



UNISLIM

*Easter*

BITES



**Easter is all about good food, great company, and making memories around the table! This year, why not add a healthy twist to your feast? These vibrant, wholesome recipes are bursting with flavour and delicious ingredients, so grab your apron and get cooking!**

Wishing you an egg-citing, delicious, and nourishing Easter from Team Unislim!



### **Smoked mackerel pate**

**FREE FOOD | Serves 4**  
**Ingredients:**

- 160g Smoked Mackerel Fillets
- 4 Tbsp Skyr (or 0% Greek yogurt)
- 1/2 Lemon, juice and zest
- 1/2 tsp Dijon Mustard
- 1/2 Garlic Clove, grated
- Salt and Pepper

Combine the ingredients and pulse in a food processor, or simply mash well with a fork. Serve in lettuce boats, or on wholegrain crackers or with vegetable sticks.

### **Roast Leg of Lamb**

**3.5 Bites per 120g serving | Serves 6**  
**Ingredients:**

- 1.2kg bone in lamb shoulder
- 2 garlic cloves, thinly sliced
- 2 sprigs of rosemary
- 1 lemon, zested
- 2 onions, roughly sliced
- Salt and pepper
- For the gravy
- Pan juices
- 500ml stock
- 1 heaped tbsp of cornflour, mixed with water



Remove the lamb from the fridge and allow it to come to room temp. Preheat the oven to 160oc. Using a sharp knife, create small slits around the lamb. Insert the garlic slices and rosemary into the slits. Sprinkle the lamb with lemon zest and salt and pepper. Scatter the onions on the roasting tray and sit the lamb on top. Cover with tinfoil. Cook for 2 hours, remove the foil and cook for another 30 mins.

Once cooked, wrap in tinfoil and set aside. Make the gravy by placing the pan over a medium heat, add the prepared stock and deglaze the pan by gently boiling the stock, and use a wooden spoon to scrape all the bits from the pan. This is where you get a really nice colour but also a really nice flavour. Put the mixture through a sieve, and if using a gravy separator, skim the fat, or do it with a spoon. Place into a saucepan, adjust seasoning, and thicken with the cornflour. Serve with mixed veggies and roasties.

## Unislim Roasties

200g Free at Mealtime | Serves 5

### Ingredients:

1 kg of rooster potatoes, peeled and sliced lengthways.  
4 or 5 garlic cloves, bashed (optional)  
Couple of stems of rosemary (optional)  
Spray oil  
Salt and pepper



Preheat your oven to the highest setting. Par-boil the potatoes in salted water for about 5 minutes (10 for larger potato). Halve them to get extra crispy edges. Drain in a colander and gently toss to dry them out - this step is key. Add to a baking tray with garlic and rosemary (if using), then spray with oil and season. Toss well to coat the potatoes in oil. Bake for up to an hour, turning occasionally.



## Lemony Green Beans

FREE | Serves 4 - 6 Ingredients:

400g fresh green beans, trimmed  
Spray oil  
Zest of 1 lemon  
Juice of half a lemon  
Salt and pepper to taste

Bring a large pot of salted water to the boil. Add the green beans and cook for 3-4 minutes until just tender but still with a bit of bite (al dente). Drain and rinse under cold water to stop the cooking. Heat a large pan, sprayed with oil on a medium heat. Add the green beans to the pan and toss through. Cook for 2-3 minutes to heat through. Turn off the heat, add the lemon zest and juice, and season with salt and pepper. Toss everything together and serve.

## Chocolate Mousse

2 Bites per serving | Serves 4

### Ingredients:

300g cottage cheese (low or full fat)  
80g dark chocolate chips  
1 tsp vanilla extract  
35 ml milk  
3 tbsp cocoa powder  
A drizzle of Sweet Freedom Choc Shot (optional)  
Sprig of mint to garnish



Using a blender, blend the cottage cheese, vanilla and milk for 1 minute until completely smooth and fluffy. Melt the chocolate in the microwave in 30 second bursts until just melted. Add to the mixture with the cocoa powder and blitz until smooth. Taste, and if you would like it sweeter add the honey. Pour into glasses and chill overnight. Serve with a drizzle of choc shot, raspberries and a sprig of mint.



# Easter Bites Guide

Don't forget, you've got 15 extra BITES you can earn each week (especially as Easter approaches). Just hop around more to earn your BITES. Time to get cracking!



Milkybar White Chocolate Mini Eggs, 80G

BITES 5.5



Cadbury Mini Eggs, 80G

BITES 5.5



Lindt Lindor Milk Chocolate Eggs, 80G

BITES 6.5



Green & Black's Dark choc, per 35g

BITES 3.5



Aero Bubbles Egg, 230G

BITES 16



Cadbury Mini Eggs, 232G

BITES 16



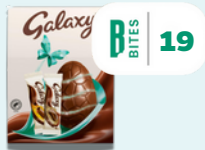
Cadbury Wispa, 182.5G

BITES 13



Cadbury Buttons, 96G

BITES 7.5



Galaxy Egg, with 2 bars

BITES 19



Lindt Milk Chocolate Egg & Truffles 348G

BITES 28



Maltesers Egg, 246G

BITES 17



Terry's Chocolate Orange Egg, 200G

BITES 14



Cadbury's Creme Egg

BITES 2



Hot Cross Bun (per 1, shop bought)

BITES 2.5



Lindt Bunny (10g)

BITES 1



Malteser Bunny (29g)

BITES 2



After Eight (per 1)

BITES 0.5



Terry's Chocolate Orange

BITES 12



Cadbury Roses (per 1)

BITES 1



Milky Way Bar

BITES 1.5