

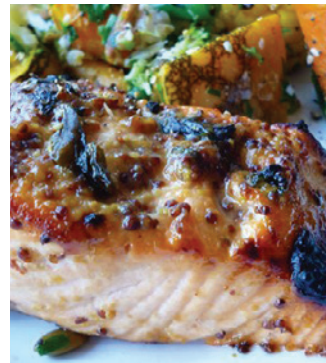
GENESIS HEALTHY RECIPES - WEEK 6



Chai Porridge with
Mandarin & Pomegranate



Red Lentil, Chickpea
& Sweet Potato Soup



Miso Salmon



Rhubarb & Yoghurt Muffins

CHAI PORRIDGE WITH MANDARIN & POMEGRANATE

Serves 1

Ingredients

- 1/2 cup rolled oats
- 2 chai tea bags
- 1/4 cup low-fat Greek yoghurt
- 1/2 mandarin, sliced
- 2 tsp ALPS Blend (Recipe provided in week 3)
- 1 tsp honey
- seeds of 1/4 pomegranate

Bring one cup of water to the boil in a small saucepan and immerse teabags for five minutes, jiggling regularly to infuse.

Remove teabags, add oats, bring to a simmer and cook for 5-8 minutes or until water is reduced and porridge has thickened

Serve with yoghurt, mandarin, pomegranate seeds, ALPS and honey.

Nutritional Information (per serve)

ENERGY	1194KJ
CARBS	39.7G
CALORIES	284CAL
SUGARS	20.1G
PROTEIN	11.7G
FIBRE	8.5G
FAT	8.4G
SAT. FAT	1.2G

Notes:



RED LENTIL, CHICKPEA & SWEET POTATO SOUP

Serves 10

Ingredients

2 red onions, roughly chopped
4 cloves garlic, minced
2 tsp cumin seeds
1 tbs coriander seeds
1 tsp ground cinnamon
500g sweet potato, cut in 3cm chunks
500g red lentils, well washed
10 cups vegetable stock
1/2 savoy cabbage, finely shredded
2 x 400g tins chickpeas, rinsed

To serve

5 tbs low-fat tzatziki
1/2 bunch coriander, roughly chopped

Heat a large saucepan over medium heat, spray with oil, add onion and cook for five minutes. Add garlic and spices and continue to cook for another five minutes, stirring. Add sweet potato, lentils and stock and bring to a simmer and continue to cook for 35-40 minutes or until potato and lentils are cooked.

Puree with a stick blender until smooth and adjust seasonings. Add cabbage and return to a simmer and cook for five minutes. Add chickpeas and again return to a simmer.

Remove from heat, serve and add 2 tsp tzatziki and fresh coriander to each serve.

Nutritional Information (per serve)

ENERGY	1086KJ
CARBS	38.6G
CALORIES	259CAL
SUGARS	6.9G
PROTEIN	19.6G
FIBRE	11.7G
FAT	3.4G
SAT. FAT	0.7G

Notes:



MISO SALMON

Serves 2

Ingredients

- 2 x 140g salmon fillets
- 1 tbs miso paste
- 1 tbs wholegrain mustard
- 2 tbs mirin (Japanese cooking wine available in the Asian section of supermarket)

Combine miso, mustard and mirin and coat salmon with mixture. Set aside.

Preheat grill to high and place a baking dish under the grill to heat. Remove and spray with oil and place salmon pieces in dish. Return to the grill and cook for 5-8 minutes, depending on thickness of the fish. Cover loosely with foil and rest for five minutes before serving.

Nutritional Information (per serve)

ENERGY	1175KJ
CARBS	0.8G
CALORIES	281CAL
SUGARS	0.3G
PROTEIN	34.3G
FIBRE	0.4G
FAT	15.4G
SAT. FAT	4G

Notes:



RHUBARB & YOGHURT MUFFINS

Serves 12

Ingredients

100g self-raising plain flour
100g self-raising wholemeal flour
1 tsp ground cinnamon
1/2 cup raw caster sugar
3 tbsp vegetable oil
1 egg
1/2 cup low-fat natural yoghurt
1/2 cup skim milk
3/4 cup diced rhubarb

Preheat oven to 180°C. Line a 12-hole muffin pan with paper cases. Combine the flour, cinnamon and sugar together in a bowl and mix well. In a separate bowl, whisk the oil, egg, yoghurt and milk.

Add the dry mix to the wet mix and whisk to a smooth batter. Fold in the rhubarb. Divide the mix into the prepared muffin tin (about 2/3 full for each case) and bake for 20–25 minutes, or until risen and golden.

Nutritional Information (per serve)

ENERGY	632KJ
CARBS	21.7G
CALORIES	150CAL
SUGARS	10.3G
PROTEIN	3.9G
FIBRE	2G
FAT	5.4G
SAT. FAT	0.8G

Notes:

