



December Recipe Pack

Enjoy these tasty, healthy recipes selected and approved by Fitfish
for Fitfish for a Fiver members



Cinnamon Sweet Potato Pie Smoothie

Serves 1

Prep 5 min

Cook 0 min

- 1 cup (130g) sweet potato, cubed, cooked
- 1 banana, sliced, frozen
- $\frac{3}{4}$ cup (180ml) almond milk, unsweetened
- $\frac{1}{2}$ cup (140g) Greek yogurt
- 1 tbsp. almond butter
- 1 tsp. vanilla extract
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{8}$ tsp. ground nutmeg

What you need to do

Place all the ingredients in a high-speed blender and blitz until smooth and creamy. Pour into a tall glass and serve straight away.

Top with granola if desired





Quinoa Power Porridge

Serves 2

Prep 5mins

Cook 15mins

- ½ cup (85g) dried quinoa
- 1 cup (240ml) water
- 1 cup (240ml) almond milk, unsweetened
- 2 apples, chopped
- ½ tsp. ground cinnamon
- 1 tsp. vanilla extract
- 1 tbsp. ground flaxseed

What you need to do

Rinse the quinoa under cold running water, then place it in a small pot and add the water. Bring to a boil, then reduce heat, and cook for 10 minutes.

Now add the almond milk, apple, cinnamon, vanilla extract and flaxseed to the quinoa and cook for a further 5 minutes until creamy.

Divide the porridge between 2 bowls and serve immediately.





Sheet Pan Harissa Chicken with Chickpeas & Sweet Potatoes

Serves 6

Prep 15mins

Cook 40mins

- 1½ lbs. (680g) chicken breasts
- 4 tbsp. olive oil
- 1 lemon, juice & zest + 1 lemon, sliced
- 2 tbsp. harissa paste
- 1 tbsp. honey
- 2 sweet potatoes, cut into chunks
- 1 red onion, sliced
- 1x 14 oz. (400g) can chickpeas, drained
- ½ cup (80g) crumbled feta
- ⅓ cup (60g) green olives

What you need to do

Preheat the oven to 425F (220C).

Place the chicken breasts onto a baking tray and add 2 tablespoons of olive oil, along with the lemon juice, lemon zest, harissa paste, and honey. Toss together until the chicken is well coated.

Add the sweet potatoes, onion and chickpeas to the tray, and toss with the remaining 2 tablespoons of olive oil. Arrange everything in an even layer, lay the lemon slices over the chicken and place the tray into the hot oven.

Roast for 40-45 minutes, tossing halfway through, until the chicken is cooked through and the potatoes are golden.

Serve warm, topped with the feta cheese and olives.



Creamy Tuscan Salmon

Serves 4

Prep 10 mins

Cook 20mins

- 4 salmon fillets (approx. 4.5 oz. (130g) each)
- 1 tsp. garlic powder
- 2 tbsp. olive oil
- 1 white onion, diced
- 4 cloves garlic, minced
- $\frac{3}{4}$ cup (180ml) vegetable stock
- 1 cup (150g) cherry tomatoes, halved
- 1 cup (240ml) coconut milk, canned, full fat
- 2 tsp. Italian seasoning
- 1 tsp. all purpose flour
- 2 cups (60g) fresh spinach, chopped
- $\frac{1}{2}$ cup (15g) basil leaves, chopped

What you need to do

Season the salmon filets with garlic powder. Heat 1 tablespoon of the olive oil in a large skillet over a medium/high heat.

Sear the salmon fillets skin side up for 2-3 minutes. Flip the filets over and cook the other side for 3 more minutes. Once cooked, remove the filets from the skillet and set aside.

In a separate pot, add the remaining 1 tablespoon of olive oil and cook the white onion and garlic over medium heat, for 3-4 minutes until soft.

Ensure the coconut milk is mixed together and smooth. Then add the vegetable stock, cherry tomatoes, coconut milk and Italian seasoning to the pot with the onion. Mix well and simmer on a low heat for 5 minutes.

While the sauce is simmering, add one teaspoon of flour to the sauce and immediately whisk it into the liquid. The sauce should begin to thicken.

Add in the chopped spinach and basil, followed by the seared salmon filets and continue to cook for a further 5 minutes until the spinach has wilted. Serve immediately.



Flaxseed Crackers

Serves 16

Prep 10 mins

Cook 30 mins

- 1 cup (135g) ground flaxseed
- 2 tbsp. chia seeds
- ½ tsp salt
- 2 tsp. Italian seasoning
- ½ cup (120ml) water

What you need to do

Preheat the oven to 350°F (180°C). Prepare a large baking sheet lined with baking paper.

Combine all dry ingredients together in a bowl and slowly add the water, mixing until a dough forms.

Place the dough on the lined baking tray and using your fingers, press it out to an even layer ¼ inch (5mm) thick. If it breaks up just press it back together.

Using a sharp knife, score the dough into the desired cracker shapes as this helps them to break evenly once they are baked and cooled.

Place the tray into the hot oven and bake the crackers for 30-35 minutes. Remove the tray from the oven and set aside to cool completely, before breaking into individual crackers.

Storage:

Crackers can be stored in an airtight container for up to 2