

# GENESIS HEALTHY RECIPES - WEEK 4

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Simple Berry Bircher



Zucchini & Broad  
Bean Fettuccine



Kashmiri Chicken &  
Sweet Potato Curry



ABC Chia Balls

# SIMPLE BERRY BIRCHER

## Serves 1

### Ingredients

- 1/2 cup untoasted, low-fat muesli
- 170g tub of 5am Honey & Cinnamon yoghurt
- 1/2 cup frozen mixed berries

Combine muesli and yoghurt in a small bowl, top with frozen berries, cover and leave overnight in the fridge.

### Nutritional Information (per serve)

ENERGY	1520KJ
CARBS	59.8G
CALORIES	363CAL
SUGARS	36.6G
PROTEIN	16.2G
FIBRE	8.2G
FAT	5.4G
SAT. FAT	1.8G

### Notes:



# ZUCCHINI & BROAD BEAN FETTUCCINE

## Serves 2

### Ingredients

100g frozen broad beans, defrosted in a cup of boiling water  
3 tbs rolled oats  
160g fettuccine  
1 zucchini, sliced on the diagonal, then in half  
1 clove garlic, crushed  
1 tsp dried thyme  
1 tbs red wine vinegar  
1/3 cup Philadelphia Light Cream for Cooking  
3 tbs chopped parsley  
1 lemon, zest only  
1/4 tsp salt  
fresh cracked pepper

Prepare pasta as per packet instructions. Shell broad beans by pinching the top of the outer shell and squeezing out the bean. Process oats to a fine crumb.

Heat a non-stick fry pan over medium heat and spray liberally with oil. Add oats, spray with oil and toss regularly and continue to cook until golden. Set aside.

Heat fry pan, spray with oil, add zucchini and cook for a few minutes. Spray zucchini with oil, add garlic and thyme, toss well and continue to cook until zucchini is golden. Add vinegar and broad beans and heat through. Add cream, stir to combine and toss with drained pasta.

Divide between two bowls and top with combined oats, parsley, lemon and salt and season with cracked pepper.

### Nutritional Information (per serve)

ENERGY	1072KJ
CARBS	32.4G
CALORIES	256CAL
SUGARS	1.8G
PROTEIN	10.3G
FIBRE	6.2G
FAT	8.3G
SAT. FAT	4.7G

### Notes:



# KASHMIRI CHICKEN & SWEET POTATO CURRY

## Serves 4

### Ingredients

- 1 red onion, chopped
- 2 cloves garlic, crushed
- 1 tsp minced ginger
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp sambal oelek (or minced chilli)
- 2 tsp mustard seeds
- 500g skinless chicken thighs
- 1½ cups chicken stock
- 400g tin crushed tomatoes
- 700g sweet potato, cut in 2cm cubes
- 300g green beans, trimmed
- 1/4 bunch fresh coriander, chopped, plus a few sprigs to serve
- 1 tsp black sesame seeds

Preheat oven to 180°C. Spray a non-stick fry pan with oil, add onion and cook for a few minutes. Add garlic, ginger, all spices and cook for a few more minutes until fragrant.

Transfer to an ovenproof dish, add chicken, tomatoes, stock and sweet potatoes, cover and cook for an hour, adding beans for last 5 minutes. Stir through coriander and serve topped with sprigs of coriander and sesame seeds.

### Nutritional Information (per serve)

ENERGY	1382KJ
CARBS	35.7G
CALORIES	330.3CAL
SUGARS	13.9G
PROTEIN	29G
FIBRE	7.8G
FAT	7.7G
SAT. FAT	2.1G

### Notes:



# ABC CHIA BALLS

## Makes 30

### Ingredients

3/4 cup almond, brazil and cashew spread (in the health food section of the supermarket) or other nut spread  
1/4 cup unhulled tahini  
1 cup dates, roughly chopped  
1 tsp vanilla extract  
1 cup sunflower seeds  
1 tbs chia seeds

Place nut spread, tahini, dates and vanilla in a food processor and blend until mixture forms a paste-like consistency. Add sunflower seeds and pulse a few times to chop, but not puree.

Measure 20g of mixture and with wet hands, roll into balls and coat in chia seeds. Refrigerate for at least an hour prior to serving (ideally refrigerate overnight).

## Nutritional Information (per serve)

ENERGY	423KJ
CARBS	4.9G
CALORIES	101CAL
SUGARS	4.7G
PROTEIN	3.2G
FIBRE	2G
FAT	7.7G
SAT. FAT	1G

## Notes:

