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Turkey Kale Wraps

1 serving
10 minutes

Ingredients

3/4 cup Kale Leaves (whole, lacinato, washed and dried)
1/3 cup Hummus
120 grams Sliced Turkey Breast
2 tbsps Radishes (thinly sliced)

Nutrition

Amount per serving	
Calories	329
Fat	19g
Carbs	16g
Fiber	5g
Protein	25g
Calcium	99mg

Directions

- 1 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 2 Roll the leaves into a wrap. Enjoy!

Notes

No Kale: Use another large leafy green such as collard or lettuce.

No Turkey: Use sliced chicken breast instead.

Leftovers: Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

No Hummus: Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

More Flavor: Sprinkle with sea salt, black pepper, paprika or your favorite spices.



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.



Sweet Potato Salmon Patties

4 servings

45 minutes

Ingredients

1 Sweet Potato (large, peeled and cut into cubes)
1/3 cup Dry Red Lentils
113 grams Canned Wild Salmon (boneless, skinless, drained)
1 1/2 tsps Dried Parsley
1 tsp Garlic Powder
3/4 tsp Sea Salt
1/3 cup All Purpose Gluten-Free Flour
1 Egg (whisked)
1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	240
Fat	7g
Carbs	31g
Fiber	6g
Protein	15g
Calcium	34mg

Directions

- 1 Boil the sweet potatoes cubes in salted water for 8 to 10 minutes or until tender. Drain and transfer to a mixing bowl. Mash the sweet potatoes well until smooth. Allow the potatoes to cool slightly.
- 2 Meanwhile, cook the lentils according to package directions. Drain and set aside to cool slightly.
- 3 Mash the salmon with the back of a fork until only small flakes remain. Add the salmon, dried parsley, garlic powder, salt, and cooked lentils to the mashed sweet potatoes and mix well. Stir in the flour and the egg until well combined (if the mixture is too wet add a little more flour).
- 4 Heat half of the oil in a non-stick pan over medium heat. Scoop out approximately a 1/4 cup of the sweet potato mixture and form into small patties, three to four inches in diameter. Cook for four to five minutes per side or until browned then transfer to a plate. Repeat with the remaining sweet potato mixture adding the remaining oil to the pan as needed.
- 5 Enjoy!

Notes

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

Serving Size: One serving is equal to two patties.

More Flavor: Add other dried herbs and spices to taste, like dill or cumin.

No Canned Salmon: Use a cooked salmon fillet or canned tuna instead.

Kid-Friendly: Make them into mini patties.



Veggie Baked Eggs with Pesto

2 servings

30 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
1 Zucchini (medium, seeds scooped out and chopped)
1 Red Bell Pepper (chopped)
1/2 cup Red Onion (chopped)
1 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
4 Egg
1/4 cup Pesto (or more to taste)

Nutrition

Amount per serving	
Calories	355
Fat	25g
Carbs	15g
Fiber	4g
Protein	18g
Calcium	184mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and red onion and cook for five to six minutes or until the vegetables are just tender. Add the garlic, season with salt and pepper and continue to cook for another minute.
- 3 Remove the skillet from the heat and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.
- 4 Remove the from oven and top with the pesto. Enjoy!

Notes

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

More Flavor: Add red pepper flakes or other dried herbs and spices.



Goan Chickpea Curry

4 servings

20 minutes

Ingredients

2 tsp Coriander Seed
1 tsp Cumin Seed
1 tbsp Ginger (grated or minced)
1/2 tsp Sea Salt (to taste)
1/2 tsp Paprika
1/2 tsp Turmeric
1 1/2 tps Coconut Oil
1 Yellow Onion (diced)
1 Tomato (medium, diced)
2 tps Tamarind Paste
1 cup Canned Coconut Milk
2 cups Chickpeas (cooked, rinsed well)

Nutrition

Amount per serving	
Calories	282
Fat	15g
Carbs	30g
Fiber	8g
Protein	9g
Calcium	66mg

Directions

- 1 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 2 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 3 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 4 Stir in the tamarind, coconut milk, and chickpeas. Bring to a gentle simmer and season with more salt if needed. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze if longer.

Serving Size: One serving equals approximately one cup of chickpea curry.

More Flavor: Add mustard seeds, cayenne, garlic, and green chili peppers.

Additional Toppings: Top with cilantro. Serve with rice, roasted vegetables, bread, or quinoa.