



GOLDSTER★

Week 6: Summary

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Honey Mustard Haddock with Buttered Peas

3 servings
20 minutes

Ingredients

- 2 tbsps Raw Honey
- 1 tbsp Dijon Mustard
- 3 Haddock Fillet
- 1 tbsp Butter
- 1 1/2 cups Frozen Peas
- 1/2 Lemon (sliced)

Nutrition

Amount per serving	
Calories	286
Fat	5g
Carbs	23g
Fiber	4g
Protein	36g
Calcium	42mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix the honey and mustard together and spread it on the fish. Place the fish on the baking sheet and bake for 15 minutes.
- 3 Add the butter to a pan over medium heat. Once hot, add the green peas and cook until bright green.
- 4 Serve the fish and peas together. Squeeze the lemon slices over top of everything. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one fillet of fish and 1/2 cup of peas.

More Flavor: Add garlic, shallot and/or apple cider vinegar to the honey mustard sauce.

Haddock Fillet: One haddock fillet is equal to 150 grams or 5.3 ounces.



Eggplant Stuffed Greek Moussaka

2 servings
50 minutes

Ingredients

- 1 Eggplant (large, halved lengthwise)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 Garlic (clove, chopped)
- 227 grams Ground Lamb
- 1 Tomato (medium, diced)
- 1/16 tsp Cinnamon
- 1/16 tsp Nutmeg
- 1/4 cup Tzatziki
- 1 1/2 tsps Mint Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	552
Fat	43g
Carbs	20g
Fiber	9g
Protein	23g
Calcium	113mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Score the flesh of the eggplant in a crosshatch pattern about one inch deep. Brush with half of the oil and season with salt and pepper.
- 3 Place on the baking sheet and bake for 45 minutes, until charred and cooked through.
- 4 Meanwhile, add the remaining oil to a pan over medium-high heat. Add the garlic and lamb. Cook for three to five minutes or until browned, breaking it up as it cooks.
- 5 Add the tomato, cinnamon, and nutmeg. Season with salt and pepper. Cook for five more minutes, stirring occasionally. Set aside, keeping the meat warm.
- 6 Add an eggplant half to each plate. Top with the meat mixture. Garnish with tzatziki and mint. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals to one eggplant half.

More Flavor: Add cayenne pepper to the meat and serve with a white sauce instead of tzatziki.



Spinach, Tomato & Goat Cheese Scramble

2 servings

20 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 5 Egg (whisked)
- 1 cup Cherry Tomatoes (halved)
- 2 cups Baby Spinach
- 1/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 cup Goat Cheese (crumbled)
- 1/2 cup Basil Leaves (chopped)

Directions

- 1 Heat a large skillet over medium heat. Add olive oil.
- 2 In a mixing bowl, whisk together eggs, cherry tomatoes, spinach, sea salt and black pepper. Mix well. Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and divide into bowls. Top with goat cheese and basil leaves. Enjoy it while it's hot!

Nutrition

Amount per serving	
Calories	268
Fat	19g
Carbs	6g
Fiber	2g
Protein	20g
Calcium	139mg



Hoisin Chicken Soba Noodle Salad

2 servings

15 minutes

Ingredients

- 99 grams Buckwheat Soba Noodles
- 3 tbsps Chicken Broth (divided)
- 227 grams Extra Lean Ground Chicken
- 1 1/2 tsps Ginger (fresh, grated)
- 2 Garlic (cloves, minced)
- 2 stalks Green Onion (thinly chopped, plus more for garnish)
- 1 1/2 tbsps Hoisin Sauce
- 1 tbsp Orange Juice
- 1/2 Carrot (large, shredded)
- 6 leaves Romaine (large, chopped)

Nutrition

Amount per serving	
Calories	453
Fat	11g
Carbs	48g
Fiber	4g
Protein	28g
Calcium	57mg

Directions

- 1 Cook the noodles according to the package directions. Drain, rinse under cold water, and set aside.
- 2 Heat a large non-stick pan over medium-high heat. Add 1/3 of the broth and chicken, breaking it up as it cooks. Cook for five to seven minutes or until the chicken is cooked through. Set aside.
- 3 In the same pan, heat half of the remaining broth. Sauté the ginger and garlic for 30 seconds, or until fragrant. Add the green onions, hoisin sauce, orange juice, and cooked chicken. Add the remaining broth as needed. Mix well and cook for two more minutes. Stir in the carrots.
- 4 In a large bowl, mix the noodles and chicken mixture with the romaine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add cilantro, sriracha, and/or tamari.



Butter Chicken & Cauliflower Rice

4 servings
30 minutes

Ingredients

- 340 grams Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 2 tbsps Ginger (grated)
- 1/4 cup Tomato Paste
- 2 tsps Paprika
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 tsp Sea Salt
- 1 tbsp Chili Powder
- 1/4 cup Water
- 1 cup Canned Coconut Milk (full fat)
- 1 head Cauliflower
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	365
Fat	21g
Carbs	23g
Fiber	8g
Protein	25g
Calcium	88mg

Directions

- 1 Dice your chicken into cubes and set aside.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 3 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 4 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 5 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 6 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 7 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly: Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk: Use Greek yogurt instead.

No Cauliflower Rice: Serve over brown rice or quinoa instead.

More Veggies: Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage: Refrigerate in an air-tight container for up to 2 - 3 days.