

Parcel Chicken



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Chicken is one of my most favourite things to cook because there are sooooo many variations and this parcel chicken recipe certainly proves it!! In this recipe I used red rice but you could easily use cauliflower rice or quinoa for an equally delicious dish!

So how do you make this delicious parcel chicken dish I hear you cry! Well here we go:

INGREDIENTS:

- Chicken breast
- 1/4 cup rice or quinoa or cauliflower rice
- fresh thyme
- vine tomatoes halved
- red onion
- Cheese of choice (I went with Saint Agur)

METHOD:

So the method for making the parcel chicken is really straight forward! I love a recipe where I can just set something to cook and then leave it whilst I go off and do something else! So all you need to do is boil your rice or quinoa until it's cooked (Or make your cauliflower rice). Meanwhile pre-heat the oven to 180C and make an incision into your chicken breast to make a

pocket and stuff it with a smidgen of cheese.

Once your rice is cooked it's time to make your parcel chicken! So get some parchment paper and spoon your rice in to the middle of the paper, then cover with your diced red onion and halved tomatoes. Place your stuffed chicken on top and then cover with fresh thyme. Then wrap your mixture up in the parchment paper like you're wrapping a parcel and then pop it on a baking tray and put it in the oven. This should take around 30-35 minutes to cook through but definitely keep checking it just in case!

And then when your oven timer goes off you will have parcel chicken for dinner!

Love Roo xx

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Butter Chicken Curry

Butter Chicken Curry is the ultimate fakeaway! Dieting is hard right? Wrong! Living a clean eating life is actually really easy because you get to make your own version of your favourite butter chicken curry takeaway at home. For less. And with fewer calories. And with more nutrients. Yay! Imagine how good it feels to eat the naughty food which isn't actually all the naughty and you can leave the table without the horrible greasy bloated gut feeling!

Well imagine no more. Try out this butter chicken curry recipe with either wholegrain rice or quinoa (non-paleo option) or [cauliflower rice](#) (paleo option):



Butter Chicken Curry – Clean Eating Recipe

Marinade – mix together:

1/2 can coconut milk

1/4tsp coriander

1/4tsp cumin

1/4tsp garam masala

1/4tsp paprika

1/4tsp turmeric

4 chicken breasts diced

Then sauté 5 cloves garlic diced, and a small chunk of ginger diced, then add 1/4tsp each of coriander, garam masala and cumin.

Mix together

Then add the marinade chicken

Then add the remaining 1/2 can of coconut milk and 1 carton of pasata

Serve on whole grain rice (or cauliflower rice if paleo) with a spoonful of Greek yogurt and some chopped parsley or coriander sprinkled on top

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Chimichurri

This amazing chimichurri steak recipe is delicious! By making this chimichurri you can liven up the taste of steak and make it really flavoursome. If you've never tried chimichurri steak you are missing out. The one thing I love about living my paleo-ish life is that I can still eat what most people consider to be "naughty food" and it's actual 100% healthy, it's tasty and is a billion times nicer than eating anything out of a packet.

January is a really easy time to eat healthy because everyone wants to make a good head start! But going forwards into the year and maintaining it is when it starts to get a little bit more difficult. But with recipes like this and with food as delicious as this it is so easy to stick to eating and fuelling your body with the right food! By following this clean way of eating you are setting yourself up for instant success with a body that is ready to go, you don't feel sluggish, you will lose a few lbs or more if you decide to exercise alongside it. Everything you want to achieve starts with this simple first step and will help build a solid foundation for moving forwards into a happy and healthy 2016.



chimichurri steak

To make the chimichurri steak mix just mix together:

- 2tbsp red wine vinegar
- 2 spring onions
- 1tsp oregano
- Handful of fresh coriander
- Handful of fresh parsley
- Chopped chilli to taste
- Chopped garlic to taste
- 2tbsp olive oil

Drizzle over cooked steaks and enjoy.

Check out this chimichurri steak recipe as well as my other recipes on my [Instagram](#).

And remember you can mix it up a little bit you don't just have to put it on your steak why not drizzle it over a salad or on a baked sweet potato.

Love Roo xx

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Black Beans Burger



I have always had an obsession with black beans and now it's a full blown love affair with this spicy black bean burger recipe! I really suffer with acne and as a 31 year old it's pretty devastating that my skin is still behaving like a teenagers, so I was doing some research and a few things that came up was that it might be a good idea to cut back on red meat to improve hormonal acne. I am a huge fan of meat especially beef and was pretty worried

about giving up or cutting back on beef burgers, but with this spicy black bean burger recipe I can assure you that I certainly have nothing to worry about and I can hand on heart say that I would choose this every time! Black beans are sooooo nice! They have a whole load of health benefits too; black beans are high in protein and fibre so are a great option for vegetarians needing alternative sources of protein, they're loaded with iron, phosphorous, calcium, magnesium, manganese, copper and zinc which will help to build and maintain healthy bones. Black beans are also naturally low in sodium so they help to lower blood pressure. And finally black beans as a high fibre food will increase satiety and reduce appetite, which will help you to feel fuller for longer so you won't be reaching for the cookie jar!

So that's enough about why black beans are amazing! Let's look at this recipe!



- drain and mash can of black beans
- dice finely and add; 3 spring onions, 1 jalapeno, 1 bell pepper, 1 clove garlic
- add 1 large egg
- add 1/2 cup oats
- add 1tbsp paprika, 1 tbsp chilli
- add 2tbsp nandos peri peri sauce
- add 2tbsp water
- ensure all is well combined then spoon mixture on to a baking tray and cool at 190°C for 10 minutes each side

To keep it totally paleo serve in lettuce leaves instead of a bun, or just go totally bunless and leave-less and have it with some sweet potato or desiree potato fries ☐

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Chinese stirfry



So the other day Roo Boy was craving Chinese food so I made him this delicious and healthy Chinese stirfry to keep us both happy!

So how do you go about making this scrumptious

chinese stirfry I hear you ask, well let me tell you! Chinese stirfry is quick, easy, cheap to make and doesn't have to be greasy!

Chop 1 sirloin steak per person and cook in a wok until browned evenly

Meanwhile boil some water and add 1 nest of wholemeal noodles per person and cool for 4 minutes

Add 2tbsp of Worcestershire sauce, 2tbsp of Chinese wine and 3tbsp soy sauce to the beef and stir and simmer

Drain the noodles and add to the beef mixture

Then add frozen peas and simmer until the peas are cooked.

Serve in bowls and sprinkle some fresh coriander over the top for extra flavour

Make this chinese stirfry recipe completely paleo by using courgetti instead of noodles ☐

Love Roo xx

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Chilli



One of my favourite “stodge” recipes is a chilli, it makes me feel like I’m being naughty and eating something as treat but it’s actually super healthy and the chilli gives a nice fiery kick of heat to warm your cockles! This chilli recipe is quite simply a variation of my previous [chilli recipe](#) but with one amazing difference!! Whilst

you are cooking the chilli, bake a potato. For best results, pre-heat your oven to 200C, prick your potato all over drizzle with olive oil, himalayan salt and a twist of pepper, then pop in the microwave for 5 minutes, turn and cook for a further 5 minutes and then pop it in the oven to crisp up the skin for 20 minutes. (make it paleo by using a sweet potato)

Now, back to the chilli! Make sure you cook this exactly the same as my [chilli recipe](#) and let the sauce thicken. You can cook this quickly on the hob it doesn’t have to be done in the crockpot. Then once the potato has cooked, split in half and scoop out the flesh and pop in a bowl and mash it up so it’s really smooth. If you want to make it really creamy add a little bit of mashed avocado to it :). Then take your little potato boat and put it on a baking tray



lined with parchment paper, then scoop some chilli and put it inside the potato (careful not to overload it!) and then repeat this for the other half of the potato. Finally using a fork or spoon put your mashed potato back on top of the chilli mixture inside your potato. sprinkle a smidge of cheese on it you like and then pop it back in the oven or under a grill to crisp up the potato mixture on top of the chilli, serve garnished with fresh coriander.

So what’s so great about this chilli recipe? Firstly you’re getting a really good mix of fats, proteins and carbs, and secondly by putting your chilli mixture into your potato it’s really helping you to manage your portion control! Double whammy!

Try it out for yourself! I promise you there is no other chilli recipe quite like it!

Love Roo xx

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Caribbean Chicken



I love a bit of spice and eating clean, this Caribbean chicken recipe is the perfect meal for adding some flavour and as few calories as possible to your plate. Caribbean chicken is not only flavoursome but it's so colourful too! I like to try and get as much colour into my dish as possible.

Who knew that a healthy, paleo, clean eating Caribbean Chicken dish could be so easy to make?! If you want something on the side try making some cauliflower rice to have with it.



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Meaty Pizza



I love meat and that's a fact so when I get to make this meaty pizza recipe I am filled with all kinds of happiness! A meaty pizza isn't quite what you imagine, it's actually a meaty pizza base and it is THE BEST!

The great thing about this recipe is that it is totally paleo!

To make your meaty pizza you will need:

- 1 pack of minced beef
- 1tbsp paprika
- 1tsp garlic powder
- 1tsp cumin
- half red onion
- Greek yoghurt
- 1/2 cup parmesan cheese
- Chopped peppers
- Chopped coriander
- Rocket or Salad

Meaty Pizza Cooking Instructions:

1. Preheat your oven to 200C
2. Take a pizza tray and line it with parchment paper
3. In a mixing bowl mix together the minced beef, paprika, cumin and garlic powder
4. Spread the mixture onto the pizza tray and bake in the oven for 15 – 20 minutes until cooked
5. Remove from the oven and using a kitchen towel remove the excess juice from the meat
6. Spread some greek yoghurt over the meat, then sprinkle some of the parmesan cheese on top, then scatter the diced red onion and peppers and then put on some more parmesan cheese.
7. Cook for another 15 minutes.
8. Serve on a bed of rocket or salad with some chopped coriander on top.

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Halloumi Cheese Recipe



Halloumi cheese with honey, pistachios rosemary and thyme

This halloumi cheese recipe is the best! It is perfect as a small meal on it's own when you're not really hungry on a hot summers day, and also makes a great side dish for steak or salad. I do love a versatile recipe!

This little beauty couldn't be any easier! All you need is to grill your halloumi until it's browned on both sides, then chop up some pistachios and scatter them over the top, drizzle some honey over everything. And then finally chop up a little bit of fresh rosemary and thyme and sprinkle that over the lot. And hey presto you've got yourself one flavoursome treat!

Enjoy!

Love Roo xx

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Courgette Quiche



The mighty courgette is a life saver when it comes to trying to eat clean, you can use it in almost anything and everything including this amazing courgette quiche recipe! It will leave you feeling full, it's healthy and you can use it as a meal on it's own or a side for something else, it's really quite versatile. Give it a go and see what you think ☐ Mama Roo loved it!

Ingredients

1. 2 medium – large courgettes
2. 500g ricotta or quark
3. 75g parmesan
4. 4 spring onions diced
5. 3 cloves of garlic diced
6. A handful of fresh chopped dill
7. 3 large eggs
8. 75g feta

Method:

- Preheat your oven to about 180 – 190C
- using a cheese grater grate your courgette into a bowl, then transfer to a sieve and using a paper towel squish it to get as much of the water out as possible
- Grate your parmesan
- Then mix together all of your ingredients (except the feta)
- Transfer to a greased baking dish and cook for about 50 minutes – 1 hour.
- Remove and crumble the feta on top and place back in the oven for another 20 minutes.

Courgette Quiche Serving suggestions; on it's own. With some rocket or lettuce leaves with some home made salsa, a small slice with a baked sweet potato, on a bed of chopped peppers, or with some cooked and chilled chicken or turkey breast. The possibilities really are endless!

Love Roo xx

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