



RECIPES FROM AROUND THE WORLD

A COLLECTION OF DELICIOUS &
HEALTHY CUISINES

360 FITNESS

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INGREDIENTS

- ¼ tsp cinnamon
- 2 tsp garam masala you can also use curry powder
- ½ tsp ground turmeric
- ½ tsp chilli powder or fresh chilli if you prefer
- 4 chicken breast around 600-700g/1.5lb, diced
- 3 cloves garlic
- 3 or 4 sprays low calorie cooking spray
- 1-2 centimetre ginger
- 1 onion
- 1 tbsp reduced fat spread
- 60 g Sukrin Almond Flour
- 1 tin chopped tomatoes
- 1 tbsp tomato puree no added oil
- 3 tbsp fat free natural yoghurt
- 2 tbsp water
- 1 lime Juiced
- 2 chicken stock cubes
- spice mix as above
- 1 tbsp creme fraiche Optional - add with the yoghurt for extra creamyness

CALORIES 210
PROTEIN 28g
CARBS 9g
FAT 2g



Creamy Butter Chicken



6 servings



Prep 10 mins Cook 25 mins

- Finely chop the garlic, ginger and onion using a food processor or stick blender, then gently sauté in the low calorie cooking spray until soft and coloured slightly.
- Puree the tomatoes, almond flour, tomato paste, stock cubes and water together, then add it to the pan.
- Add the chicken, yoghurt, lime juice, spices, and reduced fat spread then stir well.
- Bring up to the boil, stirring continuously, then cover and simmer on LOW for 15-20 minutes, stirring occasionally.
- After 15-20 minutes check to see if the chicken is cooked through. If not let it simmer for another 5 minutes.
- Serve over boiled rice.

INGREDIENTS

- 2 chicken breasts sliced into strips
- 400 g dried pasta
- 1 onion sliced
- 2 peppers sliced
- 2 tbsp tomato puree
- 200 ml water
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1-2 tsp chilli powder to taste
- 0.5 tsp chilli flakes
- 1 tsp garlic salt
- low calorie cooking spray



Chicken Fajita Pasta

 4 servings  Prep 10 mins Cook 20 mins

- Cook the pasta as per the instructions on the packet. In a pestle and mortar, mix the cumin, coriander, chilli flakes, garlic salt and chilli powder until thoroughly combined.
- Spray a pan with low calorie cooking spray and cook the sliced chicken for 5 minutes. Add the spice mix and tomato puree and cook for 3 minutes.
- Add the sliced peppers and onions, along with 200ml of water and mix well. Leave to cook for 10 minutes until the chicken is cooked through and the peppers and onions have just started to soften.
- Drain the pasta and combine with the chicken fajita mix. Serve with a dollop of fat free yoghurt, or a different topping of your choice!

CALORIES 494
PROTEIN 30g
CARBS 79g
FAT 3.8g

INGREDIENTS

- 200 g fat free Greek yoghurt at room temperature
- 2 medium eggs
- 1 small clove of garlic peeled and crushed
- 4 tsp harissa paste
- 4 g flat leafed parsley roughly chopped
- salt and pepper to taste



Turkish Style Eggs

 2 servings

 Prep 5 mins Cook 4 mins

- Mix the yoghurt, garlic, salt and pepper in a bowl.
- Divide yoghurt mixture between 2 serving plates and spread with a spoon to make a swirl on each plate.
- Place the pan on the hob and fill with boiling water to a depth of about 5 cm. Turn on the heat to a low setting and allow the water to reach a gentle simmer.
- Crack the first egg into a small cup. Make sure the water only has small bubbles rising, before carefully lowering the cup to water level and sliding the egg into the water. Repeat this with the second egg.
- Poach the eggs for 3 - 4 minutes to make softly poached eggs or a minute or two longer if you prefer them firmer. Make sure the heat is always low so that the eggs don't move around too much.
- When the eggs are cooked to your liking, remove from pan using a slotted spoon. Drain off the excess water and drain on kitchen paper for a few seconds.
- Remove the eggs from the kitchen paper and place one egg on top of each swirl of yoghurt.
- Drizzle 2 tsp of harissa paste over each and sprinkle with chopped parsley. Season if desired.

CALORIES 141

PROTEIN 18g

CARBS 4.5g

FAT 5.4g

INGREDIENTS

- 2 red chillies, seeded
- 2 cloves garlic
- 4cm piece ginger, peeled
- 1 onion, chopped
- oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- ½ tsp turmeric
- 4 cloves
- 4 skinless chicken breasts, cut into large dice
- 150g red split lentils
- 400g tin chopped tomatoes
- 260g spinach
- 4 small rotis, warmed to serve



Chicken Saag

 4 servings  Prep 10 mins Cook 35 mins

- Put the chillies, garlic, ginger and onion in a small blender and blend to a paste.
- Heat 1 tsp oil in a large pan and fry the paste for 2 minutes, until fragrant.
- Add the spices and cook for another minute. Add the chicken pieces and coat in the spices. Cook for 5 minutes before adding the lentils and chopped tomatoes along with 1½ tins of water.
- Simmer for 25 minutes, season, then tip in the spinach and stir until wilted. Serve with rotis.

CALORIES 330
PROTEIN 42.8g
CARBS 27.9g
FAT 3.8g

INGREDIENTS

- 1 tbsp rapeseed oil
- 1 onion , finely chopped
- 2 garlic cloves , chopped
- 100g brown basmati rice
- 1 tsp turmeric
- 1 tsp smoked paprika
- 500ml reduced-salt vegetable bouillon
- 1 large red pepper , deseeded and chopped
- 1 large courgette , diced
- 125g frozen peas
- 300g pack skinless Atlantic cod loins, cut into large chunks
- ⅓ small pack parsley , chopped
- ½ lemon , cut into wedges

CALORIES 481
PROTEIN 38g
CARBS 55g
FAT 9g



Smoked Paprika Paella



2 servings



Prep 15 mins Cook 40 mins

- Heat the oil in a non-stick frying pan over a medium-high heat and fry the onion and garlic for a couple of mins to soften. Add the rice and spices, stir briefly, then pour in the bouillon and add the pepper. Cover the pan, reduce the heat and leave to simmer for 20 mins. Stir in the courgette, cover and cook for 10 mins more.
- Add the peas and cod, cover the pan and cook for 10 mins more until the rice is cooked and the liquid has been absorbed. Toss with the parsley and serve with lemon wedges.

INGREDIENTS

- 1 tbsp olive oil
- 2 chicken breasts, chopped
- 1 onion, diced
- 1 red pepper, thinly sliced
- 2 garlic cloves, crushed
- 75g chorizo, sliced
- 1 tbsp Cajun seasoning
- 250g long grain rice
- 400g can plum tomato
- 350ml chicken stock



Chicken Jambalaya



4 servings



Prep 10 mins

Cook 45 mins

- Heat 1 tbsp olive oil in a large frying pan with a lid and brown 2 chopped chicken breasts for 5-8 mins until golden.
- Remove and set aside. Tip in the 1 diced onion and cook for 3-4 mins until soft.
- Add 1 thinly sliced red pepper, 2 crushed garlic cloves, 75g sliced chorizo and 1 tbsp Cajun seasoning, and cook for 5 mins more.
- Stir the chicken back in with 250g long grain rice, add the 400g can of tomatoes and 350ml chicken stock. Cover and simmer for 20-25 mins until the rice is tender.

CALORIES 445
PROTEIN 30g
CARBS 64g
FAT 10g

INGREDIENTS

- 2 tbsp oil
- 1 onion, diced
- 1 tsp fresh or dried chilli, to taste
- 9 garlic cloves (approx 1 small bulb of garlic)
- thumb-sized piece ginger, peeled
- 1 tbsp ground coriander
- 2 tbsp ground cumin
- 1 tbsp garam masala
- 2 tbsp tomato purée
- 2 x 400g cans chickpeas, drained
- 400g can chopped tomatoes
- 100g creamed coconut
- ½ small pack coriander, chopped, plus extra to garnish
- 100g spinach

CALORIES 458
PROTEIN 15g
CARBS 31g
FAT 28g



Chickpea Curry



4 servings



Prep 15 mins

Cook 25 mins

- To make the paste, heat a little of the 2 tbsp oil in a frying pan, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened, about 8 mins.
- In a food processor, combine 9 garlic cloves, a thumb-sized piece of peeled ginger and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, ½ tsp salt and the fried onion. Blend to a smooth paste – add a drop of water or more oil, if needed.
- Cook the paste in a medium saucepan for 2 mins over a medium-high heat, stirring occasionally so it doesn’t stick.
- Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.
- Add 100g creamed coconut with a little water, cook for 5 mins more, then add ½ small pack chopped coriander and 100g spinach, and cook until wilted.
- Garnish with extra coriander and serve with rice or dhal (or both).

INGREDIENTS

- 2 tablespoons shaoxing wine or dry sherry
- 1 tablespoon light soy sauce , plus extra to serve
- 1 teaspoon caster sugar
- 2 teaspoons cornflour
- 4 x 100 g higher-welfare pork shoulder steaks
- 2 cloves of garlic
- 5cm piece of ginger
- 1 bird's-eye chilli
- 5 spring onions
- 400 g spring green vegetables, such as asparagus, tenderstem or purple sprouting broccoli, mange tout, sugar snap peas
- 1 tablespoon fermented black beans
- 2 tablespoons groundnut oil

CALORIES 245
PROTEIN 25.3g
CARBS 10.5g
FAT 11.3g



Pork Stir Fry

 4 servings

 Prep 30 mins

Cook 15 mins

- Mix together the shaoxing wine or sherry, soy sauce, sugar and cornflour in a bowl. Trim and finely slice the pork, then add to the marinade and toss to coat. Cover and set aside in the fridge for at least 30 minutes (or ideally over night).
- Peel and finely chop the garlic and ginger, trim and finely chop the chilli and spring onions, then trim and chop the green vegetables into 4cm lengths. Rinse and drain the black beans.
- Heat the oil in a wok until smoking hot. Drain the pork strips (reserve the marinade) and add to the wok. Stir-fry for 1 minute, then stir in the garlic, chilli and ginger and continue cooking for 1 more minute.
- Throw in the greens, spring onions and black beans along with the reserved marinade, and continue to stir-fry over a very high heat for a few minutes, until the vegetables just begin to soften. Add a splash of water if it starts to stick.
- Serve your stir-fry on a bed of steamed or sticky rice, with an extra splash of soy sauce, if you like.

INGREDIENTS

- 500g loose white potatoes, scrubbed and sliced into half-rounds
- 6 rashers unsmoked back bacon, trimmed and roughly chopped
- 6 large free-range eggs, beaten
- 100ml semi-skimmed milk
- 200g young spinach
- 50g grated mature cheddar
- 120g bag baby leaf sweet bistro salad



Potato & Bacon Frittata

 4 servings  Prep 10 mins Cook 35 mins

- Cook the sliced potatoes in a large pan of boiling water for 5-10 minutes until just tender. Drain and set aside.
- Meanwhile, heat a 22cm ovenproof frying pan with a lid and cook the bacon pieces for 5 minutes until starting to brown. Discard the excess fat and set the bacon aside.
- Put the beaten eggs, milk, spinach, cooked potato and bacon in a large bowl and stir to combine.
- Pour the frittata mixture into the frying pan. Cover with the lid and cook over a medium-low heat for about 10 minutes – as it steams, the spinach will wilt into the egg mixture. Preheat the grill to medium.
- Remove from the heat and scatter the grated cheddar over the top. Put the pan under the grill and cook for 10 minutes until set and golden. Serve with the salad.

CALORIES 381
PROTEIN 9.1g
CARBS 7.3g
FAT 19.8g

INGREDIENTS

- 2 tbsp dark soy sauce
- 1 tbsp fish sauce
- 1 tbsp rice vinegar
- 1 tbsp granulated sweetener
- 3 tbsp tomato puree
- 2 cloves garlic minced
- 1 tbsp fresh ginger grated
- 1 lime juice of
- 1/2-1 tsp dried chilli flakes
- 300 ml vegetable stock 300ml/1¼ cups boiling water and 1 veg stock cube



Teriyaki Salmon



2 servings



Prep 15 mins

Cook 25 mins

- In a wok or large frying pan heat the garlic and ginger in low calorie spray. When they become aromatic, add in the soy sauce, fish sauce, rice vinegar, granulated sweetener, tomato puree, lime juice dried chilli flakes, and the vegetable stock. Heat over a high heat for 10 minutes, stirring often.
- Boil some water and pour into a large bowl. Submerge the noodles and set aside. Preheat your oven to 190-200°C ready for the salmon.
- Tip the reduced sauce into a jug (we'll use half for salmon and half for noodles). Wipe down the frying pan and heat again with a few sprays of cooking spray. When VERY hot, add the salmon skin side-down. Leave the salmon alone for 5 minutes.
- Once the corners of the salmon curl up, tip in half of the sauce you put aside. Baste the salmon with some of the sauce and place in the oven for 10 minutes.
- Drain the noodles off and set aside.
- Heat up a wok with cooking spray, add peppers and spring onion. When the onion softens, add the mange tout and sugar snap peas. Cook for a few more minutes.
- Add the drained noodles and rest of the sauce – keep stirring. Add the pak choi and turn the heat down.
- Chop up the lime – slice 3 times (to make 2 slices) and then cut the ends in half to make wedges.
- To check the salmon, lift a flake in the middle and see if it's cooked. It may not be quite ready, so add a lime slice to the top of each fillet, baste with the sauce and put back in the oven for a further 5 minutes. You'll notice the sauce will have gone nice and sticky. Serve with the noodles and sauce.

CALORIES 615
PROTEIN 49g
CARBS 70g
FAT 11g