

The Bod

GINGER QUINOA NASI GORENG

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SERVES 4
TIME: 40 MINS
MACROS P/S:
19P 37C 15F
359 CAL



#MEATLESS
MONDAY

THE
BOD

GINGER QUINOA NASI GORENG

Ingredients

- 1 cup (200g) quinoa (red, white or tri-coloured)
- 1 tsp Himalayan sea salt
- 6 green onions
- 2 tbs coconut oil
- 1 large red onion (200g), sliced thinly
- 2 garlic cloves, crushed
- 1 large red capsicum (350g), chopped finely
- 2 teaspoons grated fresh ginger
- 2 fresh long red chillies, sliced thinly
- 2 tbs salt-reduced tamari
- 4 eggs
- 1 cup fresh coriander sprigs



nut-free



vegetarian



gluten-free



no refined sugar

Method

1. Rinse quinoa in a sieve under cold running water. Place quinoa, 2 cups (500ml) water and salt in a medium saucepan; bring to the boil. Reduce heat to low; cook, covered, for 15 minutes or until quinoa is tender and water is absorbed. Rinse quinoa under cold running water; drain.
2. Finely shred 2 green onions and place in a bowl of iced water to curl. Thinly slice remaining green onions, keeping white parts and green parts separate.
3. Heat half the coconut oil in a wok (or large frying pan) over high heat; stir-fry red onion, garlic, capsicum, white part of green onion, ginger and three-quarters of the chilli for 2 minutes or until slightly softened. Add cooked quinoa and half the tamari; stir-fry for 2 minutes. Fold through green onion tops. Cover wok and keep warm.
4. Heat remaining coconut oil in a large frying pan over medium heat; fry eggs for 3 minutes on one side only or until whites are just set and yolks remain runny.
5. Divide nasi goreng among bowls; carefully top with eggs. Top with drained curled green onion, remaining chilli and coriander. Drizzle with remaining tamari; serve.



The Bod

THAI CHICKEN MEATBALLS

w/ COCONUT RICE

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SERVES 4
TIME: 30 MINS
MACROS P/S:
32P 51C 20F
512 CAL

THAI CHICKEN MEATBALLS w/ COCONUT RICE

Ingredients

Meatballs

- 500g chicken mince
- 1 egg
- 1 tbs yellow curry paste (25g)
- 60g breadcrumbs
- 15g spring onion
- 15g minced garlic
- ½ tsp fish sauce
- 1 tbs fresh lime juice
- spray of olive oil

Rice

- 200g uncooked Basmati rice
- 135ml light coconut milk (Ayam)
- 1 cup water
- salt and pepper to taste



nut-free



freeze



dairy-free



no refined sugar

Method **Meatballs**

1. Add all the meatball ingredients into a large bowl, excluding half of the breadcrumbs.
2. Using your hands, mix all the ingredients together.
3. Roll the mixture into even-sized balls and coat in the remaining breadcrumbs.
4. Cook the meatballs on a frying pan with a spray of oil.

Method **Rice**

1. Place all the ingredients into a large saucepan over high heat.
2. Bring to the boil, stirring occasionally. Reduce heat to low.
3. Simmer, covered, for 10 minutes. Remove from heat. Stand, covered, for 10 minutes.



The Bod

MEXICAN LETTUCE CUPS

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SERVES 4
TIME: 30 MINS
MACROS P/S:
25P 10C 10F
230 CAL



\$3.74 PER SERVE

THE
BOD

MEXICAN LETTUCE CUPS

Ingredients

- 400g extra lean beef mince
- 8 large Iceberg lettuce leaves
- 2/3 large avocado
- 1 carrot
- 1 tomato
- 1/3 cup corn kernels
- 2 tbs maple syrup
- 1 garlic clove, crushed
- 2 tsp ground cumin



nut-free



dairy-free



gluten-free



no refined sugar

Method

1. Shred the carrot and dice the tomato and avocado.
2. Using a nonstick pan, heat the mince, crushed garlic, cumin and veggies (excluding the avocado and tomatoes) until cooked through.
3. Once cooked, stir in the maple syrup and season with salt and pepper to taste.
4. Use the lettuce cups as a bowl and fill them with your taco filling, tomato and avocado.

Other topping ideas

- Turkey mince
- Grated cheese
- Salsa
- Brown rice
- Chilli sauce
- Fried onion
- Fresh herbs



The Bod

CHICKEN SCHNITZELS w/ ZUCCHINI CHIPS

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SERVES 4
TIME: 35 MINS
MACROS P/S:
47P 41C 13F
469 CAL

THE
BOD

CHICKEN SCHNITZELS W/ ZUCCHINI CHIPS

Ingredients

Schnitzels

- 4 x 150g small chicken breast fillets
- 3 eggs
- 2 cups (200g) quinoa flakes
- 1 tsp dried herbs

- 1 tbs coconut oil, melted
- 1 cup (30g) rocket leaves

Zucchini Chips

- 4 medium zucchini (480g)
- olive oil cooking spray
- ½ teaspoon sea salt flakes

Method

1. Remove tenderloins from the underside of the chicken breast fillets, if attached, reserve. Holding a sharp knife horizontally, split the chicken breasts in half horizontally.



nut-free



dairy-free



gluten-free



no refined sugar

Method Cont.

2. Place two pieces between baking paper or plastic wrap; pound, using the flat side of a meat mallet or use the side of a rolling pin, until even in thickness.

3. Lightly beat eggs in a shallow bowl. Place quinoa flakes and dried herbs in another shallow bowl. Dip chicken (including tenderloins) in the egg, allowing excess to drip off; pat in quinoa flake mixture, pressing down firmly until coated. Preheat oven to 220°C/200°C fan-forced.

4. Line an oven tray with baking paper. Place coated chicken on lined tray; brush both sides with coconut oil. Bake for 12 minutes or until golden; turn over and cook for a further 5 minutes or until chicken is cooked through.

5. Meanwhile, to make zucchini chips, cut zucchini into 3mm-thick round slices, using a V-slicer, mandoline or sharp knife. Place zucchini, in a single layer, on paper towel; cover with another layer of paper towel, then an oven tray. Press down firmly to blot excess water. Line two oven trays with baking paper. Place zucchini, in a single layer, on each tray; spray lightly with cooking oil. Bake for 10 minutes or until lightly golden. Scatter with salt.



The Bod

**CRUMBED
BARRAMUNDI
w/ SWEET POTATO
FRIES**

thebod.com.au



SERVES 4
TIME: 30 MINS
MACROS P/S:
47P 63C 22F
636 CAL



CRUMBED BARRAMUNDI W/ SWEET POTATO FRIES

Ingredients

Schnitzels

- 2 tbs coconut oil
- 2 medium eggs
- 4 tbs plain flour
- 3 tsp lemon rind
- 2 garlic cloves
- 3 tbs parsley
- 160g breadcrumbs
- 4 x 175g Barramundi fillets

Fries

- 1 tbs olive oil
- 720g sweet potato
- 1 tbs mixed herbs
- 1/2 tsp paprika

*Use almond meal or gluten-free flour for gluten-free



nut-free



dairy-free



gluten-free



no refined sugar

Method

1. Finely chop the parsley, and finely dice the garlic cloves.
2. Using a dry bowl, combine the breadcrumbs, parsley, garlic and grated lemon rind together.
3. Using three different bowls, place the flour, lightly beaten eggs and breadcrumbs in each one.
4. Dip the fish in the flour first, the egg second and then coat in the crumb.
5. Using a large frying pan, heat the coconut oil and cook the fish for 2-3 minutes on each side.
6. Place on paper towel, then serve with lemon wedges and sweet potato fries..
6. To make the sweet potato fries, line a large tray with baking paper. Peel and slice the sweet potatoes into 2cm-wide strips. Toss the sweet potato with just enough oil to coat. Sprinkle with mixed herbs and paprika. Bake the potatoes on a tray until the fries are tender and golden brown, turning occasionally.

