

Table of Contents

Dinner

Asian

Sweet & Sour Pork Bowl.....	2
Kung Pao Chicken.....	3
Pork & Vegetable San Choy Bow.....	4
Shanghai-Style Noodles with Beef, Snow Peas & Broccoli.....	5
Easiest Egg Fried Rice.....	6
Saucy Skillet Pad Thai with Chicken.....	7

Sweet & Sour Pork Bowl

My Foodbook



4 serving



30 minutes

INGREDIENTS

2 teaspoons cornflour

Salt and pepper

500 g lean pork fillet, thinly sliced

225 g can pineapple pieces in juice, drained and reserve

2 tablespoons Tomato Sauce

1 tablespoon white vinegar

1 tablespoon salt-reduced soy sauce

1 tablespoon olive oil

1 large red onion, sliced

2 large carrots, peeled, halved, thinly sliced diagonally

1 large red capsicum, cut into strips

200 g snow peas, trimmed, halved

4 cups steamed brown rice, to serve

Fresh coriander, to serve



INSTRUCTIONS

1. Place corn flour on a large plate and season with salt and pepper.
Add pork and toss to evenly coat
2. Combine the drained pineapple juice, Celebrate Health Tomato Sauce, vinegar and soy sauce in a small bowl. Set aside
3. Heat half the oil in a large wok or non-stick frying pan over high heat. Stir-fry pork, in 2 batches, for 2-3 minutes or until golden.
Transfer to a plate
4. Heat remaining oil in same wok. Stir-fry onion and carrot for 2 minutes. Add capsicum and snow peas and stir-fry for 1-2 minutes or until vegetables are almost tender. Return pork to wok along with pineapple pieces and reserved sauce mixture. Stir-fry for 1-2 minutes or until hot
5. Serve with steamed rice, sprinkled with fresh coriander

NUTRITIONAL INFORMATION

Calories 426

Fat 7.6g

Protein 36.9g

Sugars 17.8g

Carbohydrates: 47.9g

Kung Pao Chicken

Modern Proper



6 servings



30 minutes

INGREDIENTS

- 2 lbs boneless skinless chicken breast, thinly sliced
- 1/4 cup low sodium soy sauce (or tamari)
- 2 tbsp cornstarch
- 3 tbsp sesame oil
- 1 red bell pepper, cubed
- 1 green bell pepper, cubed
- 1 bunch green onions, white and green parts, cut 3" pieces
- 1/2 cup cashews (or peanuts)
- 10 dried red chili peppers, cut in half to release their heat
- 6 garlic cloves, minced
- 1 tbsp fresh ginger, minced or grated
- cooked rice for serving, optional

Kung Pao Sauce

- 1/4 cup low sodium soy sauce (or tamari)
- 1/3 cup rice vinegar (or sherry vinegar)
- 2 tbsp sugar



INSTRUCTIONS

1. Make the Kung Pao sauce: combine 1/4 cup of soy sauce, rice or sherry vinegar and sugar in a bowl. Stir to combine and set aside.
2. Combine the remaining 1/4 cup of soy sauce or (tamari) with cornstarch in a large bowl and whisk until the mixture is smooth and uniform. Toss chicken breast pieces in the soy sauce-cornstarch mixture to coat and set aside.
3. In a large skillet, heat the sesame oil over high heat. Working in batches so as not to overcrowd the pan, stir-fry the chicken pieces until lightly browned and cooked through—about 3-4 minutes total. Remove the chicken from the pan and set it aside.
4. Once all of the chicken is cooked, use the same skillet to finish the dish. Heat one tablespoon of sesame oil over medium heat. When the pan is hot, stir-fry the bell peppers for about four minutes, until they begin to soften. Add the green onions, cashews, ginger, garlic, and dried chili peppers. Stir-fry the vegetables for 2 minutes before adding the Kung Pao sauce and the cooked chicken breast. Bring the pan to a simmer, and cook until the sauce has thickened— about 2 minutes. Serve over white or brown rice. Enjoy!

NUTRITIONAL INFORMATION

Calories 405

Fat 16g

Protein 39g

Sugars 9g

Carbohydrates: 18g

Pork & Vegetable San Choy Bow

Whole Food Bellies



4 serving



25 minutes

INGREDIENTS

- 3 tablespoon olive oil
- 3 tablespoon soy sauce
- 3 tablespoon oyster sauce
- 1 tablespoon ginger powder
- 3 tablespoon sesame oil
- 2 cloves garlic minced
- 1 lb pork mince aim for pasture raised and organic
- 1 large grated carrot
- 1 large grated zucchini
- 10 Crimini mushrooms chopped finely
- 1 celery stalk chopped finely
- 2 spring onions chopped finely
- leaves Lettuce alternative: raw carrot and zucchini noodles
- Toasted sesame seeds and chopped spring onions to serve



INSTRUCTIONS

1. Whisk together olive oil, soy sauce, oyster sauce and ginger powder in a jug.
2. Heat sesame oil in a wok until very hot and add garlic followed by the pork mince. Using a whisk, stir fry and 'mash' the pork until half-browned.
3. Add the spring onions and half of the oil mixture and continue mashing until all pork granules are the size of green peas, or smaller.
4. Add chopped mushrooms, carrot, zucchini, celery and the rest of the oil mixture.
5. Stir fry for 5 minutes.
6. Serve in trimmed lettuce leaves and top with toasted sesame seeds and spring onions.
7. As an alternative serve prepared pork mixture on raw carrot and zucchini noodles with a sprinkle of toasted sesame seeds and spring onions.
8. Enjoy.

NUTRITIONAL INFORMATION

Calories 277

Fat 20.7g


Protein 16.5g


Sugars 2.5g

Carbohydrates: 6.7g

Shanghai-Style Noodles with Beef, Snow Peas & Broccoli

Clean Eating Mag

 1 serving

 5 minutes

INGREDIENTS

8 oz whole-wheat spaghetti

5 crowns broccoli, florets only

1 orange, zested and juiced

2 tbsp reduced-sodium soy sauce

1/4 tsp red pepper flakes, plus additional for garnish

1 tbsp ground ginger

1 tsp olive oil

3/4 lb beef sirloin strips, cut into 1/2-inch-thick, 2-inch-long pieces

4 cloves garlic, chopped

1/2 lb snow peas, rinsed well and trimmed



INSTRUCTIONS

1. Fill a large pot halfway with water and bring to a boil. Add spaghetti, reduce heat to medium-high and simmer for 5 minutes, stirring occasionally to prevent noodles from sticking. Add broccoli and cook for 5 more minutes. Drain and transfer to a large bowl. Cover loosely to keep warm and set aside.
2. Meanwhile, in a small bowl, whisk orange zest and juice, soy sauce, pepper flakes and ginger; set aside.
3. In a large nonstick skillet, heat oil on medium. Add beef and cook, turning occasionally, for 2 minutes. Add garlic and sauté, stirring occasionally, for 2 minutes. Add peas and orange juice mixture and stir to coat. Sauté for 3 minutes, until beef is cooked through.
4. Add beef mixture to spaghetti mixture and toss to combine. Divide among serving plates. If desired, garnish with additional pepper flakes.

NUTRITIONAL INFORMATION

Calories 379

Fat 8g

Protein 26g

Sugars 6g

Carbohydrates: 52g

Easiest Egg Fried Rice

Healthy Nibbles



4 serving



20 minutes

INGREDIENTS

4 large eggs

3 tablespoons peanut, vegetable, or olive oil, divided

1 cup diced onion, about 1 small onion

1 1/2 to 2 cups diced mixed vegetables, such as bell pepper, carrots, zucchini, etc.

1/2 cup sliced scallions, white and green parts divided

pinch of salt

4 cups cooked overnight jasmine rice,

2 1/2 tablespoons soy sauce, use tamari if gluten free

1/2 teaspoon five-spice powder

dash of ground white pepper, optional

1 to 2 teaspoons toasted sesame oil



INSTRUCTIONS

1. Crack the eggs into a small bowl and beat them together.
2. Heat a skillet with 1 tablespoon of the oil over medium-high heat. Once the pan is hot, add the beaten eggs and scramble them for about a minute. Transfer the eggs to a dish and turn off the heat.
3. Drizzle the remaining 2 tablespoons of oil into a wok over high heat. Add the onions and cook them for about 1 to 2 minutes, stirring constantly. Add the mixed vegetables and white parts of the scallions and cook for 2 minutes. Season the vegetables with a pinch of salt.
4. Add the cooked rice into the pan or wok and cook for several minutes, until the rice is heated through. If there are large clumps of rice, break them apart with the back of your spatula.
5. Add the soy sauce, five-spice powder, dash of white pepper (if using) and sesame oil and stir to distribute the seasonings. Add the scrambled eggs and stir to mix again. Garnish with remaining sliced scallions. Serve immediately.

NUTRITIONAL INFORMATION

Calories 425

Fat 16.7g

Protein 13.4g

Sugars 1.7g

Carbohydrates: 55.6g

Saucy Skillet Pad Thai with Chicken

Clean Eating Mag

 6 serving  40 minutes

INGREDIENTS

- 8 oz brown rice noodles (pad Thai style)
- 1/2 cup fresh lime juice
- 1/3 cup reduced-sodium soy sauce or tamari
- 1/4 cup coconut sugar
- 2–3 tbsp sambal oelek
- 2 tbsp fish sauce
- 1 tbsp safflower oil, divided
- 12 oz boneless, skinless chicken breast, cut into bite-size pieces
- 1 clove garlic, minced
- 1 red bell pepper, thinly sliced and cut into 1-inch-long strips
- 2 large eggs, beaten
- 1/4 cup thinly sliced green onions
- 1/4 cup coarsely chopped fresh cilantro
- 2 tbsp chopped raw unsalted peanuts



INSTRUCTIONS

1. Place noodles in a large heatproof bowl; pour in enough boiling water to cover. Let stand, stirring occasionally, until very tender, 10 to 15 minutes. Drain and set aside.
2. Meanwhile, in a small bowl, stir together lime juice, soy sauce, coconut sugar, sambal oelek and fish sauce. Set aside.
3. In a large deep skillet, heat 2 tsp oil on medium. Add chicken and cook, stirring often, until browned, 4 to 7 minutes. Add garlic and cook, stirring often, until fragrant, about 30 seconds. Add bell pepper and cook, stirring often, until softened and chicken is no longer pink inside, 2 to 3 minutes. Scrape mixture into a bowl.
4. Add remaining 1 tsp oil to skillet and heat on medium-low. Add eggs and cook, stirring occasionally with a fork to break up curds, until eggs begin to set, 3 to 4 minutes. Add to bowl with chicken mixture. Add soy sauce mixture to skillet and bring to a simmer.
5. Add noodles and toss to coat. Cook, using tongs to flip noodles and ensure even heating, until well coated with sauce and completely softened, 3 to 4 minutes. Add green onions; return chicken mixture to skillet and toss to combine. Divide among plates; garnish with cilantro and peanuts.

NUTRITIONAL INFORMATION

Calories 329

Fat 8g

Protein 21g

Sugars 12g

Carbohydrates 46g