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# Beef Broccoli

 5 min  
 10 min  
 Serves 4

## Preparation

**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 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.

## Ingredients

500 g	Beef
1 head	Broccoli Floret
1/2 cup	Chicken Stock
2/3 cup	Soy Sauce
1/4 cup	Honey
2 tbsp	Rice Wine Vinegar
2 tbsp	Brown Sugar
3	Garlic Cloves
1 tbsp	Sesame Oil
1 tbsp	Olive Oil
1 tbsp	Cornstarch
1 tsp	Sriracha
1 tsp	Ground Ginger
1/4 tsp	Red Pepper Flakes

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# Black Bean Stuffed Sweet Potatoes

 15 min  
 60 min  
 Serves 4

## Preparation

- 1 Pre-heat oven to 180 C.
- 2 Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 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 heat and then add in onion. Saute 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.

## Ingredients

4 Sweet Potato  
450 g Black Beans  
1/2 cup Plain Greek Yoghurt  
1 tsp Lime Juice  
1/2 tsp Ground Black Pepper  
1 cup Diced Red Onion  
1 1/2 tbsp Olive Oil  
1/4 tsp Garlic Powder  
1/4 tsp Onion Powder  
1/4 tsp Chilli Powder  
1/4 tsp Cumin  
1/2 tsp Salt  
1/2 cup Chopped Cilantro

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# Chicken Alfredo Penne

 15 min  
 20 min  
 Serves 6

## Preparation

**1** 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.

**2** 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 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.

**3** 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.

## Ingredients

2 tbsp	Unsalted Butter
700 g	Chicken Breasts
1/2 tsp	Dried Oregano
1/2 tsp	Dried Basil
1/2 tsp	Ground Black Pepper
500 g	Pasta Penne
1/4 cup	Parsley
1/4 cup	Parmesan Cheese

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# Chickpea Shakshuka

 5 min  
 25 min  
 Serves 6

## Preparation

1 Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Saut  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 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).

## Ingredients

650 g Can of Chickpeas  
4 Green Olives  
1 tbsp Olive Oil  
1/2 cup Diced Onion  
1/2 cup Red Bell Pepper  
3 Garlic Cloves  
800 g Can of Crushed Tomato  
2 tbsp Tomato Paste  
2 tsp Sugar  
2 tsp Smoked Paprika  
1 tsp Cumin  
2 tsp Chili Powder  
1/4 tsp Ground Cinnamon  
1 pinch Cayenne Pepper  
1 pinch Cardamom  
1 pinch Coriander

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# Lemon Garlic Shrimp Pasta

 15 min  
 15 min  
 Serves 4

## Preparation

- 1 Mince the garlic cloves, grate the parmesan cheese, and chop the parsley.
- 2 In a large pot, boil water and add pasta. Cook (stirring frequently) until al dente.
- 3 Drain and set pasta aside.
- 4 In the same pan, heat olive oil and 2 tablespoons of butter. Add garlic and crushed red pepper, cook until fragrant.
- 5 Toss in shrimp, salt and pepper to taste, and stir until shrimp start to turn pink, but are not fully cooked.
- 6 Add oregano and spinach, cook until wilted.
- 7 Return cooked pasta to the pot, add remaining butter, parmesan, and parsley. Stir until well mixed and the butter is melted.
- 8 When the shrimp are cooked, add lemon juice, mix once more, then serve while hot.

## Ingredients

250 g	Linguine
2 tbsp	Olive Oil
8 tbsp	Unsalted Butter
4	Garlic Cloves
1 tsp	Repper Pepper Flakes
500 g	Shrimp
1 tsp	Dried Oregano
4 cups	Baby Spinach
1/4 cup	Parmesan Cheese
2 tbsp	Parsley
1 tbsp	Lemon Juice
1 tsp	Pepper
1 tsp	Salt

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# Lo Mein

 15 min  
 5 min  
 Serves 4

## Preparation


- 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. 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!

## Ingredients

2 tbsp Dark Soy Sauce  
1 tbsp Light Soy Sauce  
3 tbsp Oyster Sauce  
1 tbsp Sesame Oil  
1 tsp Sugar  
1 Garlic Clove  
175 g Ramen Noodles  
3 Chopped Green Onion  
200 g Veggie Mix  
1 1/2 tbsp Mirrin

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# Meatloaf And Veggies

 10 min  
 35 min  
 Serves 4

## Preparation

1 Preheat the oven to 400 F. Peel the sweet potato and cut it into 1 cm cubes. Place the sweet potatoes and frozen broccoli florets (no need to thaw) on a large baking sheet.

2 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.

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

4 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.

5 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.



6 Return the baking sheet to the oven and roast for an additional 20 minutes, or until the internal temperature of the meatloaves has reached 160°F. Remove the baking sheet from the oven, plate up the meatloaves and vegetables, and serve immediately.

## Ingredients

500 g Ground Beef  
2 Eggs  
4 tbsp Bread Crumbs  
6 tbsp BBQ Sauce  
1/2 tsp Smoked Paprika  
1/4 tsp Garlic Powder  
2 Sweet Potato  
1 head Broccoli Floret  
4 tbsp Olive Oil  
1 1/2 tsp Salt  
1 tsp Pepper

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# Spicy Tuna Avocado Wrap

 10 min  
 Serves 4

## Preparation

**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 1/2 cup leafy greens, 1/4 cup matchstick carrots and divide the tuna mixture evenly among the wraps. Tightly roll up the tortilla, slice and enjoy!


## Ingredients

300	Tuna Can
1	Avocado
1 tbsp	Sriracha
1 tbsp	Dijon Mustard
2 tbsp	Celery
1 None	Red Onion
2	Green Onions
1 tbsp	Cilantro
2 cups	Lettuce
1 cup	Matchstick Carrots
4 None	Tortillas



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# Veggie Garlic Noodles

 5 min  
 10 min  
 Serves 4

## Preparation

- 1 Cut the carrots into matchsticks, slice the green onion and mince the garlic cloves.
- 2 Heat the vegetable oil in a large skillet over 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.

## Ingredients

250 g Cooked Rice Noodles  
3 tbsp Soy Sauce  
2 tbsp Brown Sugar  
2 Carrots  
100 g Snap Peas  
4 Green Onions  
5 Garlic Cloves