

Pinch **OF** Nom

ANOTHER PINCH OF NOM

5 brand new
recipes

5 all-time
favourites

10 BONUS
PINCH OF NOM RECIPES

THANK YOU *from* PINCH OF NOM

We've been absolutely blown away by the support and sales of the book. We're overwhelmed with gratitude for all your support and that you've all loved being part of this community as much as we've enjoyed watching it grow. We've put together some bonus recipes in this ebook, which will sit nicely alongside your physical copy of the book. We love these recipes and hope you do too. As always, we would love to hear your feedback and to chat to you about the recipes you've made over in our Facebook group.

Kate and Kay x

Chicken

NOODLE SOUP

 5 MINS |  10 MINS |  356 KCAL PER SERVING

What a classic! Sometimes you can't beat a warm, soothing bowl of soup. Packed with filling noodles and veg, this is a perfect lunch or evening meal. It's so simple to throw together, yet tastes just like comfort should. You can also make it in bulk, portion and freeze ahead for an easy soup, ready for heating and eating on the go.

Everyday Light

F

SERVES 4

low-calorie cooking spray
300g boneless chicken thighs
or breast (skin and visible fat
removed), cut into thin strips
½ small leek, washed, trimmed
and cut into thin strips
1 medium carrot, cut into thin strips
1 litre chicken stock (2 chicken
stock pots dissolved in 1 litre
boiling water)
50g sugar snap peas, each cut
into 3 pieces
75g sweetcorn kernels (tinned
or frozen)
1 heaped tsp chopped fresh thyme
1 tbsp chopped fresh parsley
1 x 60g nest medium egg noodles
2 tbsp white wine vinegar
sea salt and freshly ground
black pepper

Spray a large saucepan with low-calorie cooking spray and place over a medium heat. Add the chicken and fry for 4–5 minutes, until the chicken is cooked.

Add the leek and carrot to the pan and cook for 2–3 minutes until soft, then add the stock, sugar snap peas and sweetcorn. Stir in the thyme and parsley and bring to the boil.

Break up the noodles into smaller pieces and add them to the pan. Simmer for 4 minutes, then stir in the white wine vinegar. Season with a little pepper, add salt to taste (if needed), then serve.

FARFALLONI

con FUNGHI

 10 MINS |  30 MINS |  580 KCAL PER SERVING

A simple evening meal, this mushroom and pork pasta dish is certain to become a family favourite. Make the sauce in bulk and freeze portions ready to serve with freshly cooked pasta for a filling and super-quick meal. Perfect!

Weekly Indulgence

F

SERVES 4

low-calorie cooking spray
300g mushrooms, sliced
500g lean minced pork
(5% fat or less)
2 garlic cloves, crushed
1 tbsp dried oregano
sea salt and freshly ground
black pepper
3 tbsp tomato puree
2 tbsp cornflour
500ml beef stock (2 beef
stock cubes dissolved in
500ml boiling water)
500g dried farfalloni (or
other dried pasta)
grated Parmesan, to
serve (optional)

Spray a large frying pan with a little low-calorie cooking spray and place over a medium heat. Add the mushrooms and fry for 3–4 minutes. Set to one side.

Spray the pan with some more low-calorie cooking spray, then add the minced pork, crushed garlic, oregano and some salt and pepper to taste. Cook over a medium heat until the meat has browned. This should only take a few minutes. Stir in the tomato puree, and cook for another couple of minutes.

Add the cornflour to the meat mixture and stir well – the meat will puff up when the cornflour is added. Stir in the stock and simmer gently for 25 minutes, stirring frequently, until thick and glossy.

Cook the pasta according to the packet instructions, then drain.

Add the mushrooms to the meat. (At this point you could allow the sauce to cool, then freeze in an airtight container for serving on another day.)

Add the pasta to the meat and mushroom sauce and stir until the pasta is fully coated. Serve sprinkled with a little grated Parmesan (remember to count the calories if using it).

MEXICAN CHICKEN *and* RICE

 10 MINS

 VARIABLE (SEE BELOW)

 457 KCAL PER SERVING

This warming and filling one-pot chicken dish uses the classic flavours and ingredients of Mexico. The fresh chilli adds that tiny bit of warmth to make the flavours really sing. We've included a great method for cooking in a pressure cooker, but make sure you adjust the volume of chicken stock accordingly.

Weekly Indulgence

Use GF stock cubes



SERVES 4

1 tbsp ground cumin
2 tsp mild chilli powder
1 tbsp smoked sweet paprika
1 tbsp garlic granules
2 tsp dried oregano
8 skinless and boneless chicken thighs (all visible fat removed)
sea salt and freshly ground black pepper
low-calorie cooking spray
1 red pepper, deseeded and diced
1 green pepper, deseeded and diced
1 red onion, diced
1 fresh chilli, deseeded and chopped
250g basmati rice, rinsed and drained
1 x 400g tin chopped tomatoes
juice of ½ lime
250–500ml chicken stock
(2 chicken stock cubes dissolved in 250–500ml boiling water)
160g sweetcorn kernels (tinned or frozen)
1 x 400g black beans, drained and rinsed
small handful of fresh coriander, chopped

HOB METHOD

 35 MINS

Combine all the dry spices, garlic granules and oregano.

Season the chicken thighs with salt and pepper and place them in a bowl or food bag and add half of the spice mix. Mix well so all of the thighs are coated. Set aside. (If you like you can do this in advance.)

Spray a large heavy-based frying pan with low-calorie cooking spray and place over a high heat. Add the chicken and fry for 2 minutes on each side. Remove from the pan and set aside.

Spray the pan with more low-calorie cooking spray, then add the peppers and onion and cook for 3–4 minutes over a medium heat until they start to soften. Add the fresh chilli and the remaining spice mix and stir well, then add the rice and stir until it is well coated. Add the tomatoes, lime juice and 500ml chicken stock, then stir and bring to the boil. Place the chicken thighs on top and turn the heat down to low. Cover and cook for 30 minutes, stirring halfway through.

When the rice and chicken are cooked, stir in the sweetcorn, black beans and half of the coriander. Replace the lid for a few minutes, then sprinkle with the remaining coriander and serve.

BONUS RECIPES

PRESSURE COOKER METHOD

 25 MINS

Combine all the dry spices, garlic granules and oregano.

Cut the chicken thighs into bite-sized pieces, season with salt and pepper and place in a bowl or food bag. Sprinkle half of the mix over the chicken. Stir well so all the chicken is coated. Set aside. (If you like you can do this in advance.)

Spray the pressure cooker with some low-calorie cooking spray and set to Sauté/Browning.

When the pressure cooker is hot, add the chicken pieces and cook for 2–3 minutes, stirring occasionally to make sure they brown evenly.

Add the peppers, onion and chilli and continue cooking for another 3–4 minutes, or until the veg starts to soften. Add the rice to the pressure cooker.

Add the tinned tomatoes, lime juice, 250ml chicken stock, sweetcorn, black beans, half the coriander and the rest of the spice mix. Stir well and replace the lid.

Cook on Manual/Stew for 10 minutes, then allow the pressure to release naturally (Natural Pressure Release/NPR) for 8–10 minutes. Stir gently and serve, sprinkled with the remaining coriander.

SPAGHETTI

Carbonara



10 MINS



10 MINS



515 KCAL PER SERVING

Classic carbonara is rich with butter and cheese, and some less-authentic versions even use double cream. You can easily replicate the salty rich flavours by using a very simple ingredient: stock. Choosing a strong, full-flavoured cheese such as pecorino and mixing it with a little mustard powder also helps to make the cheese go much further while lowering the calories.

Special Occasion

SERVES 2

120g dried spaghetti
low-calorie cooking spray
½ onion, finely chopped
250–300g button mushrooms,
thinly sliced
200g gammon (all visible fat
removed), cut into little pieces
300ml vegetable stock (1 vegetable
stock cube dissolved in 300ml
boiling water)
1 medium egg
1 tsp freshly ground black pepper
(or to taste)
2 tbsp quark
¼ tsp English mustard
powder (optional)
30g pecorino cheese, grated, plus
extra to serve (optional)
handful of fresh parsley, chopped

Place a large pan of water onto the hob to boil for the pasta. Cook the pasta in the boiling water according to the packet instructions.

While the pasta is cooking, spray a large frying pan with some low-calorie cooking spray and place over a medium heat. Add the onion and fry for 3 minutes until softened, then add the mushrooms and gammon and fry for another 3–4 minutes until browned slightly.

Add the vegetable stock to the frying pan, turn the heat up to high and let it simmer, stirring frequently, until the stock has reduced by half.

Meanwhile, whisk the eggs with the black pepper, quark, mustard powder (if using) and pecorino in a bowl. Set aside.

Drain the pasta when it's cooked and tip it into a big bowl. Add the cooked onion, mushroom, stock and gammon mixture and stir well.

Slowly add the egg, pecorino and quark mixture to the pasta, stirring constantly. Do not do this over the heat, otherwise you'll end up with scrambled egg! Once it's all stirred through, add the parsley. Plate up and sprinkle with a little more pecorino cheese (but don't forget to count the calories).

SAVOURY Rice

 5 MINS |  30 MINS |  379 KCAL PER SERVING

This savoury rice is a fabulous addition to any fakeaway and also makes an easy lunch, eaten cold the following day. It's a delicious blend of spicy rice, with a selection of jewel-like vegetables mixed through for a tasty and satisfying dish.

Everyday Light



Use a GF stock cube

SERVES 2

low-calorie cooking spray
1 onion, finely chopped
½ red pepper, deseeded and diced
1 small carrot, finely diced
3 mushrooms, sliced
2 tsp ground turmeric
2 tsp curry powder
150g long-grain rice
550ml vegetable stock (1 vegetable stock cube dissolved in 550ml boiling water)
40g frozen peas
40g sweetcorn kernels (tinned and drained, or frozen)

Spray a large frying pan with low-calorie cooking spray and place over a medium heat. Add the onion and cook for about 5 minutes until softened, then add the red pepper, carrot, mushrooms, turmeric and curry powder, and cook for another 2 minutes.

Add the rice to the pan and use another few sprays of low-calorie cooking spray so the rice doesn't clump together. Stir well.

Add the stock, peas and sweetcorn, stir and bring to the boil, then cover and turn the heat down to low. Leave to simmer for 15 minutes, or until the rice is tender and the stock has been absorbed, stirring occasionally.

Remove from the heat and serve immediately on its own, or with your choice of main meal (we love it with Honey Chilli Chicken, see page 70).

ONION *and* CHIVE POTATO WAFFLES

 5 MINS

 VARIABLE (SEE BELOW)

 154 KCAL PER SERVING

These waffles are so quick and easy, you'll want to serve them with every meal! They're great for a sustaining breakfast dish, too. You don't have to splash out on a waffle maker to make them – you can pick up a silicone waffle mould extremely cheaply and bake them in the oven instead.

Everyday Light



SERVES 2

2 medium potatoes
2 spring onions, trimmed and
finely chopped
1 tbsp finely chopped chives
½ tsp onion granules
sea salt and freshly ground
black pepper
low-calorie cooking spray

WAFFLE MAKER METHOD

 10 MINS

Prick the potatoes a few times with a fork, then cook them in the microwave until they're fairly soft. (If you don't have a microwave, preheat the oven to 200°C/fan 180°C/gas mark 6 and bake the potatoes for 35–45 minutes until cooked through.)


Allow the potatoes to cool, then peel them.

Coarsely grate the potato into a decent-sized bowl, then stir the spring onions, chives, onion granules and season with salt and pepper. Keep stirring until the mixture comes together, then get your hands in and make it into a ball.

Turn on the waffle maker and allow it to heat up, then spray it with low-calorie cooking spray.

Press the potato mix into the waffle maker, then close the lid and press down to distribute the potato evenly. Cook for about 10 minutes until the waffles are brown and crispy. Remove from the waffle maker and serve.

SILICONE WAFFLE MOULD METHOD

 30–35 MINS

Prick the potatoes a few times with a fork, then cook them in the microwave until they're fairly soft. (If you don't have a microwave, preheat the oven to 200°C/fan 180°C/gas mark 6 and bake the potatoes for 35–45 minutes until cooked through.)

Allow the potatoes to cool, then peel them.

Preheat the oven to 200°C (fan 180°C/gas mark 6).

Coarsely grate the potato into a decent-sized bowl, then stir in the spring onions, chives, onion granules and season with salt and pepper. Keep stirring until the mixture comes together, then get your hands in and make it into a ball.

Spray the mould generously with low-calorie cooking spray.

Press the potato mix in the mould and place on a baking tray. Bake in the oven for 20 minutes.

Remove the waffle from the mould, flipping over to a baking tray sprayed with a little more low-calorie cooking spray. Return to the oven for a further 10–15 minutes until browned. Remove from the oven, cut in half, then serve.

Baba GANOUSH

 10 MINS |  20 MINS |  35 KCAL PER SERVING

A good baba ganoush is smoky and rich with aubergine and garlic – an absolute treat! This easy, low-calorie recipe combines these classic flavours to make a wonderful dip for crudités or a delicious topping for toast.

Everyday Light



SERVES 4

3 aubergines
low-calorie cooking spray
4 garlic cloves
4 tbsp fat-free Greek-style yoghurt
juice of ½ lemon
¼ tsp salt
¼ tsp sweet smoked paprika,
plus extra to serve
¼ tsp ground cumin
1 tsp chopped fresh parsley
veg crudités, to serve (optional)

Preheat the oven to 200°C (fan 180°C/gas mark 6).

Cut the aubergines in half lengthways, spray the cut surfaces with some low-calorie cooking spray and place them cut side down on a baking tray. Place the unpeeled garlic cloves on the tray with the aubergine.

Cook in the oven for 20 minutes or until the aubergine is soft and starting to collapse.

Remove from the oven and let the aubergine cool for a few minutes, then scrape out the flesh, put it in a sieve and push out the excess liquid using a spoon (discarding the skins). You want to remove as much moisture as you can. Place the aubergine flesh in a blender.

Peel the roasted garlic and add it to the blender along with all the other ingredients. Blitz for a few seconds. The baba ganoush should have a slightly chunky texture – not too smooth.

Season to taste, tip into a bowl, sprinkle with paprika and serve with some crudités, if desired.

ROSEMARY *and* GARLIC SHOESTRING FRIES

🕒 15 MINS | 🍳 25 MINS | 🔥 152 KCAL PER SERVING

What did we eat before shoestring fries? These potato matchsticks crisp up perfectly, and with the addition of the rosemary and garlic, they make the tastiest snack going! You can also use an airfryer – reduce the cooking time to 12 minutes and shake the basket regularly.

Everyday Light



SERVES 4

low-calorie cooking spray
2 large potatoes, peeled and sliced
into matchstick-size pieces
with a mandoline, julienne
peeler or spiralizer
sea salt
2 tbsp garlic granules
2 tbsp dried rosemary

Preheat the oven to 250°C (fan 230°C/gas mark 9). Line two baking sheets with greaseproof paper and spray them with low-calorie cooking spray.

Put the matchstick potatoes in a microwaveable bowl and use paper towel to pat and squeeze them to remove moisture. Do this two or three times with fresh sheets of paper towel to get the potato as dry as possible.

Spray the matchstick potatoes with low-calorie cooking spray and use your hands to distribute it evenly and make sure they are separated and not clumped together.

Microwave the matchstick potatoes on High for 3 minutes.

When they have cooled enough, season them with salt and sprinkle over the garlic granules and rosemary, using your hands to separate and coat them evenly. Spread them across the lined baking sheets in a thin layer, put them on the middle shelf of the oven and cook for 10 minutes, then flip them over and cook for a further 5 minutes.

Rearrange the fries, covering the edges that have browned with fries that are still soft, repeating this again 5 minutes later. After 25 minutes, remove the fries from the oven and serve.

Tip

If you don't have a mandoline, julienne peeler or spiralizer, use a sharp knife to cut the potatoes – it will just take a bit longer.

SAUSAGE ROLLS

 10 MINS |  30 MINS |  336 KCAL PER SERVING

This sausage roll recipe caused quite a stir when we posted it on the website. Sausages can sometimes seem out of the question when following a slimming diet, but by making your own sausagemeat mix, you can cut out the fat incredibly easily. Don't be put off by the amount of seasoning in the mix – the more flavoursome the mince, the more authentic the sausage rolls will taste.

Weekly Indulgence

F

SERVES 3 (2 PER PORTION)

400g lean minced pork
(5% fat or less)
½ onion, finely chopped
½ tsp fresh chopped thyme
or dried thyme
½ tsp fresh chopped sage
or dried sage
1 tsp chopped fresh parsley
1 tsp sea salt
½ tsp freshly ground black pepper
dash of Worcestershire sauce
½ tsp English mustard powder
3 low-calorie tortilla wraps
2 medium eggs, beaten in separate
bowls (1 for the filling,
1 for glazing)
low-calorie cooking spray

Preheat the oven to 200°C (fan 180°C/gas mark 6).

Place the mince in a large bowl, then add all the remaining ingredients (apart from the tortilla wraps, eggs and cooking spray) and mix thoroughly.

Spray a baking tray with some low-calorie cooking spray.

Divide the sausagemeat into six equal sausage shapes, place them on the baking tray and cook in the oven for 15 minutes.

Remove from the oven and leave the sausages until they are cool enough to handle.

Lay a tortilla wrap flat on the work surface and brush all over the top with the beaten egg. Place two sausages at one end and roll them up tightly in the wrap. Cut the wrap in half, cutting the ends off the wrap to tidy them up a bit if you like. (At this point you could freeze the sausage rolls in an airtight container for cooking on another day.)

Place the six sausage rolls on the baking tray and brush each one with the remaining beaten egg. Cook in the oven for 10 minutes, or until they are golden brown.

Remove from the oven and allow the sausage rolls to cool for a few minutes before serving.

Knickerbocker **GLORY**

 **5 MINUTES** (PLUS SETTING TIME) |  **NO COOK** |  **140 KCAL PER SERVING**

A British classic from the 1920s that had a resurgence in the '70s and '80s, the knickerbocker glory is an absolute delight. We think it's about time it made another comeback. Thanks to bright colour from all the fruit and the sweet ice cream, this dessert is a lighter guilty pleasure!

Weekly Indulgence

GF

SERVES 4

1 x 26g sachet sugar-free
jelly crystals
180g fat-free Greek-style yoghurt
½ tsp sugar-free vanilla syrup
200g mixed berries, any larger
fruit (like strawberries) halved
or quartered, plus extra sliced
strawberries to garnish
4 scoops of light vanilla ice cream
reduced-fat squirty cream, to serve

Make up the jelly according to the packet instructions and leave it to set.

When the jelly is set, mix the yoghurt with the vanilla syrup and set aside.

Divide the jelly into eight equal portions. Put a layer of jelly in the bottom of four glasses, followed by a thin layer of yoghurt.

Divide half of the fruit among the four glasses, then add a scoop of ice cream. Repeat the layers as follows: jelly, yoghurt, then fruit. Finally, top each serving with 3 tablespoons of reduced-fat squirty cream and a slice of strawberry.

Tip

You could also use frozen berries instead of fresh ones – simply allow to thaw before use.



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