

Curves Recipes

**HEARTY
& HEALTHY**



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MINESTRONE SOUP

INGREDIENTS:

- 1 tbsp olive oil
- 1 onion
- 1 celery stalk
- 1 carrot
- 2 garlic clove
- 1 tsp oregano
- 1 tbsp basil
- Pepper, to taste
- 2 cups of green beans
- 1 can (14.5oz/400g) diced tomatoes with juice
- 1 can (14.5oz/400g) crushed tomatoes
- 4 cups of water
- 1 can (14.5oz/400g) of chickpeas
- 1 tbsp Parmesan cheese, grated
- 1 tbsp dill

Preparation & cooking time: 30 minutes

Nutritionals per serve: 213 calories (892 kJ), 24.6g carbohydrate, 10.0g sugar, 10.9g protein, 7.8g fat, 1.2g saturated fat

METHOD:

1. Heat olive oil in a large pot over medium-high heat. Add the onion and cook until soft, about 3 minutes. Add the celery and carrot and cook until they begin to soften, about 5 minutes.
2. Stir in the green beans, garlic, oregano, basil, and pepper and cook 3 more minutes.
3. Add the diced and crushed tomatoes and the water to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes.
4. Drain and stir in the chickpeas, cook until the vegetables are tender, about 10 minutes. Ladle into bowls and top with the Parmesan and chopped dill.

SERVES: 4

LAMB TAGINE



INGREDIENTS:

- 1 tbsp olive oil
- 1 carrot, sliced
- 4 cm ginger, grated
- 1 tbsp ground cumin
- 2 tsp ground coriander seed
- 2 tsp ground cinnamon
- 1 cup fresh cilantro/coriander
- 7 oz/200g green beans
- 1 cup non-fat plain Greek yogurt
- 1 yellow/brown onion
- 18 oz/500g lamb steak, trimmed
- 2 tsp sweet paprika
- 1 can (400g) of diced tomatoes (no added salt)
- 14 oz/400g sweet potato, diced into 1cm cubes
- 3 oz/80g pitted dates

Preparation & cooking time: 1 hour and 15 minutes

Nutritionals per serve: 603 calories (2523kJ), 43.6g protein, 59.9g carbohydrate, 37.5g sugar, 21.6g fat, 8.4g saturated fat

SERVES: 4

METHOD:

1. Dice the lamb into bite size chunks, removing the fat as you go.
2. In a small bowl combine the lamb with ginger, ground cumin, sweet paprika, ground coriander and ground cinnamon. Cover and refrigerate while you prepare the vegetables.
3. Coarsely chop the onion, dice the sweet potato, chop the carrot and trim the beans.
4. Heat oil in a fry pan over medium-high heat. Add the onion and cook stirring for 3 minutes or until the onion softens. Add the lamb and spice mixture. Cook stirring until meat is browned all over.
5. Add the sweet potato, carrot, prunes/dates, diced tomatoes and 2 cups of water. Cover and reduce heat to low. Season with pepper and allow to simmer for 1 hour. You may wish to add more water for a saucier tagine.
6. Once the sweet potato and other vegetables are tender, steam the green beans.
7. Serve tagine with steamed green beans and topped with Greek yogurt and fresh cilantro/coriander.



CHOCOLATE MOUSSE WITH CHOC RASPBERRY CRUMBLE

INGREDIENTS:

- ¼ cup maple syrup
- 1 large ripe avocado
- ½ tsp vanilla extract
- ¼ cup cocoa powder
- 2 tbsp chocolate protein powder*
- 4 squares raspberry dark chocolate

Preparation time: 2 minutes

Setting time: 2 hours

Nutritionals per serve: 274 calories (1146kJ), 14.3g protein, 16.5g carbohydrate, 14.3g sugar, 13.0g fat, 4.2g saturated fat

SERVES: 4

METHOD:

1. Combine all the ingredients in a good high speed blender adding the maple syrup first, followed by the avocado, vanilla, cocoa and protein powder.*
2. Blend for about 30 seconds until smooth and creamy.
3. Add a splash of water to make a lighter mousse. Taste and adjust if needed.
4. Spoon into a bowl and allow to set in the fridge for at least 2 hours.
5. To serve, spoon mousse into individual glasses/bowls, then crumble raspberry dark chocolate squares over each. Add fresh fruit if desired.

**Talk to your Curves Coach to purchase*



SUPER SIMPLE CHOCOLATE CAKE MUG

INGREDIENTS:

- 2 tbsp flour (you can use regular flour, coconut flour or even almond flour)
- 1 serving chocolate protein powder*
- 1 egg
- 2 tsp sugar
- ½ tsp baking powder
- 1 heaped tbsp plain Greek yogurt
- Sprinkle of chopped nuts (almonds or walnuts work well)

Preparation & cooking time: 5 minutes

Nutritionals per serve: 243 calories (1018 kJ), 16.0g protein, 28.7g carbohydrate, 11.9g sugar, 7.1g fat, 2.7g saturated fat

SERVES: 1

**Talk to your Curves Coach to purchase*

METHOD:

1. Combine all the ingredients in a mug. Stir until well combined.
2. Microwave for one minute. Cooking time may vary depending on microwave wattage (we used 1000 watt microwave). You'll know it's ready when a skewer inserted into the cake comes out cleanly.
3. Serve with some berries (or other fruit of your choice) and enjoy!

NOTES:

If you prefer not to add the sugar, try using a natural sweetener such as Stevia instead.

MOROCCAN BAKED CHICKEN



INGREDIENTS:

- 4 oz/115g chicken breast
- ½ medium onion, sliced
- ⅓ cup sweet potato, cubed
- ⅓ cup parsnip, cubed
- ⅓ cup rutabaga/swede, cubed
- 1 tomato, diced
- 2 dried apricots, sliced
- 1 fresh date (pitted and sliced)
- 1 tbsp raisins
- ½ garlic clove, chopped
- ½ tsp curry powder
- ½ tsp ground cumin
- 1 cinnamon stick
- ⅓ cup reduced sodium chicken stock
- Black pepper to taste

Preparation & cooking time: 55 minutes

Nutritionals per serve: 400 calories (1674kJ), 31g protein, 68g carbohydrate, 2g fat

SERVES: 2

METHOD:

1. Preheat oven to 370°F/190°C.
2. Place all ingredients in an oven tray and stir to combine. Bake for 25 to 35 minutes, until the vegetables are tender and the chicken is cooked through. To test whether or not the chicken is done, cut into the centre of the breast to check that the meat is no longer pink.



THAI CHICKEN CURRY

INGREDIENTS:

- ½ tsp canola oil
- 1 oz/28g yellow curry paste
- ¼ medium onion, sliced
- 85g carrot, sliced rounds
- ¼ red bell pepper/capsicum, chopped
- 3 oz/85g white potato, cut into cubes
- 6 oz/170g skinless chicken thighs, sliced
- ½ cup reduced sodium chicken stock
- 3 oz/100ml light coconut milk
- 1 tbsp fresh cilantro/coriander to garnish

Preparation & cooking time: 50 minutes

Nutritionals per serve: 450 calories (1883kJ), 37g protein, 35g carbohydrate, 18g fat

SERVES: 1

METHOD:

1. Heat oil in a pot over medium heat. Add curry paste and cook for 1 minute, stirring continuously. Add onion, carrots, and bell pepper/capsicum. Stir occasionally until the onion is softened, about 10 minutes.
2. Add potato, chicken, coconut milk and stock and bring to a boil. Reduce heat to a simmer and cook for 20 minutes.
3. Pour curry into a bowl and top with cilantro/coriander to serve.



CROCKPOT BRAISED PORK ROAST WITH VEGGIES

INGREDIENTS:

- Spray oil
- 6 oz/170g lean pork, whole
- ⅓ medium sweet potato, cubed
- ⅓ cup parsnip, cubed
- ¼ cup turnip, cubed
- ¼ medium onion, chopped
- 2 tbsp apple cider vinegar
- ½ cup reduced sodium chicken stock
- ½ tsp cornflour
- ¼ tsp cumin seeds
- ⅛ tsp ground cumin
- Salt and pepper to taste
- ½ tbsp fresh cilantro/coriander

Preparation & cooking time: 8-9 hours

Nutritionals per serve: 310 calories (1297kJ), 38g protein, 24g carbohydrate, 6g fat

METHOD:

1. In a frypan sprayed with cooking spray, brown the pork on all sides, turning occasionally. This should take about 10 minutes. Place the pork in a slow cooker.
2. In a bowl, mix together the sweet potato, parsnip, turnip, onion, apple cider vinegar, chicken stock, cornflour, cumin seeds, ground cumin, salt and pepper. Add vegetables to the roast.
3. Place the lid on the slow cooker and cook on low for 7-9 hours until pork and vegetables are tender. Serve topped with cilantro/coriander.

SERVES: 1

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BEEF STROGANOFF WITH GREEN BEANS



INGREDIENTS:

- 1 oz/25g dry egg noodles
- 1 tsp plain flour
- 1 tbsp water
- 1 oz/30g light sour cream
- 2 oz/67g sodium reduced cream of chicken soup, canned
- Spray oil
- ¼ medium onion, sliced
- 1 oz/28g mushrooms, sliced
- Garlic powder and ground black pepper to taste
- 4 oz/115g sirloin/porterhouse steak, sliced
- 4 oz/115g green beans

Preparation & cooking time: 40 minutes

Nutritionals per serve: 425 calories (1778kJ), 31g protein, 34g carbohydrate, 16g fat

SERVES: 1

METHOD:

1. Bring a large pot of water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente. Drain egg noodles. Stir flour into 1 tbsp water to form a paste. Stir in sour cream and cream of chicken soup.
2. Spray a non-stick fry pan with oil, warm frypan over medium heat and add onions, mushrooms, garlic powder and pepper to taste. When the onions soften, add sliced steak pieces and cook until just browned. Pour the soup mixture over the steak and vegetables, and cook until hot and bubbly.
3. Place a steamer insert in a saucepan and fill with water to just below the bottom of the steamer. Cover and bring water to a boil. Place green beans in steamer insert and cover. Steam for about 5 minutes or until tender.
4. Serve stroganoff over egg noodles with steamed green beans on the side.



BAKED MEATBALLS WITH TOMATO SAUCE & MIXED VEGGIES

INGREDIENTS:

- 1 slice whole grain bread, made into breadcrumbs
- ¼ medium onion, diced finely
- 5 oz/150g lean ground beef
- ½ egg
- ½ cup ready-made tomato pasta sauce
- 1 cup mixed non-starchy vegetables (such as carrot, green beans, broccoli)

Preparation & cooking time: 50 minutes

Nutritionals per serve: 407 calories (1702kJ), 40g protein, 24g carbohydrate, 15g fat

SERVES: 1

METHOD:

1. Preheat the oven to 370°F/190°C. Gently combine breadcrumbs, diced onions, beef mince and egg together. Wet your hands and form into meatballs. Brown the meatballs in a hot pan, and finish cooking in the oven for 15-20 minutes, or until the meatballs are cooked through.
2. Place a steamer insert in a saucepan and fill with water to just below the bottom of the steamer. Cover and bring water to a boil. Place mixed vegetables in steamer insert and cover. Steam for about 5 minutes or until tender.
3. Top meatballs with warmed pasta sauce and serve with steamed mixed vegetables.



KITCHRI **(SAVOURY RICE & LENTILS)**

INGREDIENTS:

- 3 tbsp brown rice
- 2 tbsp red lentils
- 1 ¼ tsp canola oil
- ⅓ medium onion, finely sliced
- Pinch salt
- ¼ tsp garam masala
- Salad: ¼ head romaine/cos lettuce, mixed salad vegetables (e.g. tomato, cucumber, carrot)
- 2 tbsp low fat cheddar cheese
- Fat free salad dressing

Preparation & cooking time: 45 minutes

Nutritionals per serve: 428 calories (1790kJ), 13g protein, 40g carbohydrate, 22g fat

SERVES: 1

METHOD:

1. Wash rice and lentils well, removing any that float to the surface; drain thoroughly.
2. Heat canola oil in a saucepan and sauté onion gently until golden brown. Remove half the onion and set aside.
3. Add rice and lentils to pan and sauté, stirring constantly, about 3 minutes. Add ¾ cup of hot water, salt and garam masala. Bring to the boil, cover and simmer over very low heat for 20-25 minutes or until rice and lentils are cooked. Do not lift the lid or stir during cooking time.
4. Serve lentils & rice hot, garnished with reserved sautéed onion. Enjoy with a salad of vegetables, cheese and a fat free salad dressing.

MEXICAN BAKED POTATO



INGREDIENTS:

- Olive oil, spray
- 1 potato, washed
- 1 cup red kidney beans
- 5 cherry tomatoes, halved
- 2 tbsp salsa
- ¼ cup/30g low fat mozzarella cheese
- Vegetables – your choice

Preparation time:

40 minutes

Nutritionals per serve: 375 calories (1151kJ), 14g protein, 46g carbohydrate, 15g fat

SERVES: 1

METHOD:

1. Pre-heat oven to 375°F/190°C.
2. Gently pierce potato with a fork several times.
3. Place potato in a shallow dish with a small amount of water and heat in the microwave for 3 minutes to soften slightly.
4. Carefully remove potato from microwave.
5. Using tongs (as potato will be hot), place in an oven-proof dish and spray with olive oil.
6. Place potato in the heated oven and cook for 20-25 minutes or until cooked through. Remove from oven and allow to cool slightly. Leave the oven going.
7. Meanwhile, prepare your chosen free vegetables and steam until just tender.
8. In a small saucepan or fry pan, gently heat the red kidney beans and salsa and tomato until tomatoes begin to soften and blister.
9. Gently cut across the potato making two crisscross cuts. Open up the potato. Fill the centre of the potato with the red kidney bean mixture. Top with shredded mozzarella cheese.
10. Place stuffed potato back in the oven for a further 5 minutes or until cheese has melted.
11. Serve baked potato with steamed vegetables.

TIP:

To increase the fiber content and for a more crispy potato, leave the skin on.



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