FEBRUARY RECIPE PACK

Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Avocado, Scrambled Egg and Smoked Salmon Toast	Avocado, Scrambled Egg and Smoked Salmon Toast	Avocado, Mango and Matcha Smoothie	Avocado, Mango and Matcha Smoothie	Egg and Tuna Breakfast Salad	Creamy Broccoli Salad with Bacon	Creamy Broccoli Salad with Bacon
LUNCH						
Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw	Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw	Carrot and Ginger Soup	Carrot and Ginger Soup	Beef Lettuce Wraps	Egg and Tuna Breakfast Salad	Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw
SNACK						
E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie
DINNER						
Curried Cod in Tomato Sauce	Curried Cod in Tomato Sauce	Slow Cooked Honey Garlic Beef Bowl	Slow Cooker Honey Garlic Beef Bowl	Chicken and Bok Choy Stir Fry	Meal Out - Enjoy!	Chicken and Bok Choy Stir Fry

WEEKLY SHOPPING LIST

Meats

FRUITS & VEGETABLES

MEAT, FISH AND CHEESE

SEEDS, BAKING AND SPICES

Grains

CANS, CONDIMENTS & MISC

Boxed, Cans & Condiments

Oils

olive oil

sesame oil

coconut oil

Sweeteners

coconut sugar honey

tomato ketchup

Dijon mustard

mayonnaise

rice vinegar

apple cider vinegar

O Chipotle chilli paste

) tamari or soy sauce

400g can chickpeas

vegetable stock

beef stock

Other

bread

vanilla whey

nutritional yeast

instant yeast

almond meal

vanilla extract

baking powder

matcha powder

400g can coconut milk

150g can tuna in brine

Worcestershire sauce

400g can chopped tomatoes

natural crunchy peanut butter

cane sugar

Fruits

1x apple

2x avocados

2x lemons

1x lime

1x mango

1x pomegranate
 Vegetables

○ bean sprouts

230g bok choy

1 head broccoli

1kg carrots

2x cucumbers

2x bulbs garlic

2-3 green lettuce

200g kale

O 2x leeks

○ ½ purple cabbage

13x radishes

1x red onion

O 2x white onions

1x capsicum
 Dried

O 12x medjool dates

raisins

Fresh Herbs

parsley

coriander
 Frozen

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berries

 340g chicken breast 	🔾 basmati rice
○ 6x slices bacon	○ all-purpose flour (plain flour)
1.2kg pork shoulder	Nuts & Seeds
 1.4kg beef chuck roasting joint 	 desiccated coconut
Fish and Seafood	
4x cod fillet (140g each)	○ chia seeds
 100g smoked salmon 	o peanuts
○ Cold	○ sesame seeds
cheddar cheese	Dried Herbs and Spices
○ butter	○ cayenne pepper
○ 12x eggs	O chilli flakes
🔾 oat milk	○ chilli powder
 large Greek yoghurt 	 ground cinnamon
 almond milk 	O ground cumin
 oat cooking cream 	 curry powder
	 onion powder
	O garlic powder
	🔘 paprika
	 smoked paprika
0	 white pepper
0	 black pepper
O	 dried thyme
	0
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EGG AND TUNA BREAKFAST SALAD

EGG AND TUNA BREAKFAST SALAD



Serves: 4 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 220 kcal 16g Fats 2g Carbs 17g Protein 0g Fibre

WHAT YOU NEED

- 4 hard boiled eggs, peeled and chopped
- 1 can tuna in brine (150g), drained
- 5 radishes, diced
- 3 tbsp. mayonnaise
- 2 tbsp. tomato ketchup
- 2 tsp. Dijon mustard
- 2 tbsp. parsley, chopped
- salt and pepper

WHAT YOU NEED TO DO

Mix all the ingredients in a bowl and season with a little salt and pepper to taste. Serve with bread or mixed salad.







AVOCADO, SCRAMBLED EGG AND SMOKED SALMON TOAST

AVOCADO, SCRAMBLED EGG AND SMOKED SALMON TOAST



Serves: 4 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 321 kcal 19g Fats 18g Carbs 17g Protein 5g Fibre





WHAT YOU NEED

- 6 eggs
 - 2 tbsp. oat cream
- 1 tbsp. coconut oil
- 4 slices bread, toasted
- 1 avocado, halved and pitted
- 1 tbsp. lemon juice
- 100g smoked salmon
- bean sprouts, to garnish
- salt and pepper

WHAT YOU NEED TO DO

In a medium bowl whisk together the eggs and oat cream, season to taste with salt and pepper.

Heat the coconut oil in a non-stick frying pan over a medium-low heat. Add the egg mixture and cook, occasionally scraping the bottom of the pan with a spatula, until the egg is just barely set, approximately 3-4 minutes. Set aside.

Scoop the avocado into a bowl, mash with a fork, and drizzle with lemon juice. Season with salt and pepper to taste.

Spread the avocado over the slices of toast and top with the cooked eggs. Arrange the salmon slices over the top. Garnish with bean sprouts, and season to taste with pepper.



CREAMY BROCCOLI SALAD WITH BACON

CREAMY BROCCOLI SALAD WITH BACON



Serves: 6 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 288 kcal 16g Fats 20g Carbs 13g Protein 6g Fibre

WHAT YOU NEED

For the salad dressing:

- 1 cup (285g) Greek yoghurt
- 4 tbsp. apple cider vinegar
- 1 clove garlic, minced
- salt and pepper

For the salad:

- 1 broccoli head, cut into bite-size florets
- 1 pomegranate, seeded
- ¼ cup (50g) almonds, chopped
- 1/2 small red onion, diced
- 6 bacon rashers

WHAT YOU NEED TO DO

Place all the ingredients for the salad dressing into a medium sized bowl. Season to taste with salt and pepper, give a good stir to combine and set aside until needed.

Bring a pot of water to the boil and cook the broccoli florets for 3-4 minutes, until just tender, then rinse in cold water, drain and place in a serving bowl.

Cook the bacon on a dry, non-stick pan over medium heat until brown and crispy. Set aside to cool, then break into smaller pieces.

Add the pomegranate seeds, almonds, onion and crispy bacon to the serving bowl. Drizzle with the salad dressing and mix until well combined. To serve, season with freshly ground black pepper.





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AVOCADO, MANGO AND MATCHA SMOOTHIE

AVOCADO, MANGO AND MATCHA SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 272 kcal 12g Fats 33g Carbs 4g Protein 8g Fibre





WHAT YOU NEED

- 1 mango, peeled, flesh only
- 1/2 avocado
- ½ tsp. vanilla extract
- 1 tbsp. chia seeds
- 2 cups (240ml) almond milk
- 1 tsp. matcha powder

WHAT YOU NEED TO DO

Place all the ingredients into a blender and blend together until really smooth. Serve immediately.



BEEF LETTUCE WRAPS



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BEEF LETTUCE WRAPS



Serves: 4 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 249 kcal 9g Fats 17g Carbs 24g Protein 2g Fibre

WHAT YOU NEED

- 4 servings Slow Cooker Honey Garlic Beef (see separate recipe card in pack)
- 1 cucumber, cut into matchsticks
- 2 carrots, cut into matchsticks
- 8 radishes, sliced
- 16 lettuce leaves
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

Gently reheat the honey garlic beef in a frying pan, over medium heat, until warmed through.

Assemble the wraps by topping the lettuce leaves with beef, cucumber, carrots and radishes and sprinkle with sesame seeds to serve.

Note: Nutrition for 1 portion of Slow Cooker Honey Garlic Beef

Note: Nutrition for 1 portion of Salad Wrap







CARROT AND GINGER SOUP

CARROT AND GINGER SOUP



Serves: 6 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 199 kcal 13g Fats 18g Carbs 2g Protein 1g Fibre

WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tbsp. ginger, grated
- 650g carrots, peeled, chopped
- 4 cups (960ml) vegetable stock
- 1 tsp. salt
- 1/2 tsp. white pepper
- 1 tsp. thyme leaves, dried
- 400ml can coconut milk, full fat
- 1/2 lime, juice

WHAT YOU NEED TO DO

Heat the olive oil in a large pan, over a medium heat. Cook the onion for 5-6 minutes, until soft. Add the garlic and ginger, and cook for a further 1-2 minutes.

Add the carrots, vegetable stock, salt, pepper and dried thyme, and stir well to combine. Simmer for 20-30 minutes, until the carrots have softened.

Allow to cool slightly and blend until smooth using either a hand blender or a food processor.

Finally, stir in coconut milk and lime juice, and serve.

This soup can be stored in an air tight container in the fridge for up to 4 days.







SUPERCHARGED COLESLAW

SUPERCHARGED COLESLAW



Serves: 6 Prep: 20 mins Cook: 0 mins



Nutrition per serving: 208 kcal 14g Fats 13g Carbs 6g Protein 3g Fibre

WHAT YOU NEED

- 3 carrots, peeled and grated
- 1/2 medium red cabbage, shredded
- ¼ tsp. coconut sugar
- 2 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 4 tbsp. mayonnaise
- 1 apple, peeled, cored and grated
- 1 cup (115g) cheddar, grated
- salt and pepper

WHAT YOU NEED TO DO

Coarsely grate the carrots and finely shred the cabbage and transfer into a large bowl. Season with salt, then add the sugar and vinegar and mix everything together. Leave to stand for 20 minutes.

Add in the grated apple and cheese. Then stir in the mustard and mayonnaise mixing well until combined. Season to taste with salt and pepper and serve immediately.







HOMEMADE BURGER BUNS

HOMEMADE BURGER BUNS



Makes: 10 Prep: 115 mins Cook: 15 mins



Nutrition per serving: 266 kcal 6g Fats 45g Carbs 4g Protein 8g Fibre





WHAT YOU NEED

- 4 cups (500g) all-purpose flour
- 1 tsp. salt
- 1 sachet (7g) instant yeast
- 2 tbsp. sugar
- 1 ¼ cup (300ml) oat milk
- 50g butter
- 1 egg
- 1 tbsp. sesame seeds

Egg wash:

- 1 egg yolk
- 1 tbsp. oat milk

WHAT YOU NEED TO DO

Sift the flour into a large bowl, add salt and combine.

Place the yeast and one teaspoon of sugar in a cup. Pour in half a glass of warm milk, add a teaspoon of flour and mix thoroughly. Place the mug into a pot with very warm water and leave to rise for about 7 minutes, until the mixture fills the cup.

Once it has risen, pour it into the bowl with the flour and start mixing gently with a spoon. Gradually pour in the remaining warm milk, stirring constantly with a spoon.

Add the remaining sugar, egg and continue mixing the ingredients together. When the dough starts to firm up, add in the melted butter. Knead the dough using your hands, until elastic for approx. 10-15 minutes. At the end of this time you should have a smooth ball of dough.

Place the dough into a bowl and cover with a clean tea towel. Set the dough aside in a warm place to rise for about 1 hour.

After this time, place the dough on a floured surface and give it a gentle knead. Divide the dough into 10 equal portions and form 10 balls. Place the balls of dough onto a large baking tray covered with baking paper. Allow space between each ball for the dough to rise and cover with some oiled cling film to stop the dough from drying out. Set aside again to rise for a further 30-40 minutes. Preheat the oven to 210°C.

Brush the bread rolls with the egg yolk and oat milk wash and sprinkle each roll with some sesame seeds. Place the buns in the oven and bake for 15 minutes until golden brown. Remove from the oven and cool.



SLOW COOKER PULLED PORK



SLOW COOKER PULLED PORK



Serves: 12 Prep: 10 mins Cook: 8 hrs



Nutrition per serving: 164 kcal 4g Fats 9g Carbs 23g Protein 0g Fibre

WHAT YOU NEED

- 400g can diced tomatoes
- 1 tbsp. chilli powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. chipotle chilli paste
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- ⅓ cup (80ml) apple cider vinegar
- ¹/₃ cup (113g) honey
- 1.2kg pork shoulder

WHAT YOU NEED TO DO

Place all ingredients except the pork into the base of your slow cooker and stir until well combined. Add in the pork shoulder and turn a few times to coat the pork thoroughly in the sauce. Cook on the low setting of your slow cooker for 8 hours.

Once cooked, place pork shoulder in a bowl. Remove and discard the fat using tongs, then shred the meat using two forks.

Add cooking juices to the shredded pork, according to preference. Or simply return the pork to the slow cooker and mix well.

Once cooled the pork can be stored in an airtight container in the fridge for up to 4 days.







CURRIED COD IN TOMATO SAUCE

CURRIED COD IN TOMATO SAUCE



Serves: 4 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 320 kcal 6g Fats 30g Carbs 32g Protein 9g Fibre



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WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, chopped
- 2 tbsp. curry powder
- 2 tbsp. ginger, finely grated
- 3 garlic cloves, crushed
- 2 x (400g) cans diced tomatoes
- 1 x (400g) can chickpeas, drained
- 4 cod fillets (140g each)
- zest 1 lemon, then cut into wedges
- handful fresh coriander, to serve
- salt and pepper

WHAT YOU NEED TO DO

Heat the olive oil over a high heat in a large pan. Use a pan that has a lid!

Cook the onion for 5 minutes, then stir in the curry powder, ginger and garlic. Cook for another 1-2 minutes until fragrant. Now, add in the tomatoes, chickpeas and season with salt and pepper.

Cook for 8-10 minutes until the sauce has thickened. Add in the cod fillets and cover them with the sauce. Cover the pan with a lid and cook for 5-10 minutes until the fish is cooked through.

Once cooked, sprinkle over the grated lemon zest and chopped coriander. Serve immediately with lemon wedges.

Serving suggestions:

- Rice
- Boiled potatoes



CHICKEN AND BOK CHOY STIR FRY

CHICKEN AND BOK CHOY STIR FRY



Serves: 4 Prep: 20 mins Cook: 5 mins



Nutrition per serving: 298 kcal 18g Fats 11g Carbs 22g Protein 2g Fibre





WHAT YOU NEED

- 2 tbsp. tamari or soy sauce
- 2 tbsp. rice wine vinegar
- 1 ½ tbsp. sesame oil
- 2 tsp. coconut sugar
- 340g chicken breast, cut into strips
- 2 tbsp. ginger, finely chopped
- 2 cloves garlic, finely chopped
- 3 tbsp. olive oil
- 230g bok choy, trimmed and sliced
- 2 leeks, halved lengthwise and thinly sliced
- 1 cup (30g) bean sprouts
- ¼ tsp. chilli flakes
- salt and pepper

WHAT YOU NEED TO DO

In a medium bowl, whisk together the soy sauce, vinegar, sesame oil, and sugar. Pour half the mixture over the chicken, along with half the ginger and half the garlic. Let the chicken sit for 20 minutes to marinate.

Heat a large pan over high heat, add 1 teaspoon of olive oil to the pan and add the chicken. Cook, stirring constantly, for about 3 minutes, then remove the chicken from the pan and transfer onto a plate. Set aside.

Add the remaining olive oil to the pan. Add the bok choy and cook 1 minute. Then add in the leeks, bean sprouts and chilli flakes. Cook, for a further minute until the bok choy and leeks are tender.

Stir in the rest of the marinade and season with salt. Move the vegetables to one side of the pan. Add the remaining ginger and garlic to the centre of the pan and cook for 30 seconds, until fragrant.

Return the chicken to the pan and combine with the rest of the ingredients. Heat for 1 furthermore minute and then take off the heat. Serve immediately.

Serving suggestion:

• White rice



SLOW COOKER HONEY GARLIC BEEF BOWL

SLOW COOKER HONEY GARLIC BEEF BOWL



Serves: 4 Prep: 10 mins Cook: 8 hrs



Nutrition per serving: 341 kcal 9g Fats 38g Carbs 26g Protein 2g Fibre





WHAT YOU NEED

For the beef (serves 12):

- 1 cup (240ml) beef stock
- 4 tbsp. honey
- 4 tbsp. coconut sugar
- 2 tbsp. tamari sauce
- 1 tsp. Worcestershire sauce
- 6 cloves garlic, minced
- 1.3kg beef chuck roast

Rice salad to serve (serves 4):

- 120g basmati rice, raw
- 2 carrots, peeled, julienned
- 1 cucumber, julienned
- 1 capsicum, julienned
- 1 tbsp. sesame seeds, to garnish

WHAT YOU NEED TO DO

Firstly, prepare and cook the beef.

In the bottom of a 5 or 6 quart (5-6 litre) slow cooker, combine the stock, honey, sugar, tamari, Worcestershire sauce and garlic. Mix until well combined.

Cut the beef in half lengthwise. Place in the slow cooker and turn to coat the beef with sauce on all sides. Place the lid on the pot and cook the beef on a low setting for 8 hours.

Once the beef has cooked, remove it from the slow cooker and place in a large bowl. Gently pull the beef apart using two forks, then return the beef back into the slow cooker and mix with the cooking juices.

Cook the rice according to instructions on packaging and prepare the vegetables. Assemble the bowls by dividing the rice, beef and vegetables between serving bowls. Sprinkle with sesame seeds to serve.

Once cooled you can store the beef in an air tight container in the fridge for up to 4 days. Alternatively you can freeze the beef for up to 3 months.

Note: The slow cooker honey garlic beef recipe makes enough for 12 servings. The bowl ingredients are for 4 servings. Meaning that you can use the rest of the beef as you wish with other dishes, like the beef lettuce wraps.

Note: Nutrition for 1 portion of Honey Garlic Beef

Note: Nutrition for 1 portion of Rice Salad



HONEY AND PEANUT BUTTER ENERGY BALLS

HONEY AND PEANUT BUTTER ENERGY BALLS



Makes: 20 Prep: 10 mins Chill: 20 mins



Nutrition per serving: 126 kcal 6g Fats 14g Carbs 3g Protein 2g Fibre

WHAT YOU NEED

- 2 medjool dates, pitted (220g)
- 1 tbsp. honey
- 1 tsp. ground cinnamon
- ½ cup (130g) crunchy peanut butter, natural
- 1/2 cup (60g) almond meal
- ¼ cup (25g) desiccated coconut
- ¼ cup (37g) raisins
- ¼ cup (37g) peanuts, chopped

WHAT YOU NEED TO DO

Place the dates, honey, cinnamon, peanut butter, almond meal, coconut, raisins and peanuts in a food processor. Blitz until well combined, the mixture should be a thick paste-like consistency.

Roll level tablespoons of the mixture into balls and place on a plate. Refrigerate for 20 minutes to set or until firm.

Store the balls in an airtight container in the fridge for up to 1 week.







SPICY CHEESY KALE CRISPS

SPICY CHEESY KALE CRISPS



Serves: 2 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 163 kcal 9g Fats 10g Carbs 7g Protein 7g Fibre





WHAT YOU NEED

- 1/2 bunch kale leaves (200g)
- 1 tbsp. olive oil
- 1.5 tbsp. nutritional yeast
- 1 tsp. paprika
- ³⁄₄ tsp. chilli powder
- 1/2 tsp. onion powder
- 1/2 tsp. smoked paprika
- ¼ tsp. sea salt
- ¹/₈ tsp. cayenne pepper

WHAT YOU NEED TO DO

Preheat the oven to 150°C. Line a large baking tray with parchment paper.

Remove the leaves from the stems of the kale and roughly tear into large pieces, placing in a large bowl. Discard the stems

Massage the oil into the kale leaves with your hands then sprinkle with the spices/seasonings and toss to combine.

Spread the kale out on the baking tray and bake for 10 minutes. Remove from the oven and stir gently, then return to the oven to bake for a further 12-15 minutes until the kale begins to crisp. Check the kale every now and then to avoid it from burning.

Cool for 3 minutes and serve.



BERRY PROTEIN FLUFF

BERRY PROTEIN FLUFF



Serves: 1 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 183 kcal 1g Fats 17g Carbs 24g Protein 5g Fibre





WHAT YOU NEED

- 1 cup (150g) frozen berries
- ¼ cup (25g) vanilla whey
- ¼ cup (60ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Place all ingredients in a bowl and, using a hand blender, blend together until smooth.

Using an electric whisk, whisk the mixture for 5-8 minutes until it gains in volume.

Serve immediately.

