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Recipes for Gut Care 2

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Tofu & Broccoli Salad with Peanut Sauce

4 servings

50 minutes

Ingredients

481 grams Tofu (extra-firm, pressed, cubed)
 2 tbsps Tamari (divided)
 2 tbsps Rice Vinegar (divided)
 1 1/2 tbsps Sesame Oil (divided)
 1 tbsp Arrowroot Powder
 1/4 cup All Natural Peanut Butter
 2 tbsps Water
 3 cups Broccoli (chopped into tiny florets)
 1/3 cup Radishes (thinly sliced)
 1/4 cup Raw Peanuts (roughly chopped)

Nutrition

Amount per serving	
Calories	330
Fat	24g
Carbs	14g
Fiber	5g
Protein	21g
Calcium	392mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 3 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 4 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 5 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups of salad.

Nut-Free: Use sunflower seed butter and omit the peanuts.

More Flavor: Add chili flakes, sriracha, and/or grated ginger to the peanut sauce. Garnish with cilantro.

No Arrowroot Powder: Use cornstarch instead.



Creamy Herb Chicken Lettuce Wraps

1 serving
10 minutes

Ingredients

113 grams Chicken Breast, Cooked (chopped)
1/3 cup Unsweetened Coconut Yogurt
1 tbsp Fresh Dill (finely chopped)
1 tbsp Parsley (finely chopped)
1/4 tsp Sea Salt (to taste)
1/16 head Green Lettuce (leaves separated)

Nutrition

Amount per serving	
Calories	210
Fat	6g
Carbs	4g
Fiber	1g
Protein	35g
Calcium	179mg

Directions

- 1 In a bowl, combine the chicken, coconut yogurt, dill, parsley, and salt.
- 2 Fill the lettuce leaves with creamy herb chicken and enjoy!

Notes

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

More Flavor: Add fresh chives, basil, and green onion.

Additional Toppings: Add tomatoes, carrots, celery, or radishes.



Ginger Salmon Patties with Fennel & Cucumber Salad

2 servings

20 minutes

Ingredients

2 1/2 tbsps Extra Virgin Olive Oil (divided)
 1 tbsp Lime Juice
 1 tsp Maple Syrup
 1/4 tsp Sea Salt (divided)
 1 Cucumber (large, thinly sliced)
 1 bulb Fennel (small, thinly sliced)
 1/4 cup Fresh Dill (chopped)
 340 grams Salmon Fillet (skinless, chopped into small chunks)
 2 stalks Green Onion (chopped)
 1 tbsp Ginger (grated)

Nutrition

Amount per serving	
Calories	466
Fat	28g
Carbs	18g
Fiber	5g
Protein	36g
Calcium	115mg

Directions

- 1 In a medium bowl, whisk together 3/5 of the oil, the lime juice, maple syrup, and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
- 2 In a separate bowl, add the salmon chunks, green onions, ginger, and the remaining salt. Mix gently.
- 3 Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
- 4 Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
- 5 Divide the salad and salmon patties between plates and enjoy!

Notes

Leftovers: Refrigerate in separate airtight containers for up to three days.

Serving Size: One serving is equal to two patties

More Flavor: Add or swap other fresh vegetables and leafy greens to the salad such as radishes, grated carrots, baby spinach, and kale. Add or swap other chopped fresh herbs like chives, basil, or cilantro.

Additional Toppings: Serve with wasabi mayo, mashed avocado, or guacamole.

Prepare in advance: The salmon mixture can be prepared a few hours ahead of time of cooking and kept stored in the refrigerator. The salad can also be prepared in advance and kept stored in the refrigerator.



Chinese Five Spice Turkey Meatballs

4 servings

15 minutes

Ingredients

227 grams Extra Lean Ground Turkey
1 tbsp Miso Paste
1/4 cup Coconut Aminos (divided)
1/2 tsp Chinese Five Spice
2 tbsps Tahini
1/2 tsp Ginger (fresh, minced)
1/2 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	154
Fat	9g
Carbs	6g
Fiber	1g
Protein	12g
Calcium	48mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix the turkey, miso paste, half of the coconut aminos, and the Chinese Five Spice in a large bowl. Roll the balls into roughly a tablespoon in size and then place them on the baking sheet. Bake the meatballs for 12 minutes, flipping them halfway through.
- 3 Mix the tahini, ginger, and remaining coconut aminos together to make a sauce.
- 4 Divide the meatballs between plates. Serve with the tahini sauce and garnish with sesame seeds. Enjoy!

Notes

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

Serving Size: One serving is approximately four meatballs.

More Flavor: Add minced garlic to the meatball mixture.

Additional Toppings: Garnish with chopped green onion.



Green Pineapple Ginger Smoothie with Aloe

1 serving

5 minutes

Ingredients

- 1 cup Water
- 44 milliliters Pure Aloe Juice
- 1/2 cup Kale Leaves (finely chopped)
- 2 tsps Ginger (peeled and grated)
- 1 cup Frozen Pineapple (chunks)
- 1/2 Avocado (fresh or frozen)
- 4 Ice Cubes

Nutrition

Amount per serving	
Calories	252
Fat	15g
Carbs	32g
Fiber	10g
Protein	3g
Calcium	121mg

Directions

- 1 Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
- 2 Add remaining ingredients and blend until smooth. Serve immediately.

Notes

No Aloe Juice: Use fresh aloe leaf gel or coconut water instead.

Likes it Sweet: Add raw honey to taste.