

# Light Bites-5 Ingredients or less

## Week 2

### 1. CHEESE MELTS

1 pack of cheese sticks

1 egg

4 slices of bread

1 handful of flour

1 tbs dry mixed herbs

5 tbs water

First crack the egg into a bowl and add 5 tbs of water, then whisk. Tear the bread apart and place into a blender to make bread crumbs (do one slice at a time i.e. blend then empty them, then do your next slice). Next, add your mixed herbs to your breadcrumbs and mix together. To cook, place your cheese in the flour then, egg and lastly your breadcrumbs making sure they are well covered. Place in the fryer until golden. Serve with salad.

N.B. For gluten allergies, please use gluten free flour or rice flour & gluten free bread

## 2. Sweet chilli chicken skewers

2 chicken breast

1 small jar of honey 200g-300g

chilli flakes 1 tbs or fresh chilli 1

4 tsp of malt vinegar

1 tbs of paprika

First dice the chicken into thick chunks and place in a bowl. Chop your chillies to a fine dice and add them to the chicken along with the malt vinegar, paprika, and your honey. Mix well and then place the chicken on skewers and cook in the oven or on a BBQ until temperature is over 75\*

## 3. Pizza Wrap

1 pack of tortilla wraps

1 tube of tomato puree

1 packet of grated cheese

2-3 pizza toppings to your own taste  
i.e. peppers, onion etc.

First slice your preferred toppings as thinly as possible. Then place a wrap on a baking tray and put 1 tbs of puree on and spread evenly. Add a small layer of cheese, then your toppings. Place under the grill for 2- 3 minutes

on a medium heat, then add one more layer of cheese and grill until melted. Take out and fold... you have a take away pizza wrap!

N.B. For gluten allergies, please use gluten free tortillas

## 4. Spanish Omelette

500g potatoes

4 eggs

3tbs of oil

1 onion

1 bunch of parsley (fresh)

pinch of seasoning (Salt & Pepper)

Peel the potatoes and give them a good wash, then cut into thin slices. Then crack and beat you eggs. Warm 2 tbs of oil on a medium heat in a frying pan and add your potato & onion and your pinch of seasoning. Stew until slightly soft (around 10 – 15 minutes). When cooked, drain. Bring your mixture together mixing your egg and potatoes, tearing fresh parsley into the mix. Place your frying pan on medium heat with 1 tbs of oil place. Mix in the pan and cook until set, then turn. **You may need to use a plate to turn the omelette i.e. place plate over pan, turn out, then slide back into the pan.** Cook to fully set... enjoy.

## 5. Oven Baked Tomato melt

1 large beefsteak tomato

2 tbs of green or red pesto

1 hand full of mature cheese, grated

small handful of parsley

Start by washing and cutting the tomato in half and removing the pulp. In each half, add 1 tbs of pesto and top with grated cheese and season with salt and pepper. Place in the oven for around 10 – 15 minutes at a temperature of 150\*. Keep a close eye on your tomato melt so it does not collapse. When ready tear parsley and sprinkle over.... Enjoy!

N.B. For lactose allergies, please use lactose-free cheese.

## 6. Special roast

4 large potatoes

1 pepper

1 onion

1 garlic clove

2 sprigs of rosemary

Start by washing and peeling your potatoes and part boil for 5 minutes, then drain well in a colander. Place in a roasting tin with a small amount of oil and put in the oven at a temperature of 180\* for 15 minutes. Now chop your onion and pepper into thick chunks and thinly dice the garlic

and rough chop the rosemary. Take out your roast after 15 minutes and add all your ingredients. Mix and place back in the oven for further 10 minutes until golden.