



**GOLDSTER**★

Week 2: Into the Stomach

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## Beet Pickled Deviled Eggs

2 servings

8 hours 20 minutes

### Ingredients

- 1 cup Pickled Beets (homemade or store-bought)
- 3 Egg (hard boiled, peeled)
- 1 1/2 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- 1 tsp Apple Cider Vinegar
- 1 tbsp Water (cold)
- 1/8 tsp Sea Salt (or more to taste)
- 1 tbsp Fresh Dill (chopped)
- 2 tbsps Radishes (julienned)

### Nutrition

Amount per serving	
Calories	237
Fat	15g
Carbs	15g
Fiber	1g
Protein	10g
Calcium	55mg

### Directions

- 1 Take the beets out of the brine and set them aside. In an airtight container or jar add the brine and the eggs that have been hard-boiled and peeled. Make sure the brine is covering the eggs completely. Let them sit in the fridge for eight hours or overnight.
- 2 Take the eggs out of the brine and dry them with a paper towel. Cut them in half. Remove the yolks and add them to a bowl. Add in the mayonnaise, mustard, apple cider vinegar, and water. With a hand blender, blend until smooth. Season with salt.
- 3 Place the yolk mixture in a piping bag with a star or plain piping tip. Pipe the yolk mixture back into the eggs.
- 4 Sprinkle the deviled eggs with fresh dill and garnish with radish. Enjoy!

### Notes

**Leftovers:** Leftover deviled eggs can be refrigerated for one to two days, but are best enjoyed immediately.

**Serving Size:** Each serving size is equal to three deviled eggs.

**More Flavor:** Add paprika, cayenne, or chili flakes.

**Additional Toppings:** Green onions, pickles, micro greens, chives, or bacon.

**No Piping Bag:** Use a teaspoon to transfer the yolk mixture back into the eggs.

**Make Ahead:** The eggs can sit in the brine and be stored in an airtight container in the fridge for up to three days. Cut and make the filling when ready to serve.





## Smashed Parmesan Brussels Sprouts

4 servings

20 minutes

### Ingredients

4 cups Brussels Sprouts (trimmed)  
2 tbsps Extra Virgin Olive Oil  
2 tsps Apple Cider Vinegar  
1/2 tsp Sea Salt  
1/2 tsp Red Pepper Flakes  
1/4 cup Parmigiano Reggiano (finely  
grated)

### Nutrition

Amount per serving	
Calories	126
Fat	9g
Carbs	8g
Fiber	3g
Protein	5g
Calcium	113mg

### Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Add the Brussels sprouts to a pot of water and bring to a boil. Boil for eight to ten minutes. Drain the water.
- 3 In a bowl, toss together the Brussels sprouts, oil, apple cider vinegar, sea salt, and red pepper flakes.
- 4 Transfer the sprouts to the baking sheet and use a measuring cup to smash down the sprouts until lightly crushed. Top with grated cheese and bake for ten minutes. Serve immediately and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup.

**Dairy-Free:** Swap out cheese for nutritional yeast.

**More Flavor:** Drizzle with honey before baking.



## Braised Cranberry Cabbage

4 servings

25 minutes

### Ingredients

4 cups Purple Cabbage (shredded)  
1 cup Cranberry Sauce  
1/2 Yellow Onion (diced)  
1/4 cup Apple Cider Vinegar  
2 tbsps Maple Syrup  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	172
Fat	0g
Carbs	43g
Fiber	3g
Protein	2g
Calcium	58mg

### Directions

- 1 Add all of the ingredients to a large pot. Stir to combine. Cook over medium-high heat for 25 minutes, stirring occasionally until the cabbage is cooked through and tender.
- 2 Divide evenly between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup.

**More Flavor:** Add chopped apple.





## South African Chicken Curry

4 servings

35 minutes

### Ingredients

454 grams Chicken Thighs with Skin (bone-in)  
 1 1/2 tbsps Curry Powder  
 7 grams Unbleached All Purpose Flour  
 1 1/2 tsps Black Pepper  
 1/3 cup Apricot Jam  
 1 1/2 tbsps Apple Cider Vinegar  
 1 1/2 tsps Dijon Mustard  
 1 cup Water (plus more if needed)  
 1 Yellow Onion (small, sliced)  
 2 cups Mushrooms (sliced)  
 1 Green Bell Pepper (medium, diced)  
 2 Garlic (clove, chopped)

### Nutrition

Amount per serving	
Calories	365
Fat	19g
Carbs	27g
Fiber	3g
Protein	22g
Calcium	54mg

### Directions

- 1 In a large, deep non-stick skillet with a lid, heat the oil over medium-high heat. Add the chicken, skin-side down, working in batches, if necessary. Cook until the chicken is well browned on both sides, about five minutes per side. Set aside on a plate.
- 2 Meanwhile, mix the curry powder, flour, and black pepper in a small bowl. Set aside.
- 3 In another bowl, mix the apricot jam, vinegar, mustard, and water. Stir until combined. Set aside.
- 4 Using the same skillet, reduce the heat to medium and add the onions. Cook, stirring occasionally, until soft and translucent, about four minutes. Add the mushrooms and peppers, and cook for two to three minutes. Stir in the garlic and cook for one more minute.
- 5 Stir in the apricot jam mixture and the curry powder mixture. Add the chicken back to the skillet, skin-side up. Cover and simmer until the chicken is cooked through, about 10 to 15 minutes. Add more water during cooking, if necessary.
- 6 Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days or freeze for up to three months.

**Serving Size:** A 12-inch skillet was used to make four servings. One serving is equal to approximately one chicken thigh and 1/2 cup of sauce.

**Serve it With:** Rice or grains like farro, couscous, or millet.

**Additional Toppings:** Green onions and cilantro.



## Mackerel, Quinoa & Kale Salad

1 serving  
20 minutes

### Ingredients

1/4 cup Quinoa (dry, rinsed)  
1 tsp Dijon Mustard  
2 tsps Apple Cider Vinegar  
2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper  
1 1/2 cups Kale Leaves (chopped)  
113 grams Canned Mackerel (drained)  
2 tsps Fresh Dill (fresh, chopped)

### Nutrition

Amount per serving	
Calories	431
Fat	19g
Carbs	29g
Fiber	4g
Protein	33g
Calcium	375mg

### Directions

- 1 Cook the quinoa according to package directions.  
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- 2 Mix the mustard, vinegar, and oil together. Season with salt and pepper.  
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- 3 Add the quinoa, kale, and mackerel to a bowl. Garnish with the dill and serve the dressing on the side. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately three cups of salad.

**Make it Vegan:** Omit the mackerel.

**More Flavor:** Add maple syrup, garlic and/or lemon juice to the dressing. Massage the kale with oil and lemon juice before serving.

**Additional Toppings:** Pumpkin seeds and/or dried cranberries.