



GOLDSTER★

Week 2: Lymph nodes &
Immunity

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One Pan Chickpea Fajitas

4 servings
40 minutes

Ingredients

- 1 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 1 Yellow Onion (medium, sliced)
- 2 cups Chickpeas (cooked, drained)
- 3 tbsps Avocado Oil
- 2 tbsps Taco Seasoning
- 8 Corn Tortilla (small)

Nutrition

Amount per serving	
Calories	420
Fat	14g
Carbs	63g
Fiber	11g
Protein	11g
Calcium	275mg

Directions

- 1 Preheat the oven to 425° F (220° F).
- 2 To a large baking sheet, add bell peppers, onion, and chickpeas. Add the oil and taco seasoning and toss to combine. Spread everything out into an even layer.
- 3 Bake for 30 to 35 minutes or until the vegetables are cooked to your liking. Toss halfway through for even cooking.
- 4 To assemble, divide the chickpeas and vegetables onto the tortillas. Enjoy!

Notes

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

Serving Size: One serving is equal to two tortillas with approximately 1/2 cup of chickpeas and vegetables.

Additional Toppings: Rice, sour cream, hot sauce, and/or cilantro.



Spicy Fajita Seasoning

4 servings

5 minutes

Ingredients

- 2 tbsps Chili Powder
- 1 tbsp Smoked Paprika
- 1 tsp Cumin
- 1 tsp Garlic Powder
- 1 tsp Oregano
- 3/4 tsp Sea Salt
- 3/4 tsp Black Pepper
- 1/2 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	23
Fat	1g
Carbs	4g
Fiber	2g
Protein	1g
Calcium	29mg

Directions

- 1 Combine all the spices into a jar or container with a lid and shake well to combine. Enjoy!

Notes

Leftovers: Store in an airtight container for up to three months.

Serving Size: One serving is approximately 1 tablespoon.

More Flavor: For a spicier seasoning use chipotle or ancho chili powder instead and add more cayenne pepper or red pepper flakes to taste. For a less spicy seasoning, use less cayenne pepper or add a pinch of sugar.

How to Use: Season ground beef, steak, chicken or shrimp for fajitas, tacos, burritos or nachos.



Burrito Bowl with Quinoa Tofu Taco Filling

4 servings

35 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 227 grams Tofu (extra firm, crumbled)
- 2 tbsps Extra Virgin Olive Oil
- 2 1/2 tsps Chili Powder
- 1 1/2 tsps Cumin
- 1 tsp Oregano
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 cup Salsa (divided)
- 1 tbsp Lime Juice
- 1 tsp Nutritional Yeast
- 2 Red Bell Pepper (sliced)
- 1/2 head Romaine Hearts (chopped)
- 1 cup Black Beans (cooked)
- 2 Avocado (diced)

Nutrition

Amount per serving	
Calories	452
Fat	27g
Carbs	44g
Fiber	16g
Protein	17g
Calcium	237mg

Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings: Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.



Creamy Roasted Garlic & Kale Soup with Cauliflower

4 servings
1 hour 15 minutes

Ingredients

- 12 Garlic (cloves, peeled and trimmed)
- 1 Yellow Onion (large, roughly chopped)
- 1 head Cauliflower (sliced into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 8 cups Kale Leaves (packed)
- 3 3/4 cups Vegetable Broth (divided)

Nutrition

Amount per serving	
Calories	176
Fat	11g
Carbs	17g
Fiber	6g
Protein	5g
Calcium	172mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers: Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With: An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick: If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



Orange Immunity Booster Smoothie

2 servings
10 minutes

Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	221
Fat	3g
Carbs	50g
Fiber	10g
Protein	5g
Calcium	284mg

Directions

- 1 Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Notes

- No Pureed Pumpkin:** Use steamed sweet potato instead.
- More Protein:** Add protein powder, hemp seeds or nut butter.
- No Maple Syrup:** Sweeten with raw honey or soaked dates instead.