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Week 5: Nourished Nails

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Garlic Butter Monkfish & Spinach

4 servings

15 minutes

Ingredients

680 grams Monkfish Fillet
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
2 1/2 tbsps Butter
3 Garlic (cloves, minced)
1/2 tsp Thyme (fresh, chopped)
6 cups Baby Spinach
1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	237
Fat	13g
Carbs	3g
Fiber	1g
Protein	26g
Calcium	65mg

Directions

- 1 Pat the fish dry with paper towel and season with salt and pepper.
- 2 Heat a skillet over medium heat. Once hot add the oil. Place the fish in the skillet and cook for three to four minutes per side, until browned and cooked through.
- 3 Reduce the heat to low and add the butter, garlic, and thyme. Stir until melted and then spoon over the fish until the garlic is fragrant, about 30 seconds. Remove the fish and the butter sauce and set aside.
- 4 In the same skillet, add the spinach and cook until just wilted, about one to two minutes.
- 5 Divide the fish and spinach onto plates and drizzle the butter sauce and lemon juice over top. Season with additional salt and pepper if needed. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups fish and spinach.

Dairy-Free: Use dairy-free butter.

Additional Toppings: Add chili flakes.



Mackerel Fish Cakes

3 servings

40 minutes

Ingredients

- 3 1/2 tbsps Brown Rice (dry, rinsed)
- 3/4 cup Rice Puffs Cereal
- 2 tbsps Avocado Oil
- 113 grams Canned Mackerel
- 2 tbsps Fresh Dill (chopped)
- 1 3/4 tbsps Capers
- 1 Egg
- 1/4 tsp Sea Salt
- 1/2 Lemon (cut into wedges)

Nutrition

Amount per serving	
Calories	233
Fat	14g
Carbs	15g
Fiber	1g
Protein	12g
Calcium	105mg

Directions

- 1 Cook the rice according to package directions. Set aside to cool.
- 2 Meanwhile, in a food processor, pulse the cereal until it is a coarse crumble. Set aside in a shallow bowl.
- 3 Preheat a cast iron pan over medium-low heat. Add the oil one or two minutes before you are ready to cook.
- 4 Once the rice has cooled, it to the food processor along with the mackerel, dill, capers, egg, and salt. Pulse until just combined and cohesive.
- 5 Use a 1/3 cup measuring cup and scoop out the mixture. Gently flatten into a patty in your hands and coat in the cereal. Repeat with the remaining mixture.
- 6 Gently place each patty in the pan being sure not to overcrowd the pan. Adjust the heat as needed. Let the fish cakes cook for two to three minutes on each side or until a light brown crust forms. Serve with lemon wedges and enjoy!

Notes

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

Serving Size: One serving is approximately one fish cake.

More Flavor: Serve with tartar sauce.

Save Time: Use leftover cooked rice. 2/3 cup of cooked brown rice was used to make three servings.



Mason Jar Lentil Salad with Tahini Dressing

1 serving
30 minutes

Ingredients

- 2 tbsps Tahini
- 3 tbsps Water
- 1 1/2 tps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/8 tsp Sea Salt
- 1/2 cup Purple Cabbage (chopped)
- 1/4 cup Watermelon Radish (sliced thinly)
- 1/3 cup Lentils (cooked)
- 3/4 cup Baby Kale

Nutrition

Amount per serving	
Calories	352
Fat	24g
Carbs	28g
Fiber	11g
Protein	13g
Calcium	222mg

Directions

- 1 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 2 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to two days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Add herbs, chili flakes and/or garlic powder to the lentils.

Additional Toppings: Add hemp seeds or pumpkin seeds.

No Baby Kale: Use baby spinach, arugula or romaine instead.

No Watermelon Radish: Use regular radish instead.

Likes it Sweet: Add a little bit of maple syrup to the tahini dressing.



Chicken & Black Bean Lettuce Wraps

2 servings

40 minutes

Ingredients

- 227 grams Chicken Breast (boneless, skinless)
- 1/2 cup Salsa
- 2 tsps Lime Juice
- Sea Salt & Black Pepper (to taste)
- 1 head Boston Lettuce (leaves separated)
- 1 cup Black Beans
- 1/2 cup Red Onion (diced)
- 1 Red Bell Pepper (medium, chopped)

Nutrition

Amount per serving	
Calories	301
Fat	4g
Carbs	33g
Fiber	11g
Protein	35g
Calcium	64mg

Directions

- 1 Add the chicken breasts, salsa, lime juice, salt, and pepper to a sealable container. Cover, shake, and allow to marinate for at least 15 minutes.
- 2 Heat a pan over medium heat and add the chicken and marinade. Cover the pan and cook for 20 minutes or until the chicken is cooked through. Flip the chicken a few times and spoon the marinade over as needed.
- 3 Transfer the chicken and marinade to a large bowl and shred it with two forks. Once shredded, mix with the marinade.
- 4 Fill the lettuce leaves with the chicken, black beans, red onion, and peppers. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to approximately four lettuce wraps.

Make it Vegan: Use tempeh or tofu instead of chicken.

More Flavor: Add cilantro and chipotle aioli.



Miso & Sesame Chicken Coleslaw Salad

2 servings

25 minutes

Ingredients

- 1 tsp Tamari
- 3 tbsps Water
- 1 tbsp Sesame Oil
- 2 tsps Miso Paste
- 1 tbsp Rice Vinegar
- 340 grams Chicken Breast
- 1 Red Bell Pepper (large, julienned)
- 2 cups Coleslaw Mix
- 2 stalks Green Onion (thinly sliced)
- 1 tbsp Sesame Seeds (black and white, toasted)

Nutrition

Amount per serving	
Calories	344
Fat	14g
Carbs	13g
Fiber	4g
Protein	42g
Calcium	106mg

Directions

- 1 Heat the grill to medium-high heat.
- 2 In a small bowl, whisk together the tamari, water, sesame oil, miso, and vinegar. Separate 3/4 of the dressing into a large salad bowl and set aside. Brush the remaining dressing onto the chicken breast.
- 3 Cook the chicken on the grill for six to eight minutes on each side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Slice.
- 4 Add the bell pepper, coleslaw, and green onions to the large bowl with the dressing. Mix well. Top with slices of chicken and sesame seeds. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/3 cups of salad with chicken.

Make it Vegan: Use legumes like black beans and lentils or tofu, instead of chicken.

More Flavor: Serve with cooked cold noodles or rice.