



GOLDSTER★

Week 6: Digestive Recap

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Pomegranate Glazed Salmon

2 servings
45 minutes

Ingredients

- 1/2 cup Pomegranate Juice (unsweetened)
- 1/2 cup Orange Juice (freshly squeezed)
- 2 tbsps Raw Honey
- 340 grams Salmon Fillet (with skin)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Pomegranate Seeds
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	361
Fat	9g
Carbs	35g
Fiber	1g
Protein	39g
Calcium	37mg

Directions

- 1 Combine the pomegranate juice, orange juice, and honey in a saucepan. Bring the sauce to a boil, stirring, then reduce to a simmer. Cook for 15 to 20 minutes, stirring occasionally, until the sauce thickens and reaches a syrupy consistency.
- 2 Preheat the oven to 300°F (150°C). Line a baking sheet with parchment paper.
- 3 Place the salmon on the prepared baking sheet, skin-side down. Season with salt and pepper. Brush the sauce generously over the salmon to coat.
- 4 Bake for 20 to 25 minutes, or until the salmon is cooked through. The cooking time may vary depending on the size of the salmon fillet.
- 5 Transfer the salmon to a serving platter. Garnish with pomegranate seeds and parsley. Enjoy!

Notes

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

More Flavor: Add garlic and orange zest.

Serve it With: Quinoa, rice, farro, roasted vegetables, mixed greens, or over salad.

Additional Toppings: Green onions and orange slices.



Thai Red Curry Turkey Noodle Soup

4 servings
25 minutes

Ingredients

- 2 tsps Coconut Oil
- 1 Yellow Onion (medium, chopped)
- 3 Garlic (clove, minced)
- 2 cups Butternut Squash (peeled, seeds removed, cubed)
- 3 tsbps Thai Red Curry Paste
- 4 cups Chicken Broth
- 227 grams Udon Noodles (dried)
- 1 3/4 cups Canned Coconut Milk (full fat)
- 2 tsbps Lime Juice
- 283 grams Turkey Breast, Cooked (roughly chopped)
- 1/4 cup Cilantro (chopped, optional)

Nutrition

Amount per serving	
Calories	585
Fat	24g
Carbs	59g
Fiber	3g
Protein	33g
Calcium	74mg

Directions

- 1 Heat a large dutch oven or pot over medium-low heat. Add the oil and once melted, add the onion. Cook, stirring often, until softened, about five minutes. Add the garlic and squash to the pot and cook, stirring, for one minute. Add the curry paste and cook for one minute, stirring to incorporate.
- 2 Add the broth and bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 12 to 15 minutes or until the squash is cooked through.
- 3 Meanwhile, cook the noodles according to package directions and set aside.
- 4 Once the soup is done, stir in the coconut milk, lime juice, and turkey.
- 5 Divide into bowls along with the noodles and top with cilantro. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Serving Size:** One serving is approximately two cups.
- Make it Vegan:** Omit the turkey and use vegetable broth.
- More Flavor:** Add minced ginger, lemongrass, or Thai chilies.
- Gluten-Free:** Use gluten-free noodles.



Harissa Roasted Eggplant with Tahini Sauce

2 servings
45 minutes

Ingredients

- 1 Eggplant (large, halved lengthwise)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Harissa
- 1 1/2 tbsps Tahini
- 1/2 Lemon (medium, juiced)
- 1 tbsp Water (cold)
- 1 Garlic (clove, minced)
- 2 tsps Sesame Seeds (black)
- 1 tbsp Cilantro

Nutrition

Amount per serving	
Calories	158
Fat	8g
Carbs	21g
Fiber	10g
Protein	5g
Calcium	106mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Score the flesh of the eggplant halves in a crosshatch pattern about one inch deep. Season the eggplant halves with salt and pepper and brush the harissa over the top.
- 3 Place the eggplants on the baking sheet and bake in the oven for 40 to 45 minutes or until charred and cooked through.
- 4 Meanwhile, in a bowl, whisk together the tahini, lemon juice, water, and garlic until smooth. Add more water if necessary, and season the mixture with salt and pepper.
- 5 Divide the eggplant evenly between plates. Drizzle with tahini sauce and garnish with sesame seeds and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately one eggplant half.



Parmesan & Parsley Whole Roasted Cauliflower

4 servings

1 hour

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 2 tbsps Dijon Mustard (divided)
- Sea Salt & Black Pepper (to taste)
- 1 head Cauliflower (large, leaves removed)
- 2 tbsps Parsley (finely chopped)
- 2 tbsps Parmigiano Reggiano (grated)
- 2 tbsps Pumpkin Seeds (toasted, chopped)

Nutrition

Amount per serving	
Calories	142
Fat	10g
Carbs	8g
Fiber	3g
Protein	5g
Calcium	76mg

Directions

- 1 Place the rack at the bottom of the oven. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 In a bowl, whisk together the oil, garlic, and 3/4 of the mustard. Season with salt and pepper. Rub the cauliflower with the mixture.
- 3 Roast the cauliflower until charred and tender, about 45 to 50 minutes.
- 4 Meanwhile, combine the parsley, parmesan, and pumpkin seeds in a small bowl.
- 5 Brush the cauliflower with the remaining mustard and sprinkle with the parmesan mixture. Slice into pieces, serve, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/4 of the cauliflower head.

Additional Toppings: Toasted nuts. Try with marinara sauce on top or as a dip.



One Pot Chicken & Saffron Rice

2 servings
50 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 227 grams Chicken Breast (chopped)
- 1/4 cup Red Onion (chopped)
- 1 stalk Celery (large, chopped)
- 1 Carrot (medium, chopped)
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth (plus more as needed)
- 1/4 tsp Saffron (threads)
- 1/2 cup Brown Rice (dry, rinsed)
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	466
Fat	18g
Carbs	44g
Fiber	4g
Protein	31g
Calcium	69mg

Directions

- 1 Heat the oil in a large pan over medium heat. Add the chicken, onion, celery, and carrot. Sauté for five minutes or until the vegetables are tender and the chicken is no longer pink. Season with salt and pepper.
- 2 Add the broth and saffron. Bring to a boil.
- 3 Stir in the rice, cover, and reduce the heat to medium-low. Cook for 30 to 35 minutes or until the broth is absorbed and the rice is cooked through.
- 4 Add the spinach, cover, turn off the heat, and let it sit for five minutes.
- 5 Fluff the rice with a fork. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Use in season vegetables and/or turkey breast.