

Cottage Cheese with Banana and Honey Drizzle



Details		Nutritional details per serve	
Serves :	1	Calories:	250
Total Preparation Time:	5 minutes	Fat:	6.0
Region :	Western	Protein:	18.6
Gluten Free:	Yes	Carbohydrates:	33.0
Vegetarian:	Yes	Fibre:	3.5
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Spoon the cottage cheese into a mound in the centre of a low set bowl. 2. Slice the banana and arrange around the edge of the cottage cheese. 3. Drizzle with honey and sprinkle with the nuts. You can use any type of fruit in place of the banana.			

Quantity	Ingredient
1 tsp	honey, clear & runny
1	banana
150 grams	cheese, cottage, low-fat
10 grams	almonds, flaked

Tuna and Tomato Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	305
Total Preparation Time:	5 minutes	Fat:	7.1
Region :	Greek	Protein:	24.5
Gluten Free:	No	Carbohydrates:	33.1
Vegetarian:	No	Fibre:	2.5
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
<ol style="list-style-type: none"> 1. Slice the pide bread in half and place in a toaster or under a hot grill to toast. 2. Drain the tuna and place into a bowl with the remaining ingredients; toss well and season to taste with sea salt and freshly ground black pepper. 3. Transfer the salad onto a serving dish(es) and place the toasted pide bread on the side. 4. Serve immediately. <p>You can serve the bread toasted or fresh. You can replace the olive oil with an Omega 3 or Omega 3-6-9 blended oil to assist in getting essential fatty acids into your diet.</p>			

Quantity	Ingredient
1 pinch	black pepper
0.5 1 serve (112.5g)	bread, turkish pide
70 grams	tuna in spring water (drained weight)
1 pinch	sea salt
2 tsp	dried oregano
5 mls	extra virgin olive oil
10	cherry tomatoes, small (approx 10g each)

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Details		Nutritional details per serve	
Serves :	1	Calories:	325
Total Preparation Time:	55 minutes	Fat:	2.5
Region :	Indian	Protein:	29.1
Gluten Free:	Yes	Carbohydrates:	42.9
Vegetarian:	No	Fibre:	4.9
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Peel the potatoes and cut in chunks. Make deep slashes in the chicken breast flesh using a sharp knife, then lay the chicken and potato into a glass baking dish. 2. Mix together all of the marinade ingredients together (honey, garlic, ginger, chilli, cumin, turmeric, yogurt, lemon juice and sea salt) and pour over the chicken and potatoes. 3. If you have time, cover and put into a cool place for at least 1 hour before cooking, otherwise this step can be skipped. 4. Pre-heat the oven to 200°C/ 400°F/Gas 6. 5. Bake in the middle of the oven, uncovered for 30 minutes, baste and bake for a further 15 minutes till tender and golden; add a little water when basting if necessary. 6. Meanwhile, cook the rice in boiling water till tender, adding salt after 15 minutes of cooking time has elapsed; this keeps the rice tender. 7. De-seed and dice the capsicum, halve the cherry tomatoes and slice the cucumber; toss together with the mixed salad leaves and transfer to a serving plate along with the cooked rice. 8. Top with the potato and chicken, and garnish with the chopped fresh parsley. <p>You can use red, yellow or green peppers, or a combination of them for this dish. This dish tastes great served cold as a salad as well.</p>			

Quantity	Ingredient
1 cups	mixed salad leaves
1 tsp	honey, clear & runny
1 pinch	sea salt
3 tsp	lemon juice
0.5 tsp	mild chilli powder
0.5 tsp	ground turmeric
100 grams	chicken breast fillets, skinless and boneless
0.5 tsp	ground cumin
4	cherry tomatoes, small (approx 10g each)
100 grams	charlotte new potatoes
1 tsp	garlic, minced
2 inches	cucumber (approx 15g per inch)
30 grams	yogurt, natural bio, fat-free
1 tsp	bottled ginger, crushed
45 grams	rice, brown basmati (cooked weight)
0.25 (approx 160g each)	red capsicums (peppers), large
1 sprigs	fresh flat-leaf parsley

Egg Soldiers



Details		Nutritional details per serve	
Serves :	1	Calories:	310
Total Preparation Time:	10 minutes	Fat:	10.8
Region :	American	Protein:	20.6
Gluten Free:	No	Carbohydrates:	28.4
Vegetarian:	Yes	Fibre:	4.8
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<p>1. Place the eggs in a small saucepan with enough water to just cover the eggs. Place a lid on the saucepan and bring to the boil over high heat. As soon as the water boils, reduce and simmer between 3-5 minutes, depending how runny you like your egg yolks.</p> <p>2. Meanwhile, place the bread into the toaster and when toasted, cut into 1 inch lengths and transfer to a serving plate.</p> <p>3. As soon as the eggs are ready, run the saucepan with the eggs under cold water until they are cool enough to touch. Transfer the eggs into egg cups, remove the tops and dunk the bread into the runny yolks.</p>			

Quantity	Ingredient
2	eggs, large (approx 50g each)
2 slices	bread, wholemeal (approx 40g each)

Chicken Parmigiana



Details		Nutritional details per serve	
Serves :	1	Calories:	290
Total Preparation Time:	25 minutes	Fat:	7.9
Region :	Italian	Protein:	39.7
Gluten Free:	Yes	Carbohydrates:	11.1
Vegetarian:	No	Fibre:	2.6
Dairy Free:	No		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
1. Preheat a non-stick frying pan over high heat and preheat the oven to 220C.			
2. Pan fry the chicken breast, approximately 5 minutes each side or until chicken is just cooked through; transfer to a baking dish.			
3. Top the chicken breast with the parma ham, parmigiana sauce and sprinkle with the grated parmesan cheese; bake for approximately 10 minutes or until cheese has melted.			
4. Meanwhile, make slice the cucumber and onion and chop the cherry tomatoes in half; toss together with the mixed salad leaves and transfer to a serving dish. Drizzle the Italian dressing over the salad and serve with the chicken parmigiana.			

Quantity	Ingredient
1 cups	mixed salad leaves
10 grams	italian dressing, light
130 grams	chicken breast fillets, skinless and boneless
0.25	brown onions, small (approx 60g each)
10 grams	cheese, parmesan, fresh
80 grams	simmer sauce, italian chicken parmigiana
1 inches	cucumber (approx 15g per inch)
15 grams	ham slices, parma
2	cherry tomatoes, small (approx 10g each)

Superfood Breakfast



Details		Nutritional details per serve	
Serves :	1	Calories:	277
Total Preparation Time:	5 minutes.	Fat:	3.2
Region:	Swiss	Protein:	20.1
Gluten Free:	No	Carbohydrates:	40.1
Vegetarian:	Yes	Fibre:	2.9
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Heat the pan over a medium heat, spray two bursts of the cooking oil spray then add the oats and soy flakes, and cook 45 seconds stirring all the time to begin toasting the oats. 2. Add the mixed dried fruits and stir continuously for another minute to heat through. 3. Serve hot or cold, scattered, sprinkled or stirred into Greek yogurt. 			
<p>Alternative serving suggestion: Make into hot fruit porridge by mixing 1 portion of Anytime Breakfast with 100mls water: - Microwave: pour into a bowl and microwave on high power for 2 minutes, stirring after 1 minute. Stand 1 minute, pour into a dish and enjoy with Greek yogurt. - Hob: pour into a saucepan and cook over medium heat stirring continuously till thick and creamy. Pour into a dish and enjoy with Greek yogurt.</p>			
<p>This recipe can be prepared the day before or made in bulk in advance to store in an airtight container in a cool dark place for up to 2 weeks.</p>			

Quantity	Ingredient
20 grams	oats, wholegrain, rolled
5 grams	dried cranberries
5 grams	dried apricots
5 grams	sultanas
5 grams	cereal, soy flakes (or grits)
225 grams	greek yogurt, low fat
1 pump	cooking oil spray

Herb Crusted Snapper Fillet



Details		Nutritional details per serve	
Serves :	1	Calories:	329
Total Preparation Time In :	Up to 20 minutes.	Fat:	7.4
Region :	Western	Protein:	37.7
Gluten Free:	No	Carbohydrates:	27.8
Vegetarian:	No	Fibre:	2.7
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Preheat oven at 200 degrees Celsius 2. Season Snapper fillet on both sides with ground pepper 3. Place on an oven tray lined with baking paper 4. Process onion powder, garlic powder, finely chopped parsley, chives and breadcrumbs until chopped (not ground). 5. Brush the top of the snapper fillet with margarine and spread the bread crumb mixture on top of the fillet, pressing down. 6. Cook for 10-15 minutes until cooked. 7. Serve with a side of garden salad and season with lemon juice if desired. Herb blend can be varied.			

Quantity	Ingredient
1 sprigs	fresh flat-leaf parsley
2 sprigs	fresh chives
150 grams	snapper
0.5 tsp	garlic powder
0.5 tsp	onion powder
5 grams	margarine, soft
40 grams	bread crumbs, multigrain krummies

Ham, Cheese and Rocket Crispbreads



Details		Nutritional details per serve	
Serves :	1	Calories:	199
Total Preparation Time:	5 minutes	Fat:	4.8
Region :	Western	Protein:	15.3
Gluten Free:	No	Carbohydrates:	19.7
Vegetarian:	No	Fibre:	3.9
Dairy Free:	No		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
1. Spread the cream cheese over the crisp breads and top with the rocket and ham slices. 2. Season with freshly ground black pepper according to taste.			

Ingredients	
2 crackers	crackers, ryvita, multi-grain rye (per cracker)
1 pinch	black pepper
50 grams	smoked ham, extra lean, sliced
50 grams	cheese, cream, extra-light (reduced-fat)
1 cups	rocket leaves

Rice Paper Fish Rolls



Details		Nutritional details per serve	
Serves :	1	Calories:	287
Total Preparation Time:	15 minutes	Fat:	5.0
Region :	Vietnamese	Protein:	23.4
Gluten Free:	Yes	Carbohydrates:	39.8
Vegetarian:	No	Fibre:	7.5
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions :			
1. Grate the carrot, zucchini and beetroot, place into separate small serving dishes and set out on the table to serve.			
2. Chop the celery, red onion and parsley and combine with the drained tuna and mayonnaise; place in a small serving dish and set on the table to serve.			
3. Using a pastry brush and hot water, brush both sides of each rice paper and allow them to sit for around 2 minutes to soften. Then stack the papers on top of each other onto a serving plate with a sprinkle of water in-between to prevent drying.			
4. To prepare the rice paper rolls, simply place a softened rice paper onto your serving plate; on one-third of the paper, place a dessertspoon of the fish mixture, 1tsp each of the grated vegetables and some avocado. Then fold the sides towards each other. For dairy-free, ensure the brand of mayonnaise you are using is dairy-free.			

Quantity	Ingredient
1 sprigs	fresh flat-leaf parsley
1	celery stalks (approx 30 grams each)
8 sheets	rice paper rolls
0.5	carrots, small (approx 100g each)
70 grams	tuna in spring water (drained weight)
0.5	beetroot, medium (approx 140g each)
0.25 (approx 180g each)	ripe avocados, small
1	red onions, small (approx 60g each)
15 grams	mayonnaise, 97% fat-free
0.5	zucchini (courgettes), medium (approx 196g each)

Tunisian Lemon & Chilli Lamb



Details		Nutritional details per serve	
Serves :	1	Calories:	295
Total Preparation Time:	10 minutes	Fat:	14.5
Region :	Tunisian	Protein:	33.1
Gluten Free:	Yes	Carbohydrates:	9.3
Vegetarian:	No	Fibre:	2.0
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Pre-heat a sandwich grill to high-heat. 2. Place the harissa sauce, half the lemon juice and the olive oil into a sandwich bag along with the lamb steaks and coat well; transfer to the sandwich grill and cook for approximately 5 minutes or until cooked to your liking. 3. Meanwhile, thinly slice the red onion and fresh chilli, and dice the tomato and cucumber. Toss together with the salad leaves and transfer to a serving plate and season to taste with salt and pepper. 4. Transfer the lamb steaks to the serving plate. <p>If you don't have harissa sauce, you can replace with any brand of hot chilli sauce, for example, Nando's Peri Peri sauce. If you don't like your food too spicy, you could use BBQ sauce instead.</p>			

Quantity	Ingredient
1 cups	mixed salad leaves
1	tomatoes, small (approx 100g each)
5 mls	extra virgin olive oil
1 inches	cucumber (approx 15g per inch)
15 mls	lemon juice, bottled
1 pinch	black pepper
0.25	fresh red chillies (approx 45g each)
1 pinch	sea salt
15 grams	harissa sauce
0.25	red onions, small (approx 60g each)
140 grams	lamb, steak, lean

Quick Oat Power Porridge (dairy free)



Details		Nutritional details per serve	
Serves :	1	Calories:	269
Total Preparation Time:	2 minutes	Fat:	6.7
Region :	Western	Protein:	14.7
Gluten Free:	No	Carbohydrates:	36.1
Vegetarian:	Yes	Fibre:	5.4
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Empty the oat sachet into a small bowl and add the rice milk. 2. Microwave on high for 90 seconds. 3. Stir in the protein powder and flaxseed meal, adding water if necessary to bring to desired consistency. 4. Serve immediately.			

Quantity	Ingredient
10 grams	vanilla flavour soy protein powder
2 tsp	flaxseed meal
150 mls	rice milk, protein enriched eg Vitasoy
1 sachet (34g)	oats, quick sachets, original

Tuna Avocado Walnut Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	328
Total Preparation Time:	15 minutes	Fat:	16.4
Region:	Australian	Protein:	24.7
Gluten Free:	Yes	Carbohydrates:	22.5
Vegetarian:	No	Fibre:	7.6
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Toast walnuts in a non stick frying pan for 5 minutes, or until golden. Allow to cool slightly and roughly chop. Meanwhile, finely grate the orange rind to make approx 1/2 tsp (per serve). 2. Add oil to pan and add garlic for 30 seconds. Remove from heat and whisk in balsamic vinegar and orange rind. 3. Dice the avocado and peel and slice the orange; assemble rocket, avocado, orange, tuna and walnuts on a serving plate. 4. Drizzle over dressing and sprinkle with freshly ground black pepper and basil leaves			

Quantity	Ingredient
1 pinch	black pepper
0.5	oranges, medium (approx 230g each)
5 mls	extra virgin olive oil
10 mls	balsamic vinegar
80 grams	tuna in spring water (drained weight)
1 cups	rocket leaves
0.5 (approx 180g each)	ripe avocados, small
0.5 tsp	garlic, minced
2 sprigs	fresh basil leaves
5 grams	walnuts, raw

Honey Mustard Chicken



Details		Nutritional details per serve	
Serves :	1	Calories:	264
Total Preparation Time:	15 minutes	Fat:	3.3
Region :	American	Protein:	39.2
Gluten Free:	Yes	Carbohydrates:	14.4
Vegetarian:	No	Fibre:	4.0
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Spray a small ovenproof dish with a little cooking oil spray. Place chicken fillet in a single layer. 2. Mix honey, mustard and garlic together and spread over chicken. Cover the dish with baking paper or aluminium foil 3. Bake chicken at 180oC(350oF) for 5 minutes. Uncover, baste with the juices, and cook for a further 5 minutes or so until tender. 4. Meanwhile, steam the asparagus in a steaming pot on in the microwave. 5. Transfer the cooked chicken to a serving plate along with steamed or microwaved asparagus. <p>For gluten free, ensure the brand of mustard you are using is gluten free.</p>			

Quantity	Ingredient
150 grams	chicken breast fillets, skinless and boneless
2 tsp	honey, clear & runny
200 grams	asparagus spears
2 tsp	mustard, wholegrain
1 tsp	garlic, minced
1 pump	cooking oil spray

Egg White Scrambled Eggs with Ham & Vegies



Details		Nutritional details per serve	
Serves :	1	Calories:	228
Total Preparation Time In :	Up to 15 minutes.	Fat:	4.3
Region :	Western	Protein:	20.4
Gluten Free:	No	Carbohydrates:	27.3
Vegetarian:	No	Fibre:	3.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. In a bowl, beat egg whites until soft peaks form. 2. Add milk and whisk lightly, being careful not to whip the egg whites. 3. Dice tomato, finely chop ham, dice zucchini and chop parsley and fold into the egg mixture with the ricotta cheese. 4. Spray a non-stick pan with cooking oil spray and heat on high. 5. Carefully pour the mixture into the pan and spread evenly. 6. Using a wooden spoon or fork, constantly move the mixture so that it doesn't stick to the pan and burn. 7. Toast a piece of bread while the eggs are cooking. 8. When scrambled eggs have reached desired consistency, season with salt and pepper, add to a plate with toast and enjoy! 			

Quantity	Ingredient
1 sprigs	fresh flat-leaf parsley
1	tomatoes, small (approx 100g each)
1 slice (34g)	bread, light rye
50 mls	skim milk (average all types)
25 grams	smoked ham, extra lean, sliced
1 pump	cooking oil spray
0.5	zucchini (courgettes), medium (approx 196g each)
20 grams	cheese, ricotta, light
2	egg whites (large egg)

Lettuce Cups with Chicken, Ricotta & Sultanas



Details		Nutritional details per serve	
Serves :	1	Calories:	277
Total Preparation Time:	30 minutes	Fat:	7.5
Region :	Western	Protein:	31.1
Gluten Free:	Yes	Carbohydrates:	18.6
Vegetarian:	No	Fibre:	4.4
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Preheat oven at 200 degrees 2. Reduce to 180 degrees and bake chicken for 20 minutes or until cooked 3. Once chicken is cooked, dice into small pieces. 4. Combine finely chopped almonds, sultanas, chopped chives, and lemon juice in a bowl 5. Arrange lettuce leaves on plate and top with crumbled ricotta cheese 6. Place chicken on plate, pour almond mixture on top and serve. 			

Quantity	Ingredient
6 leaf outer	Lettuce, Cos, (leaf outer, approx 28g)
100 grams	chicken breast fillets, skinless and boneless
9 grams	almonds, raw, whole
3 sprigs	fresh chives
10 mls	lime juice, bottled
20 grams	sultanas
20 grams	cheese, ricotta, light

Pork and Asian Greens



Details		Nutritional details per serve	
Serves :	1	Calories:	339
Total Preparation Time:	10 minutes	Fat:	6.2
Region :	Asian	Protein:	39.1
Gluten Free:	Yes	Carbohydrates:	31.0
Vegetarian:	No	Fibre:	3.7
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Heat oil in a wok or large frying pan on high. 2. Slice the pork fillet and stir-fry for 2-3 minutes. Remove to a plate. 3. Slice the onion and add to the wok with the garlic and ginger and stir-fry for 1-2 minutes until just tender. 4. Roughly chop the bok choy and broccolini and trim the snow peas; add to the wok with the pork, sweet chilli sauce, lemon juice and tamari sauce. Stir-fry for 2-3 minutes until greens are just beginning to wilt. 5. Sprinkle with coriander and serve immediately. <p>For gluten free, ensure the brand of tamari sauce and sweet chilli sauce are gluten free.</p>			

Quantity	Ingredient
30 mls	sweet chilli sauce
0.25 tsp	garlic, minced
1 sprigs	fresh coriander
100 grams	bok choy
0.25	brown onions, small (approx 60g each)
100 grams	snow peas (mange tout)
10 mls	tamari (wheat-free soy sauce)
5 mls	extra virgin olive oil
125 grams	pork fillet, extra lean
100 grams	broccolini
30 mls	lemon juice, bottled
0.25 tsp	bottled ginger, crushed

Soft Egg and Salsa Taco



Details		Nutritional details per serve	
Serves :	1	Calories:	346
Total Preparation Time:	8 minutes	Fat:	20.2
Region:	Mexican	Protein:	17.2
Gluten Free:	No	Carbohydrates:	22.4
Vegetarian:	Yes	Fibre:	5.1
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<p>1. For the salsa, chop the tomato, chilli, half the coriander and combine with half of the oil. Add Tabasco if desired, and season to taste with salt and pepper.</p> <p>2. Wrap the tortilla in paper towel, place on a plate and microwave on high for 30 seconds. Turn and heat for a further 30 seconds. Or heat in the oven according to packet directions.</p> <p>3. Lightly whisk the eggs with the cream and remaining chopped coriander. Season. Heat remaining oil in a large pan over medium-high heat, pour in eggs and, using a wooden spoon, fold for 2 minutes until scrambled and almost set. Remove from the heat.</p> <p>4. Working with one tortilla at a time (if making more than once serve, keep the rest covered as you work), spoon some egg down the centre, top with salsa and fold over the sides to enclose. Secure with a paper napkin if desired, and serve with any remaining salsa on the side.</p>			

Quantity	Ingredient
3 sprigs	fresh coriander
5 mls	extra virgin olive oil
1 pinch	black pepper
0.25	fresh red chillies
1	tortillas, wholemeal flour, medium (approx 40g each)
0.5	tomato
1 pinch	sea salt
0.25 tsp	tabasco
15 mls	cream, fresh, half fat
2	eggs, large

Kangaroo Burger



Details		Nutritional details per serve	
Serves :	1	Calories:	300
Total Preparation Time:	20 minutes	Fat:	4.1
Region :	Australian	Protein:	34.0
Gluten Free:	No	Carbohydrates:	29.1
Vegetarian:	No	Fibre:	5.2
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
1. Combine mince, onion, garlic and coriander. Season. Shape mixture into a burger patty.			
2. Heat a non-stick frying pan over high heat and spray with cooking oil spray. Reduce heat to medium and cook patty for 5 minutes each side or until juices are hot and clear.			
3. Fill the burger roll with salad, patty and serve with tomato ketchup.			

Quantity	Ingredient
125 grams	kangaroo mince
1 sprigs	fresh coriander
0.5 tsp	garlic, minced
1	bread rolls, mixed grain burger buns (approx 45 grams each)
0.5	brown onions, small (approx 60g each)
10 mls	tomato ketchup
1	tomatoes, small (approx 100g each)
1 pump	cooking oil spray
0.25	crisp lettuce, small (approx 100g each)

Lemon Marinated Tenderloins with Fennel and Parmesan



Details		Nutritional details per serve	
Serves :	1	Calories:	349
Total Preparation Time:	15 minutes	Fat:	12.9
Region :	Western	Protein:	33.0
Gluten Free:	Yes	Carbohydrates:	23.9
Vegetarian:	No	Fibre:	3.8
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Combine half the lemon juice, half the olive oil and the chopped thyme leaves in a large ceramic dish.			
2. Add chicken tenderloins and turn, coating well in marinade. Cover and refrigerate for 30 minutes. (if you don't have time, leave for a few minutes whilst preparing the salad at step 4).			
3. Heat a barbecue hot plate on medium. Add a little olive oil and spread over hotplate. Remove tenderloins from marinade and sprinkle with the fennel seeds. Place tenderloins onto hotplate and cook for 3-4 minutes on each side or until cooked through.			
4. To make fennel and parmesan salad: Using a vegetable peeler, run vertically down the fennel bulb over a large bowl. Shave the pears and radish with the vegetable peeler also. Add parmesan cheese and toss until well combined.			
5. Combine remaining lemon juice and olive oil in a jug. Season with salt and pepper. Add to fennel salad and toss until well combined.			
6. Serve tenderloins with fennel and parmesan salad.			

Recipe courtesy of Ingam Chickens - www.inghams.com.au

Quantity	Ingredient
30 grams	radish, red
10 mls	extra virgin olive oil
80 grams	fennel, florence
0.5 Tbsp	cheese, parmesan, grated
30 mls	lemon juice, bottled
1 pinch	black pepper
1 pinch	sea salt
1	green pears, small (approx 115g each)

5 grams	fennel, seeds
125 grams	chicken tenderloins
2 sprigs	fresh thyme