

Greek Pitas

25g Protein a Serve

<https://hurrythefoodup.com/greek-pitas/>

INGREDIENTS

- ½ red onion
- 1 small cucumber
- 150 g cherry tomatoes
- 85 g low fat feta cheese (use regular if you prefer)
- 4 pitas (we like wholegrain)
- 1 handful spinach
- 4 tbsp hummus (to spread)
- ½ lemon (juiced)
- 1 tbsp oregano, fresh (1 tbsp = 1 tsp dried)
- 1 tsp red pepper flakes (dried cayenne also goes really well)
- 2 tsp olive oil
- 1 tbsp red wine vinegar (balsamic vinegar or any you have is also great!)
- salt



INSTRUCTIONS

1. Chop the **cucumber, tomatoes, onion, cheese** and throw into bowl.

½ red onion, 1 small cucumber, 150 g cherry tomatoes, 85 g low fat feta cheese

2. Add the **spinach**.

1 handful spinach

In a separate bowl:

1. Squeeze in the **lemon, olive oil** and **vinegar**.

½ lemon, 2 tsp olive oil, 1 tbsp red wine vinegar

2. Add the **oregano, pepper, and salt**.

1 tbsp oregano, fresh, 1 tsp red pepper flakes, salt

3. Mix well and pour over salad. Give it a toss
4. Toast the **pitas**, spread the **hummus** inside, and fill. 4 tbsp hummus, 4 pitas
5. Enjoy!

Ramen in a Jar

24g Protein a serve

<https://hurrythefoodup.com/easy-homemade-ramen-in-a-jar/>

INGREDIENTS

- 1 egg
- 1 vegetable broth cube (enough for 4 cups water)
- 2 tsp red curry paste
- 2 tsp sesame oil
- 4 tbsp soy sauce
- 1 clove garlic (minced)
- 2 tsp sugar
- 2 tsp lemon juice
- 70 g rice noodles
- 130 g edamame (soy beans) (shelled, precooked or cooked)
- 200 g firm tofu (cut into 1 inch cubes)
- 1 medium carrot (grated)
- 2 spring onions (sliced)
- 2 handful cilantro/coriander, fresh
- 2 tsp sesame seeds
- 900 ml water



INSTRUCTIONS

1. Please see recipe notes for more detailed instructions.
2. Cook the **egg** for 7 minutes in boiling water. Immediately take off heat and into cold water to cool completely. Peel and cut in half.

1 egg

3. Prepare the minced **garlic**, cubed **tofu**, shaved or grated **carrots**, sliced **spring onions** and whole **cilantro leaves**.

1 clove garlic, 1 medium carrot, 2 spring onions, 2 handful cilantro/coriander, fresh, 200 g firm tofu

4. Meanwhile, in two mason jars add half of the **vegetable stock cube**, **red curry paste**, **sesame oil**, **soy sauce**, **minced garlic**, **sugar** and **lemon** respectively. Mix until everything is incorporated.

1 vegetable broth cube, 2 tsp red curry paste, 2 tsp sesame oil, 4 tbsp soy sauce, 1 clove garlic, 2 tsp sugar, 2 tsp lemon juice

5. In layers add the **rice noodles**, **edamame beans**, cubed tofu, carrot, half of the egg per serving, spring onions, cilantro leaves and finally **sesame seeds**. Put a lid on the jar and reserve in a cool place until ready to eat.

70 g rice noodles, 130 g edamame (soy beans), 2 tsp sesame seeds

6. When you are ready to eat, add 2 cups of boiling **water** per serving to the jar. Let stand for a minute or two and then ideally microwave for another 2-3 minutes for a steaming hot soup. Season with salt and enjoy!

900 ml water

NOTES

Further recipe notes:

We've used dried noodles in this recipe because they cook in the final step, so make sure you choose noodles that have a cook time of a couple of minutes. You may need to break the noodle nest to fit it in your container.

Vegan Stuffed Capsicums

30g Protein a serve

<https://hurrythefoodup.com/vegan-stuffed-peppers/>

INGREDIENTS

- 85 g quinoa (½ cup = 85g)
- 250 ml vegetable broth
- 4 large bell pepper, red (or your favourite colour)
- 1 tbsp fajita mix (or 1/2 tsp cumin, ¼ tsp chili powder, ½ tsp paprika and 1 pinch salt)
- 3 tbsp nutritional yeast (if you don't have it don't worry, if you do – use it!)
- 80 g sweetcorn
- 100 g tempeh (about 3.5oz or 100g)
- 1 tbsp olive oil
- 480 ml tomato passata
- 1 tsp sugar
- 1 tsp salt
- 12 g basil, fresh



INSTRUCTIONS

1. Cook the **quinoa** in a pot with double the amount of **veggie broth** on medium heat until the water has evaporated, stirring well and often. Remove from heat and cover with a tea towel – the quinoa will puff out.
2. In the meantime, dice the **tempeh** and stick it in boiling water for ten minutes. This will remove any bitterness, though you can skip this step if pressed for time.
3. Then fry the tempeh in **olive oil** for about ten minutes. Add the **spices** (or fajita mix) and a tbsp or two of water.
4. At the end of frying add the **nutritional yeast** and give it a good stir.
5. Drain and rinse the **sweetcorn**.

6. Clean the **peppers** and give the insides a quick scrape out. If the peppers do not stand up on their own, slice a TINY layer of the sticky-out bit off the bottom. Do not cut off more than you need to, you don't want the contents of the pepper falling through.
7. Get an oven dish and pour in the tomato passata. Mix in the **sugar, salt** and **basil leaves**.
8. Preheat the oven to 200°C/390°F.
9. Stand the peppers up straight in the passata in the oven dish.
10. Put a tbsp of quinoa into each pepper, followed by a tbsp of tempeh, then a tbsp of corn. Squish it all down and add a final layer of tempeh, or any other ingredients you have left over. Squash them down again.
11. Pop the tray in the oven and cook for about 40 minutes at 200°C/390°F. When ready, the tops should be browned and the peppers should look soft (a bit wrinkly).
12. Serve in bowls with a dollop of sauce on top of each pepper, with more sauce around the outside. Make a final garnish of basil leaves.

Oven Roasted Broccoli Halloumi Traybake

32g Protein a serve

<https://hurrythefoodup.com/oven-roasted-broccoli-halloumi-traybake/>

INGREDIENTS

- 450 g broccoli
- 1 red onion
- 1 chili pepper (optional)
- 2 tbsp cashews
- 20 g basil, fresh
- 2 clove garlic
- ½ lime
- 1 tsp salt (divided)
- ¼ tsp black pepper
- 265 g lentils, cooked (or canned and drained)
- 57 g halloumi cheese
- ½ tbsp olive oil
- 1 tbsp parsley or dill
- 100 g ciabatta bread



INSTRUCTIONS

1. Preheat the oven to 430 F / 220 C.
2. Cut the **broccoli** into big florets and slice the **red onion** in half and then each half into four pieces lengthwise. Thinly slice the chilli pepper if using.

450 g broccoli, 1 red onion

Seasoning

1. In the food processor add the **cashews** with 5 tbsp of **water, basil, garlic, juice** from ½ **lime**, ½ tsp **salt, black pepper**, and process until you have a pesto like texture (not fully smooth). Taste and add more salt per taste. If necessary add a little extra water too.

1 chili pepper, 2 tbsp cashews, 20 g basil, fresh, 2 clove garlic, ½ lime, 1 tsp salt, ¼ tsp black pepper

Assembling

1. In a baking sheet place the **lentils** and **thinly sliced chilli pepper** if using. On top add the red onion, broccoli florets and **halloumi**.

265 g lentils, cooked, 57 g halloumi cheese

2. Drizzle the pesto seasoning on top of the veggies and sprinkle remaining ½ tsp of salt + black pepper per taste. Brush the broccoli florets and halloumi with the **olive oil**.

½ tbsp olive oil

3. Bake for 20 minutes or until the broccoli florets are tender. Turn on the grill or broiler of the oven at the highest temperature and bake for 3-5 minutes, until the veggies are golden brown.

4. Top with chopped fresh **parsley** or **dill** and serve immediately. Serve with a side of **ciabatta bread**.

1 tbsp parsley or dill, 100 g ciabatta bread