

BODYGUARDS

HEALTHY RECIPES

WARM TUNA AND BEAN SALAD

INGREDIENTS:

455g Tuna steaks, fresh or defrosted, skinned and cubed
1 x 15ml Spoon (1 tablespoon) olive oil
1 clove garlic, crushed
1 red onion, thinly sliced
1 x 420g can of red kidney beans, drained
2 tomatoes, chopped
half cucumber

DRESSING

2 X 15ml Spoons (2 Tablespoons) Olive oil
2 X 15ml Spoons (2 Tablespoons) Fresh chopped parsley
1 X 15ml Spoon (1 Tablespoons) Fresh chopped basil
2 X 5ml Spoon (2 Teaspoons) vinegar
Salt and Black pepper
or
5 15ml (5 Tablespoons) French Dressing
Salad leaves to garnish

METHOD:

Heat the oil in a shallow pan. Add the garlic, onion and tuna. Reduce the heat, cover and cook for 5-7 minutes

Spoon the tuna and liquid into a large dish. add the beans, tomatoes and cucumber.

Place the dressing ingredients into a screw-topped jar and shake well. Pour over the fish salad and serve on a bed of salad leaves

SERVES 2

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HEALTHY RECIPES

**GRILLED MONKFISH WITH SWEET
CHILLI GLAZE**

INGREDIENTS:

2 X 170g Monkfish tail, skinned, fresh or defrosted
1 Red chilli, finely chopped
2 x 5ml Spoon (2 Teaspoons) Dark soy sauce
Grated rind and juice of 1 lime
1/4 x 5ml Spoon (quarter of a teaspoon) allspice berries, crushed
55g light soft brown sugar

METHOD:

Preheat the grill.

Stir the chilli, soy sauce, lime rind and juice, allspice and sugar together.

Grill the fish for about 3 minutes. Turn over and grill for 4 minutes. Spoon the chilli mix over the fish. Return to the grill for a further 2-3 minutes.

Serve with sweet potato mash and green beans.

SERVES 2

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**SEARED SALMON WITH WARM GINGER
AND LIME DRESSING**

INGREDIENTS:

4 X 175g Scottish quality salmon fillets, skin removed
1 Tablespoon olive oil
Salt & black pepper to season
New potatoes
Seasonal vegetables of your choice

DRESSING

1 piece preserved ginger in syrup, chopped finely (or half piece root ginger, peeled and chopped)
Rind and juice of 2 limes
2 Tablespoons runny honey
1 Tablespoon water

METHOD:

Heat the oil in a large frying pan or griddle pan and fry the salmon on both sides for 2-3 minutes each until cooked through. Season the Salmon.

Place the dressing ingredients into a small pan and heat gently until warmed through and the honey is melted.

Serve the dressing spooned over the salmon with boiled new potatoes and seasonal vegetables

SERVES 4

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HEALTHY RECIPES

CHICKEN NOODLE BROTH (RAMEN)

INGREDIENTS:

- 1 Tablespoon mixed seeds (pumpkin, poppy, sunflower)
- Small handful of cashew nuts
- 2 Breasts of organic free range chicken
- 2 Teaspoons five spice
- Salt & black pepper
- 1 Teaspoon olive oil
- Thumb sized piece of fresh root ginger
- 1 fresh red chilli
- 1 Organic chicken stock cube
- 100g Rice noodles
- 1 Handful mangetout
- 6 Thin asparagus
- 6 Baby corn
- Soy sauce
- Juice of 1 lime
- Small handful of spinach leaves

METHOD:

Boil the kettle. Put a medium frying pan or wok on high heat and add the seeds and cashew nuts.

Put a large saucepan on high heat and fill with 1litre of boiling water and cover.

Toss the nuts and seeds around until cooked through (2 minutes) when done put them on a plate and return the empty pan to the heat. Slice the chicken breasts lengthways and put into a bowl. Sprinkle the chicken with the five spice, salt & pepper.

Add a little oil to your hot pan and add your chicken and cook for 5 minutes until golden.

While the chicken is cooking, peel and finely slice the ginger and slice the chilli.

Crumble the stock cube into the pan of boiling water and add half the chilli, all the ginger, noodles, mangetouts, asparagus and baby corn with 2 tablespoons of soy sauce. Bring to the boil and cook for 2-3 minutes, stirring. Half the lime and squeeze in the juice.

The chicken should be cooked when the noodles and veg are done.

To serve, divide the spinach between your bowls and pour over the broth, noodles and vegetables. Divide the chicken pieces over and scatter with the toasted seeds, cashews and remaining chilli

SERVES 2

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DUNKS TUNA SALAD

INGREDIENTS:

Bowl of fresh rocket and assortment of salad leaves
2 Tins of tuna chunks
Handful of roasted pine nuts or handful of assorted nuts (cashew, hazelnut, almonds)
Goats cheese
Half red onion, thinly sliced
Handful of cherry tomatoes, halved
Half an apple, cut into chunks
Half an avocado, sliced
Half a green pepper, sliced

DRESSING

Quality extra virgin olive oil
Balsamic vinegar
1-2 garlic cloves, crushed
1/2 Teaspoon honey
1/2 Teaspoon mustard
1 Teaspoon mayonnaise
Salt + black pepper

METHOD:

Put the pine nuts in a small saucepan on a medium heat and keep shaking it until the nuts are golden. When done put on a plate to cool.

Wash the rocket and leaves then put in a large bowl along with tuna, onion, tomatoes, apple chunks, green pepper and avocado, then mix. Sprinkle chunks of goats cheese and the nuts on top.

1/3 fill a small screw top jam jar with olive oil and then put in the same amount of balsamic vinegar. Add the garlic, honey, mustard and mayo, season, then put on the lid and give it a good shake.

Serve on a plate and pour/drizzle the dressing over the top to taste

SERVES 2

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PORK KEBABS

INGREDIENTS:

400g Free range or organic pork fillet
16 small mushrooms
1 medium red onion
bunch of fresh rosemary
2 lemons
1 heaped teaspoon ground cumin
Extra virgin olive oil
1 Teaspoon runny honey
Sea salt + black pepper

METHOD:

Preheat a griddle pan on high heat for 5 minutes. Wipe the mushrooms and cut off the stalks. Slice the pork into 2cm chunks (similar size to the mushrooms). Peel the onion, halve and then quarter the halves.

Pull the rosemary leaves off the stalk. Zest one lemon and chop finely with the rosemary. Add the cumin, salt + pepper and scatter over your clean work surface. Drizzle the meat, onions and mushrooms with olive oil and roll them in the rosemary, lemon zest and cumin mix.

Preferably with metal skewers, skewer a piece of pork followed by a mushroom and then onion and repeat until all the pieces have been used. Don't squeeze everything together too tightly.

Put your skewers on the now very hot griddle and push them down gently. Cook for about 10 minutes turning every two and a half minutes until everything is golden brown. Use a sharp knife to check the pork is cooked through.

When done, drizzle the kebabs with a little olive oil, a little more salt, a good squeeze of lemon and a tiny drizzle of honey and cook for a further 1 minute, turning the skewers regularly.

Remove the kebabs to a plate and drizzle the juices from the pan over them. Serve with lemon wedges and anything from dips, salsas, salad cream to salad or rice.

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THAI GREEN CURRY

INGREDIENTS:

- Large bunch of asparagus
- 1/2 a fresh red chilli
- 1 Tablespoon groundnut oil
- 1 Tablespoon sesame oil
- 2 Breasts of chicken, skinned and sliced into finger sized strips
- 1 x 400ml tin of coconut milk
- Handful of mangetout
- 1 Lime

GREEN CURRY PASTE

- 2 Stalks of lemongrass
- 4 Spring onions
- 3 Fresh green chillies
- 4 Cloves of garlic
- 1 Thumb-sized piece of fresh root ginger
- Large bunch of fresh coriander
- 1 Teaspoon coriander seeds
- 3 Tablespoons soy sauce
- 1 Tablespoon Fish sauce

METHOD:

Trim the lemongrass stalks, peel back and discard the outer leaves then crush the stalks with a rolling pin. trim the spring onions. Halve and de-seed the green chillies. Peel and roughly chop the garlic and ginger.

Set aside a few sprigs of fresh coriander and whiz the rest in a food processor with the lemongrass stalks, spring onions, chillies, garlic, ginger and coriander seeds until finely chopped. Pour in the soy sauce and fish sauce then whiz again into a smooth paste.

Snap the woody ends off the asparagus and discard, then finely slice them lengthways with a sharp knife. Finely chop the red chilli and put to one side.

Add the oils to a large pan over a high heat and stir-fry the chicken strips for 8 minutes until golden, adding the curry paste about halfway through. Add the asparagus and stir fry for a further 30 seconds then pour in the coconut milk and add the mangetout. Give it all a good stir, bring to the boil then cook for a few minutes. Finally squeeze the lime and add the juice.

Serve the curry sprinkled with the remaining coriander leaves and chopped red chilli on a bed of fluffy rice

SERVES 2

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HEALTHY RECIPES

SIZZLING BEEF STIR FRY WITH BLACK BEAN SAUCE

INGREDIENTS:

Sea salt + freshly ground black pepper
200g Basmati rice
1 x 230g Sirloin or rump steak
Thumb-sized piece of fresh root ginger
2 Cloves of garlic
1/2 Fresh red chilli
2 spring onions
Small bunch of fresh coriander
2 Tablespoons sesame oil
groundnut oil
2 Tablespoons of good quality black bean sauce
2-3 Tablespoons soy sauce
2 Limes
1 free range egg

METHOD:

Boil the rice in a pan of salted water for the recommended time. Drain the rice in a sieve, run it under cold water then allow to fry in the fridge.

Trim any excess fat from the steak and slice into strips. Peel and finely slice the ginger and garlic. Finely slice the chilli and the spring onions. Pick the coriander leaves, put to one side and finely chop the stalks. Put all the ginger, garlic, chilli, spring onions, coriander stalks and steak strips in a big bowl, add the sesame oil and mix together.

Preheat a large wok on high heat and when very hot add a good lug of groundnut oil and swirl it round. Add all your chopped ingredients from the bowl and mix everything around quickly. Stir-fry for 2 minutes.

Add the black bean sauce and 1 tablespoon of soy sauce and the juice of half a lime. Keep stirring/tossing. Season to taste with a little black pepper and more soy sauce. Remove from heat, transfer everything to a bowl and cover with tin foil.

Give the pan a quick wipe then return to the heat and add another lug of groundnut oil. Crack in your egg and a tablespoon of soy sauce and stir. Once scrambled add your cooled rice and continue to stir

Serve the rice on a plate or in a bowl and spoon the meat and black bean sauce over the top, sprinkled with the coriander leaves and a slice of lime

SERVES 2

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HEALTHY RECIPES

CHICKEN FAJITAS

INGREDIENTS:

1 Red Pepper, sliced into strips
1 Medium red onion, sliced into rings
2 organic chicken breasts, skinless and boned, sliced into strips
1 Teaspoon smoked paprika
Pinch of ground cumin
2 limes
olive oil
Sea salt + freshly ground black pepper
4 Flour tortillas
1 x 150ml tub of soured cream
1 x 230g tub of guacamole
100g Cheddar cheese

SALSA

1/2 -1 Fresh red chilli
15 Cherry tomatoes
Small bunch of fresh coriander
Sea salt + freshly ground black pepper
1 Lime
Extra virgin olive oil

METHOD:

Put a griddle pan on high heat. Put the strips of chicken, pepper and onion into a bowl with the paprika and cumin and squeeze over half a lime, drizzle a lug of olive oil, season with salt + pepper and mix well. Put to one side to marinate for 5 minutes.

Finely chop your chilli. Roughly chop your tomatoes and the coriander, stalks and all. Put your chilli and tomatoes into a second bowl with salt + pepper and the juice of one lime. Add a good lug of olive oil then stir in your coriander to complete the salsa.

Place the marinated chicken, peppers and onion into the now hot griddle pan and stir fry for 8 minutes or until golden. Warm your tortillas in a dry pan or microwave if necessary.

Serve your warm tortillas on a plate and allow yourselves to dish out the chicken and vegetables at the table from the griddle pan. Try squeezing half a lime into the pan for a little sizzle ! Serve with the tubs of soured cream, guacamole,

grated cheddar and fresh salsa. Then get rolling ! You could also include some thinly sliced lettuce and grated carrots for more variety if you like ?

SERVES 2

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HEALTHY RECIPES

SWEET POTATO AND CHORIZO SOUP

INGREDIENTS:

2 Carrots
2 Sticks of celery
2 Medium onions
2 Cloves of garlic
800g Sweet potatoes
200g Chorizo sausage
Small bunch of fresh parsley
Olive oil
1 Heaped teaspoon of curry powder
2 Chicken or vegetable stock cubes
Sea salt + freshly ground black pepper
1 Fresh red chilli

METHOD:

Peel and roughly slice the carrots. Slice the celery. Peel and roughly chop the onions. Peel and slice the garlic. Peel and chop the sweet potatoes. Slice the chorizo. Finely chop the parsley leaves and stalks.

Put a large pan on a high heat and add 2 tablespoons of olive oil. Add all your chopped and slice ingredients with the curry powder and mix together with a wooden spoon. Cook for 10 minutes with the lid askew, until the carrots have softened but still holding their shape, and the onion is lightly golden.

Put the stock cubes into a jug or pan and pour in 1.8litres of boiling water from the kettle. Stir until the stock cubes are dissolved, then add to the vegetables. Give the soup a good stir and bring to the boil. Then reduce the heat and simmer for 10 minutes, until the sweet potato is cooked through.

Season with salt + pepper and then if you prefer your soup smooth and not chunky, pulse the soup with a hand blender or liquidizer and serve in bowls with a little sprinkle of finely chopped red chilli

SERVES 4-8

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HEALTHY RECIPES

DAVE'S BAD BOY CHILLI

INGREDIENTS:

500g lean steak mince
1 large onion
2-3 garlic cloves
chilli's (to your liking)
8 mushrooms
1 green pepper
400g drained kidney beans
2x 400g tinned tomatoes
2-3 tbsp chilli powder
2 tbsp paprika powder
2 tbsp cumin powder
1tbsp marjoram (dried)
fresh coriander
rice (wholemeal or organic)

METHOD:

Cut onions and garlic. Put onions and mushrooms into a pot. Add organic butter and soften for 10minutes on a low gas/heat.

While onions soften, chop peppers, garlic, chilli's, and drain kidney beans.

Once onions and mushrooms softened, remove and put to one side. Turn heat up to medium and brown mince for 3-4 minutes. Then add garlic , chilli's, chilli powder, paprika, cumin, and pepper. Cook for 2minutes

Then add tinned tomatoes, and dried marjoram and kidney bean. Bring to boil, then cook and simmer on a low heat.

Then cook rice, 5 minutes before rice is ready add basil to the chilli and stir in.

Put a large pan on a high heat and add 2 tablespoons of olive oil. Add all your chopped and slice ingredients with the curry powder and mix together with a wooden spoon. Cook for 10 minutes with the lid askew, until the carrots have softened but still holding their shape, and the onion is lightly golden.

SERVES 4-8

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HEALTHY RECIPES

DAVE'S CHICKEN BEAN SPROUT STIR-FRY

INGREDIENTS:

500g chicken breast (cut into 2cm cubes)
8 spring onions
8 baby corn
1 red pepper
6 mushrooms
2-3 cloves of garlic
ginger (thumb)
chilli's (to your liking)
Chinese 5S spice (Schwartz) (2 tablespoons)
sesame oil
1 bag bean sprouts
honey 1 tbsp

METHOD:

Heat some sesame oil in a wok and add chicken and seal on a medium heat.
While sealing the chicken, cut up vegetables, garlic, chilli and ginger.

Once chicken is sealed add 2 tablespoons of Chinese 5 spice, chilli, ginger garlic and honey, and stir in and cook for a further 2 minutes.

Then add all the vegetables and cook for a further 3 minutes.

SERVES 4-8

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HEALTHY RECIPES

spicy monkfish with quinoah

INGREDIENTS:

400g Quinoah
olive oil
2 lemons
sea salt and fresh ground pepper
2cloves of garlic
1 fresh red chilli
bunch of basil
1 teaspoon whole cumin seeds
1/2 tbsp ground cinnamon
monkfish de-toned and gutted
200g king prawns raw, peeled
1x 400g tinned chopped tomatoes
2 handfuls of fresh or frozen peas

METHOD:

Put quinoah into a saucepan and cook to packet instructions. When cooked halve the lemons and squeeze in the juices from 2 of the halves. (10-15mins)

Get a large saucepan on a medium heat. Peel and finely slice garlic. Finely slice chilli. Chop the basil. Add olive oil to pan. Add garlic, chilli, basil, cumin seeds and cinnamon. Give it a stir and out the monkfish on top. Add the prawns. Add tinned tomatoes, peas. Squeeze in 2 halves of lemon juice , put a lid on pan. Bring to the boil, turn down heat and simmer for 8 minutes. Taste and season with salt and pepper.

Put your quinoah onto a plate and top with fish and the contents from saucepan. Add some fresh basil on top.

SERVES 4-8

BODYGUARDS

HEALTHY RECIPES

dave's chicken stew

INGREDIENTS:

1 bag of small boiled Potatoes
400g chicken breast
2 onions
Vegetables (to your liking)
2-3 cloves of garlic
Stock cube (chicken or vegetable)
Salt and pepper

METHOD:

Par boil Some potatoes.

Heat a saucepan on medium heat. Put in some organic butter. Add your chopped chicken breast and seal the chicken (4-5 minutes)

Put in some organic butter. Chop onions. Add to saucepan on a low heat until brown and soft (10 minutes). Then remove and put in a dish.

Add all your vegetables and par boiled potatoes, onions, garlic, and stir.

Add stock (1 litre) bring to boil and simmer for 30-45 minutes.

Add salt and pepper for taste.