GENESIS HEALTHY RECIPES - WEEK 3

Choc Hazelnut Smoothie   Picnic Chicken Baguette   Moroccan Shepherd's Pie

Berry Yoghurt Snack   ALPS Blend

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CHOC HAZELNUT SMOOTHIE

Serves 1

Ingredients
- 1 scoop chocolate protein powder
- 1 cup skim milk
- ½ banana sliced
- 4 dates
- 20g hazelnuts
- 2 ice cubes

Place all ingredients in a blender and process until thick and creamy.

Nutritional Information (per serve)

ENERGY	1484KJ
CARBS	41.6G
CALORIES	354CAL
SUGARS	36.8G
PROTEIN	14.4G
FIBRE	11G
FAT	13.8G
SAT. FAT	1.4G

Notes:

Picnic Chicken Baguette

Serves 2

Ingredients
- 40g prosciutto
- 250g rye bread baguette
- 1 spring onion, sliced
- 1 green chilli, deseeded and sliced
- 4 pitted green olives
- ½ lemon, juiced and zested
- ¼ cup chopped parsley
- 150g BBQ chicken breast, skin removed and shredded
- 30g watercress, rocket, baby spinach or lettuce

Grill prosciutto until cooked and crisp. Cut open baguette on one side and remove inner dough*, leaving crusty roll. Combine spring onion, chilli, olives, lemon juice, zest and parsley in a food processor and blitz to a chunky consistency. Combine with prosciutto and chicken.

Cut the baguette in half and divide leaves between the two halves, top with chicken mixture and secure with paper and string or cling wrap and chill until required.

*Use the dough to make breadcrumbs and store in the freezer until needed.

Nutritional Information (per serve)

ENERGY	1518KJ
CARBS	35G
CALORIES	363CAL
SUGARS	2.9G
PROTEIN	36G
FIBRE	6.7G
FAT	8.3G
SAT. FAT	2.3G

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MOROCCAN SHEPHERD'S PIE

Serves 8

Ingredients

  1 onion, finely chopped
  2 cloves garlic, crushed
  2 tsp each of ground cumin, coriander, paprika and ginger
  ¼ tsp dried chilli flakes
  1 stalk celery, including leaves, finely chopped
  1 carrot, finely chopped
  600g lean minced lamb
  40g dates, chopped
  400g can crushed tomatoes
  1½–2 cups beef stock
  ½ tsp salt
  800g sweet potato, chopped
  1 tsp sumac, plus extra to garnish
  400g can lentils, rinsed
  20g chopped walnuts, plus 8 whole, to garnish
  2 tsp corn flour blended with 1 tbs water

Preheat oven to 180°C. Spray 8 x 250ml (1-cup) capacity ovenproof dishes or pie pans with oil spray. To make the filling, heat a large heavy-based saucepan sprayed generously with oil over medium heat. Add onion, garlic and spices, spray with oil and cook, stirring constantly, for 3 minutes or until onion softens. Add celery and carrot and cook for a further 3 minutes. Add meat and cook for a further 5 minutes, stirring constantly to break up the meat. Add dates, tomatoes, stock and salt and cook, stirring occasionally, for 25 minutes.

To make sweet potato mash, place sweet potato in a large saucepan and cover with plenty of cold salted water. Bring to the boil and cook 10 minutes or until tender. Drain, retaining a little of the cooking liquid, then mash with sumac. Add lentils, walnuts and blended corn flour to filling and stir through. Divide meat mixture among pans and top with sweet potato mash. Sprinkle with extra sumac. Bake for 25–30 minutes until heated through and golden. Top with whole walnuts.

Nutritional Information (per serve)

ENERGY	1321KJ
CARBS	25.9G
CALORIES	315CAL
SUGARS	12G
PROTEIN	22G
FIBRE	5G
FAT	13.8G
SAT. FAT	4.3G

Notes:

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BERRY YOGHURT SNACK

Serves 1

Ingredients
- ½ cup skim milk yoghurt
- ½ cup frozen mixed berries
- 1 tsp ALPS Blend (See recipe on following page)

Place yoghurt in a bowl and top with berries and ALPS Blend.

Nutritional Information (per serve)

ENERGY	705KJ
CARBS	24.6G
CALORIES	168CAL
SUGARS	18G
PROTEIN	9.3G
FIBRE	4.9G
FAT	2G
SAT. FAT	0.4G

Notes:

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ALPS BLEND

Makes 4 cups worth of a healthy, crunch mix.

Ingredients
  1 cup pumpkin seeds
  1 cup sunflower seeds
  1 cup toasted flaked almonds
  ½ cup flax seeds
  ½ cup sesame seeds
  ¼ cup poppy seeds
  ¼ cup chia seeds

Combine all ingredients and store in an airtight container.

Nutritional Information (per serve*)
based on 1 tsp serves

ENERGY	98KJ
CARBS	0.4G
CALORIES	23CAL
SUGARS	0.1G
PROTEIN	0.9G
FIBRE	0.5G
FAT	2G
SAT. FAT	0.2G

Notes:

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