



## January Recipe Pack

Enjoy these tasty, healthy recipes selected and approved by Fitfish for you!



# Roasted Butternut Squash, Pecan & Egg

**Serves 2**

**Prep 15 mins**

**Cook 45 mins**

- 1 medium butternut squash, about 1½ to 2 lbs.
- 1 tbsp. olive oil
- 2 eggs
- salt & pepper
- ⅛ tsp. ground nutmeg
- 2 tbsp. chopped pecans, optional

## What you need to do

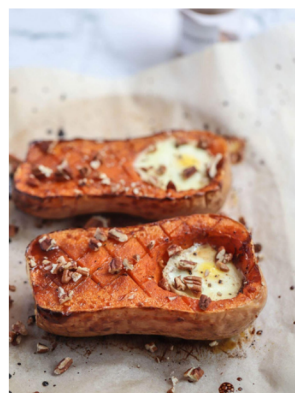
Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with aluminum foil.

Cut the butternut squash in half lengthwise and use a large spoon to remove the seeds.

Brush the cut side of the squash with olive oil and place it cut side down on the baking sheet.

Place the squash into the oven and roast for 20 minutes. Remove the squash from the oven, flip it over and carefully crack an egg into each hole. Season with salt, black pepper and nutmeg, then return to the oven and roast for a further 20 minutes.

Once cooked, remove from the oven, garnish with chopped pecans and serve.





# Red Pesto, Avocado & Soft Egg Toast

**Serves 2**

**Prep 5 mins**

**Cook 6 mins**

- 4 eggs
- 2 slices whole wheat bread, toasted
- 4 tbsp. red pesto
- 1 avocado, sliced

## What you need to do

Bring a small pot of water to a boil. Add the eggs, cover and continue to boil for six minutes (or longer, depending on how you like your eggs cooked).

After six minutes, remove the eggs from the pot and run them under cold water until they are cool enough to handle and peel.

Toast the bread and spread each slice with 2 tablespoons of the red pesto, then top with the sliced avocado and eggs.





# Marinated Peanut Sauce Chicken Skewers

**Serves 8**

**Prep 10 mins**

**Cook 20 mins**

- ½ cup (130g) natural smooth peanut butter
- 4 garlic cloves, minced
- 2 tbsp. tamari
- 2 tbsp. sesame oil, toasted
- 1 tbsp. white wine vinegar
- 4 spring onions, chopped
- 4 tbsp. coriander, chopped
- 2 tsp. ground ginger
- 3 lbs. (1.3kg) boneless skinless chicken thighs, cut into 1 inch pieces
- ½ cup (75g) chopped peanuts, to serve
- red pepper flakes, to garnish
- 12 metal skewers (or bamboo skewers, soaked in water for minimum 30 minutes)
- 1 cucumber, peeled & sliced

## What you need to do

Mix the peanut butter, garlic, tamari, sesame oil, white wine vinegar, half of the green onions, coriander, and ground ginger in a bowl.

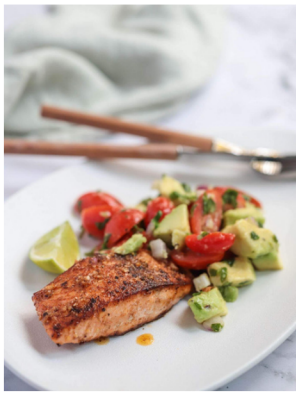
Add the chopped chicken to the peanut sauce, and toss until evenly coated. If you have time, allow it to marinate for at least 1 hour or overnight.

When ready to cook, heat the oven to 400°F (200°C). Place a wire rack on top of a rimmed baking sheet and spray it with a little oil.

Thread the marinated chicken onto skewers, lay onto the wire rack and place into the hot oven to bake for 20-25 minutes, until the chicken has cooked through.

Serve with sliced cucumber, garnished with chopped peanuts and red pepper flakes.





# Grilled Salmon with Avocado Salsa

**Serves 2**

**Prep 10 mins**

**Cook 12 mins**

- 1 tbsp. olive oil
- 1 clove garlic, minced
- ½ tsp. chili powder
- ½ tsp. ground cumin
- ½ tsp. onion powder
- 2x 6 oz. (170g) salmon filets

*For the avocado salsa:*

- 1 ripe avocado, pitted & diced
- 1 tomato diced
- 2 tbsp. onion diced
- 2 tbsp. coriander, chopped
- 1 tbsp. olive oil
- 1 tbsp. lime juice

## What you need to do

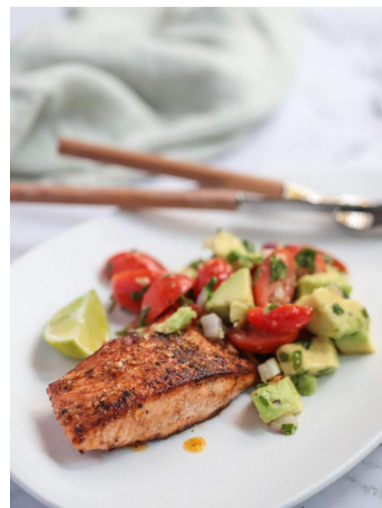
Heat the oven to 400°F (200°C). Line a baking sheet with aluminum foil.

Place the olive oil, garlic and spices into a small bowl, mix well to combine then brush over the salmon filets.

Lay the salmon on the baking sheet and place into the hot oven to bake for 12-15 minutes or until cooked through.

In the meantime, make the avocado salsa. Place the avocado, tomato, onion, and coriander into a large mixing bowl. Drizzle with olive oil, and fresh lime juice. Mix well and set aside until ready to serve.

Top the salmon with avocado salsa and serve immediately.





# One Pot Spanish Chicken & Rice

**Serves 4**

**Prep 15 mins**

**Cook 30 mins**

- 1 tbsp. olive oil
- 1 lb. (450g) skinless boneless chicken thighs cut into pieces
- ½ medium onion, diced
- 1 red pepper, diced
- 2 cloves garlic, minced
- 1 cup (160g) brown rice, rinsed
- ½ tbsp. smoked paprika
- 1½ cups (360ml) chicken stock
- 1 cup (240ml) passata (or blended chopped tomatoes)
- pinch of saffron
- ½ cup (70g) green olives
- ½ cup (8g) coriander, chopped
- 1 lemon, cut into wedges

## What you need to do

Heat the olive oil in a large skillet over a medium heat. Add the chicken and cook for 5-6 minutes until slightly brown.

Add in the onion, red pepper and garlic and cook for a few minutes until they slightly soften. Now add the rice, stir to combine and cook for a further 1-2 minutes.

Next add in the paprika, stock and passata. Bring to a boil, then turn down the heat to low. Add the saffron, cover the pan with a lid and cook gently for 25 minutes until the rice is ready.

Stir through the olives and coriander. Serve with lemon wedges.

