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Recipes to support Digestion

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Cream of Celery & Asparagus Soup

4 servings

25 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	222
Fat	17g
Carbs	12g
Fiber	5g
Protein	10g
Calcium	131mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Serving Size: One serving is approximately 2 cups.

No Hemp Seeds: Use cashews.

Add Some Crunch: Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach: Use kale, swiss chard or any leafy green.



Zucchini Alfredo with Turmeric Chicken

2 servings

20 minutes

Ingredients

2 Zucchini
 1 tbsp Extra Virgin Olive Oil
 227 grams Chicken Breast (sliced)
 1 tsp Turmeric
 1 tsp Italian Seasoning
 Sea Salt & Black Pepper (to taste)
 1 Avocado (peeled and pit removed)
 1 cup Canned Coconut Milk (full fat)
 1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	609
Fat	46g
Carbs	20g
Fiber	9g
Protein	32g
Calcium	57mg

Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs: Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian: Use chickpeas or white beans instead of chicken.



Honey Mustard Lentil Salad

2 servings

5 minutes

Ingredients

- 1 tbsp Whole Grain Mustard
- 1 tbsp Lemon Juice
- 1 tbsp Honey
- 1/4 tsp Sea Salt
- 2 tbsps Shallot (thinly sliced)
- 1 1/4 cups Lentils (cooked)
- 1 1/2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	191
Fat	1g
Carbs	37g
Fiber	11g
Protein	12g
Calcium	50mg

Directions

- 1 In a mixing bowl, whisk together the mustard, lemon juice, honey, and salt.
- 2 Gently toss in the shallots, lentils, and spinach until well incorporated. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add a splash of olive oil.

Additional Toppings: Enjoy with croutons, seeds, nuts and/or goat cheese.



Galinhada

5 servings

50 minutes

Ingredients

- 1/2 Yellow Onion (roughly chopped)
- 2 Garlic (cloves)
- 1/3 cup Parsley (roughly chopped)
- 1 1/2 tsps Lemon Juice
- 3 tbsps Extra Virgin Olive Oil
- 680 grams Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Jasmine Rice (dry)
- 2 Orange Bell Pepper (chopped)
- 2 Tomato (chopped)
- 1/4 tsp Saffron (threads)
- 2 1/4 cups Chicken Broth

Nutrition

Amount per serving	
Calories	470
Fat	14g
Carbs	54g
Fiber	3g
Protein	33g
Calcium	36mg

Directions

- 1 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 2 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 3 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 4 Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is about 1 1/4 cups.

No Saffron: Use turmeric.

More Flavor: Add sausage and cook with the chicken.



Lemon & Mint Edamame Salad

1 serving
5 minutes

Ingredients

1 cup Frozen Edamame (thawed)
1/4 Cucumber (quartered, sliced)
2 tbsps Parmigiano Reggiano
1 tbsp Hemp Seeds
1 tbsp Mint Leaves
1 tbsp Lemon Juice
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

1 Add all ingredients to a bowl and toss to combine. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/4 cup of salad.

Dairy-Free: Substitute parmesan for nutritional yeast or plant-based cheese.

Nutrition

Amount per serving	
Calories	373
Fat	24g
Carbs	19g
Fiber	9g
Protein	27g
Calcium	272mg