



**GOLDSTER**★

Younger You: Week 3

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



## Matcha Energy Balls

14 servings

15 minutes

### Ingredients

- 1 cup Almonds
- 3/4 cup Hazelnuts
- 1 1/2 tbsps Green Tea Powder (matcha)
- 1 1/2 tbsps Coconut Oil
- 1 cup Pitted Dates
- 1/4 cup Unsweetened Coconut Flakes
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	157
Fat	12g
Carbs	12g
Fiber	3g
Protein	4g
Calcium	43mg

### Directions

- 1 Add the almonds, hazelnuts, green tea powder, coconut oil, dates, coconut flakes and sea salt to a food processor and blend until well mixed and sticky.
- ⋮
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands, roughly 1-inch in diameter. Dust with more green tea powder if desired. Store in the fridge or freezer until ready to enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days or in the freezer for three months.

**Serving Size:** One serving is equal to one energy ball.

**No Hazelnuts:** Replace with more almonds instead.



## Tofu & Broccoli with Almond Sriracha Sauce

2 servings  
35 minutes

### Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 3 tbsps Almond Butter
- 1/2 tsp Ginger (fresh, minced)
- 2 tbsps Tamari
- 1 tbsp Sriracha
- 1 tbsp Rice Vinegar
- 1 1/2 tbsps Sesame Oil (divided)
- 3 cups Broccoli (chopped into florets)
- 227 grams Tofu (extra firm, pressed, cubed)
- 1 stalk Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	566
Fat	31g
Carbs	53g
Fiber	9g
Protein	26g
Calcium	478mg

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Cook the rice according to package directions.
- 2 In a bowl, whisk together the almond butter, ginger, tamari, sriracha, vinegar, and 1/3 of the oil.
- 3 Spread the broccoli and the tofu onto the prepared baking sheet. Drizzle with the remaining oil and toss gently. Arrange in a single layer.
- 4 Place the baking sheet in the oven and cook for 15 to 20 minutes, or until the tofu and broccoli are crispy. Rotate the baking sheet halfway through.
- 5 Divide the rice, tofu, broccoli, and sauce evenly between bowls. Garnish with green onions. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups of tofu and broccoli, 1/2 cup of cooked rice, and three tablespoons of sauce.

**Additional Toppings:** Add bell peppers or other roasted vegetables.



## Garlicky Kale

4 servings  
15 minutes

### Ingredients

- 8 cups Kale Leaves (stems removed)
- 2 tbsps Tahini
- 3 tbsps Apple Cider Vinegar
- 1 tbsp Tamari
- 1/4 cup Nutritional Yeast
- 3 Garlic (cloves, minced)

### Nutrition

Amount per serving	
Calories	102
Fat	5g
Carbs	8g
Fiber	5g
Protein	8g
Calcium	149mg

### Directions

- 1 Tear kale into bite-size pieces and place in a large bowl.  
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- 2 Puree all the remaining ingredients in a food processor until smooth.  
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- 3 Add the dressing to the kale and massage with your hands until well coated. Serve immediately or let marinate for 1 hour in the fridge for more flavour.

### Notes

- No Tahini:** Use a nut butter or sunflower seed butter instead.
- Leftovers:** Refrigerate in an airtight container up to 3 days.



## Kimchi Tofu Soup

4 servings

10 minutes

### Ingredients

- 2 cups Kimchi (with juice)
- 3 cups Vegetable Broth, Low Sodium
- 350 grams Tofu (soft, cut into 1-inch cubes)
- 2 cups Bean Sprouts
- 2 stalks Green Onion (sliced)
- 2 tbsps Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	118
Fat	6g
Carbs	9g
Fiber	4g
Protein	13g
Calcium	275mg

### Directions

- 1 Add the kimchi and the broth to a pot. Bring to a boil and cook over medium-high heat for five minutes.
- 2 Reduce the heat to medium-low. Add the tofu and continue cooking for two minutes or just enough to warm the tofu.
- 3 Divide into bowls and top with the bean sprouts, green onions, and cilantro. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze individual portions for up to three months.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add sesame oil and/or mushrooms. Use another protein of choice.

**Additional Toppings:** Chopped peanuts, cashews, or sesame seeds.



## Spinach Lentil Curry

**4 servings**  
**25 minutes**

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 cup Vegetable Broth
- 1 cup Canned Coconut Milk
- 2 cups Lentils (cooked)
- 1/2 cup Cilantro (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tps Maple Syrup

### Nutrition

Amount per serving	
Calories	463
Fat	15g
Carbs	70g
Fiber	13g
Protein	15g
Calcium	109mg

### Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 5 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

### Notes

**No Rice:** Serve alone or with quinoa, couscous or potatoes instead.

**Leftovers:** Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

**Too Thick:** If the curry gets too thick, add extra vegetable broth to thin it.

**More Flavour:** Add extra cilantro and lime.