

Recipe Card

By JWC Health & Fitness

Lunch

Lemony tuna pitta pockets

298kcal | 46c 27p 2f



Ingredients

- 1 head baby gem lettuce
- Cucumber
- Fresh mint
- 1 tbsp fresh lemon juice
- 100g can tuna in brine
- 2 mini pitta breads

Method

- Shred the lettuce and mix with some chopped cucumber, a pinch chopped fresh mint and the lemon juice.
- Drain and flake the tuna, stir into the salad. Season if you want to. Slit open the pitta-breads and warm briefly in a toaster.
- Stuff pitta pockets with the salad and tuna mix.

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Lunch

Roasted chicken breast with cherry tomatoes and asparagus

389kcal | 9.5c 4.1.6p 19.7f



Ingredients

- 1 higher-welfare chicken breast (approx. 150g)
- 8 sticks asparagus
- 6 cherry tomatoes
- 2 rosemary sprigs
- 1 pinch sea salt
- 1 pinch freshly ground black pepper
- Olive oil
- White wine
- Balsamic vinegar

Method

- Preheat the oven to 200°C/400°F/gas 6.
- Put 1 chicken breast, with its skin left on, in a bowl. Add 8 trimmed sticks of asparagus, 6 halved cherry tomatoes and the leaves from 1 sprig of fresh rosemary plus a whole sprig of rosemary as well.
- Toss everything together with a pinch of sea salt and freshly ground black pepper and a drizzle of olive oil. Put the veg into a tinfoil tray and place the chicken and rosemary sprig on top. Season well.
- Add some white wine and cook in the middle of the oven for 25 to 35 minutes.
- Serve drizzled with balsamic vinegar.

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Lunch

Roasted Pepper & Tomato soup

306kcal | 22c 8p 19f



Ingredients

- 400g tomatoes, halved
- 1 red onion, quartered
- 2 Romano peppers, roughly chopped
- 2 tbsp good quality olive oil
- 2 garlic cloves, bashed in their skins
- few thyme sprigs
- 1 tbsp red wine vinegar
- 2 tbsp ricotta
- few basil leaves
- 1 tbsp mixed seeds, toasted

Method

- Heat oven to 200C/180C fan/gas 6. Put the tomatoes, onion and peppers in a roasting tin, toss with the oil and season. Nestle in the garlic and thyme sprigs, then roast for 25-30 mins until all the veg has softened and slightly caramelised. Squeeze the garlic cloves out of their skins into the tin, strip the leaves off the thyme and discard the stalks and garlic skins. Mix the vinegar into the tin then blend everything in a bullet blender or using a stick blender, adding enough water to loosen to your preferred consistency (we used around 150ml).
- Reheat the soup if necessary, taste for seasoning, then spoon into two bowls and top each with a spoonful of ricotta, a few basil leaves, the seeds and a drizzle of oil. Serve with bread for dunking.

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Lunch

Salmon Pasta Salad

475kcal | 31c 35p 22f



Ingredients

- 40g whole-wheat penne
- 1 tbsp rapeseed oil
- 1/2 large red pepper, roughly chopped
- 1 frozen, skinless wild salmon fillets (about 120g)
- 1/2 lemon, zested and juiced
- 1 garlic clove, finely grated
- 1/2 shallot, very finely chopped
- 1 tbsp capers
- 3 pitted Kalamata olives, sliced
- 1 tsp extra virgin olive oil
- 1 handfuls rocket

Method

- Cook the pasta following pack instructions. Meanwhile, heat the rapeseed oil in a frying pan, add the pepper, cover and leave for about 5 mins until it softens and starts to char a little. Stir, then push the pepper to one side and add the salmon. Cover and fry for 8-10 mins until just cooked.
- Meanwhile, mix the lemon zest and juice in a bowl with the garlic, shallot, capers and olives.
- Add the cooked pepper and salmon to the bowl. Drain the pasta and add it too, with black pepper and the olive oil. Toss everything together, flaking the salmon as you do so. If eating now, toss through the rocket; if packing a lunch, leave to cool, then put in a container with the rocket on top and mix through just before eating.

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Lunch

Spicy Avocado Wraps

448kcal | 36c 22p 23f



Ingredients

- 120g Quorn chicken-style pieces
- generous squeeze juice ½ lime
- 1/4 tsp mild chilli powder
- 1/2 garlic clove, chopped
- 1 tsp olive oil
- 1 seeded wraps
- 1/2 avocado - stoned
- 1/2 roasted red pepper, from a jar
- few sprigs coriander, chopped

Method

- Mix the vegetarian, chicken-style pieces with the lime juice, chilli powder and garlic.
- Heat the oil in a non-stick frying pan then fry the pieces for a couple of mins, while you warm the wrap following the pack instructions or if you have a gas hob, heat them over the flame to slightly char them. Do not let them dry out or they are difficult to roll.
- Squash the avocado onto the wrap, add the peppers to the pan to warm them through, then pile onto the wraps with the chicken-style pieces, and sprinkle over the coriander. Roll up, cut in half and eat with your fingers.

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Lunch

Spicy Couscous Salad

317kcal | 41c 14p 12f



Ingredients

- 50g couscous
- 110g can chickpea, rinsed and drained
- 50ml hot chicken stock
- zest and juice 1/2 lemon
- 1/2 roasted red pepper, chopped
- 12g flaked toasted almonds
- handful mint leaves, chopped
- 1 tbsp natural Greek yogurt
- 1/2 tsp harissa

Method

- Tip the couscous and chickpeas into a bowl and pour over the stock.
- Cover and leave for 5-10 mins until the couscous has absorbed the stock. Allow to cool a little.
- Toss through the lemon zest and juice, pepper, almonds and mint. Spoon into a container, then top with the yogurt and a drizzle of harissa.

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Lunch

Spicy Tuna & Cottage Cheese Jacket

439 kcal | 33c 64p 5f



Ingredients

- 225g can tuna, drained
- ½ red chilli, chopped
- 1 spring onion, sliced
- handful halved cherry tomatoes
- ½ small bunch coriander, chopped
- 1 medium-sized jacket potato
- 150g low-fat cottage cheese

Method

- Preheat the oven to 180C/Gas 4/fan oven 160C. Prick the potato several times with a fork and put it straight onto a shelf in the hottest part of the oven. Bake for approximately 1 hour, or until it is soft inside.
- Mix tuna with chilli, spring onion, cherry tomatoes and coriander. Split jacket potato and fill with the tuna mix and cottage cheese.