



**FUNDAMENTAL**  
**FITNESS**



# FUNDAMENTAL FOOD



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### **Medical Disclaimer**

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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# Banana chocolate smoothie

100g frozen banana  
180ml unsweetened almond milk  
25g chocolate or banana flavour whey  
or rice protein powder (optional)  
1½ tps cocoa powder  
4 ice cubes

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

**SERVES 1**



PER SERVING:  
265 Calories  
**31g Carbs**  
**24g Protein**  
**5g Fat**

# Mango, turmeric & almond smoothie

80g ripe mango  
180ml unsweetened almond milk  
30g vanilla flavour whey or rice  
protein powder (optional)  
10g blanched almonds  
½ tsp ground turmeric  
5 ice cubes

Place all of the ingredients in a blender and blend until smooth. Serve.

*Consume immediately.*

**SERVES 1**



PER SERVING:  
261 Calories  
17g Carbs  
28g Protein  
9g Fat

# Strawberry energy balls

15g freeze-dried strawberries  
15g flaxseed  
60g almond or peanut butter  
25g pitted dates  
30g strawberry or vanilla flavour  
whey or rice protein powder  
(optional)  
40g oats (use gluten free if  
preferred)  
15g unsweetened shredded  
coconut  
30g coconut oil, melted

Place all of the ingredients in a blender or food processor, except for the strawberries. Blend well until smooth.

Transfer to a bowl and add the strawberries. Stir well.

Add a splash of cold water if the mixture is too crumbly.

Roll the mixture into 5 balls. Refrigerate for one hour or until firm.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*

**MAKES 5 ENERGY BALLS**



PER BALL:  
253 Calories  
**15g Carbs**  
**10g Protein**  
**17g Fat**



# Cocoa raspberry quinoa pudding

40g quinoa, rinsed and drained  
1 tbsp cocoa powder  
160ml unsweetened almond,  
coconut or oat milk  
30g chocolate flavour whey or rice  
protein powder (optional) or add  
natural sweetener of your choice,  
to taste  
40g fresh raspberries  
½ tsp vanilla extract

**SERVES 1**

Place the quinoa, cocoa powder and milk in a saucepan over a medium heat. Stir well and cook for around 25 minutes, stirring frequently until the quinoa is cooked.

Remove saucepan from heat. Add the protein powder or sweetener and stir well to remove any lumps.

Add the raspberries and vanilla extract. Stir well, mashing the raspberries up a little. Leave to stand for 10 minutes then serve.

Enjoy warm or cold.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
330 Calories  
**37g Carbs**  
**32g Protein**  
**6g Fat**



# Caramel protein bars

30g oats (use gluten free if preferred)  
30g pitted dates  
1 tbsp melted coconut oil  
50g tahini  
35g vanilla flavour whey or rice protein powder (optional) or use natural sweetener of your choice, to taste  
10g cocoa powder  
½ tsp vanilla extract  
a pinch of sea salt  
**for the chocolate coating:**  
1 tbsp melted coconut oil  
20g dark chocolate (minimum 70% cocoa powder)

**MAKES 5 BARS**

Line the base of an oven tray with baking paper. Place the oats in a blender or food processor and blend until finely ground. Transfer the ground oats to a bowl.

Blend the dates and melted coconut oil into a paste in a blender or food processor. Transfer the paste to the bowl and add the remaining ingredients. Mix well to combine. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the oven tray and shape into a long sausage. Flatten down to form a long rectangle. Neaten the sides with a spatula.

Place the dark chocolate and coconut oil in a saucepan. Place the saucepan in a shallow basin of boiling water and place over a medium heat. Stir until melted. Remove the saucepan from the water and set aside for 10 minutes.

Drizzle the chocolate over the filling mixture. Refrigerate until firm then cut into 5 pieces.

*Store the bars in an airtight container and refrigerate for up to 4 days or freeze on same day.*



PER BAR:  
214 Calories  
**12g Carbs**  
**10g Protein**  
**14g Fat**



# Strawberry cheesecake

## for the base:

50g coconut oil  
80g ground almonds  
50g ground flaxseed  
20g honey or maple syrup  
30g crunchy peanut butter (or use nut butter of your choice)  
a pinch of sea salt  
60g oats (use gluten free oats if preferred)

## for the topping:

120g cream cheese (use dairy free if preferred)  
100g Greek yoghurt (use dairy free if preferred)  
1 egg  
30g vanilla or strawberry flavour whey or rice protein powder  
200g fresh strawberries

## to serve:

a few fresh strawberries

Preheat oven to 175°C/350°F. Line the base of a 15x15cm square or round baking tin with baking paper.

Place the base ingredients in a blender or food processor and blend until smooth.

Transfer to the baking tin and press down firmly to compact. Bake for 10 minutes then allow to cool.

Place the topping ingredients in a blender or food processor and blend until smooth.

Pour the mixture over the base, and spread out evenly with a spatula.

Bake for 20 minutes then allow to cool. Refrigerate for one hour or more until ready to serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

SERVES 8

PER SERVING  
304 Calories  
10g Carbs  
12g Protein  
24g Fat



# Chocolate tofu mousse

30g soft pitted dates  
30g oats (use gluten free if preferred)  
20g unsweetened coconut flakes  
stevia to taste, or use natural sweetener of your choice  
300g silken tofu  
25g dark chocolate (minimum 70% cocoa)  
10g cocoa powder  
30g chocolate or vanilla flavour whey or rice protein powder (optional)  
**for the topping:**  
5g dark chocolate, finely grated

SERVES 3

Place all of the ingredients into a blender or food processor and blend until creamy.

Transfer to 3 small serving bowls and refrigerate for up to 3 days or freeze on same day.

Top with grated dark chocolate before serving.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
277 Calories  
22g Carbs  
18g Protein  
13g Fat

# Egg, kale & salmon breakfast bowl

125g fresh salmon fillet  
1 egg  
1 tsp ghee or coconut oil  
1 red bell-pepper, sliced  
a handful of kale  
8 cherry tomatoes, halved  
a pinch of sea salt and ground black pepper

## SERVES 1

Pour 3 inches of boiling water into a medium-sized saucepan and place over a medium heat. Add the salmon and poach gently for 8 minutes. Remove from the water using a large slotted spoon or fish slice and set aside.

Meanwhile bring a small saucepan of water to the boil. Add the egg and cook for 6-8 minutes, until cooked to your liking. Remove the egg from the water using a slotted spoon and immerse in cold water for 2 minutes. Peel and cut in half.

Heat the ghee/oil in a frying pan over a medium heat. Add the bell-pepper and kale and cook for 3 minutes, stirring occasionally.

Add the cherry tomatoes and cook for 2-3 minutes, stirring occasionally until the vegetables are soft. Season with salt and pepper.

Transfer the cooked vegetables to a plate and top with the poached salmon and boiled egg. Serve.

*Consume immediately.*



PER SERVING:  
456 Calories  
**12g Carbs**  
**39g Protein**  
**28g Fat**





# Mushroom, rocket & Feta frittata

1 tsp ghee or olive oil  
100g mushrooms of your choice,  
roughly chopped or torn  
4 eggs  
1 egg white  
a pinch of sea salt and ground black  
pepper  
40g Feta cheese (use dairy free if  
preferred)  
a handful of rocket leaves  
2 tsp balsamic vinegar

**SERVES 2**

Preheat oven to 200°C/400°F.

Melt the ghee / oil in a skillet or ovenproof frying pan over a medium heat. Add the mushrooms and fry gently for 2-3 minutes, stirring occasionally.

Break the eggs and egg white into a jug and add the salt and pepper. Beat with a fork.

Add the eggs to the pan. Crumble the Feta cheese over the top, distributing evenly over the eggs.

Bake for 10 minutes or until firm.

Transfer the frittata to a plate and top with the rocket leaves. Drizzle the balsamic over the leaves and serve.

*Consume immediately.*



**PER SERVING:**  
269 Calories  
**9g Carbs**  
**20g Protein**  
**17g Fat**



# Raspberry & lemon overnight oats

50g fresh raspberries, mashed plus a few extra raspberries to garnish  
60g oats (use gluten free if preferred)

150ml unsweetened almond milk (or use milk of your choice)

60g Greek yoghurt (use dairy free if preferred)

juice of ½ a lemon

1 heaped tsp chia seeds

35g vanilla or raspberry flavour whey or rice protein powder (optional)

a small amount of natural sweetener, to taste (only required if you're omitting protein powder)

½ tsp vanilla extract

Place all of the ingredients in a sealable container and stir well. Refrigerate for 4 hours or overnight.

Stir well and add a drop of chilled milk if required, to achieve desired consistency.

Transfer mixture to two serving bowls. Serve topped with the additional raspberries. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



**SERVES 2**



PER SERVING:

263 Calories

27g Carbs

23g Protein

7g Fat



# Thick & fluffy protein pancakes

8 egg whites  
75g oats (use gluten free if preferred)  
40g vanilla flavour whey or rice protein powder (optional)  
1 tsp stevia (or natural sweetener of your choice)  
100ml unsweetened almond milk  
¼ tsp xanthan gum (optional)  
2 tps coconut oil

**MAKES 4 PANCAKES**



Place the egg whites, oats, protein powder (if using), stevia, milk and xanthan gum (if using) in a blender, and blend well until creamy.

Melt ½ tsp oil in a frying pan over a medium heat. Pour ¼ of the batter into the pan. Tilt the base of the pan gently to shape the batter into a circle.

Cook for 2-3 minutes. When small holes appear on the surface of the pancake, flip or turn using a fish slice. Cook on the other side for 2-3 minutes or until the underside of the pancake is golden. Transfer to a plate.

Repeat steps with the remaining oil and batter.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

## Serving suggestion:

Serve with mixed berries and a drizzle of agave syrup, maple syrup or honey.



PER PANCAKE:  
168 Calories  
15g Carbs  
18g Protein  
4g Fat

# Edamame & garlic chicken salad with mustard dressing

1 garlic clove, skin on  
a pinch of sea salt and ground  
black pepper  
200g chicken breasts, cut into  
strips  
1 tsp olive oil or coconut oil  
100g cooked edamame beans  
1 large carrot, spiralised or  
coarsely grated  
a large handful of mixed lettuce  
leaves  
2 eggs

## for the dressing:

1 tbsp olive oil  
1 tsp wholegrain mustard  
2 tsps rice vinegar  
1 tsp honey

**SERVES 2**



PER SERVING:  
400 Calories  
**16g Carbs**  
**39g Protein**  
**20g Fat**

Crush the garlic clove with a wooden spoon. Season the chicken with salt and pepper.

Heat the oil in a frying pan over a medium heat. Add the chicken and garlic and cook for 6-8 minutes, or until the chicken is thoroughly cooked.

Bring a small saucepan of water to the boil. Add the eggs, ensuring they are covered with water. Simmer for 6-8 minutes, depending on how well cooked you like them. Remove from the pan with a slotted spoon and immerse in cold water for 2 minutes. Peel the eggs then slice in half lengthways.

Mix the dressing ingredients in a jug. Divide the lettuce leaves between two serving bowls. Top with the edamame beans, carrot and chicken. Drizzle the dressing over the salad. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



# Spicy satay curry

1 tsp coconut oil  
2 tbsps Thai red curry paste  
200ml coconut milk  
1 small red onion, sliced  
1 red bell-pepper, sliced  
1 yellow bell-pepper, sliced  
3 garlic cloves, finely chopped  
1 inch piece ginger, finely chopped  
2 red or green chilli peppers, finely chopped  
500g chicken breast, diced  
150g (drained weight) tinned chickpeas, rinsed and drained  
40g crunchy peanut butter  
100g green beans, ends trimmed  
juice of 1 lemon

**SERVES 4**

Melt the coconut oil in a large saucepan over a medium heat. Add the red curry paste with a splash of coconut milk. Cook for 1 minute, stirring.

Add the onion and bell-peppers and fry gently for 4 minutes, stirring occasionally. Add the garlic, ginger and chilli peppers. Fry for 2 minutes, stirring frequently.

Add the chicken and cook for 8 minutes, stirring occasionally.

Add the remaining coconut milk, chickpeas and peanut butter. Stir well and bring to a gentle simmer.

Add the green beans. Cover and cook for 4-5 minutes or until the beans are almost tender. Stir in the lemon juice and remove pan from heat. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER SERVING:  
410 Calories  
**24g Carbs**  
**38g Protein**  
**18g Fat**

# Sweet & herby chicken

600g skinless chicken thighs,  
visible fat removed  
a pinch of sea salt and ground  
black pepper  
1 tsp paprika  
1 tsp Italian seasoning  
1½ tsps onion granules  
1 tsp ghee or coconut oil  
6 cloves garlic, peeled and  
crushed  
1½ tbsps honey or maple syrup  
100ml chicken stock (made with  
one organic stock cube)  
2 tbsps apple cider vinegar or  
white wine vinegar  
1 tbsp soy sauce or tamari

**SERVES 3**

Season the chicken with salt, pepper,  
paprika, Italian seasoning and onion  
granules.

Melt the ghee/oil in a large frying pan or  
skillet over a medium / high heat. Add the  
chicken and cook for 3-4 minutes, to seal  
on both sides.

Reduce heat to medium and cook for 6-8  
minutes, or until the chicken is thoroughly  
cooked.

Add the garlic and fry for 1 minute.

Add the honey, stock, vinegar and soy  
sauce. Increase the heat to medium / high  
and cook for 5 minutes. Serve.

*Store any leftovers in an airtight container  
and refrigerate for up to 3 days or freeze on  
same day.*

## Serving suggestion:

Serve on a bed of steamed rice or with a  
leafy salad.



PER SERVING:  
409 Calories  
**13g Carbs**  
**51g Protein**  
**17g Fat**





# Mexican chicken taco bowl

70g wholegrain or basmati rice

## for the chicken:

1 tsp ghee or coconut oil

300g chicken mini fillet strips

1 heaped tsp chilli powder

1 tsp garlic powder

½ tsp ground cumin

½ tsp paprika

a pinch of sea salt

## for the bowl:

1 large beef tomato, diced

juice of 1 lime

a pinch of ground black pepper

a small handful of fresh coriander,  
finely chopped

60g (drained weight) tinned  
sweetcorn, drained

1 ripe avocado

## to serve:

2-3 lime wedges, to garnish

30g Cheddar cheese (optional)  
grated

Bring a saucepan of water to the boil and add the rice. Stir briefly and cook according to pack instructions. Drain well.

Heat the ghee/oil in a frying pan over a medium heat. Add the chicken and ground spices and stir well. Cook for 5-6 minutes, stirring occasionally, until the chicken is thoroughly cooked. Remove pan from heat.

Mix the diced tomato, lime juice, pepper, and coriander in a bowl to make a salsa.

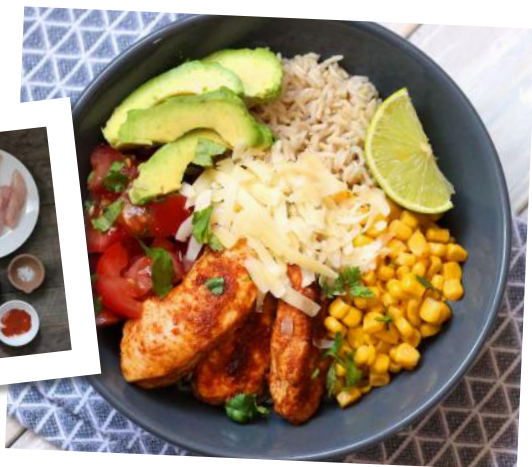
Divide the rice between two serving bowls. Add the salsa, tinned sweetcorn and chicken.

Peel and slice or mash the avocado and add to the serving bowls. Serve with the lime wedges and grated cheese (if using).

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

**SERVES 2**

**PER SERVING:**  
608 Calories  
47g Carbs  
60g Protein  
20g Fat



# Oriental fish salad

300g cod fillets (or use haddock or similar white fish)

10g cashews

## **for the salad:**

2 carrots, peeled and grated

1 red bell-pepper, finely diced

40g cucumber, chopped

1 celery stalk, finely chopped

5 radishes, finely sliced

2 spring onions, sliced

a small handful of fresh coriander, finely chopped

a handful of mixed lettuce leaves

## **for the dressing:**

1½ tbsps olive oil

juice of ½ a lemon

a small amount of stevia or maple syrup, to taste

2 tps soy sauce or tamari

1 tsp grated ginger

1 garlic clove, finely chopped

Preheat oven to 180°C/350°F. Place the fish on a sheet of tin foil and wrap to seal in a loose parcel. Place on a baking tray.

Bake for 20 minutes or until the fish is thoroughly cooked.

Meanwhile, mix the salad ingredients together in a large bowl. Transfer to two serving bowls.

Mix the dressing ingredients in a jug.

Flake the fish over the salad. Drizzle some of the dressing over the salad and top with the cashews.

*Store any leftovers in an airtight container and refrigerate for up to 1 day.*



**SERVES 2**



**PER SERVING:**  
370 Calories  
23g Carbs  
38g Protein  
14g Fat



# Crunchy fried chicken

1 tsp coconut oil or olive oil  
2 cloves garlic, finely chopped  
1 inch piece fresh ginger, finely chopped  
400g chicken mini fillets, cut into strips  
1 medium sized carrot, cut into batons  
1 bell-pepper, any colour, finely sliced  
100g baby sweetcorn, roughly chopped  
a large handful of bamboo shoots  
2 tbsps light soy sauce or tamari  
juice of 1 lime  
2 tsps sesame oil  
1 red chilli pepper, finely chopped (optional)  
a small handful of fresh coriander, finely chopped  
25g cashews or peanuts

Melt the oil in a wok or large frying pan over a medium/high heat. Add the garlic and ginger and stir fry for 1 minute, stirring occasionally.

Add the chicken and stir fry for 3-4 minutes, stirring occasionally.

Add the carrot, bell-pepper and sweetcorn and stir-fry for 6 minutes, or until the chicken is cooked.

Add the bamboo shoots, stir well and cook for 2 minutes.

Remove the pan from the heat. Add the soy sauce, lime juice and sesame oil and stir well. Top with the red chilli (if using), fresh coriander and nuts. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

## Serving suggestion:

Serve on a bed of steamed basmati rice or noodles.

**SERVES 3**



**PER SERVING:**  
366 Calories  
**21g Carbs**  
**48g Protein**  
**10g Fat**



# Sticky citrus salmon with roasted onion

the grated zest and juice of 2 navel oranges

1 tbsp honey, maple or agave syrup

2 cloves garlic, finely chopped

1 tbsp soy sauce or tamari

1 red chilli pepper, finely chopped

a pinch of sea salt and ground black pepper

2 x 150g fresh salmon fillets

1 large white onion, peeled and cut into quarters

1 navel orange, cut into slices

1 tbsp olive oil

**SERVES 2**

Preheat oven to 175°C/350°F.

Mix the orange zest and juice, honey, garlic, soy sauce, chilli pepper, salt and pepper in a large bowl. Add the salmon fillets and cover well with the sauce. Cover and refrigerate for 30 minutes.

Meanwhile, place the onion in a roasting dish and drizzle over the oil. Roast for 20 minutes.

Place the salmon in the roasting dish with the onion. Pour the marinade over the salmon.

Place the orange slices over the salmon fillets. Bake for 20 minutes or until the salmon is cooked. The flesh will be a pale pink colour when cooked.

*Store any leftover salmon in an airtight container and refrigerate for up to 2 days.*

## Serving suggestion:

Serve with salad or steamed vegetables of your choice.



PER SERVING:  
547 Calories  
42g Carbs  
34g Protein  
27g Fat



# Turkey cashew coconut curry

1 tsp ghee or coconut oil  
1 large white onion, finely chopped  
3 garlic cloves, finely chopped  
1 inch piece ginger, finely chopped  
3 green chilli peppers, finely chopped  
 $\frac{3}{4}$  tsp sea salt  
 $\frac{1}{2}$  tsp ground cinnamon  
1 tsp black mustard seeds  
1 tsp ground turmeric  
1 tsp ground cumin  
 $\frac{1}{2}$  tsp ground coriander  
600g turkey breast mince  
200ml coconut milk  
30g cashews, finely chopped  
a small handful fresh coriander,  
finely chopped

**SERVES 4**

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 4 minutes, stirring frequently.

Add the ginger, garlic, and chilli peppers and fry gently for 2 minutes, stirring occasionally.

Add the salt, cinnamon, mustard seeds, turmeric, cumin and ground coriander. Stir well and cook for 1 minute.

Add the turkey mince and stir well. Cook for 5 minutes, breaking up the mince with a spoon as it cooks.

Add the coconut milk and cashews. Bring to a simmer and cook for 5 minutes. Add the fresh coriander, stir well and serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Serving suggestion:

Serve on a bed of steamed basmati rice.



PER SERVING:  
363 Calories  
**15g Carbs**  
**42g Protein**  
**15g Fat**



# Cajun spiced chicken

½ tsp sea salt  
½ tsp ground black pepper  
1 heaped tsp hot paprika  
1 tsp dried basil  
1 tsp dried oregano  
½ tsp ground cumin  
½ tsp chilli powder  
450g skinless chicken thighs, diced  
1 tsp ghee or olive oil  
1 small white onion, finely chopped  
1 bell-pepper (any colour), diced  
3 garlic cloves, finely chopped  
400g tinned chopped tomatoes  
200ml chicken stock (made with one organic stock cube)

**SERVES 3**

Place the salt, pepper, dried herbs and spices in a bowl and mix well. Add the chicken and stir well to coat.

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and fry for 4 minutes, stirring occasionally.

Add the bell-pepper and fry for 4 minutes, stirring occasionally. Add the garlic and fry gently for 2 minutes, stirring frequently.

Add the chicken and cook for 5 minutes, stirring occasionally to seal on all sides. Add the tinned tomatoes and stock. Stir well and bring to a simmer. Cover and cook for 15 minutes, stirring occasionally. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Serving suggestion:

Serve on a bed of steamed basmati rice.



**PER SERVING:**  
337 Calories  
**15g Carbs**  
**31g Protein**  
**17g Fat**

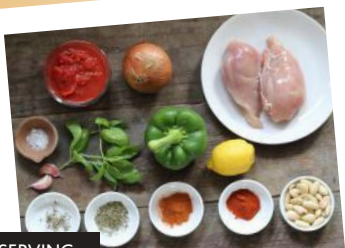




# Basil chicken with almonds

1 tsp ghee or coconut oil  
1 medium-sized white onion, finely chopped  
2 cloves of garlic, finely chopped  
1 red or green bell-pepper, finely sliced  
4 fresh basil stalks and leaves, roughly chopped, plus a few extra whole leaves, to garnish  
1 tsp paprika  
1 tsp cayenne pepper  
1 tsp Italian seasoning  
250g fresh chicken breast, cut into strips  
a pinch of sea salt and ground black pepper  
200g tinned chopped tomatoes  
30g blanched almonds  
the juice of 1 lemon

**SERVES 2**



**PER SERVING:**  
348 Calories  
24g Carbs  
36g Protein  
12g Fat

Melt the ghee / oil in large saucepan over a medium heat. Add the onion, garlic and bell-pepper and fry gently for 3 minutes, stirring frequently.

Add the fresh basil and fry for 1 minute, stirring frequently. Add the paprika, cayenne pepper and Italian seasoning. Stir well and cook for 1 minute.

Add the chicken, salt and pepper. Cook for 3 minutes, stirring occasionally to seal the chicken on all sides. Add the tinned tomatoes, stir well, cover and cook for 6-8 minutes, or until the chicken is thoroughly cooked.

Add the almonds and cook for 3-4 minutes, stirring occasionally. Add the lemon juice and stir. Serve garnished with the extra basil leaves.

*Store any leftovers in an airtight container and refrigerate for up 3 days or freeze on same day.*

## Serving suggestion:

Serve on a bed of noodles or rice or with steamed leafy greens.

