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Week 4: Healthy Skin part 2

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## One Pot Cauliflower & Lentil Green Curry

2 servings

30 minutes

### Ingredients

- 1/4 cup Water
- 1 Yellow Onion (medium, chopped)
- 1/4 cup Green Curry Paste
- 1 1/2 cups Vegetable Broth
- 1 cup Canned Coconut Milk
- 1/2 cup Dry Red Lentils (rinsed)
- 1/2 head Cauliflower (small, cut into florets)
- 1 tbsp Coconut Aminos
- 1 tbsp Lime Juice
- 1/4 cup Cilantro (chopped, optional for serving)

### Nutrition

Amount per serving	
Calories	529
Fat	25g
Carbs	60g
Fiber	14g
Protein	18g
Calcium	79mg

### Directions

- 1 Heat the water in a pot over medium heat. Add onions and cook for about three to five minutes until the onions begin to soften. Stir in the curry paste and continue to cook for another minute. Stir in the vegetable broth and coconut milk and bring to a simmer.
- 2 Stir in the lentils and cook for about 10 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan.
- 3 Add the cauliflower to the pot and continue to cook for seven to eight minutes or until the cauliflower florets are tender. Stir in the coconut aminos and lime juice.
- 4 Divide between bowls and garnish with the cilantro (if using). Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add fresh garlic or ginger.

**Make it Vegan:** Ensure the curry paste does not contain fish sauce or shrimp paste.

**No Cauliflower:** Use broccoli instead.

**Curry Paste:** This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

**Consistency:** For a thinner curry add more vegetable broth.

**Serve it With:** Rice, quinoa or cauliflower rice.



## Spiced Cauliflower Rice Bowl

2 servings

40 minutes

### Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

### Nutrition

Amount per serving	
Calories	529
Fat	26g
Carbs	68g
Fiber	14g
Protein	13g
Calcium	136mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

### Notes

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

**No Brown Rice:** Use jasmine rice, cauliflower rice, quinoa or millet instead.



## Coconut Yogurt Parfait

1 serving

5 minutes

### Ingredients

1 cup Unsweetened Coconut Yogurt (divided)

2 tbsps Walnuts (roughly chopped, divided)

1/2 cup Strawberries (chopped, divided)

### Nutrition

Amount per serving	
Calories	231
Fat	17g
Carbs	20g
Fiber	5g
Protein	4g
Calcium	526mg

### Directions

- 1 Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

### Notes

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

**Nut-Free:** Use sunflower seeds instead of walnuts.

**Additional Toppings:** Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.



## Orzo with Chicken & Peas

4 servings

35 minutes

### Ingredients

680 grams Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
1 1/2 tbsps Extra Virgin Olive Oil  
3/4 cup Shallot (finely chopped)  
4 Garlic (cloves, minced)  
1 1/4 cups Orzo (dry)  
2 1/2 cups Chicken Broth  
1 1/3 cups Fresh Peas (or frozen)  
1/2 Lemon (juiced and zested)  
1/2 cup Parmigiano Reggiano (finely grated)

### Nutrition

Amount per serving	
Calories	513
Fat	17g
Carbs	40g
Fiber	5g
Protein	47g
Calcium	197mg

### Directions

- 1 Pat the chicken dry with paper towel and season with salt and pepper.
- 2 Heat a large Dutch oven or skillet over medium heat. Once hot, add the oil. Add the chicken, working in batches if needed, and cook for 12 minutes, flipping once, or until the chicken is cooked through. Remove and set aside.
- 3 Reduce the heat to medium-low. Add the shallot and cook for three minutes, stirring often, until just starting to brown. Add the garlic and cook for one minute, until fragrant
- 4 Increase the heat to medium and add the orzo, stirring often, for one minute. Add the broth and scrape up any brown bits from the pot. Add the peas and bring to a low boil, then reduce the heat to medium-low. Cook for nine to 10 minutes, stirring frequently to avoid any sticking, until the orzo is cooked al dente and most of the liquid has been absorbed.
- 5 Remove from the heat and stir in the lemon juice, lemon zest, and parmesan. Season with salt and pepper.
- 6 Divide the orzo evenly between plates and top with chicken. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of orzo and peas and 1 1/2 chicken thighs.

**Additional Toppings:** Top with fresh herbs such as parsley, basil, or mint.

**Gluten-Free:** Use gluten-free pasta or rice.

**Dairy-Free:** Omit the cheese or use dairy-free parmesan.



## Sweet Chili Chicken Summer Rolls

4 servings

25 minutes

### Ingredients

- 85 grams Rice Vermicelli Noodles
- 8 Rice Paper Wraps
- 1/2 cup Basil Leaves
- 1 Cucumber (medium, julienned)
- 1 Carrot (medium, julienned)
- 198 grams Chicken Breast, Cooked (shredded)
- 1 Lime (medium, juiced)
- 1/4 cup Sweet Chili Sauce

### Nutrition

Amount per serving	
Calories	266
Fat	2g
Carbs	45g
Fiber	2g
Protein	16g
Calcium	31mg

### Directions

- 1 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the vermicelli, basil, cucumber, carrot, and chicken breast near the bottom of the wrap.
- 3 Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 4 Squeeze lime juice on top, dip into the sauce and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving is equal to two summer rolls.

**More Flavor:** Add lettuce, cabbage, and/or cilantro.

**No Sweet Chili Sauce:** Use any other sauce of your choice.