



High Protein Recipes

Fill your day with high protein food!

High protein diet helps to boost body metabolism and increase fat burning. It also reduces appetite and hunger levels as well as increase muscle mass and strength.

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Chicken Satay



Chicken Satay



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Chicken Stay



Preparation Time : 15 mins

Cooking Time : 10mins

Oven Temperature: 170C Fan

Ingredients:

1 tbsp soya source

1 stalk lemongrass

1/2 tsp white pepper

small pinch of salt

300g of chicken strip fillets

3 tablespoon of peanut butter

1 tbsp vegetable oil

Instructions:

- 1. Pound lemongrass or thinly sliced the lemongrass. Put them in a bowl and add soya sauce, salt, pepper, peanut butter and vegetable oils.**
- 2. marinate all the chicken fillets with the marinated sauce.**
- 3. Baked in oven at 180C fan for 20 mins and then they are ready to be served with cucumber or any desired salads.**



Pan Fried Beef Fillets with Peas



Preparation Time : 5 mins

Cooking Time : 10mins

Oven Temperature: NA

Ingredients:

50g frozen peas

2 beef fillets

small pinch of salt and black pepper

Instructions:

- 1. Marinate fillets with salt and pepper.**
- 2. Heat up cast iron skillet with some oil.**
- 3. Pan-fried beef fillets till medium texture.**
- 4. serve with some boiled or steam peas.**

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