

The High-Protein Collection

Everyday Cookbook

High-protein food for normal days.

30 RECIPES



BREAKFASTS · LUNCHES · DINNERS

Chicken Fillet Roll Bowls

Chicken breast, plain flour, smoked paprika — Seasoned chicken strips sit over basmati rice with shredded cabbage, carrot and a lemon yoghurt dressing. This bowl borrows the chicken-and-salad combination of a fillet roll.



SERVES 2	PREP 12 min	COOK 20 min	ENERGY 596 kcal	PROTEIN 48.4 g
LEVEL easy CONTAINS wheat, milk, eggs, mustard				HIGH PROTEIN

Ingredients

- **300 g chicken breast** (*raw, boneless and skinless; 2 breasts about 150 g each, cut into strips*)
- **20 g plain flour**
- **1 tsp smoked paprika**
- **1 tsp garlic powder**
- **1 tbsp olive oil**
- **150 g basmati rice** (*dry weight*)
- **100 g cabbage** (*finely shredded*)
- **1 carrot** (*grated; approximately 80 g trimmed weight each*)
- **80 g 0% fat Greek yoghurt** (*plain strained yoghurt, approximately 10 g protein per 100 g; FAGE Total 0% used for estimates*)
- **1 tbsp light mayonnaise** (*approximately 29% fat; egg and mustard, without milk; Tesco light mayonnaise label used by volume*)
- **1 tsp lemon juice**

SEA SALT AND CRACKED BLACK PEPPER

- **300 ml water** (*for rice; follow the packet if a different amount is specified*)

Method

- 01** Cook the rice in water according to the packet, then let it stand covered for 5 minutes.
- 02** Combine the flour, paprika and garlic powder. Toss the chicken strips through it, pressing on the coating so the measured flour is used.
- 03** Heat the oil in a large frying pan over medium heat. Fry the chicken for 8–10 minutes, turning regularly, until golden and 75°C at the centre of the thickest strips.
- 04** Stir together the yoghurt, mayonnaise and lemon juice. Mix the cabbage and carrot in a separate bowl and season to taste.
- 05** Divide the rice, slaw and chicken between two bowls and spoon over the dressing.

FROM THE KITCHEN

A thin flour coating helps the chicken colour without deep-frying. Start the rice first, then cook the chicken while it simmers and rests. Keep the cold dressing separate until the bowl is ready.

Chef's note

- Use raw, fully thawed chicken; breaded frozen strips require their own packet instructions.
- For packed lunches, cool the rice quickly and refrigerate within 1 hour; use within 24 hours.
- Keep chilled components at 0–5°C and use an insulated bag with an ice pack when travelling.

Cheesy Beef Cottage Pie

Lean beef mince, onion, carrots — A tomato-rich beef filling sits beneath mashed potato and cheddar. Potatoes cook while the filling simmers, and the assembled pie receives a hot oven finish before a five-minute rest.



SERVES 4	PREP 20 min	COOK 65 min	ENERGY 591 kcal	PROTEIN 46.0 g
LEVEL medium CONTAINS celery, milk				HIGH PROTEIN

Ingredients

- **600 g** lean beef mince (*raw; approximately 5% fat*)
- **1 onion** (*finely chopped; approximately 150 g peeled weight each*)
- **2 carrots** (*diced; approximately 80 g trimmed weight each*)
- **2 celery sticks** (*diced; approximately 40 g trimmed weight each*)
- **1 tbsp** tomato purée
- **400 g** tinned tomatoes
- **300 ml** beef stock (*ready-to-use; choose a product without celery, wheat, milk or soya; check the label*)
- **900 g** potatoes (*peeled and cut into chunks; edible weight after peeling where specified*)
- **150 ml** whole milk (*approximately 3.6% fat*)
- **30 g** butter
- **60 g** cheddar (*grated*)

SEA SALT AND CRACKED BLACK PEPPER

- **1 tsp** olive oil
- **1500 ml** water (*for boiling potatoes; discarded after cooking*)

Method

- 01** Heat the oven to 200°C (180°C fan). Heat the oil in a deep frying pan and soften the onion, carrots and celery over medium heat for 7–8 minutes.
- 02** Add the mince and cook for 6–8 minutes, breaking it up. Stir in the tomato purée, tomatoes and stock; simmer for 25–30 minutes until thick. Check the mince has reached 75°C.
- 03** Meanwhile, boil the potatoes in water for 18–20 minutes until tender. Drain well and mash with all the milk and butter; season.
- 04** Spread the filling in a roughly 25 × 20 cm, 2.5 litre ovenproof dish. Cover with mash, roughen the top with a fork and scatter over the cheddar.
- 05** Bake for 20–25 minutes until golden and bubbling, with the centre at 75°C. Rest for 5 minutes before dividing into four portions.

FROM THE KITCHEN

Give the filling time to reduce before adding the mash. A thick sauce supports the topping and prevents a watery pie. The small amount of oil is included for softening the vegetables before the mince goes in.

Chef's note

- Let the sauce thicken before assembling; thin filling makes the topping sink.
- For a chilled assembled pie, allow extra baking time and check a 75°C centre rather than adding a fixed time.
- Freeze cooled portions if needed; thaw in the fridge before reheating once to at least 70°C.

The High-Protein Collection

Air Fryer Cookbook

High-protein. Low effort.

30 RECIPES



Air-Fryer Spice Bag Chicken & Peppers

Chicken breast, peppers, onion — Chicken strips, chips and pepper-onion vegetables cook separately so each has room to brown. This four-portion spice bag uses one basket plus an oven for holding; curry sauce is optional and not included.



SERVES 4	PREP 15 min	COOK 73 min	ENERGY 410 kcal	PROTEIN 41.6 g
LEVEL medium CONTAINS wheat				HIGH PROTEIN

Ingredients

- **600 g chicken breast** (*raw, boneless and skinless; cut into strips*)
 - **2 peppers** (*cut into 2 cm pieces; approximately 150 g trimmed weight each*)
 - **1 onion** (*cut into wedges; approximately 150 g edible weight*)
 - **800 g potatoes** (*800 g peeled raw edible weight; cut into chips*)
 - **1 tbsp olive oil**
 - **2 tsp smoked paprika**
 - **1 tsp cayenne pepper**
 - **1 tsp garlic powder**
 - **1 tsp ground ginger**
 - **0.5 tsp ground cinnamon**
 - **20 g plain flour**
- SEA SALT
- **30 ml water** (*only for thinning an overly dry chicken coating*)

Method

- 01** For serving together, heat an oven to 100°C for holding batches above a 63°C core. Set a 5–6 litre air fryer with a 22 × 22 cm base and at least an 800 g chip allowance to 190°C; preheat for 3 minutes if permitted.
- 02** Dry the 1 cm-thick chips thoroughly and toss with half the oil and salt to taste. Cook in a loose layer no more than 4 cm deep for 30–35 minutes, shaking every 5–7 minutes, until tender and browned. Transfer to the holding oven.
- 03** Mix the flour, paprika, cayenne, garlic powder, ginger and cinnamon. Toss with the chicken and one quarter of the oil, adding only enough of the listed water to moisten any dry flour.
- 04** Cook the chicken in two single-layer batches of 300 g for 12–14 minutes each at 190°C, turning halfway. Check the thickest strips reach 75°C, then hold hot in the oven.
- 05** Toss the peppers and onion with the remaining quarter of the oil. Cook at 190°C for 8–10 minutes in a loose layer, shaking halfway, until softened with browned edges.
- 06** Divide the hot chips, chicken and vegetables into four servings and season lightly. Optional curry sauce is outside the ingredient list and nutrition panel.

FROM THE KITCHEN

This is a cupboard-spice adaptation, rather than a claim to reproduce a specific takeaway blend. The chips take the longest; cooking all 1.8 kg of food together would crowd the basket and invalidate the timing.

Chef's note

- Check your model permits the stated chip load; smaller baskets need extra batches and longer total time.
- A dual-drawer fryer can overlap stages, but only when each drawer fits its stated load.
- The four-portion method requires a holding oven; halve the quantities for a smaller meal.

Crispy Garlic Parmesan Chicken Bites

Chicken breast, breadcrumbs, parmesan — Chicken bites receive an egg-bound crumb of Parmesan, paprika and garlic powder, then cook in two batches. A separate garlic yoghurt dip is included in the nutrition estimate.



SERVES

4

PREP

12 min

COOK

28 min

ENERGY

351 kcal

PROTEIN

47.5 g

LEVEL easy

CONTAINS wheat, milk, eggs

HIGH PROTEIN

Ingredients

- 600 g chicken breast (*raw, boneless and skinless; cut into 3 cm pieces*)
- 80 g breadcrumbs (*plain dried wheat breadcrumbs without egg or milk; all measured coating included in the estimate*)
- 40 g Parmesan (*grated*)
- 1 eggs (*large, beaten; approximately 60 g edible weight, without shell*)
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tbsp olive oil
- 120 g 0% fat Greek yoghurt (*plain strained yoghurt, approximately 10 g protein/100 g; FAGE Total 0% label reference*)
- 1 clove garlic (*crushed; approximately 3 g peeled weight per clove*)

SEA SALT AND CRACKED BLACK PEPPER

Method

- 01 Mix the breadcrumbs, Parmesan, garlic powder and paprika. Season lightly. Beat the egg separately.
- 02 Toss the chicken with the beaten egg, then add the crumb mixture in two additions and press it firmly onto the pieces. Discard any unused raw-contact coating.
- 03 Brush the coated chicken with all the oil. Set the air fryer to 190°C; preheat for 3 minutes if permitted.
- 04 Cook half the chicken, about 300 g raw meat, in a spaced single layer on a 22 × 22 cm basket base for 12–14 minutes. Turn halfway and check the largest centres reach 75°C.
- 05 Repeat with the remaining chicken. With clean utensils, mix the crushed garlic into the yoghurt, season and serve a quarter of the dip with each portion.

FROM THE KITCHEN

A toss-and-press coating uses less egg than a large dipping bowl. Keep all raw-chicken utensils separate from the yoghurt dip, and brush the food rather than relying on oil left beneath the basket.

Chef's note

- To serve together, hold the first batch in a 100°C oven and keep its centre above 63°C.
- The panel conservatively includes all measured egg, crumb and oil; discarded coating reduces actual intake.
- Chill within 2 hours, keep at 0–5°C and eat within 2 days; reheat only once to at least 70°C.

The High-Protein Collection

Sweet Sides

Creamy pots, comforting bakes and fruit desserts.

30 RECIPES



Baked Vanilla Cheesecake Pots

Cottage cheese, cream cheese, eggs — Blended cottage cheese and cream cheese bake over digestive bases in individual ramekins. Their egg filling must cook through before cooling and a two-hour chill.



SERVES 4	PREP 15 min	COOK 35 min	ENERGY 411 kcal	PROTEIN 17.9 g
LEVEL medium CONTAINS wheat, eggs, milk				SOURCE OF PROTEIN

Ingredients

- **400 g cottage cheese** (*reduced-fat, approximately 1.5% fat; weight as sold, without further draining; blend smooth*)
- **150 g cream cheese** (*plain full-fat soft cheese, approximately 24% fat; pasteurised*)
- **2 eggs** (*large; 60 g edible weight each, without shell; bring to room temperature briefly during preparation for bakes*)
- **80 g digestive biscuits** (*plain wheat biscuits, crushed; choose a formulation without other declared allergens*)
- **25 g butter** (*melted*)
- **60 g caster sugar**
- **1 tsp vanilla extract**
- **10 g plain flour** (*weighed flour*)

Method

- 01** Heat the oven to 160°C conventional. Set four 300 ml ovenproof ramekins, about 10 cm across and at least 5 cm deep, on a baking tray.
- 02** Mix the biscuit crumbs with the melted butter and press a quarter into each ramekin. Blend the two cheeses completely smooth.
- 03** Beat in the sugar, eggs, vanilla and the weighed 10 g flour. Divide evenly over the bases, leaving headroom.
- 04** Bake for 28–35 minutes until the edges are set, the centres move gently as one mass and their centres reach 75°C. Extend cooking if there is liquid batter.
- 05** Cool on a rack for about 60 minutes, then cover and refrigerate for at least 2 hours. Serve one cold pot per person.

FROM THE KITCHEN

Wide shallow ramekins give the filling a consistent depth. A slight soft movement is acceptable at the centre, but a wet or liquid middle needs longer in the oven rather than extra time in the fridge.

Chef's note

- Cool promptly and refrigerate within 2 hours; keep at 0–5°C and eat within 2 days.
- Oven settings are conventional, not fan. Preheat during preparation; extend cooking if the centre is not done.
- Use ovenproof ramekins, not ordinary drinking glasses.

Banoffee Yoghurt Pots

0% fat greek yoghurt, bananas, digestive biscuits — Bananas and digestive crumbs sit under yoghurt cream and a brown-sugar toffee sauce. The 100 ml cream is split between the sauce and whipped layer, so every ingredient has one measured use.



SERVES 4	PREP 20 min	COOK 6 min	ENERGY 422 kcal	PROTEIN 12.7 g
LEVEL medium CONTAINS wheat, milk				SOURCE OF PROTEIN

Ingredients

- **400 g** 0% fat Greek yoghurt (*plain thick strained yoghurt, approximately 10.3 g protein/100 g; FAGE Total 0% label reference; weigh without further straining*)
- **2 bananas** (*2 bananas, approximately 240 g peeled edible weight; slice just before assembly*)
- **80 g** digestive biscuits (*plain wheat biscuits, crushed; choose a formulation without other declared allergens*)
- **30 g** butter
- **60 g** demerara sugar
- **100 ml** double cream (*100 ml total pasteurised 48% cream: 50 ml for the toffee and 50 ml for whipping*)
- **1 tsp** vanilla extract

Method

- 01** Put the butter, sugar and 50 ml cream in a small saucepan. Heat gently, stirring until the sugar dissolves, then simmer for 2–3 minutes to a smooth sauce; do not fry the sugar dry.
- 02** Transfer to a shallow heat-safe bowl and cool for about 25 minutes until no longer warm. Keep the remaining 50 ml cream refrigerated.
- 03** Whip the reserved cream to soft peaks in a narrow bowl and fold into the yoghurt with the vanilla.
- 04** Divide the biscuit crumbs, sliced banana, yoghurt cream and all the cooled toffee between four 300 ml glasses, layering as you go.
- 05** Cover and chill for at least 1 hour. Serve one glass per person.

FROM THE KITCHEN

This is a soft layered dessert. Making the sauce first gives it time to cool while you prepare the cream; keep the bananas for final assembly to limit browning.

Chef's note

- Use all the sauce across the four portions; no extra caramel is assumed.
- Cover and refrigerate at 0–5°C; eat within 2 days and follow ingredient use-by dates.
- The biscuit becomes softer as the filled pots stand.

EVERYDAY — HIGH-PROTEIN FOOD FOR NORMAL DAYS.

THE HIGH-PROTEIN COLLECTION · IRELAND EDITION · 2026

Nutrition was recalculated on 30 September 2026 from final ingredient quantities and stated portion counts, using CoFID 2021 (UK Department of Health and Social Care) and product labels for brown soda bread, black beans, light mayonnaise and strained 0% yoghurt. Values are ingredient-based estimates, not laboratory measurements; cooking losses and discarded meat fat are not modelled. All measured oil, sauces, cheese, bread, rice, pasta and pastry are included. Optional accompaniments and discretionary salt/pepper are excluded. One tablespoon is 15 ml and one teaspoon is 5 ml; olive and sesame oil are estimated at 0.9 g/ml. Large eggs are estimated at 60 g edible weight each. Milk is estimated at 1.03 g/ml; cream and ready-to-use stock at 1 g/ml. Counted vegetables have edible weights in their notes. CoFID entries use matching raw, cooked or drained states where available. Raw lean beef, raw turkey breast, generic ready-made chicken stock and ground cayenne provide representative estimates for stewing beef, turkey breast mince, beef stock and smoked paprika respectively. Baking potatoes use the raw old-potato flesh record; the retained skin is not separately modelled. Removed bay leaves are excluded. The light mayonnaise reference is per 100 ml and is calculated by volume, including the 40 ml used in the club wraps; it is not treated as a per-100-g label. Fibre is approximate: AOAC fibre is summed where recorded; missing fibre values in small quantities of herbs, garlic, spring onions, spices and lemon juice are not assumed to be measured zero. These omissions can slightly understate the total. Sodium is reported in mg, not salt in g; label salt is converted using sodium = salt / 2.5. The black bean label gives salt below 0.01 g/100 g; 0.01 g is used as a conservative calculation limit. Product changes, substitutions and extra seasoning alter the values and allergens. Allergen lists describe the specified formulations and intentional ingredients, not an allergen-free guarantee; check packaging and cross-contact warnings. Recipe timings are planning estimates, include stated batches and required waits, and may increase with equipment or ingredient size. Oven settings give conventional followed by fan temperatures. Safe cooking, reheating and chilling instructions follow FSAI consumer guidance. Meat, poultry and fish cooking uses a 75°C core check; reheating uses at least 70°C and only one reheat. Kitchen testing and page-layout review have not been performed. References: <https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid> ; <https://www.tesco.ie/shop/en-IE/products/303544117> ; <https://www.tesco.ie/shop/en-IE/products/297021336> ; <https://www.tesco.ie/shop/en-IE/products/297243995> ; <https://ie.fage.com/nutrition> ; <https://www.fsai.ie/consumer-advice/food-safety-and-hygiene/cooking-and-reheating> ; <https://www.fsai.ie/consumer-advice/food-safety-and-hygiene/storage> ; <https://www.fsai.ie/consumer-advice/food-safety-and-hygiene/berries-advice-to-boil-imported-frozen-berries> .



That was a taste.

The full collection has 90 recipes.

Everyday, Air Fryer and Sweet Sides: three books, 90 recipes, each with calories, protein and allergens on the page. Metric measures and °C, ingredients from a normal shop, no protein powder.

These six recipes are exactly as they appear in the books. The notes page before this one explains how the numbers were worked out and that the recipes are not yet kitchen-tested.

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