

**Fibrehydrate**

# The Cookbook

over 30 free  
delicious recipes

A treasure trove of  
high-fibre recipes

# Welcome to your guilt-free ticket to pasta and noodle indulgence sans the carb overload!

Crafted from glucomannan fibre from the roots of the konjac plant, our pasta and noodles aren't just carb-free—they are certified weight-loss warriors endorsed by the EU Commission. Glucomannan's magic lies in its ability to expand up to 50 times in your stomach, activating your stretch receptors and signalling the brain with the 'fullness' hormone, leptin. With options like spaghetti, tagliatelle, and our signature carb-free noodles, every bite is a step towards your weight loss goals!

**But wait, there's more! No compromise here—just complete flexibility.** Our low-carb wonders open up a world of culinary possibilities, inspiring you to create a variety of dishes that align with your weight-loss goals.

Here are just a few of our favourite ways to elevate your dishes:

**Quick Sauté:** Heat them up for a minute or two in oil or butter, sprinkle them with your favourite herbs or spices, and add them to your meat or fish dishes for a speedy, flavourful boost.



**Soup Sensation:** Add to soups for a hearty, nutrient-packed meal that will enhance your fibre intake and help you stay satiated for longer.

**Savoury Base:** Elevate your curries, chilis, or Bolognese dishes by using as a delicious, low-carb base.

**Stir-Fry Delight:** Use the pasta or the noodles to whip up a vibrant stir-fry in minutes.

**Microwave Magic:** Simply place the pasta or noodles in a microwave-safe bowl with a splash of water. Toss in canned tuna or pre-cooked prawns and enhance the flavour with herbs, spices, or sauces of your choice. Enjoy a fibre-rich, delicious, convenient meal in minutes!

**Fibre Flour:** Add a small amount to thicken everything from soups to smoothies. Exercise caution, as it expands significantly—use roughly one-tenth of your usual thickening agent for optimal results.

# Find your new favourite meal

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## High Fibre Breakfasts

“Ah, breakfast – the meal that’s been hyped up for almost a century as ‘the most important meal of the day.’ Let’s face it, unless you’re the CEO of a cereal company, that might not exactly be true. But here’s a twist: when you’re craving breakfast, suddenly, it becomes the superhero of meals!”

“Choosing breakfast is like selecting your character in a video game; pick wrong (hello, toast and sugary cereals), and you’re on a fast track to Carb City – a wild ride that’ll leave your health hanging on for dear life, reminiscing about the days of stable blood sugar levels. So, fasten your seatbelt, ditch the juice, and embark on a high-fibre morning adventure that’ll keep you off the dreaded carbocoaster!”

# Fish Flake Fibre Fry-Up

4 servings

2 mins  
prep

5 mins  
cooking

7 mins  
total



Wave goodbye to the carb-heavy start of the day and hello to a sea of possibilities with our Fish Flake Fibre Fry-Up. This culinary delight is a voyage into the rich, nutritious waters of the ocean without the usual anchor of bread and cereals. Crafted in the galley of your kitchen within the span of a mere 7 minutes, this one-pan wonder is as versatile as the ocean is deep. Choose your vessel, be it the robust salmon flakes found in the supermarket, the humble canned tuna, or even the venerable English kipper, and set sail towards a breakfast or lunch that's both quick and laden with treasures of nutrition.

## Ingredients:

- Fibre Tagliatelle: The fibre wave upon which our ingredients surf.
- Fish (variable): Choose your swimmer: salmon flakes, canned tuna, or traditional kippers.
- 2 Eggs: The golden sunrise in our dish.
- Tomato: A burst of colour, freshness, and rich in Lycopene.
- Garlic (3 cloves): Nature's medicine.
- Salt & Pepper: To excite the tastebuds.
- Herbs (optional): To add antioxidants.

## Method:

Begin by preparing your chosen fish, cooking it ahead if it hasn't already been, and set it aside as if docking it at the port.

Chop the garlic as finely as the sands on a beach and let it dance in a large frying pan with a drizzle of olive oil. As it begins to tan like a holidaymaker, introduce the eggs to the pan, stirring them into the scramble of a sunrise.

Weave in the fibre tagliatelle, finely chopped tomatoes, and prepped fish in this morning's dance. Stir the ensemble on the heat for 2 to 3 minutes, long enough to warm through without losing the sea's freshness.

Season with salt and pepper, casting them like a net to capture the full range of flavours.

Serve a portion to the young sailors at your table before stirring in a whirlpool of chilli for yourself if you desire that extra kick to navigate the day.

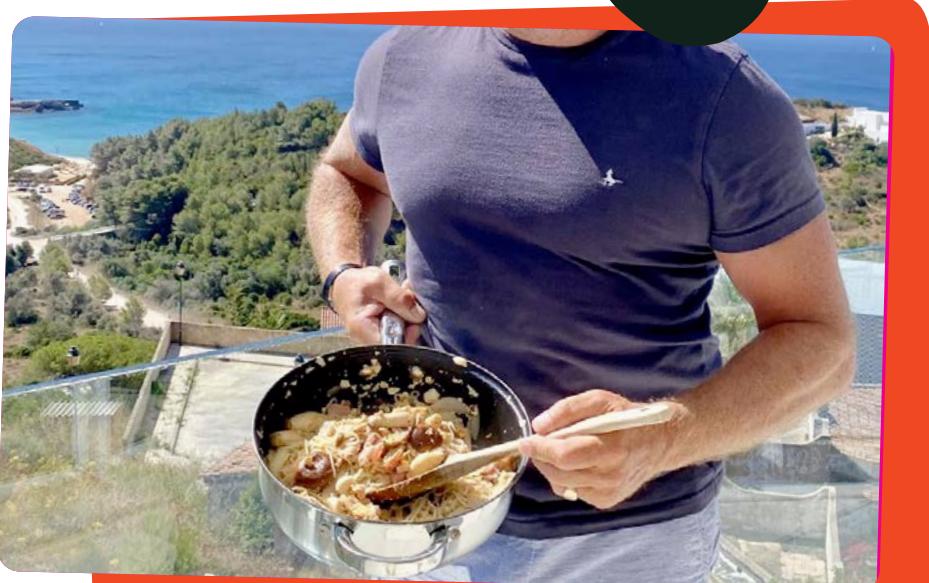
# Bacon and Egg Fibre Fry-Up: A Morning Marvel

3 servings

3 mins  
prep

5 mins  
cooking

8 mins  
total



Imagine finding a way to fuel your family's morning adventures with a burst of fibre, steering clear of the carb-laden bread and cereals that usually crowd the breakfast table. Here is a one-pan wonder that's the epitome of quick, easy, and brimming with goodness. Enter the 'Bacon and Egg Fibre Fry-Up,' your new breakfast hero that's ready in a flash and packed with flavours that wake you up better than an alarm clock.

## Ingredients:

- Fibre Spaghetti: The secret to our fibre boost.
- Bacon (6 rashers): For that irresistible smoky flavour.
- Garlic (2 cloves): A flavour kick that says 'good morning' in style.
- Eggs (2 tbsp): Full of nutrients.
- Tomatoes (2 large): A juicy burst of freshness.
- Olive Oil (a drizzle): For Mediterranean health.
- Salt & Pepper – To season the day ahead.

## Method:

Start by dicing the bacon and garlic, then let them sizzle in a large frying pan with a drizzle of olive oil, crafting a base layer of flavour as comforting as a warm blanket.

As the bacon edges towards its perfectly cooked crescendo, welcome the eggs into the mix, stirring them into a scramble that's as fluffy as clouds at sunrise.

Introduce the fibre spaghetti, tomatoes, and any additional veggies you fancy to the pan, gently folding them into the mix for a warm, 2 to 3-minute embrace that ensures each ingredient is nicely coated.

Season with salt and pepper, and sprinkle in your chosen herbs or spices, turning a simple fry-up into a personalised morning anthem.

# Nutty Blueberry Breakfast Slice: A Morning Delight

Made with Konjac flour

2 servings

10 mins prep

3 mins cooking

13 mins total



Imagine finding a way to fuel your family's morning adventures with a burst of fibre, steering clear of the carb-laden bread and cereals that usually crowd the breakfast table. Here is a one-pan wonder that's the epitome of quick, easy, and brimming with goodness. Enter the 'Bacon and Egg Fibre Fry-Up,' your new breakfast hero that's ready in a flash and packed with flavours that wake you up better than an alarm clock.

## Ingredients:

- Blueberries (150g): For bursts of sweetness and a pop of colour.
- Coconut Flour (1 or 2 tbsp): Add a hint of fibrous tropical flavour and thicken the batter.
- Large Eggs: The binding element that brings everything together.
- Water (1 tbsp): To achieve the perfect batter consistency.
- Coconut Oil (1 tsp): For frying and infusing the dish with a subtle sweetness.
- Konjac Flour: To give the breakfast slice its unique texture and body.

## Method:

Begin by preheating your grill to 180°C, a preparatory step for the final flourish of cooking.

Combine coconut flour, large eggs, water, and konjac flour in a mixing bowl. Embrace the whisk and blend until you achieve a smooth, cohesive batter, setting the stage for your slice's base.

Warm the coconut oil in a non-stick pan over medium heat. Add 3/4 of your blueberries to the pan, letting them sizzle and soften for 2-3 minutes. Their juices will mingle with the oil to create a fragrant foundation.

Pour the batter over the softened blueberries gently to cover the fruit. Scatter the remaining blueberries atop the batter, dotting the surface with their vibrant hue.

Allow the underside to cook on medium-low heat for 4 to 5 minutes. Watch for the moment you can nimbly lift the edges, signalling it's time for the grand finale.

Transfer the pan under the preheated grill, letting the top firm up for 2 to 3 minutes until you're met with a breakfast slice that's golden and gratifying.

Our 'Nutty Blueberry Breakfast Slice' emerges as a glorious morning meal, light yet fulfilling. Each forkful offers a harmony of textures and tastes. It's a dish that speaks of lazy weekends and leisurely breakfasts, of taking a moment to savour the start of your day with something fibrously special.

# Zero Carb Cheese Waffles: The Chaffle Revolution

Made with Konjac flour

2 servings

2 mins prep

5 mins cooking

7 mins total



Discover the buzz around 'chaffles' and cheese waffles that are taking the low-carb world by storm with a twist that elevates them to new heights of deliciousness. With a special ingredient for that sought-after bread-like consistency, these aren't just waffles but game-changers. Please note: You'll need a waffle maker to bring these delights to life.

## Ingredients:

- Cheddar Cheese (50g grated): The show's star, offering richness and melt.
- Large Egg: The binder that brings cohesion to your mix.
- Greek Yoghurt (50g): Adds creaminess and a subtle tang.
- Fresh Chives (optional -1 tsp chopped): For a hint of freshness and colour.
- Konjac Fibre Flour or other fibre flour: The magic ingredient for that bread-like feel.

## Method:

Begin your chaffle journey by warming up your waffle machine, which will prepare it to transform your batter into golden perfection.

In a mixing bowl, unite the grated cheese, egg, and yoghurt, stirring until they form a harmonious blend. This mixture promises the creamy, rich base of your waffles.

Gently fold in the konjac fibre flour, stirring to a thicker consistency. A word to the wise: resist the urge to add more than 6g of fibre flour to keep the balance just right.

Approach your preheated waffle maker with batter in hand, carefully depositing it into the iron. Close the lid with a sense of anticipation and allow the cooking magic to happen for about 5 minutes.

As the timer ticks down, prepare yourself for the unveiling. Once done, gently liberate your chaffle from its iron clasp and behold the beauty of your creation. Enjoy these Zero Carb Cheese Waffles fresh and hot from the maker. They're not just a meal; they're an experience. Whether you're looking to satisfy those bread cravings without the carbs or simply diving into the delightful world of chaffles, this recipe is your ticket to a taste sensation. Perfect for breakfast, as a snack, or even as an innovative sandwich base – our chaffle is here to revolutionise your low-carb lifestyle.

# Zero Carb Pancakes: A Fluffy Delight

Made with  
Konjac flour

12  
servings

5 mins  
prep

5 mins  
cooking

10 mins  
total



Embark on a culinary adventure with these Zero Carb Pancakes, where simplicity meets versatility most deliciously. Made with konjac flour, these pancakes are quick to whip up and boast a delightful springiness and a light, fluffy texture that's sure to impress. Whether you're hungry for something savoury or sweet, this recipe is the perfect canvas for your culinary creativity. Berries, cinnamon, chocolate, or herbs and spices – the choice is yours!

## Ingredients:

- Konjac Flour (5 to 6g): Our zero-carb, high-fibre pancakes base.
- Ground Almonds (20g): Adds a nutty flavour and helps with the structure.
- Large Eggs: For richness and fluffiness.
- Vanilla Essence (1 tsp): A splash of sweetness for those going the dessert route.
- Milk (155g): Brings everything together into a smooth batter.
- Coconut Oil (1 tsp): For cooking and imparting a slight tropical hint.

## Method:

Dive into the creation process by whisking together the wet ingredients in a deep bowl. If you're veering towards a savoury version, skip the vanilla essence.

Sprinkle in the ground almonds, blending well before the grand introduction of konjac flour. Aim for no more than 6g to keep the batter from becoming too thick – you're going for a custard-like consistency that pours easily but holds together.

Heat a dash of coconut oil in a frying pan, waiting for it to melt into readiness. With anticipation, dollop 1-2 tablespoons of batter for each pancake, spreading lightly if needed.

Watch closely as the edges firm up and bubbles dare to break the surface; this is your cue to flip. Each side will cook swiftly, turning golden and puffing up to perfection.

Continue the process until your batter is transformed into a stack of warm, inviting pancakes.

Serve these versatile Zero Carb Pancakes straight from the pan, ready to be adorned with your chosen toppings. From a sprinkle of sweet cinnamon to a lavish spread of Fibrella or a savoury sprinkle of spices and herbs – these pancakes are your blank slate for a low-carb feast. Enjoy the freedom to indulge in a breakfast classic or a dessert treat without straying from your fibrous goals.

## High Fibre Sides & Starters

“Welcome to the Gastronomy Art Gallery, a dynamic showcase of our fibre noodles and pasta, where every dish is a work of art, and you’re the artist. Imagine this: a canvas of endless possibilities sprawled out before you, each recipe an opportunity to splash vibrant hues of fibre-rich goodness onto your plate.”

“Get creative by mixing up your ingredients with our noodles and pasta. Repetition is off the menu here—our only rule is to remix, reinvent, and rejuvenate your meals. Let’s transform the Fibre First diet into a constantly evolving gallery of culinary delight, where variety isn’t just the spice of life—it’s the very heart and soul of it!”

# Bang Bang Chicken

2 servings

15 mins prep

20 mins cooking

35 mins total



Feast your taste buds on Bang Bang Chicken, a culinary composition that hits every note perfectly, from sweet melodies to salty beats. This dish is destined to be a family classic (it's certainly the no.1 favourite in my home) and is as simple to make as it is complex in flavour. Whether you're dividing it between two or savouring it across multiple meals, it promises satisfaction for under £2 per serving.

## Ingredients:

- Chicken Breast (250g): The canvas for our flavour masterpiece
- Fibre noodles or pasta
- Erythritol (2 tsp): Sweetens the deal without the sugar spike
- Milk (3 tbsp): Blends everything into a smooth symphony
- Handful of peanuts: Adding dynamic contrast and even more fibre
- Peanut Butter (100g): For that fibrous, creamy, nutty baseline
- Light Soy Sauce (2 tbsp): Adds the perfect touch of salty harmony

## Method:

**Boil to Perfection:** Begin by gently boiling the chicken breast until fully cooked, about 20 - 30 minutes.

**Prepare the Stage:** Once the chicken has received its standing ovation, drain and set aside the water, but keep the pan for the next act.

**Fibre Breakdown:** Place the chicken in its backstage dressing room (a.k.a. a sandwich bag or between greaseproof paper) and give it a good bash with a rolling pin. This tenderises the meat, making it ready for its solo.

**Culinary Mix:** Return the chicken to the pan over medium flame. Introduce the peanut butter, noodles or pasta, light soy sauce, erythritol, and milk to the mix. Stir well, combining all the elements into a dish that's ready to steal the show.

**Serve Up the Applause:** At the last moment, sprinkle on a handful of fibrous nuts for that true oreosensory sensation.

This Bang Bang Chicken recipe isn't just food; it's a performance, a testament to the power of simple ingredients coming together in perfect harmony. So, gather your audience, serve this sweet and salty sensation, and watch as it becomes a headlining act in your culinary repertoire.

# Crab and Noodle Mushroom

4 servings

5 mins prep

5 mins cooking

10 mins total



Unveil the elegance of simplicity with our 'Crab and Noodle Mushrooms,' a starter that promises a symphony of flavours in every bite. Whether you're graced with fresh crab or opt for the convenience of tinned, this dish will surely delight your guests with its rich, oceanic charm. Accompanied by the unique, salty, crispness of samphire and the earthy depth of mushrooms, this dish is a culinary exploration that's both refreshing and satisfying.

## Ingredients:

- Crab (80g): Fresh or tinned, bringing the essence of the sea to your plate.
- Fibre Noodles: The perfect low-carb base, ready to twirl around your fork.
- Samphire (1/2 cup): A briny green that adds crunch and zest.
- Coriander (a handful): For that fresh, aromatic finish.
- Mushrooms (4 large): Sautéed or grilled to add a rich, umami depth.
- Olive Oil (6 tbsp): For cooking,

## Method:

Start by warming olive oil in a frying pan or grill. Add the mushrooms and bathe them in the warmth until they begin to soften. Stir in the fish sauce and coconut aminos, letting the mushrooms absorb these rich flavours for 4 to 5 minutes.

Meanwhile, give your samphire a brief, 2-minute boil to tame its natural salinity without losing its crispy vitality.

Shift the mushrooms aside to a serving dish, preserving their juices in the pan. Drain the fibre noodles and introduce them to the pan, encouraging them to mingle with the residual flavours for a quick 2 minutes. Gently fold in the crab, allowing the heat to bring out its delicate taste. Then, add the samphire for a crunchy contrast.

Finish with a scattering of black pepper and a generous garnish of fresh coriander, adding a burst of colour and a hint of citrusy aroma.

Our 'Crab and Noodle Mushrooms' recipe is more than just a starter; it's an invitation to a flavour-filled, indulgent and mindful journey. As you lay this dish before your guests, you're not just serving a meal; you're offering an experience that's bound to linger on their palates long after the plates are cleared. Perfect for any occasion that calls for a touch of sophistication without the fuss.

lending a silky texture and fruity notes.

- Coconut Aminos (2 tbsp): A soy sauce alternative, adding sweetness and umami.
- Fish Sauce (2 tbsp): To enhance the dish's savoury, salty dimension.
- Black Pepper (to taste): For a gentle, warming heat.

# Thai Drunken Beef Noodle Salad

2 servings

20 mins prep

7 mins cooking

27 mins total



Cherish the flavours of Thailand with this Thai Drunken Beef Noodle Salad, known as Pad Kee Mao, in its homeland. This dish captures the essence of Thai cuisine with its spicy kick and refreshing ingredients. While we've dialled down the heat a tad, this salad remains a vibrant homage to its authentic roots.

## Ingredients for the Thai dressing:

- Birds Eye Chilli (2 tsp, finely chopped): The fiery heart of the dressing.
- Garlic (2 cloves, grated): For a robust flavour foundation.
- Olive Oil (2 tsp): Smooths and carries the flavours.
- Coriander Stalks (finely chopped): Add a fresh, herby punch.
- Fish Sauce (4 tsp): Injects the umami soul of Thai cuisine.
- Lime Juice (3 tsp): A citrus spark to cut through the richness.
- 1 teaspoon of stevia, erythritol or xylitol. A hint of sweetness balances the heat.

## Ingredients for the salad:

- Fibre Noodles: A low-carb base without skimping on texture.
- Beef Rump (400g): The protein powerhouse, tender and flavourful.
- Bean Sprouts (a handful): Adds crunch and freshness.
- Cucumber (1/2, sliced): For an excellent, crisp contrast.
- Cherry Tomatoes (10, halved): Sweet, juicy bursts of flavour.
- Radish (2, sliced): Peppery and crisp.
- Red Onion (1/2, sliced): Sharpness and colour.
- Coriander Leaves (a handful): Bright and aromatic.
- Mint Leaves (a few): A cool, fresh twist.
- Spring Onion: A sharp, green accent.
- Sesame Seeds (1 tsp): For a nutty fibrous finish.
- Lime: Wedge for garnishing, bringing a zesty flourish.

## Method:

1. Craft the dressing by blending chilli, garlic, olive oil, and coriander into a smooth paste. Quickly blitz in fish sauce, lime juice, and stevia, erythritol or xylitol. Set this flavour bomb aside.
2. Heat a frying pan or griddle, ready your steak with olive oil, salt, and pepper, then sear to perfection, aiming for medium-rare or to your liking. Let the steak rest, gathering its juices and flavours.
3. Drained noodles (briefly sauté them in a dry pan to lessen their moisture), cucumber, red onion, radish, bean sprouts, and tomatoes should be tossed in a large bowl. Half the Thai dressing should marry the components.
4. Thinly slice the rested beef, then gently fold it into the salad, drizzling the remainder of the dressing. Introduce coriander and mint leaves, stirring softly to distribute the flavours evenly.
5. Plate with artistic flair, garnishing with sesame seeds, spring onion, and a lime wedge to squeeze over.

# Tom Yum Thai Prawn Noodle Soup

2 servings

8 mins prep

25 mins cooking

33 mins total



Tom Yum Prawn Noodle Soup encapsulates the essence of Thai cuisine with its harmonious blend of hot, sour, and aromatic flavours. This version offers a milder take on the traditionally fiery soup, making it accessible without sacrificing authenticity. Including fibre noodles adds a fibre-rich twist to this classic soup, enhancing its health benefits while keeping it delightfully satisfying.

**Tip:** There are a lot of ingredients here; don't worry if you don't have one or two of them.

## Ingredients for the Thai dressing:

- Prawns: The star of the soup, offering seafood sweetness.
- Fibre Noodles: A low-carb, high-fibre alternative to traditional noodles.
- Chicken Stock (700ml): The flavourful base of the soup.
- Red Onion (1/2): Adds depth and sweetness.
- Thai Red Curry Paste (1 tbsp): The source of the soup's vibrant flavour and mild heat.
- Kaffir Lime Leaves: For that distinctively Thai citrus note.
- Lemon Grass (1 stick): Infuses the soup with its leamy essence.
- Ginger or Galangal (1.5cm cube): A spicy, aromatic kick is added.
- Button Mushrooms: For earthiness and texture.
- Fish Sauce (1 tbsp): Contributes a salty, umami depth.
- Lime Juice (3 tbsp): Brightens the soup with tanginess.
- Spinach (a handful): Adds colour and nutrition.
- Olive Oil (2 tbsp): For sautéing the onion.
- Stevia, erythritol or xylitol (1 tbsp): Balances the soup's flavours with sweetness.
- Fresh Chilli: To adjust the spice level to your taste.
- Baby Tomatoes: For a burst of juiciness and colour.

## Method:

Briefly sauté the fibre noodles in a dry pan to lessen its moisture, then set aside.

Heat olive oil in a large pan, sautéing the onion until soft. Stir in the Thai curry paste, letting the flavours meld for a minute before deglazing with a splash of chicken stock.

Add the remainder of the stock along with kaffir lime leaves, fish sauce, chilli, stevia, erythritol or xylitol, and lemon grass, thinly slicing the ginger or galangal into the mix. Simmer to infuse the broth with these aromatic components.

Introduce quartered mushrooms and baby tomatoes to the broth, continuing to simmer and blend the flavours.

Add the prawns, cooking until they turn a perfect pink. Stir in the spinach until just wilted.

Add the noodles and lime juice, adjusting the heat to ensure a gentle warmth suffuses through. Taste and fine-tune the seasoning with additional fish sauce for umami or stevia for a hint of sweetness, tailoring the soup to your palate.

# Penne Alle Vongole: A Seafood Symphony

2 servings

15 mins prep

8 mins cooking

23 mins total



Tom Yum Prawn Noodle Soup encapsulates the essence of Thai cuisine with its harmonious blend of hot, sour, and aromatic flavours. This version offers a milder take on the traditionally fiery soup, making it accessible without sacrificing authenticity. Including fibre noodles adds a fibre-rich twist to this classic soup, enhancing its health benefits while keeping it delightfully satisfying.

## Ingredients for the Thai dressing:

- Fresh Clams (500g, in shells): The oceanic stars of the dish.
- Fibre Penne: A fibre-rich, low-carb alternative to traditional pasta.
- Cherry Tomatoes: For a burst of sweetness and colour.
- Garlic (2 cloves, chopped): Adds depth and aroma.
- White Wine (a splash): Enhances the sauce with its acidity (optional).
- Fresh Chilli (1/2): Introduces a subtle heat.
- Extra Virgin Olive Oil (3 tbsp): For cooking and finishing with a fruity richness.
- Parsley (a handful, chopped): Brings fresh, herbaceous notes.

## Method:

Start by prepping the fibre penne. Drain any water, then dry fry them over medium heat for up to a minute to reduce moisture, setting them aside to cool.

Carefully rinse the clams under cold water, weeding out any that refuse to close when lightly tapped, as these are best left out of the dish.

Halve the cherry tomatoes, readying them to add colour and juiciness to the sauce.

Warm the olive oil in a large pan, sizzling the garlic and chilli for a fleeting 20 to 30 seconds, just enough to release their fragrant oils.

Toss in the tomatoes, then the clams, bathing them in a splash of white wine for an optional but recommended depth of flavour. Season with salt and pepper, then watch as the mixture comes to a lively boil.

Cover the pan and let the clams steam open in their aromatic bath for 3-4 minutes. Unveil the pan to a treasure trove of opened clams, then introduce the penne, tossing everything with the chopped parsley for an even distribution of flavours.

Serve this marine melody in bowls, drizzling with a final flourish of olive oil to tie together the rich tapestry of tastes.

Penne Alle Vongole is a testament to the timeless appeal of Italian cooking, offering a plate where simplicity and sophistication converge. With its nod to modern dietary preferences, this rendition ensures that all can share the joy of indulging in Italian cuisine, regardless of dietary restrictions. Dive in and let each bite transport you to the Venetian canals, where food is an art form and every meal a celebration.

# Thai Green Curry Noodle Soup

4 servings

15 mins prep

30 mins cooking

45 mins total



A Thai Green Curry Noodle Soup that brings the aromatic and bold flavours of Thailand right to your table. This soup, rich with the complexity of homemade Thai green curry paste, is a testament to the art of Thai cooking, blending spicy, sweet, sour, and savoury elements in harmony. While making the paste from scratch adds a bit of time to your prep, the depth of flavour it brings to the soup is well worth the effort.

## Ingredients for the Thai dressing:

- Chicken Breast: Tender and lean, ready to soak up the flavours.
- Fibre Noodles: A low-carb, high-fibre alternative to traditional noodles.
- Thai Paste (2 tbsp): The soul of the dish, packed with herbs and spices.
- Shallot: Adds a subtle sweetness.
- Olive Oil (2 tbsp): For sautéing the base.
- Chicken Stock (600ml): The flavourful liquid foundation.
- Lemon Grass (1 stalk): Infuses the broth with a citrusy, herbal note.
- Broccoli Stem: Adds dynamic contrast and nutrients.
- Coconut Milk (1 can, full fat): Gives the soup a creamy texture.
- Fish Sauce (3 tbsp): Adds a salty depth.
- Stevia, erythritol or xylitol (1 tbsp): A touch of sweetness to balance the flavours.
- Lime (1/2): Adds a zesty brightness.
- Kaffir Lime Leaves: Aromatic leaves that impart a unique citrus flavour.
- Basil Leaves (1/2 cup): Offers a peppery, minty freshness.
- Bean Sprouts (a handful): Adds dynamic contrast and freshness.
- Chilli, Spring Onion: For garnish, adding heat and crunch.

## Method:

Bring the chicken stock to a boil before lowering to a simmer. Add the lemon grass and kaffir lime leaves for a fragrant infusion.

Dice the chicken and broccoli, adding them to the simmering broth, allowing the chicken to cook through and the broccoli to tenderize slightly.

Stir in coconut milk, Stevia or erythritol or xylitol, fish sauce, and lime juice, blending these rich flavours into a harmonious soup base.

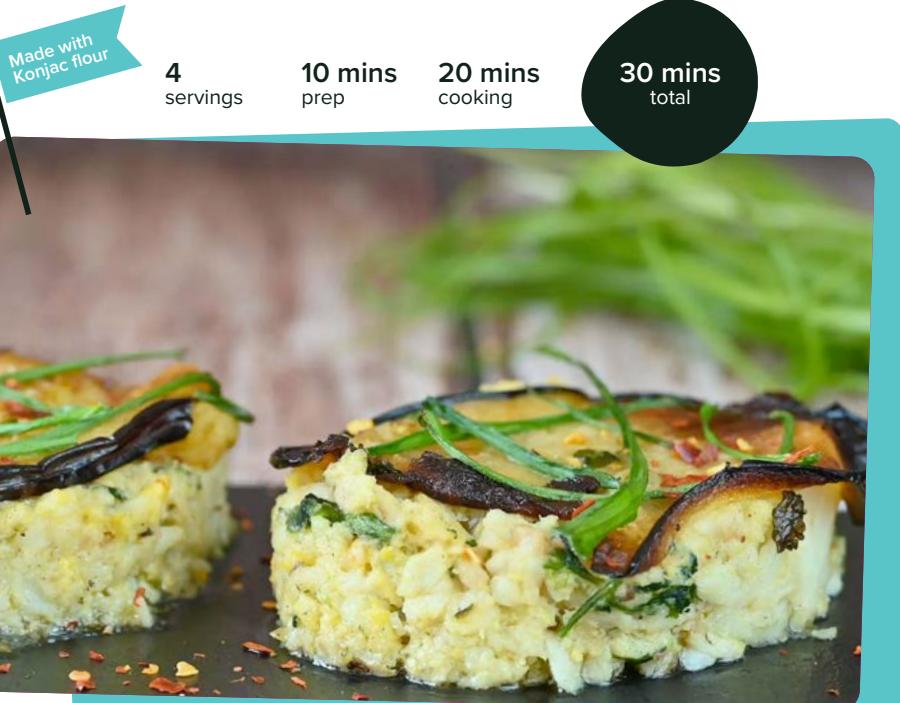
Taste the soup and adjust the seasoning with more chilli to dial up the desired heat.

Add the drained fibre noodles to the soup, warming them through and allowing them to absorb the flavours.

For a beautiful presentation, serve the soup garnished with spring onion, bean sprouts, chili, lime wedges, and Thai basil.

To make the Thai Paste: Combine green chilli, shallots, garlic, lemongrass, lime rind, coriander root, kaffir leaves, coriander seed, cumin seeds, fish sauce, olive oil, ginger, black pepper, and dried shrimp paste in a food processor. Blitz to create a vibrant green curry paste that can be used immediately or stored for future culinary creations.

# Mini Smoked Fish Pie: A Gourmet Starter



4 servings

10 mins prep

20 mins cooking

30 mins total

Elevate your starter game with our Mini Smoked Fish Pie, a recipe that combines the smoked depth of mackerel with the lightness of whiting; all brought together with a touch of finesse in presentation. Whether you aim to impress at a dinner party or treat yourself to a fine dining experience at home, this dish will surely be a hit, offering a balance of flavours and textures that celebrate the sea.

## Ingredients for the Thai dressing:

- Whiting Fillets (2 or 3): Light and delicate, providing a subtle fish flavour.
- Smoked Mackerel Fillets (2 or 3): Rich and smoky, adding depth.
- Konjac Flour (2 tsp): To thicken the mixture without adding carbs.
- Eggs: Helps to bind the filling, adding richness.
- Garlic (4 cloves): Adds aromatic warmth.
- Wholegrain Mustard (3 tsp): For a tangy kick.
- Shallots: For a hint of sweetness.
- Chives (a handful): Add a mild oniony flavour for garnishing.
- Coriander (a handful): Adds a fresh, citrusy touch.
- Aubergine: Provides a velvety texture contrast.
- Olive Oil: For cooking, adds a fruity note.

## Method:

Begin by grating the garlic and finely chopping the shallots. Sauté them in a pan with olive oil until golden, ensuring the garlic doesn't burn, to set a flavourful base.

Cut the fish into small, bite-sized pieces and add them to the pan. Gently cook until the fish is almost done, letting the flavours meld together.

Stir in the konjac flour, wholegrain mustard, and beaten eggs to the fish mixture. Continue to cook, stirring constantly to prevent the eggs from scrambling, until the mixture thickens and comes together, about 5 to 10 minutes.

Meanwhile, slice the aubergine thinly and fry in another pan with olive oil until each slice is beautifully caramelised.

Assemble the pies using a cookie cutter of your choice for shape and structure. Press the fish mixture firmly into the cutter, creating a compact layer. Top with a slice of fried aubergine, pressing gently to adhere.

Garnish each mini pie with chives or wild garlic grass for an elegant finish.

# One Pot Indonesian Chicken Noodle Soup

4 servings

10 mins prep

20 mins cooking

30 mins total



Delve into the rich flavours of Indonesia with this One Pot Indonesian Chicken Noodle Soup, a delightful rendition of the traditional 'Soto Ayam'. This version is tailored for those seeking a low-carb alternative, utilising fibre noodles to complement the vibrant, turmeric-infused chicken broth. Inspired by a memorable trip to Indonesia, this soup brings the essence of Indonesian cuisine to your kitchen, offering a comforting, flavourful meal that's as nourishing as it is satisfying.

## Ingredients for the Thai dressing:

- Chicken (300g, diced): The protein-rich base of the soup.
- Red Pepper (1 medium, sliced): Adds sweetness and colour.
- Spring Onion (3, sliced): For a fresh, oniony crunch.
- Ginger (1 tsp, fresh): Brings warmth and spice.
- Garlic (3 cloves, crushed): Aromatic and flavourful.
- Lime Juice (1 tbsp): Cuts through the richness with acidity.
- Turmeric (2 tsp): Gives the broth its signature yellow hue and earthy taste.
- Tinned Coconut Milk (400ml): Lends creaminess and a subtle sweetness.
- Fibre Noodles: Our carb-free noodle alternative.
- Sea Salt (to taste): Enhances the flavours.
- Coriander Leaves (a handful): Adds freshness and colour.
- Lime Wedges (1/2 a lime): Add a tangy zing for serving.
- Coconut Oil (1 tsp): For sautéing the vegetables and spices.
- Red Chilli (1/2, finely diced): Introduces a mild heat.
- Water (200ml): Adjusts the soup's consistency.

## Method:

**Sauté Veggies and Spices:** Heat the coconut oil in a deep pan over medium heat. Sauté the spring onion and red pepper until slightly softened. Stir in the ginger and garlic, coating the veggies in fragrant oils.

**Cook the Chicken:** Add the diced chicken to the pan, cooking until the pieces are evenly white. If the mixture begins to stick, lower the heat.

**Spice It Up:** Sprinkle turmeric and diced chilli, thoroughly mixing to distribute the spices.

**Simmer:** Pour in the lime juice, coconut milk, and water, bringing everything to a boil before reducing it to a simmer. Allow the soup to thicken as it cooks for 10-15 minutes.

**Add Noodles:** Introduce the fibre noodles to the soup, ensuring they're well integrated and heated through.

**Final Touches:** Stir half the coriander leaves and season with sea salt according to your preference.

**Serve Warm:** Dish up the soup adorned with the remaining coriander and a lime wedge for an extra burst of flavour.

# Thai Chicken Pie: A Fusion Delight

Made with  
Konjac flour

4  
servings

25 mins  
prep

30 mins  
cooking

55 mins  
total



Combining the heartiness of a traditional pie with the exotic flavours of Thai cuisine, this Thai Chicken Pie is a culinary masterpiece waiting to delight your taste buds. Perfect for those who cherish pies and Thai curries, this recipe is versatile enough to inspire variations such as Chicken Tikka or Balti pies. Dive into the rich, flavourful world of fusion cooking with this easy-to-follow recipe.

## Ingredients for the pastry:

- Almond Flour (7 heaped tbsp): Provides a nutty, high-fibre base.
- Coconut Flour (4 heaped tbsp): Adds fibre and aids in thickening.
- Konjac Flour (2 heaped tsp): Enhances the fibre content while keeping carbs low.
- Baking Powder (1 tsp): Helps the pastry rise.

- Egg (1 large): Binds the ingredients.
- Olive Oil (3 tbsp): Adds moisture and richness.
- Salt (a pinch): Seasons the dough.
- Water (6 tbsp): Achieves the right dough consistency.
- Butter: To grease the pan, ensures a non-stick bake.

## Ingredients for the curry filling:

- Chicken Breast (2 large): Boiled and diced, the protein star.
- Spring Onion, Red Onion, Red Bell Pepper: Fresh veggies for crunch and colour.
- Lemongrass (1 stick), Garlic (4 cloves), Ginger (2cm square): The aromatic trio that infuses the filling with authentic Thai flavours.
- Soft Cream Cheese (250g): Adds creaminess to the filling.

- Thai Curry Paste (2 tbsp): The heart of the dish, offering deep, complex flavours.
- Paprika Powder (1 tsp): Adds a mild, smoky heat.
- Salt and Pepper: Fine-tunes the seasoning.
- Eggs: Binds the filling, adding richness.

## Method for the pastry:

1. Combine all pastry ingredients to form a dough. If it is too thick, adjust with a bit of water. Grease a 20cm round baking tray with butter and line it with greased parchment paper for easy dough handling and baking.
2. Roll out the dough, forming a base and sides in the prepped tray and a separate top on another piece of paper.
3. Bake the empty shell (but not the top) at 180°C for 15-20 minutes until just starting to golden

## Method for the curry:

1. Boil the chicken, then sauté the chopped veggies, lemongrass, garlic, and ginger in olive oil. Stir in the curry paste and diced chicken, cooking briefly. Incorporate beaten eggs, soft cheese, konjac flour, and seasonings, cooking until the mixture thickens.
2. Assembly: Spoon the curry filling into the pre-baked pastry shell. Cover with the pastry top, sealing the edges. Bake for an additional 10 minutes or until golden.
3. Serving Suggestion: Garnish with fresh coriander and a sprinkle of chilli flakes for an extra kick.

# Crab Linguine

4 servings

10 mins prep

12 mins cooking

22 mins total



Enjoy a delectable world of seafood with this Crab Linguine recipe, where the natural sweetness of crab meat shines through in a simple yet sophisticated dish. This recipe uses fibre spaghetti as a low-carb, high-fibre alternative to traditional pasta. It is an excellent choice for adhering to the Fibre First diet without sacrificing flavour or satisfaction.

## Ingredients for the pastry:

- Crab Meat (160g): The star of the dish, offering delicate sweetness and luxurious texture.
- Fibre Spaghetti: A perfect pasta substitute, rich in fibre and low in carbs.
- Garlic (4 cloves): Adds depth and aroma.
- Red Bell Pepper (1 or 2): Brings sweetness, vitamin C, and colour.
- Red Onion (1 or 2): For a mild, slightly sweet flavour.
- Spring Onion: Adds a crisp, oniony bite.
- White Wine (1 glass): Deglazes the pan and adds acidity.
- Lime Juice (2 tbsp): Provides a bright, citrusy tang.
- Coriander or Parsley (1 cup): For a fresh, herbal finish.
- Olive Oil (drizzle): To cook and bring flavours together.
- Black Pepper (to taste): For a bit of heat.
- Birds Eye Chilli (1, optional): For those who like spicy.
- Chilli Flakes (1 tsp, optional): Add more heat.
- Dried Onion Flakes (2 tsp, optional): For an extra oreosensory oniony crunch.

## Method for the curry:

Sauté the Vegetables: Start by grating the garlic and finely chopping the onions, spring onions, and red bell peppers. If using, finely chop the Birds Eye chilli. Heat a drizzle of olive oil in a saucepan and sauté the prepared vegetables for about a minute.

Deglaze and Simmer: Pour in a glass of white wine, lime juice, and a sprinkle of black pepper. Let the mixture cook for an additional 5 minutes, allowing the alcohol to evaporate and the flavours to meld.

Cook the Spaghetti: Drain and rinse the fibre spaghetti, then add it to the saucepan. Toss and cook with the vegetable mixture for 2 to 3 minutes, ensuring the spaghetti is well coated in the sauce.

Add the Crab Meat: Gently fold in the crab meat, allowing it to warm through and absorb the flavours without breaking apart. Stir in the fresh herbs (coriander or parsley) during the last minute of cooking to preserve their vibrant colour and taste.

Dish up this exquisite Crab Linguine, garnishing with additional herbs, chilli flakes, and dried onion flakes if desired. Serve immediately, offering a dish that's as pleasing to the eye as it is to the palate.

# Tangerine Tuna & Avocado Salad

Konjac flour  
is optional!

4  
servings

15 mins  
prep

13 mins  
cooking

18 mins  
total



Dive into the vibrant world of seafood salads with this Tangerine Tuna & Avocado Salad, inspired by the classic duck à l'orange. This recipe combines the freshness of tuna, the creaminess of the avocado, and the sweet tanginess of tangerine in a symphony of flavours. Adding chia and flax seeds not only introduces a crunchy texture but also boosts the fibre content, making this dish a healthy yet indulgent choice for any meal.

## Ingredients for the salad:

- Tuna Steaks (1 or 2): Fresh from the fishmonger, cut into 2.5 to 3cm chunks.
- Chia Seeds (1/2 cup): For dynamic contrast and fibre.
- Golden Flax Seeds (1/2 cup): Adds more fibre, texture and nutrients.
- Olive Oil: For searing the tuna.
- Soft Cheese (100g): Adds creaminess to the avocado mash.
- Red Onion, Bell Pepper: Fresh veggies for crunch and colour.
- Tangerine: For zest and segments.
- Tomato (1 large): Adds freshness.
- Rocket (2 cups): Peppery greens as the salad base.
- Black Pepper: To season the tuna.
- Lemon Juice (1 tbsp): Brightens the avocado mash.

## Ingredients for the À la Orange Sauce:

- Tangerine: Zest and juice for the sauce base.
- Double Cream (3 tbsp): Adds richness.
- Stevia (1 tsp): Sweetens the sauce.
- Vanilla Extract (1/4 tsp): A hint of aromatic sweetness.
- Apple Cider Vinegar (1 tbsp): Adds a tangy note.
- Konjac Flour (1 tsp): To thicken the sauce, if needed.

## Method:

À la Orange Sauce Preparation: Combine tangerine zest, juice, stevia, vanilla, double cream, and apple cider vinegar in a saucepan. Simmer on low, stirring occasionally. Thicken with konjac flour if needed.

Tuna Preparation: Mix chia and flax seeds in a dish with a sprinkle of black pepper. Coat tuna chunks in the seed mixture. Heat olive oil in a pan and sear the tuna for about 40 seconds on each side, aiming for a pink centre.

Avocado Mash: Mash avocados in a bowl and blend in soft cheese, finely diced red onion, and bell pepper. Season with lemon juice.

Assemble the Salad: Shape the avocado mash with a cookie cutter, placing it on a bed of rocket. Top with a tomato slice and tangerine segments.

Serve: Arrange the seared tuna around the avocado mash. Drizzle the à la orange sauce over the salad before serving.

# Pad Thai Egg Noodles

4  
servings20 mins  
prep 10 mins  
cooking30 mins  
total

Unlock the secrets to a healthier version of the classic Pad Thai, a dish renowned for its perfect balance of sweet, sour, salty, and spicy flavours. You can enjoy this beloved Thai dish anytime without guilt by substituting rice noodles with fibre noodles and making a few other tweaks. This recipe promises an authentic taste that's nutritionally dense and bursting with flavour, proving that traditional favourites can be just as delightful in their low-carb incarnations.

## Ingredients for the dish:

- Fibre Noodles
- Beansprouts (300g): Adds crunch and freshness.
- Prawns (300g): For a protein-rich seafood twist.
- Onion, Spring Onion: Provide aromatic base flavours.
- Eggs: These are used to create the traditional egg net.
- Coconut Oil: For frying, add a subtle coconut flavour.
- Chives (10g): For a mild oniony crunch.
- Garlic (4 cloves): For a punch of flavour.
- Coriander (a handful): Fresh and vibrant for garnish.
- Chopped Nuts (1 cup): Adds fibre, dynamic contrast and a nutty flavour.
- Lime (1 or 2): For acidity and brightness.
- Birds Eye Chilli (optional): For those who dare with extra heat.
- Chilli Flakes (1 tsp): Adds a spicy kick.

## Ingredients for the sauce:

- Tamarind Puree (2 tbsp): Provides the signature tangy backbone.
- Xylitol (2 tsp): For a hint of sweetness.
- Fish Sauce (2 tbsp): Delivers umami and saltiness.
- Kecap Manis (2 tbsp): A sweet soy sauce alternative for depth and complexity.

## Method:

**Egg Net Preparation:** Beat 2 eggs and slowly drizzle into a hot pan coated with coconut oil, creating a net-like pattern. Once cooked, set aside on kitchen paper.

**Prep the Vegetables:** Chop the onion, grate the garlic, and slice the spring onions.

**Sauce Creation:** Mix tamarind puree, xylitol, fish sauce, and kecap manis in a bowl.

**Cooking the Dish:** In a large pan, sauté garlic and onion in coconut oil. Add beansprouts, fibre noodles, spring onions, prawns, and the prepared sauce, tossing gently until the noodles are well coated.

**Final Touches:** Stir in chives and half of the chopped nuts, cooking briefly before removing from heat.

**Serve:** Dish out the Pad Thai, garnishing with the remaining nuts, lime wedges, a sprinkle of chilli flakes, fresh coriander, beansprouts, and the optional Birds Eye chilli. Squeeze lime juice over the dish to taste.

# Prawn Tagliatelle

4 servings

5 mins prep

15 mins cooking

20 mins total



Dive into the light and fibrous world of our Prawn Tagliatelle, where the richness of prawns meets the innovative low-carb fibre tagliatelle for a dish that promises indulgence and nutrition. This recipe offers a tangy and tasty twist to the traditional prawn linguine, perfect for those embracing a low-carb lifestyle without wanting to miss out on Italian classics.

## Ingredients for the dish:

- Prawns (300g): Juicy and nutritious, the dish's star.
- Fibre Tagliatelle: A fantastic, low-carb alternative.
- Cherry Tomatoes: Adds a burst of sweetness and colour.
- Shallots: For a subtle depth of flavour.
- Garlic (4 cloves): A must-have for its aromatic qualities.
- White Wine (1 glass): For deglazing and adding complexity.
- Lime Juice (3 tbsp): Brings a zesty, tangy kick.
- Coriander (1/2 cup): Fresh and vibrant for garnishing.
- Chilli Flakes: Add gentle heat to the dish.

## Method:

**Simmer Wine and Lime:** Combine the white wine and lime juice in a saucepan, bringing the mixture to a simmer. This base will infuse the dish with a tangy depth.

**Sauté Aromatics:** Add finely chopped garlic and shallots to the pan, letting them soften and become fragrant in the tangy mixture.

**Prepare Tomatoes:** Halve the cherry tomatoes. For firmer tomatoes, add them towards the end of cooking. Add softer tomatoes early into the simmering sauce.

**Cook Tagliatelle and Prawns:** Stir in the fibre tagliatelle and prawns, cooking for about 2 minutes. The fibre noodles are quick to cook and absorb the sauce's flavours beautifully, while the prawns should be just turned pink and tender.

**Garnish and Serve:** Once everything is beautifully cooked, plate your prawn tagliatelle and garnish with freshly chopped coriander and a sprinkle of chilli flakes for an extra flavour kick.

Our Prawn Tagliatelle is not just a meal; it's a celebration of flavours and textures, making it a perfect option for a quick yet elegant lunch or dinner. Serve with a side of green salad or steamed vegetables for a complete, nutritious meal that keeps carbs in check while delivering on taste, fibre and satisfaction. Enjoy the ease and simplicity of this dish, proving that a low-carb lifestyle can still be rich, varied, and utterly delicious.

# Mushrooms and Angel Hair Noodles: A Simple Symphony

2 servings

15 mins prep

30 mins cooking

45 mins total



Dive into the culinary simplicity of a dish that pairs the sleek, zero-carb elegance of fibre noodles with the earthy charm of mushrooms. This delightful combination promises a meal that's as kind to your carb count as tantalising to your taste buds. Ideal for those on a weight loss journey, managing diabetes, or maintaining ketosis, this dish is a testament to the fact that simplicity can be sublime.

## Ingredients for the dish:

- Fibre Noodles: The slender strands of guilt-free indulgence.
- 200g Mushrooms: Sliced thinly, these are the humble heroes of our dish.
- Fresh Herbs: A verdant flourish to match your culinary theme.
- 2 Knobs of Butter: The golden droplets that bring our ensemble to life.

## Method:

Begin this culinary ballet by warming the butter in a frying pan until it whispers secrets of flavour to come. Watch as it melts, ready to envelop the other ingredients in its rich, comforting embrace.

Introduce the fibre noodles and mushrooms to the pan simultaneously, allowing them to mingle with the butter. This is where simplicity meets sophistication, as each ingredient begins to take on the warmth and richness of the butter.

Now, consider the theme of your main dish. Whether it whispers the exotic tales of India, carries the vibrant zests of China, or echoes the aromatic spices of Thailand, let this theme guide your choice of fresh herbs and spices. This is your moment to infuse the dish with personality and flair, turning the simple into the extraordinary.

As the noodles and mushrooms sizzle gently, toss them lovingly, ensuring they're coated with the golden sheen of butter and imbued with the flavours of your chosen herbs and spices.

There you have it – 'Mushrooms and Angel Hair Noodles,' a dish that proves that with just a few quality ingredients and a dash of creativity, you can create a side dish that's not only easy and quick but packed with flavour and nutrition. It's a culinary hug in a bowl, ready to complement any main dish while standing proudly on its own.



## High Fibre Lunches & Mains

“Get creative with our fibre noodles or spaghetti, the go-to ingredient for those craving pasta, and whip up low-carb main courses that will wow the whole family. Our fibre noodles are in a league of their own for a couple of reasons.

First and foremost, we’re committed to keeping them free from any chemical preservatives, ensuring a fresher taste and eliminating the need for pre-washing – a convenience we’re sure you’ll love. While this means our noodles may not have the indefinite shelf life of others, we believe the trade-off for superior taste and quality is more than worth it.

After trying out these recipes, why not unleash your culinary creativity and come up with your own? We’d love to hear all about your kitchen adventures!”

# Garam Masala Beef & Noodles: Speedy Gourmet

2 servings

1 mins  
prep

3 mins  
cooking

4 mins  
total



Imagine a dish that wraps up the aromatic essence of Garam Masala with the robustness of beef and the guilt-free pleasure of fibre spaghetti, all in less than the time it takes to check your email. Our 'Garam Masala Beef & Noodles' are a culinary sprint to the finish line, proving that speedy cooking doesn't have to sacrifice depth of flavour or nutritional value.

## Ingredients:

- Fibre Spaghetti: A noodle that's all about health, no carbs attached.
- Steak: The centrepiece, ready to meld with exotic spices.
- 2 tbsp Garam Masala: A spice mix that's a ticket to the vibrant streets of India.
- 2 Knobs of Butter: For that silky, richly spiced sauce that coats every strand and steak piece.

## Method:

Begin by warming the butter in a saucepan over medium heat, melting it into a golden foundation for our culinary adventure.

As the butter starts to sing, introduce the fibre spaghetti and the steak to the pan, welcoming them to a bath of warmth and flavour.

Sprinkle the Garam Masala evenly over the mix, stirring to ensure that the spices caress each piece of steak and every noodle, absorbing the rich, complex flavours. Cook the mix to your preference, allowing the steak to reach your ideal point of doneness. Whether you prefer a blush of pink or a more thorough warmth, this dish is about crafting it your way.

For those who enjoy sliced steak, now's the moment to remove it from the heat and carve it into tender strips that can be easily mixed with the noodles, ensuring every forkful is a perfect blend of meat and masala.

Our 'Garam Masala Beef & Noodles' serves up a feast of flavours in a flash, embodying the essence of quick, health-conscious cooking without skimping on the culinary experience.

**Tip:** When buying, the supermarket home brands are often more pure, with just the spices and nothing added.

# Gammon on Spaghetti: Effortless Elegance

1 servings

1 min prep

12 mins cooking

13 mins total



Indulge in the simplicity of a meal that boasts just four ingredients yet delivers a powerhouse of flavour. Our 'Gammon on Spaghetti' is a testament to the magic that happens when minimalism meets the keto-friendly marvel of fibre spaghetti, all seasoned to perfection with Moroccan spices or, in fact, any spices of your choosing. It is ideal for when time is of the essence, but the craving for something hearty and satisfying prevails.

## Ingredients:

- 200g Gammon: A rich, savoury cut ready to take centre stage.
- Fibre Spaghetti: The perfect low-carb base for our flavourful journey.
- Moroccan Spice Mix: Or a sprinkle of your favourite spice blend.

## Method:

Kick-off this culinary escapade by melting the butter in a pan over medium heat, setting the stage for a melding of flavours.

Lay the gammon in the glistening butter and let it cook gently for about 10 minutes. This is when the gammon transforms, browning and softening into a tender delight.

As the gammon nears perfection, introduce the fibre spaghetti to the pan, a nod to tradition with a modern, carb-conscious twist.

Sprinkle your chosen spices over the duo, followed by a generous grind of black pepper, stirring to ensure the spaghetti and gammon are evenly coated in the rich, aromatic blend.

Cook together for just a minute more, just long enough for the spaghetti to warm through and absorb the essence of the spices and the richness of the gammon.

There you have it: Our 'Gammon on Spaghetti,' a dish that's as quick and easy as it is deeply satisfying. With no prep time and a total cooking time of barely over ten minutes, it's the perfect solution for a nourishing, flavour-packed meal on those nights when simplicity is your culinary mantra. This dish proves that less indeed can be more, especially when creating delicious, high-fibre, keto-friendly meals.

# Duck Breast with Orange Sauce

Made with Konjac flour

1 servings

15 mins  
prep

10 mins  
cooking

25 mins  
total



Embrace the elegance of French cuisine with this Duck Breast with Orange Sauce recipe, a low-carb take on the classic 'duck à l'orange'. This dish combines the succulence of perfectly cooked duck with the vibrant tang of an orange sauce, minus the traditional sugar content. It's a recipe designed to impress, offering a sophisticated yet straightforward dining experience.

## Ingredients: for the duck

- Duck Breasts: The star of the show, rendered perfectly to achieve crispy skin and tender meat.
- Dried Coriander (3 tsp) and dried Cumin (2 tsp): Spices that enhance the duck's flavour.
- Salt (1/2 tsp) and pepper (1/2 tsp): Basic seasonings that elevate the meat's taste.
- Olive Oil: Just a drizzle for cooking the duck to perfection.

## Ingredients for the orange sauce:

- Orange Juice (from 1 or 2 oranges): This fresh and tangy juice forms the base of the sauce.
- Apple Cider Vinegar (2 tbsp): Adds a sharp depth.
- Butter (1 tbsp): Enriches the sauce, giving it a smooth texture.
- Orange Zest (from 1 orange): Brings bright citrus notes.
- Stevia (1 tsp): The natural sweetener alternative.
- Olive Oil (1 tbsp): Helps to emulsify the sauce.
- Konjac Flour (1 tsp): A thickening agent that boosts fibre content

## Method:

Prepare the Duck: Mix salt, coriander, cumin, and pepper. Rub this blend on the flesh side of the duck breasts. Heat a drizzle of olive oil in a skillet until very hot. Place the duck skin-side down, cooking until the skin is crisp and golden, about 6 minutes. Spoon out excess fat as needed.

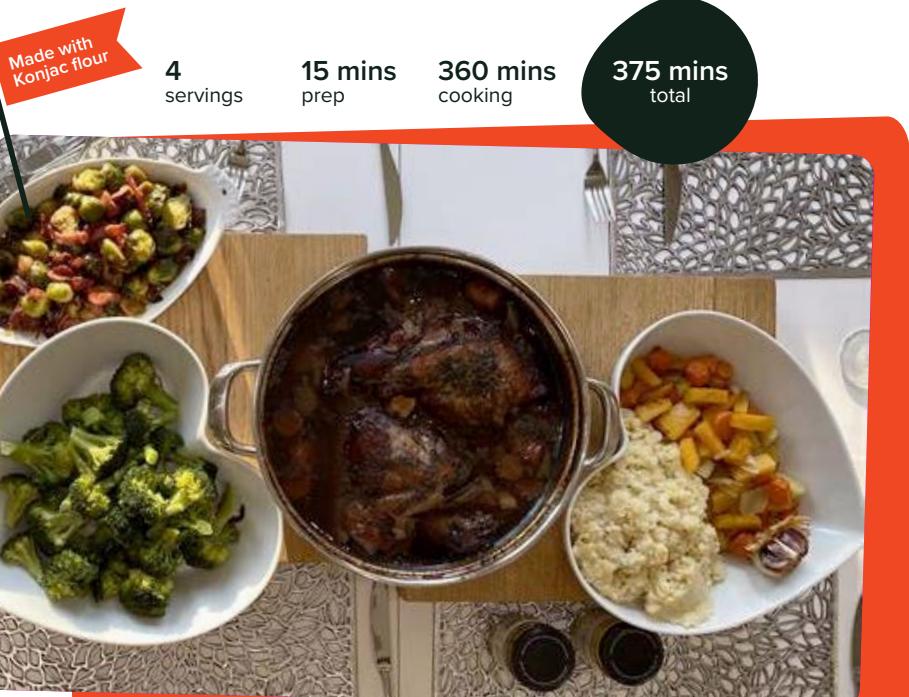
Achieve Perfect Doneness: After cooking skin-side down, flip the duck and cook to your preferred level of doneness. The ideal internal temperature is between 52°C to 55°C, or use the finger test for a firm yet springy feel. Slice the duck partially to check doneness, returning to the pan if necessary.

Enhance with Orange: Optionally, add orange slices to the pan while cooking the duck for added flavour and a decorative touch.

Create the Orange Sauce: Combine orange juice, vinegar, butter, orange zest, stevia, and olive oil in a saucepan. Bring to a boil, adjusting the consistency with konjac flour and water if needed.

Serve: Arrange the sliced duck on plates, accompanied by the fried orange slices and a generous drizzle of the orange sauce. Pair with parmesan broccoli for a complete meal.

# Lamb Shank in Red Wine Sauce: A Slow-Cooked Delight



Dive into the heart-warming comfort of Lamb Shank in Red Wine Sauce, a dish that epitomises slow-cooked perfection. This recipe marries the robust flavours of red wine with tender lamb, falling off the bone into a rich, antioxidant-packed sauce. Ideal for a leisurely weekend dinner, this one-pot wonder minimises kitchen clean-up without skimping on taste.

## Ingredients:

- Lamb Shank (Approx: 800g): The centrepiece is rich and ready to become tender.
- Red Wine (1/2 to 1 bottle): Choose a good quality Pinot Noir for flavour and health benefits.
- Red Onion: Adds sweetness and depth.
- Thyme, Rosemary, Oregano: Herbs that infuse the meat with earthy, aromatic flavours.
- Garlic (5 or 6 cloves): For a robust foundation.
- Carrots (3 or 4) and celery (3 sticks): Two vegetables that contribute to the dish's complexity.
- Tomato (1 can), Tomato Puree (1 or 2 tsp): For acidity and thickness.
- Beef Stock (300ml, optional): Use if you need more liquid to cover the meat.
- Konjac Flour (1 or 2 tsp): A thickening agent that adds fibre.
- Salt & Pepper: Essential seasonings to enhance all the flavours.

## Method:

**Browning the Lamb:** Start by searing the lamb shanks in a hot frying pan with olive oil until they're nicely browned. This crucial step locks in flavours and sets the stage for slow cooking.

**Prepare the Vegetables:** Chop the red onion, carrots, and celery into rough pieces. Mince the garlic for a more profound taste.

**Layer and Pour:** In a snug-fitting pot, place the seared lamb shanks on top of the vegetables. Pour the red wine over the meat, ensuring it's completely covered. Add beef stock if necessary.

**Thicken the Sauce:** Stir in tomato puree and konjac flour to the pot, mixing well to avoid clumps. This will help thicken the sauce during cooking.

**Slow Cooking:** Transfer the pot to an oven preheated to a low temperature (around 160°C) and cook for at least 3 hours. For those with more time, slow-cooking in a cooker on a low setting for up to 6 hours is ideal, making the meat incredibly tender.

**Garnish and Serve:** Once cooked, garnish with fresh thyme sprigs for an added touch of flavour and presentation.

# Thai Red Curry

2 servings

5 mins  
prep

15 mins  
cooking

20 mins  
total



Imagine being marooned on a desert island with just one dish for company. It's a no-brainer for me: I would take this Red Thai Curry, a treasure trove of flavours. It's a culinary SOS that delivers comfort, spice, and everything nice, costing less than £2 per serving. Dive into this fragrant escapade, ideally nestled on a bed of Fibre Angel Hair pasta or sidekick by courgetti or cauliflower rice.

## Ingredients:

- Chicken Thighs (2, chopped): The hero of our island story, cheaper than breast and more flavoursome.
- Coconut Milk ( $\frac{1}{2}$  can): Creamy fibrous base for our curry dreams.
- Fresh Coriander (2 tbsp): For that herby freshness.
- Spring Onions (2, sliced): A crispy, oniony touch.
- Lemongrass (1 stick, dried): The aromatic backbone.
- Lazy Garlic (1 tsp): Because on a desert island, no one likes peeling garlic.
- Lime Juice (a splash): For a zesty finale.
- Red Thai Curry Paste (2 tsp): The spice that starts the party.
- Optional: Fibre Angel Hair Pasta, courgetti or cauliflower rice.

## Method:

**Sauté and Aromatise:** Heat your wok with a splash of olive oil. Sizzle 1.5 spring onions and garlic until they soften, whispering secrets of flavours to come. Introduce the lemongrass, letting its aroma set the scene.

**Spice It Up:** Welcome the red Thai curry paste to the pan. Stir well, letting each ingredient get to know each other.

**Chicken Tango:** Add the chicken, tossing it in the spicy mix with a sprinkle of fresh coriander. Once it's dressed in white, pour in the coconut milk, stirring the pot of potential.

**Simmer and Season:** Let it bubble gently for 15 minutes. As the sauce thickens and the chicken cooks, add a splash of lime juice and adjust the seasoning.

**Serve in Style:** Lay down a bed of Fibre Angel Hair pasta or uncooked courgetti (or lightly sautéed, if you prefer), scoop the aromatic curry atop, and garnish with the remaining spring onion and coriander. A feast fit for a castaway king!

# Low-Carb Spaghetti and Basil Meatballs

4 servings

10 mins prep

25 mins cooking

35 mins total



Indulge in the comforting embrace of basil meatballs nestled in a vibrant tomato sauce, served over low-carb spaghetti. This dish redefines comfort food for those navigating the realms of low-carb or keto diets, infusing fresh herbs and spices into homemade meatballs for a nourishing and satisfying meal.

## Ingredients:

- Beef Mince: The foundation of our hearty meatballs.
- Parmesan Cheese: For a salty, umami kick within each meatball.
- Fresh Basil (2 tbsp, finely chopped): For a burst of herby freshness.
- Egg: The binder that keeps our meaty orbs intact.
- Sea Salt (1/2 tsp) & Black Pepper (1/2 tsp): Seasoning to taste, laying the flavour groundwork.
- Onion Granules (1/2 tbsp): For subtle sweetness and depth.
- Chilli Flakes (1 tsp): A hint of heat to spark the palate.
- Dried Basil (1 tbsp): Doubling down on the herb's aromatic charm.
- Chopped Tomatoes: The base of our luscious sauce.
- Olive Oil (3 tbsp): For frying and richness.
- Fibre Tagliatelle: The guilt-free vehicle for our sauce and meatballs.
- Spinach (2 handfuls): A green, nutritious twist to the dish.

## Method:

Combine beef mince, Parmesan cheese, egg, salt, pepper, onion granules, chilli flakes, dried, and fresh basil in a bowl. Dive in with wet hands to mix and form into succulent meatballs.

Warm olive oil in a pan over medium heat. Introduce meatballs to the pan, browning them to perfection on all sides.

Stir in the chopped tomatoes around the meatballs, letting the ensemble simmer for 15 minutes to marry the flavours, adding more salt and pepper to taste.

As the sauce thickens and bubbles, fold in the spinach, allowing it to wilt gently into the sauce, infusing it with a pop of colour and a dose of vitamins. Now add the fibre noodles or tagliatelle.

Our 'Low-Carb Spaghetti and Basil Meatballs' dish is a testament to the joy of adapting classic comforts to fit modern dietary preferences. Each bite delivers the familiar warmth of spaghetti and meatballs with a fresh twist that keeps your carbs in check and your taste buds delighted. Perfect for a cosy family dinner or impressing guests with your culinary prowess—all while sticking to your healthful eating goals.

# Prawn Spaghetti with a Creamy White Sauce

4 servings

20 mins  
prep

30 mins  
cooking

55 mins  
total



Dive into a dish that marries the luxury of king prawns with spaghetti's comfort, all swathed in a sumptuous creamy white sauce. This culinary creation is a nod to classic indulgence, redesigned for those on high-fibre and keto diets. It's a testament to the possibility of enjoying rich, satisfying meals while adhering to a health-conscious lifestyle.

## Ingredients:

- Extra Virgin Olive Oil: A drizzle for pan-kissed flavours.
- Butter (1 tsp): For that silky foundation.
- Garlic Clove (1 tbsp): Minced for aromatic fervour.
- Asparagus: Freshly snipped to add a tender crunch.
- King Prawns: Succulent treasures from the sea.
- Parsley: Freshly chopped for a verdant garnish.
- Fibre Noodles: The low-carb hero of our dish.

## Ingredients for the white sauce:

- Full-Fat Cream Milk (300ml): For a velvety smooth base.
- Cream Cheese: For richness and tang.
- Salt (1/2 tsp) & Black Pepper (1/4 tsp)
- Nutmeg (1 large pinch): A whisper of warmth and depth.

## Method:

Warm a pan with a drizzle of olive oil and a teaspoon of butter over medium heat, letting the butter melt into an inviting pool. Stir in the minced garlic, sautéing just until fragrant, mindful to let it sing, not scorch.

Introduce the asparagus, letting it bask and turn in the garlicky butter for 5 minutes until it captures a bit of colour and tenderness.

Transfer the asparagus to a plate, making room for the next act. If needed, add a touch more oil, then welcome the king prawns, sautéing until they blush pink and confirm their readiness.

For the white sauce, combine cream milk, cream cheese, salt, pepper, and nutmeg in a non-stick saucepan over medium heat. Whisk and simmer, letting it bubble gently to a thickened glory.

Reunite fibre noodles with heat in a pan, stirring for 2-3 minutes to warm through. Return the prawns and asparagus to the fray, melding with the noodles.

Lavish the creamy sauce over your noodle mix, deciding on the sauce's generosity according to your preference for creaminess. With a final seasoning tweak, the dish comes together in harmony.

Serve the spaghetti, crowning each plate with a sprinkle of parsley for that final touch of fresh, herbal brightness.

# Tagliatelle Pistachio Pesto with Chicken

2 servings

15 mins  
prep

25 mins  
cooking

40 mins  
total



Prepare to dazzle your guests with a dish that marries the rustic charm of Italian cuisine with the innovative twist of Fibre pasta, all wrapped in the rich, nutty embrace of pistachio pesto. This Tagliatelle Pistachio Pesto with Chicken is not just a meal; it's a statement of culinary finesse, promising to turn an ordinary evening into a gourmet experience.

## Ingredients for the pistachio pesto:

- Basil Leaves (3 cups): The verdant heart of the pesto.
- Pistachios (1/3 cup, shelled): Adds a unique, nutty depth.
- Parmesan (1/2 cup, grated): Lends a salty, umami richness.
- Garlic (2 cloves): For that essential aromatic kick.
- Lemon (1/2): Brightens the pesto with a hint of acidity.
- Extra Virgin Olive Oil (1/2 cup): For a luxurious texture.
- Salt (to taste): Balances and enhances all the flavours.

## Ingredients for the chicken tagliatelle:

- Fibre Tagliatelle: A low-carb, high-fibre alternative.
- Pistachio Pesto (4 tbsp): Brings the dish to life with its vibrant flavour.
- Chicken Breast: The protein-packed centrepiece.
- Cherry Tomatoes: Adds a pop of sweetness and colour.
- Salt & Pepper (to taste): The final seasoning touch.

## Method for the pistachio pesto:

Combine basil, pistachios, Parmesan, and garlic in a food processor, pulsing to chop coarsely. Squeeze in lemon juice, then drizzle in olive oil while blending, creating a harmonious pesto. Season with salt, adjusting to your preference.

## Method for the chicken tagliatelle:

Kickstart your culinary creation by preheating the oven to 180°C and readying it for the chicken's transformation.

Briefly sauté the Fibre Tagliatelle in a dry pan to lessen its moisture, then set aside in a sieve for that perfect al dente finish.

Sear the chicken breast, skin side down, in a hot pan with olive oil. Season as it sizzles to golden perfection, then flip and repeat. Transfer to the oven, letting it roast to juicy readiness.

As the chicken nears completion, toss the pesto with the tagliatelle and cherry tomatoes in a large bowl, ensuring each strand gleams with the pesto's nutty allure.

Slice or leave the chicken whole to nest atop your pesto-coated tagliatelle, ready to serve and impress.

# Creamy Spinach & Mushroom Spaghetti

2 servings

2 mins  
prep

8 mins  
cooking

10 mins  
total



Dive into the heart of Italian culinary tradition with a keto-friendly and fibre-rich twist. This Creamy Spinach & Mushroom Spaghetti swaps traditional pasta for fibre spaghetti, offering a delightful dish that's as nourishing as it is luxurious. Perfect for a cosy night in or a nutritious lunch, this recipe promises all the richness of Italian cuisine without the carb load.

## Ingredients:

- Fibre Spaghetti: A zero-carb, high-fibre alternative to traditional pasta.
- Chestnut Mushrooms (200g): Earthy and meaty, perfect for adding depth.
- Double Cream (100ml): For that rich, velvety sauce.
- Shallot: Adds a subtle sweetness to the dish.
- Parmesan Cheese (30g): For a silky texture.
- Mascarpone (1 tbsp): Enhances the creaminess of the sauce.
- Cracked Pepper & Salt (to taste): For seasoning perfection.
- Olive Oil (2 tbsp): The base for sautéing.
- Spinach (a handful): Brings colour, texture, and nutrition.
- Garlic (2 cloves): A must-have for that aromatic foundation.

## Method:

Begin by finely chopping the shallot, slicing the mushrooms, and grating the garlic, setting the stage for a flavour-packed sauté.

Warm olive oil in a pan, gently sautéing the shallot until translucent and soft, laying the groundwork for the dish's aromatic profile.

Introduce the mushrooms to the pan, allowing them to brown and release moisture. Follow with the garlic, seasoning the mix with salt and cracked pepper, stirring until fragrant.

Gradually blend in the double cream and mascarpone, stirring to achieve a silky and glossy sauce. A dash of hot water can help unify the sauce, drawing out the full richness of the ingredients. Melt in the Parmesan, then dial down the heat to preserve the sauce's velvety texture.

Fold the spinach, letting it wilt and meld with the sauce, ensuring every leaf is coated in creamy goodness.

Prepare the fibre spaghetti by draining it and then lightly frying it to reduce any excess moisture, enhancing its pasta-like quality.

Combine the noodles with the sauce, ensuring they are thoroughly coated and warmed through. If the sauce thickens more than desired, stir in a teaspoon of hot water to adjust the consistency.

Serve this sumptuous Creamy Spinach & Mushroom Spaghetti garnished with

# Chicken & Coriander Noodles

4 servings

10 mins prep

25 mins cooking

70 mins total



A dish that champions both health and taste, combining tender chicken with the refreshing zing of coriander over a bed of fibre noodles. This Chicken & Coriander Noodles recipe is a culinary breeze to whip up, offering a meal that's not just satisfying to the palate but also kind to your wellness goals.

## Ingredients:

- Chicken Breast: Sliced into thin strips for quick cooking and easy eating.
- Fibre Noodles: A fantastic, fibre-rich pasta alternative.
- Coriander (a bunch): Fresh and vibrant, used in cooking and garnish.
- Red Onion: Adds a sweet, sharp bite to the dish.
- Garlic (6 cloves): For a rich, aromatic base.
- Coconut Milk (400g): Lends fibre creaminess and a subtle tropical flavour.
- Lemon: The juice brings brightness and acidity, balancing the dish.
- Red Chilli: For a touch of heat, adjust to your preference.
- Black Pepper (a sprinkle): For a bit of spice.
- Coconut Oil (1 tbsp): Ideal for frying with its high smoke point and added flavour.

## Method:

**Prepare the Chicken:** You can boil the chicken strips for a softer texture or fry them for a golden finish. Boiling is recommended for a tender bite, especially for this dish's light, brothy style.

**Prep Aromatics and Noodles:** While the chicken cooks, prepare your garlic, coriander stalks, onion, and fibre noodles. Grating, chopping, and rinsing as needed sets the stage for a quick assembly later.

**Sauté Aromatics:** Heat the coconut oil in a large pan and fry the garlic to unlock its fragrance. Quickly follow with the onions and coriander stalks, stirring until they're softened and infused with flavour.

**Simmer:** Add half the can of coconut milk to the pan, squeezing in the lemon juice for an added zing. This creamy citrus base will allow your noodles and cooked chicken to mingle.

**Combine:** Add the fibre noodles and chicken to the pan, seasoning with black pepper. Stir to ensure each noodle strand is coated in the aromatic, creamy sauce.

**Garnish and Serve:** For those who appreciate a spicy kick, finish the dish with a generous scattering of fresh coriander leaves and, if desired, slices of red chilli.

# Mexican Beef Pie: A Low Carb Delight

Made with  
Konjac flour

4  
servings

15 mins  
prep

40 mins  
cooking

55 mins  
total



Elevate your pie game with this Mexican Beef Pie, a favourite in my home that beautifully marries the hearty flavours of Mexican cuisine with the innovative approach of low-carb baking.

Mastering our special low-carb pastry, which leverages the binding power of soft cheese, eggs, and konjac flour, opens up a world of delicious, guilt-free pie options. This particular version boasts a filling rich in spices, tender beef, and fibrous black beans, all encased in a flavourful, tender crust.

## Ingredients for the pastry:

- Almond Flour (7 heaped tbsp): For a fibre nutty, low-carb base.
- Coconut Flour (3 heaped tbsp): Adds texture and fibre.
- Konjac Flour (2 heaped tsp): Helps to bind the dough (and adds more fibre).
- Baking Powder (1 tsp): Ensures the pastry rises slightly.
- Egg: Binds the ingredients together.
- Olive Oil (3 tbsp): Adds moisture and richness.
- Salt (a pinch): Balances the flavours.
- Butter: To ease the pan, ensure nothing sticks.

## Ingredients for the Mexican filling:

- Minced Beef (500g): The protein-packed star of the filling.
- Konjac Flour (2 tsp): Thickens the filling without adding carbs.
- Spring Onion (6, sliced): Adds a fresh, crisp texture.
- Black Beans (1 can): For heartiness and fibre.
- Soft Cheese (250g): Creates a creamy, rich base for the filling.
- Red Onion: Brings sweetness and colour.
- Eggs: Helps set the filling.
- Chilli Powder (1 tsp), Cumin (2 tsp), and Oregano (2 tsp) are the spices that give the filling its Mexican flair.
- Red Bell Pepper (1, diced): Adds sweetness and a pop of colour.
- Garlic (4 cloves): The aromatic base of many great dishes.

## Method for the pastry:

1. Combine all pastry ingredients to form a dough. If it is too thick, adjust with a bit of water.
2. Grease a 20cm round baking tray with butter and line it with greased parchment paper for easy dough handling and baking.
3. Roll out the dough, forming a base and sides in the prepped tray and a separate top on another piece of paper.
4. Bake the empty shell (but not the top) at 180°C for 15-20 minutes until just starting to golden.

## Method for the filling:

1. Sauté garlic in olive oil, add onions and beef and cook until browned. Mix in spices for a deep flavour.
2. Whisk eggs and blend with soft cheese and konjac flour. Then, fold in beans, spring onions, and other filling ingredients, cooking together briefly.
3. Spoon the mixture into the pre-baked pastry shell, packing it down to avoid air gaps.
4. Cover with the pastry top, sealing the edges, and bake for another 15-20 minutes until the pie is golden and the filling is set.
5. Serve this Mexican Beef Pie as a stand-out addition to any meal. It combines Mexico's complex flavours and textures with the satisfaction of a traditional pie, all while keeping it low-carb and high-fibre. It's a testament to the versatility of low-carb cooking and the joy of sharing good food with family and friends.

# Beef Bolognese with Fibre Tagliatelle: A Low-Carb Delight

4 servings

15 mins prep

40 mins cooking

55 mins total



Revel in the rich flavours of this Beef Bolognese with Fibre Tagliatelle, a dish that masterfully combines traditional Italian cooking with modern dietary needs. This recipe is low in carbs and high in protein, making it an ideal choice for those monitoring their blood sugar levels or following a grain and gluten-free diet. Including fibre tagliatelle ensures a satisfying fibre experience without the carb load, complementing the deeply flavourful bolognese sauce in every bite.

## Ingredients:

- Beef Mince (500g): The heart of the bolognese, offering rich, meaty flavour.
- White Onion (1 large)
- Red Pepper (1 medium)
- Courgette (1 medium)
- Garlic (4 cloves, crushed): For aromatic depth.
- Olive Oil (2 tbsp): For sautéing the vegetables and meat.
- Coriander (1 tsp), Smoked Paprika (2 tsp), Italian Mixed Herbs (2 tsp): Spices that infuse the dish with complexity and warmth.
- Beef Stock Cube: Enhances the meaty flavour of the sauce.
- 90% Chocolate (4 squares, optional): Adds an unexpected depth and richness.
- Chopped Tomatoes (2 x 400ml tins): The tomato base of the sauce.
- Water (400ml): Adjust the sauce's consistency.
- Sea Salt: To season.
- Fibre Tagliatelle: A low-carb pasta alternative that's surprisingly satisfying.
- Parmesan (a handful): Adds a nutty, salty finish.
- Butter (1 tbsp): Enriches the tagliatelle.

## Method:

**Sauté the Vegetables:** In a large pan, heat olive oil over high heat and sauté the diced onion, red pepper, and grated courgette until soft.

**Brown the Mince:** Mix the beef mince with the vegetables until fully coated and browned. Stir in the spices and crumbled beef stock cube, cooking a few minutes more.

**Simmer the Sauce:** Incorporate the chopped tomatoes and water, bringing the mixture to a boil before reducing to a simmer. Let it cook for about 50 minutes, stirring occasionally to prevent sticking.

**Enrich with Chocolate:** Stir in the optional dark chocolate, melting it into the sauce for a luxurious fibrous richness and season to taste.

**Prepare the Fibre Tagliatelle:** In a separate pan, sauté the fibre tagliatelle with butter and a dash of olive oil for 3-4 minutes. Sprinkle in a handful of parmesan to coat the noodles evenly.

**Serve:** Plate the fibre tagliatelle topped with the hearty beef bolognese sauce. Accompany with steamed broccoli for a complete, nutrient-rich meal.

# Teriyaki Turkey Balls with Fibre Noodles

4 servings

10 mins  
prep

20 mins  
cooking

30 mins  
total



Indulge in a fusion of flavours with our Teriyaki Turkey Balls served with fibre noodles. This dish promises the comforting warmth of homemade cooking while keeping your health goals in check. This recipe transforms simple ingredients into a satisfying and nutritious meal, perfect for you and me on our high-fibre, low-carb journey without sacrificing taste or texture.

## Ingredients:

- Turkey Mince (500g): Lean and flavourful, forming the base of the meatballs.
- Ground Flax (4 tbsp): Adds fibre and helps bind the meatballs without traditional breadcrumbs.
- Garlic Puree (3 tbsp or 4 cloves, minced): Infuse the meatballs with aromatic depth.
- Olive Oil (1 tbsp): Frying the meatballs to golden perfection.
- Teriyaki Sauce (3 tbsp): Coats the meatballs in a sticky, sweet, savoury glaze.
- Sesame Seeds (3 tbsp): Adds a fibrous crunch and a nutty flavour.

## Method:

Prepare the Turkey Balls: In a large bowl, combine turkey mince, ground flax, garlic, spring onions, and a pinch of sea salt. Massage and mix well, then shape into 16-20 meatballs.

Cook the Meatballs: Heat olive oil in a deep pan over medium-high heat. Fry the meatballs, turning regularly, until golden and cooked through - about 12 minutes.

Glaze: Add teriyaki sauce (ok, this is a little naughty) and sesame seeds to the pan, allowing the sauce to thicken and coat the meatballs evenly.

Incorporate Noodles: Stir in the fibre noodles and cook for an additional 3-4 minutes to integrate them with the flavours.

Steam Pak Choi: Meanwhile, steam the pak choi until tender. If you don't have a steamer, sauté with a bit of water and oil.

Serve: Mix the pak choi with the noodles and meatballs. Serve in bowls, garnishing with fresh chilli and chopped coriander for an extra burst of flavour.

# Korean Venison Meatballs

Made with  
Konjac flour

4  
servings

15 mins  
prep

15 mins  
cooking

30 mins  
total



Venture into the bold flavours of Korean cuisine with our Korean Venison Meatballs, an adventurous dish that combines the rich taste of venison with a spicy, profoundly flavourful sauce. Whether or not you've been to Korea, this recipe offers a taste of its authentic, spicy food culture, all from the comfort of your kitchen.

## Ingredients for the meal:

- Venison (500g, minced): Lean and richly flavoured, perfect for meatballs.
- Halloumi Cheese (80g): Adds a salty, creamy surprise in the centre of each meatball.
- Red Onion, Bell Pepper, Broccoli, Spring Onion: A mix of vegetables for balance and nutrition.

- Olive Oil: For cooking the meatballs and vegetables.
- Salt & Pepper: To season the meat and veggies.

## Ingredients for the sauce:

- Gochujang Paste (1 heaped tbsp): The heart of the sauce, offering heat and depth.
- Coconut Aminos (3 tbsp): A soy-free alternative that adds umami.
- Stevia (1 tsp): A hint of sweetness without the sugar.
- Garlic (4 cloves), Ginger (2.5cm square): Aromatic bases of many Korean dishes.

- Full Fat Soft Cheese (100g): Adds creaminess to the sauce.
- Rice Wine Vinegar (1 tsp): Balances the sauce with acidity.
- Konjac Flour (1 tsp): Thickens the sauce while adding fibre.
- Toasted Sesame Oil (optional 2 tsp): For a nutty finishing touch.

## Method:

**Sauce Preparation:** Finely chop the ginger and crush the garlic. Combine with gochujang paste, rice wine vinegar, coconut aminos, soft cheese, stevia, and a splash of water in a saucepan. Simmer until the sauce thickens, adjusting with konjac flour as needed. Stir in toasted sesame oil for extra flavour if using.

**Meatball Magic:** Shape the minced venison into balls, embedding a piece of halloumi in each. Brown the meatballs in olive oil over medium heat until cooked through.

**Vegetable Sauté:** In a separate pan, sauté the bell pepper, spring onions, red onion, and broccoli in olive oil, seasoning with salt and pepper.

**Serving Suggestion:** Arrange the meatballs and vegetables on a plate, garnish with coriander and a sprinkle of black pepper.

# Fibrous Pork Pie: A Healthy Twist on a Classic

Made with Konjac flour

4 servings

15 mins prep

20 mins cooking

35 mins total



Imagine a dish that wraps up the aromatic essence of Garam Masala with the robustness of beef and the guilt-free pleasure of fibre spaghetti, all in less than the time it takes to check your email. Our 'Garam Masala Beef & Noodles' are a culinary sprint to the finish line, proving that speedy cooking doesn't have to sacrifice depth of flavour or nutritional value.

## Ingredients for the pastry:

- Almond Flour (7 heaped tbsp): For a fibre nutty, low-carb base.
- Coconut Flour (3 heaped tbsp): Adds texture and fibre.
- Konjac Flour (2 heaped tsp): Helps to bind the dough (and adds more fibre).
- Baking Powder (1 tsp): Ensures the pastry rises slightly.

## Ingredients for the pastry:

- Pork Tenderloin (400g): Lean yet flavourful, diced for the filling.
- Spring Onion (150g), Garlic (4 cloves), Shallots: Aromatic vegetables that add depth.
- Red Chilli (1, finely sliced): Injects a spicy kick.
- Konjac Flour (2 tsp): Thickens the filling without adding carbs.
- Soft Cheese (250g): Contributes creaminess.

## Method for the pastry:

1. Combine all pastry ingredients to form a dough. If it is too thick, adjust with a bit of water.
2. Grease a 20cm round baking tray with butter and line it with greased parchment paper for easy dough handling and baking.
3. Roll out the dough, forming a base and sides in the prepped tray and a separate top on another piece of paper.
4. Bake the empty shell (but not the top) at 180°C for 15-20 minutes until just starting to golden.

## Method for the pastry:

1. Sauté the pork, garlic, and shallots in olive oil until browned. Beat the eggs and incorporate them with the rest of the filling ingredients, cooking until the mixture thickens.
2. If the filling is too runny, add an extra egg and more konjac flour to achieve the right consistency. Let it cool before assembling.
3. Fill the pre-baked pastry with the pork mixture, topping it with the remaining pastry. Seal the edges with damp fingers and bake for an additional 10 minutes.

# Braised Venison and Swede Hotpot

Made with  
Konjac flour

4  
servings

15 mins  
prep

120 mins  
cooking

135 mins  
total



Explore the rich flavours of the wild with this Braised Venison and Swede Hotpot, a dish that celebrates the robust and earthy notes of venison complemented by the sweet, nutty undertones of swede. This meal is not just a culinary journey into the adventurous but also a nod to the nutritional prowess of venison as a high-protein, low-fat alternative to traditional meats.

## Ingredients:

- Venison Steaks (4): Rich in flavour and protein, the dish's star.
- Swede: Adds a sweet and earthy contrast.
- Celery (4 sticks): For a subtle, aromatic crunch.
- Garlic (4 cloves, diced): Infuse the dish with depth.
- Onion: A foundational flavour builder.
- Beef Stock (2 cubes): Enhances the meaty richness.
- Bay Leaf: Adds a layer of herbal complexity.
- Dried Thyme (1 tsp): Offers a slight, earthy lemon aroma.
- Olive Oil (a drizzle): For browning the venison.
- Konjac Flour (1 tbsp): Thickens the sauce without adding carbs.

## Method:

**Sear the Venison:** Heat a drizzle of olive oil in a large pan and brown the venison steaks on both sides for a few minutes. If desired, deglaze the pan with a splash of red wine, adding the garlic to sauté until aromatic.

**Prep the Swede:** Dice the swede into small, triangle-shaped pieces for a unique presentation. Fry until slightly browned, adding a unique texture to the dish.

**Make the Broth:** Dissolve the beef stock cubes in 400ml of boiling water, stirring until fully integrated. Thicken the broth with konjac flour to create a rich, flavourful base.

**Combine and Cook:** Transfer the venison, swede, celery, onion, bay leaf, and thyme into an oven-safe dish or slow cooker. Pour the thickened broth over the ingredients, ensuring everything is well combined.

**Oven Method:** Cook at 180°C for about 1.5 hours until the venison is tender and the flavours meld beautifully.

**Slow Cooker Method:** Cook for 2.5 hours or more on a low setting for an even deeper melding of flavours.

**Alternative Swede Preparation:** For a different texture and presentation, cook the swede separately on a baking tray, seasoned with olive oil and herbs to serve alongside the hotpot.

Serve this Braised Venison and Swede Hotpot to celebrate rustic flavours and comforting warmth. Whether enjoyed as a lavish dinner or a nourishing lunch, this dish promises satisfaction with every bite.

# Chicken Penne Pasta

4 servings

10 mins prep

75 mins cooking

85 mins total



Discover a guilt-free way to indulge in the classic comfort of penne pasta with our Chicken Penne Pasta recipe, featuring a low-carb, high-fibre alternative to traditional pasta. This Italian-inspired dish captivates with its robust flavours and satisfying texture, proving that healthy eating doesn't have to compromise on taste or comfort. Perfect for family dinners or a nourishing meal any time of the day, it's a dish that will delight children and adults alike.

## Ingredients:

- Chicken Breasts: Tender and lean, perfect for shredding.
- Tomatoes (can): For a rich and hearty sauce base.
- Cherry Tomatoes: Adds a burst of sweetness.
- Mini Bell Peppers: Brings colour and a slight crunch.
- Fibre Penne: Our high-fibre, zero-carb pasta alternative.
- Olive Oil: For cooking and flavour.
- Oregano (2 tsp): Adds an authentic Italian herbaceous note.
- Chilli Flakes (1 tsp): For a hint of heat.
- Basil or Coriander: Fresh herbs for garnishing.
- Shallots: Mild and slightly sweet; they enhance the sauce.
- Garlic (4 cloves): Essential for any Italian sauce.
- Parmesan (40g, grated): Add an Italian finish for serving

## Method:

Cook the Chicken: Boil the chicken breasts for about an hour until tender and easy to shred.

Prepare the Sauce: Combine olive oil, whole tomatoes (preferably plum tomatoes for less water content), garlic, and shallots in a saucepan. Bring to a simmer, allowing the flavours to meld together.

Shred the Chicken: Once cooked, use a rolling pin or a fork to shred the chicken into bite-sized pieces.

Combine Ingredients: Add the shredded chicken, penne, whole cherry tomatoes, and sliced mini bell peppers to the sauce. Cook for an additional 5 minutes until the pasta is tender and the vegetables are just cooked.

Dish this hearty pasta with a generous sprinkle of grated Parmesan, a pinch of chilli flakes, and fresh basil or coriander leaves for a burst of flavour.

**Tips:** For a thicker, more decadent sauce, opt for whole plum tomatoes over chopped tinned tomatoes. The Fibre penne will absorb the sauce's flavours as it cooks, making it deliciously cohesive.

This Chicken Penne Pasta reinvents a classic, making it accessible for those on a high-fibre, low-carb diet without losing the essence of Italian cuisine. Serve it as a family meal or a satisfying lunch that energises you without the carbocoaster crash.

# Pork Ramen

4 servings

10 mins prep

20 mins cooking

30 mins total



Relish in the warmth and comfort of this Pork Ramen, a dish inspired by the beloved flavours of Wagamama's but tailored for optimal nutrition. Featuring fibre noodles as a low-carb, high-fibre alternative, this ramen ensures you can indulge in your noodle cravings while sticking to your dietary goals. It's a perfect blend of taste, texture, and health, making it a hit for kids and adults.

## Ingredients:

- Pork Loin (500g): The protein star is carefully sliced and prepared.
- Shallots: Adds a subtle sweetness to the broth.
- Fibre Noodles: A guilt-free, low-carb noodle alternative.
- Carrots (1 cup, julienned): Adds colour and slight sweetness.
- Garlic (3 cloves, grated): Essential for depth and aroma.
- Ginger (2cm cubed, finely sliced): A spicy, warm note is added.
- Bok Choi: For a crunch and a dose of greens.
- Egg: Soft-boiled, adding nutrients, richness and texture.
- Sesame Oil (1 tbsp): For that unmistakable Asian flavour note.
- Salt & Pepper: To season the dish to perfection.
- Vegetable Stock (2 cubes): Forms the flavourful broth base.

## Method:

**Prepare the Pork:** Slice the pork loin into quarters, then score each piece without cutting all the way through. To do this, place the loin between two chopsticks and cut until your knife hits the fork. Once sliced, sear in olive oil until browned.

**Build the Broth:** Add a splash of boiled water to the pan with the pork, dissolving the vegetable stock cubes. Bring to a boil, then simmer on medium heat.

**Simmer with Flavours:** Incorporate carrots, sesame oil, garlic, and ginger into the broth, letting the pork absorb these rich flavours over 10 minutes.

**Add Greens and Noodles:** Introduce bok choi and fibre noodles to the mix, cooking for an additional 5 minutes. Ensure the bok choi stays vibrant and the noodles become tender.

**Egg Addition:** Separately, soft-boil an egg. While it's not strictly one-pot, this step can be skipped for a more straightforward preparation, though it adds a lovely richness and texture to the dish.

Serve this Pork Ramen hot, garnished with a halved soft-boiled egg, a sprinkle of sesame seeds, and a few drops of sesame oil for an extra layer of flavour. It's a fulfilling meal that satisfies the soul without compromising health, making it a delightful option for any day of the week. Enjoy the complex flavours and wholesome ingredients that make this dish a Japanese classic with a fibrous twist.

# Moroccan Tuna Penne: A Quick Culinary Escape

2 servings

1 mins  
prep

3 mins  
cooking

4 mins  
total



Dive into a dish with just four ingredients and bring the vibrant flavours of Morocco to your table in less time than it takes to brew a cup of tea. The 'Moroccan Tuna Penne' is a one-pan wonder that combines the richness of tuna with the lightness of fibre penne, all wrapped in the warm embrace of Moroccan spices. With minimal clean-up and a cooking time that's as brief as a commercial break, this dish is a testament to the magic of quick, healthy, and flavourful cooking.

## Ingredients:

- Tuna Steak: The ocean's pride, ready to be infused with spices.
- Fibre Penne: The guilt-free pasta alternative that's all pleasure, no carbs.
- Moroccan Spice Mix: A treasure trove of flavours transporting you to bustling markets and sun-drenched streets. Just be sure to check the label to make sure nothing is added other than spice.
- 3 Knobs of Butter: The silky base that carries the spices and coats the penne.

## Method:

Ignite your stove to a high flame, letting the butter melt in the saucepan until it sings of readiness, becoming a golden pool of flavour.

Prepare the tuna to your liking, either diced for quick cooking or left whole for a steak-like experience, then introduce it to the pan alongside the fibre penne.

Shower the duo with your Moroccan spice mix, whether a homemade concoction or a trusted store-bought blend. This is where the dish starts to come alive with colour and aroma.

With a chef's flourish, keep turning the ingredients with a big spoon, ensuring every piece of tuna and penne gets a kiss of spices and butter. Cook to your preference, whether you yearn for blushing pink tuna in the centre or are thoroughly embraced by heat.

Our 'Moroccan Tuna Penne' is more than just a meal; it's a quick escape to the heart of Moroccan cuisine, a dish that proves fast food can be both luxurious and nourishing. Garnish with fresh herbs if you have them, adding a final touch of greenery that's like a nod to the oases of Morocco.

**Top Tip:** home brand spice mixes tend to have fewer fillers, chemicals and sugar added than the famous brands.

# Prawns, Scallops, and Thai Noodles: A Flash in the Pan

3 servings

1 mins  
prep

4 mins  
cooking

5 mins  
total



Embark on a whirlwind culinary adventure with a dish that teleports you to the heart of Thailand in less time than it takes to choose a movie on a Friday night. This 'Prawns, Scallops, and Thai Noodles' concoction marries the ocean's bounty with the ease and simplicity of one-pan cooking, delivering a meal that's as effortlessly exquisite as it is brimming with healthful delights.

## Ingredients:

- 150g King Prawns: Sea jewels, ready to dazzle your palate.
- 180g Mini Scallops: Tiny treasures bursting with sweet, maritime flavours.
- Fibre Noodles: The perfect, carb-conscious companion to our seafood stars.
- 3 Knobs of Butter: For that rich, melt-in-your-mouth foundation.
- Thai Spices Mix: Choose a mix with nothing added but spices.
- A handful of Coriander: The final, fresh flourish that sings Thailand.

## Method:

Ignite the flame of culinary creativity by melting the butter in your pan, transforming it into a liquid canvas ready for the masterpiece to come.

Introduce the prawns and scallops to the pan, showering them with your chosen Thai spices or mix. This is where the magic begins – as they sizzle and cook, they take on Thailand's rich, aromatic essence.

As the seafood whispers tales of the ocean, weave in the fibre noodles, stirring with the enthusiasm of a street-food maestro, ensuring every strand dances through the butter and spices.

Serve this vibrant concoction in bowls, each garnished with a sprinkle of coriander. This final touch is like the last brush stroke on a painting, adding a burst of freshness that elevates the dish to a work of art.

In mere minutes, you've crafted a dish that's a testament to the wonders of quick, healthy cooking without compromising flavour or sophistication. 'Prawns, Scallops, and Thai Noodles' is not just a meal; it's a celebration of minimal clean-up and maximal enjoyment, a true culinary coup. It's perfect for those nights when time is of the essence, but the craving for something utterly delicious is even more pressing.

## High Fibre Desserts & Puddings

“Ah, puddings. Often the first tragic casualty in the battle of the bulge, the misunderstood pariah of the dieting world. But fear not! Hold onto your spoons, forks, and whatever utensil you prefer for indulgence. In the realm of the Fibre First diet, desserts aren’t just allowed; they’re practically knighted and given a seat at the round table.

Yes, you heard right: it’s time to have your cake, eat it too, and then some, all in the name of fibre! Welcome to the dessert revolution, where every sweet bite is a fibre-fuelled joyride. And be sure to check out our fibre followers facebook group and other social media for loads more fibreous delights.”

# Chocolate Gateau Cups: A Sweet Spectacle

**Konjac flour is optional**

6 servings    10 mins prep    7 mins cooking    17 mins total



Behold the Chocolate Gateau Cups, ready to dazzle any table with minimal effort and maximum flair. A dessert that's as delightful to make as it is to devour, proving that gourmet doesn't mean hours in the kitchen. Enjoy the layers of joy, bite after blissful bite!

## Ingredients for the sponge:

- 60g ground brown linseed (high in fibre)
- 1 tsp baking powder
- A few teaspoons of either stevia, erythritol or xylitol

- 2 Large eggs
- 2 tbsp cocoa powder
- A splash of milk

## Ingredients for the raspberry jam:

- 150g raspberries
- 1/2 tsp Konjac flour (optional)

- 2 tsp powdered sweetener

## Ingredients for the chocolate cream:

- 100g dark chocolate
- 200ml double cream

## Method:

**Sponge Creation:** Whip up the sponge mix by blending linseed, sweetener, cocoa, baking powder, eggs, and milk into a smooth batter. Spread on a silicone mat or greased paper, bake at a preheated oven for 6-7 mins. Once firm, let it cool off the heat.

**Raspberry Jam Alchemy:** Simmer raspberries with a dash of water until they sizzle. Mash, sweeten and reduce to a thick, jammy consistency. For extra thickness, whisk in Konjac flour. Set aside to cool.

**Chocolate Cream Indulgence:** Melt dark chocolate, then whip cold cream to thickness. Fold in the chocolate for a lush cream.

## Assembling the masterpiece:

Layer up in small jars or any elegant vessel of choice. Start with the crumbled sponge, add a layer of raspberry jam, followed by a generous dollop of chocolate cream. Repeat with a sponge circle, more jam, and cream, finishing with a crown of chocolate cream.

**Final Flourish:** Garnish with blueberries, freeze-dried raspberries, and a hint of greenery for that eye-catching finish.

# Peanut Butter Fibre Fudge Dessert

Made with Konjac flour

8 servings

5 mins prep

60 mins cooking

65 mins total



Introducing the ultimate fudge experience, where simplicity meets sublime taste and texture. Our 'Peanut Butter Fibre Fudge' is a revelation for those on a low-carb journey, delivering a treat that's not only decadent but also rich in fibre. Easy to make and irresistibly delicious, it's the perfect way to satisfy your sweet tooth without straying from your health goals.

## Ingredients for the sponge:

- Smooth Peanut Butter (120g): For that creamy, nutty base we all crave.
- Ghee (50g): Adds richness and a silky texture to the fudge.
- Konjac Flour (5 to 6g): The secret ingredient for adding fibre without compromising taste.
- Powdered Sweetener (5 to 18g, depending on what sweetener you choose).
- Vanilla Paste or Essence (1/4 tsp): A hint of vanilla to elevate the flavours.

## Method:

Begin by placing a small pan over medium heat. Spoon in the peanut butter and ghee, letting them mingle and melt together into a luscious mixture. Await the gentle bubbles of a low simmer, a sign that things are heating up.

Infuse this nutty blend with the vanilla and powdered sweetener, stirring until everything is beautifully combined and the sweetener has dissolved into the mix.

Fold in the konjac flour off the heat, ensuring it's thoroughly mixed in. This step transforms the mixture into a fibre-rich fudge base, ready to take on a solid form.

Pour the fudgy goodness directly into a silicone mould. At this stage, feel free to stir in any extras you fancy—be it chocolate chips for double decadence or nuts for an extra crunch.

The fridge becomes your ally as you let the fudge cool and solidify into its final, tempting form. Patience is key; let it chill until firm. Once set, release your creation from its mould and cut it into bite-sized pieces, ready to be enjoyed.

Our 'Peanut Butter Fibre Fudge' is more than just a treat; it's a testament to the joy of indulging in something fibrous without any dietary compromise. Perfect for sharing or keeping all to yourself, this fudge is a delightful way to end a meal or to enjoy as a snack.

Dive into the world of guilt-free pleasure, where every bite celebrates flavour and fibre.

# Blueberry Buttery Cookies

Made with  
Konjac flour

8  
servings

5 mins  
prep

10 mins  
cooking

15 mins  
total



Introducing a twist on the classic oatmeal cookie that's bound to become your new favourite treat. These 'Blueberry Buttery Cookies' swap out traditional raisins for the tangy sweetness of freeze-dried blueberries, creating a high-fibre, low-carb snack. Soft with a delightful golden edge, each cookie is a treat for your taste buds and a fibre-rich boon to your diet, thanks to the flaxseeds, almonds and Konjac flour.

## Ingredients for the sponge:

- Ghee (40g): For that irresistible buttery taste.
- Large Egg: Binds the ingredients.
- Freeze Dried Blueberries (15g): For bursts of tangy sweetness and antioxidants.
- Ground Brown Flax (50g): Adds texture, nuttiness, and fibre.
- Ground Almonds (65g): The low-carb, high-fibre, gluten-free alternative.
- 4 teaspoons of stevia, erythritol or xylitol: Sweetens without the sugar.
- Konjac Flour: Provides binding and an extra fibre boost.
- Vanilla Extract (1 tsp): A dash of aromatic sweetness.
- Sea Salt (a pinch): Enhances all the flavours.

## Method:

Kickstart your baking adventure by preheating the oven to 180°C, setting the stage for cookie magic.

Dive into a deep mixing bowl, where ghee meets blueberries, sweeteners, flax, konjac flour, a hint of sea salt, and ground almonds. Stir these treasures together, creating the foundation of your dough.

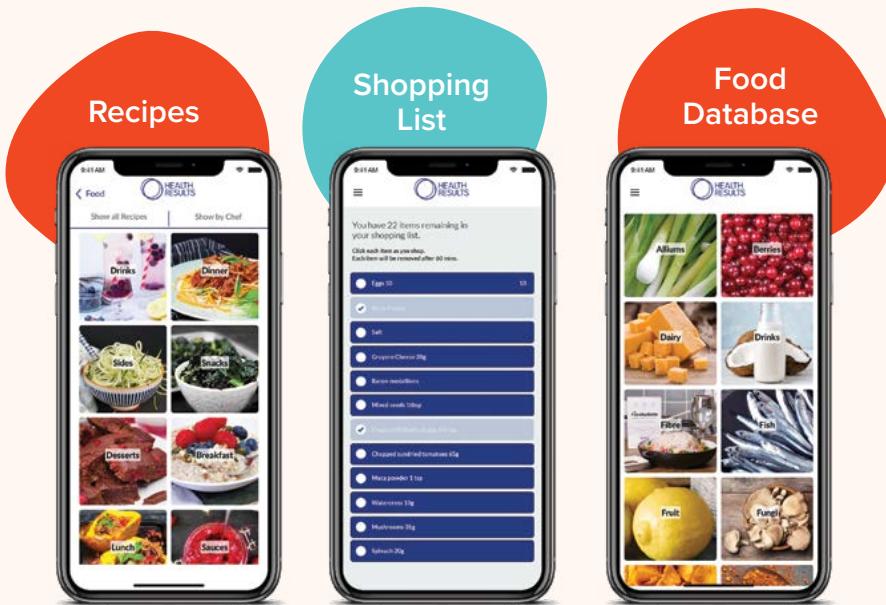
Welcome vanilla and a large egg into the mix, blending until a thick, cohesive dough forms. Patience is key; let the mixture sit momentarily to allow the konjac flour to absorb any excess moisture, making the dough easier to handle.

Embrace the dough with a spoon, scooping portions to arrange on a greaseproof baking sheet. Gently press each scoop into a cookie shape, ready for the oven's warmth.

Bake for about 10 minutes or until the cookies have a golden edge and are firming up to perfection.

Serve our 'Blueberry Buttery Cookies' as a wholesome snack, a delightful dessert, or a companion to your afternoon tea. Each cookie is a testament to the joy of baking with health-conscious ingredients, offering a low-carb, fibre-rich treat that doesn't skimp on flavour. Perfect for sharing or savouring solo, these cookies are a heart-warming reminder that indulgence and wellbeing can indeed go hand in hand.

# Download the free Health Results App



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\*We are constantly updating our app so images and the look may vary.

# Join the Fibre First Community on Facebook



The Fibre First Community is an exclusive facebook group filled with discounts, latest updates, cooking inspiration and a place where you can connect with like-minded, fibre loving individuals.

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