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## Moroccan Spiced Fish

2 servings

20 minutes

### Ingredients

2 Cod Fillet  
2 tsps Moroccan Spice Blend (divided)  
1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (large, chopped)  
1 Garlic (clove, minced)  
1/4 tsp Sea Salt  
3/4 cup Vegetable Broth, Low Sodium  
1 Tomato (medium, diced)  
1/4 cup Parsley (chopped, plus more for garnish)

### Nutrition

Amount per serving	
Calories	278
Fat	8g
Carbs	6g
Fiber	2g
Protein	42g
Calcium	63mg

### Directions

- 1 Pat the cod fillets dry with a paper towel and season with 1/4 of the Moroccan spice blend. Set aside.
- 2 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until the onion has softened. Add the garlic, salt and remaining spice blend and cook for another minute until fragrant.
- 3 Carefully add the vegetable broth and then stir in the tomato and parsley. Bring the pot to a simmer and cook for about five minutes.
- 4 Place the cod fillets in the pot and cover with the lid. Let the fish steam for four to seven minutes or until cooked through and flakey (cooking time will vary depending on the thickness of the fillets).
- 5 Divide the fillets and sauce between plates and top with additional parsley if desired. Enjoy!

### Notes

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

**Additional Toppings:** Add red pepper flakes or fresh lemon juice. Serve with rice, naan, or pita.

**Fillet Size:** One cod fillet is equal to 170 grams or six ounces.

**No Cod Fillets:** Use another white fish instead.

**No Moroccan Spice:** Use a combination of paprika, turmeric, cinnamon, ginger, and cumin.

**No Vegetable Broth:** Use chicken broth instead.



## Sesame Orange Bok Choy

4 servings

15 minutes

### Ingredients

3 tbsps Orange Juice (freshly squeezed)  
1 tbsp Coconut Aminos  
1 tsp Ginger (finely grated)  
1/8 tsp Sea Salt  
1 tbsp Sesame Oil  
8 cups Bok Choy (chopped)  
1/2 tsp Sesame Seeds (optional)

### Nutrition

Amount per serving	
Calories	60
Fat	4g
Carbs	5g
Fiber	1g
Protein	2g
Calcium	152mg

### Directions

- 1 In a small mixing bowl whisk together orange juice, coconut aminos, ginger and salt. Set aside.
- 2 Heat the sesame oil in a large non-stick pan over medium-high heat. Add the chopped bok choy and sauté for 6 to 8 minutes or until wilted and tender.
- 3 Add the orange juice mixture to the pan, stir to combine with the bok choy and cook for another minute. Season with additional salt if needed. Transfer the bok choy and all the sauce to a bowl for serving and top with sesame seeds if using. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/4 cup cooked greens.

**More Flavor:** Serve with orange wedges.

**No Bok Choy:** Use kale, spinach or chard instead.

**No Coconut Aminos:** Use tamari or soy sauce instead and omit the salt.





## Chicken Adobo & Rice

4 servings

1 hour 15 minutes

### Ingredients

453 grams Chicken Thighs with Skin  
1/4 cup Tamari  
1/3 cup White Wine Vinegar  
3 Bay Leaf  
2 tbsps Avocado Oil (divided)  
1 Yellow Onion (small, chopped)  
4 Garlic (cloves, smashed)  
2 cups Water  
2 tbsps Coconut Sugar  
1 tbsp Black Peppercorns  
1 cup Brown Rice (uncooked)

### Nutrition

Amount per serving	
Calories	542
Fat	27g
Carbs	48g
Fiber	3g
Protein	25g
Calcium	43mg

### Directions

- 1 In a large bowl, combine the chicken with the tamari, vinegar, and bay leaves. Transfer to the fridge and marinate for 30 minutes.
- 2 Heat a large skillet over medium-high heat. Once hot, add half the oil. Remove the chicken from the marinade with tongs (saving the marinade for later) and place the chicken in the skillet, skin side down and sear for three to four minutes, until just slightly browned. Remove the chicken and set aside on a plate.
- 3 Reduce the heat to medium heat and drizzle in the remaining oil. Add the onion and garlic and cook until fragrant and the onion is softened slightly, about two minutes.
- 4 Increase the heat to medium-high and pour in the reserved marinade along with the water, coconut sugar, and peppercorns. Bring to a simmer and then reduce the heat to medium, simmer the sauce for five minutes.
- 5 Add the chicken back into the skillet, skin side up and simmer for 30 minutes, flipping halfway through.
- 6 Meanwhile, cook the rice according to package directions.
- 7 Divide the rice onto plates and top with chicken and some of the sauce. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to three days.

**Serving Size:** One serving is one chicken thigh and about 3/4 cup cooked rice.

**Additional Toppings:** Top with sliced green onions.



## Tofu Bibimbap

4 servings

30 minutes

### Ingredients

425 grams Tofu (extra-firm, pressed, and cubed)  
2 tbsps Tamari (divided)  
2 tbsps Avocado Oil (divided)  
1 tbsp Arrowroot Powder  
1 cup Jasmine Rice  
2 1/2 cups Shiitake Mushrooms (stem removed, torn)  
6 cups Baby Spinach  
Sea Salt & Black Pepper (to taste)  
3 tbsps Gochujang  
1 1/2 tbsps Rice Vinegar  
2 tsps Coconut Sugar

### Nutrition

Amount per serving	
Calories	415
Fat	13g
Carbs	64g
Fiber	6g
Protein	17g
Calcium	379mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with 3/4 of the tamari and half the oil. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 3 Meanwhile, cook the rice according to package directions.
- 4 In a skillet over medium heat, add the remaining oil. Once hot, pour in the mushrooms and cook until softened, about five minutes. Add in the spinach and toss until wilted. Season with salt and pepper and set aside.
- 5 In a small bowl, whisk together the gochujang, remaining tamari, vinegar, and coconut sugar.
- 6 Divide the rice, tofu, and vegetables into a bowl. Drizzle the sauce over everything. Enjoy!

### Notes

**Leftovers:** Store leftovers separately from the sauce and refrigerate for up to three days.

**Serving Size:** One serving is about 3/4 cup rice and 1 1/4 cup tofu and veggies.

**Additional Toppings:** Top with a fried egg, sesame seeds, or green onion.



## Dark Chocolate Love Bites

15 servings

20 minutes

### Ingredients

100 grams Dark Chocolate (at least 70% cacao)

1/4 cup Pomegranate Seeds

1/4 cup Slivered Almonds

### Nutrition

Amount per serving	
Calories	56
Fat	4g
Carbs	4g
Fiber	1g
Protein	1g
Calcium	11mg

### Directions

- 1 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
- 2 Add the dark chocolate into the smaller pot and stir continuously until melted.
- 3 Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
- 4 Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!