



8 RECIPES FOR BATCH COOKING





Thank you for downloading my 8 recipes for batch cooking!

Thank you for downloading my batch
cooking guide!

These are just a few of the recipes I
hand out to my clients on my Over 40's
Online Coaching Programme.

I also post a load more on my Get Fit in
30 Facebook Group. Simply search:
"Get Fit in 30 Hub" on Facebook or
drop me a message to learn more
about my over 40's programmes.

I hope you enjoy the recipes!

www.getfitinthirty.co.uk

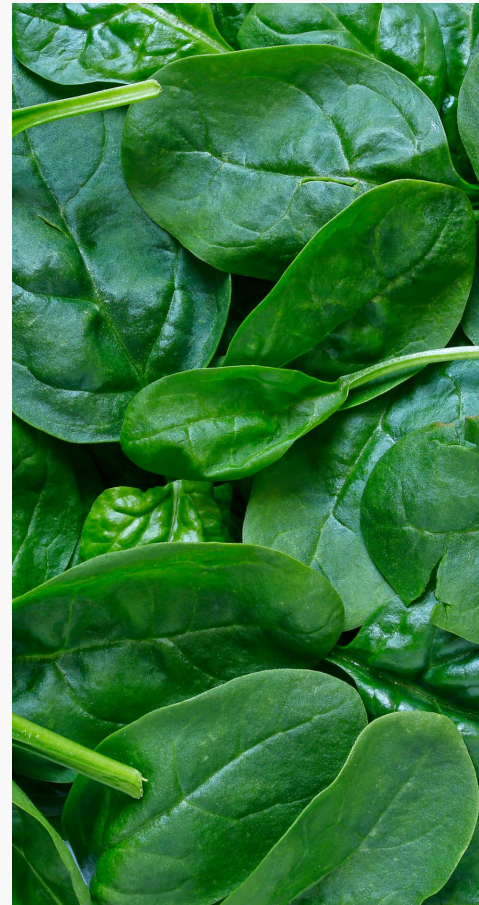


Ingredients

- 100g unsalted butter
- 1 large onion, thinly sliced
- 200g chestnut mushrooms
- 200g baby spinach leaves
- 450g pack fresh potato gnocchi
- 2 tsp sweet smoked paprika
- 6 large eggs
- salt and black pepper

Method

- Heat the butter on a medium heat. Fry the onion with a pinch of salt until it starts to brown.
- Add mushrooms and fry until soft. slowly add spinach and cook until it starts to wilt.
- In a bowl, mix the gnocchi with paprika.
- In another bowl, beat the eggs with some salt and pepper.
- On medium heat, stir the gnocchi into the spinach mixture and add the egg. Cover with a lid and leave to cook for 10-15 minutes until the frittata is set at the edges but soft in the middle.
- Put the pan under the grill until the frittata is golden and set.
- Leave to stand for 5 minutes and serve.



MUSHROOM & SPINACH GNOCCHI

LASAGNE



Ingredients

- 2 tbsp olive oil
- 900g beef mince
- 2 onions
- 2 garlic cloves
- 2 tbsp plain flour
- 150ml beef stock
- 1 tsp caster sugar
- 3 tbsp tomato purée
- 1 tbsp chopped thyme
- 2 x 400g cans chopped tomatoes
- 12 lasagne sheets
- 75g grated cheese

White Sauce

- 50g butter
- 50g plain flour
- 750ml pints hot milk
- 2 tsp Dijon mustard
- 50g Parmesan
- salt and freshly ground black pepper

Method

- On a medium heat, cook the mince until brown. Remove from the heat and add to a plate.
- Add the onion and garlic to the pan and cook until soft.
- Return the meat to the pan and add flour. Add the stock and bring to the boil. Then add the tomato purée and thyme and stir.
- Add the canned tomatoes and bring to the boil once more. Cover and leave to simmer for an hour or so.
- To make the white sauce, melt the butter in a pan. Add the flour and cook for one minute. Begin to whisk in the hot milk until thickened. Add mustard, parmesan, salt & pepper.
- Put one-third of meat sauce in the base of an ovenproof dish. Then add one-third of the white sauce, followed by a layer of lasagne sheets. Season. Repeat. Sprinkle cheddar cheese on the top.
- Preheat the oven temperature to 200C/400F/Gas 6. Cook in the middle of the oven for about 45 minutes (golden brown, soft pasta).

Ingredients

- 4 chicken breasts, cubed
- 2.5cm piece of fresh root ginger, finely chopped
- 2 garlic cloves
- 1 tsp chilli powder
- sea salt and freshly ground black pepper
- 2 tbsp chopped fresh coriander, plus extra to garnish
- juice of 1 lime
- 2 tbsp vegetable oil
- 1 onion, finely chopped
- 1 red chilli, finely chopped
- 1 tsp ground turmeric
- 200ml double cream
- ½ lemon
- basmati rice



Method

- Mix the chicken breasts with the ginger, garlic, chilli, salt, pepper, coriander, lime juice & 1tbsp of oil. Leave for 5 minutes.
- Heat a heavy-bottomed shallow pan and add the chicken. Cook for 8-10 minutes until the chicken is browned at the sides.
- Add oil to another pan and cook the onion and red chilli until brown. Add the turmeric and cook for 1 minute. Stir in the cream and cook for a further few minutes.
- Add the chicken to this sauce and simmer for 5 minutes until the chicken is cooked through. Add lemon and season to taste.
- Garnish with fresh coriander and serve with rice.



CHICKEN TIKKA MASALA

LEAK AND POTATO SOUP

Ingredients

- 1 tbsp vegetable oil
- 1 onion
- 225g potatoes,
- 2 medium leeks, sliced
- 1.2 litres vegetable stock
- 150ml double cream or crème fraîche
- salt and freshly ground black pepper



Method

- Heat the oil on a medium heat and add the onions, potatoes and leeks. Cook for 5 minutes until they start to soften.
- Add vegetable stock and bring to boil. Season with salt & pepper and simmer until vegetables are soft.
- Whizz until smooth. Reheat in a clean pan while stirring in the crème fraîche.

Ingredients

- 3 tbsp olive oil
- 1 onion
- 2 large garlic cloves
- ¼ tsp chilli flakes
- 2 rosemary sprigs, leaves finely chopped
- 2 x 400g cans chopped tomatoes
- 1 tbsp brown sugar
- 6 pork sausages
- 150ml whole milk
- zest of 1 lemon
- 350g rigatoni pasta
- grated parmesan
- ½ small bunch parsley, leaves roughly chopped, to serve



Method

- To make the sauce fry the onion with a pinch of salt in 2tbsp of oil in a saucepan on a medium heat for 7/8 minutes.
- Add the garlic, chilli & rosemary and cook for 1 more minute. Add tomatoes and sugar and simmer for 20 minutes.
- Heat the rest of the oil in another pan. Squeeze the sausage meat from the skin and break it up using a wooden spoon. Fry for 5-8 minutes until golden. Add to the sauce along with the milk and lemon zest and simmer for another 5 minutes.
- Cook pasta. Mix with sauce and scatter parmesan and parsley to serve.



SAUSAGE RAGU

FISH CAKE

Ingredients

- 1 eggs
- 4 large potatoes peeled, chopped and boiled (for mashing)
- Breadcrumbs
- 1 carrot grated
- 1 tin salmon, tuna or trout (or fresh)
- 6 spring onions chopped
- 2 tbsp lemon juice

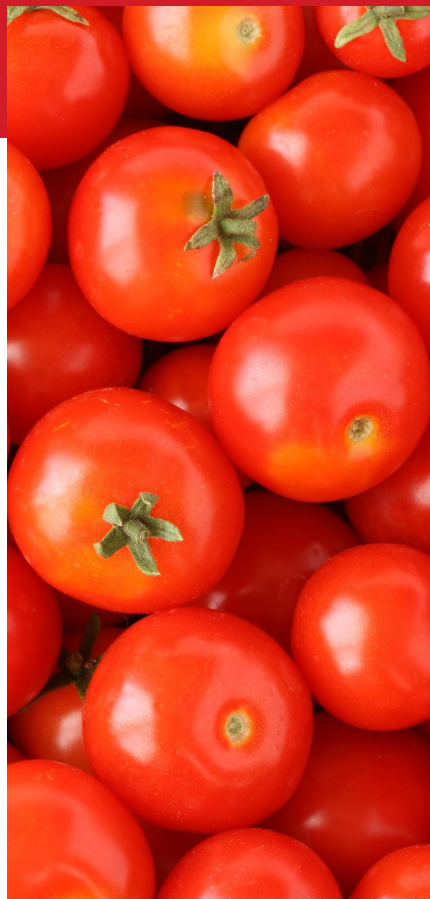


Method

- Cook the spring onions in a small amount of butter until soft
- Mash the potatoes with a small amount of milk, butter and the lemon juice
- Stir the fish, spring onions and grated carrots
- Shape the mixture into patties
- Beat the egg and dip the cakes in it, and then roll in the breadcrumbs
- They are now ready to oven bake - 20 minutes on 180 or 30 minutes from frozen

Ingredients

- 1 tbsp oil
- 1 red onion
- 2 garlic cloves, crushed
- 1 tsp grated ginger
- ½ tsp ground cumin
- 1 tsp ground coriander
- 1 tsp cinnamon
- ¼ tsp mild chilli powder
- 500g bag frozen butternut squash chunks
- 2 carrots, cut into small dice
- 1 courgette, cut into small dice
- 2 x 400g cans chopped tomatoes
- 1 x 400g can chickpeas, drained
- cooked couscous or rice, to serve



Method

- Slowly cook the onions for around 10 minutes until they caramelise.
- Stir in the garlic, ginger and spices and cook for 2 minutes.
- Add the vegetables and tomatoes and simmer. Put the lid on and leave for around 15 minutes until the veg is tender.
- Stir in the chickpeas, heat through and serve with rice. .

CHICKPEA & BUTTERNUT SQUASH TAGINE

CHILLI CON CARNE



Ingredients

- 1 tbsp tomato puree
- 2 tbsp tomato ketchup
- 1 red pepper
- 400g tin kidney beans drained
- 400g tin plum tomatoes
- 500g lean minced beef
- 2 cloves garlic
- 1 medium onion
- 5 tbsp cajun spice
- 1 tbsp worcestershire sauce

Method

- In oil, cook onion, garlic, and a teaspoon of curry powder for 5 minutes.
- Add the mince and cook until brown.
- Add 3-5 tsp of the spice blend and then add kidney beans, plum tomatoes and 1/2 of the water.
- Add the red pepper, ketchup, tomato puree and worcester sauce.
- Stir on the heat, and leave to simmer for around 50 minutes. Stirring for around every 10-15 minutes.



I hope you enjoy the recipes!

Before you go, let me tell you a little more about what you get on my 12 Week Over 40's Programme:

FITNESS: A progressive 12 week exercise programme via the Get Fit in 30 My PT Hub app. The programme targets key areas such as abs & core, arms, legs & bums. You'll get loads of support from me throughout the 12 Weeks.

NUTRITION: I will take you through the basics of nutrition, macro nutrients, micronutrients and portion control. I will assign you a personalised guide for daily calorie intake to help you get the RESULTS you want. No more yo-yo diets, confusion, no more "syms" and no more restrictive fads. I also include monthly recipe packs filled with quick and easy recipes to keep you motivated and stop you getting bored with the same old meals.

ACCOUNTABILITY:

You get a weekly check-in with me and I'm available 7 days a week to help answer any questions you have.

Team mates to help guide, support and motivate you through the journey via the Private Facebook Group. Everything is more enjoyable when you have others around you. Sound like your type of thing?

Then simply drop me a message.

Gillian @ Get Fit in 30