinkle with chopped peanuts and serve alongside the bok choy and peppers. Serve the dish with optional rice (not included in nutritional breakdown).



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins (overnight)	1 hr	610	43	17	41	3

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# Orzo Chicken Comfort Soup

#### Serves 4

2 tbsp. olive oil

1 large onion, chopped

2 large carrots, chopped

2 stalks celery, chopped

1 tsp. salt

1 tsp. black pepper

3 pts. (1.4ltr) chicken broth

1 lemon, halved + 1 extra cut

into wedges for serving

1 lb. (450g) chicken breasts

2 pts. (960ml) water

1 chicken stock cube

2.8 oz. (80g) orzo pasta

2 tbsp. fresh parsley, chopped

#### What you need to do

Heat the olive oil in a large stockpot or Dutch oven over medium heat. Add the onion, carrots and celery and cook the vegetables, stirring occasionally, for 5 minutes or until tender.

Season with salt and pepper, then stir in the chicken broth. Now add the lemon halves, chicken breasts, water and chicken stock cube. Bring to a boil and cook for 5 minutes.

Stir in orzo pasta, bring to a boil, then reduce the heat to mediumlow and simmer for 10 minutes until the orzo is tender and the chicken is cooked through.

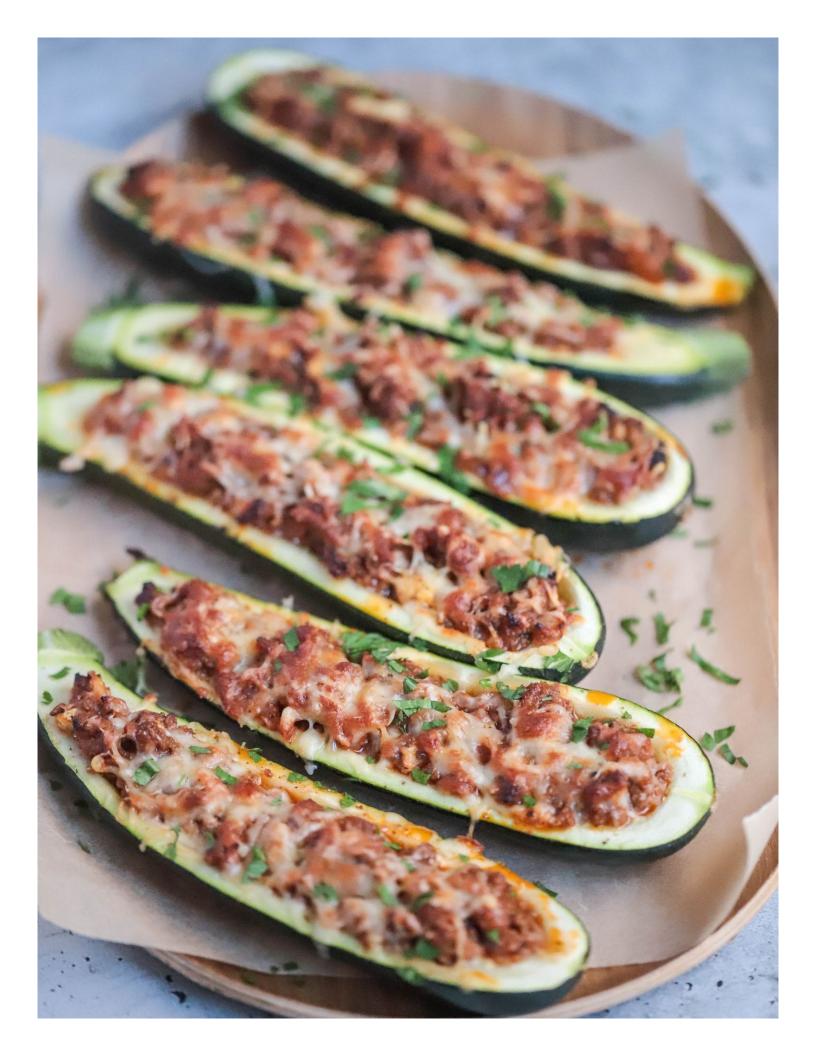
Remove the chicken from the soup and shred with 2 forks, then return the chicken back to the pot and stir through.

When ready to serve, ladle the soup into bowls, garnish with parsley and serve with a wedge of lemon.



DF MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	322	11	23	31	2



### **Beef Zucchini Boats**

#### Serves 6

6 small-medium zucchini 1 tbsp. olive oil 1 onion, finely diced 1 lb. (450g) ground beef (or use a mix of ground beef & pork) 2 tbsp. tomato paste 1 tsp. dried oregano ½ tsp. garlic powder (or use 2 cloves minced garlic) ½ tsp. salt or more to taste black pepper to taste 14 oz. (400g) can tomato sauce 5.3 oz. (150g) shredded cheese (e.g. mozzarella, cheddar, gouda)

#### What you need to do

Preheat the oven to 360°F (180°C).

Slice the zucchini in half lengthwise, scoop out flesh with a small spoon and set aside. Place the zucchini halves on a baking sheet skin side down.

Heat the olive oil in a large skillet over medium-high heat. Add the onion and cook for 5 minutes until softened, then add the ground beef and cook until well browned. Stir in tomato paste, oregano, garlic powder, salt and pepper.

Now add the tomato sauce and scooped out zucchini flesh (chop up for a more even filling) and simmer gently, covered, on low heat for 10 minutes. Remove the lid, stir well and simmer for a further 5 minutes.

Spoon the filling into the prepared zucchini halves and sprinkle the cheese over the top. Place the baking sheet into the hot oven and bake for 20-25 minutes. Remove from the oven and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	376	27	11	22	3





# Air Fryer Fish Tacos with Cilantro Slaw

#### Serves 4

#### For the fish:

2 tsp. olive oil, divided

1 tsp. chili powder

½ tsp. dried oregano

½ tsp. garlic powder

½ tsp. paprika

1/4 tsp. cayenne pepper

1/4 tsp. onion powder

1/4 tsp ground cumin

1/2 tsp. sea salt

½ tsp. black pepper

1½ lbs. (680g) white fish filet (e.g. cod,

bream, tilapia)

#### For the cilantro lime slaw:

2.5 oz. (70g) red cabbage, shredded

2.5 oz. (70g) white cabbage, shredded

2 carrots, shredded

3 tbsp. mayonnaise

1 tbsp. lime juice

1 garlic clove, minced

6 tbsp. chopped cilantro

½ tsp. coconut sugar

1/4 tsp. salt

1/4 tsp. black pepper

#### To serve:

12 flour taco tortillas extra lime juice

#### What you need to do

Preheat the air fryer to 400°F (200°C). Brush the air fryer basket with 1 teaspoon of olive oil.

In a small bowl, add the dry spices, salt and pepper and stir to combine.

Pat fish dry and then lay it in the air fryer basket and brush with the remaining teaspoon of olive oil. Generously cover the fish with the spice rub and gently press it into the fish.

Cook the fish for about 8-10 minutes, until it is opaque and flakes easily.

While the fish cooks, add the ingredients for the cilantro lime slaw into a bowl and stir to combine. Taste and adjust the salt, or add more lime juice as desired.

When the fish is cooked, remove from the air fryer basket. Cut into small pieces and add to the tortillas and top with slaw, adding an extra squeeze of lime. Store in an airtight container in the refrigerator for 2-3 days.

Allow 3 tacos per serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	393	17	34	26	8

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<sup>\*</sup>Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.



# Greek Yogurt Pumpkin Swirl

#### Serves 6

3.5 oz. (100g) granola

#### For the yogurt:

1.6 lbs. (720g) low fat Greek yogurt
2 tbsp. honey, divided
½ tsp. vanilla extract
1 lb. (450g) pumpkin puree
½ tsp. pumpkin pie spice
½ tsp. ground cinnamon

#### What you need to do

To make the yogurt layer, combine the Greek yogurt with 1 tablespoon of honey and the vanilla extract. Use a hand mixer to blend the ingredients together until smooth.

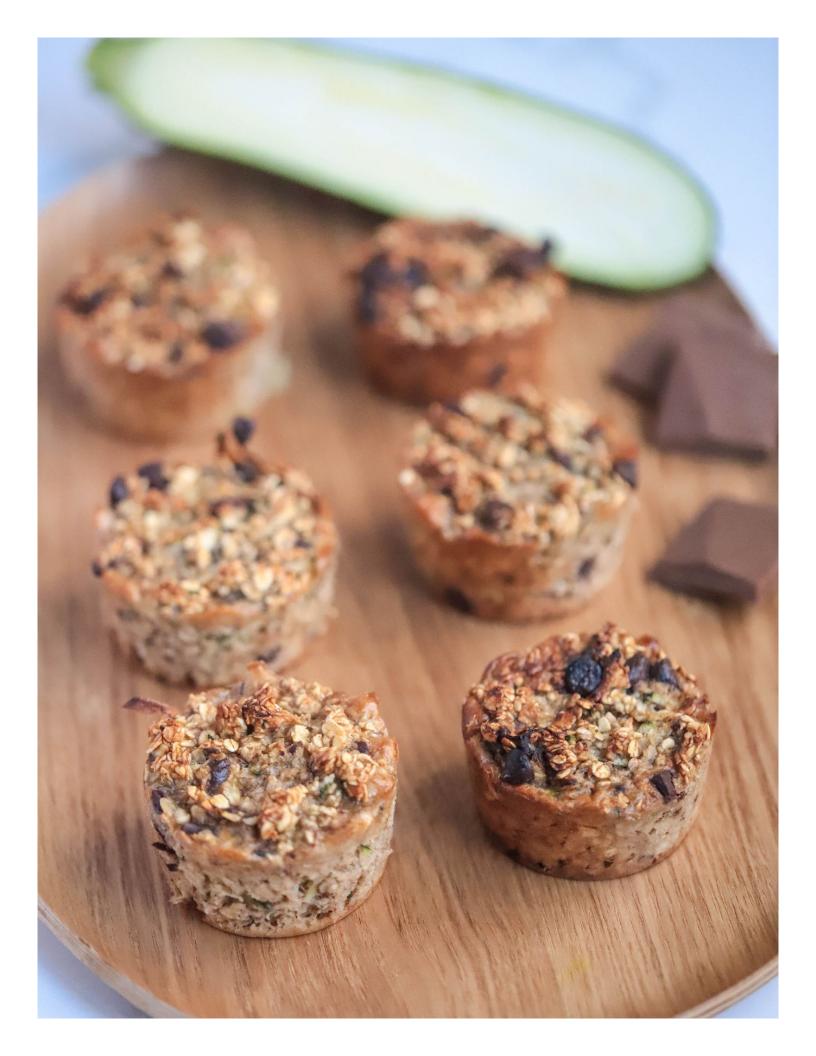
In a separate bowl, whisk together the pumpkin puree, the remaining tablespoon of honey, pumpkin pie spice and cinnamon.

To build the yogurt parfaits, start by adding a layer of granola on the bottom of each glass/dish. Top the granola with a layer of the pumpkin mixture and a layer of yogurt then add a further layer of pumpkin and a further layer of yogurt. Finish the parfait by sprinkling the remaining granola on top of each cup.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	0 min	223	7	27	15	4





### Chocolate Zucchini Oat Muffins

#### **Serves 8 muffins**

5.3 oz. (150g) rolled oats ½ tsp. ground cinnamon 1 tsp. baking powder 1 large egg

4 tbsp. honey

8 fl oz. (240ml) almond milk, unsweetened

5.6 oz. (160g) shredded zucchini, moisture squeezed out

4 tbsp. chocolate chips

#### What you need to do

Preheat the oven to 350°F (180°C). Line a muffin tray with paper or silicone liners.

Place all the ingredients into a large bowl and mix to form a muffin batter. Spoon the muffin batter equally into each of the 8 muffin liners.

Place the tray into the hot oven and bake for 20-25 minutes, until lightly golden.

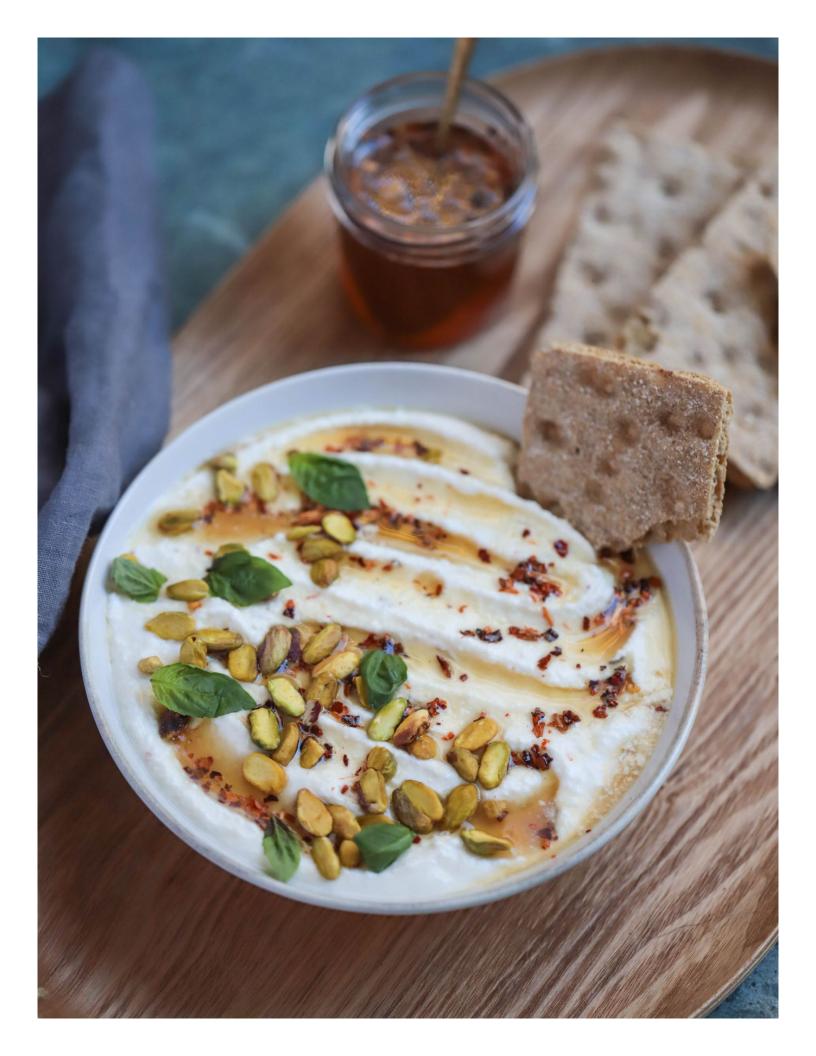
Remove the muffins from the oven and place on a wire rack to cool completely before serving.

Store the muffins in an airtight container.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	163	5	26	4	2





# Hot Honey Cottage Cheese Dip

#### Serves 6

#### For the hot honey:

6 oz. (170g) honey 1 tsp. red pepper flakes ½ tbsp. apple cider vinegar

#### For the cheese dip:

1 lb. (450g) cottage cheese
1 tbsp. extra virgin olive oil + 1
tsp. extra for serving
1 tbsp. hot honey + 1 tbsp.
extra to serving
crack of black pepper
1 tbsp. fresh basil
2 tbsp. pistachios, chopped

#### What you need to do

To make the hot honey add the honey and pepper flakes to a saucepan. Bring this to a simmer over medium heat, remove from heat and stir in apple cider vinegar. Cool to room temperature and transfer to a glass container.

Now add the cottage cheese, olive oil and 1 tablespoon of the hot honey to a food processor. Blend on high for 1-2 minutes until smooth and creamy, stopping throughout to scrape the sides down.

Scoop the whipped cottage cheese into a shallow bowl and top with a drizzle of hot honey, remaining olive oil, black pepper, fresh basil and chopped pistachios.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	196	7	26	9	0

