

Week Five

Black bean Fajitas (serves 4) – Repeated recipe, review week 1

Kale and Chickpea Salad with Tofu (serves 4)

384cal/ 27g protein/ 28g carbohydrate/ 15g fat



Ingredients

- x2 400g tinned chickpeas, rinsed
- 1tbs sesame oil
- 2 tsp brown rice vinegar (or cider vinegar)
- 1tbs 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
- 350g firm tofu, diced

Method

1. Pan fry the tofu in half the sesame oil and half the soy sauce for 10 minutes, or until crispy on the outside and cooked to your liking.
2. Combine remaining sesame oil, vinegar, remaining 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.
3. Stir chickpeas and shredded sprouts through the kale
4. Add spring onion and scatter over sesame seeds and tofu to serve.

Male adaptation: Stir through 1 cup cooked quinoa per serve

- Per serve: 575cal/ 35g protein/ 59g carbohydrates/ 18g fat

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

Moroccan chickpea cous cous salad (serves 4)

413cal/ 21g protein/ 53g carbohydrate/ 8g fat

**Ingredients**

- 400g tinned chickpeas- drained
- 4 tbs Moroccan Seasoning
- 1 cup wholemeal cous cous (or 2 microwave cups of brown rice and quinoa blend for women, and 4 cups for men)
- 2 cups reduced-salt vegetable stock, heated OR 2 cup hot water
- zest and juice of 1 lemon
- 1 medium red onion, diced
- 500g 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 chickpeas in the Moroccan spice, to coat. Heat a non-stick frying pan over a medium-high heat and spray with oil. Cook the chickpeas for 3 mins
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 chickpeas 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 cous cous (i.e. 2 cups in total) to divide between 4 portions
- Per serve: 604cal/ 26g protein/ 90g carbohydrates/ 10g fat

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

Spiced Haloumi, Tabbouleh and Tahini yoghurt (serves 2)

517cal/ 23g protein/ 36g carbohydrate/ 30g fat

(note: this recipe is a repeat of week 3, with volumes altered to serve two instead of six)



Ingredients

- 1/2 cup (100g) quinoa, rinsed and drained (or 1 microwave cup of brown rice/quinoa)
- 1 Lebanese cucumber, finely chopped
- 1 cup cherry tomatoes, finely chopped
- 200g spinach, finely shredded
- 3/4 cup fresh herbs, such as parsley or mint, finely chopped (optional)
- 3 tablespoons lemon juice
- 1tbs olive oil
- 100g haloumi
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika
- 1 teaspoon dried thyme
- 100g Greek-style 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.
2. Place the quinoa in a large bowl. Add the cucumber, tomato, spinach, herbs (if using), half the oil and lemon juice. Toss to combine.
3. Meanwhile, combine the haloumi, paprika, thyme, cumin and remaining oil in a large bowl
4. Heat a chargrill pan on medium with remaining oil. Cook the haloumi for 4 mins each side or until golden. Transfer to a plate and 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 haloumi and drizzle with yoghurt mixture. Sprinkle with mint leaves and lemon zest.

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

Serotonin Nutrition Bomb (serves 4)

Per serve: 337cal/ 21g protein/ 32g carbohydrate/ 10g fat



Ingredients

- 4 eggs
- ¼ Kent pumpkin, cut into 6 thick wedges, skin on
- 1 small sweet potato, cut into 6 chunks, skin on
- 300g baby spinach leaves
- 3 cups of curly green kale leaves, stems removed, leaves torn
- 2 cups of alfalfa sprouts
- 1 punnet of cherry tomatoes, halved
- 1 large head of broccoli, cut into florets
- 1 capsicum, diced
- 4x microwavable cups of quinoa
- To serve: 2tbs Pilpel hummus, 2tbs mixed seeds per bowl. Dressing – ¼ lemon and 1tsp extra virgin olive oil.

Ingredients

1. Prepare the pumpkin and sweet potato. Preheat oven to 200C. Lay out pumpkin and sweet potato on an oven tray and drizzle with 1tbs olive oil, salt and pepper, and optional spices (i.e. dukkah, cinnamon, paprika, cumin, chilli flakes etc). Cook for 30 minutes, or until tender. Set aside.
2. Meanwhile, prepare the eggs. Boil for 8 minutes, or until hard boiled. Rinse under cool water and peel. Set aside.
3. Prepare the kale. Drizzle with 1tsp extra virgin olive oil and juice of half a lemon. Massage with hands until leaves soften. Set aside.
4. Then, steam the broccoli florets for 3 minutes, or until tender but crisp
5. If you would like to make your own hommus you can also do so now.
6. Keep all ingredients in your fridge and assemble salads fresh on the day. Use one large handful of spinach, ½ cup kale, 1/3 cup alfalfa, 1/6th of your tomatoes, capsicum and broccoli, and 1 piece each of pumpkin and sweet potato, serve with ½ cup cooked quinoa. Top with 1 egg and serving ingredients. Drizzle with fresh lemon juice and 1tsp extra virgin olive oil (optional)

Male adaptation: Serve with 2 eggs instead of 1

- Per serve: 402cal/ 27g protein/ 32g carbohydrates/ 15g fat

***GF adaptation:** non required