



Empowered Recipe Book

Week 6

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Mushroom & Brie Omelette

SERVES 4

YOU WILL NEED:

- 1 clove garlic, minced
- 2 cups (200g) mushrooms
- 8 eggs
- 7 oz. (200g) brie cheese, sliced
- 4 oz. (120g) rocket
- 1 tbsp. olive oil
- salt & pepper

HOW TO MAKE

1. Heat a cast iron skillet over high heat, greased with a little bit of oil. Slice the mushrooms and cook, stirring occasionally, for 5-7 minutes. Transfer to a bowl and set aside.
2. Heat the same skillet again over medium heat, greased with a small amount of oil. Whisk the eggs in a large pot with ¼ cup (60ml) cold water. Season well with salt and pepper.
3. Pour quarter of the eggs into the pan and cook the omelet. Top with a quarter of the earlier prepared mushrooms and quarter of the brie. Transfer onto a serving plate, top with a handful of rocket. Serve immediately.
4. Repeat this process with the remaining eggs, mushrooms, brie and rocket to make a further 4 omelets.

Green Pea, Potato & Goat's Cheese Frittata

SERVES 4

YOU WILL NEED:

- 4 baby potatoes, thinly sliced
- 1 cup frozen peas
- 8 eggs
- 3 oz. goat's cheese, crumbled
- 4 + cups of greens
- 1 tbsp. olive oil
- salt & pepper

HOW TO MAKE

1. Preheat the oven to 350.
2. Heat cast iron skillet over medium heat, greased with the olive oil. Cook the sliced potato 5-6 minutes on each side or until lightly golden and tender. Transfer to a plate and set aside.
3. Meanwhile, place the frozen peas in a bowl of hot water and allow to defrost until the peas are tender. Drain well.
4. Lightly whisk the eggs in a medium bowl. Season to taste with salt and pepper.
5. Arrange half the potato at the base of the skillet. Top with half the peas and half the goat's cheese. Repeat the layering process once more and then pour over the eggs to cover the potato. Cook over a low-medium heat for 10 minutes or until the egg is almost set.
6. Place in the oven for 5 minutes, until the egg is just set on top. Cut the frittata into wedges, and serve with a handful of greens.

Smoked Salmon, Avocado, & Cottage Cheese Breakfast Platter

Serves 2

You will need:

- 1 cucumber
- 7 oz. (200g) smoked salmon
- 1 avocado
- ½ cup (110g) cottage cheese
- 1 tsp. dried dill
- salt and pepper
- 2 tbsp. apple cider vinegar

How to make:

1. Peel the cucumber lengthwise into ribbons. Place in a bowl, and pour over 2 tablespoon of apple cider vinegar, season with salt and mix to combine. Set aside.
2. Divide the salmon, avocado flesh and cottage cheese between plates. Place the earlier prepared cucumber on the side and drizzle the platter with some of the cucumber juices.
3. Sprinkle with dill and season to taste with salt and pepper. Serve immediately.

Purple Power Smoothie

SERVES 1

YOU WILL NEED:

- 1 cup (240ml) almond milk
- 1 cup (150g) frozen berries
- 1 banana
- 1 medium beetroot, cooked, grated
- 1 scoop (25g) protein powder
- 1/2 tsp vanilla extract

Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.

Cajun Salmon With Corn Salsa

YOU WILL NEED:

- 2 organic corn cobs, cooked
- 10.5 oz. (350g) cherry tomatoes, quartered
- 1 cup (60g) coriander, leaves
- 4 salmon fillets (6oz./170g each)
- 2 tbsp. Cajun seasoning
- 2 tbsp. olive oil

HOW TO MAKE

1. Heat the oven to 425°F (220°C). Mix the Cajun seasoning with the olive oil and rub all over the salmon. Place the salmon on a baking tray or on an oven proof dish. Bake in the oven for 12-15 minutes, until cooked through.
2. Use a small knife to cut down the side of the corn cobs to remove the kernels and place them in a large bowl. Add the tomato and coriander and toss to combine.
3. To serve, divide the salsa between 4 serving plates. Top with the salmon and serve immediately.

Beetroot, Feta, & Quinoa

Salad

Serves 4

INGREDIENTS

- 2 cups (370g) soaked and cooked quinoa
- 7 oz. (200g) feta cheese, cubed
- 2 medium beets, cooked, cubed
- 1 cup (165g) chickpeas, drained
- 1 lemon, zest and juice
- 2 tbsp. olive oil
- salt & pepper

DIRECTIONS

1. Combine the cooked quinoa, feta cheese, beetroot and chickpeas in a medium sized bowl. Drizzle with olive oil, lemon juice and add in the finely grated lemon zest.
2. Season to taste with salt and pepper and mix well to combine. Divide between 4 plates and serve immediately.
3. Optional: Serve over a bed of leafy greens to get more nutrients and food folate in!

Salmon & Peach Salad

Serves 2

INGREDIENTS

For the marinade:

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. coconut aminos
- 1 tsp. maple syrup
- ½ tsp. ground pepper

For the salad:

- 2 salmon fillets (5oz./140g each)
- 1 organic cob corn, cooked
(optional)
- 4 oz. (120g) salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

DIRECTIONS

1. Combine the apple cider vinegar, olive oil, coconut aminos, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.
2. In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.
3. Next, preheat the oven to 400°F (200°C) and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.
4. Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.
5. To serve, drizzle with balsamic vinegar and season with salt and pepper.

Grilled Chicken & Pineapple Salad

SERVES 2

YOU WILL NEED:

For the salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple
- 2 handfuls salad leaves
- ⅓ cup (10g) mint leaves
- ½ small onion, finely chopped

For the dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- tabasco, optional

HOW TO MAKE

1. Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.
2. In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).
3. Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.
4. Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

Turkey & Broccoli Stir Fry

SERVES 2

YOU WILL NEED:

- Optional: 3.5 oz. (100g) buckwheat/soba noodles
- 7 oz. (200g) turkey fillet, chopped
- 1 broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. coconut aminos
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

HOW TO MAKE

1. If using noodles, cook according to the instructions on the packaging. Strain and rinse with cold water, then set aside.
2. In a cast-iron skillet, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of coconut aminos, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).
3. In the meantime, mix together the remaining coconut aminos, sesame oil, vinegar, grated ginger, and mix well.
4. Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.
5. Serve with chopped spring onions and coriander leaves.

Pepper Steak

SERVES 4

YOU WILL NEED:

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. coconut aminos
- 1 tbsp. rice wine
- 3 tsp. buckwheat flour (or coconut flour)
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- ½ tsp. black pepper
- crushed red pepper flakes, to taste

HOW TO MAKE

1. Slice the beef into thin slices. Place in a bowl and add 4 tsp. of coconut aminos, 1 tablespoon of rice wine, 1 teaspoon of buckwheat (or coconut) flour and season with freshly ground black pepper.
2. In a small bowl, mix 3 tablespoons of coconut aminos, 1 tablespoon of water and 2 tsp. buckwheat (or coconut) flour, then set aside.
3. Heat 1 teaspoon of oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 minutes and transfer onto a plate.
4. Add the remaining 1 teaspoon of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.
5. Serve with rice (not included in nutrition info per serving).
6. Store in the fridge for up to 4 days.

Sesame & Ginger Beef With Zucchini Noodles

SERVES 2

YOU WILL NEED:

- ¼ cup (60ml) coconut aminos
- 1 tbsp. honey or maple syrup or coconut sugar
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground beef
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

HOW TO MAKE

1. Mix the coconut aminos, rice wine vinegar and sweetener in a small bowl and set aside.
2. Heat a cast iron skillet over medium heat, add the beef and cook for 7-10 minutes, until cooked through.
3. Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.
4. Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.
5. Slightly heat the spiralized zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. Heat in the microwave or pan when needed.

Chicken & Mango Stir Fry

SERVES 4

YOU WILL NEED:

- 1 lb. (450g) chicken breasts, cut into strips
- 1 tbsp. buckwheat flour, or coconut/almond
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, de-seeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

For the sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of coconut aminos
- 2 tbsp. honey

HOW TO MAKE

1. Cut the chicken into thin strips and season with salt and pepper, then coat with flour.
2. Peel the mango and cut the flesh into strips. Cut the peppers into strips. Peel the onion and cut into half rings.
3. Cut the deseeded chili pepper lengthwise, then finely chop. Peel and grate the ginger.
4. Prepare the sauce by mixing all the sauce ingredients in a bowl.
5. In a wok or large pan, heat 1 tbsp. of coconut oil, and stir fry the peppers, onions, chili pepper, garlic and ginger over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes. Then remove everything and set aside.
6. Add the second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.
7. Place the mango and vegetables back to the pan. Add the sauce and mix well. Cook on high heat for about 2 minutes until the sauce thickens. Mix occasionally.
8. Serve with rice if you'd like, or 1/2 rice 1/2 cauliflower rice, or all cauliflower rice

The All Green Smoothie

SERVES 2

YOU WILL NEED:

- ½ avocado, pitted
- 2 cups (330g) pineapple, chunks
- 2 cups (60g) baby spinach
- 1 cup (240ml) coconut milk
- 4 tbsp. lime juice
- ¼ cup (12g) fresh coriander, chopped
- 2 tsp. ground ginger

Place all ingredients together in a blender and blend until smooth

The Choco Banana Smoothie

SERVES 2

YOU WILL NEED:

- ⅔ cup (160ml) coconut or almond milk, unsweetened
- ½ cup (120g) coconut or almond yogurt
- 1 tbsp. ground flax seed
- 1 tbsp. natural cocoa powder, unsweetened
- 2 tbsp. peanut butter
- ½ tsp. vanilla extract
- 1 medium banana, chopped & frozen

Blend all the ingredients in a high-speed blender until smooth and serve.

Cherry Sorbet

Serves 4

INGREDIENTS

- 1 ¾ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla coconut yogurt
- 4 tbsp. water
- mint leaves, to serve

1. Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. of lemon juice, 4 tbsp. of yogurt and 4 tbsp. of water until smooth.
2. Spoon into a freezer-proof container then freeze for 1 hour.
3. Scoop out the sorbet into serving glasses, top with mint and serve immediately.
4. The ingredients will make approx. 8 scoops of sorbet (2 per serving).

Mocha Truffles

- 3 oz. (100g) of dark chocolate, 70-80%
- ⅓ cup (80ml) of full-fat coconut milk
- 2 tbsp. coconut sugar
- 2 tbsp. instant coffee
- 2 tbsp. almond butter
- pinch sea salt
- 2 tbsp. cocoa powder, for dusting

1. Place the chocolate in a bowl and heat in a microwave just until it starts to melt.
2. In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.
3. Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.
4. Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.
5. Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.