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Healthy Recipes

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## Vegan Lentil Keema

4 servings

25 minutes

### Ingredients

- 2 cups Water
- 1 3/4 cups Canned Coconut Milk (divided)
- 2 Yellow Potato (small, cubed)
- 1 cup Dry Green Lentils
- 1 tbsp Coconut Oil
- 2 tsps Coriander
- 2 tsps Cumin
- 3 Garlic (cloves, minced)
- 1 Yellow Onion (medium, diced)
- 3 Tomato (medium, halved)
- 2 cups Frozen Peas
- 1 tbsp Lime Juice

### Nutrition

Amount per serving	
Calories	565
Fat	23g
Carbs	71g
Fiber	13g
Protein	21g
Calcium	100mg

### Directions

- 1 In a large pot, add the water, half the coconut milk, potatoes, and lentils. Bring to a boil, then lower to a simmer. Cook for 20 minutes uncovered, or until tender. Do not drain. Set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the coriander, cumin, and garlic, and cook for one minute. Stir in the onions for about five minutes, or until translucent. Add the tomato and cook for another five minutes.
- 3 Stir in the remaining coconut milk. Use a hand-held immersion blender to blend until smooth.
- 4 Add the peas, lime juice, potatoes, and lentils (with the liquid). Gently simmer for about five minutes or until warmed through. Enjoy!

### Notes

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

**Serving Size:** Each serving equals approximately 1 3/4 cups.

**More Flavor:** Add garlic, chopped bell pepper, cauliflower, or green chilies. Season further with turmeric, cinnamon, cayenne, salt, or pepper to taste.

**Additional Toppings:** Top with cilantro. Serve with rice or naan.

**No Green Lentils:** Use brown lentils instead.

**No Coconut Oil:** Use ghee or butter instead.



## Honey Mustard Chicken & Brussels Sprouts

4 servings

50 minutes

### Ingredients

454 grams Chicken Thighs with Skin  
Sea Salt & Black Pepper (to taste)  
1/3 cup Extra Virgin Olive Oil (divided)  
2 tbsps Dijon Mustard  
1 tbsp Honey  
1 tbsp Lemon Juice  
3 cups Brussels Sprouts (trimmed and halved)  
1/2 cup Red Onion (large, cut into wedges)

### Nutrition

Amount per serving	
Calories	460
Fat	36g
Carbs	13g
Fiber	3g
Protein	21g
Calcium	41mg

### Directions

- 1 Preheat the oven to 425°F (220°C). Season the chicken thighs with salt and pepper.
- 2 In a large bowl, whisk together 3/4 of the oil, mustard, honey, and lemon juice. Use tongs to dip the chicken in the mixture, coating all sides. Place on a baking sheet and bake for 30 minutes.
- 3 Meanwhile, in a medium sized bowl, toss the Brussels sprouts and onion with the remaining oil and season with salt and pepper.
- 4 Remove the baking sheet and scatter the Brussels sprouts and onion around the chicken. Place back in the oven for 15 minutes, until the sprouts are charred and the chicken is cooked through. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is about two chicken thighs and one cup of Brussels sprouts and onion.



## Turkey Chili

8 servings

40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 454 grams Extra Lean Ground Turkey
- 1 Yellow Onion (chopped)
- 2 cups Diced Tomatoes
- 2 cups Crushed Tomatoes
- 2 cups Black Beans (cooked, rinsed)
- 1 3/4 cups Red Kidney Beans (cooked, rinsed)
- 2 Carrot (chopped)
- 5 stalks Celery (chopped)
- 1 Red Bell Pepper (chopped)
- 1 Jalapeno Pepper (chopped)
- 3 tbsps Chili Powder
- 1 tsp Cumin
- 1 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	266
Fat	7g
Carbs	31g
Fiber	12g
Protein	20g
Calcium	114mg

### Directions

- 1 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 2 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 3 Divide into bowls, serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups of chili.

**More Flavor:** Add a pinch of cayenne.

**Additional Toppings:** Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

**More Veggies:** Add sliced mushrooms, sliced kale, or baby spinach.



## Greek Tomato & Feta Omelette

1 serving

5 minutes

### Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 1 Tomato (small, chopped, seeds removed)
- 1 tbsp Pitted Kalamata Olives (chopped)
- 1 tbsp Feta Cheese (crumbled)
- 1 1/2 tsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	216
Fat	15g
Carbs	5g
Fiber	1g
Protein	15g
Calcium	118mg

### Directions

- 1 In a small bowl, whisk the eggs with a fork and season with salt and pepper. Set aside.
- 2 Heat a small skillet over medium heat and add the oil. Pour in the egg mixture and cook until almost set. Place the chopped tomato, olives, and feta on one half of the omelette and fold the other half over top. Remove from heat and top with parsley. Enjoy!

### Notes

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

**Dairy-Free:** Omit the feta, or use a vegan cheese.

**More Flavor:** Add chili flakes.

**Make it Fluffy:** For a fluffier omelette, whisk the eggs with milk.



## Cranberry Pumpkin Seed Stuffing

8 servings

35 minutes

### Ingredients

- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (diced)
- 1/2 cup Dried Unsweetened Cranberries
- 14 slices Gluten-Free Bread (small, cubed or torn)
- 1 cup Vegetable Broth
- 3 Egg (whisked)
- 1/4 cup Pumpkin Seeds
- 2 tbsps Poultry Seasoning
- 1 tsp Sea Salt (to taste)

### Nutrition

Amount per serving	
Calories	229
Fat	9g
Carbs	30g
Fiber	4g
Protein	7g
Calcium	60mg

### Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat the oil in a pan over medium-high heat. Cook the onion, celery, and cranberries for about five minutes. Set aside.
- 3 In a large bowl, combine the bread, broth, and eggs until evenly absorbed. Stir in the pumpkin seeds, poultry seasoning, salt, and cooked veggies. Transfer to a baking dish and bake for 25 minutes, or until golden brown. Enjoy!

### Notes

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

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

**More Flavor:** Add garlic. Use butter instead of oil.