

A man with long, curly brown hair and a beard, wearing a dark blue t-shirt, is smiling and leaning forward with his hands clasped on a dark, rustic wooden surface. To his right is a black pan filled with a golden-brown, flaky dish, possibly a pie or a large omelette. The background is a dark, textured wall.

Joe's 30-Minute Meals

100 QUICK AND
HEALTHY RECIPES

JOE WICKS
The Body Coach

OVER 2 MILLION BOOKS SOLD



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 bluebird
books for life

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Thank yous





HELLO AND WELCOME TO **Joe's 30-Minute Meals**

Thanks so much for deciding to pick up this book. I'm really excited to be sharing my favourite 30-minute recipes with you. My aim with this – as with all of my books – is to inspire you to cook simple, quick and healthy recipes that will help you to feel great.

Ever since I learned to cook healthy food and realized what a massive difference fuelling myself with fresh, home-cooked food made to my energy levels and mood, I've wanted to get as many people as possible cooking.

Nothing makes me happier than meeting people who have never really enjoyed cooking before or have no confidence in the kitchen but are now enjoying cooking using my recipes. I met a husband who said he hadn't cooked once for his wife until he picked up my book and now cooks a recipe every night of the week for her. I believe there's no greater feeling than getting confident in the kitchen and learning how to make healthy, tasty food at home for yourself, partner or kids.

When I started creating recipe books, I focused on speed. Who doesn't want a 15-minute meal they can whip up straight after work when they are absolutely starving? I wanted to stop people just going for the easy option – the greasy takeaway or kebab – and realize they could make something that tastes way better in the same amount of time.

Sometimes, 15 minutes just isn't enough time as it means the cooking methods are a bit limiting. With this book, I'm still about

speed and keeping prep time down to a minimum. After all, half an hour isn't much – especially if we've planned ahead and prepped like a boss. And I don't know about you, but once I start getting stuck in to the kitchen, I find it really fun.

To sustain long-term success, it's really important to keep your diet varied and your flavours interesting. That's what **Joe's 30-Minute Meals** sets out to do. Some of the recipes you just assemble super quickly and bung in the oven, then you can chill out with your partner or family or even better sneak in a cheeky workout. Some of the recipes like Dukkah-spiced Chicken (see [here](#)) are a little more work, but totally worth it on the flavour front.

ANYBODY CAN DO IT

When I started to try to create healthy meals, I didn't even know how to cook an egg properly or which flavours go well together.

But once I got going, there was no stopping me. It's amazing how much you can learn when it comes to cooking techniques and understanding flavours. This book is going to give you the confidence you need to whip up delicious food so you never have to go back to the ready meals and takeaways that don't do anything for your long-term health or happiness.

And you don't need to be a trained cook. My recipes are simple and straightforward with some shortcuts. It's all about putting good flavours together – and that's not hard.

Some people tell me they think they can't do this because they have never cooked or they don't come from a family where everyone sat around the table over delicious home-cooked food. I didn't. And if I can learn to cook – and even write six cookbooks – anybody can do it. It's just about doing a little planning and making a start and the recipes in this book will be the perfect starting point.

CHAPTERS IN THIS BOOK

I've organized this book by main ingredients: All-Day Breakfast, Chicken, Beef and Pork and so on. I hope this makes it easy for you to find the recipes you want really fast. I genuinely think there is something for everyone in this book with a real variety ranging from easy Asian stir-fries and curries to tasty Italian pastas and risottos. Be sure to give my Sausage & Mushroom Pie a go if you loved the pies in my previous books (see [here](#)).

I've also added some sweet treats because everyone deserves a treat now and again. And some of these treats are still pretty healthy like my Baked Maple Apples and Blackcurrant Poached Pears (see [here](#) and [here](#)).





PART OF A HEALTHY LIFESTYLE

Although there's no exercise in this book, any of you who know me will know that for me, good food is just one part of living a healthy lifestyle. The other big factor is being active.

My philosophy around food and fitness is really the same thing: it's all in your hands. You can create the kind of life you want – even if it feels daunting and you have never done any exercise before or cooked anything from scratch. It's never too late to start living the life you really want to live – and when that looks like eating Teriyaki Ginger Chicken (yes please) or Swedish-style Meatballs, you'll find yourself so motivated you won't even believe it. None of this is complicated.

In this book you'll find recipes that are perfect for a lazier day when you're not getting up to much activity (hopefully just a couple of days a week!). I've labelled those reduced-carb. Other recipes are to replenish your energy when you've done a workout. Those are labelled carb-refuel dishes. It's important to keep it balanced and varied.

My advice is to do four or five quick workouts a week. And when I say quick, I really mean it. They often come in at under 20 minutes. I'm a fan of High Intensity Interval Training (HIIT for short) and you can find hundreds of my free workouts on my Youtube channel – TheBodycoachTV. You can do them in your front room or the park – you don't even need any equipment. And the more energy you burn, the more you can tuck in to my carb-rich favourites like Chicken Fried Rice (see [here](#)) and my Tandoori Cod Burgers (see [here](#)).

ENJOYING LIFE

Feeling energized and fuelling your body with healthy nutrient-rich food is important. But I don't want you to feel like this is just another thing you 'have' to do – like a New Year Resolution or a 30-day programme. I do this because it makes me feel great. And I really believe you're going to feel great and have more energy and fun if you treat yourself to the delicious food in this book.

Today there's more talk about mental health than ever before. The way I look at it, we have to begin at the basics. What are we eating? Are we moving enough? Exercise is one of the biggest stress-

busters around. And we all know the low mood that can come from overdoing it on the sugar front or eating junk food and relying on caffeine for energy. The recipes in this book are going to fuel your body and give you energy all day long.

I'm passionate about making sure I can do my part to help people find easy ways to work healthy habits into their lives. And I love to do that with my workouts, with a free schools HIIT programme and of course most of all with my recipes. What I'm about is fun and feeling good. And I know from my own life – and the tens of thousands of people I've now worked with – that eating generous portions of incredible food and maintaining a healthy exercise regime (without overdoing the hours in the gym so there's no time for living) is the secret to a happier life.

I hope you enjoy my new recipes and the energy they give you.

LOVE,
Joe Wicks

STAY IN TOUCH

    [@thebodycoach](https://www.instagram.com/thebodycoach)
 [The Body Coach TV](https://www.youtube.com/TheBodyCoachTV)



Stocking up

I'm always banging on about the importance of meal preparation – I call it 'prepping like a boss'! And one thing that really makes it easy to cook healthy and tasty food, is stocking up on key ingredients so you have them to hand when you need them. Then you can just pick up some chicken or sea bass or something on the way home from work and you're good to go.

I've put my favourite standby ingredients down here. Most of them are ordinary things you'll use again and again. A few are a bit more like treats, and they can seem pricey, but when you add up what you're likely to save on take-aways, ready meals and frozen pizza, you'll see that you're winning on cost as well as creating much healthier, better-tasting grub.

FRESH & FROZEN

Basics

- | | | |
|---|--|--|
| • Tortilla wraps | • Basic cheese (such as mature cheddar, goat's cheese, parmesan, mozzarella, feta) | • Midget trees |
| • Garlic | • Avocado | • Salad greens (such as lettuce, rocket, cucumber, radishes) |
| • Ginger | • Fresh greens (such as kale, | • Mushrooms |
| • Onions (such as white, red, spring, shallots) | | • Sweet potatoes |
| • Eggs | | • Aubergines |
| • Greek yoghurt | | |

**spinach, pak
choy,
watercress,
Brussels
sprouts,
cabbage)**

- **Frozen peas**
- **Frozen spinach**

Extras I Love

- **Olives**
 - **Edamame beans**
 - **Fresh herbs**
 - **Special cheese (such as taleggio, manchego, burrata, gruyère)**
 - **Chilli peppers**
 - **Lemongrass stalks**
 - **Fresh lemons and limes**
 - **Pomegranate seeds**
-

STORE-CUPBOARD

Basics

- **Porridge oats**
- **Rice (such as pre-cooked, arborio or otherwise)**
- **Pre-cooked puy lentils and quinoa**
- **Pasta (such as fusilli, shells, orzo, fresh**
- **Filo pastry**
- **Nuts and seeds (such as almonds, walnuts, pine nuts, cashews, pecan nuts, sesame seeds, nigella seeds)**
- **Tomato puree**
- **Sea salt and black pepper**
- **Basic spices (such as dried chilli flakes; garam masala; ground turmeric; cayenne pepper; smoked paprika; ground cinnamon,**

- | | | |
|--|------------------------------------|---------------------------------|
| noodles, dried noodles) | • Chopped tomatoes and passata | ground cumin; ground coriander) |
| • Tinned beans and pulses (kidney beans, black beans, cannellini beans, chickpeas) | • Coconut oil | • Light soy sauce |
| • Quick-cook polenta | • Olive oil | • Red and white wine vinegar |
| | • Stock (chicken, vegetable, fish) | • Dijon mustard |
| | | • Jarred roasted red peppers |
| | | • Jarred sundried tomatoes |
-

Extras I Love

- | | | |
|------------------------|--|--|
| • Tahini | • Jarred capers | • Special spices (such as star anise; mustard seeds; |
| • Sriracha | • Ready-made pastes (such as harissa, chipotle and tikka masala curry) | cardamom pods; fennel seeds; |
| • Fish sauce | | fenugreek seeds; Sichuan peppercorns; |
| • Sesame oil | • Balsamic vinegar | dukkah mix; sumac; saffron) |
| • Miso powder or paste | • Rice vinegar | |
| • Jarred anchovies | | |
-



All-day
Breakfast

Smashed peas

HAM & EGG MUFFINS

*** Serves 2**
CARB-REFUEL

1 chicken stock cube
300g frozen peas
2 English muffins, cut in half
4 eggs
1 red chilli, finely chopped
3 spring onions, trimmed and finely sliced
1 tbsp coriander, chopped
juice of ½ lime
salt and black pepper
4 thick slices of thick-cut, deli-style ham, visible fat removed

Bring two pans of water to the boil and add the chicken stock cube to one of them. When the stock pan is boiling, drop the frozen peas into the stock and boil for about 8 minutes or until the peas are very tender. Before you drain the peas, scoop out half a mugful of the cooking liquid and keep to one side.

Drain the peas and put your muffins on to toast. Carefully crack your eggs into the hot water, reducing the heat until the water is just 'burping'. Cook the eggs for about 4 minutes for a runny yolk, then carefully lift them out with a slotted spoon and drain on kitchen roll.

Tip the peas back into the pan they were cooked in and add the red chilli, sliced spring onions, coriander and lime juice, along with a

splash of the reserved stock and a good pinch of both salt and pepper. Use a hand blender to blitz the peas into a coarse-textured mix – I like it to be smooth in parts, but also quite coarse. Add a little more stock if necessary.

Plate up the hot, toasted muffins and top each one with a slice of ham, a mound of the peas and a perfectly poached egg.



CHEESE, SPINACH & HAM

everyday omelette

*** Serves 1**
REDUCED-CARB

3 eggs
salt and black pepper
knob of butter
large handful of baby spinach leaves
20g cheddar, grated
75g good-quality ham, roughly torn
green salad, to serve

Crack the eggs into a bowl and add a tiny sprinkle of salt and a good grind of pepper. Beat the eggs together with a fork.

Heat the butter over a medium to high heat in a small non-stick frying pan. When the butter is bubbling and melted, drop in the spinach and stir to wilt.

As soon as all of the spinach has just wilted, pour in the beaten eggs.

Using a wooden spoon, beat the eggs around the pan as if you are scrambling them. Continue to do this until the mixture starts to resemble very loose scrambled egg. At this point, reduce the heat to low and spread the egg out over the base of the pan.

Sprinkle the cheese over half of the omelette and place the ham on top of the cheese. Turn off the heat.

Give the omelette a poke around the edges to ensure it's set, then, lifting it up by the handle, gently tip the pan away from you and, using your spoon, lift the edge closest to you and roll it over.

Pull out your plate, then tip the omelette onto the plate so that the browned bottom of the omelette becomes the top.

Serve up your classic omelette with a little side salad.

CHOCOLATE MALT overnight oats

* **Serves 4**

* **Makes ahead**
CARB-REFUEL

55g fat-free Greek yoghurt
3 scoops (90g) chocolate
protein powder
1 scoop (30g) low-sugar
malted-milk drink powder
600ml almond milk
275g porridge oats

To serve

handful raspberries
handful of roasted hazelnuts, chopped

Whisk together the yoghurt, protein powder, malted-milk drink powder and almond milk until there are no lumps.

Stir in the porridge oats and leave in a container overnight.

Serve with the raspberries and chopped hazelnuts.

Photo overleaf

