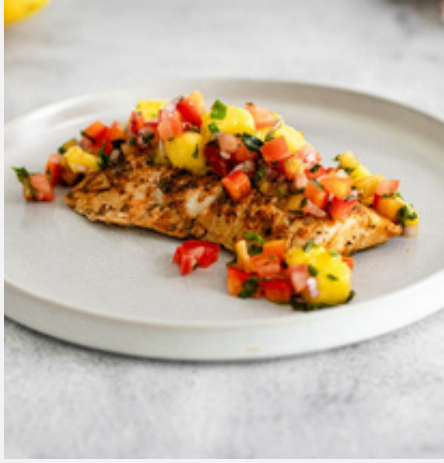






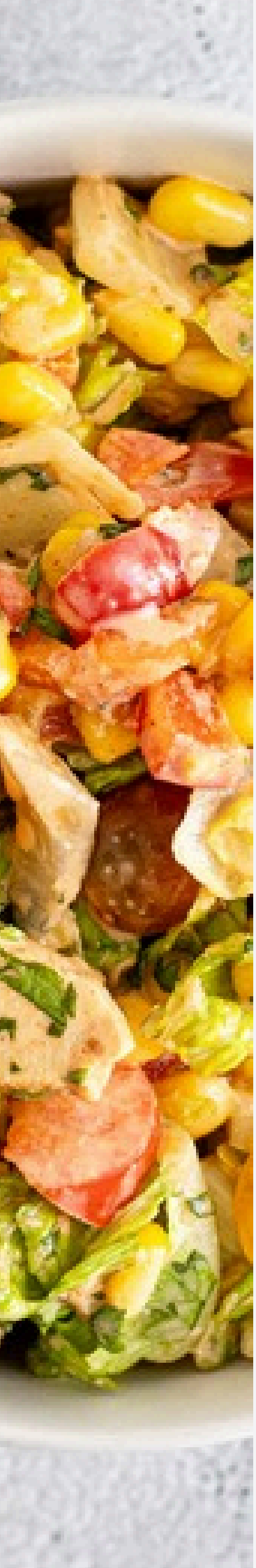





Lunch & Dinner

High-Protein Low-Carb

Volume 2 - 14 recipes



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KCAL 324.5

PRO 49.4g

CARB 21.3g

FAT 4.7g

FIBER 4.2g

Per serving

Bang Bang Chicken Salad

High Protein | Low Carb

Living+

Dive into a vibrant and refreshing salad. This salad is perfect for those who love a little spice without overpowering their palate. It features succulent chicken seasoned with paprika and black pepper, tossed with crisp vegetables and dressed in a tangy, sweet, and slightly spicy homemade sauce. Ideal for lunch or a light, satisfying dinner.

Prep: 15 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 3

Chicken Breast 4 (125g or 4.4oz per breast)

Romaine Lettuce 300g or 10.5oz

Sweet Corn 250g or 8.8oz

Red Bell Pepper 2, medium

Greek Yogurt 120g or 4.2oz, 0% fat

Lime Juice 1 lime

Lime Zest 1 lime

Jalapeños in Brine 20g or 0.7oz

Honey 1 tbsp

Sweet Chili Sauce 1 tbsp

Frank's Hot Sauce 1 tbsp

Sriracha Hot Sauce 1 tbsp

Cilantro 2 tbsp, chopped

Paprika 1 tsp

Black Pepper 2 twists

Salt Pinch

Bang Bang Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

In a bowl, mix together the Greek yogurt, sriracha, lime juice and zest, honey, Frank's hot sauce, and sweet chili sauce. Season with salt and pepper to taste. Set aside.

Rub the chicken with paprika and black pepper, ensuring it's evenly coated. Grill or pan-fry the seasoned chicken until thoroughly cooked and slightly charred. Let it cool slightly before slicing.

In a large salad bowl, toss the chopped romaine lettuce, sweet corn, sliced red bell peppers, sliced jalapeños and chopped cilantro.

Place the sliced chicken on top of the salad. Drizzle the prepared dressing over the salad just before serving. Toss everything together to ensure all ingredients are well coated with the dressing.

MFP Barcode

5 5 7 9 4 1 2 2 3 0 9 3

Living+

Allergen Information

Contains lactose, sulfites.



Buffalo Chicken Quesadillas

High Protein | Low Carb

Living+

Unleash bold flavors with these Spicy Buffalo Chicken Quesadillas. Perfect for a quick dinner or a snack, each bite combines the zest of buffalo sauce with creamy cheese, all wrapped in a crispy tortilla. Serve with a side of Greek yogurt for a delicious contrast to the spicy chicken.

Prep: 5 min | Cook: 15 min | Fresh: 1 day | Beginner

Makes 2

Chicken Breast 2 (125g or 4.4oz per breast)

Greek Yogurt 70g or 2.5oz, 0% fat

Light Cream Cheese 50g or 1.7oz

Mexican Cheese 40g or 1.4oz

Chili Oil & Buffalo Sauce 1 tsp & 2 tbsp

Tortillas 2, 6-inch

Buffalo Chicken Quesadillas

High Protein | Low Carb

livingplusrx.com

Method

In a skillet over medium heat, add the chili oil. Once hot, add the diced chicken and cook until golden and thoroughly cooked.

In a bowl, mix the Mexican cheese, light cream cheese, and Buffalo sauce. Once the chicken is cooked, add it to the cheese mixture and stir to combine.

Lay out the tortillas and spread the chicken and cheese mixture on one half of each tortilla.

In the same skillet over medium heat, place the filled tortillas. Fold them in half to cover the filling. Cook each side until the tortillas are crispy and golden brown and the cheese has melted, about 2 to 3 minutes per side. Cut in half and serve with the Greek yogurt on the side.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose.



Chicken Caesar Salad with Prosciutto

High Protein | Low Carb

Living+

Revamp the classic Caesar Salad with this recipe featuring prosciutto, enhanced with parmesan and lemon zest. The salad combines crisp lettuce, quartered cherry tomatoes, and perfectly soft-boiled eggs, all brought together with a homemade light Caesar dressing. It's a delightful blend of savory, fresh, and zesty flavors.

Prep: 15 min | Cook: 15 min | Fresh: 1 day | Beginner

Makes 2

Romaine Lettuce 200g or 7oz
Eggs 4
Chicken Breast 2, average
Cherry Tomatoes 10
Low-Fat Milk 2 tbsp
Light Mayonnaise 2 tbsp
Prosciutto 2 slices
Dijon Mustard 1 tsp
Garlic Clove 1
Lemon Juice & Zest 1 lemon
Parmesan Cheese 1 tbsp, grated
Black Pepper 2 tsp
Worcestershire Sauce 1/2 tsp
Salt 1 pinch

Chicken Caesar Salad with Prosciutto

High Protein | Low Carb

livingplusrx.com

Method

Start by preparing the chicken. Flatten the chicken breasts, then top each with a slice of prosciutto. Sprinkle with Parmesan cheese and lemon zest, pressing them gently into the chicken.

Cook the chicken in a preheated skillet or oven until thoroughly cooked and the prosciutto is slightly crispy.

To cook the soft-boiled eggs, bring a pot of water to a boil. Carefully lower the eggs into the water and cook for about 6-7 minutes for a soft yolk. Once cooked, place them in cold water to stop the cooking process. Peel and set aside.

While the eggs are boiling, assemble the salad base. In a large salad bowl, combine the chopped Romaine lettuce with the quartered cherry tomatoes.

Prepare the Caesar dressing. In a bowl, combine the light mayonnaise, minced garlic, lemon juice, Dijon mustard, Worcestershire sauce, salt, and pepper. Gradually whisk in the low-fat milk to achieve the desired consistency.

Toss the salad with the dressing, ensuring even coverage. Once the chicken is cooked and rested, slice it into strips or pieces. Add the peeled and halved (or quartered) soft-boiled eggs to the salad. To serve, dish out the dressed salad onto plates, top with the chicken slices, and sprinkle additional Parmesan cheese if preferred.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, mustard, fish, sulfites.



KCAL 307

PRO 37.2g

CARB 20.4g

FAT 8.7g

FIBER 5.1g

Per serving

Haddock with Fresh Mango Salsa

High Protein | Low Carb

Living+

Unlock the vibrant flavors of the sea with haddock paired with a refreshing Mango Salsa. This dish offers a good source of protein and essential omega-3 fatty acids from the haddock. The mango salsa adds a delightful sweetness and vitamin C boost, ensuring a well-rounded dish that's both healthy and satisfying.

Prep: 10 min | Cook: 12 min | Fresh: 3 days | Beginner

Makes 2

Haddock 2 fillets
Paprika 1 tsp
Cumin 1 tsp
Oregano 2 tsp
Lime Juice 2 limes
Olive Oil 2 tsp
Salt 1 pinch

Mango 1
Tomato 1
Red Bell Pepper 1 medium
Green Chili 1
Red Onion 1 small
Lime Juice 1 lime
Olive Oil 1 tsp
Fresh Parsley & Mint 1 tsp of each

Haddock with Fresh Mango Salsa

High Protein | Low Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C).

In a bowl, mix together paprika, cumin, oregano, olive oil, lime juice and salt. Lay each haddock fillet on a piece of foil and spoon the spice mix over. Fold the foil to create a parcel for each fillet.

Place the foil parcels on a baking tray and bake in the preheated oven for 12 minutes, or until the fish flakes easily.

While the fish bakes, combine all salsa ingredients in a bowl. Mix well.

Open the foil parcels, place each fillet on a plate, and top with a generous spoonful of the fresh mango salsa.

MFP Barcode



Living+

Allergen Information

Contains fish.



KCAL 401.9

PRO 28.8g

CARB 1.3g

FAT 31.3g

FIBER 0.8g

Per serving

Herby Feta & Avocado Salmon

High Protein | Low Carb

Living+

A light, protein-rich dish perfect for a quick weeknight meal or a refreshing summer dinner. Zesty lemon, aromatic dill, and creamy avocado pair beautifully with oven-roasted salmon for a dish that's as nourishing as it is flavorful.

Prep: 5 min | Cook: 13 min | Fresh: 3 days | Beginner

Makes 2

Salmon Fillet 2, average fillet

Avocado 1 small

Feta Cheese 40g or 1.4oz

Fresh Chives 2 tbsp

Fresh Dill 2 tbsp, for topping

Lemon Juice & Zest 1 lemon

Olive Oil 1 tsp

Fresh Dill 1 tbsp, for marinade

Black Pepper 5 twists

Paprika ¼ tsp

Salt pinch

Herby Feta & Avocado Salmon

High Protein | Low Carb

livingplusrx.com

Method

Preheat your oven to 425°F (220°C).

In a small bowl, mix the olive oil, lemon juice, zest, 1 tbsp dill, and paprika. Rub this over the salmon fillets and allow to sit for 5–10 minutes while the oven heats.

Place the fillets on a lined baking tray and roast for 13–15 minutes, or until cooked through and flaky.

While the salmon cooks, dice the avocado and mix with dill, chives, and crumbled feta. Season with a little salt and black pepper.

Once the salmon is cooked, plate each fillet and spoon the avocado-feta topping over. Serve with your favorite salad, grains, or roasted vegetables.

MFP Barcode

5 5 7 9 4 1 2 2 4 3 9 7

Living+

Allergen Information

Contains fish, lactose.



KCAL 391.2

PRO 32.6g

CARB 3.7g

FAT 27.4g

FIBER 0.2g

Per serving

Lemon Garlic Salmon with Asparagus

High Protein | Low Carb

Living+

This quick meal features perfectly air-fried salmon marinated in lemon, garlic, and olive oil for a punch of flavor. It's paired with tender asparagus spears, roasted until golden and topped with Parmesan for a salty, savory finish. High in protein and rich in omega-3s, this is a dinner that feels indulgent, but keeps your goals in mind.

Prep: 5 min | Cook: 14 min | Fresh: 1 day | Beginner

Makes 2

- **Salmon Fillet** 2
- **Asparagus** 8 spears
- **Parmesan** 30g or 1oz
- **Garlic Cloves** 4
- **Lemon Juice & Zest** ½ lemon
- **Olive Oil** 2 tsp
- **Fresh Dill** 1 tbsp

Lemon Garlic Salmon with Asparagus

High Protein | Low Carb

livingplusrx.com

Method

In a small bowl, mix together 1 tsp olive oil, 2 cloves minced garlic, lemon juice, dill and lemon zest. Pour the marinade over the salmon and let it sit for about 10-15 minutes.

While the salmon marinates, toss the asparagus spears with 1 tsp olive oil and 2 cloves minced garlic. Prepare to cook them alongside or after the salmon.

Preheat your air fryer to 350°F (180°C). Place the salmon fillets in one air fryer basket, skin-side down, without overcrowding. Cook for 10-12 minutes, depending on the thickness of the fillets, or until the salmon is cooked through and flakes easily with a fork.

Place the asparagus in the second air fryer basket. Sprinkle with Parmesan cheese. Air fry at 350°F (180°C) for 7-8 minutes, or until tender and lightly browned.

MFP Barcode

5 5 7 9 4 1 2 2 4 5 4 0

Living+

Allergen Information

Contains lactose, fish.



Low-Carb Chili Con Carne

High Protein | Low Carb

Living+

Satisfy your cravings with this hearty, low-carb Chili Con Carne. Slow-cooked for maximum taste, this dish is balanced with smoky chipotle, rich dark chocolate, and aromatic spices. Serve with a side of refreshing salsa and creamy guacamole for a complete, satisfying, and nutrient-dense experience.

Prep: 10 min | Cook: 120 min | Fresh: 4 days | Beginner

Makes 5

Olive Oil 1 tbsp

Lean Ground Beef 500g or 17.6oz

Onion 1 large

Garlic 3 cloves

Green Bell Pepper 2

Spices Paprika, Cumin, Coriander 2 tbsp

Dark Chocolate 2 squares

Beef Stock 700ml or 23.7fl oz

Kidney Beans & Tomatoes 1 can each

Cherry Tomato 300g or 10.5oz

Olive Oil 1 tsp

Salt pinch

Cilantro 1 tbsp, chopped

Green Chili 1

Guac 1 avocado, 1 green chili, 1 garlic clove, 1 tbsp cilantro, 1/4 red onion, juice of 1 lime.

Low-Carb Chili Con Carne

High Protein | Low Carb

livingplusrx.com

Method

Heat 1 tbsp olive oil in a large pot over medium-high heat. Add the ground beef and cook for 5 to 6 minutes, breaking it up, until browned, then lift it out. Lower the heat to medium, add the diced onion and minced garlic and sauté until the onion is translucent, about 5 to 7 minutes. Add the paprika, ground cumin and ground coriander and cook for 1 minute until fragrant. Add the diced green bell peppers and cook for 2 to 3 minutes. Return the browned beef to the pot. Pour in the canned tomatoes, breaking them up slightly with a spoon, and add the dark chocolate. Add the beef stock and bring to a simmer. Cover and cook on low heat for 2 to 3 hours, stirring occasionally. After 1.5 hours, add the drained kidney beans and simmer until the sauce has thickened. If it is still too thin, stir in 1 tsp of cornstarch mixed with a little water.

In a bowl, combine the diced cherry tomatoes, a drizzle of olive oil, a pinch of salt, chopped cilantro, and finely diced green chili or jalapeño. Mix well and set aside.

Mash the avocado in a bowl, then mix in the diced chili, minced garlic, chopped cilantro, diced onion, and lime juice. Stir until well combined and season with salt to taste.

Spoon the Chili Con Carne into bowls. Serve with the fresh salsa and guacamole on the side.

MFP Barcode

5 5 7 9 4 1 2 2 3 9 3 2

Living+

Allergen Information

May contain wheat, lactose, sulfites.



Mango, Avocado & Shrimp Salad

High Protein | Low Carb

Living+

Delight in the vibrant and refreshing flavors of this Tropical Shrimp, Mango, and Avocado Salad. Each bite is a celebration of fresh ingredients, featuring juicy mango, creamy avocado, succulent shrimp, and a touch of spicy jalapeño.

Prep: 10 min | Cook: 2 min | Fresh: 4 days | Beginner

Makes 2

Cooked Shrimp 300g or 10.5 oz
Mango 1 large
Mixed Leaf Salad 125g or 4.4 oz
Avocado 1 small
Lime Juice 2 limes
Red Onion 1 small
Jalapeño in Brine 1
Cilantro 1/2 cup
Paprika 1 tsp
Chili Powder 1/4 tsp (optional)
Salt 1 pinch

Mango, Avocado & Shrimp Salad

High Protein | Low Carb

livingplusrx.com

Method

To a large salad bowl add the mango (cubed), avocado (cubed), mixed leaf lettuce, red onion (thinly sliced into rings), jalapeños and chopped cilantro.

Next, in a separate mixing bowl add the cooked shrimp along with the seasoning (lime juice, paprika, chili powder and a pinch of salt). Mix well until the shrimp are fully coated. If you wish, you can add the shrimp to a pan to heat them up or you can simply toss them into the salad.

Once placed in the salad, give it a good mix before serving.

MFP Barcode

0 5 7 9 4 1 2 2 1 2 1 6

Living+

Allergen Information

Contains shellfish, sulfites.



Chili-Stuffed Bell Peppers

High Protein | Low Carb

Living+

Packed with aromatic spices, tender beef, and simmered with tomatoes and red kidney beans, it's a satisfying and flavorful dish. With vibrant red bell peppers as the low-carb alternative, it's ideal if you're watching your carbs. Enjoy this wholesome and robust meal that combines taste and health in every bite.

Prep: 5 min | Cook: 40 min | Fresh: 3 days | Beginner

Makes 4

- **Lean Ground Beef** 500g or 17.6oz
- **Red Bell Pepper** 4 large
- **Chopped Tomatoes** 1 can
- **Red Kidney Beans** 1 can, drained
- **Yellow Onion** 1 medium
- **Garlic Cloves** 4
- **Tomato Paste** 1 tbsp
- **Chipotle Paste** 1 tsp
- **Ground Cumin** 1 tbsp
- **Olive Oil** 1 tsp
- **Brown Sugar** 1 tsp
- **Ground Cinnamon** 1/2 tsp
- **Dried Oregano** 1 tsp

Chili-Stuffed Bell Peppers

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C). Place the red bell peppers on a baking sheet and roast in the preheated oven for about 25-30 minutes or until the skin is charred and blistered. Once roasted, remove from the oven and set aside to cool.

While the peppers are roasting, prepare the chili. In a pan, heat 1 teaspoon of olive oil over medium heat. Sauté 4 cloves of minced garlic and 1 diced medium yellow onion until fragrant and translucent. Add 1 teaspoon of chipotle chili paste, 1 teaspoon of dried oregano, 1 tablespoon of ground cumin, 1 teaspoon of brown sugar, and ½ teaspoon of ground cinnamon. Stir well to combine the spices. Add 500g (17.6oz) of lean ground beef and cook until browned. Pour in 1 can of chopped tomatoes, 1 can of red kidney beans (drained), and 1 tablespoon of tomato paste. Reduce the heat and let it simmer for about 15-20 minutes, allowing the flavors to meld together.

Cut the tops off the peppers and remove the seeds, then stuff each pepper with a generous amount of the prepared chili mixture. You can return the stuffed peppers to the oven for an additional 10 minutes if you prefer them heated through.

MFP Barcode



Living+

Allergen Information

Contains none.



Salmon & Wok Fried Greens

High Protein | Low Carb

Living+

Eating vegetables is important for maintaining good health. These vegetables are packed with essential nutrients such as vitamins, minerals, and antioxidants, which are important for maintaining a healthy immune system and preventing chronic diseases.

Prep: 5 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 1

Salmon 1 fillet

Kale 50g or 1.7oz

Edamame Beans 1 handful

Sugar Snap Peas 50g or 1.7oz

Broccolini 5 spears

Green Onions 2

Soy Sauce 2 tbsp

Sesame Oil 1 tsp

Chili Flakes 1/4 tsp

Salmon & Wok Fried Greens

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

Season the salmon with a pinch of chili flakes and cook in the oven for 12 to 15 minutes.

With 8 minutes remaining, to a pot of boiling water, add the broccolini, edamame and sugar snap peas and cook for 3 minutes. Once cooked, drain and leave to the side.

Next, heat 1 tsp of sesame oil in a very hot pan or wok. Add the kale, sliced green onions, cooked greens and soy sauce, and stir-fry for 3 to 5 minutes before serving.

Serve the salmon on a bed of greens.

MFP Barcode



Living+

Allergen Information

Contains fish, soy, wheat, sesame.



KCAL 301

PRO 36.5g

CARB 12g

FAT 12g

FIBER 5.2g

Per serving

Smoky Chicken Salad

High Protein | Low Carb

Living+

Tender slices of cooked chicken breast, fresh greens, cherry tomatoes and red bell pepper come together in a medley of smoky, zesty, and tangy tastes. Topped with crumbled feta cheese and dressed with a creamy and zesty dressing, this salad offers a delightful explosion of flavors.

Prep: 5 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 2

Chicken Breast 2 average
Cherry Tomato 10
Red Bell Pepper 1 medium
Lime Juice 1
Light Feta Cheese 30g or 1oz
Arugula 1 cup
Spinach 1 cup
Low-Fat Greek Yogurt 1 tbsp
Dijon Mustard 2 tsp
Olive Oil 1 tbsp
Paprika 1 tsp
Mixed Leaf Salad 1 cup

Smoky Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

Start by boiling the chicken breast until it is cooked through and tender (about 10 minutes). Once cooked, allow it to cool before slicing it into tender strips.

In a large mixing bowl, combine the sliced cooked chicken, fresh greens (chopped), cherry tomatoes (quartered) and red bell pepper (chopped). Toss them together gently to distribute the ingredients evenly.

In a separate small bowl, whisk together Greek yogurt, Dijon mustard, olive oil, lime juice, and a hint of paprika. Mix until the dressing is smooth and well combined.

Drizzle the zesty dressing over the salad ingredients in the bowl. Use a spoon or tongs to toss the salad, ensuring all the components are coated with the creamy dressing.

Sprinkle the crumbled feta cheese over the salad to add a tangy and creamy element.

MFP Barcode

0 5 7 9 4 1 2 2 1 5 7 5

Living+

Allergen Information

Contains lactose, mustard, sulfites.



KCAL 207

PRO 31.2g

CARB 11.7g

FAT 4.1g

FIBER 3.5g

Per serving

Strawberry Chicken Salad

High Protein | Low Carb

Living+

Tender shredded chicken, crisp lettuce, and sweet sliced strawberries come together in this refreshing dish. Toss the chicken in a homemade dressing made with lemon juice, honey, vinegar, and light olive oil. Combine the lettuce and strawberries, then place the marinated chicken on top and drizzle with the remaining dressing.

Prep: 5 min | Cook: 15 min | Fresh: 1 day | Beginner

Makes 2

Chicken Breast 2 average

Strawberries 12

Lettuce 100g or 3.5oz

Lemon Juice 1 lemon

Honey 2 tsp

Apple Cider Vinegar 1 tsp

Olive Oil 1 tsp

Fresh Thyme a sprig

Strawberry Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

Poach the chicken breasts in simmering water for 12 to 15 minutes until cooked through, then shred. In a bowl, whisk together the lemon juice, honey, apple cider vinegar and olive oil, and add a touch of fresh thyme. Place the shredded chicken in the dressing and let it marinate for about 5 minutes while you assemble the salad.

Combine the lettuce and sliced strawberries in a medium-sized serving bowl or on individual plates. Toss them gently to distribute the ingredients evenly.

Place the marinated shredded chicken on top of the salad, ensuring it is evenly spread. Drizzle the remaining dressing over the chicken and salad.

MFP Barcode



Living+

Allergen Information

May contain sulfites.



Taiwanese-Style Popcorn Chicken

High Protein | Low Carb

Living+

Crispy, golden, and packed with flavor—this air-fried Taiwanese-inspired popcorn chicken is made with tender marinated bites of chicken breast coated in crunchy cornstarch, then finished with a savory spice sprinkle. It's lightened up using the air fryer, but still bursting with bold umami, garlic, and five spice goodness.

Prep: 10 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 3

Chicken Breast 4, (125g or 4.4oz per breast)
Cornstarch 60g or 2.1oz
Egg White 1 egg
Soy Sauce 2 tbsp
Garlic 2 cloves
Rice Wine Vinegar 1 tbsp
Ginger 1 tbsp, fresh
Chinese Five Spice 1 tsp
Salt 1 pinch
Brown Sugar ½ tsp
Chinese Five Spice ½ tsp, for topping
White Pepper ½ tsp
White Pepper ½ tsp, for topping

Taiwanese-Style Popcorn Chicken

High Protein | Low Carb

livingplusrx.com

Method

Dice the chicken breast into bite-sized chunks (around 1-inch pieces).

In a mixing bowl, combine 1/2 tsp white pepper, 1 tsp Chinese five-spice powder, garlic, ginger, rice wine vinegar, soy sauce, and egg white. Add the chicken, stir to coat, and let it marinate for at least 30 minutes—or overnight in the fridge for deeper flavor.

Pour the cornstarch onto a plate. Remove the chicken from the marinade and press each piece into the cornstarch until fully coated.

Lightly spray your air fryer tray with oil. Place the coated chicken pieces into the basket in a single layer. Spray the tops lightly with oil. Air fry at 400°F (200°C) for 13–15 minutes, flipping halfway, until golden and crispy.

While still hot, toss the cooked chicken with a mixture of salt, 1/2 tsp five spice powder, 1/2 tsp brown sugar, and 1/2 tsp white pepper. Serve immediately, optionally with crispy Thai basil or a chili dipping sauce on the side.

MFP Barcode

5 5 7 9 4 1 2 2 5 0 8 0

Living+

Allergen Information

Contains eggs, soy, wheat.



KCAL 452.1
PRO 41.9g
CARB 29.4g
FAT 18.3g
FIBER 1.9g
Per serving

Thai Chicken Cakes & Herby Salad

High Protein | Low Carb

Living+

These Thai-inspired chicken cakes are packed with bold flavors from red curry paste, fish sauce, fresh herbs, and a surprising twist—soft gnocchi to create a tender, juicy texture. Served with a refreshing cucumber salad and optional jasmine rice, it's a vibrant, satisfying meal perfect for a quick dinner or casual gathering.

Prep: 15 min | Cook: 12 min | Fresh: 3 days | Beginner

Makes 2

Ground Chicken 400g or 14oz
Cucumber 1, large
Gnocchi 75g or 2.6oz
Lime Juice & Zest 1 lime
Sweet Chili Sauce 2 tbsp
Green Onion 4
Thai Red Curry Paste 1 tbsp
Olive Oil 1 tbsp
Fresh Mint 2 tbsp
Fresh Basil 2 tbsp
Fish Sauce 1 tbsp & 1 tsp
Sugar 1 tsp & 1/2 tsp
Cilantro 2 tbsp

Thai Chicken Cakes & Herby Salad

High Protein | Low Carb

livingplusrx.com

Method

In a food processor, combine the ground chicken, red curry paste, fish sauce, lime zest, 1 tsp sugar, 2 green onions, Thai basil, and gnocchi. Pulse until just combined — the mix should hold together but still have some texture.

With slightly wet or oiled hands, shape the mixture into 8–10 small patties. If the mix feels too soft, chill in the fridge for 10 minutes to firm up.

While the cakes chill, toss the cucumber, 2 green onions, mint, cilantro, lime juice, fish sauce, and 1/2 tsp sugar in a bowl. Set aside to allow the flavors to develop.

Heat the olive oil in a non-stick pan over medium heat. Fry the patties for 3–4 minutes on each side until golden and fully cooked. Serve with the herby salad and the sweet chili sauce for dipping.

MFP Barcode

5 5 7 9 4 1 2 2 4 9 4 6

Living+

Allergen Information

Contains fish, wheat. May contain shellfish, eggs.