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PCN HEALTHY RECIPES

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Chicken Madras

Cook our healthy chicken Madras curry and ditch the takeaway menu. This simple family dinner is full of fragrant spices and tender pieces of chicken



Chicken Katsu Curry

This healthier katsu is coated in finely chopped flaked almonds and baked in the oven (rather than fried) until crisp and golden.



Lean Beef Burger

Get inspired by our juicy beef burgers. Pack your mince patties with spices from around the world and stack your buns with cheese, bacon, lettuce and more.



Lean Spaghetti Meatballs

Lentils make a low-fat addition to these minced pork patties for a healthier family favourite - still full of herby, garlicky flavour!



Overnight Oats

This overnight oats recipe is packed full of healthy breakfast goodness! Making overnight oats with yogurt means they're extra thick and creamy



Healthy Pancakes

Make our healthier pancakes using rolled oats and banana for natural sweetness. Serve with a dollop of creamy yogurt and fresh fruit

BREAKFAST

Blueberry Protein Pancakes

Ingredients

- 50g oats
- 1 egg
- 1 tsp of honey
- 1 banana (peeled)
- 10ml low fat milk
- 1/2 tsp of olive oil
- 3 tbsp of blueberries to serve on the side
- 1 dollop of 0% fat Greek yoghurt



Method

1. Blend the oats eggs, honey, bananas and milk. (if you don't have a processor/blender that's fine, they won't win any presentation awards but they'll taste as good)
2. Combine the pancake mixture with some blueberries and stir
3. Lightly oil the pan, and heat to a medium heat
4. Dollop the pancakes mix using a ladle into even portions on the pan. Cook till brown on each side
5. Serve with 0% fat Greek yoghurt and more blueberries.

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Recipe Title

Description

Ingredients

Directions

Image source

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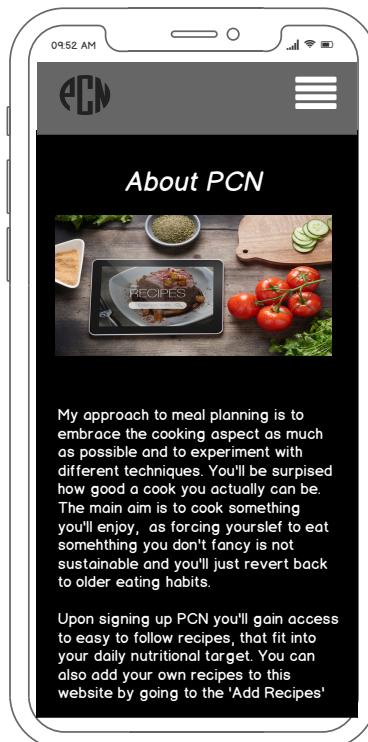
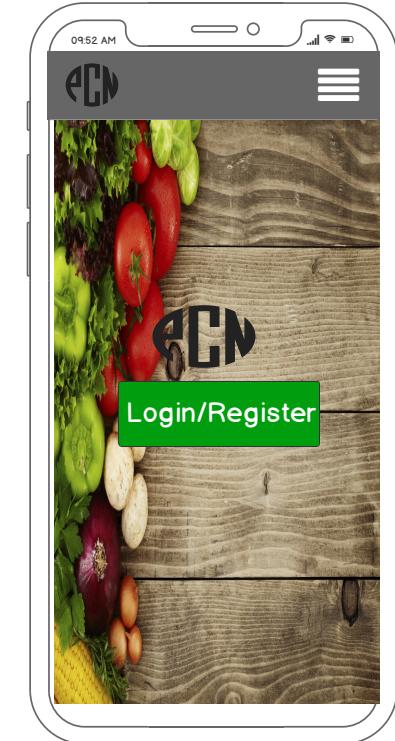
About PCN



My approach to meal planning is to embrace the cooking aspect as much as possible and to experiment with different techniques. You'll be surprised how good a cook you actually can be. The main aim is to cook something you'll enjoy, as forcing yourself to eat something you don't fancy is not sustainable and you'll just revert back to older eating habits.

Upon signing up PCN you'll gain access to easy to follow recipes, that fit into your daily nutritional target. You can also add your own recipes to this website by going to the 'Add Recipes' Page.

Eating healthy doesn't have to be boring, you can experiment with everyday spices to create exciting meals.





10:05 AM

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10:13 AM

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Ingredients

Directions

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