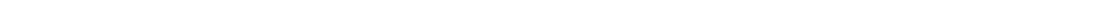


CBS Roscommon Recipes

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Chicken Satay Curry (The One we spoke about)

(4 portions)

- 4 chicken breasts diced
- 1 onions chopped
- ½ red pepper, roughly chopped
- ½ green pepper, roughly chopped
- 1 Tbsp. fresh ginger, finely chopped or grated
- 1 Tbsp. garlic, finely chopped
- 1/2 red chilli, finely chopped
- 2 Tbsp. mild curry powder
- 1 tbsp. turmeric powder
- 1 Tbsp. soy sauce
- 1 Can of coconut milk (400ml each approx.)
- ½ cup (approx.) vegetable stock
- 1 tbsp. peanut butter
- Lime or lemons zest
- Salt & Black Pepper
- Fresh coriander & chopped roasted almonds to garnish



Preparation

Set out all your ingredients first. The peppers and onions are cut into squares -about the size of ice cubes! The chilli, garlic and ginger are cut up fine.

1.- Put a deep pan on medium-high heat, then add diced Chicken to the pan, chilli, ginger, garlic, onions and peppers, salt & pepper, stir fry 5-8 minutes until chicken is cooked.

2.- Add curry powder, turmeric, vegetable stock, soy sauce, coconut milk, water and Cook for 15-20 minutes' medium-low heat uncovered. (Add a bit of water if the sauce is too thick). Add Lime zest just before serving.

3.- Serve with White Rice, potato or Noodles, garnish with fresh chopped coriander & almonds.

Asian Glazed Salmon

Ingredients: (4 servings)

- 1 cup light soy sauce
- 1/4 cup honey
- 2 tablespoons lemon juice
- 4 salmon fillets, about 1 1/2 pounds
- 4-6 heads of baby bok choy ,roots trimmed off(optional veg.)



Instructions:

1.- Whisk honey and soy together until honey dissolves. Reserve 1/4 cup of marinade in separate bowl, then place salmon fillets, skin-side up, in marinade. Allow to marinate for at least 10 minutes, (the longer you leave it to marinate the better).

2.- Meanwhile, preheat grill to high heat. Heat 1/4 cup of water in a medium sauce pan over high heat and bring to a boil. Add bok choy and cover. Allow to steam until almost tender, about 2-4 minutes. Remove from heat and water then add reserved marinade. Toss to combine.

3.- Put the salmon under the grill skin-side down and broil without turning until exterior is well-caramelized and the fish is just cooked through, 7-10 minutes, depending on thickness and the distance from the grill.

4.-Arrange bok choy on plates and top with the salmon fillets. (If you don't like fish, you can replace with chicken or beef)

My Nutrition's Tips: You can replace bok-choy for baby spinach, or any of your favourite vegetables. Serve with any carbohydrate you wish, quinoa, wholegrain rice, wholegrain couscous or wholegrain noodles.

Health Benefits: Salmon is an excellent source of high-quality protein, vitamins and minerals (including potassium, selenium and vitamin B12) but it is their content of omega-3 fatty acids that contributes to healthy brain function, heart, joints and general wellbeing. Selenium is also essential for a good sex drive and virility.

Chicken Fajitas

Ingredients

- 1 Chicken Breast
- 1 tsp of Olive Oil
- ½ teaspoon cumin
- ½ teaspoon of smoked paprika
- Salt & Pepper
- ½ an Onion
- ½ red Pepper
- 1 Tomato
- Shredded Lettuce
- Yogurt Dressing
- 2 Wholegrain Tortilla Wrap

Instructions

- 1.** Slice the onion and pepper and stir fry for 2-3 minutes. Remove from pan and set aside in a bowl.
- 2.** Get the dried spices and sprinkle over the chicken on both sides. Then put the pan on a medium-high heat and add a little oil. Cook for about 3 minutes on each side.
- 3.** Add some salt, garlic, oregano or parsley to the yogurt, for a garlic dressing sauce.
- 4.** After lightly heating your tortilla in the oven spread a tablespoon of yogurt dressing on the tortilla. Then slice the chicken into strips and place on the wrap. Follow this with the cooked onion and peppers and top with tomatoes and lettuce.



Lean Chilli Con Carne:

(5 Portions)

- 500g of Lean minced meat
- 1 onions, finely chopped
- 1/2 green pepper, finely chopped
- 1/2 red pepper, finely chopped
- 1 tsp. garlic, finely chopped
- 2 tbsp. smoked paprika
- 2 tbsp. sweet paprika
- 1 tbsp. cumin
- Black pepper
- Sea salt
- ½ tsp. chili powder (optional)
- 2 tbsp. tomato purée
- 1 can kidney beans, cooked, drained & rinsed
- 1 pack of tomato passata (400ml)
- ½ cup of vegetable stock
- Fresh coriander & spring onions to garnish



Instructions

1. Add mince to a hot deep pan and brown the meat.
2. Then add chopped garlic, onion, peppers and dried spices. Season the meat and cook for 5 minutes
3. Add the tomato puree and cook for a further 1-2 minutes
4. Add tomato passata and vegetable stock.
5. When it starts to boil, reduce to a low/medium heat and allow to cook uncovered for 15-20 minutes.
6. 10 minutes before you finish, add the kidney beans. Serve with Fresh coriander and rice.

Side Dish Options:

White Rice, Baked Potatoes and wholegrain tortilla.

Easy & Healthy Cereal Bars

Ingredients:

- 2 cups Oats
- ¼ cup chopped walnuts
- ¼ cup sliced almonds
- A dash of cinnamon
- A pinch of sea salt
- ½ cup honey/agave/maple syrup
- ¼ cup dried fruit (cranberries/apricots/raisins)
- ¼ cup shredded coconut

Directions:

1. Heat a large heavy pan over medium heat and add in oats, walnuts, almonds, cinnamon and salt. Continue to cook for 5-8 minutes, continuously stirring, until oats and nuts are toasty and slightly golden brown.

2. Heat up the honey/agave syrup. Gently toss with oats mixture until everything is well incorporated.

3. Remove from heat, stirring in dried fruits and coconut, allow to cool on a chopping board. Spread it firmly with a spatula forming a rectangle/square. Cut into bars or bite sizes when it is completely cool.

*You could add vanilla or any flavorings. Store in an airtight container or freezer bags. Drizzle with melted chocolate or yogurt drizzle for the kids! Gorgeous energy bars, perfect for a healthy snack packed with goodness and zero artificial ingredients. You can use your favorite muesli mix for this recipe. Enjoy!

