



# April Recipe Pack

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



# Quick Pesto Eggs

**Serves 4**

**Prep 5 mins**

**Cook 5 mins**

- 4 tbsp. pesto
- 4 eggs
- 1 avocado
- 4 slices of whole wheat bread, toasted

## What you need to do

Heat the pesto in a non-stick pan over a medium heat.

Crack the eggs into the pan and fry until the eggs are cooked how you like them.

Meanwhile, mash the avocado and divide it equally between the 4 slices of toast.

Place the eggs over the pieces of toast and serve immediately.



# Cottage Cheese Protein Pancakes

**Serves 1-2**

**Prep 5 mins**

**Cook 10 mins**

- ½ cup (40g) oats
- ½ banana
- ½ tsp. vanilla extract
- 1 tsp. baking powder
- ½ tsp. ground cinnamon
- 1 egg
- 6 tbsp. cottage cheese
- 1 tsp. olive oil

## What you need to do

Place all the ingredients, except for the olive oil, into a blender and blend to form a completely smooth pancake batter.

Heat the olive oil in a non-stick pan over a medium-low heat. Cook the pancakes, allowing 4 tablespoons of the pancake batter for each pancake.

Cook until bubbles appear on top of the pancake, then flip the pancakes over and cook until golden brown on the second side.

This recipe makes 4 pancakes.



# Chicken Quinoa Muffins

**Serves 3**

**(2 muffins per serve)**

**Prep 25 mins**

**Cook 25 mins**

- ⅓ cup (60g) dried quinoa
- 4 cloves garlic
- 1 onion, diced
- 1 red pepper, diced
- 1 tsp. olive oil
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. chilli powder
- few dashes of hot sauce
- 1 cup (15g) coriander, chopped
- ⅔ cup (180ml) salsa
- 1 lb. (450g) shredded or minced chicken
- 2 egg whites
- ⅔ cup (80g) cheddar cheese, shredded

## What you need to do

Cook the quinoa according to instructions on the packaging.

Preheat the oven to 350°F (180°C). Prepare a 12-cup muffin tin.

Heat the olive oil in a medium sized pan over a medium heat. Add the garlic, onion and pepper and cook for a few minutes until the onions have softened. Transfer to a large bowl to cool.

Add the cooked quinoa, cumin, oregano, chilli powder, hot sauce, coriander and half the salsa.

Next stir in the chicken and egg whites and a ¼ of the cheddar cheese and mix until well combined.

Fill 4 tablespoons of the muffin mixture into each of the silicone muffin cups. Place into the oven to bake for 25-30 minutes. Next remove from the oven and divide the remaining salsa and cheddar cheese over the top of the muffins.

Place the muffin tin back in the oven and bake for an additional 3-5 minutes until the cheese melts.





# Yogurt Lemon Chicken

**Serves 4**

**Prep 5 mins**

**Marinade 20-60 mins**

**Cook 20 mins**

- juice of ½ large lemon
- 1 tbsp. olive oil
- ½ cup (140g) Greek yogurt
- black pepper
- 1.3 lbs. (570g) chicken breasts

## What you need to do

In a bowl, combine the lemon juice, olive oil and Greek yogurt and stir. Add the chicken breasts and stir so that the chicken is covered in the marinade. Cover the bowl and place into the refrigerator for 20 minutes (or up to 1 hour if time allows).

When ready to cook the chicken, preheat the oven to 400°F (200° C).

Remove the chicken from the refrigerator, shake off any excess marinade, and place on a baking dish. Discard any excess marinade.

Place the dish into the hot oven for 25 minutes until the chicken is cooked through.

When ready to serve, season to taste with black pepper.



# Blueberry Pomegranate Smoothie

**Serves 2**

**Prep 5 mins**

**Cook 0 mins**

- 1½ cups (225g) frozen blueberries
- 1 cup (240ml) pomegranate juice
- ⅔ cup (190g) Greek yogurt
- ½ cup (120ml) water
- 1 banana
- 1 tsp. honey

## What you need to do

Place all the ingredients into a high speed blender and blend until smooth and creamy. Divide the smoothie between 2 glasses and serve immediately.