



# Black Bean Stuffed Sweet Potatoes

-  15 min
-  60 min
-  Serves 4

## INGREDIENTS

- ☐ *Sweet Potato* (4)
- ☐ *Black Beans* (450 g)
- ☐ *Plain Greek Yoghurt* (½ cup)
- ☐ *Lime Juice* (1 tsp)
- ☐ *Ground Black Pepper* (½ tsp)
- ☐ *Red Onion* (1 cup)
- ☐ *Olive Oil* (1 ½ tbsp)
- ☐ *Garlic Powder* (¼ tsp)
- ☐ *Onion Powder* (¼ tsp)
- ☐ *Chilli Powder* (¼ tsp)
- ☐ *Cumin* (¼ tsp)
- ☐ *Salt* (½ tsp)
- ☐ *Cilantro* (½ cup)
- ☐ *Avocado* (½)

heat and then add in onion. Sauté for 5 minutes until the onions begins to become translucent. Add in the spices stir and cook for an additional 3 minutes.

**5** Add the black beans to the skillet and toss to combine. Continue to cook, stirring frequently, until the black beans are fully heated through. About 5 minutes. Take off of heat and set aside.

**6** Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop out.

**7** Evenly spread the black bean mixture, avocado, cilantro, and cashew crema sauce on top of the 4 sweet potatoes.

## PREPARATION

Finely dice the red onion, chop the cilantro and avocado.

## COOKING

**1** Pre-heat oven to 180°C.

**2** Place the sweet potatoes on a lightly greased baking tray and bake for about 60 minutes or until a fork can easily be inserted into the flesh of the potatoes.

**3** Prepare the cream sauce by whisking together the cashew cream sauce, lime juice, and black pepper. Set aside.

**4** When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium

# Chickpea Shakshuka

 5 min  
 25 min  
 Serves 6

## INGREDIENTS

- ☐ *Chickpeas* (640 g)
- ☐ *Green Olives* (4)
- ☐ *Olive Oil* (1 tbsp)
- ☐ *Onion* (½ cup)
- ☐ *Red Bell Pepper* (½ cup)
- ☐ *Garlic* (3 cloves)
- ☐ *Crushed Tomato* (780 g)
- ☐ *Tomato Paste* (2 tbsp)
- ☐ *Sugar* (2 tsp)
- ☐ *Smoked Paprika* (2 tsp)
- ☐ *Cumin* (1 tsp)
- ☐ *Chili Powder* (2 tsp)
- ☐ *Ground Cinnamon* (¼ tsp)
- ☐ *Cayenne Pepper* (1 pinch)
- ☐ *Cardamom* (1 pinch)
- ☐ *Coriander* (1 pinch)

combine. Then reduce heat to medium-low and simmer for 15-20 minutes to allow the flavors to develop and marry with the beans.

**5** Taste and adjust seasonings as needed, adding more cumin or paprika for smokiness, cayenne for heat, coconut sugar for sweetness, cardamom and coriander for earthiness (or slight curry flavor), chili powder for smoke/heat, or olives for saltiness and to balance the tomato flavor. Cook longer, as needed, to develop flavors.

**6** Serve as is or with bread, pasta, or rice. I loved this alongside a kale salad, and it went especially well over gluten-free pasta! Garnish with fresh lemon juice, additional olives, and cilantro or parsley for extra flavor (optional).

## PREPARATION

Dice the onion, chop the red bell pepper and mince the garlic.

## COOKING


**1** Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Sauté for 4-5 minutes, stirring frequently, until soft and fragrant.


**2** Add tomato puree or diced tomatoes, tomato paste, coconut sugar, sea salt, paprika, cumin, chili powder, cinnamon, cayenne pepper (optional), cardamom, and coriander (optional). Stir to combine.

**3** Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently.

**4** Add chickpeas and olives (optional). Stir to

# Lo Mein

 15 min

 5 min

 Serves 4

## INGREDIENTS

- ☐ *Dark Soy Sauce* (2 tbsp)
- ☐ *Light Soy Sauce* (1 tbsp)
- ☐ *Oyster Sauce* (3 tbsp)
- ☐ *Sesame Oil* (1 tbsp)
- ☐ *Sugar* (1 tsp)
- ☐ *Garlic Clove* (1)
- ☐ *Ramen Noodles* (175 g)
- ☐ *Green Onion* (3)
- ☐ *Mixed Veggies* (200 g)
- ☐ *Mirrin* (1 ½ tbsp)

Add the green onions (white parts) and vegetables to the hot pan. Stir fry until fork-tender, about 5 minutes. Add the mirin to loosen the browned bits up off the bottom of the pan. Add the cooked noodles and about half of the sauce, toss around in the hot pan to combine. Add more sauce if needed (want a medium brown color, not too light, not too dark). Serve topped with remaining green onions!

## PREPARATION

Chop the green onion and mince the garlic. Julienne cut or chop the mixed vegetables (carrots, mushrooms, broccoli, red peppers, cabbage)


## COOKING

**1** Shake all the sauce ingredients together in a jar.

**2** Cook the noodles according to package directions. Drain and set aside.

**3** Heat the sesame oil in a large wok or skillet.

# Spicy Tuna Avocado Wrap

 10 min

 Serves 4

## INGREDIENTS

- ☐ *Tuna Can* (300)
- ☐ *Avocado* (1)
- ☐ *Sriracha* (1 tbsp)
- ☐ *Dijon Mustard* (1 tbsp)
- ☐ *Celery* (2 tbsp)
- ☐ *Red Onion* (1 None)
- ☐ *Green Onions* (2)
- ☐ *Cilantro* (1 tbsp)
- ☐ *Lettuce* (2 cups)
- ☐ *Carrots* (1 cup)
- ☐ *Tortillas* (4)

Tightly roll up the tortilla, slice and enjoy!

## PREPARATION



Chop the carrots into matchsticks and the rest of the ingredients.

## COOKING

**1** In a medium bowl, mash together tuna and avocado until combined. Add in the rest of the ingredients through the salt and pepper, mixing well.

**2** To assemble, top each tortilla with a ½ cup leafy greens, ¼ cup matchstick carrots and divide the tuna mixture evenly among the wraps.

# Meatloaf And Veggies

 10 min  
 35 min  
 Serves 4

## INGREDIENTS

- ☐ *Ground Beef* (500 g)
- ☐ *Eggs* (2)
- ☐ *Bread Crumbs* (4 tbsp)
- ☐ *BBQ Sauce* (6 tbsp)
- ☐ *Smoked Paprika* (½ tsp)
- ☐ *Garlic Powder* (¼ tsp)
- ☐ *Sweet Potato* (2)
- ☐ *Broccoli Floret* (1 head)
- ☐ *Olive Oil* (4 tbsp)
- ☐ *Salt* (1 ½ tsp)
- ☐ *Pepper* (1 tsp)

## PREPARATION

Peel the sweet potato and cut it into 1 cm cubes.

## COOKING

**1** Preheat the oven to 205°C.

**2** Place the sweet potatoes and frozen broccoli florets (no need to thaw) on a large baking sheet.

**3** Drizzle the olive oil over the sweet potatoes and broccoli florets. Sprinkle the seasoning salt over the sweet potatoes and then season the broccoli florets with a pinch of salt and pepper. Use your hands to toss the vegetables until they are coated

in oil and spices, keeping the sweet potatoes on one side of the baking sheet and the broccoli on the other.

**4** Transfer the baking sheet to the preheated oven and roast the vegetables for 15 minutes.

**5** While the vegetables are roasting, prepare the meatloaves. In a medium bowl combine the ground beef, egg, bread crumbs, 1 tbsp of the BBQ sauce, the smoked paprika, garlic powder, and salt. Work the ingredients together with your hands or a fork until they are well combined. Divide the meatloaf mixture in two and shape each half into a flattened oval.

**6** After the vegetables have roasted for 15 minutes, remove the baking sheet and stir each of the vegetables. Push each off to the side a bit to make room for the meatloaves. Place the shaped meatloaves in the center and then spread 1 tbsp of BBQ sauce over each loaf.

**7** Return the baking sheet to the oven and roast for an additional 20 minutes, or until the internal temperature of the meatloaves has reached 70°C. Remove the baking sheet from the oven, plate up the meatloaves and vegetables, and serve immediately.

# Chilli Prawns

-  10 min
-  15 min
-  Serves 4

## INGREDIENTS

- ☐ *Peeled Prawns* (500 g)
- ☐ *Coconut Milk* (200 ml)
- ☐ *Garlic* (4 cloves)
- ☐ *Ginger Root* (2 cm)
- ☐ *Red Chillies* (2)
- ☐ *Fresh Coriander* (15 g)
- ☐ *Sunflower Oil* (2 tbsp)
- ☐ *Lemon Juice* (1 tbsp)
- ☐ *Tomato Purée* (1 tbsp)
- ☐ *Garam Masala* (1 tsp)
- ☐ *Salt* (1 tsp)

## PREPARATION

Peel and crush the garlic and the ginger root. Chop the chilli in half, remove the seeds and cut the chilli into pieces. Wash and cut the coriander,

## COOKING

**1** Put the oil in a frying pan over moderate heat. Fry the crushed garlic and ginger root for about 3 minutes, keep stirring.


**2** Add the prawns and chillies and fry for another 3 minutes.

**3** Add the lemon juice, tomato purée, coconut milk, garam masala and salt. Bring to a boil, then turn down the heat until it is just simmering.

**4** Cover and cook for another 5 minutes.

**5** Sprinkle the coriander over the chilli prawns before serving.

# Potato Curry

 15 min  
 25 min  
 Serves 4

## INGREDIENTS

- ☐ *Potatoes* (400 g)
- ☐ *Garlic* (1 clove)
- ☐ *Ginger Root* (1 cm)
- ☐ *Onion* (1)
- ☐ *Sunflower Oil* (3 tbsp)
- ☐ *Cumin Seeds* (1 tsp)
- ☐ *Cardamom Pod* (1)
- ☐ *Chilli Powder* (½ tsp)
- ☐ *Brown Mustard Seeds* (2 tbsp)
- ☐ *Garam Masala* (1 tsp)

## PREPARATION

Clean the potatoes, cut the onion into slices. Peel and crush the garlic and ginger root

## COOKING

**1** Boil the potatoes in salted water for about 15 minutes until they are just done. Drain and cut in half.




**2** Put the oil into a frying pan over moderate heat. Fry the cumin, cardamom, chilli powder and mustard seeds for about 1 minute.

**3** Add the garlic, ginger and onion and fry for about 3 minutes until the onion is golden. Keep stirring.

**4** Add the potatoes and garam masala, fry for about 5 minutes, stirring.

**5** Can be served with rice.

# Spaghetti Bolognese

-  5 min
-  30 min
-  Serves 3-4

## INGREDIENTS

- ☐ *Onions* (3)
- ☐ *Garlic* (4 cloves)
- ☐ *Olive Oil* (1 tbsp)
- ☐ *Minced Beef* (500 g)
- ☐ *Tomatoes Can* (400 g)
- ☐ *Tomato Purée* (2 tbsp)
- ☐ *Dried Oregano* (2 tsp)
- ☐ *Bay Leaves* (2)
- ☐ *Sugar* (1 ½ tsp)
- ☐ *Vegetable Bouillon* (1 tbsp)
- ☐ *Spaghetti* (500 g)
- ☐ *Salt* (1 tsp)
- ☐ *Pepper* (1 tsp)

## PREPARATION

Peel and chop the onions and garlic.

## COOKING

**1** Heat the oil in a large pan and add onions and garlic. Cook on low for 2-3 minutes.

**2** Add the minced beef and stir. Cook for 3-5 minutes until the meat has slightly browned.

**3** Add the can of tomatoes to the pan, mash the tomatoes in the pan. Cook for 2-3 minutes and then add the tomato purée.

**4** Add oregano, bay leaves, sugar and the vegetable bouillon and then add ½ cup of water. If the sauce gets too dry, add some more water.


**5** Add pepper, to taste and cook on low heat for about 10-15 minutes.

**6** Boil salted water, add spaghetti and follow the cooking instructions.

**7** Serve the pasta and cover it with the bolognese sauce.



# Veggie Stir Fry

 10 min  
 10 min  
 Serves 4

## INGREDIENTS

- ☐ *Spring Onion* (1 bunch)
- ☐ *Sweet Pepper* (1)
- ☐ *Mange Tout* (100 g)
- ☐ *Bean Sprouts* (250 g)
- ☐ *Garlic* (1 clove)
- ☐ *Olive Oil* (2 tbsp)
- ☐ *Soy Sauce* (2 tbsp)
- ☐ *Noodles/Rice* (270 g)

## PREPARATION

Prepare the vegetables by cleaning and chopping the vegetables into smaller pieces.

## COOKING

**1** Put the oil into a pan on moderate heat and crush the garlic into the pan. Stir it around.

**2** Add the spring onion, sweet pepper and mange tout. Fry and stir for about 30 seconds.

**3** Add the bean sprouts and soy sauce. Stir fry for about 2 minutes.

**4** Serve with cooked noodles.

# Beef Broccoli

-  5 min
-  10 min
-  Serves 4

## INGREDIENTS

- ☐ *Flank Steak* (450 g)
- ☐ *Broccoli Floret* (1 head)
- ☐ *Chicken Stock* ( $\frac{1}{2}$  cup)
- ☐ *Soy Sauce* ( $\frac{2}{3}$  cup)
- ☐ *Honey* ( $\frac{1}{4}$  cup)
- ☐ *Rice Wine Vinegar* (2 tbsp)
- ☐ *Brown Sugar* (2 tbsp)
- ☐ *Garlic* (3 cloves)
- ☐ *Sesame Oil* (1 tbsp)
- ☐ *Olive Oil* (1 tbsp)
- ☐ *Cornstarch* (1 tbsp)
- ☐ *Sriracha* (1 tsp)
- ☐ *Ground Ginger* (1 tsp)
- ☐ *Red Pepper Flakes* ( $\frac{1}{4}$  tsp)

## PREPARATION

Thinly slice the flank steak and cut the broccoli head into florets. Mince the garlic.

## COOKING

**1** In a medium bowl, whisk together soy sauce, chicken stock, honey, vinegar, brown sugar, garlic, sesame oil, cornstarch, Sriracha, ginger, red pepper flakes and  $\frac{1}{4}$  cup water; set aside.

**2** Heat olive oil in a large skillet over medium high heat. Add steak and cook, flipping once, until browned, about 3-4 minutes.

**3** Stir in broccoli and soy sauce mixture until tender and slightly thickened, about 3-4 minutes.

# Beef Noodle Stir Fry

 15 min  
 15 min  
 Serves 6

## INGREDIENTS

### Main Dish

- ☐ *Udon Noodles* (390 g)
- ☐ *Olive Oil* (1 tbsp)
- ☐ *Ground Beef* (450 g)
- ☐ *Onion* (1)
- ☐ *Red Bell Pepper* (1)
- ☐ *Green Bell Pepper* (1)
- ☐ *Broccoli Florets* (340 g)
- ☐ *Green Onion* (1)

### Sauce

- ☐ *Soy Sauce* (¼ cup)
- ☐ *Rice Wine Vinegar* (2 tbsp)
- ☐ *Sugar* (2 tbsp)
- ☐ *Garlic* (3 cloves)
- ☐ *Ginger* (1 tbsp)
- ☐ *Sesame Oil* (1 tsp)
- ☐ *Sriracha* (1 tsp)

ring frequently, until tender, about 3-4 minutes. Stir in udon noodles and soy sauce mixture until well combined, about 2-3 minutes.

5 Garnish with green onion and serve.

## PREPARATION

Dice the onion. Thinly slice the bell peppers and green onion. Grate the ginger and mince the garlic.

## COOKING

1 In a small bowl, whisk together soy sauce, rice wine vinegar, brown sugar, garlic, ginger, sesame oil and Sriracha. Set aside.

2 In a large pot of boiling water, cook udon noodles according to package instructions and drain the water.

3 Heat olive oil in a large skillet over medium high heat. Add ground beef and onion and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks and drain excess fat.

4 Stir in bell peppers and broccoli. Cook, stir-

# Chicken Fajitas

 15 min  
 15 min  
 Serves 4

## INGREDIENTS

- ☐ *Chilli Powder* (2 tsp)
- ☐ *Ground Cumin* (2 tsp)
- ☐ *Dried Oregano* (2 tsp)
- ☐ *Smoked Paprika* (1 tsp)
- ☐ *Chicken Breasts* (680 g)
- ☐ *Red Bell Pepper* (1)
- ☐ *Yellow Bell Pepper* (1)
- ☐ *Orange Bell Pepper* (1)
- ☐ *Red Onion* (1)
- ☐ *Garlic* (3 cloves)
- ☐ *Olive Oil* (2 tbsp)
- ☐ *Cilantro Leaves* (¼ cup)
- ☐ *Tortillas* (4)
- ☐ *Lime* (1)

the mix.

## PREPARATION

Cut the chicken breasts into thin strips. Cut the bell peppers and onion into slices. Mince the garlic and chop the cilantro leaves.

## COOKING

**1** In a small bowl, combine chili powder, cumin, oregano, paprika, and add salt and pepper, to taste. Toss the chicken strips with the mixture.

**2** Add the olive oil over medium heat into a pan. Add the garlic and chicken strips, and cook until just cooked.

**3** Add the onions and sliced peppers and cook for an additional 2 minutes.

**4** Serve with tortillas and squeeze lime juice over

# Chicken Tikka Masala

-  10 min
-  20 min
-  Serves 4

## INGREDIENTS

- ☐ *Rice* (1 cup)
- ☐ *Chicken Thighs* (680 g)
- ☐ *Oil* (1 ½ tbsp)
- ☐ *Sweet Onion* (½)
- ☐ *Tomato Paste* (3 tbsp)
- ☐ *Garlic* (3 cloves)
- ☐ *Ginger Root* (1 tbsp)
- ☐ *Garam Masala* (1 ½ tsp)
- ☐ *Chill Powder* (1 ½ tsp)
- ☐ *Ground Tumeric* (1 ½ tsp)
- ☐ *Tomato Sauce* (1 can)
- ☐ *Chicken Stock* (1 cup)
- ☐ *Heavy Cream* (½ cup)
- ☐ *Cilantro Leaves* (2 tbsp)

about 1 minute.

**5** Stir in tomato sauce and chicken stock and season with salt and pepper. Bring to a boil, reduce heat and simmer until reduced and slightly thickened, about 10 minutes.

**6** Stir in heavy cream until heated through, about 1 minute.

**7** Serve with rice and garnish with cilantro.

## PREPARATION

Cut the chicken thighs into 2 cm chunks. Mince the garlic, grate the ginger and chop up the cilantro leaves.

## COOKING




**1** In a large saucepan of 2 cups water, cook rice according to package instructions and set aside.

**2** Season chicken with 1 teaspoon salt and ½ teaspoon pepper.

**3** Heat oil in a large stockpot over medium heat. Add chicken and onion to the stockpot and cook until golden, about 4-5 minutes.

**4** Stir in tomato paste, garlic, ginger, garam masala, chili powder and turmeric until fragrant,

# Creamy Mushroom Stroganoff

 10 min  
 20 min  
 Serves 4

## INGREDIENTS

- ☐ *Pasta Shells* (220 g)
- ☐ *Unsalted Butter* (3 tbsp)
- ☐ *Mushrooms* (680 g)
- ☐ *Onion* (2)
- ☐ *Garlic* (3 cloves)
- ☐ *Thyme* (4 tsp)
- ☐ *Flour* (2 ½ tbsp)
- ☐ *Beef Stock* (2 cups)
- ☐ *Dijon Mustard* (1 ½ tsp)
- ☐ *Sour Cream* (¾ cup)
- ☐ *Parmesan* (⅔ cup)
- ☐ *Parsley* (2 tbsp)

salt and pepper, to taste.

**3** Stir in garlic and thyme until fragrant.

**4** Whisk in flour until lightly browned.

**5** Gradually whisk in beef stock and Dijon. Bring to a boil, reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 4-5 minutes.

**6** Stir in pasta and sour cream until heated through. Stir in Parmesan until melted. Stir in parsley, season with salt and pepper, to taste.

## PREPARATION

Thinly slice the mushrooms, dice the onions, chop the thyme, parsley and mince the garlic. Grate the parmesan.

## COOKING

**1** In a large pot of boiling salted water, cook pasta according to package instructions and drain the water.

**2** Melt butter in a large skillet over medium high heat. Add mushrooms and onions, and cook, stirring occasionally, until mushrooms are tender and browned, about 5-7 minutes. Season with

# Fettuccine Alfredo

-  10 min
-  15 min
-  Serves 4

## INGREDIENTS

- ☐ *Fettuccine Pasta* (220 g)
- ☐ *Unsalted Butter* (4 tbsp)
- ☐ *Chicken Breasts* (2)
- ☐ *Italian Seasoning* (1 tsp)
- ☐ *Garlic* (4 cloves)
- ☐ *Flour* (1 ½ tbsp)
- ☐ *Tomato Paste* (1 tbsp)
- ☐ *Dried Basil* (1 tsp)
- ☐ *Milk* (1 ½ cup)
- ☐ *Sun Dried Tomatoes* (½ cup)
- ☐ *Cream Cheese* (80 g)
- ☐ *Parmesan* (½ cup)
- ☐ *Parsley* (2 tbsp)

## PREPARATION

Mince the garlic. Chop the tomatoes, parsley and grate the parmesan.

## COOKING

**1** In a large pot of boiling salted water, cook pasta according to package instructions and drain the water.

**2** Melt 1 tbsp butter in a large skillet over medium high heat. Season chicken with Italian seasoning, salt and pepper, to taste. Add chicken to the skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before slicing and set aside.

**3** Melt remaining 3 tablespoons butter in the skillet. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Whisk in flour, tomato paste and basil until lightly browned, about 1 minute.

**4** Gradually whisk in milk and sun-dried tomatoes. Cook, whisking constantly, until slightly thickened, about 5 minutes. Stir in cream cheese and Parmesan until smooth, about 1-2 minutes. If the mixture is too thick, add more milk as needed; season with salt and pepper, to taste.

**5** Stir in pasta and chicken, and gently toss to combine.

**6** Garnish with Parmesan and parsley, and serve.

# Garlic Parmesan Chicken And Potatoes

-  10 min
-  40 min
-  Serves 6

## INGREDIENTS

### Main Dish

- ☐ *Chicken Thighs* (6)
- ☐ *Italian Herbs* (1 tbsp)
- ☐ *Unsalted Butter* (¼ cup)
- ☐ *Baby Spinach* (3 cups)
- ☐ *Potatoes* (500 g)
- ☐ *Parsley* (2 tbsp)

### Garlic Parmesan Sauce

- ☐ *Garlic* (4 cloves)
- ☐ *Flour* (2 tbsp)
- ☐ *Chicken Broth* (1 cup)
- ☐ *Dried Thyme* (1 tsp)
- ☐ *Dried Basil* (½ tsp)
- ☐ *Milk* (½ cup)
- ☐ *Cream* (½ cup)
- ☐ *Parmesan* (½ cup)

## PREPARATION

Mince garlic, grate parmesan. Chop the baby spinach and parsley leaves. Halve the potatoes.

## COOKING

**1** Preheat oven to 205°C. Lightly coat a baking dish with oil or nonstick spray.

**2** Season chicken with the Italian herbs, salt and pepper.

**3** Melt 2 tablespoons butter in a large skillet over medium high heat. Add the chicken thighs and sear until both sides are golden brown. Set aside.

**4** Melt the remaining 1 tablespoon of butter in the skillet. Stir in spinach and cook, stirring occasionally until it begins to wilt.

**5** For the garlic parmesan sauce, melt the butter in the skillet over medium heat. Add the garlic

and cooking for about 2 minutes, stirring frequently.

**6** Whisk in the flour until lightly browned, about 1 minute.




**7** Gradually whisk in chicken broth, thyme and basil. Cook for about 2 minutes. Stir in the milk, cream and the parmesan until the mix has slightly thickened. Add more milk if the mixture is too thick.

**8** Place the chicken in a single layer into the baking dish. Add the potatoes on top, the spinach and the cream sauce.

**9** Roast in the oven until cooked through, about 25-30 minutes.



# Grilled Honey Mustard Chicken

 2 hrs  
 10 min  
 Serves 4

## INGREDIENTS

- ☐ *Dijon Mustard* (¼ cup)
- ☐ *Onion* (½)
- ☐ *Honey* (3 tbsp)
- ☐ *Olive Oil* (2 tbsp)
- ☐ *Rosemary* (2 tbsp)
- ☐ *Lemon Juice* (1 tbsp)
- ☐ *Canola Oil* (1 tbsp)
- ☐ *Chicken Tenders* (680 g)

## PREPARATION

Dice the onion and chop the rosemary

## COOKING

**1** In a medium bowl, whisk together the Dijon mustard, shallot, honey, olive oil, rosemary, lemon juice, 1 tsp salt and ½ tsp pepper. Set aside ½ of the mixture in the refrigerator until ready to serve.

**2** In a large bowl, combine the chicken and the other ½ of the Dijon mixture. Marinate for at least 2-8 hours. Drain the chicken from the marinade.

**3** Preheat grill to medium heat. Brush the chicken with canola oil and season with salt and pepper. Add chicken to grill, and cook, turning occasionally, until chicken is completely cooked through.

**4** Brush with the reserved Dijon mixture, cooking for an additional 1-2 minutes.

# Korean Beef Zucchini Noodles

 15 min  
 10 min  
 Serves 4

## INGREDIENTS

- ☐ *Sugar* ( $\frac{1}{3}$  cup)
- ☐ *Soy Sauce* (1 tbsp)
- ☐ *Ginger* (1 tbsp)
- ☐ *Sesame Oil* (1 tbsp)
- ☐ *Sriracha* (1 tsp)
- ☐ *Olive Oil* (1 tbsp)
- ☐ *Garlic* (1 tsp)
- ☐ *Ground Beef* (450 g)
- ☐ *Zucchini* (680 g)
- ☐ *Green Onion* (2)
- ☐ *Sesame Seeds* ( $\frac{1}{4}$  tsp)

cooks, drain excess fat.

**3** Stir in zucchini noodles, green onions and soy sauce mixture until well combined, allowing to simmer until heated through, about 2 minutes.

**4** Garnish with sesame seeds and serve.

## PREPARATION



Grate the ginger, mince the garlic and thinly slice the green onions.

## COOKING

**1** In a small bowl, whisk together brown sugar, soy sauce, ginger, sesame oil and Sriracha.

**2** Heat olive oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it

# Roasted Chicken With Veggies

 10 min  
 35 min  
 Serves 4

## INGREDIENTS

- ☐ *Butternut Squash* (500 g)
- ☐ *Red Potatoes* (250 g)
- ☐ *Carrots* (250 g)
- ☐ *Brussels Sprouts* (250 g)
- ☐ *Olive Oil* (2 tbsp)
- ☐ *Balsamic Vinegar* (2 tbsp)
- ☐ *Garlic* (2 cloves)
- ☐ *Parsley* (2 tbsp)
- ☐ *Chicken Thighs* (8)
- ☐ *Oregano* (1 tsp)
- ☐ *Thyme* (½ tsp)
- ☐ *Basil* (½ tsp)
- ☐ *Rosemary* (¼ tsp)

## PREPARATION

Chop the butternut squash and parsley, halve the potatoes and brussels sprouts. Mince the garlic.

## COOKING

**1** Preheat oven to 205°C. Lightly coat a baking dish with oil or nonstick spray.

**2** Season chicken with oregano, thyme, basil, rosemary, salt and pepper. Set aside.

**3** Place butternut squash, potatoes, carrots and brussels sprouts in a single layer onto the baking sheet. Stir in olive oil, balsamic vinegar and garlic. Season with salt and pepper and top with chicken in a single layer.

**4** Place into oven and roast until the chicken is completely cooked through after about 25-30 minutes. Then broil for 2-3 minutes, or until caramelized and slightly charred.

**5** Garnish with parsley and serve.

# Spaghetti Carbonara

 5 min  
 15 min  
 Serves 4

## INGREDIENTS

- ☐ *Spaghetti* (220 g)
  - ☐ *Eggs* (2 large)
  - ☐ *Parmesan* (½ cup)
  - ☐ *Bacon* (4 slices)
  - ☐ *Garlic* (4 cloves)
  - ☐ *Parsley* (2 tbsp)
- ½ cup water and drain well.

## PREPARATION

Grate the Parmesan cheese, dice the bacon, chop the parsley and mince the garlic.

## COOKING

- 1** In a large pot of boiling salted water, cook pasta according to package instructions, reserve ½ cup water and drain well.
- 2** In a small bowl, whisk together eggs and Parmesan and set aside.
- 3** Heat a large cast iron skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes and reserve excess fat.
- 4** Stir in garlic until fragrant, about 1 minute. Reduce heat to low.
- 5** Working quickly, stir in pasta and egg mixture, and gently toss to combine, season with salt and pepper, to taste. Add reserved pasta water, one tablespoon at a time, until desired consistency is reached.
- 6** Garnish with parsley.

# Bean Broccoli Salad

 30 min  
 None  
 Serves 6

## INGREDIENTS

### Salad Dressing

- ☐ *Parsley* (½ cup)
- ☐ *Red Onion* (1)
- ☐ *Rucola* (4 cups)
- ☐ *Olive Oil* (1 ½ tbsp)
- ☐ *Salt* (½ tsp)

### Salad

- ☐ *Broccoli Florets* (450 g)
- ☐ *Pepper* (¼ tsp)
- ☐ *White Beans* (400 g)
- ☐ *Parmesan* (½ cup)

## PREPARATION

Chop the parsley and mince the garlic. Drain the beans from the cans. Thinly slice the red onion and grate the parmesan cheese.

## COOKING


**1** Preheat oven to 205°C with the oven rack 10 cm from the heat. Toss together broccoli, 1 ½ tbsp of the oil, ½ tsp of the salt, and ¼ teaspoon of the pepper in a large bowl. Spread broccoli in a single layer on a rimmed baking sheet. Roast in oven until just tender, 20 to 25 minutes.

**2** Whisk together lemon zest and juice, parsley, garlic, mustard, vinegar, honey, and remaining ½ cup oil, ½ tsp salt, and ¼ tsp pepper in a medium bowl. Set aside.

**3** Increase oven temperature to broil, cook broccoli until slightly charred, 1 to 2 minutes. Cool about 5 minutes.

**4** Combine broccoli, beans, rucola, and red onion in a large bowl. Toss with the dressing and sprinkle with parmesan.

# Lemon Potato Salad

-  10 min
-  25 min
-  Serves 6

## INGREDIENTS

- ☐ *Potatoes* (670 g)
- ☐ *Onion* (½ cup)
- ☐ *White Wine Vinegar* (2 tbsp)
- ☐ *Lemon Juice* (1 tbsp)
- ☐ *Dijon Mustard* (1 tsp)
- ☐ *Olive Oil* (2 tbsp)
- ☐ *Celery* (½ cup)
- ☐ *Fennel Leaves* (1 tbsp)

## PREPARATION

Thinly slice the onion and the celery.

## COOKING

- 1** Stir together shallot and vinegar in a small bowl; set aside. Place potatoes and 2 teaspoons of the salt in a large saucepan. Cover with 10 cups water; bring to a boil over medium-high. Reduce heat to medium. Cook, undisturbed, until potatoes are fork-tender, 12 to 15 minutes. Drain; transfer to a large bowl.
- 2** Using a slotted spoon, remove shallot from vinegar, and transfer to large bowl with potatoes. Reserve vinegar in small bowl. Add lemon juice, Dijon mustard, pepper, and remaining ½ teaspoon salt to vinegar, whisk together until combined. Gradually whisk in oil until combined.
- 3** Add lemon-vinegar mixture, celery, and fennel to potato mixture. Toss to coat, using back of a spoon to gently smash about one-third of potatoes. Serve immediately, or cover and refrigerate until ready to serve (up to 12 hours). Garnish with additional fennel leaves before serving.

# Chicken Alfredo Penne

-  15 min
-  20 min
-  Serves 6

## INGREDIENTS

- ☐ *Unsalted Butter* (2 tbsp)
- ☐ *Chicken Breasts* (680 g)
- ☐ *Dried Oregano* (½ tsp)
- ☐ *Dried Basil* (½ tsp)
- ☐ *Ground Black Pepper* (½ tsp)
- ☐ *Pasta Penne* (450 g)
- ☐ *Parsley* (¼ cup)
- ☐ *Parmesan Cheese* (½ cup)

### Sauce

- ☐ *Garlic* (4 cloves)
- ☐ *Flour* (3 tbsp)
- ☐ *Milk* (2 cups)
- ☐ *Salt* (½ tsp)
- ☐ *Ground Pepper* (½ tsp)

a time until incorporated. Gradually pour in the milk, stirring between additions, and cook until fully incorporated and the sauce begins to thicken. Season with the salt, pepper, oregano, and basil. Add the Parmesan cheese and stir until melted.

**4** In a large bowl, pour the sauce over cooked penne pasta, then add the chicken and toss well to combine. Add the parsley and parmesan and toss again.

## PREPARATION

Shred the parmesan cheese and chop the parsley. Mince the garlic.

## COOKING

**1** Set the pasta to cook according to the instructions and set aside.

**2** Melt the butter in a large pan over medium-high heat, then add the chicken breasts. Season with the salt, pepper, oregano, and basil. Cook 8-10 minutes, or until the chicken is fully cooked. Remove the chicken from the pan and set aside.

**3** In the same pan over medium heat, melt the butter, then add the garlic. Cook until the garlic begins to soften. Stir in half of the flour at

# Lemon Garlic Shrimp Pasta

 15 min  
 15 min  
 Serves 4

## INGREDIENTS

- ☐ *Linguine* (250 g)
- ☐ *Olive Oil* (2 tbsp)
- ☐ *Unsalted Butter* (8 tbsp)
- ☐ *Garlic* (4 cloves)
- ☐ *Repper Pepper Flakes* (1 tsp)
- ☐ *Shrimp* (500 g)
- ☐ *Dried Oregano* (1 tsp)
- ☐ *Baby Spinach* (4 cups)
- ☐ *Parmesan Cheese* (¼ cup)
- ☐ *Parsley* (2 tbsp)
- ☐ *Lemon Juice* (1 tbsp)
- ☐ *Pepper* (1 tsp)
- ☐ *Salt* (1 tsp)

## PREPARATION

Mince the garlic, grate the parmesan cheese, and chop the parsley.

## COOKING

**1** In a large pot, boil water and add pasta. Cook until al dente.

**2** Drain and set pasta aside.

**3** In the same pan, heat olive oil and 2 tbsp of butter. Add garlic and crushed red pepper, cook until fragrant.

**4** Toss in shrimp, add salt and pepper, to taste, and stir until shrimp start to turn pink, but are not fully cooked.



**5** Add oregano and spinach, cook until wilted.

**6** Return cooked pasta to the pot, add remaining butter, parmesan, and parsley. Stir until well mixed and the butter is melted.

**7** When the shrimp are cooked, add lemon juice, mix once more, then serve while hot.



# Veggie Garlic Noodles

 5 min  
 10 min  
 Serves 4

## INGREDIENTS

- ☐ *Rice Noodles* (250 g)
- ☐ *Soy Sauce* (3 tbsp)
- ☐ *Brown Sugar* (2 tbsp)
- ☐ *Carrots* (2)
- ☐ *Snap Peas* (100 g)
- ☐ *Green Onion* (4)
- ☐ *Garlic* (5 cloves)

medium heat. Add the garlic and 3 green onions and cook for 2-3 minutes, until fragrant and tender. Add the carrots and snap peas, then stir in the brown sugar and soy sauce.

**3** Add the noodles and toss for a couple of minutes, until the noodles are well-coated and the vegetables are tender. Season with salt and pepper.

**4** Serve immediately, garnished with the remaining green onion.

## PREPARATION

Cut the carrots into matchsticks, slice the green onion and mince the garlic.

## COOKING

**1** Cook the rice noodles according to the instructions.

**2** Heat the vegetable oil in a large skillet over