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Recipes to support bones &
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Lentil Masala Soup

4 servings

30 minutes

Ingredients

- 1 1/2 tsp Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Protein	17g
Calcium	118mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Additional Toppings: Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



Winter Kale Salad

4 servings

20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
1 tsp Maple Syrup
1/8 tsp Sea Salt
6 cups Kale Leaves (thinly sliced)
1/2 cup Pomegranate Seeds
1 Pear (cored and thinly sliced)
1/4 cup Pumpkin Seeds
1/4 cup Unsweetened Coconut Flakes (toasted)

Nutrition

Amount per serving	
Calories	188
Fat	14g
Carbs	15g
Fiber	5g
Protein	3g
Calcium	93mg

Directions

- 1 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 2 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 3 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

No Pear: Use sliced apple instead.

No Kale: Use Swiss chard or collard greens instead.



Chicken Biryani

4 servings

35 minutes

Ingredients

1 1/2 cups Basmati Rice
454 grams Chicken Breast (skinless, boneless, cut into cubes)
1/2 cup Plain Greek Yogurt
2 tbsps Biryani Masala
1 tbsp Lemon Juice
1/4 tsp Sea Salt
1/2 cup Mint Leaves (chopped, divided)
1/2 cup Cilantro (chopped, divided)
1 3/4 cups Vegetable Broth
1 Tomato (chopped)

Nutrition

Amount per serving	
Calories	468
Fat	5g
Carbs	68g
Fiber	4g
Protein	36g
Calcium	82mg

Directions

- 1 Soak the basmati rice in water and set aside.
- 2 In a bowl, combine the chicken breast, yogurt, biryani masala, lemon juice, salt, half the mint, and half the cilantro.
- 3 In a large pot or dutch oven over medium-high heat, add a splash of the broth. Cook the marinated chicken, about six to eight minutes, adding more broth as needed to prevent sticking.
- 4 Drain the rice and add it to the chicken, along with the tomato, remaining broth, mint, and cilantro. Bring to a boil, then lower to a simmer and cover. Cook for 20 minutes or until the rice is cooked. Enjoy!

Notes

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

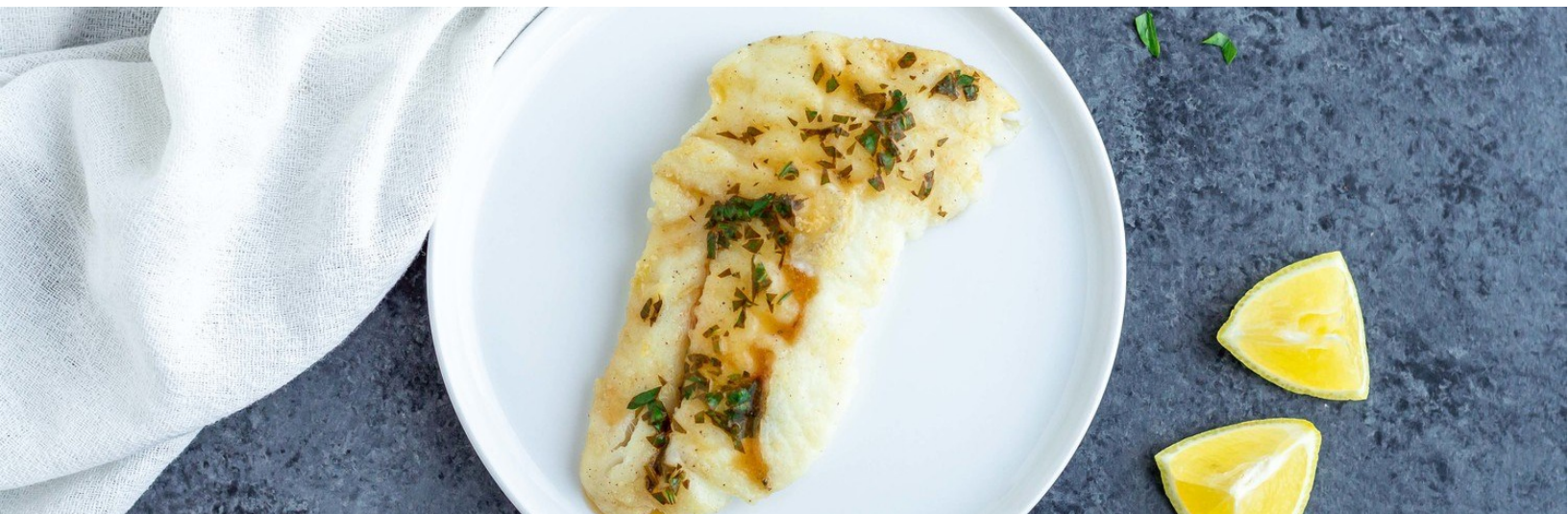
Serving Size: One serving equals approximately two cups.

No Vegetable Broth: Use water or any other broth instead.

More Flavor: Marinate the chicken for at least 30 minutes. Add sautéed garlic, onion, jalapeños, and/or a pinch of saffron.

Additional Toppings: Yogurt, mint, cashews, cilantro, caramelized onions, or ghee.

Make it Vegan: Use potato, cauliflower, peas, or beans instead of chicken.



White Fish Meuniere

2 servings

20 minutes

Ingredients

2 Haddock Fillet
Sea Salt & Black Pepper (to taste)
2 tbsps All Purpose Gluten-Free Flour
1 tbsp Extra Virgin Olive Oil
2 tbsps Butter
1 tbsp Parsley (finely chopped)
1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	343
Fat	19g
Carbs	9g
Fiber	2g
Protein	32g
Calcium	28mg

Directions

- 1 Pat the haddock fillets dry with a paper towel and season both sides generously with salt and pepper.
- 2 Add the flour to a plate or shallow bowl and season with additional salt and pepper to taste. Heat the oil in a large pan over medium-high heat.
- 3 One fillet at a time, dip the fillet in the flour to lightly coat and then shake off the excess. Place the fillet in the hot pan and cook for two to three minutes per side or until lightly golden brown and the fish is cooked through (cooking time will vary depending on the thickness of the fillets). Transfer to a plate and cover to keep warm. Carefully remove any browned bits from the pan and add more oil if needed then repeat with the remaining fillet(s). Discard any remaining flour.
- 4 When the fish has finished cooking, carefully wipe the pan clean with a paper towel. Place the pan back on the heat and add the butter. Let the butter bubble until just browned, about a minute. Remove the pan from the heat and add the parsley and lemon juice and stir to combine.
- 5 To serve, divide the fish between plates and top with the lemon butter sauce. Season with additional salt or lemon juice if needed. Enjoy!

Notes

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

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.

Additional Toppings: Lemon wedges or more fresh herbs.

No Haddock: Use another flakey white fish like sole or flounder.

No Gluten-Free Flour: Use all-purpose wheat flour instead.

No Butter: Use ghee or clarified butter instead.



Sardine & Fennel Salad with Lemon Mayo

2 servings

10 minutes

Ingredients

1/4 cup Mayonnaise
1/4 Lemon (juiced, zested, to taste)
1 tbsp Water
1 bulb Fennel (small, cored, thinly sliced)
3/4 cup Radishes (trimmed, sliced)
115 grams Sardines (packed in oil, drained)
1/2 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	357
Fat	28g
Carbs	12g
Fiber	5g
Protein	17g
Calcium	312mg

Directions

- 1 In a small bowl, whisk together the mayonnaise, lemon juice, zest, and water.
- 2 Divide the fennel, radishes, and sardines into bowls. Top with the lemon mayo dressing and garnish with parsley. Enjoy!

Notes

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

Serving Size: One serving equals approximately two and a half cups.

More Flavor: Season with salt and pepper to taste.

Additional Toppings: Add chopped tomatoes and cucumbers.

No Sardines: Use tuna or mackerel instead.