

Week Five

Kale and Chickpea Salad with Chicken (serves 4)

Per serve: 369cal/37 g protein/ 28g carbohydrate/9 g fat



Ingredients

- x2 400g tinned chickpeas, rinsed
- 2 tsp sesame oil
- 2 tsp brown rice vinegar (or cider vinegar)
- 2 tsp soy sauce
- 2 tsp lemon juice
- 1 small red chilli, seeds removed & finely chopped
- ½ bunch kale, washed & dried
- 8 brussels sprouts, finely shredded
- 1 spring onion, finely sliced
- 2 tsp sesame seeds, lightly toasted
- 400g shredded chicken breast (i.e. from deli, cooked roast chicken, or homemade)

Method

1. Combine oil, vinegar, soy, lemon juice and chilli in a bowl. Strip kale leaves from hard stems, roughly chop the leaves and massage the dressing into them. This will help soften them.
2. Stir chickpeas and shredded sprouts through the kale
3. Add spring onion and scatter over sesame seeds and chicken to serve.

Male adaptation: Serve with 1 cup cooked quinoa

- Per serve: 560cal/ 45g protein/ 59g carbohydrates/ 12g fat

***GF adaptation:** Use gluten free soy sauce (Kikkoman GF soy sauce)

Moroccan lamb cous cous salad (serves 4)

Per serve: 391cal/ 38g protein/ 38g carbohydrate/ 7g fat



Ingredients

- Two large lamb backstrap fillet (~2x 200g)
- 4 tbs Moroccan Seasoning
- 1 cup wholemeal cous cous (or x2 microwave cups brown rice and quinoa blend (W), or 4 cups (M))
- 2 cups reduced-salt beef stock, heated OR 2 cup hot water
- zest and juice of 1 lemon
- 1 medium red onion, diced
- 6 cups rocket
- 2 medium carrot, grated
- 1 cup store-bought roasted capsicum, well drained and thinly sliced (oil free, if available)
- 1 cup Pilpel Hommus

Method:

1. Rub the lamb backstrap in the Moroccan spice, to coat. Heat a non-stick frying pan over a medium-high heat and spray with oil. Cook the lamb for 5 min on each side, or until done to your liking. Remove from the heat and slice thinly
2. Meanwhile, put the couscous in a large bowl. Heat the stock/water and pour over the couscous, cover and leave for 5 min. Fluff the grains with a fork, then stir in the lemon zest and juice and onion.
3. Divide the couscous mixture, rocket, carrot and roasted peppers among 4 serving bowls. Top each with some lamb and a dollop of tzatziki/hommus, then serve sprinkled with a grind of black pepper and the extra zest, with lemon wedges on the side.

Male adaptation: Cook 1 additional cup of couscous (i.e. 2 cups in total) to divide between 4 portions, OR use 4 microwave cups of brown rice and quinoa

- Per serve: 582cal/ 46g protein/ 69g carbohydrates/ 10g fat

***GF adaptation:** Use Masterfoods- Moroccan Season Mild. Swap couscous to quinoa. Use Massel liquid stock

Grilled fish and Mediterranean vegetables (serves 4)

Per serve: 391cal/ 38g protein/ 5g carbohydrate/ 23g fat



Ingredients

- 2 tsp olive oil
- x4 150g salmon
- 1 red onion, sliced
- 2 clove of garlic, crushed
- 1tbs dried thyme/rosemary leaves
- 1 large capsicum, sliced
- 1 bunch asparagus, trimmed and halved
- 50g artichoke hearts in brine, halved
- 300g spinach leaves
- Lemon juice, to serve

Method

1. Preheat oven to 180°C. Get started on the vegetables, by placing the onion, garlic, dried herbs, capsicum, asparagus and artichoke hearts into a roasting dish lined with baking paper. Drizzle with 2tsp oil, toss to coat. Season with salt and pepper. Cook for 10 minutes, then remove from the heat.
2. Season the fish fillets with salt and pepper. Place the fish fillets, skin side down, onto the vegetables and place the roasting dish back into the oven for a further 15 minutes, or until the fish is cooked to your liking. Remove dish from the oven.
3. Remove the fish fillets from the vegetables and stir the baby spinach leaves through the vegetables, until wilted.
4. To plate up – divide the vegetables into two portions and top each portion with a fillet of fish. Drizzle over lemon juice.

For an additional serve of carbohydrates, add 1 small, diced sweet potato to this recipe. You will need to add the sweet potato in step one, and extend the cooking time to 20 minutes.

Male adaptation: Serve with one microwave cup cooked basmati/brown rice
- Per serve: 647cal/ 43g protein/ 35g carbohydrates/ 25g fat

***GF adaptation:** none required

Spiced Chicken, Tabbouleh and Tahini yoghurt (serves 2)

Per serve: 525cal/ 40g protein/ 35g carbohydrates/ 23g fat

Note: This is a repeated recipe from week 3, altered to make 2 serves instead of 3 serves.



Ingredients

- 1/2 cup (100g) quinoa, rinsed and drained (or 2 microwave cups brown rice/quinoa blend)
- 1/2 Lebanese cucumber, finely chopped
- 1 cup cherry tomatoes, finely chopped
- 300g spinach, finely shredded
- 3/4 cup fresh herbs, such as parsley or mint, finely chopped (optional)
- 1 tablespoons lemon juice
- 2 teaspoons olive oil
- 250g skinless chicken breast fillet
- 2 teaspoon ground cumin
- 2 teaspoon ground paprika
- 2 teaspoon dried thyme
- 100g Chobani plain Greek yoghurt
- 2 teaspoons of tahini*
- Mint leaves, to serve
- Lemon zest, to serve

Method

1. Heat a medium saucepan over medium heat. Add the quinoa and 1 cup (250ml) water. Bring to the boil. Reduce heat to low. Cook, covered, for 10-15 mins or until the water is absorbed and the quinoa is tender. Alternatively, use microwave cups
2. Place the quinoa in a large bowl. Add the cucumber, tomato, spinach, herbs (if using), 1 1/2 tablespoons of the lemon juice and half the oil. Toss to combine.
3. Meanwhile, combine the chicken, paprika, thyme, cumin and remaining oil in a large bowl
4. Heat a chargrill pan on medium. Cook the chicken for 4 mins each side or until golden and cooked through. Transfer to a plate and cover with foil. Set aside for 5 mins to rest. Thickly slice.
5. Combine yoghurt, tahini, 1 tablespoon water and remaining lemon juice in a bowl. Season with salt and pepper to taste.
6. Divide the quinoa tabbouleh among serving plates. Top with the chicken and drizzle with yoghurt mixture. Sprinkle with mint leaves and lemon zest.

Male adaptation: Serve with a mini wholemeal pita or 1 slice of Burgen bread

- Per serve: 598cal/ 44g protein/ 50g carbohydrates/ 24g fat

***GF adaptation:** ensure tahini is a gluten free brand e.g. Mayver's