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stressful times

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Blended Chickpea Tomato Soup

1 serving
25 minutes

Ingredients

- 1 1/2 cups Crushed Tomatoes (from the can)
- 1/4 White Onion (small, chopped)
- 2 Garlic (clove)
- 2/3 cup Chickpeas (cooked, rinsed)
- 1 tsp Smoked Paprika
- 1/2 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	326
Fat	4g
Carbs	63g
Fiber	17g
Protein	17g
Calcium	209mg

Directions

- 1 Add the crushed tomatoes, onion, and garlic to a saucepan. Bring to a boil. Reduce the heat to simmer and let it simmer uncovered for about 10 minutes.
- 2 Add chickpeas, paprika, and cumin. Stir well, cover with a lid, and let simmer for another 15 minutes.
- 3 Season with salt and pepper. Use an immersion blender and blend the soup until it is smooth. Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Add lemon juice and coconut milk.

Additional Toppings: Fresh herbs.

Make it Spicy: Add chili flakes.

Consistency: This soup was developed to be a thick consistency. If you'd prefer a thinner consistency, blend additional water or broth while blending until your desired consistency is reached.



Edamame Broccoli Soup

2 servings

30 minutes

Ingredients

2 cups Broccoli (cut into florets)
1 cup Frozen Edamame (thawed)
1/2 White Onion (chopped)
3 Garlic (clove)
1 1/2 cups Vegetable Broth
2 tbsps Basil Leaves
1 tbsp Lemon Juice
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	153
Fat	5g
Carbs	19g
Fiber	7g
Protein	13g
Calcium	116mg

Directions

- 1 In a small pot, add broccoli, edamame, onion, garlic, and broth. Bring to a boil. Turn down the heat to simmer, cover the pot with a lid, and let simmer for about 25 minutes or until everything is cooked.
- 2 Remove the pot from the heat and add basil and lemon juice. Season with salt and pepper.
- 3 Use an immersion blender and blend the soup until it is smooth. Divide between serving plates and enjoy!

Notes

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

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

More Flavor: Add parmesan or pecorino.

Make it Spicy: Add chili flakes.



Cajun Beef with Cilantro Lime Mayo

4 servings

15 minutes

Ingredients

- 397 grams Top Sirloin Steak (thinly sliced)
- 1 tsp Cajun Seasoning
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Mayonnaise
- 1 tbsp Lime Juice
- 1/3 cup Cilantro (plus extra for garnish)
- 2 stalks Green Onion (chopped, plus extra for garnish)
- 1 Avocado (large, sliced)
- 1 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving	
Calories	457
Fat	39g
Carbs	7g
Fiber	4g
Protein	21g
Calcium	41mg

Directions

- 1 Combine the steak, cajun seasoning, and 1/2 the oil in a large bowl. Season with salt and pepper, and set aside.
- 2 In a small food processor or using an immersion blender, blend the mayonnaise, lime juice, cilantro, and green onion. Season to taste and set aside.
- 3 Heat the remaining oil in a large frying pan over medium-high heat. Add the steak and cook for three minutes, stirring, or until your desired doneness is reached.
- 4 To serve, divide the steak, avocado, and tomatoes onto plates. Top with the lime mayonnaise, extra green onion, and cilantro, if desired. Enjoy!

Notes

Leftovers: Refrigerate the beef separately from the fresh ingredients in an airtight container for up to three days.

Prepare in advance: The beef can be prepared and marinated with the seasoning, a few hours ahead of time of cooking or overnight, and kept stored in the refrigerator.

No Beef: Use chicken or pork instead.



Pistachio & Coconut Date Roll

6 servings

12 hours 30 minutes

Ingredients

1/3 cup Pistachios (shells removed, roughly chopped)
1/3 cup Almonds (chopped)
2 tbsps Sesame Seeds
1 tbsp Butter
1 1/3 cups Pitted Dates
1/4 cup Water
2 tbsps Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	222
Fat	12g
Carbs	29g
Fiber	5g
Protein	5g
Calcium	72mg

Directions

- 1 Add the pistachios, almonds, and sesame seeds to a pan. Toast them over low heat for about 10 minutes and stir occasionally.
- 2 Add the butter and dates to the pan and mix everything together. Add the water and simmer for five to seven minutes or until the dates are soft. Stir and use the back of a fork to smash the dates and make a paste. Remove from the heat.
- 3 Let the mixture get cool enough to handle. Transfer the date mixture to plastic wrap and roll it into an approximately two-inch thick log. Refrigerate overnight. Unwrap the log and cover in shredded coconut.
- 4 Cut into about half-inch thick slices and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two 1/2-inch slices from the date roll.

More Flavor: Add cardamom and vanilla.

Make it Vegan: Use plant-based butter.



Tomato, Spinach & Feta Breakfast Casserole

6 servings

45 minutes

Ingredients

- 10 Egg
- 1/2 cup Cow's Milk, Whole
- 2 tbsps Italian Seasoning
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Red Onion (sliced)
- 1 Garlic (clove, minced)
- 4 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1 cup Cherry Tomatoes
- 1/2 cup Feta Cheese (crumbled)
- 1 Red Bell Pepper (sliced into rings)

Nutrition

Amount per serving	
Calories	225
Fat	16g
Carbs	6g
Fiber	1g
Protein	14g
Calcium	159mg

Directions

- 1 Preheat the oven to 375°F (190°C) and grease a baking dish.
- 2 Whisk the eggs, milk, and Italian seasoning together in a bowl. Set aside.
- 3 Heat the oil in a pan over medium heat and add the onion. Sauté for two to three minutes. Add the garlic and sauté for another 30 seconds.
- 4 Stir in the spinach, salt, and pepper, and cook down the spinach until it is slightly wilted.
- 5 Add the onion and spinach to the baking dish. Pour in the whisked eggs, tomatoes, and feta and gently stir to combine. Place the pepper rings on top.
- 6 Bake for 30 to 35 minutes or until the eggs are set and the edges are browned.
- 7 Cut into squares and serve right away. Enjoy!

Notes

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

Serving Size: An 11 x 7-inch baking dish was used to make six servings. One serving is equal to one square.

Dairy-Free: Use non-dairy milk of choice.

No Spinach: Use kale instead.

Reheating: Place in the oven until just warmed through or reheat in a pan on the stove.