

THE S.W.E.A.T COOKBOOK



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Introduction

In this cookbook you'll find various recipes for meals that you can customise according to your dietary preferences and macro nutrients requirements. If you don't know your macro nutrient requirements but would like to know visit our website now for the free to use tool.

A delight of Subcontinent...

PRAWN AND EGG STIRFRY

Servings: 04

Preparation time: 5 minutes

Cook time: 15 minutes



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Ingredients

- King Prawns
- 2 Eggs
- Stir fry mixed veg
- Salt
- Black Pepper
- Soy sauce
- Garlic Paste
- Onions

Directions

1. Put a wok on the stove and put a bit of sunflower and turn the heat to medium high
2. Once the oil has warmed up start to put the diced onions in the wok until they are browned
3. Then add your prawns in and cook until brown
4. Move the onions and prawns to to the side of the wok and then add your garlic paste to let simmer for 2

- *Sunflower Oil*
- *Cayenne Pepper*

minutes then add your 2 eggs into the woke and wait to cook.

5. Then add your veg in the wok and season with salt, black pepper, cayenne and 1 tea spoon of soy sauce for 2-3 minutes.

Amazingly the best

JOLLOF COUSCOUS WITH SALMON

Servings: 04

Preparation time: 20 minutes

Cook time: 40 minutes



Ingredients

Directions

- *Couscous*
- *Plum Tomato*
- *Tyme*
- *Onions*
- *Scoth Bonnet*
- *Salmon*
- *Salt*
- *Black Pepper*
- *Tomato puree*
- *Bay Leaves*
- *Cayenne*
- *Chicken stock*
- *1 Bell Pepper*
- *Sunflower oil*

- 1) Place a large pot on medium heat. Heat up oil. Add in sliced onion and fry until slightly brown. Add in bay leaf, curry, thyme and white pepper. fry for a few seconds. Add in stew base and tomato paste. Cover and leave to boil for 10 minutes or until oil floats to the top.
- Season with 3 magi cubes and salt. Add in 3 cups of water. Stir. Taste and adjust for seasoning. Cover and leave to boil for 5 minutes.
 - Add couscous and cover with lid and wait for it to absorb the stew for 10 minutes until fluffy
 - Wash salmon with lemon juice and water and season with salt, black pepper and cayenne
 - ON pan put sunflower oil and put on medium heat until warm
 - Add salmon fillets to pan fry for 7 minutes each on both sides.

Low cost & high taste...

GROUND TURKEY PASTA

Servings: 04

Preparation time: 60 minutes

Cook time: 40 minutes



Ingredients

- *Penne Pasta*
- *Ground Turkey*
- *Frozen Vegetables*
- *Baby Potatoes*
- *Tomato Pesto*

Directions

- 1.** Boil pasta till cooked to your liking.
- 2.** Then in a skillet add some olive oil and cook and season your ground turkey to your liking.
- 3.** After that add your peppers and onions.
- 4.** Once the pasta is done, drain it.
- 5.** Add your pasta to your ground chicken in the skillet and Mix.
- 6.** Following this add the 2 jars of Barilla tomato pesto.
- 7.** Mix and add your red chili flakes if you like your food spicy.
- 8.** Sauté your frozen veggies Add olive oil on a baking sheet, then season your cut potatoes with salt and pepper and bake your potatoes for 15-20 minutes

Tastiest & healthiest...

SPINACH ALFREDO

Servings: 04

Preparation time: 60 minutes

Cook time: 40 minutes



Ingredients

Asparagus

Whole grain Linguine

Zucchini

Baby potatoes

3 Bell Peppers

Thin sliced Chicken

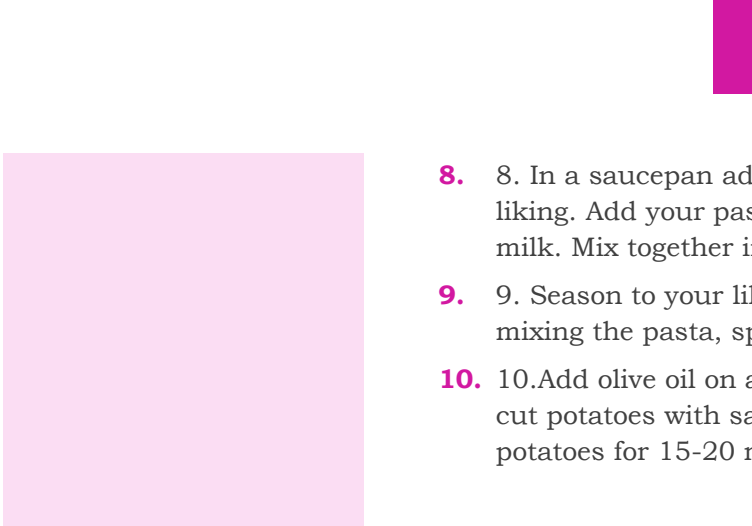
Breast Spinach

Coconut Milk

Italian seasoning

Directions

1. Preheat the oven to 400 degrees. Season the chicken breasts on both sides with salt, pepper and the Italian seasoning.
2. Heat the olive oil in a large pan over medium high heat. Add the chicken breasts and cook for 3-5 minutes on each side or until browned.
3. Transfer the chicken to a baking dish.
4. Cut Zucchini, Peppers and Asparagus add seasoning and bake with chicken.
5. Bake for 25 minutes or until chicken is cooked through. Bake time may vary depending on the thickness of your chicken breasts.
6. Spoon the sauce on the bottom of the baking dish over the chicken.
7. For the Pasta boil your whole grain linguine until al dente.

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8. 8. In a saucepan add spinach and season to your liking. Add your pasta and then add a can of coconut milk. Mix together in skillet.
 9. 9. Season to your liking, using salt, pepper while mixing the pasta, spinach and coconut milk.
 10. 10. Add olive oil on a baking sheet, then season your cut potatoes with salt and pepper and bake your potatoes for 15-20 minutes