

GENESIS HEALTHY RECIPES - WEEK 2



Oat Bran Protein Smoothie



BBQ Corn & Zucchini
with Chickpeas



Mexican Pulled Pork



Homemade BBQ Sauce



Winter Salad



Kale & Sesame Chips

OAT BRAN PROTEIN SMOOTHIE

Serves 1

Ingredients

- 1/4 cup skim milk
- 1/4 cup low fat Greek-style yoghurt
- 1/4 cup low fat cottage cheese
- 3 tbs oat bran
- 2 tsp chia seeds
- 1/2 banana
- 1 tsp vanilla extract
- 4 ice cubes

Blend all ingredients until thick and creamy and serve immediately.

Nutritional Information (per serve)

ENERGY	1393KJ
CARBS	44G
CALORIES	333CAL
SUGARS	22G
PROTEIN	19.9G
FIBRE	9.5G
FAT	9.5G
SAT. FAT	3.8G

Notes:



BBQ CORN & ZUCCHINI WITH CHICKPEAS

Serves 2

Ingredients

- 1 cob of corn, in husk
- 2 small zucchinis, sliced
- 6 snow peas, sliced
- 400g tin chickpeas, well rinsed
- 1 tsp poppy seeds
- 20 mint leaves
- 1 tbs chopped walnuts, toasted

Dressing

- 2 tsp tahini
- 2 tsp lemon juice
- 2 tsp water

Heat BBQ or grill over medium heat and cook corn, still in husk, turning every few minutes for around 10 minutes. Cool slightly, then remove husk and slice kernels off the cob.

Spray zucchini with oil and cook a few minutes each side, until softened and beginning to brown. Whisk together dressing ingredients.

Place snow peas, chickpeas, poppy seeds and dressing in a salad bowl and toss through cooled corn and zucchini. Top with mint leaves and walnuts.

Nutritional Information (per serve)

ENERGY	1093KJ
CARBS	27G
CALORIES	261CAL
SUGARS	4G
PROTEIN	12.7G
FIBRE	11G
FAT	10.6G
SAT. FAT	1G

Notes:



MEXICAN PULLED PORK

Serves 2

Ingredients

500g pork scotch fillet or leg (removed from fridge and brought to room temperature before cooking)
1 cup Homemade Barbecue Sauce (see recipe page 4)
1/2 cup beef stock

Preheat oven to 170°C. Place pork and beef stock in baking dish, cover very tightly with foil and cook for 3 hours. Remove from oven and shred with 2 forks. Add shredded pork to Homemade Barbecue Sauce and stir through before serving.

Serve pulled pork in warmed crusty whole grain rolls or wraps with avocado and Winter Salad (see recipe page 5).

Nutritional Information (per serve)

ENERGY	693KJ
CARBS	5.3G
CALORIES	166CAL
SUGARS	4.7G
PROTEIN	28G
FIBRE	0.7G
FAT	3.2G
SAT. FAT	1.1G

Notes:



HOMEMADE BBQ SAUCE

Makes approximately 3 cups

Ingredients

700ml tomato passata
1 cup red wine vinegar
1/2 cup molasses
1 orange, juiced and zested
1 lemon, juiced and zested
2 tbs Worcestershire sauce
1 tbs paprika
1/3 cup seeded mustard
3 tsp sambal oelek (or minced chilli)
2 tsp minced garlic
1/3 cup dry sherry
2 tbs soy sauce

Combine all ingredients in a heavy based saucepan, bring to the boil and reduce to a simmer. Cook for approximately 30 minutes or until reduced by half and consistency is thick and syrupy.

Nutritional Information (per serve)

ENERGY	1024KJ
CARBS	26G
CALORIES	245CAL
SUGARS	5.2G
PROTEIN	15G
FIBRE	6.6G
FAT	8.9G
SAT. FAT	3.5G

Notes:



WINTER SALAD

Serves 2

Ingredients

150g radicchio leaves, shredded
1/2 bunch parsley, chopped
20g chopped walnuts, toasted

Dressing

1 tsp capers
2 anchovy fillets
1 lemon juiced and zested
2 tsp olive oil
Salt and pepper to taste

Blend together dressing ingredients with a stick blender and toss with radicchio, parsley and walnuts.

Nutritional Information (per serve)

ENERGY	574KJ
CARBS	4.6G
CALORIES	137CAL
SUGARS	1.6G
PROTEIN	3.8G
FIBRE	0.8G
FAT	12G
SAT. FAT	1.3G

Notes:



KALE & SESAME CHIPS

Serves 2

Ingredients

- 1 bunch of kale, washed and dried
- Oil spray
- 1 tbs sesame seeds
- 1/4 tsp salt

Preheat oven to 180°C. Remove leaves from the center vein of kale and tear the leaves into pieces. Place on a baking tray, spray with oil, sprinkle over sesame seeds and salt and bake for 10 minutes.

Nutritional Information (per serve)

ENERGY	123KJ
CARBS	1.5G
CALORIES	29.5CAL
SUGARS	1.5G
PROTEIN	1.7G
FIBRE	1.7G
FAT	1.9G
SAT. FAT	0.2G

Notes:

