Starters

Categories Dropdown Menu

Nutty Chicken Satay

Curried Turkey Lettuce Wrap

Masala Omelette Muffin

Miso Sesame Eggs

Squash Fritanitis

Tuna Lettuce Wraps

Busy Capel

Recipes Login Register

Mains

Categories | Dropdown Menu

Chargrilled Turkey with Quinoa

Tuna Mayo Salads

Grilled lamb with peas

Grilled chicken with quinoa

Heart Lamb

Salmon with minty

Desserts

Categories

Dropdown Menu

Chocolate Mug Cake

Chocolate High Protein Mousse

High Protein Cookies

Low Carb no-baked cheese fluff

Bacon Chocolate Almond

Blueberry Crips

Busy Capel

Recipes Login Register

All Recipes

Categories | Dropdown Menu

Chicken Satay

Chicken Satay

Chicken Satay

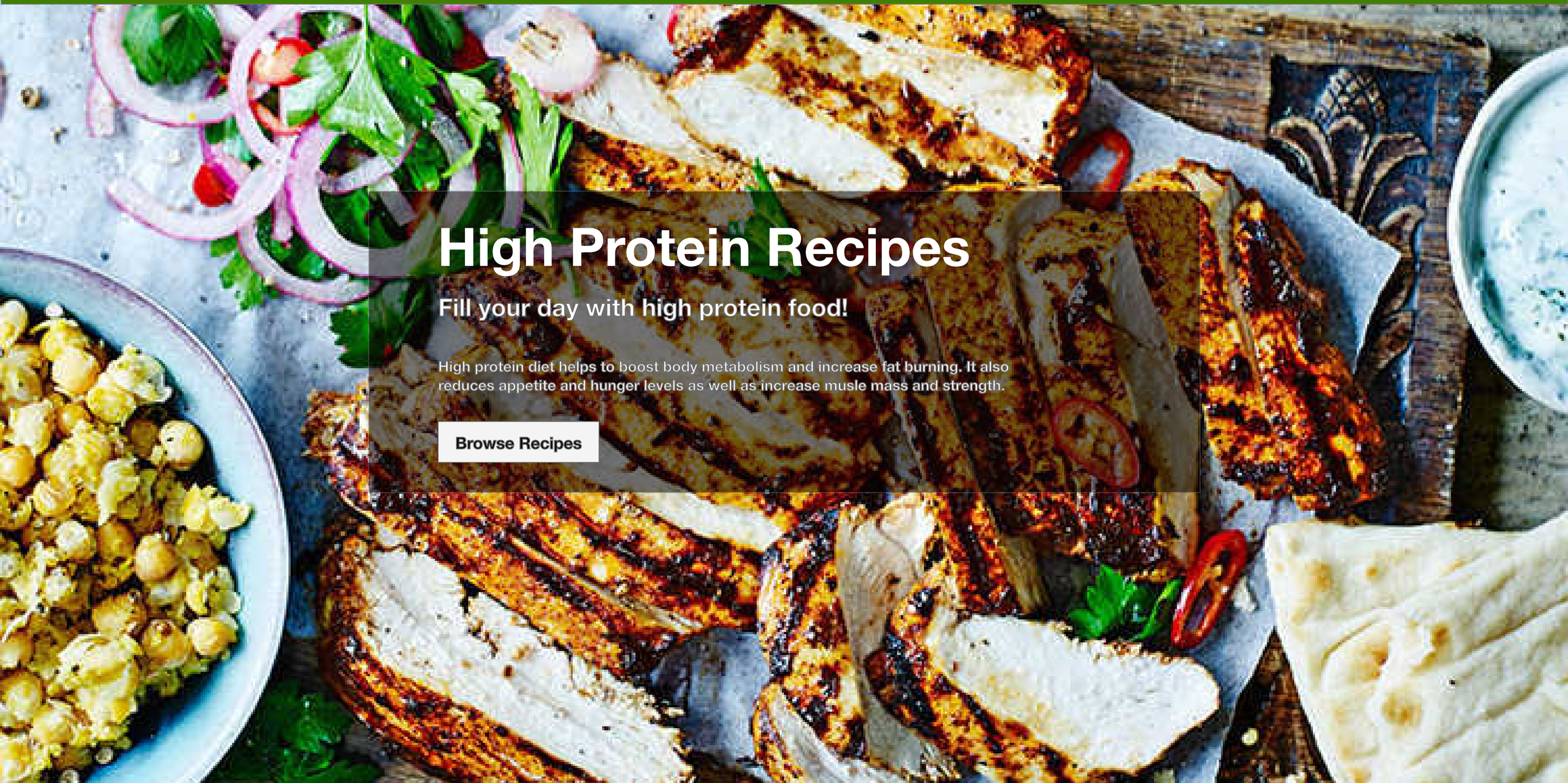
Chicken Satay

Chicken Satay

Chicken Satay

Chicken Satay

Chicken Satay



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 musle mass and strength.

Browse Recipes

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Quick and Easy

Chicken Satay

Beef fillet with peas

Chocolate Brownies

Prawn Lettuce

More Recipes Here

Nutty Chicken Satay

Prepation time: 15mins
Cooking time: 20 mins
Oven temperature: 180C
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.

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Recipe Name:

Ingredients:

Preparation Time:

Cooking Time

Methods

Source of Recipes

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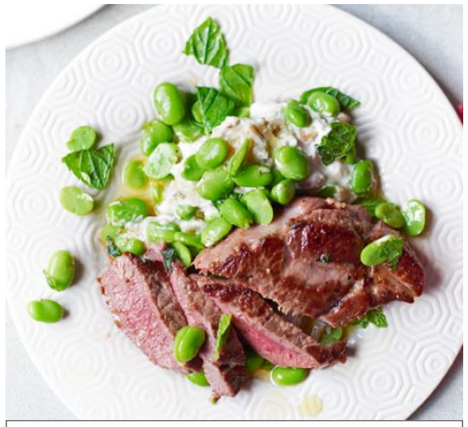
Chicken Satay



Beef fillet with peas

Chocolate Brownies

Pan Fried Beef Fillet with Peas

Prepation time: 15mins
Cooking time: 20 mins
Oven temperature: 180C
Fan

Ingredients:
2 slice of beef fillets
Pinch of salt and pepper
50g of frozen peas

Instruction:
1. Marinate beef fillet with salt and pepper.
2. Heat up cast iron skillet with some oil.
3. Pan fried beef fillet to medium texture.
4. serve with some steamed or boiled peas.

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Edit Your Recipe

Recipe Name:

Ingredients:

Preparation Time:

Cooking Time

Methods

Source of Recipes

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