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Joyful June Recipes

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## Mushroom Miso Soup

2 servings

25 minutes

### Ingredients

3 cups Water  
1 cup Vegetable Broth  
1 1/2 cups Shiitake Mushrooms (sliced)  
170 grams Tofu (drained, rinsed and cut into cubes)  
1 tsp Ginger  
1 tbsp Tamari  
3 tbsps Miso Paste  
2 cups Kale Leaves (roughly chopped)  
2 stalks Green Onion (optional, sliced)

### Nutrition

Amount per serving	
Calories	199
Fat	7g
Carbs	26g
Fiber	6g
Protein	15g
Calcium	343mg

### Directions

- 1 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 2 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

### Notes

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

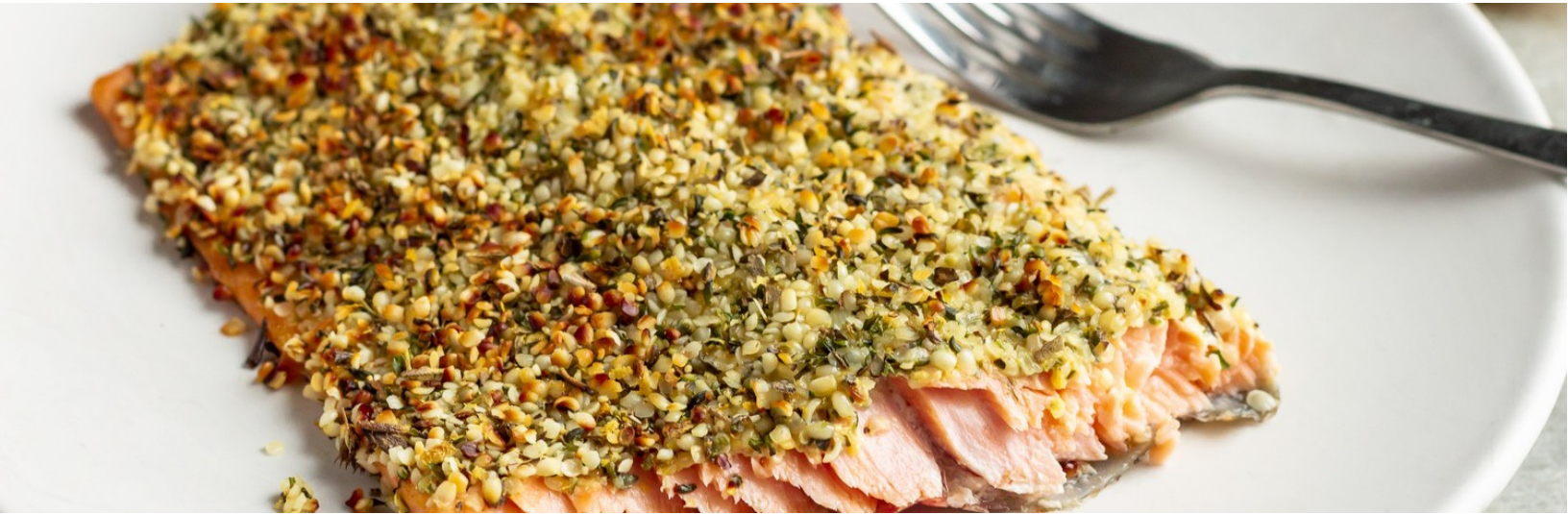
**Serving Size:** One serving is approximately 2 cups.

**More Flavor:** Add sesame oil once finished cooking.

**Additional Toppings:** Add noodles, or some nori to the soup when finished cooking.

**No Vegetable Broth:** Use water instead and increase the amount of miso slightly for more flavor.

**Miso Paste:** This recipe was developed and tested using white miso.



## Hemp Seed Crusted Salmon

2 servings

20 minutes

### Ingredients

- 1/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 2 grams Salmon Fillet
- 2 tbsps Dijon Mustard
- 1/2 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	135
Fat	10g
Carbs	3g
Fiber	1g
Protein	7g
Calcium	16mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.
- 3 Place the salmon fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.
- 4 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 9 minutes or until fish is cooked through and flakey.
- 5 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

### Notes

**Trout Fillets:** One trout fillet is equal to 5.6 ounces or 160 grams.

**Likes it Crispy:** Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

**No Rainbow Trout:** Use salmon instead.

**Leftovers:** Store in the fridge up to two days.

**Serve it With:** A side of quinoa, rice or steamed vegetables.





## Dark Chocolate Almond Mousse

5 servings

3 hours 5 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
1/2 cup Chia Seeds  
1/2 cup Cocoa Powder  
1/4 cup Almond Butter  
3 tbsps Monk Fruit Sweetener  
1 tsp Vanilla Extract  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	206
Fat	16g
Carbs	23g
Fiber	10g
Protein	8g
Calcium	342mg

### Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Stir well before serving.

**Serving Size:** One serving is roughly 1/2 cup.

**Additional Toppings:** Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

**No Almond Butter:** Use another nut or seed butter instead.



## Quinoa Tabbouleh

4 servings

25 minutes

### Ingredients

1/2 cup Quinoa (uncooked)  
2 cups Parsley (stems removed, finely chopped)  
1/4 cup Mint Leaves (stems removed, finely chopped)  
2 stalks Green Onion (finely chopped)  
2 Tomato (medium, chopped)  
1 tbsp Extra Virgin Olive Oil  
1/4 cup Lemon Juice  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	134
Fat	5g
Carbs	19g
Fiber	3g
Protein	5g
Calcium	63mg

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

### Notes

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

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

**More Flavor:** Add minced garlic.

**No Quinoa:** Use bulgur, cauliflower rice, hemp seeds, or lentils instead.



## Kefir Berry Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Frozen Berries
- 1 cup Plain Kefir
- 1/2 Banana (medium)
- 1 tbsp Sunflower Seed Butter

### Nutrition

Amount per serving	
Calories	411
Fat	12g
Carbs	64g
Fiber	11g
Protein	17g
Calcium	453mg

### Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Make it Vegan & Dairy-Free:** Use coconut yogurt instead of kefir.

**No Sunflower Seed Butter:** Use almond or peanut butter instead.

**Likes it Sweet:** Add maple syrup, honey, or dates to taste.