



**GOLDSTER**★  
*THE BEST SOLUTION FOR YEARS*

Recipes to Counteract  
Inflammageing

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<https://www.goldster.co.uk/>



## Detox Green Smoothie

2 servings

10 minutes

### Ingredients

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

### Nutrition

Amount per serving	
Calories	164
Fat	2g
Carbs	38g
Fiber	9g
Protein	4g
Calcium	171mg

### Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

### Notes

**No Kale:** Use spinach.

**No Pear:** Use apples.

**Metabolism Boost:** Add 1/4 tsp cayenne pepper.

**Make it Sweeter:** Add 1/2 cup frozen pineapple or mango.

**More Protein:** Add a scoop of protein powder or hemp seeds.



## Pistachio Crusted Salmon

4 servings

30 minutes

### Ingredients

- 1/2 cup Pistachios (removed from shell)
- 1/4 tsp Sea Salt
- 567 grams Salmon Fillet
- 1/4 cup Pine Nuts
- 1 Garlic (clove, minced)
- 2 cups Parsley (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 head Cauliflower (chopped into florets)

### Nutrition

Amount per serving	
Calories	515
Fat	36g
Carbs	16g
Fiber	6g
Protein	36g
Calcium	111mg

### Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

### Notes

**More Veg:** Serve with a side of baby spinach drizzled with leftover pesto

**Likes it Warm:** Saute the cauliflower rice in a bit of olive oil before serving



## Turmeric Hummus

4 servings

10 minutes

### Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove)
- 1 tbsp Tahini
- 3 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	281
Fat	18g
Carbs	24g
Fiber	7g
Protein	8g
Calcium	59mg

### Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

### Notes

**Serve it With:** Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

**Leftovers:** Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



## Cajun Turkey Meatballs

4 servings

15 minutes

### Ingredients

454 grams Extra Lean Ground Turkey  
1 Egg  
1/4 White Onion (shredded)  
3 tbsps Parsley (chopped)  
2 tps Cajun Seasoning  
1 tbsp Hot Sauce  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	192
Fat	11g
Carbs	1g
Fiber	0g
Protein	23g
Calcium	36mg

### Directions

- 1 Set your oven to broil and line a baking sheet with parchment paper.
- 2 In a large bowl, add all of the ingredients and mix well to combine. Form into balls approximately two inches wide and place on the baking sheet.
- 3 Transfer the baking sheet to the oven and bake for 10 to 12 minutes, flipping halfway through, or until cooked through. Be sure to keep a close eye as all broilers vary. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately three meatballs.

**Serve it With:** Enjoy as-is, with your favorite dipping sauce, with roasted vegetables, on top of pasta or rice, or on top of a salad.



## Veggie Basmati Rice

4 servings

25 minutes

### Ingredients

- 1 cup Brown Basmati Rice (soaked for at least 10 minutes)
- 2 cups Water
- 1 1/2 tsps Cumin Seed
- 1 tbsp Lemon Juice (optional)
- 1 Carrot (small, peeled and grated)
- 1/8 tsp Sea Salt
- 1/2 cup Frozen Peas (thawed)

### Nutrition

Amount per serving	
Calories	186
Fat	1g
Carbs	40g
Fiber	2g
Protein	4g
Calcium	29mg

### Directions

- 1 Rinse the soaked rice well using a fine mesh strainer under cold water until the water runs clear.
- 2 To a pot add the rinsed rice, water, cumin seeds, lemon juice (if using), grated carrot, and salt. Bring the rice to a boil over high heat then cover and reduce the heat to low and cook for about 20 to 25 minutes or until the liquid has just been absorbed.
- 3 Turn the heat off, add the peas and allow the rice to sit covered for about five minutes, or until the peas are warmed through and the rice is tender. Fluff with a fork and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately one cup.

**Additional Toppings:** Fresh cilantro or additional lemon juice.

**No Brown Basmati Rice:** Use white basmati rice, white rice, brown rice, or quinoa.