



HAKIM  
GROUP

# Mindful Recipes

Easy recipes for a healthy lifestyle

# Planning for the work week

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It often goes unnoticed just how much a healthy, balanced diet contributes to your mental health and well-being.

Eating healthy food promotes the growth of 'good' bacteria in your gut. Good gut bacteria positively affects the production of neurotransmitters that create more serotonin and dopamine, which effectively make you happier.

The Mental Health Steering group at HGHQ have teamed up with @Miapreps, aka Mia Joyce from Marketing, to help you meal plan and prep some easy meals to get you through the week.

Not only will this help you feel organised but you will also be eating better, fresher foods. Meal planning is also a brilliant way to keep costs down. You can budget your food shopping each month and avoid having to buy a last minute meal deal. Alongside a lunch time walk or some exercise in an evening, you'll be able to see in just a few days how much better you feel in yourself!

## Example Meal Plan

Mon	Tues	Wed	Thurs	Fri
Pancakes	Breakfast Cheesecake	Morning Melt	Pancakes	Breakfast Cheesecake
Chicken & Rice	Pasta & Meatballs	Chicken & Rice	Wrap	Chilli Sticky Chicken & Noodles
Pasta & Meatballs	Chicken & Rice	Salmon & Potato Wedges	Chilli Sticky Chicken & Noodles	Carbonara

# Easy-Peasy Pancakes (v)

These easy-peasy pancakes are great for meal prepping because you can make them in bulk and they stay fresh in the fridge for 3-5 days - perfect for the work week!

## Method

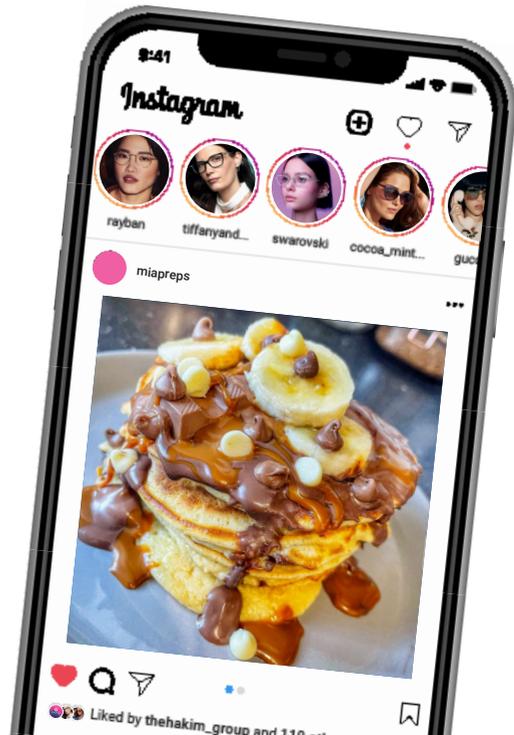
1. Mix 200g self-raising flour, 1 tsp baking soda, 1tbsp caster sugar and a pinch of salt together in a large bowl
2. Make a well in the centre and add in 4 medium eggs, 200ml milk and 25g melted butter
3. Whisk together until smooth. The batter will make around 10-12 pancakes
4. Melt a small amount of butter in a pan on a medium/high heat
5. Spoon two equal amounts of batter into the pan - don't flip until you see lots of little bubbles forming on the top of your pancakes! Flip the pancakes over and wait another 1-2 minutes for them to finish cooking. Repeat the process until the batter is used up
6. If you are adding chocolate chips or blueberries, sprinkle them on top of the pancake before flipping it over

\*Adjust calories to suit your needs by adding or removing quantity of ingredients

Prep - 5 mins | Cook - 10

### Ingredients - Makes 10

- 200g self-raising flour
- 1tsp baking soda
- 1tbsp caster sugar
- pinch of salt
- 4 medium eggs
- 200ml milk
- 25g melted butter
- optional** - add choc chips or blueberries



# Morning Melt

If you have some extra time, or feel like getting fancy while working from home, you could try this breakfast wrap - full of protein and cheesy goodness!

Prep - 10 mins | Cook - 30

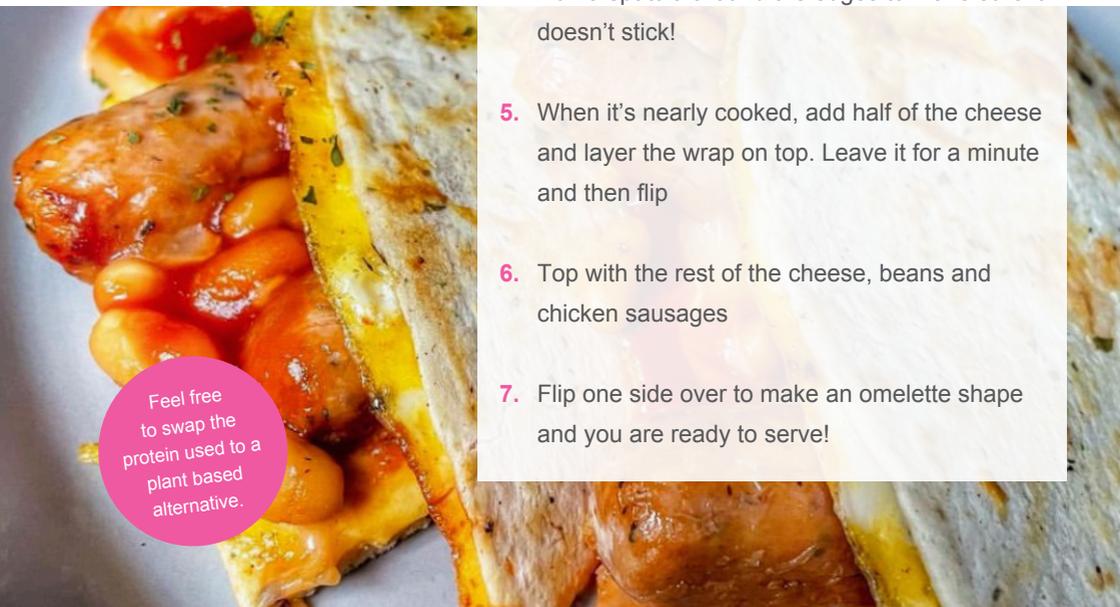
## Ingredients

- 3 chicken sausages
- 30g tin of beans
- 30g 50% less fat cheese
- 1 wrap
- 2 eggs

\*Adjust calories to suit your needs by adding or removing quantity of ingredients

## Method

1. Cook your chicken sausages in the oven for 15-20 minutes at 180 degrees Celsius
2. Once the sausages are cooked, slice in half and put to one side
3. Whisk your eggs in a bowl and season with salt, pepper and paprika
4. Spray some Frylight in a pan and pour in the egg mixture. You want to make a thin omelette. Run a spatula around the edges to make sure it doesn't stick!
5. When it's nearly cooked, add half of the cheese and layer the wrap on top. Leave it for a minute and then flip
6. Top with the rest of the cheese, beans and chicken sausages
7. Flip one side over to make an omelette shape and you are ready to serve!



Feel free to swap the protein used to a plant based alternative.

# Breakfast Cheesecake (v)

If you have a sweet tooth, this could be the breakfast of your dreams! Not only is it full of protein but it is also super tasty and super refreshing!

## Method

1. Crush 1 & 1/2 Weetabix biscuits and mix with oat milk (substitute for any other milk that you prefer)
2. Pat down to make a flat base
3. Mix the full tub of strawberry yoghurt and protein pudding together until smooth. Layer on top of the Weetabix base and put in the fridge to set
4. Once ready to eat, drizzle some maple syrup on top and cut up your strawberries to garnish - et voilà! Ready to eat!

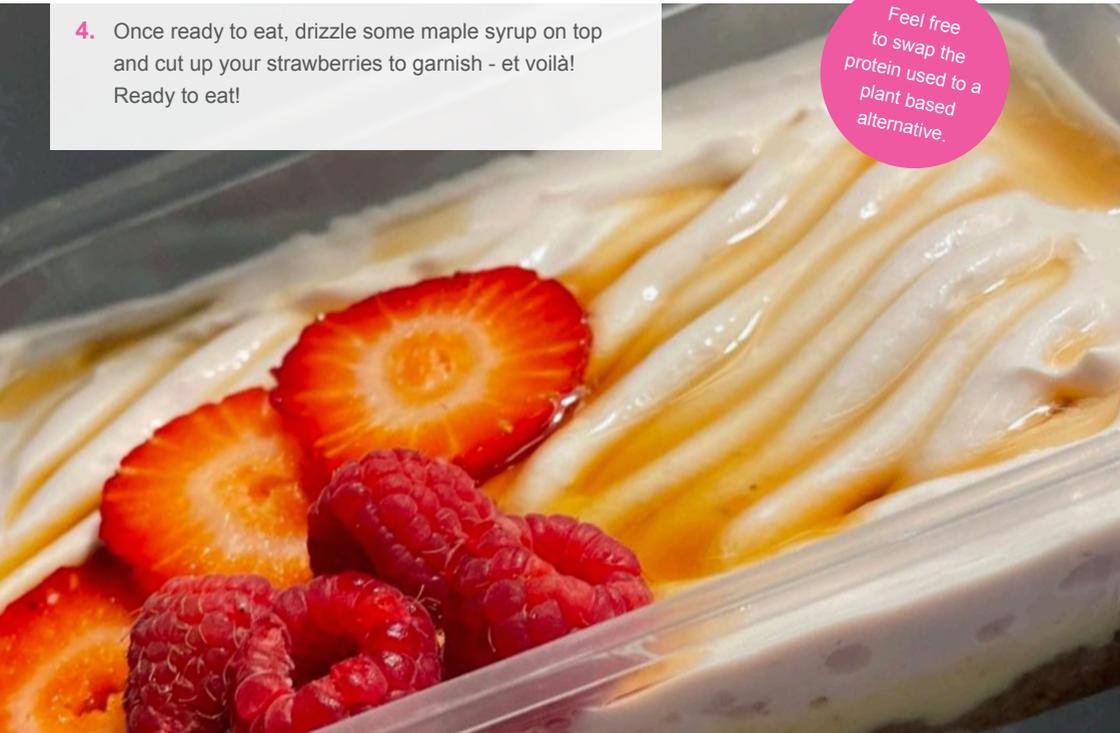
Prep - 10 mins | Cook - 0

## Ingredients

- 1 strawberry protein yoghurt
- vanilla protein pudding
- 150ml oat milk
- 1.5 Weetabix biscuits
- 1 tsp maple syrup
- 2 strawberries

\*Adjust calories to suit your needs by adding or removing quantity of ingredients

Feel free to swap the protein used to a plant based alternative.



# Chicken Meatball Pasta Bake

Pasta bake is perfect for lunch or dinner throughout the week as it's so quick and easy to make yet still so tasty.

## Method

1. Roll the Heck Chicken Italia Mince into meatballs - it should make around 16 meatballs
2. Fry the meatballs in a pan with some Frylight for a couple of minutes until they have some colour around the edges. Pop in the oven for 15 minutes at 180 degrees Celsius
3. In the pan, fry off some onion, red and green peppers with Frylight
4. Add a full tin of chopped tomatoes, fill the empty tin with water and add the water to the pan, add a chicken stock cube and let it simmer
5. Weigh out your pasta and add to the tomatoes, veg and water and bring to the boil
6. Once the pasta is cooked and the sauce has thickened, pop in the meatballs from the oven, season the whole thing and mix together
7. Top with some cheese and put in the oven for a further 5 minutes just to melt the top

\*Adjust calories to suit your needs by adding or removing quantity of ingredients

Prep - 15 mins | Cook - 20

## Ingredients

- Heck Chicken Seasoned Italia Mince (Can be substituted for plant based mince)
- 1 tin chopped tomatoes
- 1 chicken stock cube
- 1 large white onion
- 1 red pepper
- 1 green pepper
- 175g uncooked pasta
- 60g 50% less fat cheese



Feel free to swap the protein used to a plant based alternative.

# Chicken & Savoury Rice

Chicken and rice doesn't have to be boring! Switch up your flavours and try this turmeric chicken and savoury rice.

Prep - 15 mins | Cook - 40

## Ingredients

- 2 chicken breast
- 1/2 tsp turmeric
- 1/2 tsp lemon juice
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp curry powder
- 1/2 tsp Aromat
- boil-in-the-bag rice
- 1 white onion
- tenderstem broccoli
- 1 chicken stock cube

Feel free to swap the protein used to a plant based alternative.



\*Adjust calories to suit your needs by adding or removing quantity of ingredients

## Method

1. Season the chicken with turmeric, lemon juice, cumin, garlic powder, Aromat, salt and pepper
2. Cover in tinfoil with a little bit of water and cook in the oven at 180 degrees Celsius for 25 minutes
3. Boil some tenderstem broccoli and boil-in-a-bag rice
4. Chop up the onion and fry until soft, add to the broccoli and set to the side
5. Once the rice is cooked, pour it in the pan. Add the juices from the chicken, chicken stock, turmeric, cumin and curry powder too
6. Portion the rice out with the broccoli and onions, slice your chicken and place on top

# Speedy Salmon & Potatoes

It's known that fish is good for the brain but this recipe is good for the soul.

## Method

1. Coat salmon in dijon mustard, paprika, garlic powder, salt and pepper
2. Put the salmon in the air fryer for 12 minutes, or if you have a conventional fan oven, cover with tinfoil and leave it in there for 15 minutes on 180
3. Chop up 120g of potatoes and boil in salted water for 5 mins
4. Coat the potatoes in Frylight, Aromat seasoning, parsley, salt and pepper and cook them in the air fryer/oven for 20 minutes until crispy
5. Top with some sriracha, light mayo and serve with salad and spring onions

Prep - 15 mins | Cook - 20

## Ingredients

- 1 salmon fillet
- 120g potatoes
- 1 tsp dijon mustard
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Knorr Aromat seasoning
- 1 sprig of parsley
- handful of salad
- 2 spring onions

\*Adjust calories to suit your needs by adding or removing quantity of ingredients

Feel free to swap the protein used to a plant based alternative.



# Camera Ready Carbonara

Carbonara is one of the easiest meals to make, it consists of 4 ingredients, and is a real show stopper if you are trying to impress!

## Method

1. Weigh out 250g of spaghetti and add to boiling salty water
2. In a pan, fry your pancetta low and slow until crispy
3. Crack 4 whole eggs and 2 yolks into a bowl and mix
4. Add 80g of grated Gran Padano to the egg mixture and season with salt and black pepper
5. Remove the pancetta and turn the heat to low
6. Add the spaghetti to the pan and mix in the egg mixture and keep mixing until all coated
7. Grab a portion and swirl. Sprinkle with pancetta to serve

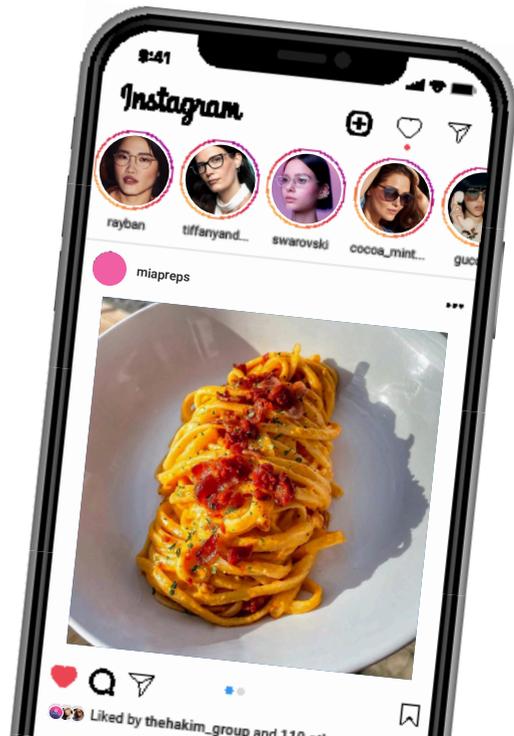
Feel free to swap the protein used to a plant based alternative.

Prep - 15 mins | Cook - 15

## Ingredients

- 300g dried spaghetti
- 5 medium eggs
- 2 egg yolks
- 80g Gran Padano
- 200g pancetta
- black pepper

\*Adjust calories to suit your needs by adding or removing quantity of ingredients



# Lazy Low-Cal Lasagne

When you have a craving for lasagne but don't want to wait 35-40 minutes for it to cook...



Feel free to swap the protein used to a plant based alternative.

Prep - 10 mins | Cook - 15

## Ingredients

- 350g 5% fat mince meat
  - 200g lasagne sheets
  - 1 white onion
  - 1 tin chopped tomatoes
  - beef stock pot
  - 75g grated cheese
  - 1/2 tsp lasagne seasoning
- optional** - garlic bread for the side

\*Adjust calories to suit your needs by adding or removing quantity of ingredients

## Method

1. Fry an onion and 5% beef mince in a pan on high heat. Once nearly cooked add lasagne seasoning
2. Add a beef stock pot, tomato puree & a full tin of chopped tomatoes. Fill the tomato can with water, add half of it and let this simmer for 5 minutes
3. Over the pan, break up and drop in the lasagne sheets, give it a good stir and put the lid on the pan
4. Lower the pan to medium heat so that it's simmering, cook the lasagne sheets for around 10 minutes - make sure to keep stirring so it doesn't stick
5. Once cooked through, top with cheese and put under the grill to melt - Bon Appetit!

# Spicy Caesar Wrap

Prep - 5 mins | Cook - 5

## Ingredients

- 1 wholemeal wrap
- 120g hot & spicy chicken breast slices
- 20ml Caesar dressing
- 30g 50% less fat cheese

*\*Adjust calories to suit your needs by adding or removing quantity of ingredients*

Not everything needs to be cooked from scratch to be healthy! This recipe used pre-cooked chicken so it is ideal for anyone needing food on the go.

## Method

1. Mix your chicken and Caesar dressing together then fill your wrap with the remaining ingredients, roll in the edges and roll up to make a closed burrito shape
2. Heat a pan on medium and spray with Frylight
3. Place your wrap seam side down and leave it for 1-2 minutes until the wrap turns golden
4. Flip and wait another 1-2 minutes again and then it is ready to serve



Feel free to swap the protein used to a plant based alternative.

# BBQ Chicken Chorizo Wrap

Prep - 5 mins | Cook - 5

## Ingredients

- 1 wholemeal wrap
- 120g hot & spicy chicken breast slices
- BBQ sauce
- 6 slices chorizo
- 30g mature cheese

\*Adjust calories to suit your needs by adding or removing quantity of ingredients

Just like the Caesar wrap, this recipe uses pre-cooked chicken so it is perfect for a quick and easy meal.

## Method

1. Fill your wrap with all of your ingredients, roll in the edges and roll up to make a closed burrito shape
2. Heat a pan on medium and spray with Frylight
3. Place your wrap seam side down and leave it for 1-2 minutes until the wrap turns golden
4. Flip and wait another 1-2 minutes, and then it is ready to serve



Feel free to swap the protein used to a plant based alternative.

# Sticky Chilli Chicken

Prep - 20 mins | Cook - 30

## Ingredients

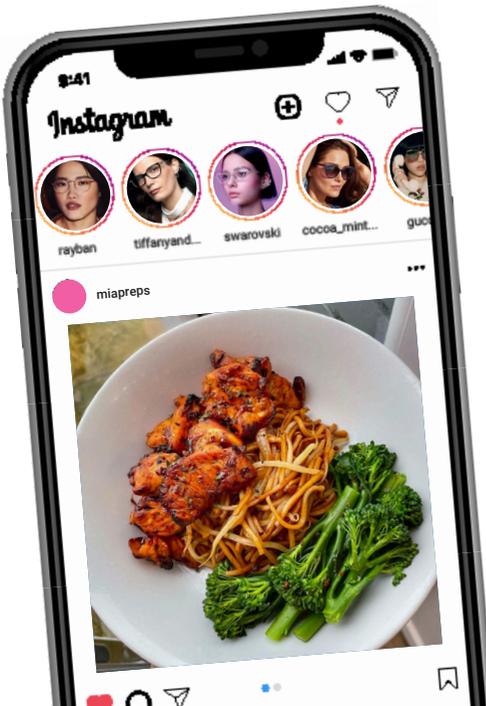
- 350g boneless chicken thighs
- 250g egg noodles
- 100g tenderstem broccoli
- 30ml dark soy sauce
- 4 tsp sriracha
- 1 white onion
- 200g bean sprouts
- 30g clear honey
- 5g chilli oil
- 15g ketchup

Feel free to swap the protein used to a plant based alternative.

The tastiest chicken you will never get bored of. It is the best balance of sweet and spicy and perfect hot or cold!

## Method

1. Dice and marinate the chicken thighs in honey, chilli oil, dark soy sauce, ketchup, sriracha, ginger and garlic
2. Put in the oven for 25 mins at 180 degrees Celsius, make sure to turn half way through and glaze them with the remaining sauce
3. Whilst your noodles are cooking, in a pan fry off a diced onion, ginger and garlic
4. Once soft, add beansprouts and the remaining marinade
5. After 3-4 minutes when it starts to bubble and get sticky, add in your noodles
6. Serve the chicken and noodles with the broccoli and you are ready to tuck in!



\*Adjust calories to suit your needs by adding or removing quantity of ingredients

# Halloumi Fried Rice (v)

Not only is this an easy no-meat lunch, it's also a great way to use up leftover veg you may have.

## Method

1. Cut the halloumi into chunks and fry it off with some honey and a sprinkle of salt and pepper seasoning
2. In a wok, fry onions, peppers, cabbage, tenderstem broccoli and peas. Add light soy sauce and 1/4 teaspoon of salt and pepper seasoning
3. Crack 3 eggs into a bowl and whisk with a fork. Move the veg to one side of the wok and on the other side add the egg and scramble
4. Microwave the full long grain rice packet as per the instructions on the back and add that into the wok once the egg has cooked
5. Pour in the last of the soy sauce and mix everything together
6. Split into portions and top with the halloumi

**If you can't find salt & pepper seasoning, you can make your own with:**

- 1/4 tsp salt
- 1/4 tsp caster sugar
- 1/2 tsp chinese 5 spice
- 1/4 tsp crushed chilli flakes
- 1/2 tsp garlic powder
- 1/2 tsp ground ginger
- 1/2 tsp ground white pepper

\*Adjust calories to suit your needs by adding or removing quantity of ingredients

Prep - 15 mins | Cook - 20

## Ingredients

- 225g 30% lighter halloumi
- 300g long grain rice
- 1/2 onion
- 1 tsp honey
- 15ml light soy sauce
- 1/4 tsp salt & pepper seasoning
- 100g peas, cabbage & tenderstem broccoli
- 3 medium eggs
- 1 yellow pepper





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