

Week Seven

Lamb and chickpea salad (serves 4)

Per serve: 314cal/ 31g protein/ 17g carbohydrate/ 12g fat



Ingredients

- 2 lamb backstrap fillet
- 1 tbsp ground cumin
- 1tsp garlic salt
- Salt & freshly ground black pepper
- 1tbsp olive oil
- 1/2 red onion, diced
- 4 vine-ripened tomatoes, diced
- 400g tin of chickpeas, rinsed and drained
- 1 punnet continental parsley, roughly chopped (or use other green leaves like spinach)
- 80g fetta, crumbled
- 1tbsp red wine vinegar

Method:

1. Rub the lamb fillet with the ground cumin, garlic salt and pepper. Heat half the oil in a heavy-based frying pan over a medium-high heat. Cook the fillet for about 4 minutes on each side or until cooked to your liking. Transfer to a plate and cover with foil to rest.
2. Meanwhile in a large salad bowl combine the onion, tomatoes, chickpeas, parsley/salad greens and feta. Toss together with the remaining olive oil and vinegar, and season to taste with salt and pepper. Serve the salad topped with half a lamb fillet, sliced.

Male adaptation: Serve with 1 cup cooked quinoa (or microwave cup brown rice/quinoa) per serve
- Per serve: 505cal/ 39g protein/ 48g carbohydrates/ 15g fat

Za'atar spiced chickpea salad with ricotta and quinoa (serves 4)

Per serve: 421cal/ 20g protein/ 41g carbohydrate/ 17g fat

**Ingredients**

- 400g butternut pumpkin
- 1 large red onion, quartered and peeled
- 1 red capsicum, sliced thickly
- 1 yellow capsicum, sliced thickly
- 400g baby carrots, trimmed
- 2 tbs olive oil
- 400g tin of chickpeas
- 2 tbs Za'atar OR Dukkah (i.e. Table of Plenty brand in supermarkets)
- ¼ cup red wine vinegar (or apple cider)
- 200g ricotta (or 100g fetta cheese, or 2tbs mixed seeds for vegans)
- Fresh mint leaves and balsamic vinegar, to serve
- 2 cups of cooked Quinoa (or 2 microwave cups of brown rice/quinoa blend)
- 500g fresh salad greens, to serve

Method:

1. Preheat oven to 220C. Cut pumpkin (unpeeled) into thin wedges, then cut in half horizontally. Prick pumpkin with a knife, to speed up cooking process. Place onion, pumpkin, capsicums and carrot in a single layer on a large baking tray lined with baking paper (use two trays if you can't have a single layer of vegetables). Drizzle with 1-2tbs olive oil and season with salt and pepper. Bake for 40min until tender.
2. Meanwhile, combine chickpeas, drained, with a drizzle of olive oil and the Za'atar/Dukkah. Add to the vegetable baking tray in the remaining 15 minutes of cooking. Stir through the vegetables and return to the oven for remaining 15 minutes.
3. When ready, divide vegetables between 4, sprinkle with ricotta and fresh mint, and a small drizzle of balsamic vinegar.
4. Serve each portion with half a cup of quinoa and a handful of fresh salad greens

Male adaptation: Prepare 4 cups of cooked quinoa (or use 4 microwave cups)
- Per serve: 521cal/ 24g protein/ 55g carbohydrates/ 20g fat

***GF adaptation:** Use table of plenty dried spices dukkah pistachio

Brown Rice Nasi Goreng (Serves 4) – See Week 3

Poached chicken with kale and pistachio pesto (serves 4)

Per serve: 349cal/ 34g protein/ 7g carbohydrate/ 19g fat



Ingredients

- 2 skinless chicken breasts
- 1/2 red onion, quartered
- 300g Chopped Kale
- ½ cup pistachio nuts
- ½ cup fresh basil
- Juice of half a lemon
- 1 bunch of asparagus, woody ends removed, halved
- 1 large handful of sugar snap peas
- 3 tbs olive oil
- 2 tbs water
- 2 tsp apple cider vinegar
- salt and pepper, to taste

Method:

1. To make the poached chicken, slice the chicken breasts in half lengthways, then place in a pot and fill with water until covered. Bring to the boil and then simmer for 8-10 minutes, or until just cooked through (careful not to overcook!). Remove the chicken from the poaching liquid and allow to cool slightly before slicing.
2. Meanwhile, make the sauteed greens. Place half the chopped kale, asparagus and sugar snap peas in a pan and sautee with 1tbs olive oil until slightly softens – about 5-6 minutes.
3. Lastly, make the pesto. Add half the chopped kale, basil leaves, pistachios, lemon juice, salt and pepper to taste into a food processor. Then, add 2 tbs each of water and olive oil and blitz until a paste forms. Add a touch more water if needed, to reach desired consistency. It should resemble a paste.
4. Assemble sliced poached chicken, 2 tbs pesto and sauteed greens onto a plate.

Male adaptation: Serve with 1 microwave cup brown rice and quinoa blend
- Per serve: 579cal/ 38g protein/ 50g carbohydrates/ 21g fat

***GF adaptation:** non required