

# URBAN HEALTH RECIPE

## BREAKFASTS

### 1) Streak whites

This easy breakfast dish is rich in protein from egg whites and bacon, low calorie, low carb, and very flavorsome! Eating balanced fats with high protein gives you the energy boost you need for the start of a day.

The variety of the juicy tomatoes, crispy bacon, and soft egg whites allows your pallet to experience a range of textures, whilst the simple asparagus refreshes the taste buds.

#### Serves: 1

Prep time: 5 minutes

Total/Max time: 20 minutes

#### Ingredients

2 Egg whites [100g]

Tomato, whole [100g]

Asparagus [100g]

Un-smoked bacon [Two rashers/20g]

Pinch of Black Pepper

Pinch of salt

#### Directions

- Dice tomato into small cubes and leave on the side.
- Turn frying pan on medium heat.
- Place bacon strips onto pan, and leave to fry, flipping and pressing on both sides until oil is released.
- Pour the egg whites over the bacon and cook for 2-4 minutes, (flipping if desired).
- In a separate pot, pour water to fill 1/3 of the depth of the pot - on high heat leaving to boil.
- Remove eggs and bacon using a spatula onto serving plate.
- Add chopped tomatoes into the same pan, and cook for 2-3 minutes on low-medium heat, adding a pinch of black pepper if desired.
- Place the 100g asparagus (approx. 3-4 sticks depending on size) into the other boiling water pot.
- Remove the tomatoes from the pan, and place over the eggs and bacon on serving plate.
- Once the Asparagus is soft, drain from pot, dry, and place on serving plate on the side, with salt to taste

#### Special Diet Information

- Dairy free
- Gluten Free
- High protein

|                                      |         |        |
|--------------------------------------|---------|--------|
| Nutrition information per 1 serving: |         |        |
| Energy                               | 746.3kj | 176cal |
| Fat                                  | 7.5g    |        |
| of which saturates                   | 2.6g    |        |
| Carbohydrate                         | 4.8g    |        |
| of which sugars                      | 5.7g    |        |
| Protein                              | 32g     |        |
| Salt                                 | 1.41g   |        |

# URBAN HEALTH RECIPE

## LUNCHES

### 1) Egg White Vegetable Frittata

#### Serves: 1

Prep time: 10 minutes

Total time: 15 minutes

Ingredients

4 Egg whites [200g]

½ medium red pepper [measurement]

½ medium green pepper [measurement]

¼ teaspoon Himalayan rose pink salt (Available at nibbleme.co.uk)

¼ teaspoon dried oregano

Vio-life Non-dairy Cheese (30g)

#### Directions

Dice the red and green peppers into small pieces and set aside.

Grate 30g of the non-dairy cheese and set aside.

In a bowl, whisk the egg whites (a fork will do).

In a non-stick pan, place the peppers with 50ml of water, and leave to simmer for 3-5 minutes on medium heat.

Add the egg whites, and seasonings.

Add the cheese, and leave to cook until melted.

Serve in a plate, and enjoy!

#### Special Diet Information

- Gluten Free
- Vegan

### 2) Sweet Salmon noodles

#### Serves: 1

Prep time: 10 minutes

Total time: 20 minutes

Ingredients

1 poached Scottish Salmon Fillet [80g]

Miracle Noodle Angel Hair | [200g] (Available at nibbleme.co.uk)

Lee Kum Kee Teriyaki Sauce | [15g]

Tenderstem Broccoli [100g]

#### Directions

In a non-stick pan cook the broccoli on medium heat with 50ml of water, and add the teriyaki sauce, for 5 minutes.

Cook the miracle in noodles in a separate pot of boiling water for 2-3 minutes.

Drain, and add to the broccoli and sauce, tossing together for 2-3 minutes on high heat.

Warm the poached salmon fillet separately. Serve the noodles and broccoli in the sauce on a plate, and place the salmon fillet on top.

#### Special Diet Information

- [Gluten free? Diabetic appropriate? Add any special diet information here.]

### 3) Courgette Curry

#### Serves: 1

Prep time: 5 minutes

Total time: 20 minutes

Ingredients

Miracle Noodle Rice [200g] (Available at nibbleme.co.uk)

1 medium Courgette [100g]

Blue Dragon Coconut Milk Reduced Fat [100ml] (Available at nibbleme.co.uk)

Tofu [70g]

Geo Organic Korma Curry paste [40g] (Available at nibbleme.co.uk)

#### Directions

Cut the tofu into small cubes.

Spoon out the curry paste into a pot or pan, and add the tofu pieces, stirring, and cooking for 5 minutes on medium heat.

Meanwhile, cut the courgette in half so you end up with two long vertical pieces; then cut in half horizontally, and continue cutting vertically to create chip-like shapes of courgette.

Add the coconut milk to the tofu and curry paste with the courgette pieces, giving it all a good stir.

Place a lid on the pot/pan, and leave to cook on medium heat for 10 minutes.

Meanwhile, place the rice in a pot of boiling water over medium-high heat for 2-3 minutes. Drain the rice, and place in serving plate.

Pour the curry on the side, and enjoy!

#### Special Diet Information

- Vegan
- Gluten Free

| Nutrition information per 1 serving: |               |
|--------------------------------------|---------------|
| Energy                               | 858kJ 205kcal |
| Fat                                  | 6.6g          |
| of which saturates                   | 5.7g          |
| Carbohydrate                         | 14.3g         |
| of which sugars                      |               |
| Fibre                                | 5.3g 2.2g     |
| Protein                              | 23            |

| Nutrition information per 1 serving: |               |
|--------------------------------------|---------------|
| Energy                               | 979kJ 234kcal |
| Fat                                  | 10.1g         |
| of which saturates                   | 1.9g          |
| Carbohydrate                         | 11.8g         |
| of which sugars                      |               |
| Fibre                                | 6.9g 2.6g     |
| Protein                              | 21.6g         |

| Nutrition information per 1 serving: |                |
|--------------------------------------|----------------|
| Energy                               | 1017kJ 243kcal |
| Fat                                  | 16.9g          |
| of which saturates                   | 7.5g           |
| Carbohydrate                         | 8.8g           |
| of which sugars                      |                |
| Fibre                                | 4.3g 7.7g      |
| Protein                              | 11.7g          |

# URBAN HEALTH RECIPE

## 4) Pork Waldorf

### Serves: 1

Prep time: 10

Total time: 15

### Ingredients

Granny Smiths green apple | 190g/half a medium apple|

Celery hearts [100g]

Green grapes | [50g]

Little gem lettuce [100g]

Walnuts [4 halves]

Egg free mayonnaise [10g] (Available at nibbleme.co.uk)

Pulled ham hock [90g]

Star Anise [1g]

Himalayan sea salt [1g]

Lemon wedge [7g]

### Directions

Prepare the little gem lettuce by slicing into about 3 pieces, set aside.

Dice the celery.

Cut the apple into thin slices.

Using a sharp knife, cut off the stems and root ends of the star anise, slicing the rest.

Mix all the above ingredients [except the lettuce] in a bowl, stirring the mayo in.

Add a pinch of salt.

Put the lettuce at the base of the serving plate, and squeeze the lemon over the lettuce.

Place the rest over the lettuce.

Add the ham hock over the salad.

Top with the green grapes off their stalks and hand broken walnut halves.

### Special Diet Information

- Egg free
- Gluten Free

## 5) Turkey patties & crispy broccoli

### Serves: 1

Prep time: 10 minutes

Total time: 20 minutes

### Ingredients

Turkey Breast Mince [100g]

Cauliflower [100g]

Engevita cheesy flakes | [5g] (Available at nibbleme.co.uk)

Coconut Merchant Organic Coconut Butter [3g] (Available at nibbleme.co.uk)

Purple spouting broccoli spears [100g]

Himalayan rose pink salt [1g] (Available at nibbleme.co.uk)

Ground black pepper [1g]

### Directions

Preheat the oven to 220 degrees C.

Prepare baking tray paper in the tray.

Grate the cauliflower into a bowl, and mix in the minced turkey.

Add the salt and pepper to the mix.

Create two balls using your hands with the mixture, and then flatten them with your palm gently.

Take 2/3 a teaspoon of the coconut butter, rubbing on baking paper to create a layer of non-stick grease.

Place the patties on the baking paper, and sprinkle over the cheesy flakes.

Roll the broccoli spears over the remaining grease on the tray, placing aside the patties.

Cook for 20 minutes, turning over at the 10 minute mark.

Serve all on a plate, and enjoy!

### Special Diet Information

- High Protein
- Dairy Free
- Gluten Free

| Nutrition information per 1 serving: |                         |         |
|--------------------------------------|-------------------------|---------|
| Energy                               | 1096kJ                  | 262kcal |
| Fat                                  | 5.7g                    |         |
|                                      | of which saturates 2.6g |         |
| Carbohydrate                         | 8.3g                    |         |
|                                      | of which sugars         |         |
| Fibre                                | 6.8g                    | 7.1g    |
| Protein                              | 43.2g                   |         |

## 6) Beefy hearts

### Serves: 1

Prep time: 10 minutes

Total time: 20 minutes

### Ingredients

Beef Mince (5 % fat) [100g]

1 Large Red Pepper [164g]

Wild rocket [100g]

Baby cucumber [100g]

Cherry tomatoes [100g]

Tumeric [2g]

Himalyan Rose Pink salt [2g]

Black Pepper [2g]

Lime Wedge [7g]

Mary Berrys Lemon & Mustard Vinaigrette [10g] (Available at nibbleme.co.uk)

### Directions

Pre heat the oven to 190 degrees C.

Slice the hat/top off of the red pepper, and remove the white parts on the inside with a sharp knife to waste.

In a non-stick pan, place in the beef mince, adding the turmeric, salt, and pepper.

Add 50ml of water, and leave to cook on medium-high heat for 10-15 minutes until golden brown.

Meanwhile, in a salad bowl place the rocket, cut the cherry tomatoes in halves, and slice in the cucumber. Give it all a toss.

Place the red pepper upright on a baking tray ready for the oven.

Once the beef is cooked, carefully spoon the mince inside the red pepper, as densely as possible.

Put in the oven for 6-7 minutes.

Drizzle the mustard dressing onto the salad, and place on serving plate.

Once the pepper is nicely oven cooked, remove onto the serving plate besides the salad.

Squeeze the wedge of lime over the minced beef pepper top, and enjoy!

### Special Diet Information

- Dairy Free

| Nutrition information per 1 serving: |                         |         |
|--------------------------------------|-------------------------|---------|
| Energy                               | 1410kJ                  | 337kcal |
| Fat                                  | 16.6g                   |         |
|                                      | of which saturates 1.6g |         |
| Carbohydrate                         | 22.7g                   |         |
|                                      | of which sugars         |         |
| Fibre                                | 18.9g                   | 5.7g    |
| Protein                              | 24.2g                   |         |

| Nutrition information per 1 serving: |                         |         |
|--------------------------------------|-------------------------|---------|
| Energy                               | 1063kJ                  | 254kcal |
| Fat                                  | 9.5g                    |         |
|                                      | of which saturates 2.5g |         |
| Carbohydrate                         | 15.5g                   |         |
|                                      | of which sugars         |         |
| Fibre                                | 12.4g                   | 4.9g    |
| Protein                              | 23.8g                   |         |

# URBAN HEALTH RECIPE

## 7) Tuna Spinach

**Serves: 1**

Prep time: 5

Total time: 10

Ingredients

Raw Spinach [100g]

Walnuts [4 walnut halves]

Skipjack Tuna Chunks In Spring Water [100g drained] (Available at nibbleme.co.uk)

Mister Free'D - Gluten Free Crackers Sesame & Seed [1 large cracker] (Available at nibbleme.co.uk)

Himalayan Rose pink Salt (Available at nibbleme.co.uk)

Black Pepper

### Directions

In a pan, place the spinach with 50ml of water, and leave on medium heat with the lid on for 5-10 minutes, until spinach is soft.

Meanwhile, drain the tuna and set aside, seasoning with the pepper.

Drain the spinach, pat dry.

On the serving plate, place the spinach, season with salt, and break the walnut halves on top.

Put the Tuna besides or on top.

Munch the cracker along side, and enjoy!

Special Diet Information

- Gluten Free

| Nutrition information per 1 serving: |                |
|--------------------------------------|----------------|
| Energy                               | 1276kJ 305kcal |
| Fat                                  | 12.5g          |
| of which saturates                   | 1.8g           |
| Carbohydrate                         | 15.9g          |
| of which sugars                      |                |
| Fibre                                | 1.6g 5.1g      |
| Protein                              | 30.5g          |

## 8) Courgetti Sardine

**Serves: 1**

Prep time: 5 minutes

Total time: 15 minutes

Ingredients

Courgette Spagetti [100g]

Scottish Brisling Sardines in Spring water [100g drained] (Available on nibbleme.co.uk)

Lime wedge [17g]

Chopped basil [5g]

½ teaspoon Thyme

Himalayan Rose pink Salt (Available at nibbleme.co.uk)

### Directions

Drain the Sardines, set aside and sprinkle the salt on top.

Place the courgette spaghetti onto serving plate, mixing in the chopped basil and thyme.

Place the sardines over the courgette spaghetti, and finish by squeezing the wedge of lime all over.

Special Diet Information

- Gluten Free
- Dairy Free

| Nutrition information per 1 serving: |               |
|--------------------------------------|---------------|
| Energy                               | 833kJ 199kcal |
| Fat                                  | 10.4g         |
| of which saturates                   | 3g            |
| Carbohydrate                         | 1.8g          |
| of which sugars                      |               |
| Fibre                                | 1.7g 0.9g     |
| Protein                              | 24.2g         |

## 9) Purple Parma

**Serves: 1**

Prep time: 5 minutes

Total time: 15 minutes

Ingredients

Purple Potato [180g]

Parma Ham [3 slices]

Wild Rocket [50g]

Balsamic Glaze Biona [5ml] (Available at nibbleme.co.uk)

### Directions

Peel the purple potato and cut into large flat pieces.

Place in boiling water for 5-10 minutes until soft.

Drain, pat dry, and place on serving plate.

Place the 3 slices of parma ham on top of the potato.

Besides, put the rocket.

Drizzle all over with the balsamic glaze, and enjoy!

Special Diet Information

- Gluten Free
- Dairy Free

| Nutrition information per 1 serving: |                |
|--------------------------------------|----------------|
| Energy                               | 1008kJ 241kcal |
| Fat                                  | 8.1g           |
| of which saturates                   | 6g             |
| Carbohydrate                         | 24.7g          |
| of which sugars                      |                |
| Fibre                                | 10.4g 3.3g     |
| Protein                              | 15.4g          |

## 10) Beetroot Yogurt

**Serves: 1**

Prep time: 5 minutes

Total time: 10 minutes

Ingredients

Unsweetened Soya Yogurt [200g]

Beetroot [125g]

½ gluten free Pitta Bread [33g]

Himalayan Rose pink Salt (Available at nibbleme.co.uk)

### Directions

Dice the beetroot into small square pieces.

Stir in the yogurt until it turns pink, adding the salt.

Dip in the bread, and enjoy!

Special Diet Information

- Gluten Free
- Dairy Free

| Nutrition information per 1 serving: |            |
|--------------------------------------|------------|
| Energy                               | kJ 223kcal |
| Fat                                  | 6.7g       |
| of which saturates                   | 1g         |
| Carbohydrate                         | 25.7g      |
| of which sugars                      |            |
| Fibre                                | 22g 6.1g   |
| Protein                              | 10.5g      |

# URBAN HEALTH RECIPE

## DINNER

### 1) Soy Mex

#### Serves: 1

Prep time: 10 minutes

Total time: 20 minutes

Ingredients

Organic Quinoa Ready Cook Spicy Mexican | [62.5g]

1 Taco Shell [13g]

Chargrilled cooked chicken breast slices [50g]

Zest - Tomato & Fiery chili Pasta Sauce [10g] (Available at nibbleme.co.uk)

#### Directions

In a pan, put the chicken slices and stir in the sauce, on medium heat for 5 minutes.

Warm up the quinoa separately.

Place the taco in the serving plate, and place the saucy chicken inside when ready.

Add the quinoa on top or on the side, and enjoy!

#### Special Diet Information

- [Gluten free? Diabetic appropriate? Add any special diet information here.]

### 2) Prawns & greens

#### Serves: 1

Prep time: 10 minutes

Total time: 15 minutes

Ingredients

King Prawns [100g]

Pak Choi | [100g]

Uncle Ben's light Oriental Sweet & Sour Sauce [110g]

Slim Noodles [270g] (Available at nibbleme.co.uk)

#### Directions

Cook the King prawns in a non-stick pan for 6-7 minutes on high heat with 50ml of water. Meanwhile, in a separate pot, place the pak choi and noodles in boiling water on high heat, until soft (3-4 minutes).

Add the sauce to the prawns, and throw in the noodles and pak choi.

Cook together for 5 minutes on medium-high heat, and serve!

#### Special Diet Information

- Gluten Free
- Dairy Fr

### 3) Black Bean Wrap

#### Serves: 1

Prep Time: 10 minutes

Total time: 20 minutes

Ingredients

Biona Organic Canned Black Beans [100g]

(Available at nibbleme.co.uk)

Coconut Wrap (Pure Bread [14g]

Baby Gem Lettuce [100g]

Gran Luchito Chipotle Salsa [100g]

#### Directions

Place 100g of the beans into a pan, and cook on medium heat for 5 minutes.

Meanwhile, chop the lettuce.

Spread the salsa on the bread, and top with the hot beans.

Then add the lettuce, roll up the wrap, and enjoy!

#### Special Diet Information

- Dairy Free
- Vegan

|                                      |                |
|--------------------------------------|----------------|
| Nutrition information per 1 serving: |                |
| Energy                               | 1054Kj 252kcal |
| Fat                                  | 6.6g           |
| of which saturates                   | 0.8g           |
| Carbohydrate                         | 26.4g          |
| of which sugars                      |                |
| Fibre                                | 2.4g 2.8g      |
| Protein                              | 18.6g          |

|                                      |               |
|--------------------------------------|---------------|
| Nutrition information per 1 serving: |               |
| Energy                               | 598Kj 143kcal |
| 143kcal                              |               |
| Fat                                  | 0.6g          |
| of which saturates                   | 0g            |
| Carbohydrate                         | 8.4g          |
| of which sugars                      |               |
| Fibre                                | 3.5g 2.4g     |
| Protein                              | 18.8g         |

|                                      |               |
|--------------------------------------|---------------|
| Nutrition information per 1 serving: |               |
| Energy                               | 891Kj 213kcal |
| Fat                                  | 4.2g          |
| of which saturates                   | 2.9g          |
| Carbohydrate                         | 24.8g         |
| of which sugars                      |               |
| Fibre                                | 5.6g 8.5g     |
| Protein                              | 10.2g         |

### 4) Healthy Cod & chips

#### Serves: 1

Prep time: 10 minutes

Total time: 20 minutes

Ingredients

1 Plaice Fillet [100g]

Sweet Potatoes chopped [80g]

Raw Spinach [100g]

½ Lemon [50g]

Dill [5g]

Himalayan Rose pink Salt (Available at nibbleme.co.uk)

#### Directions

Preheat the oven to 200 degree C. Cook the fillet for 15-18 minutes.

(At 10 minutes, open the oven and squeeze on the lemon and add the dill).

Meanwhile, bring a pot of water to boil, and place the sweet potatoes to cook for 7-8 minutes.

In separate pan, place the spinach with 50ml of water, on medium heat until soft.

Drain both vegetables, pat dry, and place in serving plate.

Place the cod besides, season with salt to finish, and enjoy!

#### Special Diet Information

- Gluten Free
- Dairy Free

|                                      |               |
|--------------------------------------|---------------|
| Nutrition information per 1 serving: |               |
| Energy                               | 749Kj 194kcal |
| Fat                                  | 3g            |
| of which saturates                   | 0.7g          |
| Carbohydrate                         | 20.4g         |
| of which sugars                      |               |
| Fibre                                | 7.9g 9.3g     |
| Protein                              | 18.2g         |

# URBAN HEALTH RECIPE

## 5) Plum Cupcake

### Serves: 1

Prep time: 10 minutes

Total time: 20 minutes

Ingredients

1 large egg [75g]

Baby plum tomatoes [80g]

Unsweetened Soya Milk (Red) – Organic [150ml] (Available at nibbleme.co.uk)

Cavolo nero [100g]

Himalayan Rose pink Salt (1g) (Available at nibbleme.co.uk)

Black pepper (1g)

### Directions

Pre heat oven to 200 degrees C.

In mixing bowl, crack the egg beat lightly (don't overbeat as it'll lessen fluffiness).

Add the milk.

Cut the plum tomatoes into small pieces and add to the mixture.

Add a pinch of salt and pepper to the mixture.

Pour mixture onto a oven cupcake tray evenly, and oven cook for 20 minutes until centers are set and no longer runny. Meanwhile, simmer the cavolo nero with 50ml of water in a pan on high heat until soft and the water has evaporated.

Place on serving plate besides the egg cakes and enjoy!

Special Diet Information

- [Gluten free? Diabetic appropriate? Add any special diet information here.]

## 6) Tuna Salad

### Yield: [number of servings]

Prep time: 10 minutes

Total time: 20 minutes

Ingredients

Yellowfin Tuna Steak [120g]

Basil [8g]

Capers [10g]

Vine tomatoes [90g]

¼ Red Onion [50g]

Himalayan Rose pink Salt (2g) (Available at nibbleme.co.uk)

Black pepper corns (1g)

Coconut Merchant Organic Coconut Butter [10g] (Available at nibbleme.co.uk)

### Directions

Chop the onion in to fine, long pieces.

In a pan, on medium heat, melt the coconut butter with the peppercorns, and fry the onions.

Season the raw steak with salt on both sides, and place in the pan.

Cook for 2-8 minutes according to raw to well-done liking.

Cut the vine tomatoes, dice the basil and mix them together in bowl.

Place the steak and onions in serving plate, with the tomatoes & basil on the side.

Top with capers, and enjoy!

Special Diet Information

- Gluten Free
- Dairy Free

## 7) Tofu Nori

### Serves: 1

Prep time: 15 minutes

Total time: 20 minutes

Ingredients

Tofu [70g]

Spring onion [10g, 2 sticks]

Cucumber [100g]

Sweet Mandarin – Gluten Free Hoisin Sauce [40g] (Available at nibbleme.co.uk)

Nori sheets [25g] (Available at nibbleme.co.uk)

### Directions

Cut the Tofu long wise, to create large thin slices. Place tofu on nori sheets.

Slice the cucumber into thin strips, and dice the spring onions, and place on top of the tofu.

Pour the 40g of sauce into a pan on low heat for 2-3 minutes.

Pour the sauce over the prepared food, and gently roll the nori sheets.

Cut into desirable sized pieces, and enjoy!

Special Diet Information

- Gluten Free
- Dairy Free
- Vegan

| Nutrition information per 1 serving: |               |
|--------------------------------------|---------------|
| Energy                               | 837Kj 200kcal |
| Fat                                  | 7.1g          |
| of which saturates                   | 2.5g          |
| Carbohydrate                         | 6.7g          |
| of which sugars                      |               |
| Fibre                                | 6.8g 4.6g     |
| Protein                              | 17.6g         |

| Nutrition information per 1 serving: |            |
|--------------------------------------|------------|
| Energy                               | Kj 258kcal |
| Fat                                  | 7.9g       |
| of which saturates                   | 6.2g       |
| Carbohydrate                         | 9.7g       |
| of which sugars                      |            |
| Fibre                                | 5.9g 4.3g  |
| Protein                              | 34.7g      |

| Nutrition information per 1 serving: |             |
|--------------------------------------|-------------|
| Energy                               | Kj 169kcal  |
| Fat                                  | 5g          |
| of which saturates                   | 1g          |
| Carbohydrate                         | 25.9g       |
| of which sugars                      |             |
| Fibre                                | 15.8g 12.5g |
| Protein                              | 16.9g       |

# URBAN HEALTH RECIPE

## 8) Sesame Chicken

**Serves: 1**

Prep time: 15 minutes

Total time: 20 minutes

Ingredients

Chicken breast | [125g]

Peals of Samarkand – Hulled Sesame seeds

Organic [15g] (Available at nibbleme.co.uk)

Fresh fennel [100g]

1 lime [100g]

Himalayan Rose pink Salt (2g) (Available at nibbleme.co.uk)

Fresh green chilli (16g)

### Directions

[Explain how to prep and cook this recipe here.]

Chop the chilli and set aside.

Season the raw chicken breast with salt, and place in a non-stick; cut the lime into two, and squeeze half on the chicken. Add the chilli, and cook on medium heat for 10 minutes with the pan lid on, flipping over half way.

Whilst the chicken is cooking, cut the fennel and squeeze the other half of the lime on it. Place on the serving plate.

Once the chicken is done, sprinkle on the sesame seeds and leave to cook for a further 3-4 minutes.

Serve the chicken besides the fennel salad, and enjoy!

Special Diet Information

- Dairy Free
- Gluten Free

|                                      |      |                         |
|--------------------------------------|------|-------------------------|
| Nutrition information per 1 serving: |      |                         |
| Energy                               | Kj   | 247kcal                 |
| Fat                                  |      | 10.3g                   |
|                                      |      | of which saturates 1.9g |
| Carbohydrate                         |      | 1g                      |
|                                      |      | of which sugars         |
| Fibre                                | 2.1g | 0g                      |
| Protein                              |      | 30.7g                   |
|                                      |      |                         |
|                                      |      |                         |

## 9) Pine & Tofu salad

**Serves: 1**

Prep time: 10 minutes

Total time: 10 minutes

Ingredients

Tree Of Life – Pinenuts [12.5g]

Tofu [70g]

Watercress [50g]

Clearspring Shoyu Soya sauce Organic sauce [30ml] (Available on nibbleme.co.uk)

### Directions

Cut the tofu into cubes and leave soak in the soy sauce.

Meanwhile, prepare the watercress in a serving plate, and throw in the pine nuts.

After 5 minutes, remove the tofu from the soy sauce onto the serving plate over the watercress, and enjoy a crunchy light dinner!

Special Diet Information

- Vegan
- Gluten Free
- Dairy Free

|                                      |      |                         |
|--------------------------------------|------|-------------------------|
| Nutrition information per 1 serving: |      |                         |
| Energy                               | Kj   | 231kcal                 |
| Fat                                  |      | 12.8g                   |
|                                      |      | of which saturates 1.5g |
| Carbohydrate                         |      | 12.3g                   |
|                                      |      | of which sugars         |
| Fibre                                | 1.7g | 1.7g                    |
| Protein                              |      | 16.1g                   |

## 10) Chickpeas & couscous

**Serves: 1**

Prep time: 10 minutes

Total time: 15 minutes

Ingredients

Organic & Gluten Free Instant Couscous [50g] (Available at nibbleme.co.uk).

Chickpeas Biona [50g] (Available at nibbleme.co.uk)

Baby corn | [50g]

Orange pepper [50g]

Paprika

Tumeric

### Directions

Cook the instant couscous according to packet instructions for 2 minutes.

When hot, stir in the turmeric and paprika.

Dice the baby corn and orange peppers, and stir in.

Drain 50g of couscous, warm in a pot over the hob on medium heat for 3 minutes.

Add the couscous with vegetables, and warm it all on the hob for a further 5 minutes.

Serve in a bowl, and enjoy!

Special Diet Information

- Gluten Free
- Dairy Free
- Vegan

|                                      |    |                         |
|--------------------------------------|----|-------------------------|
| Nutrition information per 1 serving: |    |                         |
| Energy                               | Kj | 303kcal                 |
| Fat                                  |    | 2.85g                   |
|                                      |    | of which saturates 0.5g |
| Carbohydrate                         |    | 75.2g                   |
|                                      |    | of which sugars         |
| Fibre                                | 8g | 6.65g                   |
| Protein                              |    | 8.9g                    |

# URBAN HEALTH RECIPE

## SAVOURY SNACK

All at: nibbleme.co.uk

### 1) Iitsu Soy & Sea Salt crispy Seaweed Thins

|                                      |      |        |
|--------------------------------------|------|--------|
| Nutrition information per 1 serving: |      |        |
| Energy                               | 92Kj | 22kcal |
| Fat                                  | 1.3g |        |
| of which saturates                   | 0.2g |        |
| Carbohydrate                         | 0.5g |        |
| of which sugars                      |      |        |
| Fibre                                | 0.1g | 1.3g   |
| Protein                              | 1.4g |        |

### 2) Air Dried pear Crisps

|                                      |       |        |
|--------------------------------------|-------|--------|
| Nutrition information per 1 serving: |       |        |
| Energy                               | 280Kj | 67kcal |
| Fat                                  | 0.1g  |        |
| of which saturates                   | 13g   |        |
| Carbohydrate                         | 11.3g |        |
| of which sugars                      |       |        |
| Fibre                                | 0.2g  | 3.1g   |
| Protein                              | 0.2g  |        |

### 3) Kallo Corn & Rice snack – Sundried Tomato & herb (25g)

|                                      |       |        |
|--------------------------------------|-------|--------|
| Nutrition information per 1 serving: |       |        |
| Energy                               | 381Kj | 91kcal |
| Fat                                  | 0.2g  |        |
| of which saturates                   | 0g    |        |
| Carbohydrate                         | 20.3g |        |
| of which sugars                      |       |        |
| Fibre                                | 1.1g  | 0g     |
| Protein                              | 1.8g  |        |

### 4) Meatless Vegan Jerky – Texas Bbq Soy (28g)

|                                      |     |        |
|--------------------------------------|-----|--------|
| Nutrition information per 1 serving: |     |        |
| Energy                               | Kj  | 81kcal |
| Fat                                  | 1g  |        |
| of which saturates                   | 1g  |        |
| Carbohydrate                         | 11g |        |
| of which sugars                      |     |        |
| Fibre                                | 5g  | 1g     |
| Protein                              | 10g |        |

### 5) Hippeas- Organic Chickpea Puffs – Cheese & Love

|                                      |       |        |
|--------------------------------------|-------|--------|
| Nutrition information per 1 serving: |       |        |
| Energy                               | 377Kj | 90kcal |
| Fat                                  | 3.8g  |        |
| of which saturates                   | 0.4g  |        |
| Carbohydrate                         | 11.2g |        |
| of which sugars                      |       |        |
| Fibre                                | 0.6g  | 1.7g   |
| Protein                              | 3g    |        |

### 6) Salt & Pepper Coconut Curls (20g)

|                                      |       |         |
|--------------------------------------|-------|---------|
| Nutrition information per 1 serving: |       |         |
| Energy                               | 443Kj | 106kcal |
| Fat                                  | 7.8g  |         |
| of which saturates                   | 6.8g  |         |
| Carbohydrate                         | 5.4g  |         |
| of which sugars                      |       |         |
| Fibre                                | 2.2g  | 4.2g    |
| Protein                              | 1.3g  |         |

### 7) Cheese Bites – Tomato & Orrgano

|                                      |        |         |
|--------------------------------------|--------|---------|
| Nutrition information per 1 serving: |        |         |
| Energy                               | 1121Kj | 268kcal |
| Fat                                  | 8.9g   |         |
| of which saturates                   | 4.3g   |         |
| Carbohydrate                         | 37.5g  |         |
| of which sugars                      |        |         |
| Fibre                                | 0.3g   | 0.6g    |
| Protein                              | 9g     |         |

### 8) Hemp Protein Energy Balls – Raw 60g

|                                      |       |         |
|--------------------------------------|-------|---------|
| Nutrition information per 1 serving: |       |         |
| Energy                               | 962Kj | 230kcal |
| Fat                                  | 10.2g |         |
| of which saturates                   | 0.6g  |         |
| Carbohydrate                         | 26g   |         |
| of which sugars                      |       |         |
| Fibre                                | 22.2g | 6.6g    |
| Protein                              | 7.8g  |         |

### 9) Mrs Crumbles Cheese Bites – Original Cheese (30g)

|                                      |       |         |
|--------------------------------------|-------|---------|
| Nutrition information per 1 serving: |       |         |
| Energy                               | 580Kj | 138kcal |
| Fat                                  | 4.7g  |         |
| of which saturates                   | 3g    |         |
| Carbohydrate                         | 20g   |         |
| of which sugars                      |       |         |
| Fibre                                | 0.2g  | 0g      |
| Protein                              | 3.9g  |         |

### 10) Dr Zaks High Protein Clusters – Chipotle 30g

|                                      |     |         |
|--------------------------------------|-----|---------|
| Nutrition information per 1 serving: |     |         |
| Energy                               | Kj  | 130kcal |
| Fat                                  | 0g  |         |
| of which saturates                   | 0g  |         |
| Carbohydrate                         | 10g |         |
| of which sugars                      |     |         |
| Fibre                                | 0g  | 0g      |
| Protein                              | 10g |         |