

Pinch  Nom

EXPRESS

FAST, DELICIOUS FOOD

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THE 4.5 MILLION COPY BESTSELLING AUTHORS





VEGGIE



VEGAN

USE PLANT-BASED YOGHURT AND MAPLE OR AGAVE SYRUP



FREEZE ME

BURGERS ONLY



BATCH COOK



DAIRY FREE

USE PLANT-BASED YOGHURT



GLUTEN FREE

USE GF OATS AND BREAD ROLLS



LENTIL FALAFEL BURGERS



10 MINS



30 MINS



SERVES 4

PER PORTION:

355 KCAL / 52G CARBS

SPECIAL EQUIPMENT

Food processor

FOR THE BURGERS

low-calorie cooking spray
 40g rolled oats
 2 x 400g tins green lentils, rinsed and drained
 ½ onion, peeled and chopped
 40g baby spinach leaves
 handful of fresh coriander leaves
 handful of fresh parsley
 handful of fresh mint leaves
 2 tsp garlic granules
 1 tsp ground cumin
 1 tsp ground coriander
 sea salt and freshly ground black pepper

FOR THE TZATZIKI

½ cucumber
 150g fat-free Greek-style yoghurt
 1–2 tsp harissa paste (to taste)
 a few fresh mint leaves, finely chopped
 1 tsp runny honey

TO SERVE

4 x 60g wholemeal rolls

TO ACCOMPANY

75g mixed salad
 (+ 15 kcal per serving)

There's no shortage of flavour in these veggie burgers! The patties, inspired by falafel, include blended lentils instead of chickpeas. Full of goodness (and budget friendly) they're crispy on the outside and soft inside, with a delicious herby taste. Our twist on tzatziki includes harissa and honey, so it's minty, spicy and slightly sweet all at once. Dollop it on your burger and get ready for the perfect bite!

Everyday Light

OVEN METHOD

SPECIAL EQUIPMENT

Food processor

Preheat the oven to 200°C (fan 180°C/gas mark 6) and spray a baking tray with low-calorie cooking spray. Place the oats in a food processor and blitz to a coarse flour. Remove and place to one side.

Pat the drained lentils with kitchen towel to remove any excess moisture, then put in the food processor with the onion, spinach, fresh herbs, garlic granules and spices. Blitz to a coarse paste – you don't want it completely smooth – then scrape into a bowl, add the blitzed oats and mix well. Taste and season with salt and pepper as needed.

Divide the falafel mix into 4 even-sized pieces and roll into balls, then flatten into burger shapes, each about 2cm (¾in) thick. Place on the greased baking tray, spray the tops with low-calorie cooking spray, and bake in the oven for 30 minutes, carefully flipping them halfway through, until golden brown and crisp on the outside.

While the burgers cook, make the tzatziki. Coarsely grate the cucumber and wrap it in a clean tea towel. Give it a good squeeze, to remove as much liquid as you can. This will stop the tzatziki from becoming watery. Put the cucumber into a mixing bowl and add the yoghurt, harissa paste, chopped mint, honey and a little salt and pepper to taste. Mix well.

When the burgers are cooked, split the wholemeal rolls in half and fill with the mixed salad. Place a burger on top and add a dollop of tzatziki. Serve!

Continued...





AIR-FRYER METHOD

SPECIAL EQUIPMENT

Food processor, air fryer

Place the oats in a food processor and blitz to a coarse flour. Remove and place to one side.

Pat the drained lentils with kitchen towel to remove any excess moisture, then put in the food processor with the onion, spinach, fresh herbs, garlic granules and spices. Blitz to a coarse paste – you don't want it completely smooth – then scrape into a bowl, add the blitzed oats and mix well. Taste and season with salt and pepper as needed. Divide the falafel mix into 4 even-sized pieces and roll into balls, then flatten into burger shapes, each about 2cm (¾in) thick.

Preheat the air fryer to 180°C. If your air fryer doesn't have a preheat function, turn it on and let it run for a few minutes to get to temperature.

Spray the burgers on both sides with low-calorie cooking spray and place in the air fryer. Cook for 15 minutes, carefully flipping them halfway through, until golden brown and crisp on the outside.

While the burgers cook, make the tzatziki. Coarsely grate the cucumber and wrap it in a clean tea towel. Give it a good squeeze, to remove as much liquid as you can. This will stop the tzatziki from becoming watery. Put the cucumber into a mixing bowl and add the yoghurt, harissa paste, chopped mint, honey and a little salt and pepper to taste. Mix well.

When the burgers are cooked, split the wholemeal rolls in half and fill with the mixed salad. Place a burger on top and add a dollop of tzatziki. Serve!



VEGGIE



VEGAN

USE RAMEN
NOODLESFREEZE
ME

BROTH ONLY

BATCH
COOKDAIRY
FREEGLUTEN
FREEUSE OF
NOODLES AND
SOY SAUCE

PEANUT RAMEN



10 MINS



10 MINS



SERVES 2

PER SERVING:**304 KCAL /38G CARBS**

low-calorie cooking spray
 2 garlic cloves, peeled and crushed
 1.5cm (3/4in) piece of root ginger, peeled and finely grated
 1/2 tbsp curry powder
 250ml vegetable stock (1 vegetable stock cube dissolved in 250ml boiling water)
 400ml coconut plant-based drink
 1 lime, half juiced, the other half cut into wedges for garnish
 2 tbsp light soy sauce
 2 tbsp peanut butter powder, mixed to a paste with 2 tbsp water
 1 pak choi, sliced
 50g baby corn, cut into thirds
 50g mangetout
 125g long-stem broccoli
 50g nest of dried egg noodles
 handful of fresh coriander leaves, chopped
 2 spring onions, thinly sliced
 1 chilli, thinly sliced, to garnish (optional)

If satay chicken is your go-to takeaway order, our Peanut Ramen will be up your street. A super satisfying lunch or light dinner, this nutty broth is ready in just 20 minutes! Best described as a satay-noodle-style soup, you can bulk it out with fried tofu pieces or another nest of noodles if you're feeling extra hungry. At 304 calories per bowlful, there's room to make it your own with your favourite ramen toppings!

Everyday Light

Spray a wok or large saucepan with low-calorie cooking spray and place over a medium heat. Add the garlic and ginger and fry for 2 minutes, then add the curry powder and cook for a further minute. Add the stock, coconut drink, lime juice and soy sauce and whisk in the peanut paste. Bring to the boil then add the pak choi, baby corn, mangetout and broccoli. Cook for 5 minutes.

At this point the broth (minus the noodles) can be frozen. (Defrost overnight in the fridge, reheat in a microwave or in a saucepan on the hob until piping hot, and add cooked noodles just before serving.)

Meanwhile, cook the noodles in a separate pan of boiling water for 1 minute less than the packet instructions (this will usually be about 3 minutes). Drain.

Add the drained noodles to the peanut and vegetable broth and cook for another minute until the noodles are fully cooked.

Divide between bowls and top with the coriander, spring onions, sliced chilli (if using) and serve!





VEGGIE

FREEZE
MEBATCH
COOKGLUTEN
FREEUSE GF
FLOUR

MOCHA LAVA CAKES

5 MINS

VARIABLE (SEE BELOW)

SERVES 4

PER SERVING:
239 KCAL /19G CARBS

SPECIAL EQUIPMENT
4 x 125ml ramekin dishes
or small cups

45g reduced-fat spread, plus
a little extra for greasing
45g self-raising flour
25g white granulated sweetener
1 tbsp cocoa powder
2 medium eggs
1 tbsp espresso powder
20g milk chocolate (about
4 squares)

FOR THE TOP
½ tsp icing sugar
½ tsp cocoa powder
5g milk chocolate (about
1 square), chopped

Ready to pop in the oven (or microwave) after just 5 easy minutes of prep, these Mocha Lava Cakes hit the spot every time. They might be super quick and easy to make, but that doesn't make them any less impressive. We've added a hint of coffee to our chocolate sponge, and given each pud an irresistible, gooey chocolate centre. It's tough to believe they come in at less than 250 calories!

Weekly Indulgence

OVEN METHOD

10 MINS

Preheat the oven to 180°C (fan 160°C/gas mark 4) and lightly grease the ramekin dishes with reduced-fat spread.

Place the self-raising flour, white granulated sweetener, cocoa powder, reduced-fat spread, eggs and espresso powder in a mixing bowl. Beat together for 1–2 minutes using an electric hand whisk or wooden spoon.

Divide the mixture evenly among the greased ramekin dishes and add one square of chocolate to the top of each. Place the ramekins onto a baking tray then bake in the oven for 8 minutes, until risen and spongy when pressed but still gooey in the middle.

Mix the icing sugar and cocoa powder together and dust the top of each lava cake. Sprinkle with the chopped chocolate and serve!

MICROWAVE METHOD

4 MINS

Lightly grease the ramekin dishes with reduced-fat spread.

Place the self-raising flour, white granulated sweetener, cocoa powder, reduced-fat spread, eggs and espresso powder in a mixing bowl. Beat together for 1–2 minutes using an electric hand whisk or wooden spoon.

Divide the mixture evenly among the greased ramekin dishes and add one square of chocolate to the top of each.

TIP:

Make sure to use white granulated sweetener that has the same weight, texture and sweetness as sugar, not powdered.



Cover each loosely with vented cling film (to allow steam to escape – they shouldn't be completely covered). Place into the microwave one at a time and cook on high for 1 minute. The cake should be risen but feel light to the touch. If the top is not cooked, place back in the microwave for 30 seconds (timing will depend on the power of your microwave). Remove the cling film.

Mix the icing sugar and cocoa powder together and dust the top of each lava cake. Sprinkle with the chopped chocolate and serve!

TIP:

You could use instant coffee granules instead of espresso powder. Add to a food bag and bash with a rolling pin until you have a fine powder.

The cooked lava cakes can be frozen: wrap the ovenproof (and freezerproof) ramekins tightly in cling film, pack in a container and label. Defrost in the fridge. Cover loosely with vented cling film and microwave for about 30 seconds (see microwave method above), or reheat in a moderate oven for about 5 minutes.