5:2 RECIPES

The following 3 tasty recipes are from the 5:2 Diet Photos book.

⭐ Helps you stick to your 500 calorie budget

⭐ 600 photos, 60 recipes & 30 snack ideas

⭐ Delicious inspiration for your fasting days

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Scallop, Parma Ham & Grapefruit Salad

**Preparation**

1. Dry-fry the **scallops** for around 2 - 3 minutes on each side, until just cooked.

2. Arrange the **rocket** on a plate with the **grapefruit** and **Parma ham**.

3. Top with the scallops and serve.

**Ingredients**

- 3 Large **scallops** (100g, raw)
- 20g **Rocket**
- 70g **pink grapefruit segments**
- 1 slice **Parma ham** (15g)

**Nutritional Information**

- **Weight**: 160g
- **Carbs**: 8g
- **Calories**: 145
- **Fat**: 3g
- **Protein**: 22g
**Pineapple Prawn Stir-fry**

**Preparation**

1. Dry-fry the **stir-fry vegetables** in a hot, non-stick pan for 2 - 3 minutes

2. Add the **prawns**, **Chinese 5-spice**, **pineapple** and **soy sauce**

3. Cook for a further 1 - 2 minutes and serve

**Ingredients**

1 pack **stir-fry vegetables** *(285g, ready-prepared)*

100g **prawns**, cooked

1 tsp **Chinese 5-spice**

60g fresh **pineapple chunks**

1 tbsp **soy sauce**

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Weight: 410g   19g Carbs

235 Cals   3g Fat   31g Prot
Slow-roasted Tomato & Chorizo Salad

### Preparation

1. Pre-heat the oven to 120°C
2. Mix the tomatoes with the rosemary, garlic and half the thyme, then season with salt and pepper
3. Place onto a baking tray and roast in the oven for 90 minutes
4. Meanwhile, dry-fry the mushrooms in a pan with the chorizo, remaining thyme and freshly ground black pepper, until the mushrooms are tender
5. Add the Marsala wine, reduce down (this will only take a few seconds), then remove the pan from the heat
6. Mix the tomatoes with the mushrooms and chorizo. Serve on a bed of spinach and rocket

### Ingredients

- **100g cherry tomatoes**, halved
- **½ tsp fresh rosemary**, finely chopped
- **1 clove garlic**, finely diced
- **1 tsp fresh thyme**, finely chopped
- **45g chorizo**, sliced
- **50ml Marsala wine**
- **20g baby spinach**
- **15g rocket**

**Weight:** 220g  
**13g Carbs**