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AVOCADO AND CHICKEN SALAD

If salads are your favorite, consider trying out our delicious fresh Greek salad. If you're trying out salads for the first time, this recipe is an easy fix and you get lot of roughage and nutrients packed in it.

Course:Starter/snackPrep Time:10 minutesCooking Time:20 minutesTotal:30 minutes

Servings: 4

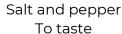


INGREDIENTS:

Preparing the Salad:









Chicken 4, skinless



Avocado 1 sliced



Olive oil 2 tbsp



Preparing the Dressing:

Brown sugar 2 tbsp



Balsamic vinegar 1/4 cup



Cherry tomatoes 1 cup, sliced



Lettuce 5 cups, washed



Mozzarella cheese 1/2 cup



Salt 1 tbsp



Basil 1 tbsp, dried



Garlic cloves 1 tbsp, minced

METHOD:

Step 1

Mix the marinade ingredients into a bowl then add the chicken. Coat the chicken evenly. For the dressing, reserve the remaining marinade.

Step 2

Heat one tbsp. of oil over medium-high heat and then grill the chicken fillets on both sides until, crispy and golden brown. Step 3

Start by slicing the chicken.

Step 4

Next, prepare the salad with avocado slices, lettuce, mozzarella cheese, some tomatoes, and chicken. Now sprinkle basil, add salt and pepper, and then drizzle the remaining dressing.

BRAISED BEEF STROGANOFF

For less than an hour, you'll have a healthy lean steak delicacy together with a savory creamy mushroom sauce. Here's what you need to know.

Course: Main dish
Prep Time: 50 minutes
Cooking Time: 20 minutes

Total: 1 hour 40 minutes

Servings: 4

INGREDIENTS:



Vegetable oil 1 tbsp



Paprika 1 tbsp



Lime juice 1, squeezed



Tomato purée 1 tbsp



Mushrooms 10g, dried



Beef stock 350ml



Onion 1, finely chopped



Sour cream 2 tbsp, non-fat



Butter 1 tbsp



Finely chopped



METHOD:

Step 1 Boil some water then dip the mushrooms for 10 mins. Squeeze the water then drain on kitchen paper but reserve the residue. Next in a non-stick pan, heat the butter and oil then sauté the onion until soft. Add some water occasionally to prevent sticking then take some time to season the steak.

Step 2

For the steaks, fry them for 3-5 minutes on both sides then remove them to cool. Afterward, slice them into strips. Add the tomato paste, paprika, and mushrooms into the onions then cook for two minutes.

Now mix the mushroom's soaked liquid together with the beef stock. Boil, and then simmer. For a steak well done, add the beef to the sauce for the last 5 minutes of simmering.

Step 3

Remove the pan from the heat and add cream. Season it and add the lime juice. Now, garnish with parsley.

Step 4

Serve hot with lemon wedges.

CARIBBEAN FISH CURRY

Wanna try something colorful and tropical? Try this gluten-free recipe that you can easily fix during a regular dinner.

Main dish Course: 20 minutes **Prep Time: Cooking Time:** 30 minutes Total: 50 minutes

Servings: 4



INGREDIENTS:



White fish filet 4, large



Spring onions 1 bunch, sliced



Lemon juice 1/2



Ginaer 2 tsp



Caribbean curry powder Scotch bonnet chili 2 tsp



Garlic clove 2. crushed



1, finely chopped



Groundnut oil 1 tbsp



Coconut milk 400g



Thvme 1tsp



Red pepper 1, chopped

METHOD:

Step 1

Leave the fish to marinate in the lemon juice, and the 1 tsp curry powder. Season then prepare the sauce. Heat the oil, cook together spring onions, chili, garlic, and ginger for 5 minutes. Now, mix the thyme and curry powder. Cook for 10 more minutes, uncovered until the sauce becomes thick.

Step 2

Cover and cook for 10 minutes or before the fish flakes quickly.

Step 3 Serve when hot with barley, then garnish with fresh thyme.

CHICKEN WITH ITALIAN DRESSING

Just in case you got some extra jam left, mix it with some Italian dressing to make the chicken marinade. All you've got to do is bake!

Course:Main dishPrep Time:15 minutesCooking Time:25 minutesTotal:40 minutes

Servings: 4

INGREDIENTS:





Garlic 1/2 tsp, grounded



Chicken breasts 4, boneless



Italian dressing 2/3 of a bottle



Apricot jelly 1/3 cup

METHOD:

Step 1 Start by preheating the oven to 350 degrees F. Next, mix the salad dressing and jelly.

Step 2 Pour the chicken into a small baking dish, then bake for 25 -30 min. Serve when hot.

COCONUT, PAPAYA, AND BANANA SMOOTHIE

Just in case you get caught up on a hot day, cool down with this thick, creamy, and sumptuous smoothie.

Snack Course:

Prep Time: 8 minutes **Cooking Time:** 4 minutes 12 minutes Total:

4 **Servings:**

INGREDIENTS:



Almond milk 1 cup



1/2 tsp



Hemp seeds 2 tbsp



Vanilla protein powder As needed





Lemon juice 1/2



Papaya 2 cups, cubed



Banana 1, ripe



Ginger 1/4 tsp



METHOD:

Step 1 In a blender, add all ingredients with the almond milk first.

Step 2 Blend until smooth and creamy or until your desired consistency.

FRESH GREEK SALAD

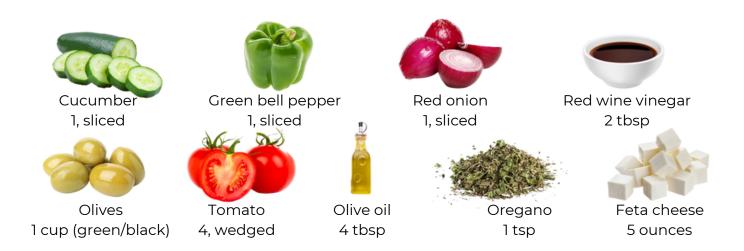
If salads are your favorite, consider trying out our delicious fresh Greek salad. If you're trying out salads for the first time, this recipe is an easy fix and you get lots of roughage and nutrients packed in it.

Course:Starter/SnackPrep Time:10 minutesCooking Time:0 minutesTotal:10 minutes

Servings: 4



INGREDIENTS:



METHOD:

Step 1 Mix up the bell pepper, tomatoes, cucumber, red onion, and olives in a large mixing bowl. Sprinkle evenly the olive oil and red wine vinegar, then add the oregano and a pinch of salt to taste.

Step 2 Toss and then top with feta cheese. Finish up by drizzling some extra olive oil then top with a pinch of oregano.

HEALTHY FISH CAKES

If you like things hot and spiced, try out this high-protein salmon fish cake recipe. It's low-calorie and has some vegetables on the side.

Main dish Course: 30 minutes **Prep Time: Cooking Time:** 40 minutes

Total: 1 hour 10 minutes

Servings: 4



INGREDIENTS:



4 tbsp



Sesame seeds 1 tbsp



Spring onions 2, chopped



Salmon 360a



Ginger 1 tsp



Lemon juice 1



Rapeseed oil 2 tbsp



1/2 tsp



Cucumber 1. ribbons



Carrot 4. ribbons



Lemon Wedges



Floury potato 600g



1, chopped



Flour 2 tbsp



METHOD:

Step 1

Season the salmon fillets and put them in a colander. In a large pan of water, add the potatoes and leave to simmer for 10 minutes. Let the fish cook with the steam.

Step 2

Preparing the fish cakes: Drain and cool the potatoes. Mix chilli, ginger, coriander, and spring onion in a large bowl. Now, clean the fish fillets from their skin, flake, and fold them into the mixture. Divide all the portions into 8 servings and flatten them to make patties. Place it on a plate (lined with baking paper). Leave it for 10 minutes to settle and cool down. Now dust it with gram flour.

Step 3

Fry the fish cakes for 3-4 minutes in a frying pan until golden brown. Flip sides for equal cooking on both sides.

Step 4

Serving: Meanwhile, in a large bowl, mix honey, sesame seeds, vinegar, and lime juice. You can add cucumbers and carrots as well. Serve the fish cakes hot with the carrots and cucumber or the lemon wedges on the side.

HEALTHY HOME-MADE GUACAMOLE

Do you love biting on those spicy chips? Here's a finger-licking delicacy you must try with fresh avocados and won't take much of your time.

Snack Course:

10 minutes **Prep Time:** 0 minutes **Cooking Time:** Total: 10 minutes

4 **Servings:**

INGREDIENTS:



Jalapeño 1, small



Avocado 3, ripe



Sea salt 1/2 tsp



Red onion 1/4 cup



Limes 2, squeezed



Ground garlic Fresh



Tortilla chips For serving

METHOD:

Step 1 Mix up the cilantro, avocados, onion, lime juice, salt, jalapeno, and garlic. Mash until you achieve a consistency that is smooth but a bit chunky. Add salt to taste.

Step 2

Fat 4.6g

Serve it with cheese or tortilla chips.

HEALTHY HOME-MADE PEANUT BUTTER

Love peanut butter right from the spoon? You don't have to ever buy it from the store again. Follow this easy recipe for a perfect texture and a tasty flavor.

Course: Snack

Prep Time: 10 minutes
Cooking Time: 0 minutes
Total: 10 minutes

Total: 10 minutes Servings: 6 INGREDIENTS:



Peanuts 3 cups, roasted



If using unsalted peanuts

METHOD:

Step 1 In a blender or a food processor, add the peanuts then blend until very smooth. Scrape down the sides of the bowl occasionally to give the blender a break.

Step 2 It should take about 8 to 10 minutes before removing it from the blender and adding it to a container.

HEALTHY HUMMUS RECIPE

Want a healthy snack as you binge your favorite show? For a fresh, creamy, and perfect dip, try out this homemade hummus which will take you less than 20 minutes.

Course: Snack

Prep Time: 10 minutes 10 minutes **Cooking Time:** Total: 20 minutes

6 **Servings:**



INGREDIENTS:



1/2 tbsp



Chickpeas 1.5 cup



Vegetable oil 2 tbsp



Lemon 2 tbsp, juice



Tahini 1/3 cup, smooth



Garlic 1 clove



Water 6 tbsp



Bread To serve



METHOD:

Step 1 Add the chickpeas, salt, tahini, lemon juice, olive oil, and salt to a blender. Blend to make it smooth by adding water as much as you need to reach desired consistency.

Step 2 Transfer to a bowl and serve with bread and veggies.

Parsley

Fat 1.2g