



 **Homemade Method™**

FRESH TAKES ON CLASSIC FAVOURITES

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Month 35: Fresh Takes on Classic Favourites

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GF	Gluten Free
DF	Dairy Free
MP	Meal Prep/Freezer Friendly
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Quick & Easy Omelette with Ranchero Beans

This Mexican twist on a brunch classic **packs a serious protein-punch** because we are pairing eggs with beans. We know that enjoying a good source of protein in the morning helps **balance blood sugars and lose weight**.

Eggs are an amazing source of protein and contain all nine essential amino acids. They are also a valuable plant-based source of choline, B vitamins and minerals for **strong bones and muscles**.

Feel free to get creative with fillings! You really can't go wrong by adding any veggies you enjoy to this recipe. What a great way to start the day!

QUICK & EASY OMELETTE WITH RANCHERO BEANS

Serves 4

8 eggs

2 tbsp. olive oil

4 portions of ranchero beans
(see butternut squash
rancheros recipe and follow
instructions for beans)

1 avocado, sliced

salt & pepper

Directions:

1. In a large bowl, beat eggs well with a whisk and season with salt and pepper. Gently heat ranchero bean filling in a small sauce pot.

2. In a large non-stick pan, heat ½ tbsp. Olive oil over medium-high heat. Add ¼ of the beaten eggs and allow to cook gently for 3 minutes before flipping. Cook an additional minute and remove from the pan. Repeat this process with the remaining egg mixture to create 4 omelettes.

3. Divide the beans equally over each omelette, fold over and top with the sliced avocado. Serve immediately.

DF	MP	V
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Prep	Cook
10m	25m



Avocado & Bean Toast with Balsamic Roasted Tomatoes

This recipe makes a super easy and delicious **high protein breakfast or snack** to help **balance blood sugars** for any time of day. Rich in healthy fats and fiber, you will love this plant-based version of the popular avocado toast!

White beans are the secret ingredients to make this dish so high in protein - which is critical for **satisfaction and nourishment**. They also have a very neutral flavour and creamy texture, making them the perfect partner for creamy avocado.

By roasting our tomatoes with a splash of sweet balsamic vinegar, we are taking flavor to the next level! You will fall in love with these sweet and tart antioxidant-rich tomatoes. Make a double-batch to add to salads or use as a quick side-dish.

AVOCADO & BEAN TOAST WITH BALSAMIC ROASTED TOMATOES

Serves 4

4 slices whole wheat bread

For the tomatoes:

4 tomatoes, halved

1 tbsp. olive oil

1 clove garlic, sliced

1 tbsp. balsamic vinegar

salt & pepper

For the avocado:

14 oz. (400g) can cannellini beans, rinsed, drained

2 avocados, flesh chopped

3 tbsp. lemon juice

4 tbsp. fresh parsley, chopped

4 tbsp. fresh basil, chopped

1 garlic clove, chopped

salt & pepper

Directions:

1. Preheat the oven to 430°F (220°C).
2. Place the tomatoes in a baking dish, cut side up and drizzle with the olive oil. Place slices of garlic into the tomatoes and drizzle with the balsamic vinegar. Season with salt and pepper.
3. Place the tomatoes into the oven and roast for 15-20 minutes, then remove from the oven and set aside to cool slightly.
4. In the meantime, place the cannellini beans, avocado, lemon juice, parsley, basil, and garlic into a food processor. Season with salt and pepper and blitz until smooth.
5. Toast the bread and assemble by dividing the avocado paste equally over the 4 slices of toast. Top each toast with roasted tomato and serve immediately.

DF	V
Prep	Cook
10m	20m



Sunshine Quinoa Salad

This rainbow of a salad is a crunchy burst of sunshine and flavour! Quinoa is a fantastic source of **hunger-crushing protein and fiber**, which will help to **balance blood sugars** and keep you feeling satisfied for hours.

Nourishing healthy fats from avocado, olive oil and pistachio nuts promote cell growth, protect heart health and add flavour to this recipe.

The bright tartness of grapefruit is irresistible when paired with the flavour of fresh mint and crispy bean sprouts. This simple and nutritious recipe is like a summer day at the beach!

SUNSHINE QUINOA SALAD

Serves 2

2 oz. (55g) quinoa,
uncooked

1 grapefruit

1 avocado

½ cup (80g) sweet corn,
drained

4 mint springs, leaves only,
chopped

1 tbsp. olive oil

½ cup (50g) bean sprouts

salt & pepper

2 handfuls lambs lettuce

¼ cup (25g) pistachio nuts

Directions:

1. Cook the quinoa according to instructions on packaging and then set aside to cool slightly. In the meantime, peel the grapefruit and using a sharp knife cut out the segments, collecting the juice in a separate bowl.
2. Cut the avocado in half, remove the stone, scoop out the flesh and cut into strips. Then place the avocado into the grapefruit juice to stop it discolouring.
3. In a separate bowl, mix together the cooked quinoa, sweet corn, mint, olive oil and bean sprouts. Season to taste with salt and pepper.
4. Place a handful of lettuce on each of the 2 serving dishes and spoon the quinoa mixture over the top. Divide the avocado and grapefruit segments between each of the dishes.
5. Drizzle over the grapefruit juice and sprinkle over the pistachio nuts, serve immediately.

GF	DF	V	Q	MP
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Prep	Cook
10m	10m



Grilled Chicken Chimichurri Salad

The punchy flavor of chimichurri is the star of this hearty colourful salad. Tender, succulent chicken, crisp romaine and creamy avocado create a gorgeous recipe that is balanced and satisfying enough to **keep you full and help with your weight loss goals.**

Avocado (also known as Alligator Pear) is an incredibly nourishing source of healthy fats and fiber, making it a unique fruit for sure! Bursting with **B vitamins for energy and metabolic function**, and more potassium than bananas, avocados have been linked to **reduced blood pressure** and **good heart health**. So grab your fork!

GRILLED CHICKEN CHIMICHURRI SALAD

Serves 4

½ cup (125g) chimichurri sauce (see sauce recipe in this pack)

4 skinless chicken thighs

1 tbsp. olive oil

1 head of romaine lettuce, chopped

2 tomatoes, sliced

½ red onion, sliced

2 avocados, sliced

handful fresh parsley, to serve

Directions:

1. Place 4 tablespoons of the chimichurri sauce into a zip-loc bag along with the chicken thighs. Set aside to marinate for 20 minutes. Keep the remaining sauce to use as a dressing.

2. Heat the olive oil in a grill pan or skillet over medium-high heat and cook the chicken thighs for 4-5 minutes each side until golden and cooked through. Slice the cooked chicken into strips.

3. Divide the lettuce leaves, tomatoes, onion and avocado between 4 bowls. Top each bowl with one chicken thigh and drizzle over with the remaining chimichurri sauce. Garnish with parsley leaves to serve.

GF	DF	MP
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Prep	Cook
20m	10m



Chimichurri Sauce

Not only is chimichurri a fresh, delicious dressing that can double as a marinade - this uncooked Argentinian sauce takes less than 10 minutes to make!

Featuring the bold herbaceous flavours of parsley and oregano, chimichurri can be drizzled over just about anything for a **burst of fresh flavour**. So make a big batch and keep it in handy for dressing meats, salads and veggies.

Packed with antioxidants and healthy fats, chimichurri is **anti-inflammatory** and helps to **stabilize blood sugars**. A hint of chili and garlic makes this sauce an exceptional must in your rotation of healthy condiments.

CHIMICHURRI SAUCE

Serves 8

½ cup (120ml) olive oil
2 tbsp. red wine vinegar
½ cup (12g) fresh parsley, chopped
2 cloves garlic, chopped
2 red chilies, deseeded, chopped
¾ tsp. dried oregano
1 tsp. salt

Directions:

1. Place all the ingredients into a food processor or high-speed blender and pulse to form a thick sauce.
2. This versatile sauce can be used as a marinade or dressing.
3. Once prepared, store in an airtight container in the refrigerator for up to 2 weeks.

GF	DF	V	MP
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Prep	Cook
10m	0d



Butternut Squash Rancheros

Sink your fork into a tender slice of caramelized butternut squash and then scoop up some saucy black beans with this Mexico-inspired recipe. This stunning comfort-food dish features fiber-rich squash which can help you **lose weight** and **protects against conditions like cancer, heart disease, and mental decline**.

Black beans provide your body with satisfying protein while helping to **reduce cholesterol** and increase healthy gut bacteria. They are also a great source of calcium to help fight osteoporosis and promote bone health.

This simple crave-able recipe is perfect for when you need a protein-rich hearty meal with the flavours of Mexico!

BUTTERNUT SQUASH RANCHEROS

Serves 4

For the butternut squash:

1 butternut squash

2 tbsp. olive oil

salt & pepper

For the ranchero beans:

2 tsp. cumin seeds

2 tbsp. olive oil

1 onion, minced

2 jalapeño peppers, deseeded,
chopped

4 cloves garlic, chopped

14 oz. (400g) can chopped tomatoes

1 tsp. maple syrup

salt & pepper

2x 14oz. (400g) cans black beans,
drained, rinsed

Directions:

1. Preheat the oven to 425°F (220°C). Line a large baking tray with baking paper.

2. Peel the butternut squash, slice off the ends and scoop out the seeds. Slice into 1 inch thick slices and place on the baking tray. Drizzle with the olive oil and season with salt and pepper. Place the tray in the oven and bake for 15 to 20 minutes. Then flip the squash over, and bake for a further 10-15 minutes, until cooked through and starting to brown.

3. In the meantime, prepare the ranchero beans. Place a pan over medium heat and toast the cumin seeds for about 2 minutes, stirring frequently to stop the seeds from burning.

4. Raise the heat to medium-high and add in the olive oil, onion, jalapeño pepper and garlic, cook for 10 minutes until softened and browned. Add the chopped tomatoes and maple syrup, season with salt and pepper to taste and cook for a further 5 minutes.

5. Transfer the sauce into a food processor and blend until smooth, then return to the pan and add the beans. Cook over medium heat until heated through.

6. Divide the rancheros between 4 shallow bowls and top with the roasted butternut squash. Serve immediately.



Prep	Cook
15m	25m



Chili Sin Carne

This warming one-pot Chili Sin Carne is a delicious batch-cooking and freezer-friendly recipe to add to your meal prep rotation. Chili is a favourite comfort dish which is **packed with protein and fiber** to keep you feeling full and satisfied.

Chock-full of nutritious beans, this vegetarian recipe provides both soluble and insoluble fiber which may help **lower cholesterol, improve blood sugar** control, and prevent certain types of cancer.

A pot of chili makes for a great opportunity to use up odds and ends of vegetables in your fridge - so get creative and add any veggies you need to use up!

CHILI SIN CARNE

Serves 4

2 carrots, grated
2 cloves garlic, minced
21 oz. (600g) passata
4 tbsp. tomato paste (purée)
2x 14 oz. (400g) cans black beans, drained
1x 14 oz. (400g) can red kidney beans, drained
1 jalapeño pepper, deseeded and chopped
1 tsp. chili flakes
1 lime, cut into wedges
handful cilantro(coriander)
salt & pepper

Directions:

1. Place all the ingredients into a large pot, season with salt and pepper and place the pot on the stove over a medium/low heat. Bring the chili to a gentle simmer and cook for about 10 minutes, stirring, until warmed through.

2. Divide the chili between 4 bowls and serve with steamed rice, lime wedges and garnish with cilantro. Serve immediately.

GF	DF	V	MP	Q
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Prep	Cook
10m	10m



Green Goddess Bowl with Tuna Steak

Bring out your inner goddess when you dig into this beautiful **anti-inflammatory** dish made with fluffy quinoa, garden vegetables, and mayo-free creamy green goddess dressing.

There's a good reason for the growing popularity of quinoa; this gluten-free seed is a source of all nine essential amino acids (making it a complete protein). And it is bursting with **antioxidants and minerals**. By adding a fresh herb-y dressing and crisp veggies, this balanced meal is pretty enough to entertain with and quick enough for a casual Tuesday night.

Tuna steaks are incredibly nutritious, providing your body with lean protein, iron, potassium and zinc, which are important for **heart health and strong muscles**.

GREEN GODDESS BOWL WITH TUNA STEAK

Serves 4

1 cup (190g) dried quinoa, rinsed

1 head broccoli, cut into small florets

1 cup (135g) green peas, frozen

handful fresh mint

handful basil leaves

2 avocados

juice of 1 lime

7 oz. (200g) baby spinach

4 tuna steaks (total weight approx. 1lb./450g)

salt & pepper

Directions:

1. Cook the quinoa according to instructions on the packaging, then transfer to a big bowl and set aside to cool.

2. In another medium-sized pot, cook the broccoli for 6-8 minutes until tender. Towards the end of the cooking time add in the green peas. Drain the vegetables and add to the quinoa.

3. In a food processor or blender, blend together the mint, basil, 1 of the avocados and lime juice. Season to taste with salt and pepper. Once blended and creamy add to the quinoa and vegetables and mix well to combine.

4. Chop up the remaining avocado and stir it through the quinoa. Add in the spinach and season to taste with salt and pepper. Set aside until needed.

5. Season the tuna steaks with salt and pepper. Heat a dry grill pan over high heat and cook the tuna steaks for 3-4 minutes each side (depending on the thickness of the steak). Once cooked remove the tuna steaks from the pan and set aside to rest for 2-3 minutes.

6. Divide the green quinoa salad between 4 plates and serve with a tuna steak.

GF	DF	MP
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Prep	Cook
10m	30m



Flank Steak with Corn & Avocado Salsa

This **cost-effective and flavorful** cut of beef is infused with an amazing spice blend and grilled to juicy perfection. The addition of avocado corn salsa on top is phenomenal!

Flank steak is easy to cook, and is one of the healthiest beef cuts you can find. In moderation, steak is a nutritious food providing your body with an excellent source of high-quality protein. Beef is a great source of nutrients like iron and B12 for **strength and energy**.

Bright corn salsa is the perfect topping for your flavourful meat. Corn and red bell pepper are brilliant sources of vitamin C and the carotenoid lutein, which is important for **eye health**. Not to mention, fiber will help you feel full and satisfied while **balancing blood sugars**.

FLANK STEAK WITH CORN & AVOCADO SALSA

Serves 4

For the steak:

1.5 lbs. (680g) flank steak
 1 tsp. garlic powder
 1 tsp. ground cumin
 1 tbsp. sweet paprika
 1 tsp. chili powder
 1 ½ tbsp. coconut sugar
 1 ½ tsp. salt
 1 ½ tsp. pepper
 2 tbsp. olive oil

For the corn salsa:

1x 7 oz. (200g) can sweetcorn, drained
 1 avocado, diced
 ½ red onion, diced
 1 red bell pepper, diced
 ⅓ cup (5g) fresh cilantro (coriander), chopped
 1 tsp. ground cumin
 1 clove garlic, crushed
 1 jalapeno pepper, diced
 4 tbsp. lime juice
 2 tbsp. olive oil
 salt & pepper

Directions:

1. Make the spice rub by mixing together the garlic powder, ground cumin, paprika, chili powder, coconut sugar and 1 ½ teaspoon of salt and pepper.

2. Drizzle the top side of the steak with 1 tablespoon of olive oil and rub with half the spice mix. Flip the steak over and drizzle with the remaining olive oil and spice rub. Gently press the rub in the steak.

3. Heat a grill pan over high heat and cook the steak for 4-5 minutes on each side. Wrap the steak in tin foil and rest for 5-10 minutes. Once rested, thinly slice the steak, cutting across the grain.

4. Place all the salsa ingredients in a bowl and mix well to combine. Season to taste with salt and pepper.

5. Divide the steak and corn salsa between 4 plates and serve immediately.

GF	MP	DF
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Prep	Cook
20m	15m



Mango Sorbet

This refreshing **anti-inflammatory** mango sorbet is what dreams are made of; intense mango flavor, and naturally sweetened with a hint of maple syrup.

Mango, known in some countries as the “King of Fruit” is not only delicious, but it boasts impressive nutritional benefits. Loaded with vitamin C for **immune function, iron absorption and skin repair**, it also offers magnesium and potassium which are critical for heart health.

Mangoes are also **great for digestion** as they contain special enzymes called amylases - so enjoy a cool scoop after a meal!

MANGO SORBET

Serves 2

2 cups (165g) mango,
frozen

¼ cup (60g) coconut
yogurt

2 tbsp. maple syrup

Directions:

1. Place all the ingredients in a food processor or blender and blend together until smooth. Serve immediately.

GF	DF
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Prep	Cook
5m	0d