1-Grilled chicken with charred pineapple salad

## *Ingredients:*

* 1 teaspoon dried oregano
* olive oil
* 2 x 150 g free-range chicken breasts
* 150 g brown rice
* 50 g white cabbage
* 1 large handful of salad leaves
* ¼ of a pineapple
* 50 g natural yoghurt
* 1 fresh red chilli

## *Direction:*

1. Combine the oregano in a bowl with 1 to 2 tablespoons of oil, then season<br> with salt and black pepper.
2. Use a sharp knife to slice into the chicken breasts, then open each one out<br> flat like a book to butterfly. Place in the bowl with the herby oil, turning until well coated, then<br> leave to one side.
3. Cook the brown rice according to the packet instructions, then drain and set aside<br>
4. Finely shred the cabbage, pick the remaining coriander leaves, then toss with the <br>salad leaves.
5. Place a griddle pan over a high heat. Peel the pineapple, remove and discard any core, then chop into 4. Place on the hot griddle pan for a few minutes on each side, or until charred<br>, and transfer to a chopping board.
6. In the same pan, griddle the chicken for 5 minutes on each side, or until <br>charred and cooked through, then remove from the pan and leave to rest on the board for a few<br> minutes.
7. Chop the griddled pineapple into bite-sized chunks, then slice the chicken into<br> thin strips. Deseed and finely chop the chilli.
8. Divide the yoghurt between four plates, then top with the chicken,<br> adding the pineapple on one side and the brown rice on the other. Toss the leaves<br> and cabbage with the juice of the lime half and a little salt and pepper, plus the chopped<br> chilli. Divide between the plates, then serve.

# Tuna fettuccine

1. *Ingredients*

* 50 g whole almonds
* 1 small onion
* 2 cloves of garlic
* 4 anchovy fillets in oil , from sustainable sources
* olive oil
* 300 g dried fettuccine , or linguine
* 4 baby zucchinis
* 300 g tuna , from sustainable sources
* 1 x 400 choped tomatoes
* 1 lemon
* 30 g rome cheese
* olive oil

directions:

Lightly toast the almonds in a large frying pan on a medium heat, then tip into a<br> pestle and mortar, leaving the pan on the heat.

1. Peel the onion and garlic, finely chop with the anchovies and add to<br> the pan with 2 tablespoons of olive oil. Fry for 4 minutes, stirring regularly.
2. Meanwhile, cook the pasta in a pan of boiling salted water<br> according to the packet instructions.
3. Slice the zucchinis ½cm thick, chop the tuna into rough 1cm dice,<br> then stir both into the frying pan. Scrunch in the tomatoes through your clean hands,<br> squeeze over the lemon juice and leave to tick away, stirring regularly.
4. Finely grate the rome cheese . Pound the almonds until fine.<br>
5. Once cooked, use tongs to drag the pasta straight into the frying pan, letting some starchy<br> cooking water go with it. Toss together, then turn the heat off, tear in the zucchinis<br> and toss in the rome cheese and most of the almonds.
6. Check the seasoning, loosen with an extra splash<br> of cooking water, if needed, and serve, sprinkled with the remaining almonds<br>, finished with a drizzle of olive oil

## 10-Minute Margherita Pita Bread Pizzas

### Ingredients:

* 4 brown breads
* 6 oz . tomato sauce
* 2 small tomatoes
* 1 cup lettuce
* 3/4 cup fresh basil
* 6 oz . fresh mozzarella

### Directions:

* Preheat oven to 350 degrees.
* Top each brown bread with tomato sauce, lettuce, tomato slices, basil, and fresh mozzarella.
* Bake on a baking sheet covered in foil paper for 5-7 minutes (or until the cheese melts).
* Remove from oven and enjoy!

## Spicy Grilled Shrimp w/ Pineapple Sauce

### Ingredients

* 1 lb large shrimp, cooked, deveined
* 6 grilling skewers
* 2 Tbsp olive oil or butter
* 1/4 tsp red pepper powder
* 1/2 tsp crushed red pepper
* 1 lime
* 2 Tbsp fresh cilantro (optional)
* 6 grape tomatoes minced
* 3/4 cup pineapple minced

### Directions:

* Preheat the grill to about 350 degrees (or medium-high heat).
* Fully thaw the shrimp and place about 4-5 shrimp on each skewer.
* Mix the oil/butter and red pepper powder together, then coat each shrimp skewer.
* Grill on each side for about 3-5 minutes or until opaque.
* Mix the minced pineapple and minced tomatoes together to create the salsa.
* Top each shrimp skewer with crushed red pepper, fresh lime juice, cilantro, and pineapple salsa.
* Serve and enjoy!