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**HEALTHY
QUICK & EASY
RECIPES**



Recipes

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AVOCADO AND CHICKEN SALAD

If salads are your favorite, consider trying out our delicious fresh Greek salad. If you're trying out salads for the first time, this recipe is an easy fix and you get lots of roughage and nutrients packed in it.

Course:	Starter/snack
Prep Time:	10 minutes
Cooking Time:	20 minutes
Total:	30 minutes
Servings:	4



INGREDIENTS:

Preparing the Salad:



Salt and pepper
To taste



Chicken
4, skinless



Avocado
1 sliced



Cherry tomatoes
1 cup, sliced



Lettuce
5 cups, washed



Mozzarella
cheese
1/2 cup

Preparing the Dressing:



Olive oil
2 tbsp



Brown sugar
2 tbsp



Balsamic vinegar
1/4 cup



Salt
1 tbsp



Basil
1 tbsp, dried



Garlic cloves
1 tbsp, minced

METHOD:

Step 1

Mix the marinade ingredients into a bowl then add the chicken. Coat the chicken evenly. For the dressing, reserve the remaining marinade.

Step 2

Heat one tbsp. of oil over medium-high heat and then grill the chicken fillets on both sides until, crispy and golden brown.

Step 3

Start by slicing the chicken.

Step 4

Next, prepare the salad with avocado slices, lettuce, mozzarella cheese, some tomatoes, and chicken. Now sprinkle basil, add salt and pepper, and then drizzle the remaining dressing.

BRAISED BEEF STROGANOFF

For less than an hour, you'll have a healthy lean steak delicacy together with a savory creamy mushroom sauce. Here's what you need to know.

Course:	Main dish
Prep Time:	50 minutes
Cooking Time:	20 minutes
Total:	1 hour 40 minutes
Servings:	4



INGREDIENTS:

 Vegetable oil 1 tbsp	 Lime juice 1, squeezed	 Mushrooms 10g, dried	 Onion 1, finely chopped	 Butter 1 tbsp	 Sirloin steak 400g, trimmed
 Paprika 1 tbsp	 Tomato purée 1 tbsp	 Beef stock 350ml	 Sour cream 2 tbsp, non-fat	 Parsley Finely chopped	

METHOD:

Step 1

Boil some water then dip the mushrooms for 10 mins. Squeeze the water then drain on kitchen paper but reserve the residue. Next in a non-stick pan, heat the butter and oil then sauté the onion until soft. Add some water occasionally to prevent sticking then take some time to season the steak.

Step 2

For the steaks, fry them for 3-5 minutes on both sides then remove them to cool. Afterward, slice them into strips. Add the tomato paste, paprika, and mushrooms into the onions then cook for two minutes.

Now mix the mushroom's soaked liquid together with the beef stock. Boil, and then simmer. For a steak well done, add the beef to the sauce for the last 5 minutes of simmering.

Step 3

Remove the pan from the heat and add cream. Season it and add the lime juice. Now, garnish with parsley.

Step 4

Serve hot with lemon wedges.

CARIBBEAN FISH CURRY

Wanna try something colorful and tropical? Try this gluten-free recipe that you can easily fix during a regular dinner.

Course:	Main dish
Prep Time:	20 minutes
Cooking Time:	30 minutes
Total:	50 minutes
Servings:	4



INGREDIENTS:



White fish fillet
4, large



Lemon juice
1/2



Caribbean curry powder
2 tsp



Scotch bonnet chili
1, finely chopped



Coconut milk
400g



Red pepper
1, chopped



Spring onions
1 bunch, sliced



Ginger
2 tsp



Garlic clove
2, crushed



Groundnut oil
1 tbsp



Thyme
1 tsp

METHOD:

Step 1

Leave the fish to marinate in the lemon juice, and the 1 tsp curry powder. Season then prepare the sauce. Heat the oil, cook together spring onions, chili, garlic, and ginger for 5 minutes. Now, mix the thyme and curry powder. Cook for 10 more minutes, uncovered until the sauce becomes thick.

Step 2

Cover and cook for 10 minutes or before the fish flakes quickly.

Step 3

Serve when hot with barley, then garnish with fresh thyme.

CHICKEN WITH ITALIAN DRESSING

Just in case you got some extra jam left, mix it with some Italian dressing to make the chicken marinade. All you've got to do is bake!

Course:	Main dish
Prep Time:	15 minutes
Cooking Time:	25 minutes
Total:	40 minutes
Servings:	4



INGREDIENTS:



Garlic
1/2 tsp, ground



Chicken breasts
4, boneless



Italian dressing
2/3 of a bottle



Apricot jelly
1/3 cup

METHOD:

Step 1

Start by preheating the oven to 350 degrees F. Next, mix the salad dressing and jelly.

Step 2

Pour the chicken into a small baking dish, then bake for 25 -30 min. Serve when hot.

COCONUT, PAPAYA, AND BANANA SMOOTHIE

Just in case you get caught up on a hot day, cool down with this thick, creamy, and sumptuous smoothie.

Course: Snack
Prep Time: 8 minutes
Cooking Time: 4 minutes
Total: 12 minutes
Servings: 4



INGREDIENTS:



Almond milk
1 cup



Vanilla extract
1/2 tsp



Hemp seeds
2 tbsp



Vanilla protein powder
As needed



Coconut milk
1/2 cup



Lemon juice
1/2



Papaya
2 cups, cubed



Banana
1, ripe



Ginger
1/4 tsp



Ice
As needed

METHOD:

Step 1

In a blender, add all ingredients with the almond milk first.

Step 2

Blend until smooth and creamy or until your desired consistency.

FRESH GREEK SALAD

If salads are your favorite, consider trying out our delicious fresh Greek salad. If you're trying out salads for the first time, this recipe is an easy fix and you get lots of roughage and nutrients packed in it.

Course:	Starter/Snack
Prep Time:	10 minutes
Cooking Time:	0 minutes
Total:	10 minutes
Servings:	4



INGREDIENTS:



Cucumber
1, sliced



Green bell pepper
1, sliced



Red onion
1, sliced



Red wine vinegar
2 tbsp



Olives
1 cup (green/black)



Tomato
4, wedged



Olive oil
4 tbsp



Oregano
1 tsp



Feta cheese
5 ounces

METHOD:

Step 1

Mix up the bell pepper, tomatoes, cucumber, red onion, and olives in a large mixing bowl. Sprinkle evenly the olive oil and red wine vinegar, then add the oregano and a pinch of salt to taste.

Step 2

Toss and then top with feta cheese. Finish up by drizzling some extra olive oil then top with a pinch of oregano.

HEALTHY FISH CAKES

If you like things hot and spiced, try out this high-protein salmon fish cake recipe. It's low-calorie and has some vegetables on the side.

Course:	Main dish
Prep Time:	30 minutes
Cooking Time:	40 minutes
Total:	1 hour 10 minutes
Servings:	4



INGREDIENTS:



Coriander
4 tbsp



Spring onions
2, chopped



Ginger
1 tsp



Rapeseed oil
2 tbsp



Cucumber
1, ribbons



Lemon
Wedges



Red chili
1, chopped



Sesame seeds
1 tbsp



Salmon
360g



Lemon juice
1



Honey
1/2 tsp



Carrot
4, ribbons



Floury potato
600g



Flour
2 tbsp



Rice wine
vinegar
1/2 tsp

METHOD:

Step 1

Season the salmon fillets and put them in a colander. In a large pan of water, add the potatoes and leave to simmer for 10 minutes. Let the fish cook with the steam.

Step 2

Preparing the fish cakes: Drain and cool the potatoes. Mix chilli, ginger, coriander, and spring onion in a large bowl. Now, clean the fish fillets from their skin, flake, and fold them into the mixture. Divide all the portions into 8 servings and flatten them to make patties. Place it on a plate (lined with baking paper). Leave it for 10 minutes to settle and cool down. Now dust it with gram flour.

Step 3

Fry the fish cakes for 3-4 minutes in a frying pan until golden brown. Flip sides for equal cooking on both sides.

Step 4

Serving: Meanwhile, in a large bowl, mix honey, sesame seeds, vinegar, and lime juice. You can add cucumbers and carrots as well. Serve the fish cakes hot with the carrots and cucumber or the lemon wedges on the side.

HEALTHY HOME-MADE GUACAMOLE

Do you love biting on those spicy chips? Here's a finger-licking delicacy you must try with fresh avocados and won't take much of your time.

Course: Snack
Prep Time: 10 minutes
Cooking Time: 0 minutes
Total: 10 minutes
Servings: 4



INGREDIENTS:



Cilantro
1/4 cup



Avocado
3, ripe



Red onion
1/4 cup



Ground garlic
Fresh



Jalapeño
1, small



Sea salt
1/2 tsp



Limes
2, squeezed



Tortilla chips
For serving

METHOD:

Step 1

Mix up the cilantro, avocados, onion, lime juice, salt, jalapeno, and garlic. Mash until you achieve a consistency that is smooth but a bit chunky. Add salt to taste.

Step 2

Serve it with cheese or tortilla chips.

HEALTHY HOME-MADE PEANUT BUTTER

Love peanut butter right from the spoon? You don't have to ever buy it from the store again. Follow this easy recipe for a perfect texture and a tasty flavor.

Course:	Snack
Prep Time:	10 minutes
Cooking Time:	0 minutes
Total:	10 minutes
Servings:	6



INGREDIENTS:



Peanuts
3 cups, roasted



Sea salt
If using unsalted peanuts

METHOD:

Step 1

In a blender or a food processor, add the peanuts then blend until very smooth. Scrape down the sides of the bowl occasionally to give the blender a break.

Step 2

It should take about 8 to 10 minutes before removing it from the blender and adding it to a container.

Per
100g

Calories 590

Protein 1g

Fat 49.8g

Carbs 6g

Fiber 23.5g

HEALTHY HUMMUS RECIPE

Want a healthy snack as you binge your favorite show? For a fresh, creamy, and perfect dip, try out this homemade hummus which will take you less than 20 minutes.

Course:	Snack
Prep Time:	10 minutes
Cooking Time:	10 minutes
Total:	20 minutes
Servings:	6



INGREDIENTS:



Salt
1/2 tbsp



Vegetable oil
2 tbsp



Tahini
1/3 cup, smooth



Water
6 tbsp



Paprika



Pepper flakes



Chickpeas
1.5 cup



Lemon
2 tbsp, juice



Garlic
1 clove



Bread
To serve



Parsley

METHOD:

Step 1

Add the chickpeas, salt, tahini, lemon juice, olive oil, and salt to a blender. Blend to make it smooth by adding water as much as you need to reach desired consistency.

Step 2

Transfer to a bowl and serve with bread and veggies.