



THE 20 MINUTE MEALS EDITION

R e c i p e E b o o k

WELCOME

I have created a scientific and nutritious guide to food, with the help of a leading consultant with an MSc (Master of Science) in Applied Sports Nutrition and a chef with years of experience in Rosette awarded restaurants.

In this book you will find some amazing recipes to cover all types of meals. Created perfectly to fit into your meal plans that I have supplied to you to help you achieve your goals.

I hope you enjoy making these recipes as much as I did helping to create them for you.

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DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

TABLE OF CONTENTS

04	<i>20 Minute Recipes</i>
05	Mushroom & Brie Omelette
07	Chicken Piccata
09	Sesame Crusted Miso Tuna
11	Fish Curry
13	Halloumi & Peach Couscous
15	Salmon with Beetroot, Feta & Lime Salsa
16	Beef & Szechuan Pepper Stir-fry
19	Soba Noodles with Wasabi Garlic Prawns
21	20-minute Beef in Red Wine
23	Spicy Pot Noodle
25	Energy Bites
27	Protein Pancakes
29	Microwave Brownies



20 MINUTE RECIPES



**Serves
4 Adults**



**Prep Time
10 Mins**



**359
Calories**

MUSHROOM & BRIE OMELETTE

INGREDIENTS

- 1 Clove Garlic, Minced
- 200g Mushrooms
- 8 Eggs
- 200g Brie Cheese
- 120g Rocket
- 1 Tbsp Olive Oil Salt & Pepper

METHOD

- 01** Heat a large non-stick frying pan over high heat, greased with a little bit of oil. Slice the mushrooms and cook, stirring occasionally, for 5-7 minutes. Transfer to a bowl and set aside.
- 02** Heat a small non-stick frying pan over medium-high heat, greased with a small amount of oil. Whisk the eggs in a large pot with 60ml cold water. Season well with salt and pepper.
- 03** Pour quarter of the eggs into the pan and cook the omelette. Top with a quarter of the earlier prepared mushrooms and quarter of the brie. Transfer onto a serving plate, top with a handful of rocket. Serve immediately.
- 04** Repeat this process with the remaining eggs, mushrooms, brie and rocket to make a further.

359
Calories

27
Protein

4
Carbs

25
Fats



**Serves
4 Adults**



**Prep Time
10 Mins**



**328
Calories**

CHICKEN PICCATA

INGREDIENTS

- 450g Chicken Breast
- 100g Butter
- 50g Capers, Drained
- 3 Lemons, Zested & Juiced
- 30g Parsley, Chopped
- Salt & Pepper

METHOD

- 01** Place a chicken breast between 2 sheets of cling film. Use a rolling pin, to gently pound the chicken until it is approximately 1.5cm thick. Season well with salt and pepper.
- 02** Heat $\frac{1}{4}$ of the butter in a large pan over a medium-high heat and cook the chicken. Cook for 4 minutes each side or until golden brown. Transfer to a plate and set aside. Add the remaining butter to the pan. Cook, stirring, for 2-3 minutes or until the butter melts and turns a golden brown colour.
- 03** Add the capers to the butter and cook for 1 minute. Add the lemon juice and the lemon zest, and mix through. Now place the chicken and any juices back in the pan. Cook, turning occasionally, for 2-3 minutes or until chicken is cooked through and the sauce has thickened slightly.

328
Calories

23
Protein

4
Carbs

26
Fats



**Serves
2 Adults**



**Prep Time
10 Mins**



**371
Calories**

SESAME CRUSTED MISO TUNA

INGREDIENTS

- 1 Tbsp White Miso
- 2 Tuna Steaks (140g Each)
- 4 Tbsp Sesame Seeds
- Bunch Spring Onions, Trimmed & Sliced
- 200g Green Beans, Halved
- 1 Tbsp Olive Oil

METHOD

- 01** Heat 1 tablespoon of olive oil in a large pan over a medium-high heat.
- 02** Rub the tuna steaks with miso paste and coat with sesame seeds on each side. Cook the steaks in the pan for 1 ½ minute each side, then place them aside to rest.
- 03** In the same pan cook the spring onions and green beans for 3-4 minutes, or until beans are tender. Season to taste with salt and pepper, then divide between two serving plates.
- 04** Slice the steaks and place on top of the vegetables. Serve immediately.

371
Calories

17
Protein

15
Carbs

41
Fats



**Serves
4 Adults**



**Prep Time
10 Mins**



**351
Calories**

FISH CURRY

INGREDIENTS

- 200g Onion, Chopped
- 3 Tbsp Green Curry Paste
- 400m Coconut Milk
- 600g White Fish Fillets, Diced
- 360g Frozen Vegetable Mix
- 1 Tbsp Olive Oi

METHOD

- 01** Heat the oil in a wok or high sided frying pan over high heat. Add the chopped onion and cook for 3-4 minutes, then add the curry paste and cook, stirring, for 1 more minute.
- 02** Add the coconut milk and bring to a boil. Reduce the heat to medium-low and add the fish and frozen vegetables. Simmer for 15 minutes, until fish is cooked and the vegetables have warmed through. Serve immediately.

351
Calories

20
Protein

14
Carbs

29
Fats



**Serves
2 Adults**



**Prep Time
5 Mins**



**573
Calories**

HALLOUMI & PEACH COUSCOUS

INGREDIENTS

- 3 Ripe Peaches
- 35g Mixed Seeds
- 150g Halloumi, Roughly Diced
- 1 X 100g Couscous
- 50g Red Onion, Diced
- 150ml Boiling Water 1 Chicken Stock

METHOD

- 01** De-stone and quarter the peaches. Put in a roasting tin with the seeds, halloumi and drizzle over 3 tbsp olive oil. Bake for 12-15 mins at 200C/180C fan/gas 6.
- 02** Add the stock cube to the water and mix into the couscous, cover and leave on the side for 20mins. Toss the couscous with the red onion and roasted peach mixture and season to taste before serving.

573
Calories

25
Protein

54
Carbs

27
Fats



**Serves
2 Adults**



**Prep Time
5 Mins**



**556
Calories**

SALMON & BEETROOT SALAD

INGREDIENTS

- 2 Skin-On Salmon Fillets
- 200g Cooked Beetroot
- 100g Cucumber, Ribbons
- 4 Radishes, Thinly Sliced
- 70g Feta
- 1 Lime
- 1/2 Avocado, Sliced

METHOD

- 01** Chop the beetroot and feta into small cubes and mix with the juice and zest of one lime and some seasoning.
- 02** Season the salmon. Heat 2 tbsp of oil in a non-stick frying pan over a high heat. When hot add the salmon, skin-side down, and cook for 3 mins. Flip over, turn the heat down and cook for a further 4-5 mins. Serve with the beetroot salsa, cucumber, radishes and avocado.

556
Calories

36
Protein

12
Carbs

39
Fats



**Serves
4 Adults**



**Prep Time
10 Mins**



**328
Calories**

BEEF & SZECHUAN PEPPER STIR-FRY

INGREDIENTS

- 2 Tbsp Rapeseed Oil
- 300g Steak, Sliced Into Thin Strips
- 1 Tbsp Cornflour
- 2 Mixed Peppers, Deseeded And Finely Sliced
- 200g Baby Corn, Halved On An Angle
- 2 Small Red Onions, Finely Sliced
- ½ Tsp Chilli Flakes
- 1 Tsp Szechuan Peppercorns, Ground Using A Pestle And Mortar
- 2 Tbsp Low-Salt Dark Soy Sauce
- 1 Tbsp Chilli Oil (Optional)
- 300g Cooked Brown Basmati Rice

METHOD

- 01** Heat 1 tbsp rapeseed oil in a large wok or frying pan over a high heat. Add the steak strips (Coated in the cornflour), and fry for 2-3 mins until the steak is golden. Remove to a plate and set aside until needed.
- 02** Add the remaining oil, the peppers, baby corn and red onions and fry for 3-4 mins until starting to soften. Sprinkle in the chilli flakes, Szechuan pepper, then add the steak back along with its resting juices.
- 03** Fry for 1 min until fragrant. Splash in the soy sauce and 50ml water and stir until the sauce coats the beef and veg. Drizzle with chilli oil.

328
Calories

21
Protein

37
Carbs

9
Fats



**Serves
2 Adults**



**Prep Time
10Mins**



**570
Calories**

SOBA NOODLES WITH WASABI GARLIC PRAWNS

INGREDIENTS

- 1 Tbsp Wasabi
- 3 Tbsp Soy Sauce
- 1 Large Garlic Clove, Crushed
- 150g Soba Noodles
- 50g Butter
- 180g Raw Peeled King Prawns
- 4 Spring Onions , Finely Sliced

METHOD

01 Mix the wasabi, soy sauce and garlic in a small bowl. Bring a large pan of water to the boil and cook the noodles following pack instructions.

Meanwhile, heat the butter in a frying pan. Once foaming, stir in the prawns and cook for a few mins until pink. Stir in the wasabi mixture with a couple of spoonful's of the noodle cooking water and heat through. Add the noodles to the pan with the spring onions, toss together and divide between two plates.

02

570
Calories

27
Protein

58
Carbs

24
Fats



Serves
2 Adults



Prep Time
10 Mins



619
Calories

BEEF IN RED WINE

INGREDIENTS

- 1 Tbsp Olive Oil
- 400g Rump Steak
- 150g Onion, Sliced
- 120g Mushrooms, Quartered
- 1 Garlic Clove , Finely Sliced
- Pinch Dried Oregano
- Glass Red Wine
- 400g Can Chopped Tomato
- Salt & Pepper

METHOD

- 01** Heat the oil in a pan. Fry steak for 2 mins on each side until brown.

Remove steak to a plate, then throw the onion,
- 02** mushrooms, garlic and oregano into the pan. Fry for 5 mins until starting to turn golden.

Tip the wine and tomatoes into the pan, then simmer for
- 03** 10 mins until thickened and rich. Slice the steak into chunks, return to the pan with any juices, then simmer for a few mins to reheat. season to taste.

619
Calories

47
Protein

16
Carbs

37
Fats



**Serves
1 Adults**



**Prep Time
5 Mins**



**422
Calories**

SPICY POT NOODLE

INGREDIENTS

- 150g Cooked Diced Chicken Breast
- 2 Tsp Thai Curry Paste
- 3 Chopped Spring Onions
- 40g Grated Carrot
- 150ml Chicken Stock
- 20g Frozen Peas
- 150g Straight-To-Wok Noodles

METHOD

- 01** Add the Thai curry paste and pre cooked chicken to the to a pan and fry over a medium heat for 2 mins. Stir in the spring onions and grated carrot, then cook for 1 min.
- 02** Pour in the chicken stock and a the frozen peas. Bring to the boil, then simmer for 2 mins until the carrot is just cooked.
- 03** Stir in the straight-to-wok noodles and heat through. Serve straight away.

422
Calories

45
Protein

45
Carbs

5
Fats



Serves
8 Adults



Prep Time
5 Mins



204
Calories

ENERGY BITES

INGREDIENTS

- 100g Pecan 75g Raisin
- 1 Tbsp Ground Flaxseed
- 1 Tbsp Cocoa Powder
- 1 Tbsp Agave Syrup
- 50g Desiccated Coconut
- 2 Tbsp Peanut Butter

METHOD

- 01** Put pecans in a food processor and blitz to crumbs. Add raisins, peanut butter, flaxseed, cocoa powder and agave syrup, then pulse to combine.
- 02** Shape mixture into golf ball-sized balls and roll in desiccated coconut to coat.
- 03** Put in the fridge to firm for 20 mins, then eat whenever you need a quick energy boost.

204
Calories

4
Protein

10
Carbs

17
Fats



**Serves
4 Adults**



**Prep Time
5 Mins**



**298
Calories**

PROTEIN PANCAKES

INGREDIENTS

- 1 225g Cottage Cheese
- 1 80g Rolled Oats
- 5 Eggs
- 2 Tsp Cinnamon
- 1 Tbsp Maple Syrup
- 2 Tbsp Coconut Oil

METHOD

- 01** Place all ingredients into a blender or food processor and blitz together until smooth.
- 02** Heat $\frac{1}{4}$ of the coconut oil in a large frying pan over low-medium heat, pour about $\frac{1}{4}$ cup of batter per pancake, and repeat until the pan is filled.
- 03** Cook until you start to see bubbles form on the surface of the pancakes, about 1-2 minutes. Then, flip and cook for another minute or until golden brown on both sides.
- 04** Repeat this process until all the batter has been used.

298
Calories

17
Protein

20
Carbs

17
Fats



**Serves
6 Adults**



**Prep Time
5 Mins**



**290
Calories**

MICROWAVE BROWNIES

INGREDIENTS

- 75g Butter, Plus A Little Extra For Greasing
- 50g Peanut Butter
- 1 Egg
- 25g Cocoa Powder
- 50g Plain Flour
- 100g Sugar
- 2 Tsp Of Jam

METHOD

- 01** Add the butter and peanut butter to a microwave-safe bowl and cook on High for 30 secs to melt.
- 02** Remove from the microwave and stir thoroughly. Allow to cool slightly then add the egg and stir to combine. Grease with butter and line a second microwaveable round dish (about 15cm wide) with cling film. Tip the peanut butter mix into the lined dish then sieve in the cocoa powder and flour and tip in the sugar. Mix gently to form a thick, sticky paste. Smooth the top of the mixture with the back of a large spoon.
- 03** Using a teaspoon, make crater-holes in the top of the brownie mixture and fill each generously with jam as it will melt and bubble down when cooked. Pop in the microwave for 3-4 mins on High. Remove and leave to cool for 15 mins (it will carry on cooking as it cools) then enjoy!

290
Calories

17
Protein

20
Carbs

16
Fats



Have you enjoyed these recipes? Do you feel you need more help to achieve your health & fitness goals? Shoot me an email at irina@born2succeed.ro and let's start a conversation.

The 20minute Edition **Recipe Ebook**