



MEAT LOVER'S KITCHEN

A DELICIOUS COLLECTION OF CHICKEN, MUTTON, BEEF,
AND SEAFOOD RECIPES FOR EVERYDAY FEASTS

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CHICKEN



CREAMY GARLIC HERB BUTTER CHICKEN



PREP TIME
15 MINS



COOK TIME
25 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 290 | Protein: 28g | Carbs: 2g |
Fat: 18g

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp paprika
- 1 tsp dried oregano
- 1 tbsp fresh parsley, chopped
- 3 tbsp butter
- 4 garlic cloves, minced
- 1 tbsp olive oil
- 1 tbsp lemon juice

INSTRUCTIONS

1. Slice the breast meat in half lengthwise to make 4 thinner pieces. Pat them dry with a paper towel.
2. Rub the breast meat with salt, black pepper, paprika, and oregano on both sides.
3. Heat one tbsp oil on moderate heat. Add meat pieces and cook for 5-6 minutes on one side until golden brown. Remove the breast meat from the skillet and set aside.
4. Use the same skillet, add butter, and let it melt. Toss in the mashed garlic and cook for about 30 seconds until fragrant.
5. Stir in parsley and lemon juice, then return the chicken to the skillet. Spoon the garlic herb butter over the chicken and cook for another 2 minutes.
6. Remove from heat and let it sit for 2 minutes before serving.



CHICKEN ALFREDO PASTA BAKE



PREP TIME
20 MINS



COOK TIME
30 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 620 | Protein: 34g | Carbs: 39g |
Fat: 36g

INGREDIENTS

- 2 boneless, skinless chicken breasts, diced
- 2 cups penne pasta
- 1 tbsp olive oil
- 3 garlic cloves, minced
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 2 cups milk
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp Italian seasoning
- 2 tbsp chopped parsley

INSTRUCTIONS

1. Preheat oven to 375°F. Boil the penne pasta according to the mention steps on the package until just tender, then drain and set aside.
2. Heat olive oil in a skillet on moderate heat. Add the diced chicken, sprinkle with salt, black pepper, and Italian seasoning, then cook for 6-8 minutes until fully cooked and lightly golden. Remove and set aside.
3. Use the same skillet; melt the butter, then toss in the mashed garlic. Cook for 30 seconds, then toss in the flour and mix well for 1 minute. Ladle in the milk and heavy cream gradually, stirring until the sauce becomes smooth and slightly thick.
4. Add Parmesan cheese and half the mozzarella cheese, stirring until the sauce looks creamy. Add the cooked pasta and chicken, then mix until everything is evenly coated.
5. Shift the mixture to a baking dish and spread it evenly. Top with the remaining mozzarella cheese. Bake for 16-18 minutes until bubbly and lightly golden on top.
6. Remove from the oven, put it aside for 5 minutes, then garnish with chopped parsley and serve warm.



CHICKEN JALFREZI WITH STEAMED RICE



PREP TIME
20 MINS



COOK TIME
30 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 430 | Protein: 29g | Carbs: 29g |
Fat: 21g

INGREDIENTS

- 2 boneless, skinless chicken breasts, sliced
- 1 tbsp lemon juice
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp paprika
- ½ tsp turmeric
- 2 tbsp oil
- 1 onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 2 tomatoes, chopped
- 3 garlic cloves, minced
- 1 tbsp ginger, minced
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp chili flakes
- 2 cups cooked steamed rice
- 2 tbsp chopped cilantro

INSTRUCTIONS

1. Place the sliced chicken in a bowl and mix it with lemon juice, salt, black pepper, paprika, and turmeric. Let it sit for 10 minutes while you prepare the vegetables.
2. Heat one tbsp oil over moderate heat. Add boneless meat and cook for 5 to 6 minutes until lightly browned, then remove and set aside.
3. Use the same skillet, add the onion, bell peppers, garlic, and ginger. Cook for 4-5 minutes, until the veggies get soft but still retain a little bite.
4. Add the chopped tomatoes, cumin powder, coriander powder, and chili flakes. Cook until the tomatoes break down and form a thick masala.
5. Return the chicken to the skillet and stir until it's evenly coated with the spicy sauce. Cook for 6-8 minutes, until the chicken is fully cooked and the flavors blend.
6. Spread chopped cilantro to decorate and serve hot with steamed rice on the side.



LEMON HERB CHICKEN WITH ROASTED VEGETABLES



PREP TIME
15 MINS



COOK TIME
35 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 310 | Protein: 27g | Carbs: 11g |
Fat: 17g

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 2 carrots, sliced
- 1 zucchini, sliced
- 1 red bell pepper, chopped
- 1 red onion, cut into wedges
- 1 tbsp chopped parsley

INSTRUCTIONS

1. Preheat oven to 400°F. Line a baking tray or lightly grease a roasting pan.
2. Get a bowl, mix olive oil, salt, crushed pepper, garlic powder, oregano, thyme, lemon juice, and lemon zest. Rub this mixture all over the breast meat.
3. Place the carrots, zucchini, bell pepper, and red onion on the tray. Drizzle a little of the herb mixture over the vegetables and toss them well.
4. Arrange the chicken on the same tray beside the vegetables. Roast for 27-30 minutes, turning the vegetables halfway through, until the chicken is thoroughly cooked and the veggies are lightly caramelized.
5. Check that the chicken is fully done, then remove the tray from the oven. Spoon some of the roasting juices over the chicken for extra flavor.
6. Sprinkle with chopped parsley, let it sit for 5 minutes, and serve warm with the roasted vegetables.



SMOKY PAPRIKA CHILI CHICKEN



PREP TIME
15 MINS



COOK TIME
20 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 270 | Protein: 27g | Carbs: 2g |
Fat: 16g

INGREDIENTS

- 2 boneless, skinless chicken breasts, cut into strips
- 1 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- 1½ tsp smoked paprika
- 1 tsp chili powder
- ½ tsp cumin powder
- 3 garlic cloves, minced
- 1 tbsp lemon juice
- 1 tbsp butter
- 1 tbsp chopped cilantro

INSTRUCTIONS

1. Place the meat strips in a bowl and add salt, black pepper, smoked paprika, chili powder, cumin powder, garlic, and lemon juice. Toss well until the meat strips are fully coated. Let it sit for 10 minutes.
2. Heat one tbsp oil on moderate heat. Add meat strips in a single layer and cook for 4 to 5 minutes on one side until browned.
3. Flip the chicken and cook for more 4-5 minutes, until the pieces are fully cooked and develop a smoky exterior.
4. Add butter and let it melt around the chicken. Toss the chicken gently so the spicy coating stays glossy and rich.
5. Cook for 1 to 2 minutes until the flavors come together and the chicken looks slightly sticky and well-roasted.
6. Remove from the heat, sprinkle with chopped cilantro, and serve hot.

A close-up photograph of a plate of roasted mutton chops. The chops are arranged on a dark grey plate, garnished with fresh rosemary sprigs and a lemon wedge. The meat is cooked to a golden-brown color, and the bones are visible. The word "MUTTON" is overlaid in a white, bold, sans-serif font, enclosed in a white rectangular frame with decorative corner brackets.

MUTTON



GARLIC ROSEMARY MUTTON



PREP TIME
15 MINS



COOK TIME
1.10 HOURS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 360 | Protein: 28g | Carbs: 4g |
Fat: 25g

INGREDIENTS

- 500g mutton, medium pieces
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp fresh rosemary, chopped
- 5 garlic cloves, minced
- 1 tsp paprika
- ½ tsp cumin powder
- 1 onion, sliced
- ½ cup water
- 1 tbsp lemon juice

INSTRUCTIONS

1. Place the mutton in a bowl and add salt, black pepper, rosemary, garlic, paprika, cumin powder, and lemon juice. Mix well until the meat pieces are evenly coated, then let them sit for 15 minutes.
2. Heat olive oil in a heavy pan on moderate heat. Add the mutton and cook for 6 to 8 minutes, turning the pieces so they brown lightly on all sides.
3. Toss in sliced onion and cook for 4 minutes until it softens and begins to turn golden around the edges.
4. Add water, cover the pan, and cook the mutton on low heat for 48-50 minutes, stirring a few times in between, until tender.
5. Remove the lid and cook for 8-10 minutes, until the liquid reduces and the garlic-rosemary coating clings nicely to the meat.
6. Remove from heat and let it sit for 5 minutes before serving warm.



GINGER THYME MUTTON ROAST



PREP TIME
20 MINS



COOK TIME
1.20 HOURS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 375 | Protein: 29g | Carbs: 5g |
Fat: 26g

INGREDIENTS

- 600g mutton, medium pieces
- 2 tbsp oil
- 1 tbsp fresh ginger, grated
- 1 tsp fresh thyme leaves
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp chili powder
- 4 garlic cloves, minced
- 1 onion, chopped
- ¾ cup water
- 1 tbsp lemon juice

INSTRUCTIONS

1. In a large bowl, combine the mutton with ginger, thyme, salt, black pepper, chili powder, garlic, and lemon juice. Massage everything into the meat well, then let it sit for 15 minutes.
2. Heat two tbsp oil in a deep pan on moderate heat. Add the mutton and sear for 8 minutes, until lightly browned on all sides.
3. Add chopped onion and cook for 4-5 minutes until softened and lightly golden.
4. Pour in the water, cover, and cook the mutton on low heat for 57-60 minutes, until tender. Stir occasionally and add some water (just a splash) if needed.
5. Once the meat is tender, uncover the pan and roast it for 10-12 minutes, turning the pieces gently until they are rich, glossy, and slightly caramelized.
6. Remove from heat, let it sit for a few minutes, and serve hot.



SLOW-COOKED MUTTON STEW WITH POTATOES



PREP TIME
20 MINS



COOK TIME
1.40 HOURS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 410 | Protein: 27g | Carbs: 18g |
Fat: 25g

INGREDIENTS

- 600g mutton, medium pieces
- 2 tbsp oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 tbsp ginger, minced
- 2 potatoes, peeled and cubed
- 2 tomatoes, chopped
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp paprika
- ½ tsp turmeric
- 1 tsp cumin powder
- 3 cups water
- 2 tbsp chopped cilantro

INSTRUCTIONS

1. Heat two tbsp oil on moderate heat. Add chopped onion and cook for 4-5 minutes until softened and lightly golden.
2. Toss in the garlic and ginger, then cook for 30 seconds until fragrant. Add the mutton and cook for 8 minutes, stirring until the pieces change color and brown slightly.
3. Add the tomatoes, salt, black pepper, paprika, turmeric, and cumin powder. Mix well and cook until the tomatoes get soft and the spices coat the meat evenly.
4. Pour in the water, cover the pot, and simmer on low stove heat for one hour, stirring occasionally until the mutton begins to turn tender.
5. Add potato pieces and continue cooking for 26-30 minutes until both the mutton and potatoes are soft and the stew thickens slightly.
6. Sprinkle with chopped cilantro, let it sit for 5 minutes, and serve warm.



MUTTON CHOPS WITH HERB BUTTER SAUCE



PREP TIME
15 MINS



COOK TIME
25 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 395 | Protein: 30g | Carbs: 2g |
Fat: 29g

INGREDIENTS

- 8 mutton chops
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp paprika
- 1 tbsp olive oil
- 2 tbsp butter
- 4 garlic cloves, minced
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1 tbsp chopped parsley
- 1 tbsp lemon juice

INSTRUCTIONS

1. Pat the mutton chops dry and rub them with salt, crushed pepper, and paprika on both sides. Let them sit for 10 minutes.
2. Heat one tbsp oil on moderate heat. Add the mutton chops and cook for 4-5 minutes on each side, until well browned.
3. Lower the heat slightly, cover the skillet, and cook for 8-10 minutes more until the chops become tender, turning once in between.
4. Use the same skillet, add the butter, garlic, rosemary, thyme, and parsley. Let the butter melt and cook for 1 minute until the herbs smell fragrant.
5. Stir in the lemon juice, then spoon the herb butter sauce over the chops. Cook for 2 minutes more so the flavors settle into the meat.
6. Remove from heat, let it sit briefly, and serve warm.



SPICED WHEAT AND MUTTON CURRY



PREP TIME
20 MINS



COOK TIME
1.30 HOURS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 445 | Protein: 26g | Carbs: 24g |
Fat: 26g

INGREDIENTS

- 500g mutton, medium pieces
- 1 cup cracked wheat, rinsed
- 2 tbsp oil
- 1 onion, finely chopped
- 4 garlic cloves, minced
- 1 tbsp ginger, minced
- 2 tomatoes, chopped
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp turmeric
- 1 tsp cumin powder
- 1 tsp coriander powder
- ½ tsp chili powder
- 4 cups water
- 2 tbsp chopped cilantro

INSTRUCTIONS

1. Heat two tbsp oil on moderate heat. Add chopped onion and cook until golden and softened.
2. Toss in the garlic and ginger, then cook for 30 seconds before adding the mutton. Cook the meat for 8-10 minutes until it changes color and gets lightly browned.
3. Add the tomatoes, salt, black pepper, turmeric, cumin powder, coriander powder, and chili powder. Toss them well and cook until the tomatoes break down into a rich masala.
4. Add the cracked wheat and stir it through the spiced mutton mixture until well coated.
5. Pour in the water, cover, and let it cook on low stove heat for 1 hour- 1 hour 10 minutes, stirring occasionally, until the mutton is tender and the wheat turns soft and creamy.
6. Sprinkle with chopped cilantro, let it sit for 5 minutes, and serve hot.



BEEF



BEEF STEAK WITH PEPPER SAUCE



PREP TIME
15 MINS



COOK TIME
20 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 420 | Protein: 31g | Carbs: 3g |
Fat: 31g

INGREDIENTS

- 500g beef steak
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp olive oil
- 1 tbsp butter
- 3 garlic cloves, minced
- 1 tsp crushed black pepper
- 1 cup heavy cream
- ½ cup beef stock
- 1 tsp mustard
- 1 tbsp chopped parsley

INSTRUCTIONS

1. Pat the beef steak dry with a paper towel, then rub it with salt and black pepper on both sides. Let it sit at room temperature for 10 minutes to cook more evenly.
2. Heat olive oil in a skillet on moderate heat. Add a steak piece and cook for 4-5 minutes on each side, or longer if you prefer a more well-done steak. Remove the steak and let it sit on a plate.
3. Use the same skillet, add the butter, and let it melt. Toss in the mashed garlic and crushed black pepper, then cook briefly until fragrant.
4. Ladle in the beef stock and stir well, scraping the bottom to lift all the flavorful bits. Add the mustard and heavy cream, then mix until the sauce looks smooth.
5. Let it simmer gently for 3-4 minutes until it gets slightly thickened, then place the steak back into the skillet and spoon the pepper sauce over it.
6. Cook more for 1-2 minutes, sprinkle with chopped parsley, and serve warm.



BEEF CURRY WITH CUMIN RICE



PREP TIME
20 MINS



COOK TIME
55 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 460 | Protein: 29g | Carbs: 24g |
Fat: 27g

INGREDIENTS

- 500g beef, cubed
- 2 tbsp oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 tbsp ginger, minced
- 2 tomatoes, chopped
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp turmeric
- 1 tsp cumin powder
- 1 tsp coriander powder
- ½ tsp chili powder
- 1 cup basmati rice
- 2 cups water
- 1 tsp whole cumin seeds
- 1 tbsp chopped cilantro

INSTRUCTIONS

1. Rinse the basmati rice under running water until the water runs mostly clear, then set it aside. Heat one tbsp oil in a saucepan on moderate heat, add the whole cumin seeds, and let them sizzle for a few seconds.
2. Add the rinsed rice and stir gently for 1 minute. Pour in the water, cover the pan, and cook the rice on low heat for 15-18 minutes, until tender. Turn off the heat and let it sit covered.
3. Take the other pan and heat the leftover oil over moderate heat. Add chopped onion and soften it. Toss in the garlic and ginger, then cook briefly until fragrant.
4. Add meat cube and cook for 8-10 minutes until the pieces brown lightly. Add the tomatoes, salt, black pepper, turmeric, cumin powder, coriander powder, and chili powder. Toss them properly well and cook until the tomatoes soften into a thick masala.
5. Add some water (just a splash), cover the pan, and cook the meat cubes on low heat for 30-35 minutes, until tender and the curry thickens nicely. Stir a few times and add a little more water if needed.
6. Gently fluff the cumin rice, spoon the beef curry alongside, garnish with chopped cilantro, and serve hot.



MEATBALLS IN TOMATO SAUCE WITH PASTA



PREP TIME
20 MINS



COOK TIME
35 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 540 | Protein: 30g | Carbs: 31g |
Fat: 32g

INGREDIENTS

- 500g ground beef
- 1 egg
- ½ cup breadcrumbs
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp garlic powder
- 1 tbsp chopped parsley
- 200g pasta
- water for boiling
- 1 tbsp salt for pasta water
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 2 cups tomato sauce
- ½ tsp dried oregano
- ¼ cup grated Parmesan cheese

INSTRUCTIONS

1. Get a large pot with water to a boil. Add pasta water and salt, then add the pasta and prepare according to the mention steps on the package. Drain and set aside.
2. Grab a bowl, combine the ground beef, egg, breadcrumbs, salt, black pepper, garlic powder, and chopped parsley. Mix until just combined, then shape into medium meatballs.
3. Heat one tbsp oil in a skillet over moderate heat. Add meatballs and cook for 6-8 minutes, turning gently until browned on all sides. Remove and set aside.
4. Use the same skillet; add the remaining olive oil, then toss in the minced garlic. Cook briefly, then add the tomato sauce and dried oregano. Stir well and let it simmer gently.
5. Return the meatballs to the skillet, cover them with the sauce, and cook on low heat for 13-15 minutes, until fully cooked and tender.
6. Add prepared pasta to the sauce, toss gently, then decorate with grated Parmesan cheese and serve warm.



BEEF STIR-FRY WITH VEGETABLES AND RICE



PREP TIME
20 MINS



COOK TIME
30 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 430 | Protein: 28g | Carbs: 23g |
Fat: 25g

INGREDIENTS

- 500g beef strips
- 1 tbsp soy sauce
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp paprika
- 2 tbsp oil
- 1 onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 carrot, thinly sliced
- 3 garlic cloves, minced
- 1 tsp ginger, minced
- 1 cup rice
- 2 cups water
- 1 tbsp chopped green onions

INSTRUCTIONS

1. Rinse the rice well, then place it in a saucepan with the water. Get it to a gentle boil, cover, and cook on low heat for 16-18 minutes until tender. Turn off the heat and let it sit covered.
2. Place the beef strips in a bowl and mix them with soy sauce, salt, black pepper, and paprika. Let them sit for 10 minutes while the rice finishes cooking.
3. Heat one tbsp oil in a skillet. Add the beef and stir-fry for 4-5 minutes until browned, then remove and set aside.
4. Add leftover oil to the same skillet. Toss in the onion, bell peppers, carrot, garlic, and ginger, then cook for 4-5 minutes until the veggies get tender but still crisp.
5. Return the beef to the skillet and mix well with the vegetables. Cook for 2-3 minutes until everything is hot and coated with the pan juices.
6. Fluff the rice gently, serve the beef stir-fry over or alongside it, sprinkle with chopped green onions, and serve hot.



HERB-CRUSTED BEEF



PREP TIME
1 MINS



COOK TIME
30 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 390 | Protein: 32g | Carbs: 2g |
Fat: 28g

INGREDIENTS

- 600g beef roast or thick beef fillet
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp garlic powder
- 1 tsp dried rosemary
- 1 tsp dried thyme

- 1 tbsp chopped parsley
- 2 tbsp olive oil
- 1 tbsp butter
- 2 garlic cloves, minced
- 1 tbsp lemon juice

INSTRUCTIONS

1. Preheat oven to 400°F. Pat the beef dry and rub it with salt, crushed pepper, garlic powder, rosemary, thyme, and chopped parsley until evenly coated.
2. Heat two tbsp oil in an oven-safe skillet on moderate heat. Add the beef and sear it for 2-3 minutes on each side, until well browned.
3. Add butter and mashed garlic to the skillet, then spoon the melted butter over the beef for about 1 minute to help it take on more flavor.
4. Transfer the skillet to oven and roast for 12-18 minutes, depending on the thickness of the beef and your preferred doneness.
5. Remove the beef and drizzle with lemon juice. Let it sit for 8 minutes before slicing so the juices settle properly.
6. Slice and serve warm with the herb crust and pan juices spooned over the top.

A close-up photograph of several seared scallops on a dark plate. The scallops have a golden-brown, slightly charred top and a white, tender-looking interior. They are garnished with small sprigs of fresh green thyme. A white rectangular frame with decorative corner brackets is centered over the image, containing the word "SEAFOOD" in white, bold, sans-serif capital letters.

SEAFOOD



GARLIC BUTTER FISH FILLET



PREP TIME
15 MINS



COOK TIME
15 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 245 | Protein: 26g | Carbs: 2g |
Fat: 14g

INGREDIENTS

- 4 fish fillets
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp paprika
- 2 tbsp olive oil
- 2 tbsp butter
- 4 garlic cloves, minced
- 1 tbsp lemon juice
- 1 tbsp chopped parsley

INSTRUCTIONS

1. Pat the fish fillets dry with a kitchen towel. Then rub them with salt, black pepper, and paprika on both sides. Let them sit for 10 minutes so the seasoning settles in.
2. Heat two tbsp oil on moderate heat. Carefully add the fillets and cook for 3-4 minutes on the first side until lightly golden.
3. Flip the fillets gently and add the butter to the skillet. Once melted, toss in the mashed garlic and let it cook briefly until fragrant.
4. Spoon the garlic butter over the fish as it cooks for another 3 to 4 minutes, until the fillets are tender and flake easily with a fork.
5. Drizzle in lemon juice and cook for another 30 seconds, allowing the flavors to blend.
6. Spread chopped parsley and serve warm with the garlic butter spooned over the top.



CRISPY FRIED FISH



PREP TIME
20 MINS



COOK TIME
15 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 360 | Protein: 24g | Carbs: 18g |
Fat: 20g

INGREDIENTS

- 4 fish fillets
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ cup all-purpose flour
- 2 eggs
- 1 cup breadcrumbs
- oil for frying
- 1 tbsp lemon juice

INSTRUCTIONS

1. Pat the fish fillets dry. Rub them with salt, crushed pepper, chili powder, garlic powder, and lemon juice. Let them sit for 10 minutes to absorb the seasoning.
2. Place the flour in one shallow bowl. Crack the eggs into the other shallow bowl and whisk them well. Add the breadcrumbs to a third bowl to complete your coating station.
3. Coat each fish fillet first in flour, then dip it into the whisked egg mixture, and finally press it into the breadcrumbs until evenly coated on all sides.
4. Heat enough oil in a deep-frying pan over moderate heat. Once hot, carefully add the coated fish fillets and fry for 3 to 4 minutes per side until golden brown and crisp.
5. Remove the fish and place it on a plate arranged with paper towels so any extra oil drains off.
6. Let it sit for 2 minutes, then serve hot while the coating is still crispy.



GRILLED LEMON HERB PRAWNS



PREP TIME
15 MINS



COOK TIME
10 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 210 | Protein: 25g | Carbs: 2g |
Fat: 11g

INGREDIENTS

- 500g prawns, peeled and deveined
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tbsp chopped parsley
- 2 garlic cloves, minced

INSTRUCTIONS

1. Place the prawns in a bowl. Add two tbsp oil, salt, black pepper, garlic powder, oregano, lemon juice, lemon zest, minced garlic, and chopped parsley. Mix well and let them sit for 10 minutes.
2. Preheat outdoor grill on moderate heat. Lightly grease it if needed, so the prawns do not stick.
3. Arrange the prawns in a single layer on the hot grill. Cook for 2 to 3 minutes on the first side until they begin to turn pink and slightly charred.
4. Flip them gently and grill for another 2 to 3 minutes until fully cooked and nicely coated with the herb mixture.
5. Remove the prawns from the heat and spoon any remaining juices over them for extra flavor.
6. Let them sit briefly, then serve warm.



PRAWN CURRY WITH COCONUT RICE



PREP TIME
20 MINS



COOK TIME
15 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 430 | Protein: 24g | Carbs: 27g |
Fat: 24g

INGREDIENTS

- 500g prawns, peeled and deveined
- 1 cup basmati rice
- 1 cup coconut milk
- 1 cup water
- 2 tbsp oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 tbsp ginger, minced
- 2 tomatoes, chopped
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp turmeric
- 1 tsp cumin powder
- 1 tsp coriander powder
- ½ tsp chili powder
- 2 tbsp chopped cilantro

INSTRUCTIONS

1. Rinse the basmati rice well. Add it to a saucepan with the coconut milk and water, then bring it to a gentle boil. Cover and cook on low heat for 15 to 18 minutes until the rice gets tender and fragrant. Turn off the heat and let it sit covered.
2. Heat oil in a skillet on moderate heat. Add the chopped onion and cook for 4 to 5 minutes until softened and lightly golden. Toss in the garlic and ginger, then cook briefly until fragrant. Add the tomatoes, salt, black pepper, turmeric, cumin powder, coriander powder, and chili powder. Cook until the tomatoes break down into a thick masala.
3. Add the prawns and mix them well into the sauce. Cook for 5 to 6 minutes until the prawns turn pink and are fully cooked without becoming rubbery.
4. Gently fluff the coconut rice, then let the curry cook for 1 minute to allow the flavors to settle.
5. Garnish the prawn curry with chopped cilantro and serve hot with the coconut rice.



PAN-SEARED SCALLOPS WITH BROWN BUTTER AND HERBS



PREP TIME
15 MINS



COOK TIME
10 MINS



SERVINGS
4

NUTRITIONAL VALUES (PER SERVING):

Calories: 255 | Protein: 23g | Carbs: 2g |
Fat: 17g

INGREDIENTS

- 500g scallops
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp olive oil
- 3 tbsp butter
- 2 garlic cloves, minced
- 1 tsp fresh thyme, chopped
- 1 tsp fresh rosemary, chopped
- 1 tbsp chopped parsley
- 1 tsp lemon juice

INSTRUCTIONS

1. Pat the scallops very dry. Rub them lightly with salt and black pepper. Let them sit for a few minutes while the pan heats.
2. Heat olive oil in a skillet on moderate-high heat. Once hot, place the scallops in the pan in a single layer, without crowding. Cook the scallops for 2 minutes on the first side until a golden crust forms. Flip them carefully and cook the second side for another 1 to 2 minutes. Remove them from the skillet and set aside briefly.
3. In the same skillet, add the butter and let it melt. Cook until golden brown and nutty, then toss in the minced garlic, thyme, rosemary, and parsley.
4. Stir in the lemon juice, then return the scallops to the skillet for 30 seconds to coat them in the brown butter and herbs.
5. Remove from the heat and serve warm, with the herb-spiced butter spooned over the top.