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Week 2 Pancreas

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## Baba Ganoush

4 servings

20 minutes

### Ingredients

- 1 Eggplant (medium, trimmed, sliced into 1/4 inch strips)
- 3 tbsps Avocado Oil
- 2 tbsps Tahini
- 2 tbsps Parsley (fresh, chopped)
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt

### Directions

- 1 Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.
- 2 Wrap the eggplant in the foil and let rest for 5 minutes.
- 3 Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.
- 4 Transfer to a bowl and enjoy!

### Notes

**No Parsley:** Use cilantro or basil instead. Can also omit completely.

**No Avocado Oil:** Use olive oil instead.

**No Lemon:** Use apple cider vinegar to taste.

**Leftovers:** Refrigerate in an airtight container up to 3 days.

**Serve it With:** Crackers, veggie sticks, with burgers or on salad.



## Parchment Baked Haddock with Veggies

2 servings

35 minutes

### Ingredients

- 2 cups Green Beans (trimmed)
- 1 Red Bell Pepper (thinly sliced)
- 3 stalks Green Onion (green parts only, chopped)
- 2 Haddock Fillet (5 ounces each)
- 1 tbsp Extra Virgin Olive Oil
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Fresh Dill

### Directions

- 1 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 3 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 4 Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
- 5 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 6 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

### Notes

**No Haddock:** Use cod fillets instead.

**Safety First:** The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

**Leftovers:** Keeps well in the fridge for 2 to 3 days.

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces.



## Apple Turkey Sausage Patties with Sautéed Greens

4 servings

30 minutes

### Ingredients

454 grams Extra Lean Ground Turkey  
1 Apple  
1 tbsp Ginger (peeled and grated)  
1 tbsp Italian Seasoning  
1 tsp Apple Cider Vinegar  
1/2 tsp Sea Salt  
2 tbsps Extra Virgin Olive Oil (divided)  
8 cups Baby Spinach  
1 tbsp Water

### Directions

- 1 Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
- 2 Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
- 3 In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
- 4 When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
- 5 To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

### Notes

**Serving Size:** There are approximately three thin patties per serving.

**Leftovers:** Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

**Best Flavor:** A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

**No Spinach:** Use another leafy green like kale, Swiss chard or collard greens.

**No Ground Turkey:** Use ground chicken, lamb, beef, pork or bison instead.



## Sheet Pan Shawarma Spiced Chicken & Veggies

2 servings

40 minutes

### Ingredients

1/2 head Cauliflower (medium, cut into florets)  
1 Yellow Onion (medium, roughly chopped into wedges)  
3 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Shawarma Spice Blend (divided)  
Sea Salt & Black Pepper (to taste)  
340 grams Chicken Thighs (boneless, skinless)  
3 tbsps Tahini  
1 tbsp Lemon Juice  
1/4 cup Water  
2 tbsps Parsley (chopped)

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a large bowl combine the cauliflower, onion, half of the oil, half of the spice blend, salt, and pepper. Mix well and transfer to the prepared baking sheet.
- 3 Add the chicken to the same bowl and toss with the remaining oil and spice blend. Season with salt and pepper and transfer to the sheet pan.
- 4 Place the baking sheet in the oven and bake for 30 minutes, flipping halfway, until everything is cooked through.
- 5 Meanwhile, whisk together the tahini, lemon juice, and water in a small bowl.
- 6 Divide the chicken and vegetables between plates and garnish with parsley. Serve with the tahini sauce on the side. Enjoy!

### Notes

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

**Serving Size:** One serving is about three cups.

**Serve it With:** Roasted potatoes, rice, or wrapped up in your favorite flatbread.



## Wild Rice, Broccoli & Mixed Greens Bowl

2 servings

45 minutes

### Ingredients

- 1/2 cup Wild Rice (dry)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 cups Broccoli (cut into florets)
- Sea Salt & Black Pepper (to taste)
- 3 cups Mixed Greens
- 1/2 cup Hummus
- 1/4 Cucumber (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/3 cup Red Onion (sliced)
- 1/2 Lemon (juiced)

### Directions

- 1 Cook the rice according to the package directions.
- 2 Heat half of the oil in a pan over medium heat. Add the broccoli and season with salt and pepper. Sauté for three to four minutes or until tender-crisp.
- 3 Divide the cooked rice, broccoli, mixed greens, hummus, cucumber, tomatoes, and red onion into bowls. Top with the remaining oil and lemon juice. Season with more salt and pepper, if desired. Enjoy!

### Notes

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

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

**Additional Toppings:** Top with fresh herbs like parsley, dill, cilantro and/or basil.