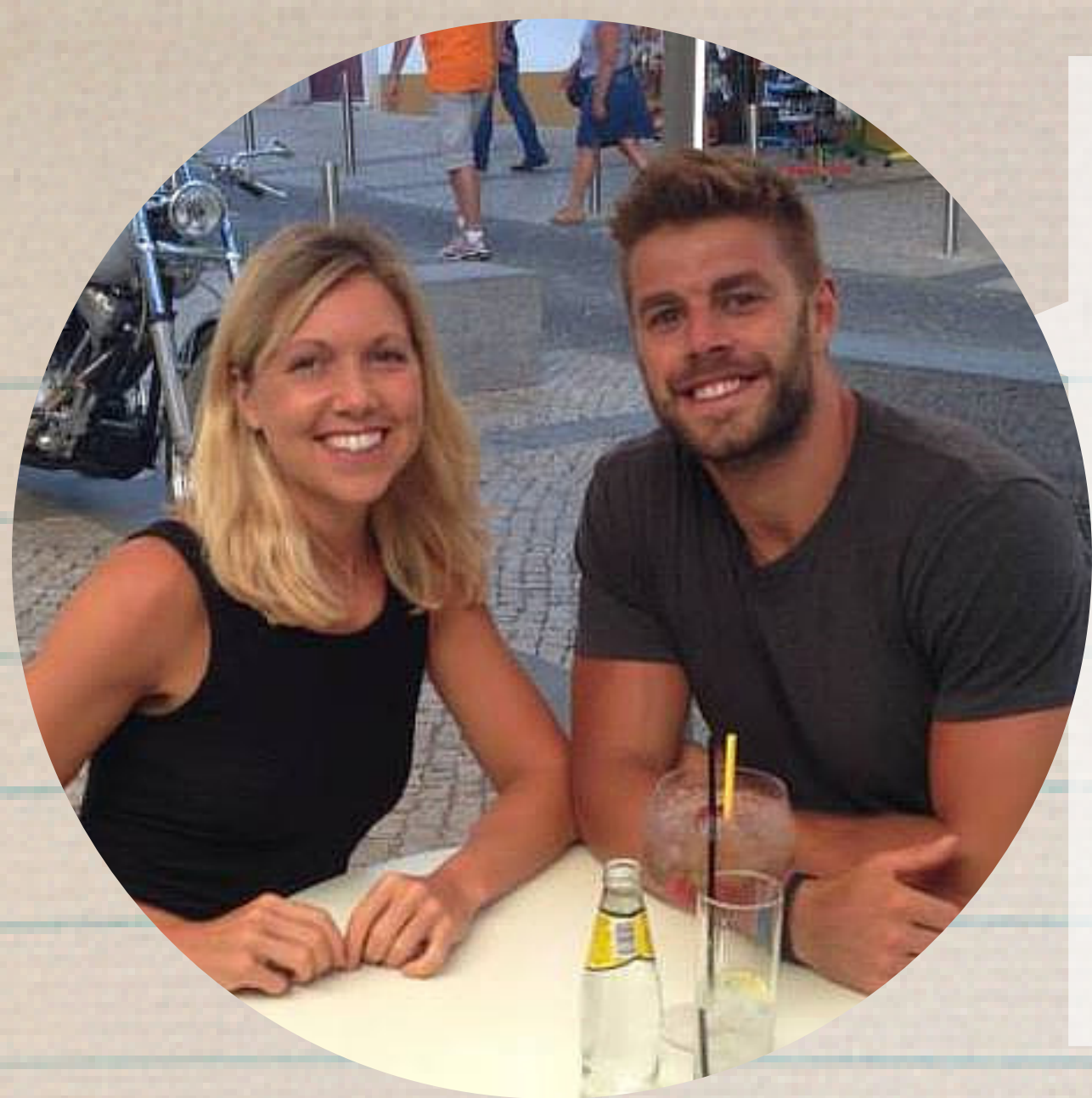




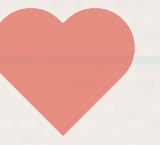
# YOUR VALENTINE'S DAY MENU





We've put together this Fitter Food menu to help you spice up your Valentine's evening and treat that special person in your life. Not only is each course delicious, they are all easy to make and can be prepared well in advance, allowing you plenty of time to focus on some romance! The courses are also based on aphrodisiac foods to get you both in the mood, including seafood, chilli spices and dark chocolate - all renowned for their libido enhancing properties! Winner!

Matt, Keris & Hamish



## ALMOND & PAPRIKA CRUSTED CHICKEN (SERVE WITH SPICY KETCHUP)

Prep Time: 10 mins Cook Time: 12 mins Serves: 2

- 350g chicken breasts
- 150g whole blanched almonds
- 2 tsp of paprika or smoked paprika
- 1 tsp garlic powder
- ½ tsp Himalayan or Celtic sea salt
- 2 free range eggs beaten
- 4 tbsp coconut or olive oil



- 1) Cut the chicken breast into long strips.
- 2) Place the almonds into a food processor or blender and pulse until they form a breadcrumb like texture (don't blend for too long as you want these to be chunkier than ground almonds), sprinkle the almonds onto a plate before adding the paprika, garlic and salt. Mix together well with a fork.
- 3) Crack the eggs into a bowl and whisk.
- 4) Dip each piece of chicken in the beaten egg before rolling it in the almond topping and covering thoroughly. Do this for each piece and set aside.
- 5) Heat the cooking oil in a large frying pan on a medium heat before laying your strips into the pan and shallow fry for about 4-5 minutes on each side until the almonds are nice and golden and the chicken is cooked through. Be careful not to cook on too high a heat, or they will start to burn.

SPICY  
KETCHUP

- 100g tomato puree
- 2 tbsp apple cider vinegar
- 6 tbsp water
- 1-2 tsp smoked paprika
- Himalayan pink or Celtic Sea salt
- /freshly ground black pepper to taste
- 2tsp of raw honey or xylitol

Combine all the ingredients for the tomato ketchup in a small bowl, mix well and taste. Season to taste.

Prep Time: 5 mins Serves: 4

# SUN DRIED TOMATO COURGETTI

Prep Time: 12 mins    Cooking Time: 8mins    Serves: 2



**3 courgettes, julienned**  
**3 tablespoons sun dried tomatoes in olive oil**  
**3 tbsp of tomato puree**  
**2 tablespoons of olive oil**  
**Juice of half a lemon**  
**Handful of fresh basil**  
**4 garlic cloves, peeled**  
**1 tbsp olive oil**  
**300g prawns (or substitute for chicken/white fish)**  
**Handful of feta (optional)**

- 1) Add the sun dried tomatoes, tomato puree, olive oil, lemon juice, basil and garlic to a food processor and blend into a paste.*
- 2) Heat the olive oil in a large frying pan on a low heat and add the sundried tomato paste, stir fry for about a minute and then add the prawns, toss in the sauce and cook until just pink.*
- 3) Add in the courgettes and toss in the sauce. Cook for 2-3 minutes until they start to soften.*
- 4) Top with some crumbled feta, fresh basil and serve.*

# DARK CHOCOLATE POTS

Prep Time: 20 mins (plus allow 3-4 hours to set)

Cooking Time: 10 mins

Serves: 4

**150g dark chocolate 85-90% cocoa solids**  
**1 x 400ml tin full fat coconut milk**  
**2-3 tbsp of raw honey, maple syrup or Xylitol**  
**(If using xylitol run through a coffee grinder so the texture is more like icing sugar - this creates a creamy pud)**  
**1 egg, separated**



- 1) Warm the coconut milk in a pan on a low heat, keep stirring gently and don't allow the milk to boil. After 3-4 minutes break the chocolate into pieces and add to the milk, keep stirring to allow the chocolate to melt.*
- 2) Beat the egg white in a blender. Once the chocolate has melted remove from the heat allow to cool for a minute and add the beaten egg white and then stir in the yolk. Combine the ingredients into a smooth ganache.*
- 3) Sweeten to your taste with either honey, maple syrup or xylitol, it's best to taste at this stage to get the sweetness right plus the mixture resembles a thick, hot chocolate drink hmmmm! Pour into espresso cups or small dessert dishes and refrigerate for 3-4 hours or overnight.*