

ANNA WILLOW

Every day Foods! Just Cleaner

TASTIER · HEALTHIER · EASIER

alternatives to the meals you already love

WILLOW'S HEALTH & WEALTH RECIPES

Contents

Breakfasts 7

Cottage cheese, potato & egg breakfast bake 8 — 228 kcal · 17 g protein
Pea, feta & herb frittata 9 — 394 kcal · 31 g protein
Smoked salmon & whipped cottage cheese toast 10 — 360 kcal · 32 g protein
Silky yoghurt scrambled eggs on toast 11 — 354 kcal · 26 g protein
Breakfast pitta pizza 12 — 425 kcal · 32 g protein
Loaded breakfast burritos 13 — 496 kcal · 33 g protein
Egg & spinach breakfast quesadilla 14 — 472 kcal · 38 g protein
Crispy egg & rice bowl 15 — 522 kcal · 37 g protein
Egg, turkey & cheese breakfast bagels 16 — 451 kcal · 32 g protein
Veggie packed omelette roll 17 — 355 kcal · 31 g protein
Loaded potato breakfast plate 18 — 453 kcal · 28 g protein
Better than takeaway egg muffins 19 — 391 kcal · 34 g protein

Bowls & Wraps 20

Crispy honey chilli chicken & broccoli rice bowl 21 — 596 kcal · 60 g protein
Chicken shawarma rice platter 22 — 610 kcal · 54 g protein
Honey soy salmon poke bowl 23 — 644 kcal · 43 g protein
Korean style BBQ chicken wraps 24 — 460 kcal · 44 g protein
Cheesy chicken fajita wraps 25 — 462 kcal · 42 g protein
Crispy garlic parmesan chicken wraps 26 — 499 kcal · 50 g protein
Lean smash burgers with special sauce 27 — 404 kcal · 43 g protein
Street corn chicken bowls 28 — 544 kcal · 47 g protein
Sticky sesame chicken rice bowl 29 — 468 kcal · 45 g protein
Peri peri paneer power salad 30 — 491 kcal · 30 g protein
Tandoori paneer toastie 31 — 456 kcal · 28 g protein
Roasted sweet potato & chickpea salad 32 — 466 kcal · 23 g protein
Crispy chilli tuna & cucumber salad 33 — 218 kcal · 31 g protein



Cottage cheese, potato & egg breakfast bake

COOKING SETTINGS **Oven** 190 °C / 375 °F (fan 170 °C / 340 °F) · **35 to 40 min** | **Air fryer** 170 °C / 340 °F (in a dish that fits) · **25 to 30 min**

preparation time
15 minutes

cooking time
40 minutes

total time
55 minutes

servings
6

difficulty
easy

Per serving

Calories	**228 kcal**
Protein	**17 g**
Carbs	**16 g**
Fat	**10 g**
Fibre	**2 g**

Vitamins & minerals
Vitamin B12, Vitamin C, Selenium, Riboflavin (B2), Vitamin A, Calcium

Estimated from standard nutrition values for the weights listed.

A golden tray bake of eggs, cottage cheese, potato and peppers that slices into six hearty portions. Bake once on Sunday and breakfast is ready all week.

Ingredients

BASE

400 g	potatoes, thinly sliced
1	red pepper, diced
4	spring onions, sliced
1 tsp	olive oil

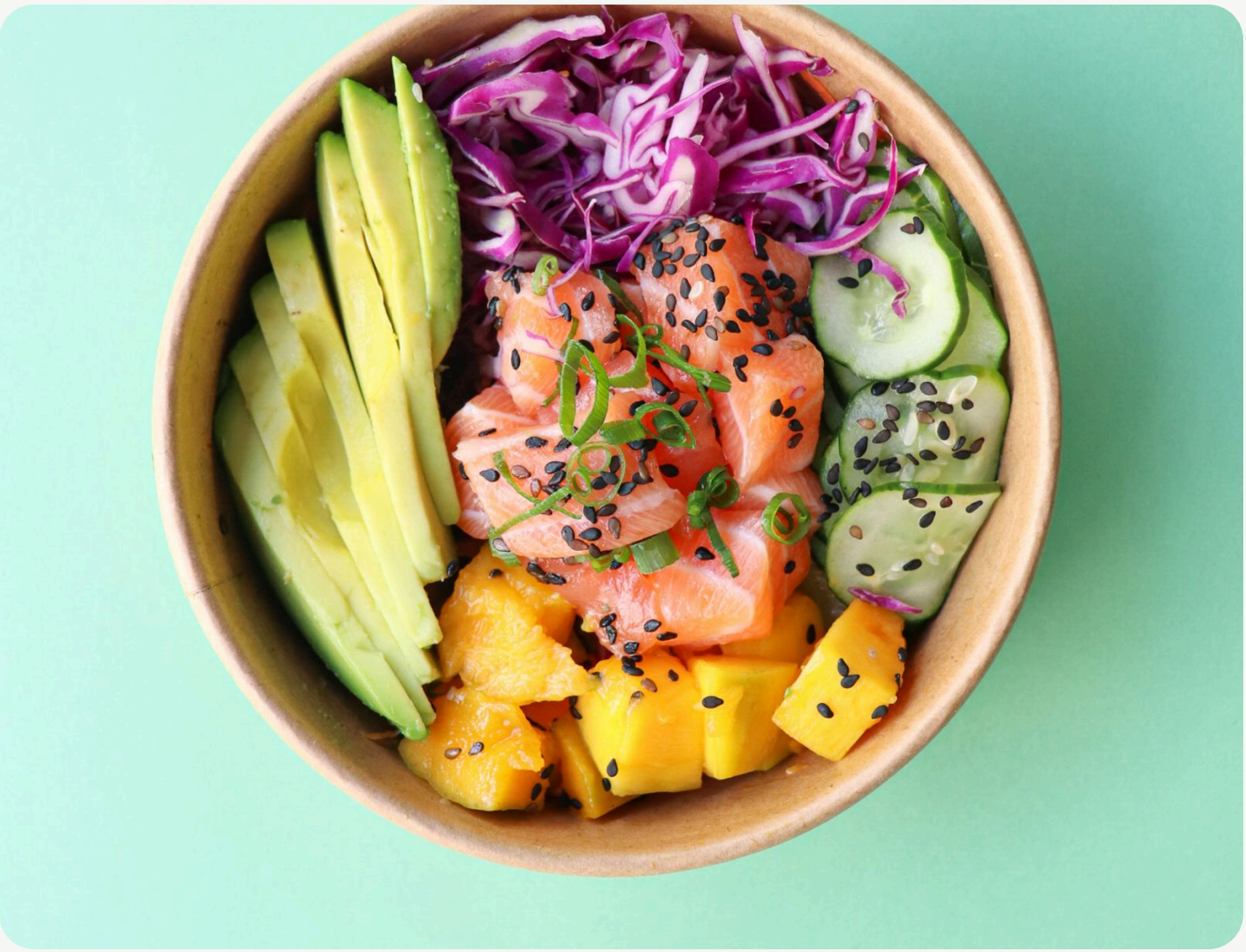
EGG MIX

8 large	eggs
250 g	low fat cottage cheese
60 g	light cheddar, grated
½ tsp	each salt, pepper and paprika

Preparation

1. Heat the oven to 190 °C / 375 °F (fan 170 °C / 340 °F). Oil a 20 × 30 cm (8 × 12 in) dish.
   Uses: 1 tsp olive oil
2. Microwave the potato slices in a covered bowl for 5 minutes until just tender, then spread in the dish with the pepper and spring onions.
   Uses: 400 g potatoes, 1 red pepper, 4 spring onions
3. Whisk the eggs, cottage cheese, salt, pepper and paprika.
   Uses: 8 eggs, 250 g cottage cheese, seasoning
4. Pour over the vegetables and scatter with the cheddar.
   Uses: 60 g light cheddar
5. Bake for 35 to 40 minutes until puffed, golden and set in the middle. Rest for 5 minutes, then cut into 6.
   Uses: egg bake

Keeps 4 days in the fridge; reheat a slice for 60 to 90 seconds in the microwave.



PART 2 · 13 RECIPES

Bowls & Wraps

Lunches you will look forward to: rice bowls, wraps, salads and toasties that pack well and keep you full all afternoon.

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Chicken shawarma rice platter 22
Honey soy salmon poke bowl 23
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