

FEBRUARY PLANT-BASED RECIPE PACK

TIGHTEN *up*



Discover 15 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies.

WWW.TIGHTENUP.COM.AU



Contents & Key

6	Sushi Rice Pudding	GF	Gluten Free
8	Peanut Butter Vanilla Green Smoothie	DF	Dairy Free
10	Crispy Herb Tofu Sandwich	LC	Low Carb (20g- serve)
12	Quinoa Bread	MP	Meal Prep/Freezer Friendly
14	Warm Broccoli Salad	HP	High Protein (20g+ per serve)
16	Tofu “Meat” Balls	V	Vegetarian
18	Avocado & Potato Salad	Q	Quick (under 30 mins)
20	Vegetable Udon Noodle Soup	N	Contains Nuts
22	Sweet & Sour Tofu with Vegetables		
24	Vegan Tomato Basil Soup		
26	Vegan Red Pesto		
28	Red Pesto Pasta with Roasted Vegetables		
30	Vegetable & Tofu Skewers		
32	PB Jam Cookies		
34	Mango Passion Fruit Smoothie		

Weekly Shopping List

Fruits, Vegetables	Plant-Based Products	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <p>5 tbsp.pomegranate 1 banana 3 lemons 2 limes pineapple 340g mango 2 avocados</p> <p>Vegetables</p> <p>root ginger 2 bulbs garlic 1 red onion 3 onions bunch spring onions 2 heads of broccoli 60g baby spinach 180g kale 5 baby bok choy 550g potatoes 70g shiitake mushrooms 8 white button mushrooms 1 eggplant 2 zucchinis 4 red capsicums 1 green capsicum 9 tomatoes 8 asparagus</p> <p>Fresh Herbs</p> <p>Coriander basil</p> <p>Frozen Foods</p> <p>passion fruit pulp, unsweetened</p>	<p>carton almond milk, unsweetened carton coconut milk, unsweetened 4 packs extra firm tofu pack vegan tortellini pasta</p>	<p>Grains</p> <p>sushi rice brown rice rolled oats white quinoa</p> <p>Nuts & Seeds</p> <p>sesame seeds sunflower seeds chia seeds flax seeds flax meal roasted almonds pine nuts</p> <p>Baking</p> <p>vanilla extract cocoa nibs coconut flakes cornflour baking soda (bicarbonate of soda)</p> <p>Dried Herbs & Spices</p> <p>black pepper ground cinnamon garlic powder onion powder dried thyme Italian seasoning chilli flakes ground cumin</p>	<p>Oils</p> <p>olive oil toasted sesame oil</p> <p>Sweeteners</p> <p>maple syrup coconut sugar</p> <p>Boxed, Canned & Condiments</p> <p>can coconut milk peanut butter dijon mustard tamari nutritional yeast tomato puree) sun dried tomatoes in oil pack dried udon noodles whole grain pasta vegetable broth (stock) white miso paste balsamic vinegar rice vinegar chilli sauce hot sauce BBQ sauce raspberry jam</p> <p>Misc/Other</p> <p>sea salt vanilla plant-based protein powder sliced whole grain bread wooden/metal skewers</p>

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Sushi Rice Pudding	Warm Broccoli Salad	E.g. Mango Passion Fruit Smoothie, PB Jam Cookies, Quinoa Bread, Peanut Butter Vanilla Green Smoothie	Vegetable & Tofu Skewers
Tue	Sushi Rice Pudding	Warm Broccoli Salad	E.g. Mango Passion Fruit Smoothie, PB Jam Cookies, Quinoa Bread, Peanut Butter Vanilla Green Smoothie	Vegetable Udon Noodle Soup
Wed	Peanut Butter Vanilla Green Smoothie	Vegetable Udon Noodle Soup	E.g. Mango Passion Fruit Smoothie, PB Jam Cookies, Quinoa Bread, Peanut Butter Vanilla Green Smoothie	Red Pesto Pasta with Roasted Vegetables
Thu	Crispy Herb Tofu Sandwich	Tofu "Meat" Balls	E.g. Mango Passion Fruit Smoothie, PB Jam Cookies, Quinoa Bread, Peanut Butter Vanilla Green Smoothie	Red Pesto Pasta with Roasted Vegetables
Fri	Crispy Herb Tofu Sandwich	Tofu "Meat" Balls	E.g. Mango Passion Fruit Smoothie, PB Jam Cookies, Quinoa Bread, Peanut Butter Vanilla Green Smoothie	Sweet & Sour Tofu with Vegetables
Sat	Mango Passion Fruit Smoothie	Vegan Tomato Basil Soup	E.g. Mango Passion Fruit Smoothie, PB Jam Cookies, Quinoa Bread, Peanut Butter Vanilla Green Smoothie	Meal Out - Enjoy!
Sun	Avocado & Potato Salad	Vegan Tomato Basil Soup	E.g. Mango Passion Fruit Smoothie, PB Jam Cookies, Quinoa Bread, Peanut Butter Vanilla Green Smoothie	Sweet & Sour Tofu with Vegetables



Sushi Rice Pudding

Sushi Rice Pudding

Serves 5

What you need to do

For pudding:

1 cup (200g) sushi rice (or arborio rice)
2 cups (480ml) canned coconut milk
1 cup (240ml) water
4 tbsp. maple syrup
1 tsp. ground cinnamon
1 tsp. vanilla extract
¾ tsp. salt

Toppings:

5 tbsp. pomegranate seeds
3 tbsp. cocoa nibs
5 tbsp. coconut flakes

1. Rinse the rice under cold running water. Combine the rice, coconut milk and water in a pot and bring to a boil. Then reduce to a gentle simmer and cover the pot with a lid. Cook for 15-20 minutes, stirring from time to time, adding more water if necessary, to stop the rice from sticking to the pot. The aim is to achieve rice with a very sticky consistency.
2. Once the rice has cooked, remove from the heat and stir through the maple syrup, cinnamon, vanilla extract and salt.
3. Serve the rice pudding warm or chilled, with the toppings.
4. Rice pudding can be stored in an airtight container in the refrigerator for up to 4 days. The rice will firm up in the fridge, so add additional water when reheating.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	409	22	47	5	3

*Nutrition per serve



Peanut Butter Vanilla
Green Smoothie

Peanut Butter Vanilla Green Smoothie

Serves 1

What you need to do

1 cup (240ml) almond milk, unsweetened
1 cup (30g) baby spinach
1 banana
2 tbsp. peanut butter
1 tsp. flax seeds
1 tsp. ground cinnamon
1 tsp. vanilla extract
1 scoop (25g) vegan vanilla protein powder

1. Place all the ingredients into a blender and blitz until smooth and creamy. Pour into a glass and serve immediately.

GF DF HP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	469	21	38	30	8

*Nutrition per serve

myfitnesspal



02032177



Crispy Herb Tofu
Sandwich

Crispy Herb Tofu Sandwich

Serves 4

What you need to do

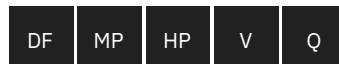
For the tofu:

1 tbsp. nutritional yeast
1 tbsp. cornflour
½ tsp. garlic powder
½ tsp. dried thyme
1 tbsp. tamari
1 tbsp. olive oil
1 lb (450g) extra firm tofu,
drained, pressed

For the sandwich:

8 slices whole grain bread
4 servings vegan red pesto
(see recipe in this pack)
1 cup (30g) baby spinach
1 large tomato sliced
salt & pepper

1. Add the nutritional yeast, cornflour, garlic powder, thyme, olive oil and tamari to a shallow bowl and mix well to form a batter.
2. Cut the tofu lengthwise into 4 even-sized pieces. Take each piece of tofu and dip it into the batter, taking time to coat it evenly. Place the tofu into an air fryer basket and cook at 200°C for 15 minutes.
3. Assemble the sandwich by spreading the red pesto equally over each slice of bread. Top 4 slices of bread with a layer of spinach and crispy tofu. Then add a slice or two of tomato and season to taste with salt and pepper. Finish each sandwich by topping it with another slice of bread.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	542	23	51	30	11

*Nutrition per serve

Quinoa Bread



Quinoa Bread

Serves 16

300g white quinoa,
uncooked + water to cover
60g chia seeds
1 cup (240ml) water
4 tbsp. additional water for
blending
4 tbsp. olive oil
1 tsp. baking soda
1 tsp. sea salt
juice from 1 lemon
2 tbsp. sunflower seeds

What you need to do

1. Place the quinoa into a bowl, cover with plenty of water, and set into the refrigerator to soak overnight.
2. Place the chia seeds into a bowl and add 1 cup of water, and set into the refrigerator to soak overnight.
3. Preheat the oven to 180°C. Prepare a bread tin lined with baking paper.
4. Drain and rinse the quinoa under cold running water and place into a food processor. Add the chia seed gel, the additional 4 tablespoons of water, olive oil, baking soda, sea salt and lemon juice, and pulse in the food processor for 3-5 minutes. The batter should still have some whole quinoa left in the mix.
5. Transfer the batter into the bread tin and sprinkle over the sunflower seeds. Place the baking tin into the hot oven and bake for 45-50 minutes until the bread is firm.
6. Remove the tin from the oven and set onto a wire rack to cool completely before removing from the tin and gently cutting the bread into slices.

GF DF LC MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins + overnight	50 mins	125	6	14	3	3

*Nutrition per serve

myfitnesspal



01776612

Warm Broccoli Salad



Warm Broccoli Salad

Serves 2

What you need to do

2 tbsp. olive oil
1 head broccoli, roughly
chopped
1 clove garlic, minced
1 tsp. grated ginger
180g kale, trimmed &
chopped
1 lime, juice
30g , chopped sea salt &
pepper to taste
¼ cup (35g) roasted almonds,
chopped

1. Heat the olive oil in a large pot over a medium-high heat and sauté the broccoli with the garlic and ginger for 5-7 minutes. Add the kale and continue cooking until the kale is just wilted.
2. Squeeze over the lime juice and add the . Season to taste with salt and pepper and serve topped with roasted almonds.

GF DF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	462	27	35	15	19

*Nutrition per serve

myfitnesspal



03094501

Tofu "Meat" Balls



Tofu “Meat” Balls

Serves 3

What you need to do

1 tbsp. flax meal
3 tbsp. water
½ cup (40g) rolled oats
400g extra-firm tofu,
drained, pressed
2 tbsp. tomato paste
1 tbsp. dijon mustard
1 tbsp. tamari
1 tbsp. Italian seasoning
1 tsp. onion powder
1 tsp. garlic powder
salt & pepper, to taste
1 tbsp. olive oil

1. Preheat the oven to 200°C. Line a baking sheet with baking paper.
2. In a small bowl, combine the ground flax seeds and water, and set aside.
3. Add the rolled oats to the bowl of a food processor. Process until a flour is formed and set aside.
4. In a large bowl, crumble the tofu with your hands, add the flax seed mixture, oat flour, tomato paste, dijon mustard, tamari, Italian seasoning, onion powder, garlic powder and salt and pepper. Mix with your hands until well combined.
5. Using your hands form the tofu mixture into 15 even-sized balls, squeezing lightly and placing onto the baking sheet. Brush each ball with the olive oil.
6. Place the baking sheet into the hot oven and bake the meatballs for 25 to 30 minutes, turning halfway through, and cooking until golden brown and crispy on the outside.
7. Serve with your choice of dipping sauce (not included in the nutritional breakdown).

GF DF LC MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	245	13	14	17	4

*Nutrition per serve

myfitnesspal



09959848



Avocado & Potato
Salad

Avocado & Potato Salad

Serves 6

What you need to do

550g potatoes, quartered
2 avocados
1 tbsp. olive oil
1 red capsicum, diced
1 red onion, diced
4 tbsp. coriander, chopped
1 tbsp. Dijon mustard
½ lime, juiced
½ tsp. ground cumin
½ tsp. chilli flakes
salt & pepper

1. Place the potatoes into a pot, sprinkle with some salt and cover with warm water. Bring to a boil and cook the potatoes for 15 minutes, or until tender. Once cooked, drain the potatoes, place into a large bowl, and set aside to cool.
2. In a separate bowl, mash the avocados, then add the remaining ingredients and season with salt and pepper. Add the mixture to the bowl with the potatoes and stir gently to combine.
3. Serve straight away, or cover and chill in the refrigerator for later.

GF DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	223	11	25	4	8

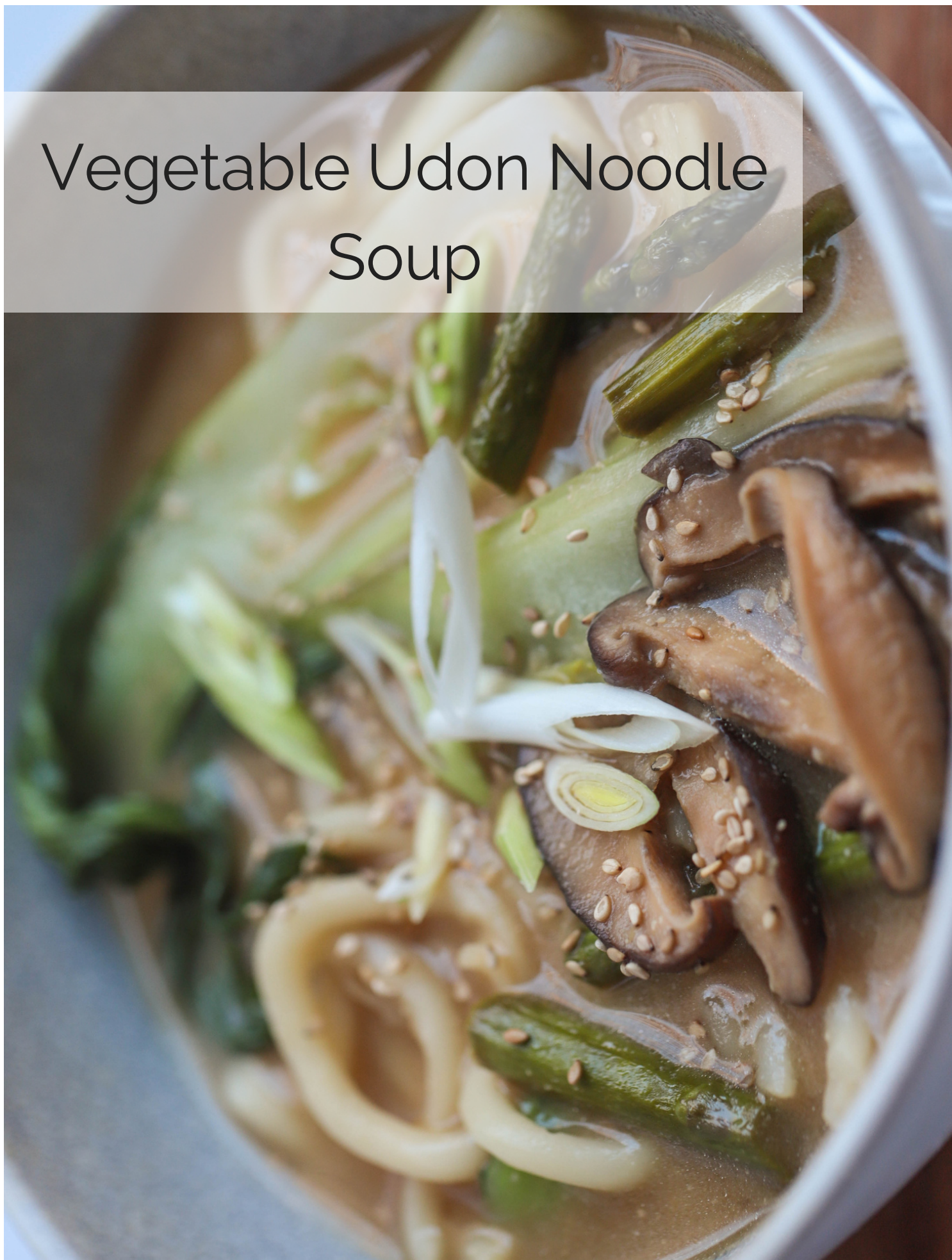
*Nutrition per serve

myfitnesspal



06299569

Vegetable Udon Noodle Soup



Vegetable Udon Noodle Soup

Serves 2

What you need to do

1 tbsp. toasted sesame oil, divided
 8 asparagus spears, chopped
 ¼ cup (60ml) tamari divided
 ½ cup (70g) shiitake mushrooms
 4 tbsp. white miso paste
 1 garlic clove, minced
 2 tsp. grated ginger
 2 cups (480ml) vegetable broth
 170g udon noodles
 2 baby bok choy, halved
 2 spring onions, sliced

1. Heat 2 teaspoons of sesame oil in a frypan over a medium heat. Add the asparagus and cook for 2-3 minutes. Next add 1 tablespoon of the tamari, stir through then remove from the frypan into a bowl and set aside.
2. Now add the remaining sesame oil to the frypan and cook the mushrooms for 2-3 minutes. Add 1 tablespoon of tamari to the frypan, stir through then remove from the frypan and set aside.
3. Add the remaining tamari, miso paste, garlic, ginger and vegetable broth to a medium sized pot. Bring to a simmer over a medium heat, stirring until the miso paste has dissolved.
4. Add the udon noodles and bok choy and simmer for 2-3 minutes or until noodles are cooked through. Now add the earlier prepared asparagus and mushrooms into the pot. Taste the broth for seasoning, and add more tamari if desired. Transfer to a bowl, garnish with spring onions, and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	402	11	56	18	7

*Nutrition per serve

myfitnesspal



01404692



Sweet & Sour Tofu
with Vegetables

Sweet & Sour Tofu with Vegetables

Serves 4

What you need to do

For the stir fry:

3 tbsp. olive oil
400g block extra firm tofu,
pressed, cut into cubes
5 cloves garlic minced
1 tsp. ginger, grated
1 onion, diced
8 white button mushrooms,
quartered
2 red capsicums, cubed
1 head broccoli, florets
1/3 cup (55g) pineapple, chunks
3 baby bok choy, trimmed,
and chopped
4 spring onions, sliced
2 1/2 cups (500g) cooked brown
rice to serve

For the sauce:

1/4 cup (60ml) lemon juice
1/4 cup (60ml) tamari
2 tbsp. coconut sugar
2 tsp. chilli sauce
2 tsp. cornflour
4 tbsp. water

For the Tofu:

1. Heat 1 1/2 tablespoons of olive oil in a pot over a medium heat and gently sauté the cubes of tofu, mixing frequently until lightly golden on all sides. Remove the tofu from the pot and set aside.
2. Add the remaining olive oil to the pot and cook the garlic and ginger until fragrant. Now add the onions, mushrooms, capsicums and broccoli, and toss to combine. Sauté gently until all the vegetables are cooked and tender.
3. Meanwhile, whisk all the sauce ingredients together in a small bowl until well combined.
4. Add the pan-fried tofu back into the pot with the vegetables. Then add the sauce and mix well until coated. Continue to cook for a few minutes and then add the pineapple and bok choy.
5. Mix gently on a medium-low heat until the sauce starts to thicken. Turn off the heat and add the spring onions. Toss together and serve hot, with a side of cooked brown rice.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	466	18	53	21	8

*Nutrition per serve

myfitnesspal



02874522



Vegan Tomato Basil
Soup

Vegan Tomato Basil Soup

Serves 4

What you need to do

300g vegan tortellini pasta
1 tbsp. olive oil
1 onion, chopped
2 cloves garlic
3 cups. (720ml) fresh tomatoes, pureed (approx. 6 medium tomatoes)
1.5 cup (360ml) water
½ cup (12g) fresh basil, chopped + 2 tbsp. chopped basil to garnish
1 tsp. dried thyme
salt & pepper, to taste

1. Prepare the tortellini pasta according to instructions on packaging.
2. Meanwhile, heat the olive oil in a large pot and fry the onion and garlic for 2-3 minutes until lightly brown.
3. Add in all the remaining ingredients and cook for 15-20 minutes. Blitz the soup with a hand blender until smooth and creamy. Taste for seasoning, adding a little more salt and pepper if required. Now stir through the cooked tortellini pasta, and top with some freshly chopped basil to serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	326	9	47	13	5

*Nutrition per serve

myfitnesspal



07033904



Vegan Red Pesto

Vegan Red Pesto

Serves 8

What you need to do

3½ cups (70g) basil, packed
1 cup (115g) sun dried tomatoes, in oil
½ cup (30g) nutritional yeast
¼ cup (35g) pine nuts
2 cloves garlic
½ lemon, juiced
salt & pepper to taste
¼ cup (60ml) olive oil
2-3 tbsp. water

1. Add all the ingredients into a food processor, except for the olive oil and water. Process until well combined. Process again and add the olive oil. Next add the water, starting with just 2 tablespoons then adding a little more until the desired consistency is reached.
2. Scrape down the sides of the bowl a few times and process again until smooth. Transfer the pesto to a jar with a tight fitting lid, and store in the refrigerator for up to 5 days.

GF DF LC MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	157	10	10	5	3

*Nutrition per serve

myfitnesspal



06085740

A close-up photograph of a white bowl filled with pasta. The pasta is coated in a vibrant red pesto sauce and mixed with roasted vegetables, including cherry tomatoes and eggplant. Fresh green basil leaves are scattered on top. In the background, a small white bowl containing more pesto and a wooden rolling pin are visible on a light-colored surface.

Red Pesto Pasta with Roasted Vegetables

Red Pesto Pasta with Roasted Vegetables

Serves 6

What you need to do

2 tbsp. olive oil
2 tbsp. balsamic vinegar
1 zucchini, chopped
1 eggplant, chopped
1 red capsicum, diced
1 onion, diced
salt & pepper to taste
230g whole grain pasta
6 servings vegan red pesto
(see recipe in this pack)
4 tbsp. basil, chopped

1. Preheat the oven to 220°C.
2. Mix together the olive oil and balsamic vinegar.
3. Place all the vegetables onto a large baking sheet and drizzle with the oil and vinegar mixture. Season with salt and pepper and toss with your hands until the vegetables are evenly coated. Arrange the vegetables in a single layer and bake in the hot oven for 30-40 minutes, tossing halfway through the cook. Remove from the oven when the vegetables are cooked through and starting to brown.
4. Meanwhile, cook the pasta according to instructions on the packaging. Reserve some of the pasta cooking water, then drain the pasta and transfer it to a large bowl.
5. Add the vegan red pesto to the warm pasta and drizzle in 2-4 tablespoons of the reserved pasta cooking water. Toss to combine, adding more splashes of cooking water as necessary.
6. Now gently, mix in the roasted vegetables. Sprinkle over some chopped fresh basil and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	321	12	45	7	7

*Nutrition per serve

myfitnesspal



09692032

A close-up photograph of several skewers of vegetable and tofu. The skewers are arranged diagonally across the frame. Each skewer contains pieces of golden-brown, glazed tofu, red bell peppers, and green onions. The skewers are garnished with fresh green cilantro leaves and white sesame seeds. In the background, a white bowl filled with a thick, brown, creamy sauce is visible. The entire dish is presented on a white plate.

Vegetable & Tofu
Skewers

Vegetable & Tofu Skewers

Serves 4

What you need to do

Tofu & vegetables:

400g extra firm tofu, drained, pressed, cubed
2 tomatoes, cut
12 white mushrooms, halved
1 green capsicum, chopped
1 zucchini, sliced

Marinade:

1½ tbsp. maple syrup
2½ tbsp. tamari
2 tbsp. peanut butter, melted
1 tbsp. oil
2 tbsp. BBQ sauce
1 tsp. hot sauce
1 tsp. onion powder
1 tsp. garlic powder
black pepper to taste
3 tbsp. water

Peanut sauce:

½ cup (80g) peanut butter
2 tbsp. tamari
1½ tbsp. rice vinegar
1½ tbsp. coconut sugar
½ tbsp. fresh ginger, grated
2 garlic cloves grated
2-3 tbsp. coconut milk or water, to
thin pinch of chilli flakes

Other:

12 wood or metal skewers
1 tbsp. sesame seeds
2 tbsp. coriander, chopped

1. Place all the marinade ingredients (except for the water) into a bowl and mix well. Add the water 1 tablespoon at a time, mixing in between. Set aside.
2. Transfer the vegetables and tofu into a large bowl and pour over the marinade. Stir gently until the tofu and all the vegetables are coated evenly in the marinade. Cover the bowl and set aside in the refrigerator to marinate for 1 hour. At the same time, if using wood skewers, soak them in water.
3. Preheat the oven to 200°C.
4. Thread the vegetables and cubes of tofu onto 12 skewers, reserving the marinade. Place the skewers into a baking dish and pour the remaining marinade over the skewers. Place the dish into the hot oven and bake for 25 minutes, flipping the skewers over 15 minutes through the cook.
5. To make the peanut sauce mix all of the sauce ingredients together in a bowl, stirring until well combined.
6. Remove the skewers from the oven and serve with the peanut sauce. Sprinkle over the sesame seeds and freshly chopped .



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	1 hr	25 mins	287	14	22	17	5

*Nutrition per serve

myfitnesspal



09796461

PB Jam Cookies



PB Jam Cookies

Serves 22

1 tbsp. flax meal
2½ tbsp. water
1 cup (250g) peanut butter
¾ cup (140g) coconut sugar
1 tsp. vanilla extract
½ tsp. baking soda
16 tbsp. raspberry jam

What you need to do

1. Preheat the oven to 180°C. Prepare a baking sheet lined with baking paper.
2. Mix together the flax meal with the water to make your flaxseed egg and set aside.
3. Add the peanut butter, coconut sugar, flaxseed egg, vanilla extract and baking soda to a large bowl, and mix until well combined.
4. Take 1 tablespoon of the dough, roll into a ball and place on the baking sheet. Repeat this process until all the dough has been used up. Flatten each ball of dough slightly by pressing a teaspoon or your thumb into the middle of the ball to form a well. Fill each of the wells with some raspberry jam.
5. Place the baking sheet into the hot oven and bake the cookies for 9-10 minutes. Remove from the oven and set the cookies onto a wire rack to cool completely before enjoying.
6. Store the cookies in an airtight container on the countertop for 3-4 days.

GF DF LC MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	127	6	15	3	1

*Nutrition per serve

myfitnesspal



06761141

Mango Passion Fruit Smoothie



Mango Passion Fruit Smoothie

Serves 4

What you need to do

340g mango, peeled, sliced
350g passion fruit pulp,
unsweetened
4 tbsp. lime juice
1½ cups (360ml) water
2 tbsp. maple syrup

1. Place the mango slices, passion fruit pulp, lime juice, water and syrup in a blender and blitz until smooth. Divide equally between 4 glasses and serve immediately.



myfitnesspal



07754623

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	191	1	40	3	10

*Nutrition per serve