

A woman with long brown hair, wearing a blue and white striped shirt, is smiling and eating a red raspberry. In the foreground, there is a clear blender jar on a black base and a sprig of fresh green mint. The background is a bright, out-of-focus kitchen with a window and a vase of yellow flowers.

Train with *Jenny*

The Cookbook

Monday

Slow Cooker Ratatouille

Tuesday

Lamb Couscous

Wednesday

Sausage Pasta Stew

Thursday

Aubergine Curry

Friday

Prawn & Egg Fried Rice

Saturday

Burger & Wedges

Sunday

French Beef



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Monday

Tuna Stuffed Mushrooms

Tuesday

Lamb Tagine

Wednesday

Marsala Mushroom Soup

Thursday

Smoked Salmon Supper

Friday

Scallops & White Bean Puree

Saturday

Thai Chicken Curry

Sunday

Traditional Goulash



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Breakfast
Mixed Fruit Porridge

Lunch
Spicy Bean Soup

Dinner
Slow Cooker Ratatouille

Dessert
Orange Chocolate Cake



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Breakfast
Goats Cheese Eggs

Lunch
Houmous Avocado

Dinner
Aubergine Curry

Side
Tzatziki on Crispbreads



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COCONUT FRUIT SALAD

Breakfast

Serves 4

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free,

INGREDIENTS

1 medium pineapple, peeled, cored and cut
into chunks

400g strawberries, hulled & halved

30g dried coconut flakes

DIRECTIONS

Add the strawberries and pineapple to bowls
and sprinkle the coconut flakes over each
bowl.

Serve immediately.

MACRO INFO PER SERVING:

PROTEIN: 2.25G

CARBS: 25.5G

FAT: 5G

ENERGY: 156KCAL



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SALMON HASH BROWNS

Breakfast

Serves 4

Low Fat, Egg Free

INGREDIENTS

350g potato, unpeeled & grated

1 tbsp plain flour

1 tbsp wholegrain mustard

1 tbsp butter

1 tbsp sunflower oil

4 slices smoked salmon

salt & pepper to season

DIRECTIONS

Place the grated potato on a clean tea towel and squeeze out the excess water. Tip into a bowl and add the flour and mustard. Season well and mix together. Divide the mixture into 8 balls and then flatten.

Heat the butter and oil in a frying pan over a medium heat. Add the hash browns and cook for 2-3 minutes on each side until golden.

Serve 2 hash browns per person with a slice of salmon.

MACRO INFO PER SERVING:

PROTEIN: 9G

CARBS: 18G

FAT: 6G

ENERGY: 162KCAL



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MIXED FRUIT PORRIDGE

Breakfast
Serves 1
Vegan, Vegetarian
Low Fat, Dairy Free, Egg Free,

INGREDIENTS

- 40g oatmeal, or instant porridge
- ½ tsp vanilla extract
- 2 tsp maple syrup
- 50g mixed summer fruit, e.g. strawberries, blueberries, raspberries
- pinch of salt

DIRECTIONS

- Boil 150ml of water in a saucepan, then stir in the oatmeal and a pinch of salt.
- Simmer the porridge over a low heat for 3-6 minutes, stirring occasionally, adding more water if the porridge is too thick for your taste.
- Turn off the heat, cover the pan and leave to stand for one minute.
- Stir in the vanilla extract and maple syrup. Spoon the porridge into a bowl, top with the fruit and serve immediately.

MACRO INFO PER SERVING:

PROTEIN: 5G
CARBS: 42G
FAT: 3G
ENERGY: 215KCAL





HEALTHY MEXICAN SCRAMBLE

Breakfast

Serves 2

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free,

INGREDIENTS

250g tofu

½ red onion, chopped

2 medium tomatoes, chopped

1 chilli, sliced

1 flour tortilla

2 tbsp sweet chilli sauce

1 tbsp olive oil

½ tsp ground turmeric

½ tsp chilli powder

1 tbsp chopped coriander leaves

salt & pepper to season

MACRO INFO PER SERVING:

PROTEIN: 11.5G

CARBS: 35G

FAT: 12.5G

ENERGY: 236KCAL



DIRECTIONS

To press the tofu, wrap in paper kitchen towel. Top with a board and some food cans and leave for 20-30 minutes so the excess liquid is pressed from the tofu.

Crumble the tofu into a bowl and mix with the spices and seasoning. Leave to marinate at room temperature for 20-30 minutes or in the fridge overnight.

Heat the oil in a frying pan over a high heat and fry the onion for 2 minutes to soften. Add the tomatoes and fresh chilli and cook for 1-2 more minutes. Remove everything from the pan with a slotted spoon, set aside and keep warm.

Add the tortilla to the pan and cook for 2 minutes on each side until golden brown. Roll up the tortilla and cut it into ribbons. Divide the ribbons between 2 plates.

Put the pan over a low heat, then add the marinated tofu, stir constantly for 3-4 minutes, then return the vegetables to the pan. Warm everything through.

Add the scramble to the ribbons of tortilla, spoon over the sweet chilli sauce and garnish with chopped coriander leaves. Serve immediately.

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FRUITY MUESLI

Breakfast

Serves 2

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free,

INGREDIENTS

100g jumbo oats

2 tbsp desiccated coconut

6 walnut halves

2 tbsp sultanas

50g vegan natural yogurt

½ peach, skinned, stoned & cut into chunks

handful of fresh raspberries

DIRECTIONS

Mix the oats with the desiccated coconut and divide between 2 bowls.

Share out the nuts and fruit and then top with the yogurt.

Serve immediately.

MACRO INFO PER SERVING:

PROTEIN: 8G

CARBS: 46G

FAT: 6.5G

ENERGY: 275KCAL



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PINEAPPLE & LIME JUICE

Breakfast

Serves 1

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free,

INGREDIENTS

1 medium pineapple, peeled, cored and cut into chunks

1-2 limes, flesh only in chunks

DIRECTIONS

Choose 1-2 limes depending on your taste for 'sour'.

Pass the fruit through an electric juicer and pour over ice in a tall glass.

Serve immediately.

MACRO INFO PER SERVING:

PROTEIN: 4G

CARBS: 76G

FAT: 1G

ENERGY: 333KCAL



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BUTTERNUT & PEAR JUICE

Breakfast

Serves 2

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free,

INGREDIENTS

425g butternut squash, cut into chunks

5 pears, cut into chunks

2 large carrots, cut into chunks

1 knob of root ginger

DIRECTIONS

Pass all the ingredients through an electric juicer and pour into a jar and shake well to mix.

Then pour into 2 glasses, add ice and serve immediately.

MACRO INFO PER SERVING:

PROTEIN: 4.5G

CARBS: 99G

FAT: 0.5G

ENERGY: 419KCAL



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HOT BACON CORNCAKES

Breakfast

Serves 4

INGREDIENTS

1 egg, beaten
3 tbsp milk
50g self-raising flour
1 red pepper, deseeded & diced
1 chilli, deseeded & chopped
2 tbsp olive oil
2 x 330g sweetcorn, drained
8 rashers streaky bacon
juice of ½ a lemon
1 avocado, sliced
handful basil leaves, chopped + extra for garnish
salt & pepper

MACRO INFO PER SERVING:

PROTEIN: 16G

CARBS: 49G

FAT: 19G

ENERGY: 431KCAL



DIRECTIONS

Preheat the grill to high.

Heat 1 tbsp of the oil in a large non-stick frying pan and sizzle the pepper for 5 minutes until softened, adding the chilli for the final minute.

Put the flour into a large bowl, make a well and stir in the egg and then the milk to make a batter. Stir in the corn and the basil and season well.

Add more the oil to the pan then drop in tbsp of batter. Cook for 2 minutes until golden and risen, then cook for a further minute. Make the fritters in batches until you have 12.

Meanwhile grill the bacon. Mix the lemon juice with the remaining oil together with some seasoning.

Serve 3 corncakes per person, topped with the avocado, bacon, basil leaves and a drizzle of the dressing.

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GOATS CHEESE EGGS

Breakfast

Serves 1

Vegetarian

High Protein, Low Carb

INGREDIENTS

3 large eggs

56g soft goats cheese

1 tbsp butter, softened

salt & pepper to season

DIRECTIONS

Mix everything together in a mug. Microwave for 2 ½ -3 minutes, rest for 1 minute and then serve.

MACRO INFO PER SERVING:

PROTEIN: 27G

CARBS: 3.4G

FAT: 41.8G

ENERGY: 498KCAL



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TZATZIKI ON CRISPBREADS

Lunch

Serves 4

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free

INGREDIENTS

1 medium cucumber
100g natural vegan yogurt
1 garlic clove, crushed
2 spring onions, finely chopped
2 tsp lemon juice
1 tbsp chopped mint leaves
8 rye crispbreads, e.g. Ryvita
16 pitted black olives, halved
pepper to season

MACRO INFO PER SERVING:

PROTEIN: 4G

CARBS: 17.25G

FAT: 3.75G

ENERGY: 119KCAL



DIRECTIONS

Cut 16 slices from the cucumber and set the slices aside. Cut the rest of the cucumber lengthways and scrape out the seeds and discard.

Finely chop the cucumber and put it into a sieve. Sprinkle with salt and leave to drip for 15 minutes.

Mix the yogurt with the garlic, spring onions, lemon juice, and mint. Blot the cucumber with paper kitchen towels to remove all the excess liquid, then fold it into the yogurt.

Arrange 2 slices of cucumber on top of each crispbread, then add some tzatziki, garnish with mint springs, the black olive halves, and some black pepper.

Serve 2 crispbreads per person immediately.

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WILD RICE SALAD

Lunch

Serves 4

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free

INGREDIENTS

125g wild rice & long grained rice, rinsed
1 medium carrot, peeled
bag mixed salad leaves
50g rocket
2 tbsp raw peanuts
few sprigs of dill

Dressing

1 tbsp lime juice
1 tbsp smooth peanut butter
2 tbsp vegan mayonnaise, e.g. Hellmans
salt & pepper to season

MACRO INFO PER SERVING:

PROTEIN: 8G

CARBS: 29.25G

FAT: 6.25G

ENERGY: 205KCAL



DIRECTIONS

Put the rice into a saucepan with 250ml of water. When the water starts to boil, cover the pan, reduce the heat to low, and simmer for 20 minutes. Turn off the heat and keep the pan covered, set aside for 10 minutes. Fluff the rice with a fork and leave to cool to room temperature.

While the rice is cooking, cut the carrot into matchsticks, lightly chop the salad leaves, and make the dressing by mixing together the dressing ingredients.

Toss the rice with the carrots, salad leaves, rocket, peanuts, and dill.

Serve the salad in four bowls with the dressing alongside.



QUICK CHICKPEA TAGINE

Lunch

Serves 4

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free

INGREDIENTS

400g can chickpeas, drained
200ml vegetable stock
200g baby leaf spinach
2 tbsp chopped fresh coriander
2 garlic cloves, crushed
1 onion, diced
2 carrots, sliced
2 tsp ras el hanout spice mix
1 tbsp olive oil
1 tbsp root ginger, finely chopped
salt & pepper to season

DIRECTIONS

Heat the oil in a saucepan and fry the garlic and ginger for 2 minutes, add the onion and stir-fry for a further 2 minutes, then stir in the spice mix.

Add the carrots, chickpeas, and stock to the pan. Bring to a boil and then reduce to a simmer, and simmer for 15 minutes.

Add the spinach and coriander and cook until the spinach has wilted.

Season with salt and pepper and serve immediately

MACRO INFO PER SERVING:

PROTEIN: 9.5G

CARBS: 29.25G

FAT: 7G

ENERGY: 218KCAL



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COCONUT NOODLE SOUP

Lunch

Serves 4

Vegan, Vegetarian

Dairy Free, Egg Free

INGREDIENTS

400ml can coconut milk

100g mixed mushrooms

1 sheet rice noodles, soaked according to packet instructions

100g beansprouts

1 chilli, cut into rings

½ bunch spring onions, finely chopped

1 tbsp red curry paste

salt & pepper to season

DIRECTIONS

Heat a saucepan with the curry paste for one minute. Add the coconut milk and ½ a can of water, bring to a boil and simmer for 5 minutes.

Add the mushrooms and continue to simmer for 2 minutes. Drain the noodles and add to the soup with the beansprouts, chilli and onions.

Heat through, season and serve.

MACRO INFO PER SERVING:

PROTEIN: 4G

CARBS: 15G

FAT: 17G

ENERGY: 229KCAL



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GRILLED GOATS CHEESE MUSHROOMS

Lunch

Serves 4

Low Carb, Egg Free

INGREDIENTS

8 large portobello mushrooms

2 garlic cloves, finely chopped

150g goats cheese

4 slices cook ham, halved

2 tbsp olive oil

50g pine nuts, toasted

small handful parsley, chopped

salt & pepper to season

DIRECTIONS

Preheat the oven to 200c/180 fan assisted/400f/gas mark 6. Place the mushrooms on a baking sheet, gills facing up. Season, scatter with goats cheese, and top each mushroom with a piece of ham.

Drizzle with oil, cover with foil, and cook in the oven for 5 minutes. Uncover and cook for a further 5 minutes.

Serve scattered with the pine nuts and the parsley.

MACRO INFO PER SERVING:

PROTEIN: 14G

CARBS: 2G

FAT: 22G

ENERGY: 262KCAL



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SPICY BEAN SOUP

Lunch

Serves 4

Vegan, Vegetarian

Dairy Free, Egg Free

INGREDIENTS

400g can kidney beans in chilli sauce
200g can chopped tomatoes
200ml oat (plant based) crème fraiche
1 onion, finely chopped
1 garlic clove, crushed
300ml vegetable stock
¼ tsp dried chilli flakes
1 tbsp olive oil
salt & pepper to season

Salsa

1 ripe avocado, finely diced
1 large tomato, finely diced
1 small red onion, finely diced
15g chopped fresh coriander

DIRECTIONS

Heat the oil in a large saucepan and fry the onion and garlic for 2-3 minutes. Add the kidney beans including the sauce, the stock, tomatoes, chilli flakes. Bring to a boil and simmer for 2-3 minutes.

Pour the soup into a blender and blend until smooth. Return to the pan and add most of the oat fraiche and reheat without boiling. Season to own taste.

Meanwhile make the salsa by mixing together all the salsa ingredients in a bowl.

Serve with soup with some salsa, a dollop of oat fraiche and any spare coriander leaves.

MACRO INFO PER SERVING:

PROTEIN: 6G

CARBS: 32G

FAT: 19G

ENERGY: 323KCAL





TOMATO & TUNA TOASTS

Lunch

Serves 2

High Protein, Dairy Free

Egg Free, High Fibre

INGREDIENTS

185g can of tuna in spring water, drained

4 tomatoes, diced

½ red onion, diced

2 tbsp extra virgin olive oil

2 slices of reduced calorie bread,

pinch of chopped parsley

salt & pepper to season

DIRECTIONS

Flake the tuna into a bowl and mix it with the onion, tomatoes and parsley. Stir in the oil and season to taste.

Toast the bread and then divide the tuna mix between the two slices and serve immediately.

MACRO INFO PER SERVING:

PROTEIN: 29.5G

CARBS: 21G

FAT: 15.5G

ENERGY: 342KCAL



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BAKED PITTA WITH HOUMOUS

Lunch

Serves 4

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free

INGREDIENTS

400g can chickpeas, drained & rinsed

juice of 2 lemons

2 garlic cloves, crushed

4 tbsp olive oil

½ tsp sea salt

150ml tahini paste

6 mini pittas, quartered

DIRECTIONS

Preheat the oven to 200c/180 fan assisted/400f/gas mark 6. Spread the pitta pieces over the base of a large baking dish. Drizzle with half the olive oil and sprinkle with half the sea salt and bake for 6 minutes.

Meanwhile make the houmous by blending together all the remaining ingredients in a food processor or blender.

Serve the houmous with the pittas. Can be served warm or cold.

Suitable for packed lunches.

MACRO INFO PER SERVING:

PROTEIN: 10G

CARBS: 40G

FAT: 14G

ENERGY: 326KCAL



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SWEET POTATOES & MUSHROOMS

Lunch

Serves 2

Vegan, Vegetarian

Low Fat, Dairy Free

Egg Free, Gluten Free, High Fibre

INGREDIENTS

2 x 300g sweet potatoes

1 tbsp olive oil

200g chestnut mushrooms, halved

1 tsp chopped fresh rosemary leaves

1 tbsp nutritional yeast

salt & pepper

DIRECTIONS

Preheat the oven to 200c/180 fan assisted/400f/gas mark 6. Prick the potatoes several times with a fork, then microwave on high for 8-10 minutes, turning once until tender.

Meanwhile, heat the oil in a non-stick frying pan, add the mushrooms and rosemary and cook over a high heat until the mushrooms are tender and lightly coloured. Season to own taste.

Put the potatoes onto a baking sheet and roast in the oven for 15 minutes until the skins start to crisp. Split open and spoon over the mushrooms.

Sprinkle with nutritional yeast and serve.

MACRO INFO PER SERVING:

PROTEIN: 8G

CARBS: 65G

FAT: 9G

ENERGY: 373KCAL



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TURKEY MEATBALL WRAPS

Lunch

Serves 4

High Protein

Low Fat, Egg Free

INGREDIENTS

500g turkey mince
1 onion, finely chopped
8 low fat flour tortillas e.g. weight watchers
200g mixed salad leaves
150g 0% greek yogurt
1 tbsp sunflower oil
1 tsp ground cumin
1 tsp ground coriander
salt & pepper to season

DIRECTIONS

Put the turkey, onion, spices, and seasoning into a bowl and mix well to combine. Shape into 16 meatballs. Heat the oil in a non-stick frying pan, fry the meatballs for 8-10 minutes until cooked through.

Meanwhile, warm the tortillas in the microwave on high for one minute. Add the salad to the tortillas, a little yogurt, and 2 meatballs per wrap. Roll up and serve 2 wraps per person.

Or allow to cool, roll and wrap as packed lunches.

MACRO INFO PER SERVING:

PROTEIN: 39G

CARBS: 37G

FAT: 9G

ENERGY: 393KCAL



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ONION TOASTS

Lunch

Serves 6

Egg Free

INGREDIENTS

6 onions, sliced

50g butter

300g mature cheddar, sliced

6 slices of sourdough bread

2 tsp golden caster sugar

splash of brandy

salt & pepper to season

DIRECTIONS

Heat the butter in a saucepan, add the onions and sprinkle over the sugar. Sweat the onions for 20 minutes over a medium heat, stirring occasionally, until sticky. Add the brandy, reduce liquid to nothing and season.

Heat the oven to 200c/180 fan/400f/gas mark 6. Toast the bread. Add the toasted bread to a baking sheet, spread the onions over, add the slices of cheese and bake for 15 minutes.

Serve with a green salad e.g. baby spinach, watercress.

MACRO INFO PER SERVING:

PROTEIN: 17G

CARBS: 32G

FAT: 25G

ENERGY: 421KCAL



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SLOW COOKER CHICKEN SOUP

Lunch

Serves 4

High Protein, Egg Free

INGREDIENTS

1 chicken carcass
1 onion, cut into wedges
2 carrots, sliced
2 celery sticks, sliced
200g leeks, finely sliced
375g frozen peas
150g mascarpone
75g vermicelli pasta
1 bouquet garni
4 tbsp chopped fresh mint
salt & pepper to season

DIRECTIONS

Place the carcass in the slow cooker, break it into pieces to fit. Add the onions, carrots, celery and bouquet garni. Pour over 1.2 litres of boiling water and season to taste. Cover and cook on high for 5-7 hours.

Strain the soup through a large sieve then return the liquid and meat to the slow cooker. Remove any meat from the carcass and add to the pot. Add the pasta, peas and leeks and cook for a further 30 minutes.

Liquidise the soup in a blender. Once the soup is smooth return it to the crock-pot, then stir in the mascarpone. Sprinkle over some fresh mint when serving.

MACRO INFO PER SERVING:

PROTEIN: 31.25G

CARBS: 32.75G

FAT: 19G

ENERGY: 427KCAL



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CHICKEN SALAD FLATBREAD

Lunch

Serves 1

High Protein, Low Fat

Egg Free, High Fibre

INGREDIENTS

150g skinless chicken breast, cut into slices

½ tsp smoked paprika

1 tsp olive oil

100g salad leaves

100g cucumber, sliced or diced

10 cherry tomatoes, halved

1 tbsp natural yogurt

¼ tsp paprika

1 flatbread

salt & pepper to season

DIRECTIONS

Toss the chicken strips in smoked paprika. Heat the oil in a frying pan and add the chicken and fry for 4 minutes, or more, on each side, depending on the thickness until the chicken is cooked through.

Cook the flatbread under the grill, or according to the packet instructions.

Mix the yogurt with the paprika and seasoning.

Layer the flatbread with the yogurt, salad ingredients and chicken.

Serve immediately.

MACRO INFO PER SERVING:

PROTEIN: 42G

CARBS: 40G

FAT: 13G

ENERGY: 445KCAL





BRIE BRUSCHETTA

Lunch

Serves 4

Egg Free

INGREDIENTS

4 thick slices of ciabatta
10 slices brie
4 slices serrano ham
2 tomatoes, sliced
2 tbsp olive oil
2 shallots, finely chopped
125ml double cream
small bunch of chives, chopped
rocket leaves to serve

DIRECTIONS

Heat 1 tsp of the oil in a non-stick frying pan over a low-medium heat and gently fry the shallots for 2 minutes until soft. Pour in the cream and bring to a simmer, then reduce it by half until it looks like a thick sauce. Stir in the chives.

Heat the grill to high. Brush the remaining oil over the bread and grill on both sides until toasted. Top each slice with some tomato, cheese, ham and spread over a little of the sauce.

Return to the grill and toast until cheese starts to melt. Serve with rocket leaves.

MACRO INFO PER SERVING:

PROTEIN: 19G

CARBS: 28G

FAT: 36G

ENERGY: 512KCAL



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HOUMOUS AVOCADO

Lunch

Serves 2

Vegan, Vegetarian

Dairy Free, Egg Free, High Fibre

INGREDIENTS

½ small red onion, sliced
2 tomatoes, chopped
handful of pitted olives, halved
squeeze of lemon juice
1 tsp olive oil for drizzling
1 avocado
4 tbsp houmous
4 slices ciabatta, toasted
salt & pepper to season

DIRECTIONS

Mix together the red onion, tomatoes, olives, a squeeze of lemon juice, and olive oil.

Halve and stone the avocado, put the houmous into the avocado, scatter over the tomato salad and then serve with the toasted ciabatta.

MACRO INFO PER SERVING:

PROTEIN: 11G

CARBS: 39G

FAT: 38G

ENERGY: 542KCAL



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PRAWN NACHOS

Lunch

Serves 2

High Protein

Egg Free, High Fibre

INGREDIENTS

200g frozen cooked prawns, defrosted & drained

100g spicy tortilla chips

small bunch of coriander, chopped

142ml soured cream

1 lime, in quarters

2-3 tomatoes, in chunks

2 spring onions, sliced

sliced jalapenos from a jar, optional*

salt & pepper to season

DIRECTIONS

Stir most of the coriander through the soured cream, squeeze in the juice of $\frac{1}{4}$ of the lime, and season well.

Spoon this over the tortilla chips, scatter over the rest of the ingredients.

Garnish with coriander and serve.

MACRO INFO PER SERVING:

PROTEIN: 33G

CARBS: 36G

FAT: 30G

ENERGY: 546KCAL



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SPANISH SOUP

Lunch

Serves 4

Low Fat, Egg Free

Dairy Free, High Fibre

INGREDIENTS

100g ham, chopped
65g chorizo, finely diced
1 small red onion, finely chopped
3 garlic cloves, crushed
2 x 400g cannellini beans, drained & rinsed
900ml vegetable stock
½ tbsp paprika
1 tbsp chopped fresh basil, to garnish
vegetable oil spray

DIRECTIONS

Spray a large saucepan lightly with the vegetable oil spray and set over a medium-high heat.

Add the chorizo to the pan, along with the onion and garlic. Saute for 5 minutes, then add the beans and vegetable stock, and simmer for 10 minutes.

Add the soup to a blender and blend smooth, then return to the pan. Add the ham and paprika, mix and warm through.

Serve with a sprinkle of chopped basil.

MACRO INFO PER SERVING:

PROTEIN: 19.75G

CARBS: 34G

FAT: 6.75G

ENERGY: 276KCAL





SLOW COOKER RATATOUILLE

Main

Serves 4

Vegan, Vegetarian

Low Fat, Egg Free, Dairy Free

INGREDIENTS

1 large aubergine, halved lengthways & sliced
500g courgettes, thickly sliced
200g cherry tomatoes
1 onion, chopped
2 garlic cloves
2 peppers, deseeded & diced
400g can chopped tomatoes
150ml vegetable stock
2 tsp cornflour
1 tsp stevia
1 tsp dried Mediterranean herbs
fresh basil leaves to garnish
salt & pepper to season
vegetable oil spray

DIRECTIONS

Spray a non-stick frying pan with the vegetable oil and place over a high heat. Add the onion and aubergine and cook for 5 minutes until starting to brown.

Stir in the peppers, garlic, chopped tomatoes, stock, stevia and dried herbs. Season to own taste, then bring to a boil. Transfer to the slow cooker and cover and cook on high for 3-4 hours.

Mix the cornflour with a little water to form a paste and add to the slow cooker along with the cherry tomatoes and the courgettes.

Cover and cook for 45 minutes. Garnish with basil and serve.

MACRO INFO PER SERVING:

PROTEIN: 5.75G

CARBS: 24.75G

FAT: 1.75G

ENERGY: 138KCAL





SCALLOPS & WHITE BEAN PUREE

Main

Serves 4

High Protein, Low Fat

Egg Free, Dairy Free, High Fibre

INGREDIENTS

16 large scallops

2 x 400g can cannellini beans, drained & rinsed

200ml vegetable stock

2 garlic cloves

2 tbsp chopped fresh parsley

2 tsp olive oil

16 baby leeks

salt & pepper to season

DIRECTIONS

In a saucepan add the beans, garlic and vegetable stock, bring to a boil, reduce the heat to a simmer and cook for 10 minutes. Drain and mash with a potato masher and stir through the parsley. Keep warm.

Heat half the oil in a non-stick frying pan, add the leeks and fry for 2 minutes, then add 3 tbsp of water, cover and simmer for 5-6 minutes until the leeks are tender.

Meanwhile heat the remaining oil in a small non-stick frying pan, add the scallops and fry for a minute on each side until just cooked through.

Season and serve with the baby leeks and the white bean puree.

MACRO INFO PER SERVING:

PROTEIN: 22.2G

CARBS: 35.5G

FAT: 4G

ENERGY: 217KCAL



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SMOKED SALMON SUPPER

Main

Serves 1

Egg Free, Low Carb

INGREDIENTS

2 slices of smoked salmon
½ carrot, peeled & grated
2 radishes, trimmed & grated
small piece of cucumber, deseeded & grated
3 tbsp full-fat soft cheese
juice of ½ a lemon
handful of coriander leaves, roughly chopped
1 tsp olive oil, to garnish
salt & pepper to season

DIRECTIONS

Put the grated vegetables into a bowl and mix with the soft cheese, lemon juice, and most of the coriander. Season well and mix.

Lay out the salmon slices, add the vegetable mix, and roll up.

Scatter with remaining coriander and drizzle with olive oil and serve.

MACRO INFO PER SERVING:

PROTEIN: 16G

CARBS: 6G

FAT: 16G

ENERGY: 232KCAL



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MARSALA MUSHROOM SOUP

Main

Serves 6

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free

INGREDIENTS

500g chestnut mushrooms, finely chopped
25g porcini mushrooms
1 medium onion, finely diced
2 large carrots, diced
2 garlic cloves, finely chopped
1 tbsp chopped fresh rosemary
2 tbsp olive oil
1.2 litres vegetable stock
5 tbsp marsala or dry sherry
2 tbsp tomato puree
100g pearl barley
salt & pepper to season

DIRECTIONS

Put the porcini mushrooms in a bowl along with 225ml of boiling water and leave to soak for 25 minutes. Drain reserving the liquid and finely chop.

Heat the oil in a saucepan and add the onion, garlic, carrots, rosemary and seasoning. Fry for 5 minutes. Add the chopped porcini mushrooms, fresh mushrooms, stock, marsala, tomato puree, barley and reserved porcini liquid.

Cook for 30 minutes until the barley is plump and soft, add more liquid if soup too thick, check the seasoning and serve.

MACRO INFO PER SERVING:

PROTEIN: 8G

CARBS: 35G

FAT: 7G

ENERGY: 235KCAL



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PUTTANESCA POTATOES

Main

Serves 4

Vegan, Vegetarian

Low Fat, Dairy Free, Egg Free

INGREDIENTS

750g new potatoes, washed & halved
1 small red onion, finely diced
1 tsp olive oil
pinch of salt
3 garlic cloves, crushed
½ tsp each fennel seeds, dried mixed herbs,
chilli flakes
1 tsp tomato puree
50ml red wine
400ml passata
125g baby spinach leaves
50g pitted black olives, roughly chopped
basil leaves to garnish

MACRO INFO PER SERVING:

PROTEIN: 6.25G

CARBS: 47.75G

FAT: 3.75G

ENERGY: 250KCAL



DIRECTIONS

Bring a large saucepan of lightly salted water to a rolling simmer, add the potatoes and cook for 10-12 minutes until cooked through. Drain.

Meanwhile, in a large non-stick frying pan add the olive oil over a medium-high heat. Add the red onion and a pinch of salt and stir-fry for one minute. Then add the garlic, fennel seeds, mixed herbs, chilli flakes, and stir-fry for a further minute. Add the tomato puree, mix, and cook for another minute.

Pour in the red wine, mix and simmer for 3-4 minutes then add the passata and simmer for 7-8 minutes to reduce the sauce. Add the potatoes, cover in the sauce.

Wilt in the spinach, stirring constantly. Mix in the black olives, garnish with basil, and serve.

Can be frozen in portions for up to 3 months.

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LAMB TAGINE

Main

Serves 4

High Protein, Low Fat

Egg Free, Dairy Free, High Fibre

INGREDIENTS

300g lean lamb, diced
1 tbsp salsa
1 tbsp apricot jam
juice of 1 lime
100g pearl barley
1 medium onion, chopped
2 tsp chilli powder
1 tsp turmeric
1 tsp ground cumin
400g can chopped tomatoes
500ml chicken stock
1 tbsp vegetable oil
1 tbsp plain flour
salt & pepper to season

MACRO INFO PER SERVING:

PROTEIN: 21.25G

CARBS: 36G

FAT: 8.5G

ENERGY: 306KCAL



DIRECTIONS

Preheat the oven to 180/160 fan assisted/350f/gas mark 4. Heat the oil in a large lidded casserole dish.

Season the flour and coat the lamb in the flour. Fry the lamb in the hot oil for 2 minutes without turning, then stir and turn the lamb and cook for a further 2 minutes. Set the lamb aside.

Turn the heat down to low and add the onion. Stir in the spices and then add the chopped tomatoes and stock. Bring to a boil, add the pearl barley and boil for 10 minutes.

Return the lamb, stir in the salsa, jam, and lime juice. Put on the lid and cook in the oven for 2 hours.



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AUBERGINE CURRY

Main

Serves 4

Vegan, Vegetarian

Dairy Free, Egg Free, High Fibre

INGREDIENTS

4 plain mini naans
1 large aubergine, sliced lengthways
400g can reduced-fat coconut milk
2 chillies, deseeded & sliced
2 ½ cm root ginger, peeled & grated
4 garlic cloves, crushed
1 tbsp tamarind paste
1 tsp cumin seeds
4 tsp coriander seeds
1 tsp cayenne pepper
½ tsp ground turmeric
salt & pepper to season

MACRO INFO PER SERVING:

PROTEIN: 7.25G

CARBS: 36.75G

FAT: 15G

ENERGY: 311KCAL



DIRECTIONS

Dry-fry the cumin and coriander seeds in a small non-stick frying pan for a few minutes until aromatic and toasted. Leave to cool and then crush together.

Mix the crushed seeds, cayenne, chillies, turmeric, garlic and ginger with 300ml of warm water in a large saucepan and simmer for 10 minutes until thickened. Season with salt and pepper, then stir in the coconut milk and tamarind paste.

Arrange the aubergine slices on a foil lined rack and brush with some of the curry sauce. Cook under a hot grill until golden and soft, then stir into the curry sauce.

Serve with hot mini naans.

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BURGER & WEDGES

Main

Serves 2

High Protein, Low Fat

Dairy Free, Egg Free

INGREDIENTS

200g sweet potatoes, cut into wedges

250g extra lean (5% fat) beef mince

2 spring onions, finely chopped

1 garlic clove, crushed

½ tsp dried mixed herbs

1 tsp Worcestershire sauce

3 tsp sunflower oil

salt & pepper to season

DIRECTIONS

Preheat the oven to 220c/200c fan assisted/425f/gas mark 7.

Place the sweet potato wedges in a saucepan of lightly salted cold water and bring to a boil. Cook for a total of 15 minutes from cold. Drain and air dry. Place the wedges in a baking dish and toss in 2 tsp of the oil. Season well and roast in the oven for 25-30 minutes.

Place the beef, spring onions, garlic, Worcestershire sauce, dried herbs, salt, and pepper in a bowl. Mix together until combined and form into 4 patties. Place in the fridge for 30 minutes, or the freezer for 10 minutes.

Heat the remaining olive oil in a large frying pan and fry the burgers for 8-10 minutes, turning once.

Serve immediately with the wedges and a green salad if desired.

MACRO INFO PER SERVING:

PROTEIN: 30.5G

CARBS: 22G

FAT: 12G

ENERGY: 318KCAL



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FRENCH BEEF

Main

Serves 4

High Protein

Dairy Free, Egg Free

INGREDIENTS

400g extra lean casserole beef steak in chunks

100g lardons, or bacon bits

200g button mushrooms

2 garlic cloves, sliced

1 medium onion, sliced

200g pickled onions, shallots, drained

2 carrots, peeled & chopped

1 tsp dried thyme

2 bay leaves

2 tbsp plain flour

400ml red wine

salt & pepper to season

DIRECTIONS

Preheat the oven to 140c/120 fan assisted/275f/gas mark 1

Put the beef, lardons, mushrooms, garlic, onion, pickled onions (shallots), carrots, thyme and bay leaves in a large casserole dish.

Sprinkle on the flour and toss through the ingredients. Season with salt and pepper and pour in the red wine plus 100ml of water. Stir and add the lid. Cook for 3 hours.

Or cook in the slow cooker on low for 8 hours.

MACRO INFO PER SERVING:

PROTEIN: 27.5G

CARBS: 15.58G

FAT: 19.5G

ENERGY: 348KCAL



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TRADITIONAL GOULASH

Main

Serves 4

High Protein, Egg Free

INGREDIENTS

500g casserole pork, diced
1 large onion, chopped
1 tbsp plain flour
2 tbsp sunflower oil
2 garlic cloves, chopped
2 peppers, deseeded & chopped
1 heaped tbsp paprika
1 heaped tsp smoked paprika
400g can chopped tomatoes
250ml chicken stock
150ml low fat crème fraiche
salt & pepper to season

MACRO INFO PER SERVING:

PROTEIN: 32.5G

CARBS: 19.25G

FAT: 16.75G

ENERGY: 358KCAL



DIRECTIONS

Sprinkle the pork with flour, season well and toss to coat the pork with flour all over.

Heat the oil in a casserole dish over a high heat and brown the pork in batches and set aside.

Turn the heat to low, add the onion, garlic, and peppers, put the lid on, and sweat for 10 minutes.

Return the pork to the dish with both types of paprika, the chopped tomatoes, and stock. Bring to a simmer for 20-30 minutes with the lid off.

Heat the oven to 150c/130 fan assisted/300f/ gas mark 2. Put the lid on the casserole dish and cook in the oven for 3 hours.

Stir in the crème fraiche before serving.

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KID-FRIENDLY LEFTOVERS CURRY

Main

Serves 4

High Protein, Egg Free

INGREDIENTS

300g roasted turkey breast, chopped

250g frozen mixed vegetables

1 medium red onion, chopped

1 korma curry paste pot

200ml can reduced fat coconut milk

1 tbsp vegetable oil

20g flaked almond

handful of fresh coriander, chopped

METHOD

Add the oil to a large non-stick frying pan along with the onion and fry over a medium-high heat for 5 minutes, or until the onion has softened but not browned.

Add the paste and 50 ml of water. Mix well before adding the frozen vegetables and a further 50 ml of water. Allow to cook, stirring occasionally, for 3-4 minutes before adding the turkey and coconut milk. Stir well and heat through.

Meanwhile lightly toast the flaked almonds in a non-stick frying pan over a low-medium heat for 1-2 minutes until lightly browned.

Serve the curry garnished with the toasted almonds and coriander.

MACRO INFO PER SERVING:

PROTEIN: 26.25G

CARBS: 19.75G

FAT: 19.5G

ENERGY: 360KCAL



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PRAWN & EGG FRIED RICE

Main

Serves 2

High Protein

Low Fat, Dairy Free

INGREDIENTS

80g basmati rice

225g cooked prawns

40g mixed diced frozen vegetables

2 tsp olive oil

3 large eggs, beaten

3 spring onions, shredded

1 garlic clove, crushed

1 tbsp dry sherry

handful of coriander, chopped

salt & pepper to season

DIRECTIONS

Cook the rice according to the packet instructions and add the mixed vegetables for the last 5 minutes of the cooking time.

Heat 1 tsp of olive oil in a wok, add the eggs and lightly scramble, remove them from the pan while they are still slightly runny and not fully cooked. Transfer to a bowl, cover, and set aside.

Heat the remaining oil, add the spring onions and garlic and gently fry for a minute, then add the prawns and fry for a further minute.

Add the sherry and coriander, season with salt and pepper, then add the vegetable rice.

Cook for a further a minute before stirring through the lightly scrambled eggs and serve immediately.

MACRO INFO PER SERVING:

PROTEIN: 30.5G

CARBS: 37.5G

FAT: 12.5G

ENERGY: 385KCAL



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SAUSAGE PASTA STEW

Main

Serves 2

High Protein, Low Fat

Dairy Free, Egg Free, High Fibre

INGREDIENTS

2 good quality sausages, thickly sliced
1 courgette, sliced
50g defrosted peas
2 medium tomatoes, diced
1 red chilli, deseeded & sliced
1 leek, sliced
2 bay leaves
50g dried small pasta shapes
1 litre chicken stock
½ tsp dried mixed herbs
10g parmesan, grated
salt & pepper to season

DIRECTIONS

Put the chicken stock into a large saucepan along with the leek, sausages, chilli, bay leaves and dried herbs. Bring to a simmer and simmer for 25 minutes.

Add the peas, courgette and pasta and continue to simmer for 15 minutes until the pasta is cooked. Remove the bay leaves and add the diced tomatoes.

Serve in large bowls, seasoned generously and sprinkled with parmesan.

MACRO INFO PER SERVING:

PROTEIN: 30.5G

CARBS: 54G

FAT: 5.5G

ENERGY: 388KCAL



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THAI CHICKEN CURRY

Main

Serves 2

High Protein, Low Fat

Egg Free, Dairy Free, High Fibre

INGREDIENTS

250g skinless chicken breast, diced

80g basmati rice

1 tsp sunflower oil

1 tbsp Thai green curry paste

200ml can light coconut milk

1 red pepper, in strips

75g frozen peas

2 spring onions, shredded

160g pak choi, chopped

juice of 1 lime

a few fresh basil leaves, chopped

handful of coriander, chopped

1 tbsp vegetable oil

salt & pepper to season

DIRECTIONS

Cook the rice according to the packet instructions and divide the cooked rice between two bowls.

Warm the oil in a large saucepan and lightly fry the chicken. Add the curry paste and stir-fry for a minute before adding the coconut milk.

Simmer for 2 minutes, then add the pepper, peas and spring onions and simmer for a further 5 minutes.

Add the pak choi and cook for 2 more minutes.

Finally stir in the lime juice, basil and coriander, season and serve over the rice.

MACRO INFO PER SERVING:

PROTEIN: 35.5G

CARBS: 48G

FAT: 12.5G

ENERGY: 447KCAL



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LAMB COUSCOUS

Main

Serves 2

High Protein

Egg Free, Dairy Free

INGREDIENTS

2 x 90g lamb steaks

100g dried couscous

1 tsp olive oil

1 garlic clove, finely sliced

250ml chicken stock

1 lemon, zest & juice only

50g rocket

salt & pepper to season

DIRECTIONS

Heat the oil in a medium-size saucepan over a medium heat. Add the garlic and fry for about 2 minutes, then stir in the couscous for 1-2 minutes, stirring continuously. Take off the heat. Add the hot stock and put the lid on the pan. Leave for 15 minutes.

Meanwhile heat the grill. Season the lamb steaks and cook them for 5-8 minutes on each side under the grill. Set aside and rest for 5 minutes.

Stir the lemon zest and half the juice through the couscous along with the rocket.

Serve the couscous and lamb together. Sprinkle over more lemon juice and season to own taste.

MACRO INFO PER SERVING:

PROTEIN: 22.5G

CARBS: 44.5G

FAT: 28.5G

ENERGY: 524KCAL



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TUNA STUFFED MUSHROOMS

Main

Serves 2

High Protein, Low Carb

INGREDIENTS

4 large flat mushrooms, stalk removed
1 tbsp butter, softened
2 x 225g can tuna, drained
55g mayonnaise
2 tbsp lemon juice
1 medium celery stalk, finely chopped
2 medium spring onions, finely sliced
1 tomato, sliced
4 slices of provolone, or mozzarella, cheese
salt & pepper to season

MACRO INFO PER SERVING:

PROTEIN: 38.7G

CARBS: 11.9G

FAT: 37G

ENERGY: 535KCAL



DIRECTIONS

Preheat the oven to 200c/180 fan assisted/400f/gas mark 6. Grease an ovenproof dish with the softened butter.

Season the mushrooms with salt and pepper and place bottom side up in the greased dish. Roast in the oven for 2 minutes and then turn the mushrooms over. Cover and cook for 5-7 minutes until tender.

Meanwhile make the filling by mixing together in a bowl the tuna, mayonnaise, spring onions, celery and lemon juice. Season well.

Spoon into the mushroom cups, top each cup with a slice of tomato and a slice of cheese. Return to the oven for 5-6 minutes until the cheese melts.

Serve 2 mushrooms per person.

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TROPICAL BARK

Snack

Serves 24

Vegetarian

Low Fat, Egg Free

INGREDIENTS

400g low fat thick vanilla yogurt

450g mango chunks, flesh only

25g granola, crumbled

DIRECTIONS

Line a baking sheet with greaseproof paper. Spread the yogurt out over the paper in an even layer.

Blend the mango into a puree and add to the yogurt layer and lightly swirl together before sprinkling over the granola.

Freeze for 4 hours and then break into pieces. Can be stored in boxes in the freezer in handy pieces using greaseproof paper to separate the layers of bark.

Can be frozen for up to 3 months. Eat as a frozen snack.

MACRO INFO PER SERVING:

PROTEIN: 2.12G

CARBS: 3.58G

FAT: 0.2G

ENERGY: 25KCAL



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ORANGE CHOCOLATE CAKE

Dessert

Serves 12

Vegetarian Low Fat

INGREDIENTS

250g courgettes, grated

2 eggs, beaten

100ml vegetable oil

1 orange, grated rind and juice only

125g caster sugar

225g self-raising flour

2 tbsp cocoa powder

½ tsp bicarbonate of soda

½ tsp baking powder

50g ready-to-eat dried apricots, chopped

Frosting

200g low fat cream cheese e.g. Philadelphia

2 tbsp chocolate hazelnut spread, e.g. Nutella

1 tbsp hazelnuts, toasted & chopped

MACRO INFO PER SERVING:

PROTEIN: 7.25G

CARBS: 32.16G

FAT: 11.25G

ENERGY: 205KCAL



DIRECTIONS

Preheat the oven to 200c/180 fan assisted/350f/gas mark 4. Grease and line a 20cm loose-bottom cake tin.

Place the courgettes into a sieve and squeeze out the excess juice.

Beat together the eggs, vegetable oil, orange rind, orange juice, and sugar together in a bowl. Sift in the flour, cocoa powder, bicarbonate of soda, baking powder, and mix to combine.

Fold in the courgettes and apricots, then spoon into the cake tin. Bake in the oven for 40 minutes until risen and firm to touch. Turn out onto a wire rack to cool.

In a bowl beat together the cream cheese and chocolate hazelnut spread and then spread over the cooled cake. Sprinkle over the hazelnuts and cut into 12 slices.

Can be stored in an airtight tin for 2-3 days.

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