

# SESAME GINGER BEEF BOWL

## INGREDIENTS

- 200g beef, sliced
- 1 teaspoon ginger, grated
- 2 garlic cloves, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon honey
- 1 cup cooked rice
- Optional: green onions,  
sesame seeds



## DIRECTIONS

1. Heat sesame oil in a pan and cook beef until browned.
2. Add garlic and ginger, cook for 1 minute.
3. Stir in soy sauce and honey.
4. Simmer for 2–3 minutes until sauce thickens slightly.
5. Serve over rice and top with green onions or sesame seeds.

# MUSHROOM AND SPINACH FRITTATA

## INGREDIENTS

4 eggs

1 cup mushrooms, sliced

2 cups spinach

1 onion, chopped

1 tablespoon olive oil

Salt and pepper to taste

Optional: cheese



## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté onion, mushrooms, and spinach in a pan.
3. Beat eggs with salt and pepper.
4. Pour eggs over vegetables in oven-safe pan.
5. Cook until edges set, then bake for 10–15 minutes.
6. Slice and serve.

# BAKED EGGPLANT PARMESAN SLICES

## INGREDIENTS

- 1 eggplant, sliced
- 1 cup marinara sauce
- 1 cup mozzarella cheese
- ¼ cup Parmesan cheese
- 1 egg (optional for coating)
- Breadcrumbs (optional)
- Salt and pepper



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Season eggplant slices with salt and pepper.
3. Bake or pan-fry until lightly tender.
4. Place eggplant in a baking dish.
5. Top with marinara and cheeses.
6. Bake for 15–20 minutes until melted and bubbly.
7. Serve warm.

# AVOCADO AND SHRIMP SALAD BOWL

## INGREDIENTS

200g shrimp, cooked

1 avocado, sliced

½ cucumber, chopped

½ cup cherry tomatoes

1 tablespoon olive oil

1 tablespoon lemon juice

Salt and pepper to taste



## DIRECTIONS

1. Cook shrimp until pink and cool slightly.
2. Combine avocado, cucumber, and tomatoes in a bowl.
3. Add shrimp on top.
4. Drizzle olive oil and lemon juice.
5. Season with salt and pepper.
6. Serve fresh.

# SIMPLE COD WITH MANGO SALSA

## INGREDIENTS

2 cod fillets

1 tablespoon olive oil

Salt and pepper to taste

Mango Salsa:

1 mango, diced

½ red onion, chopped

1 tablespoon lime juice

1 tablespoon cilantro

Pinch of salt



## DIRECTIONS

1. Season cod with salt and pepper.
2. Pan-sear or bake until cooked through.
3. Mix mango, onion, lime juice, cilantro, and salt for salsa.
4. Spoon salsa over cooked cod.
5. Serve fresh.

# LEMON GARLIC CHICKEN THIGHS

## INGREDIENTS

4 chicken thighs

2 tablespoons olive oil

3 garlic cloves, minced

1 tablespoon lemon juice

1 teaspoon lemon zest

1 teaspoon oregano

Salt and pepper to taste



## DIRECTIONS

Mix olive oil, garlic, lemon juice, zest, oregano, salt, and pepper.

Coat chicken thighs in marinade.

Bake at 200°C (400°F) for 30–35 minutes.

Cook until golden and fully done.

Serve warm.

# CRUNCHY THAI-INSPIRED SALAD

## INGREDIENTS

- 2 cups shredded cabbage
- 1 carrot, julienned
- ½ cucumber, sliced
- 2 tablespoons peanuts
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1 teaspoon honey
- 1 teaspoon sesame oil



## DIRECTIONS

1. Combine cabbage, carrot, and cucumber in a bowl.
2. Mix soy sauce, lime juice, honey, and sesame oil.
3. Pour dressing over vegetables.
4. Toss well.
5. Top with peanuts.
6. Serve fresh and crunchy.

# ITALIAN TURKEY MEATBALLS WITH MARINARA

## INGREDIENTS

- 300g ground turkey
- 1 egg
- ¼ cup breadcrumbs
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 2 cups marinara sauce
- Salt and pepper to taste



## DIRECTIONS

1. Mix turkey, egg, breadcrumbs, garlic, and seasoning.
2. Form into meatballs. Bake at 200°C (400°F) for 15–20 minutes.
3. Heat marinara sauce in a pan.
4. Add cooked meatballs to sauce and simmer 10 minutes.
5. Serve warm.

# PESTO CHICKEN CAPRESE

## INGREDIENTS

- 1 chicken breast
- 2 tablespoons pesto
- ½ cup cherry tomatoes, halved
- ½ cup fresh mozzarella
- 1 tablespoon olive oil
- Fresh basil leaves
- Salt and pepper to taste



## DIRECTIONS

1. Cook or grill chicken until fully done.
2. Slice chicken and coat with pesto.
3. Add tomatoes and mozzarella on top.
4. Drizzle olive oil.
5. Garnish with fresh basil.
6. Serve warm or cold.

# SPICY TOFU AND BROCCOLI STIR-FRY

## INGREDIENTS

- 200g tofu, cubed
- 1 cup broccoli
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 teaspoon chili sauce or flakes
- 1 tablespoon oil



## DIRECTIONS

1. Heat oil in a pan and cook tofu until golden.
2. Add garlic and ginger.
3. Add broccoli and stir-fry for 5–7 minutes.
4. Add soy sauce and chili sauce.
5. Cook for 2 more minutes.
6. Serve hot.

# QUINOA AND ROASTED VEGETABLE BOWL

## INGREDIENTS

- 1 cup quinoa, cooked
- 1 zucchini, chopped
- 1 bell pepper, chopped
- 1 carrot, sliced
- 1 tablespoon olive oil
- 1 teaspoon paprika
- Salt and pepper to taste



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss vegetables with olive oil, paprika, salt, and pepper.
3. Roast for 20–25 minutes until tender.
4. Place cooked quinoa in a bowl.
5. Top with roasted vegetables.
6. Serve warm.

# COZY LENTIL DAHL

## INGREDIENTS

- 1 cup red lentils
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 can (1 cup) coconut milk
- 3 cups vegetable broth
- 1 tablespoon oil
- Salt and pepper to taste



## DIRECTIONS

1. Heat oil in a pot and cook onion, garlic, and ginger until soft.
2. Add curry powder and turmeric, stir for 1 minute.
3. Add lentils and broth. Simmer for 20–25 minutes until lentils are soft.
4. Stir in coconut milk.
5. Season with salt and pepper.
6. Serve warm.

# CLASSIC MEDITERRANEAN CHICKPEA SALAD

## INGREDIENTS

- 1 cup chickpeas
- ½ cucumber, chopped
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste



## DIRECTIONS

1. Combine chickpeas, cucumber, tomatoes, and onion in a bowl.
2. Add olive oil and lemon juice.
3. Sprinkle oregano, salt, and pepper.
4. Toss well.
5. Serve fresh or chilled.

# SHEET PAN CHICKEN AND SWEET POTATOES

## INGREDIENTS

2 chicken breasts

2 sweet potatoes, cubed

1 tablespoon olive oil

1 teaspoon paprika

1 teaspoon garlic powder

Salt and pepper to taste



## DIRECTIONS

Preheat oven to 200°C (400°F). Toss sweet potatoes with half the oil, paprika, salt, and pepper. Place on a baking sheet and roast for 15 minutes.

Add chicken seasoned with remaining spices and oil.

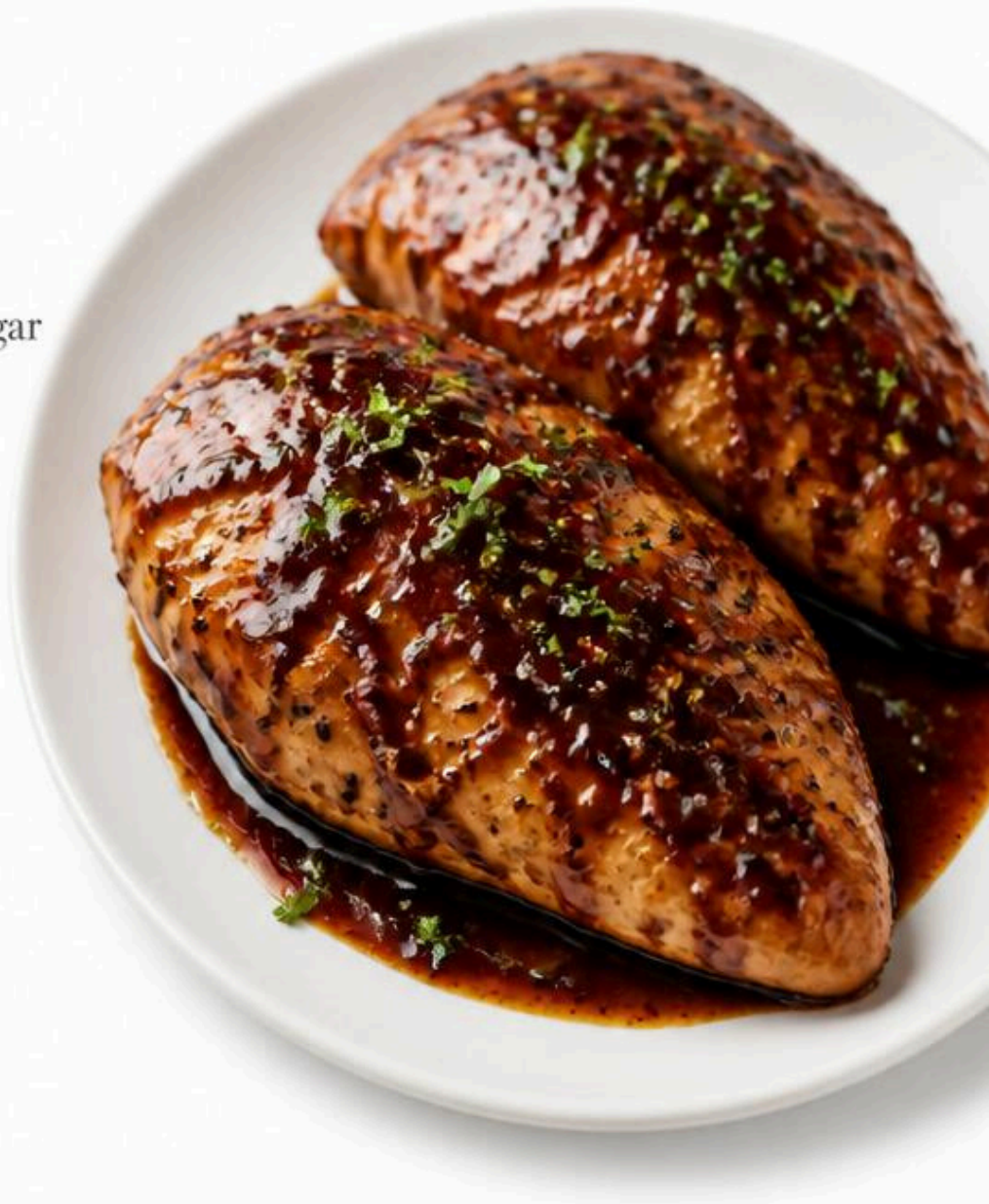
Bake for another 20–25 minutes until cooked through.

Serve warm.

# BALSAMIC GLAZED CHICKEN BREAST

## INGREDIENTS

- 2 chicken breasts
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Salt and pepper to taste



## DIRECTIONS

1. Mix balsamic vinegar, honey, oil, garlic, salt, and pepper.
2. Marinate chicken for 15–30 minutes.
3. Cook chicken in a pan until browned and cooked through.
4. Pour remaining marinade into pan and simmer until thickened.
5. Coat chicken with glaze. Serve warm.

# LEMON HERB GRILLED SALMON

## INGREDIENTS

- 2 salmon fillets
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1 garlic clove, minced
- Salt and pepper to taste



## DIRECTIONS

1. Mix olive oil, lemon juice, zest, herbs, garlic, salt, and pepper.
2. Coat salmon with the marinade. Let sit for 15–20 minutes.
3. Grill salmon for 3–4 minutes per side until cooked.
4. Serve hot with extra lemon if desired.

# ROASTED CHICKPEA AND AVOCADO WRAP

## INGREDIENTS

- 1 cup chickpeas
- 1 avocado, sliced or mashed
- 1 tortilla wrap
- 1 tablespoon olive oil
- 1 teaspoon paprika
- Salt and pepper to taste
- Lettuce (optional)



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chickpeas with olive oil, paprika, salt, and pepper.
3. Roast for 20–25 minutes until crispy.
4. Warm tortilla and spread avocado.
5. Add roasted chickpeas and lettuce.
6. Wrap tightly and serve.

# CLASSIC CHILI CON CARNE

## INGREDIENTS

- 300g ground beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can kidney beans
- 2 tomatoes, chopped
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 2 cups beef broth
- Salt and pepper to taste



## DIRECTIONS

1. Cook onion and garlic until soft.
2. Add ground beef and brown it.
3. Stir in chili powder and cumin.
4. Add tomatoes, beans, and broth.
5. Simmer for 25–30 minutes.
6. Season and serve hot.

# CREAMY SUN-DRIED TOMATO CHICKEN

## INGREDIENTS

- 2 chicken breasts
- ½ cup sun-dried tomatoes
- 2 garlic cloves, minced
- 1 cup cream
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste



## DIRECTIONS

1. Heat olive oil in a pan and cook chicken until golden.
2. Remove chicken and sauté garlic and sun-dried tomatoes.
3. Add cream and Italian seasoning.
4. Return chicken to pan and simmer for 10 minutes.
5. Season with salt and pepper. Serve warm.

# HEARTY VEGETABLE FRIED RICE

## INGREDIENTS

- 2 cups cooked rice
- 1 cup mixed vegetables  
(peas, carrots, corn)
- 2 eggs
- 2 tablespoons soy sauce
- 1 tablespoon oil
- 2 garlic cloves, minced
- Salt and pepper to taste



## DIRECTIONS

1. Heat oil in a pan and cook garlic.
2. Add vegetables and stir-fry for 3–4 minutes.
3. Push vegetables aside and scramble eggs.
4. Add rice and soy sauce.
5. Stir well and cook until heated through.
6. Serve hot.

# BLACK BEAN AND CORN QUESADILLAS

## INGREDIENTS

2 tortillas

1 cup black beans

½ cup corn

1 cup shredded cheese

1 teaspoon cumin

1 tablespoon oil

Salsa (optional)



## DIRECTIONS

1. Mix black beans, corn, cumin, and cheese.
2. Heat a pan with a little oil.
3. Place tortilla in pan and add filling.
4. Top with second tortilla.
5. Cook until golden, then flip and cook other side.
6. Slice and serve with salsa.

# SHEET PAN PORK CHOPS AND APPLES

## INGREDIENTS

- 2 pork chops
- 2 apples, sliced
- 1 onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon cinnamon
- 1 teaspoon thyme
- Salt and pepper to taste



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss apples and onion with half the oil, cinnamon, salt, and pepper.
3. Place pork chops and apple mixture on a sheet pan.
4. Drizzle remaining oil and season pork with thyme, salt, and pepper.
5. Bake for 25–30 minutes until pork is cooked through.
6. Serve warm.

# HONEY MUSTARD GLAZED SALMON

## INGREDIENTS

- 2 salmon fillets
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste



## DIRECTIONS

1. Mix honey, mustard, olive oil, lemon juice, salt, and pepper.
2. Brush glaze over salmon fillets.
3. Let sit for 10–15 minutes.
4. Bake at 200°C (400°F) for 12–15 minutes or until cooked.
5. Serve warm.

# WHITE BEAN AND SPINACH SOUP

## INGREDIENTS

- 1 cup white beans
- 2 cups spinach
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 cups vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste



## DIRECTIONS

1. Heat olive oil in a pot and cook onion and garlic until soft.
2. Add white beans and broth. Simmer for 20–25 minutes.
3. Add spinach and cook for 3–5 minutes.
4. Season with salt and pepper.
5. Serve hot.

# GARLIC SHRIMP AND ZUCCHINI NOODLES

## INGREDIENTS

200g shrimp, peeled

2 zucchinis, spiralized

2 garlic cloves, minced

1 tablespoon olive oil

1 tablespoon lemon juice

Salt and pepper to taste



## DIRECTIONS

1. Heat olive oil in a pan and cook garlic until fragrant.
2. Add shrimp and cook until pink.
3. Add zucchini noodles and cook for 2–3 minutes.
4. Stir in lemon juice, salt, and pepper.
5. Serve warm.

# TURKEY AND BLACK BEAN TACOS

## INGREDIENTS

- 200g ground turkey
- 1 cup black beans
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon oil
- Taco shells or tortillas
- Optional toppings: lettuce, salsa, cheese



## DIRECTIONS

1. Heat oil in a pan and cook ground turkey until browned.
2. Add cumin, chili powder, and black beans.
3. Cook for 5–7 minutes.
4. Spoon mixture into taco shells.
5. Add toppings as desired. Serve warm.