



**GOLDSTER**★

**Week 3: Enter the small  
intestine (Part 1)**

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## Immunity Boosting Bone Broth

**4 servings**

**12 hours**

### Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

### Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	7g
Fiber	2g
Protein	1g
Calcium	84mg

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
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- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

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

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

**Low FODMAP:** Omit garlic and onions.



## Golden Bone Broth Latte

**1 serving**  
10 minutes

### Ingredients

- 355 milliliters Bone Broth
- 9 grams Collagen Powder
- 1 tsp Turmeric
- 1 tsp Butter
- Sea Salt & Black Pepper (to taste)
- 1/4 tsp Red Pepper Flakes (optional)

### Nutrition

Amount per serving	
Calories	257
Fat	14g
Carbs	8g
Fiber	2g
Protein	22g
Calcium	72mg

### Directions

- 1 Warm the bone broth in a saucepan over medium heat. Whisk in the collagen, turmeric, butter, salt, and pepper to taste. Bring to a boil then turn off the heat.
- 2 Transfer the broth mixture to a blender and blend on high for 30 to 60 seconds. Allow to sit in the blender for one minute, then pour into a mug. Top with the red pepper flakes. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 3/4 cup.

**Additional Toppings:** Seaweed flakes.

**Dairy-Free:** Use coconut oil instead of butter.





# Kimchi

8 servings  
30 minutes

## Ingredients

- 4 cups Green Cabbage (tightly packed)
- 6 stalks Green Onion (diced)
- 1 Carrot (large, grated)
- 1 cup Radishes (grated)
- 4 Garlic (cloves, minced)
- 3 tbsps Ginger (peeled and grated)
- 1 tbsp Sea Salt
- 1 tbsp Red Pepper Flakes

## Nutrition

Amount per serving	
Calories	25
Fat	0g
Carbs	6g
Fiber	2g
Protein	1g
Calcium	33mg

## Directions

- 1 Core and finely slice your cabbage. Place in a mixing bowl with all ingredients. Using your clean hands, massage the salt into the cabbage and vegetables until it starts to soften (5 to 10 minutes). Set aside and let rest for 10 minutes then massage again for another 5 minutes.
- 2 Transfer the kimchi into sterilized jars, leaving an inch of space at the top. Pack it down into the jar until the brine rises to cover the vegetables. Seal the jars with sterilized lids.
- 3 Let it ferment at room temperature for 3 to 5 days. It may bubble and that is normal. Check on your kimchi everyday and re submerge the vegetables under the brine if they rise.
- 4 Taste your kimchi on day 3. If it tastes ripe, transfer it to the fridge. If not, let it ferment another day or two.
- 5 Enjoy kimchi right away or let sit for another week or two for extra flavour. Enjoy!

## Notes

Serve it With: Burgers, salads or in our Kimchi Fried Cauliflower Rice.



## Nori Mackerel & Carrot Wraps

1 serving  
10 minutes

### Ingredients

- 1 Carrot (small, julienned)
- 113 grams Canned Mackerel (drained)
- 1 Nori Sheets (quartered)

### Nutrition

Amount per serving	
Calories	207
Fat	7g
Carbs	7g
Fiber	3g
Protein	28g
Calcium	303mg

### Directions

- 1 Divide the carrot and mackerel between the nori sheets. Fold and roll each nori sheet into a hand roll, cone shape. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is four nori wraps.

**Make it Vegan:** Use grilled tempeh or tofu instead of mackerel.

**More Flavor:** Serve with spicy mayo or soy sauce for dipping. Add chopped green onions, rice and/or sprouts to the wraps.

**Additional Toppings:** Sesame seeds.



## Brown Rice, Chicken & Edamame Bowl

2 servings  
40 minutes

### Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 283 grams Chicken Breast (boneless, skinless)
- 5 Cremini Mushrooms (quartered)
- 1/2 Red Bell Pepper (medium, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Frozen Edamame (defrosted)
- 1/4 cup Green Goddess Salad Dressing

### Nutrition

Amount per serving	
Calories	597
Fat	27g
Carbs	46g
Fiber	5g
Protein	42g
Calcium	51mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Place the chicken, mushrooms, and bell pepper onto the baking sheet. Drizzle with oil and lemon juice. Season with salt and pepper and toss to combine.
- 4 Cook in the oven for 20 to 25 minutes or until everything is cooked through. Slice the chicken.
- 5 Divide the rice, chicken, bell pepper, mushrooms, and edamame between bowls. Serve with the dressing and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1/2 cup brown rice and 1 1/2 cups veggies with chicken and dressing.

**More Flavor:** Add Italian seasoning to the vegetables and chicken.

**Additional Toppings:** Top with chopped parsley or green onion.

**No Green Goddess Salad Dressing:** Use cilantro lime dressing instead.