



# THE N | C KITCHEN

HEALTHY BODY | HEALTHY MIND

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# BREAKFASTS









In the summer of 2017, more than 3,000,000 photos of avocado toast were uploaded to Instagram every day.



SERVES 1 | TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

2 tbsp **fresh lime**, juiced  
1/4 cup **coconut water**  
100g **cucumber**, chopped  
1/2 **avocado**  
1/2 tbsp **fresh mint leaves**  
5-10 **ice cubes**

## INSTRUCTIONS

Add all ingredients to your blender in the order listed and blitz until nice and smooth.

# AVOCADO LIME SMOOTHIE

155  
CALORIES

3  
PROTEIN

11  
CARBS

11  
FATS

7  
FIBRE







SERVES 1 | TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

120ml **water**  
1/2 tbsp **acai powder**  
5 **pitted cherries**  
50g **frozen mixed berries**  
1 **frozen banana** (peeled)  
5-10 **ice cubes**  
1 tbsp **shaved coconut**  
1 tbsp **dried goji berries**

## INSTRUCTIONS

Add all ingredients to your blender or vitamix and blitz until smooth. You may need to give your blender a shake half way through. The consistency is supposed to be thick, but if it's too thick, add a little more water.

Transfer to 2 serving bowls and top with shaved coconut and goji berries.

# BERRY CHERRY SMOOTHIE BOWL

252  
CALORIES

3  
PROTEIN

51  
CARBS

4  
FATS

7  
FIBRE



Incorporating a green smoothie into your diet is a great way to boost your veggie intake.





SERVES 1 | TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

220g **spinach**  
150g **kale**  
40g frozen **courgette**  
40g **cucumber**  
1/2 **lemon**  
200ml **water**  
5-10 **ice cubes**

## INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth and silky.

# THE GREENEST SMOOTHIE

187  
CALORIES

14  
PROTEIN

26  
CARBS

3  
FATS

12  
FIBRE







SERVES 2 | TOTAL TIME: 45 MINUTES

GF DF

## INGREDIENTS

200g sweet potato, peeled and chopped into small chunks  
1/2 brown onion, diced  
300g ground pork  
80g mushrooms, chopped  
1/2 tsp dried sage  
1/2 tsp dried rosemary  
Sea salt & cracked pepper

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with non-stick aluminium foil.

Start by placing sweet potato in a microwave safe bowl with 1-2cm water. Nuke the sweet potato in 1 minute increments until it's soft enough to mash.

Next, mix the sweet potato together with the pork, onion, mushrooms and fresh herbs. Season well with salt & cracked pepper.

Roll the mixture into 8 meatballs and cook for 12-13 minutes on each side or until cooked through. Lastly turn the oven to grill and cook for an additional 2 minutes to create a golden brown colour.

# BREAKFAST MEATBALLS

384  
CALORIES

16  
PROTEIN

17  
CARBS

28  
FATS

3  
FIBRE



You can sometimes find fresh, in the pod cannellini beans at farmers' markets. But it's more common to eat and cook with canned or dried beans.





SERVES 2 | TOTAL TIME: 30 MINUTES

GF V DF

## INGREDIENTS

2 tsp olive oil  
2 cloves of garlic, minced  
1/2 tsp chilli flakes  
1 x (400g) cannellini beans, rinsed & drained  
1 x (400g) chopped tomatoes  
1/2 tsp ground paprika  
1/2 tsp maple syrup  
Salt & cracked pepper  
4 eggs

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

In a medium oven-proof frying pan, add olive oil, garlic and chilli flakes. Saute for 1-2 minutes.

Add the beans, chopped tomatoes, paprika and maple syrup, stir well, cover and simmer on low-medium heat for 10-15 minutes or until the sauce has thickened.

Use a spoon to make indents and then crack the eggs into the spaces. Season with salt & cracked pepper.

Place the frying pan under the grill for 5-6 minutes or until the eggs are cooked to your liking.

# SPICY BEANS & EGGS

463  
CALORIES

36  
PROTEIN

46  
CARBS

15  
FATS

12  
FIBRE







**SERVES 4 | TOTAL TIME: 40 MINUTES**

**GF V VE DF**

## INGREDIENTS

2 tsp olive oil  
1 brown onion, diced  
1 clove garlic, minced  
1 x (400g) tin chopped tomatoes  
1 aubergine, cut into cubes  
1 courgette, cut into cubes  
1 tsp dried oregano  
1 x (400g) butter beans  
125ml vegetable stock  
4 slices crusty bread (gluten free if required)

## INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4.

Add oil to an ovenproof frying pan and bring to medium heat. Add the onion and cook for about 5 minutes before adding the garlic and cooking for an additional 1 minute.

Add the tinned tomatoes and aubergine. Cook, stirring often for 5-7 minutes.

Add the courgette, oregano, butter beans and stock.

Cook for 20-25 minutes.

Serve with crusty bread.

# CHICKPEA BREAKFAST RATATOUILLE

**480**  
CALORIES

**56**  
PROTEIN

**55**  
CARBS

**4**  
FATS

**8**  
FIBRE



# SIDES & SMALL PLATES









SERVES 5 | TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

2 x (400g) **tin chickpeas**  
120ml **tahini**  
2 **cloves garlic**  
1 tbsp **olive oil**  
60ml **lemon juice**  
60ml **water**  
1 tsp **cumin**

## INSTRUCTIONS

Add all ingredients to a food processor or blender and blend for 1-2 minutes or until smooth and creamy.

Serve with chopped carrot, celery and cucumber sticks or pitta bread.

# HOMEMADE HUMMUS

267  
CALORIES

11  
PROTEIN

13  
CARBS

19  
FATS

5  
FIBRE







SERVES 6 | TOTAL TIME: 15 MINUTES

GF V VE DF

## INGREDIENTS

2 tbsp olive oil  
½ brown onion, finely diced  
1 garlic clove, crushed  
2 tsp taco seasoning  
1 x (400g) tin pinto beans, drained and rinsed  
125ml water  
1-2 tbsp lime juice  
1 bag plain corn chips

## INSTRUCTIONS

Start by heating the oil in a non-stick skillet. Add the onion and cook for 5 minutes or until nice and soft.

Next, add the garlic and taco seasoning and stir to coat the onion for 1 minute.

Add the beans and water and cook, stirring occasionally for 5-7 minutes or until the water has evaporated.

Transfer the bean mix to a food processor or blender, add the lime juice and blitz until smooth.

Serve with corn chips.

# REFRIED BEAN DIP

295  
CALORIES

6  
PROTEIN

43  
CARBS

11  
FATS

7  
FIBRE







SERVES 2 | TOTAL TIME: 15 MINUTES (PLUS 30 FOR MARINATING)

GF V VE DF

## INGREDIENTS

60ml balsamic vinegar  
1 tbsp olive oil  
1 tbsp fresh thyme  
1 clove garlic, minced  
4 large portobello mushrooms, stems and gills removed  
Sea salt & cracked pepper

## INSTRUCTIONS

Firstly, preheat the griddle.

Next, in a shallow dish, mix the balsamic vinegar, olive oil, thyme, garlic, salt & cracked pepper. Place the mushrooms in the dish and allow them to coat in the marinade for 30-40 minutes, turning regularly.

Spray the griddle with a little olive oil cooking spray and cook mushrooms for 4-5 minutes, each side, brushing them with any extra marinade as you go.

Serve immediately.

# GRILLED MUSHROOMS

147  
CALORIES

7  
PROTEIN

14  
CARBS

7  
FATS

3  
FIBRE



The lifespan of tunas varies by species, but ranges from about 15 years to over 40 years.





SERVES 1 | TOTAL TIME: 10 MINUTES

GF DF

## INGREDIENTS

90g tuna in springwater, drained  
1 1/2 tbsp mayonnaise  
1 tbsp capers  
1 tsp Dijon mustard  
2 slices rye bread (gluten free if required)

## INSTRUCTIONS

Mix the tuna, mayonnaise, capers and Dijon mustard together in a small bowl.

Spread one slice of bread with tuna mix and top with the other slice.

Place in the toasted sandwich maker and cook until golden and toasted.

# GRILLED TUNA SANDWICH

387  
CALORIES

23  
PROTEIN

31  
CARBS

19  
FATS

4  
FIBRE





# MAIN COURSES









SERVES 6 | TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

200g **quinoa** (uncooked)  
60g **Brazil nuts**, sliced  
700g **broccoli** (2 large or 3 medium heads)  
3 tbsp **fresh basil**, chopped  
For the **honey** mustard dressing:  
60g **Dijon mustard**  
3 tbsp **honey**  
60ml **olive oil**  
40ml **apple cider vinegar**  
2 tbsp **lemon**, juiced  
1 **clove garlic**, minced  
**Sea salt & cracked pepper**

## INSTRUCTIONS

Start by cooking quinoa according to packet instructions.

Meanwhile, take a medium sized frying pan and roast Brazil nuts for 4-5 minutes. Make sure you're constantly moving and shaking the nuts to make sure they don't burn.

Prepare the broccoli by chopping the florets into very small pieces, or alternatively you can use a food processor or grater. (Because the broccoli is raw, you want very small pieces).

Next, prepare the dressing by adding all ingredients to a jar and giving it a vigorous shake.

Transfer cooked quinoa, broccoli and Brazil nuts to a large serving bowl. Pour dressing all over, and toss really well to combine.

# BROCCOLI SALAD

294  
CALORIES

11  
PROTEIN

40  
CARBS

10  
FATS

7  
FIBRE







SERVES 4 | TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

125ml **olive oil**

5 tbsp **lemon juice**

**Salt & cracked pepper**

120g extra fine **bulgar wheat**

4 **tomatoes**, finely chopped

1 **cucumber**, finely chopped

2 bunches **parsley**, finely chopped

15g **fresh mint leaves**, finely chopped

4 **green onions**, finely chopped

180g **tinned tuna in Springwater**, drained

## INSTRUCTIONS

Start by mixing the olive oil, lemon juice, salt & cracked pepper. Set aside.

Next, wash the bulgar wheat and soak it in water for 6 minutes. Make sure you drain it really well and squeeze out any excess water. Pour the bulgar wheat into the bowl with the lemon dressing so it can soak in the flavour.

Once you've chopped all the vegetables and herbs, transfer them, along with the tuna to the bowl with the bulgar wheat and toss really well to combine.

Refrigerate for 30 minutes before serving.

# TUNA TABBOULEH

484  
CALORIES

16  
PROTEIN

33  
CARBS

32  
FATS

7  
FIBRE







SERVES 4 | TOTAL TIME: 20 MINUTES

GF V VE DF

## INGREDIENTS

360g **rice** (uncooked)  
500g **Asian frozen stir-fry vegetables**  
60ml **Hoisin sauce**  
2 tsp **chilli flakes**

## INSTRUCTIONS

Start by cooking rice according to packet instructions.

Meanwhile, heat 60ml of water in a large wok. Add vegetables and stir fry for 4-5 minutes.

Add the Hoisin sauce and chilli flakes and heat through.

Divide rice between 4 bowls, followed by the vegetables.

# EASY ASIAN STIR FRY

396  
CALORIES

8  
PROTEIN

91  
CARBS

0  
FATS

3  
FIBRE







SERVES 2 | TOTAL TIME: 50 MINUTES

GF DF

## INGREDIENTS

2 medium **potatoes**  
180g **beef mince**  
1/2 **celery stalk**, diced  
1/2 **carrot**, diced  
150ml **beef stock**  
2 tbsp **sun-dried tomato paste**  
1 tsp **cornflour**  
1 tbsp **green onions**, diced

## INSTRUCTIONS

Firstly, preheat oven to 200c/395f/Gas 6. Wrap the potatoes in foil and bake for 15-20 minutes or until easily pierced with a skewer.

Place beef mince, carrot, celery, stock and sun-dried tomato paste in a saucepan and bring to the boil. Reduce heat, cover and cook for 20-25 minutes, stirring regularly.

Mix the cornflour with a little water, stir through the beef and cook for 1 more minute.

Scoop out the flesh of the potatoes leaving a hole for the filing. Mix potato with beef mixture and then return to potatoes.

Season with salt & pepper and garnish with green onions.

# STUFFED POTATOES

366  
CALORIES

24  
PROTEIN

36  
CARBS

14  
FATS

5  
FIBRE



One of the secrets of fried rice is that the ingredients are cooked separately which helps them maintain their distinct flavours.





**SERVES 4 | TOTAL TIME: 40 MINUTES**

**GF DF**

## INGREDIENTS

250g brown rice (uncooked)  
1 tbsp coconut oil  
1 brown onion, diced  
1 clove garlic, diced  
300g frozen vegetable mix  
1 egg  
350g roast chicken, pulled  
1 tbsp tamari  
1/2 tbsp sriracha

## INSTRUCTIONS

Start by cooking the rice according to packet instructions.

Meanwhile, bring a large wok to medium high heat, add coconut oil and onion and cook for 4-5 minutes or until onion has softened.

Next, add the garlic and vegetables and cook for another five minutes.

Meanwhile, crack the eggs into a small bowl and whisk. Transfer the eggs to a medium sized fry pan and cook like an omelette. Remove from the pan, chop into bite sized pieces and add to the wok.

Add the pulled roast chicken, sriracha and tamari and heat through.

Divide into 4 bowls and serve hot.

# ROAST CHICKEN FRIED RICE

**432**  
CALORIES

**28**  
PROTEIN

**53**  
CARBS

**12**  
FATS

**8**  
FIBRE







SERVES 2 | TOTAL TIME: 60 MINUTES

GF DF

## INGREDIENTS

450g beetroot, peeled and cut into cubes  
2 carrots, peeled and cut into cubes  
1 onion  
1l chicken stock  
1 tbsp honey  
1 tbsp lemon juice  
1/2 tsp salt

## INSTRUCTIONS

Start by placing the beetroot, carrots, onion and chicken stock in a large pot and bring it to a boil. Cover, reduce heat to a simmer and cook for 45 minutes - 1 hour, or until the vegetables are tender.

Add the vegetables and half the stock to a blender or food processor and blitz until smooth.

Next, stir in the honey, lemon juice, salt, and a little extra stock if it needs.

Refrigerate until cooled and serve cold if you want to try the traditional way. Otherwise, it's delicious served hot!

# RUSSIAN BORSCHT

288  
CALORIES

10  
PROTEIN

62  
CARBS

0  
FATS

12  
FIBRE







SERVES 4 | TOTAL TIME: 30 MINUTES (PLUS 30 MINUTES FOR MARINATING)

GF DF

## INGREDIENTS

400g **lamb sausages**, cut into 2cm pieces  
2 **red onions**, cut into wedges  
2 **red bell peppers**, cut into 2cm pieces  
1 **courgette**, cut into 2cm pieces  
2 **garlic cloves**, minced  
1/2 tbsp **oregano**  
2 tbsp **olive oil**

## INSTRUCTIONS

Start by threading the lamb, onion, bell pepper and courgette onto 12 skewers and place on a long plate or shallow dish.

Mix together the garlic, oregano and olive oil. Pour over the skewers and place them in the fridge to marinate for 30 minutes.

Bring a grill plate to high heat and cook skewers for about 10 minutes, or until cooked to your liking, making sure you rotate often to ensure all sides are cooked.

Serve with a simple Greek salad.

# MEDITERRANEAN LAMB SKEWERS

351  
CALORIES

18  
PROTEIN

9  
CARBS

27  
FATS

2  
FIBRE



Haddock can reach 1 to 3 feet in length and 2 to 7 pounds of weight.





SERVES 2 | TOTAL TIME: 30 MINUTES

GF

## INGREDIENTS

2 **fillets Haddock**  
4 thin slices **lemon**  
2 tbsp **butter**  
1 tbsp **fresh parsley**, diced  
1 **clove garlic**, minced  
2 tbsp **lemon juice**  
60ml **white wine**  
60ml **chicken stock**  
1 tbsp **olive oil**  
2 **courgette**, spiralised

## INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Place two slices of lemon on each Haddock fillet and wrap in tin foil. Cook for 20 minutes or until fish is cooked through.

Bring a frying pan to medium heat and add butter, parsley and garlic. Once the butter has melted add the lemon juice, white wine and chicken stock. Season with salt & cracked pepper and allow to simmer for 5 minutes.

Remove from heat and pour into a jug. (making sure you get all of the sauce from the pan)

Add olive oil to the same pan and bring to medium heat, again. Add the courgette noodles and cook for 3-4 minutes.

Pour the sauce back in the pan, over the courgette noodles and heat through for 2 minutes.

Divide courgette noodles on two plates and top with cooked Haddock.

# BAKED HADDOCK WITH COURGETTE NOODLES

369  
CALORIES

33  
PROTEIN

12  
CARBS

21  
FATS

3  
FIBRE







SERVES 4 | TOTAL TIME: 50 MINUTES



## INGREDIENTS

1 tbsp **olive oil**  
1 **brown onion**, diced  
1 tsp **garlic paste**  
1 large **courgette**, diced  
2 **carrots**, diced  
250g **mushrooms**, thinly sliced  
1 tbsp **oregano**  
2 x (420g) **tin kidney beans**, drained and rinsed  
1 tbsp **vegan Worcestershire sauce**  
125ml **Vegetable Stock**  
1x (400g) **tin chopped tomatoes**  
2 large **potatoes**, peeled and chopped  
80g **vegan cheese**

## INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4.

Heat olive oil in a large frying pan. Add onion, garlic paste, courgette, carrot, mushrooms and oregano. Cook for 5 minutes.

Add the kidney beans and continue to cook for another 5 minutes.

Next, add the Worcestershire sauce, vegetable stock and tinned tomatoes. Allow to simmer for 10-15 minutes while the liquid reduces.

Meanwhile, add chopped potatoes to a saucepan and cover with salted water. Bring water to a boil and cook potatoes for 15-20 minutes or until easily pierced with a fork.

Once potatoes are cooked, drain, return to the saucepan and mash until smooth.

Pour the bean and vegetable mixture into an ovenproof dish and spread mashed potato on top. Sprinkle with cheese and season generously with salt & cracked pepper.

Place in the oven and cook for 15-20 minutes or until cheese has melted.

# VEGAN COTTAGE PIE

417  
CALORIES

17  
PROTEIN

67  
CARBS

9  
FATS

7  
FIBRE



Tofu is to soy milk as cheese is to dairy milk.





SERVES 4 | TOTAL TIME: 30 MINUTES

GF V DF

## INGREDIENTS

For the **sauce**:

80g **peanut butter**

60ml **sesame oil**

60ml **Tamari**

60ml **rice vinegar**

30ml **honey**

2 tsp **sambal oelek** (or **chilli** paste)

1 tbsp **lime**, juiced

**Salt & cracked pepper**

For the **tofu** cups:

450g **extra firm tofu**, cut into 1cm cubes

1 tbsp **canola oil**

1 **Iceberg lettuce**, leaves removed for wrapping

For serving:

4 tbsp **peanuts**, chopped

15g **coriander**, leaves picked

## INSTRUCTIONS

Firstly, make the peanut sauce by adding all ingredients to a blender or food processor and blending until smooth.

Add canola oil to a large frying pan and bring to a medium heat. Add tofu and cook for about 10-12 minutes. Flipping 2-3 times.

Add the peanut sauce and gently stir to coat the tofu pieces. Cook for another 4-5 minutes, then remove from the heat.

Fill the lettuce leaves with the tofu mixture and top with chopped peanuts and fresh coriander.

# CRISPY TOFU CUPS

502  
CALORIES

22  
PROTEIN

18  
CARBS

38  
FATS

4  
FIBRE



Over five billion pounds of prawns are produced every single year.





SERVES 3 | TOTAL TIME: 30 MINUTES

GF DF

## INGREDIENTS

2 **cloves garlic**, thinly sliced  
3 **tblsp olive oil**  
2 **tblsp lemon**, juiced  
**Salt & cracked pepper**  
2 bunches **kale**, stemmed and leaves torn  
250g **cherry tomatoes**  
1 **tblsp red curry paste**  
2 **tsp fish sauce**  
2 **tsp ginger**, grated  
1 **tsp olive oil**  
500g **prawns**, teeled and tails removed

## INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Line a baking tray with baking paper.

In a large bowl, mix together the garlic, olive oil, lemon juice, salt & cracked pepper. Transfer kale to the bowl and massage the juices into it for 1-2 minutes.

Lay the kale on the baking tray, along with the cherry tomatoes and place another sheet of baking paper on top. Cook for 20-25 minutes or until kale is crunchy and tomatoes are nice and juicy.

Meanwhile, mix together the curry paste, fish sauce and ginger. Rub the paste into the prawns on both sides.

Bring a large frying pan to medium heat and cook prawns for 3-4 minutes, making sure you flip them and cook both sides.

Transfer kale to a large serving platter and spread prawns out on top.

# CRISPY KALE & PRAWNS

351  
CALORIES

49  
PROTEIN

23  
CARBS

7  
FATS

5  
FIBRE



Hokkien Noodles are made from wheat flour and egg. They were introduced to Malaysia by Hokkien Chinese and are now found in stir-fries around the world





**SERVES 3 | TOTAL TIME: 25 MINUTES**

**GF DF**

## INGREDIENTS

500g Hokkien noodles  
1 tsp olive oil  
500g beef mince  
1/4 white cabbage, shredded  
75g frozen carrot  
75g frozen beans  
For the sauce:  
4 tsp corn flour  
3 tbsp dark soy sauce  
1 tbsp Mirin  
1 tsp honey  
Salt & cracked pepper

## INSTRUCTIONS

Start by cooking the noodles according to packet instructions.

Next, add the olive oil and beef to a large wok and cook for 5-7 minutes.

Next, stir through the vegetables.

In a small bowl, whisk together all the sauce ingredients until well combined.

Pour the sauce over the beef and vegetables and heat through for about 3 minutes.

Divide into 3 bowls and top with fresh chilli if you desire.

# EASY CHINESE NOODLES

**380**  
CALORIES

**31**  
PROTEIN

**46**  
CARBS

**8**  
FATS

**1**  
FIBRE







**SERVES 2 | TOTAL TIME: 75 MINUTES.**

**GF DF**

## INGREDIENTS

2 tsp olive oil  
700g chicken breast  
1 brown onion, diced  
3 stalks celery, sliced  
1 tsp Italian seasoning  
1 x (400g) tinned tomatoes  
To serve:  
180g rice (cooked)

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

Add the oil to a frying pan and bring to medium-high heat. Add the chicken and brown the pieces all over.

Transfer the chicken to an ovenproof casserole dish.

In the same pan, add the onion, celery, Italian seasoning and tinned tomatoes and bring to a boil.

Pour the tomato sauce all over the chicken and place in the oven for 45-55 minutes, or until chicken is fully cooked.

Serve with a side of rice.

# BAKED CHICKEN

**311**  
CALORIES

**40**  
PROTEIN

**22**  
CARBS

**7**  
FATS

**2**  
FIBRE





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