WELLNESS BY REBECCA

STRESS MANAGEMENT | MINDFULNESS INSTRUCTOR |
HEALTH/WELLNESS COACH | HOLISTIC NUTRITIONIST |

10 simple and healthy recipes

SPAGETTI WITH RED & GREEN PESTO

Serves 4
500g spaghetti
1 onion
2 carrots
1 tbsp red pesto
1 tbsp green pesto
1 feta cheese (packet)
2 tbsp olive oil
2 tbsp tomato paste
2 tsp dried basil
½ lemon
Salt & pepper

Boil water, add salt and a splash of olive oil.
Add 500g of pasta, boil for 10-13 minutes
Saute the onion and grated carrots together until soft and golden.
Save 2 cups of pasta water before draining. Do not rinse.
Put the pasta back in the pot and add the 2 cups of pasta water.
Add the chopped feta cheese.
Place back on the stove on low heat.
Add carrots, onion, red & green pesto, tomato paste and mix.
Add spices, a splash of olive oil, and a squeeze of lemon juice.
Taste.

SWEET POTATOES WITH CHICKEN & TZATZIKI SAUCE

Serves 4
4 sweet potatoes
3 chicken breast fillets
1 cup crème fraiche
1 cup sour cream
½ lemon
2 tbsp olive oil
1 tbsp coconut oil
Cucumber (an inch)
Ground cumin
Turmeric
Paprika
Dried parsley
Garlic powder
Salt & pepper

Sauce:
Use a small bowl, add crème fraiche and sour cream, squeeze of a lemon (2 tbsp) salt & pepper.
Deseed the cucumber with a spoon and grate the cucumber into bowl. Mix and taste. Cover and put in the fridge to rest.

Heat the oven to 400 degrees.
Cut the sweet potatoes into 1 inch strips, place on oven tray. Add 2 tbsp olive oil, salt & pepper, mix so they are all coated.
Place in the oven at 400 degrees, for approx 25 min.
Check after 15 min and flip the sweet potatoes.
Add 1 tbsp coconut oil to the frying pan.
Cut the chicken in small squares and cook through on medium heat, add a pinch of ground cumin, turmeric, paprika, dried parsley, garlic powder and salt & pepper.

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FISH BURGERS

Serves 4
3 cod fillet portions
2 salmon fillet portions
1 egg
1 red onion
½ cup mayonnaise
½ cup crème fraiche
1 tsp dijon mustard
2 kosher dill pickles
2 tbsp breadcrumbs
½ lemon
Iceberg lettuce
Whole-wheat bun
Handful of fresh dill
Salt & pepper

Sauce:
Mix in a small bowl, mayonnaise, crème fraiche, chopped dill, chopped pickles, dijon mustard, squeeze of lemon (2 tbsp) salt & pepper.
Taste. Cover and put in the fridge to rest.

Check the fillets for bones. Chop the cod and salmon to a mince and mix together with an egg, breadcrumbs, salt & pepper.
Form “hamburger patties” and place on the frying pan with medium heat. Approx 5 min on each side until golden, and cooked through.
Toast the bread.
Add lettuce, sauce, and finely sliced red onion and then the fish burger.

LENTIL VEGETABLE SOUP

Serves 4
1½ cup red lentils
1 broccoli (whole)
1-2 sweet potatoes
1 tbsp grated fresh ginger
2 organic vegetable stock cubes
2 tbsp olive oil
½ lemon
Handful of fresh cilantro
Salt & pepper

Use a large pot and add olive oil.
Add the dried lentils and toast them on a low-medium heat for a 1-2 minutes. (Watch!)
Add the chopped broccoli and sweet potato. Stir together. Add water, about 4-5 pint glasses or fill 80% of the saucepan. Turn to a high heat.
Add the stock cubes and grated ginger.
Let everything come to a boil and stir occasionally.
Approx 20 min later, check the vegetables for softness.
Add fresh cilantro.
Mix everything with a stick blender.
Finish by adding the lemon juice and an additional tbsp of olive oil. Taste.
Salt & pepper

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MIXED GREEN SALAD

Serves 4
1/2 iceberg lettuce
Spinach salad leaves 200g
3 tomatoes
3 avocados
3 boiled eggs (medium-hard boiled)
1 can black beans
2 shredded carrots
1 feta cheese (packet)
Pumpkin seeds

Dressing:
4 tbsp of olive oil
1 tbsp white wine vinegar
1 tsp dijon mustard
1 tsp honey
1 tsp lemon
Salt & pepper
(add a 2 tbsp of water if too thick)

Put 3 eggs in cold water on the stove.
Set to high heat, when you see the first boil bubble set the timer for 6 minutes.
Pour out the hot water and add cold water to the small pot and let rest (to stop them cooking further).
Chop the salad, tomatoes, feta cheese and avocado.
Drain, rinse and add the black beans.
Use a large salad bowl and add the dressing components in the bottom and mix in salad bowl. Taste.
Then add the lettuce, tomatoes, shredded carrots, avocados, feta cheese and pumpkin seeds.
Mix so that everything is lighted coated by the dressing. Taste.
Peel the eggs and cut in halves. Place on the top of salad.

TUNA CASSAROLE

Serves 4
500g pasta
2 cans tuna in water
1 red pepper
1 green pepper
1/3 of leek
1 tomato
1 clove garlic
1 cup sour cream
1 cup crème fraiche
1 tbsp dijon mustard
2 tbsp lemon juice
Handful of flat leaf parsley
Salt & pepper

Heat the oven to 375 degrees.
Boil the pasta in salted water with a splash of olive oil for approx 7-8 minutes. (Al dente as it will cook further in the oven).
Saute the peppers and leek until lightly golden.
Use a big bowl to mix everything. Sour cream, crème fraiche, mustard, peppers and leeks, pressed garlic, drained tuna, lemon juice, chopped parsley and salt & pepper. Taste.
Add the mix to a gratin form.
If the consistency seems a little “dry” add ½ cup of water.
Lay sliced tomatoes on top and sprinkle over grated cheese and black pepper.
Place in the oven for 30 min at 375 degrees.

"YOU ARE WHAT YOU EAT"

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CHICKPEA WRAPS

Serves 4
2 cans chickpeas
1 shallot onion
2 carrots
2 kosher dill pickles
1-2 tbsp mayonnaise
1 cup sour cream
½ tsp dijon mustard
½ tsp honey
1 tsp curry powder
1 tsp chili flakes
4 tortilla wraps
Handful of cilantro
Salt & pepper

Use a large bowl and mix the sour cream, mayonnaise, mustard, honey and spices. Taste.
Drain the chickpeas and rinse. Add to the bowl.
Chop the shallots, pickles, cilantro and add.
Grate the carrots and add to the mix. Taste.

Place the wrap on a plate, fill it and fold into a burrito.

BEEF CHILI

Serves 4
800g ground beef
1 can crushed tomatoes
1 can kidney beans
1 green pepper
1 red pepper
1 onion
1-2 cloves garlic
1 bay leaf
1 green jalapeno
1 organic beef stock cube
3 tbsp tomato paste
Ground cumin
Dried oregano
Chili powder
Sour cream
Cheddar cheese
Olive oil
Salt & pepper

Use a large pot. Chop the onion, garlic, and peppers. Rinse and drain the kidney beans.
Start by sautéing the onions, garlic and peppers until golden, then add the ground beef.
Cook through for approx 5 min on medium heat and drain off the fat. Add the spices and bay leaf.
Add the tomato paste, chopped jalapeno, stock cube and crushed tomatoes and mix. Now add the kidney beans and bring everything to a boil (if needed add 1-2 cups of water).
Reduce to a low heat and simmer for 20 min. Add a dash of olive oil and salt & pepper. Taste.
When serving add 2 tbsp of sour cream and grated cheese on top.

"FOOD IS ENERGY"

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THAI VEGETABLE SOUP

Serves 4
1 cauliflower
3 carrots
1 tsp thai red chili paste
1 organic vegetable stock cube
1 can coconut milk
1 lime
Ground cummin
Salt & pepper

Chop the vegetables and add to a large pot.
Fill 1/3 of the pot with water and make sure the vegetables are covered.
Add the stock cube and boil for 15 min or until vegetables are soft.
Blend with a stick mixer, add the coconut milk and blend again. Add ½ -1 juice from a lime.
Salt (remember the stock and paste are already salted) & pepper and a dash of cumin.

ROASTED CHICKEN THIGHS & POTATOES

Serves 4
5 chicken thighs with bone
4 carrots
5 potatoes
3 garlic cloves
Olive oil
Fresh Rosemary
Paprika powder
Salt & pepper

Heat the oven to 400 degrees.
Use a deep oven tray and coat with 1 tbsp of coconut oil.
Rinse and dry the chicken thighs.
Peel and chop the potatoes in half or quarters, peel and chop the carrots into 3 pieces each.
Add potatoes & carrots to the tray, add spices, whole garlic cloves and mix so everything is coated.
Add the chicken thighs and rosemary sticks. Drizzle 2 tbsp of olive oil on top and salt & pepper.
Place in middle of oven at 400 degrees, for 1 hour (approx).
Check after 40 min, if needed cover with tin foil, to not burn the chicken.
When done, the chicken juices should run clear.

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GROCERY LIST

Protein
800g ground beef
3-4 chicken breast fillets
5 chicken thighs on bone
3 cod fillet portions
2 salmon fillet portions
4 eggs
2 cans of tuna
300g red lentils

Vegetables
13 carrots
5-6 sweet potatoes
5 potatoes
1 green jalapeno
4 tomatoes
2 red peppers
2 green peppers
1 leek
2 avocados
1 red onion
2 onions
1 shallot onion
1 broccoli
1 cucumber
3 lemons
1 lime
3 inches of ginger
1 head of garlic
Head of cauliflower
Head of iceberg lettuce
300g spinach salad leaves

Grains/ bread
500g spaghetti
500g pasta shape
2 tbsp breadcrumbs
4 whole-wheat hamburger buns
4 tortilla wraps

Spices
Dried basil
Paprika powder
Curry powder
Chili flakes
Chili powder
Garlic powder
Ground turmeric
Ground cumin
Dried parsley
Dried oregano
Whole bay leaf
3 organic vegetable stock cubes
1 organic beef stock cube
Fresh cilantro
Fresh rosemary
Fresh dill
Fresh parsley

Canned goods/ condiments
1 can kidney beans
1 can black beans
2 cans chickpeas
1 can crushed tomatoes
1 can coconut milk
1 small jar red pesto
1 small jar green pesto
1 small jar dijon mustard
1 small jar thai red chili paste
1 jar kosher dill pickles
1 small packet pumpkin seeds
Tomato paste
Honey
Olive oil
Coconut oil
White wine vinegar

Dairy
980g sour cream
900g crème fraiche
225g mayonaise
2 packets feta cheese
1 small packet shredded cheese