10 High Protein

Fakeaway Recipes



Scott Baptie's FOOD for FITNESS

Chicken Biryani

482
CALORIES
per serving

Fragrant basmati rice layered with succulent marinated chicken, aromatic spices, caramelized onions, and fresh herbs, steamed to perfection, offering a tantalizing symphony of flavours and textures in every spoonful of this classic Indian biryani.

PREP TIME 10 MINS
COOK TIME 45 MINS
SERVES 4

1 tbsp. coconut oil
500 g (1 lb) chicken breast, chopped
Black pepper, a good few grinds of the mill
1 large onion, finely chopped
10 g (2 tsp) garlic, puree
1 tsp. turmeric
½ tsp. chili powder
2 tbsp. curry powder
200 g (7 oz) basmati rice (uncooked weight)
80 g (3 oz) raisins
200 g (7 oz) frozen green peas
750 ml (3 cups) chicken stock

Preheat the oven to 180 degrees Celsius (360°F).

In a large pan (that can be placed in the oven) add the coconut oil, season the chicken and fry it on a high heat to get some colour on it for a few minutes. It doesn't need to be fully cooked at this stage.

Move to the side of the pan and add the onion and fry for a few more minutes.

Add the garlic, turmeric, chilli and curry powder to the pan and cook for a further minute. Add the rice to the pan (make sure you've rinsed it first) and mix so it's coated with the spices.

Finally, add the raisins, peas and chicken stock, cover with a lid and place it into the oven and bake for around 35 minutes until all the liquid has been absorbed and the rice is fully cooked.

Serve and garnish with some fresh coriander.

NUTRITIONAL INFO PER SERVING
482 CALORIES
39g PROTEIN
68g CARBS
6g FAT

FOOD DIARY BARCODE



Chicken Bhuna

486
CALORIES
per serving

This Chicken Bhuna is one of those dishes that's packed with flavour but still light enough to keep things feeling fresh.

PREP TIME 15 MINS
COOK TIME 35 MINS
SERVES 3

600g chicken breast, diced into bite-sized chunks
2 tbsp oil
2 medium onions, finely sliced
1 green pepper, cubed
30 g garlic and ginger paste (15 g of each)
1 tsp ground cumin
1 tsp ground coriander
1 tsp paprika
½ tsp turmeric
½ tsp chilli powder (or to taste)
½ tsp salt
1 bay leaf
1 cinnamon stick
400g chopped tomatoes (tinned)
150 ml water
Handful of coriander, chopped
Optional: squeeze of lemon or lime at the end

NUTRITIONAL INFO PER SERVING
486 CALORIES
65g PROTEIN
16g CARBS
18g FAT

FOOD DIARY BARCODE

Heat 1 tbsp of oil in a non-stick pan or wok over high heat. Add the chicken, season with a little salt, and brown it for 3–4 minutes until golden. Remove and set aside.

Add the remaining 1 tbsp of oil to the pan and reduce the heat to medium. Cook the sliced onions and pepper fry for around 5 minutes until soft. Stir in the garlic and ginger paste and cook for 1–2 minutes until fragrant. Then add cumin, ground coriander, paprika, turmeric, salt, bay leaf and cinnamon stick. Cook for another minute. If you do want some heat, add in some chilli powder at this stage too.

Mix in the chopped tomatoes, water and fresh coriander and return the chicken to the pan and stir to coat.

Simmer, uncovered on a high heat for 10–12 minutes until the chicken is cooked through and tender and the sauce has really thickened.

Serve and garnish with fresh coriander.



Honey Chilli Chicken

390
CALORIES
per serving

This Honey Chilli Chicken is exactly the kind of midweek dinner that keeps everyone happy – high in protein, full of flavour, and on the table in just 30 minutes.

PREP TIME 15 MINS
COOK TIME 15 MINS
SERVES 3

500g skinless chicken breast, diced
1 tbsp cornflour
1 tbsp soy sauce
1 tbsp rice vinegar or white wine vinegar
1 tbsp oil
1 red pepper, thinly sliced
1 yellow pepper, thinly sliced
4 spring onions, sliced
15 g garlic cloves, minced
15 g ginger, minced
1–2 red chillies, finely chopped
1 tbsp tomato puree
2 tbsp reduced-sugar ketchup
1½ tbsp honey

In a bowl, mix the chicken with cornflour, soy sauce, and vinegar. Let it marinate for 15 minutes while you prep the veg.

Heat the oil over medium-high heat and add the chicken. Stir-fry for 6–8 minutes until browned and cooked through. Remove from pan and set aside.

In the same pan, add the peppers and spring onion and fry for a couple of minutes to soften. Add the garlic, ginger, and chilli and stir-fry for 1 minute until fragrant.

Add the chicken back to the pan along with the tomato puree, ketchup and honey. Mix through and serve.

Garnish with the remaining spring onions and serve hot.

NUTRITIONAL INFO PER SERVING
390 CALORIES
52g PROTEIN
23g CARBS
10g FAT

FOOD DIARY BARCODE



Honey Garlic Chicken

478
CALORIES
per serving

Honey Garlic Chicken is a delicious recipe that's extremely easy to make, doesn't require a lot of ingredients and will result in clean plates all round.

PREP TIME 5 MINS
COOK TIME 15 MINS
SERVES 3

1 tsp onion powder
1 tsp garlic powder
Black pepper, good few grinds
20g (4 tsp) corn flour
600g (1.5 lbs) chicken breast, chopped
1 tbsp coconut oil
10g (0.5 oz) garlic, puree
10g (0.5 oz) ginger, puree
2 tbsp reduced salt soy sauce
50 ml (2 fl oz) honey
200ml (7 fl oz) chicken stock
5 g (1 tsp) corn flour
10 ml (2 tsp) sesame oil
Spring onions for garnish

Sprinkle the onion powder, garlic powder, pepper and cornflour over the chicken breast and tip it all into a Tupperware box or freezer bag and give it a good shake so the chicken is coated in the mixture.

Heat the coconut oil in a large frying pan on a medium/high heat and cook the chicken until it is crispy, golden and fully cooked through. Remove from the pan and set aside.

To the same pan, add the garlic, ginger, soy sauce, honey, chicken stock, cornflour and sesame oil and simmer on a high heat for a few minutes until it reduces and thickens.

Add the chicken back to the pan, coat with the sauce and serve.

NUTRITIONAL INFO PER SERVING
478 CALORIES
61g PROTEIN
27g CARBS
14g FAT

FOOD DIARY BARCODE



Korean Beef Bowl

273
CALORIES
per serving

PREP TIME 16 MINS
COOK TIME 20 MINS
SERVES 4

1 tsp coconut oil
5 g (1 tsp) garlic, finely chopped
5 g (1 tsp) ginger, finely chopped
500 g (1 lb) steak mince
30 g (2 tbsp) honey
60 ml (4 tbsp) soy sauce
1 tsp sesame oil
1 tsp chilli flakes
1 tbsp corn flour
200 ml (8 fl oz) water
1 carrot, grated
3 spring onions, chopped

This is probably one of the easiest Korean beef bowl recipe you're likely to make. Super-quick and simple yet it tastes delicious.

In a large pan, add the coconut oil and the red onion, garlic and ginger and cook until the onions start to turn translucent.

Add the mince to the pan and brown, breaking it up with a spoon and cook until no longer pink.

Throw in all of the other ingredients and simmer for around 20-25 minutes until the sauce has thickened.

Serve with rice and your favourite chutney.

NUTRITIONAL INFO PER SERVING
273 CALORIES
30g PROTEIN
18g CARBS
9g FAT

FOOD DIARY BARCODE



Szechuan Chicken

400
CALORIES
per serving

This hot and spicy Szechuan chicken is a flavour explosion of tender chicken thighs, fiery chilli, and tongue-tingling Szechuan peppercorns.

PREP TIME 10 MINS
COOK TIME 10 MINS
SERVES 3

1 tbsp oil
600g chicken thigh fillets, chopped into cubes
1 red onion, chopped into cubes
1 green pepper, chopped into cubes
10g garlic, puree or very finely chopped
10g ginger, puree or very finely chopped
1 red chilli, chopped
1 green chilli, chopped
1 tbsp Szechuan peppercorns
1 tbsp light soy sauce
1 tbsp dark soy sauce
1 tbsp honey
1 tbsp oyster sauce

Heat the oil in the wok on a high heat and add the chicken. Fry for a few minutes until cooked through and remove from the pan. Return the wok to the heat. Add the onion and pepper and fry for a few minutes until slightly softened.

Add the ginger, garlic, chillis and peppercorn and fry for a further minute.

Add the chicken back to the pan with the soy sauce, honey, oyster sauce.

Serve.

NUTRITIONAL INFO PER SERVING
400 CALORIES
40g PROTEIN
16g CARBS
24g FAT

FOOD DIARY BARCODE



Slow Cooker Pulled Korean Beef

347
CALORIES
per serving

Slow-cooked to tender perfection, this Korean-inspired pulled beef combines rich gochujang heat, savoury soy, and sweet honey for a bold, high-protein dish topped with crunchy peanuts and fresh spring onions.

PREP TIME 10 MINS
COOK TIME 8 HOURS
SERVES 6

1 kg brisket
10 g ginger, minced
10 g garlic, minced
60 g Gochujang paste
40 ml Soy sauce
50 ml Honey
1 tbsp. white wine vinegar
1 tbsp. wholegrain mustard
20 g corn flour
350 ml beef stock
To Serve:
2 Tbsp peanuts, crushed
2 Spring Onions, finely sliced

Add the beef, ginger, garlic, gochujang, soy sauce, honey, vinegar, mustard, cornflour, and stock to the slow cooker and whisk it together.

Add the beef in and cook on low for 8 hours.

Once the beef is cooked use two forks to shred the beef. The beef should absorb a lot of the liquid in the sauce if you leave it to soak in for 15 minutes or so. If it doesn't you can always discard a little of the sauce.

Serve and garnish with peanuts and spring onions.

NUTRITIONAL INFO PER SERVING
347 CALORIES
38g PROTEIN
15g CARBS
15g FAT

FOOD DIARY BARCODE



311
CALORIES
per serving

Korean Sticky Chicken

This Korean Sticky Chicken is the perfect midweek dinner when you want something packed with flavour but still healthy and high in protein.

PREP TIME 5 MINS
COOK TIME 20 MINS
SERVES 3

1 tsp oil
500g chicken breast, chopped
30 ml reduced-salt soy sauce
1 red onion, chopped
1 green pepper, chopped
1 red pepper, chopped
15 g garlic, finely chopped
15 g ginger, finely chopped
1 can (330ml) Diet Coke or Pepsi Max
1 tbsp rice vinegar
20g gochujang paste

Heat the oil in a wok on a high heat. Add the chicken and soy sauce so the chicken doesn't look so anemic and fry for a few minutes to get some colour on it.

Remove and set aside. Keeping the heat on high, add the red onion and peppers to the wok. Fry for a few minutes to soften slightly and get some charring on them.

Add the garlic and ginger and fry for a further 30 seconds.

Add the Diet Coke, rice vinegar, gochujang paste to the wok along with the chicken.

Simmer on a high heat for 10 minutes or until the sauce has really thickened and is coating the chicken and vegetables.

Serve and garnish with some sesame seeds and spring onions.

NUTRITIONAL INFO PER SERVING
311 CALORIES
52g PROTEIN
10g CARBS
7g FAT

FOOD DIARY BARCODE



Kung Pao Turkey

366
CALORIES
per serving

Kung Pao Turkey is a delicious high protein fakeaway recipe that tastes better than anything you'll get at the local takeaway. It's sweet, spicy and on the plate in under 15 minutes.

PREP TIME 10 MINS
COOK TIME 15 MINS
SERVES 3

Sauce
3 tbsp. soy sauce
1 tbsp. corn flour
1 tbsp. honey
1 tbsp. rice vinegar or white wine vinegar
100 ml (4 fl oz) water

Main Dish
1 red pepper, chopped
2 red chillies, finely chopped
4 spring onions, sliced
1 tbsp. coconut oil
500 g (1 lb) turkey, cubed
20 g (4 tsp) garlic, chopped
20 g (4 tsp) ginger, chopped
50 g (2 oz) unroasted peanuts

Mix the ingredients for the sauce and set aside.

Heat coconut oil in a wok, add turkey pieces and fry until cooked through. Once cooked, remove and set aside.

Add the pepper, chillies, garlic, ginger, spring onions and peanuts to the wok and cook for 2-3 minutes. Return the turkey to the pan along with the sauce and simmer for 3-5 minutes until the sauce has slightly thickened.

Serve with rice and garnish with some more spring onion.

NUTRITIONAL INFO PER SERVING
366 CALORIES
43g PROTEIN
17g CARBS
14g FAT

FOOD DIARY BARCODE



325
CALORIES
per serving

Salt & Pepper Chicken

Salt and pepper chicken has long been a favourite recipe from the Chinese. Its crispy exterior, tender chicken, and the yummy combination of salt, Chinese 5-spice seasoning and pepper have made it a beloved choice for many.

PREP TIME 10 MINS
COOK TIME 15 MINS
SERVES 3

½ tsp onion powder
½ tsp garlic powder
1 ½ tsp. Chinese 5-spice seasoning
1 tbsp soy sauce
500g (1 lb) boneless, skinless chicken breasts, sliced
2 tsp. coconut oil
1 pepper, thinly sliced
1 onion, thinly sliced
5 g (1 tsp) garlic, minced
5 g (1 tsp) ginger, minced
1/2 teaspoon chilli flakes (optional)
Spring onions for garnish

Add the chicken to a bowl with the onion powder, garlic powder and 1 tsp of Chinese 5-spice seasoning and soy sauce. Mix through.

Heat the olive oil in a large frying pan over medium heat.

Once the frying pan is hot, add 1 tsp of coconut oil and the seasoned chicken slices. Cook for 6-7 minutes, stirring occasionally, until the chicken is cooked through and no longer pink in the middle. Remove the chicken from the frying pan and set it aside.

In the same frying pan, add the second tsp of coconut oil, the pepper and onion. Cook for 5-7 minutes, or until the vegetables are softened.

Add the garlic, ginger, the remaining ½ tsp Chinese 5-spice and chilli flakes (if using) to the frying pan and cook for another 30 seconds to a minute.

Add the cooked chicken slices back to the frying pan with the vegetables. Stir to combine.

Cook for another 2-3 minutes, or until the chicken is heated through.

Serve. Sprinkle the chopped spring onions over the top of the chicken before serving.

NUTRITIONAL INFO PER SERVING
325 CALORIES
52g PROTEIN
9g CARBS
9g FAT

FOOD DIARY BARCODE



Download My Recipes App

For More High Protein Recipes!

Scan me

Download on the App Store

GET IT ON Google Play

Scott Baptie's FOOD for FITNESS



- 500+ Family-Friendly High Protein Recipes
- Simple Ingredients, Easy-to-Follow Instructions
- Advanced Search by Diet, Meal Type, Time
- New High Protein Recipes Every Month

CLICK HERE to download