

## 10 Recipe Fibre Challenge

### Star Ingredient: Red Quinoa

**Why:** High in absorbable protein (9 essential amino acids), gluten-free, high in gut-healthy fibre, B-Vitamins, and loaded with health boosting antioxidants.

**Meal:** Beef & Veggie Salad.

#### Ingredients:

2 Tbsp dry red quinoa  
2 cups leafy greens  
100gm cooked lean beef, cubed  
1/2 cup chopped broccoli florets  
1/4 red bell pepper, chopped  
2 tsp olive oil  
1 tsp red wine vinegar

*Cook quinoa as directed. Toss with greens, beef, broccoli, and pepper in a bowl. Whisk oil and vinegar for dressing.*

### Star Ingredient: Farro Rice

**Why:** Heads the rice, grain, quinoa list for fibre, and fibre is King. Farro is high in blood sugar balancing protein and offer 10 immune supporting vitamins & minerals.

**Meal:** Fresh Chicken Farro Jam.

#### Ingredients:

1 boneless, skinless chicken breast (100gm)  
2 Tbsp olive oil, divided  
1/4 cup sliced red onion  
1 cup diced yellow squash  
1/2 cup dry farro  
1 Tbsp chopped parsley  
1 Tbsp grated Parmesan cheese

*Pan-sear chicken in 1 Tbsp oil, seasoning with salt and pepper to taste, then dice. Sauté onion and squash with remaining oil. Stir in farro until coated in oil. Add 2/3 cup water, bring to a boil, stir, reduce heat, and cover. Cook 20 minutes or until soft. Stir in chicken, parsley, and cheese, and serve.*

### Star Ingredient: Asparagus

**Why:** High in nutrients, including; fibre, Vitamins A, C & K. Known to boost metabolism, digestion, lowering blood pressure, and drive an anti-inflammatory effect.

**Meal:** Soy & Ginger Chicken/Asparagus Soup.

#### Ingredients:

200gr boneless, skinless chicken breast  
1 cup Amy's Organic Chunky Vegetable soup  
2 Tbsp dry quinoa  
1 cup chopped kale  
10 small asparagus spears  
2 tsp soy sauce  
1/8 tsp grated fresh ginger

*Bake chicken at 180°C for 25 minutes, then shred with a fork. Meanwhile, combine soup, quinoa, and kale in a saucepan, bring to a boil, and simmer until quinoa is done, about 15 minutes. Add chicken.*

### Star Ingredient: Almonds (Sliced)

**Why:** Loaded with super healthy fats, magnesium and Vitamin E. Perfect for balancing blood sugar imbalance, lowering blood pressure and ideal in curbing unnecessary hunger urges.

**Meal:** Pork, Veggies & Almonds.

#### Ingredients:

1 pork tenderloin (200gr)  
1 cup steamed green beans  
2 Tbsp sliced almonds  
1 baked sweet potato

*Season pork with salt and pepper, sear in an ovenproof skillet coated with cooking spray, and transfer to a 230°C oven for 15 minutes. Slice and serve with green beans topped with almonds, and a sweet potato.*

### Star Ingredient: Jicama

**Why:** Contains super health supporting vitamins and minerals (++C), folate, potassium and magnesium. It's high in fibre, contains antioxidants, and beta-carotene.

**Meal:** South American Prawn Mix.

#### Ingredients:

1/2 cup chopped cucumber  
1/3 cup chopped jicama  
1/3 cup chopped mango  
1 Tbsp chopped onion  
1/4 cup sliced avocado  
1 tomato, sliced  
1 cup cooked shrimp  
1/4 cup lemon juice  
1 tsp red pepper

*Toss together, and dress with lemon juice.*

### Star Ingredient: Broccoli

**Why:** Broccoli could well be the nutrient King of all veggies. It should feature at least twice in your culinary week. The ultimate immune shot.

**Meal:** Chicken & Broccoli Soup.

#### Ingredients:

1 cup chopped broccoli  
1 cup chopped parsnips  
3/4 cup nonfat chicken stock  
1/4 cup low-fat shredded cheddar cheese  
1 Tbsp sliced almonds  
4 oz chicken breast  
1 tsp lemon juice  
Salt and pepper, to taste

*Steam broccoli and parsnips, then puree with stock and cheddar; sprinkle with nuts. Bake chicken, top with lemon juice, and season.*

### Star Ingredient: Gazpacho

**Why:** Variety of vitamins and minerals. In addition to fibre, gazpacho contains iron, phosphorus, calcium, potassium, magnesium, sodium, manganese, zinc and copper; In addition, olive oil provides basic fatty acids for every day.

**Meal:** Lemon Chicken with Gazpacho.

#### Ingredients:

70gr chicken breast  
1 Tbsp olive oil  
1/2 lemon, sliced  
1 tsp fresh rosemary

#### Gazpacho

1 cup stewed tomatoes  
3 cloves garlic, minced  
1/2 cup onion, chopped  
1/4 cup cucumber, chopped  
1/4 cup green pepper, chopped  
1 Tbsp white wine vinegar

*Coat chicken with olive oil. Cover with lemon slices and rosemary, and bake at 180°C for 25 to 30 minutes. Combine gazpacho ingredients in a blender, then serve at room temperature with chicken.*

### Star Ingredient: Tofu

**Why:** Because 'hard' men should experience tofu at least once!

**Meal:** Tofu & Zingy Quinoa.

#### Ingredients:

1 cup cooked quinoa  
60 gr extra-firm tofu, cubed

3 Tbsp diced red pepper  
3 Tbsp diced green pepper  
1 tsp cilantro  
2 Tbsp diced avocado  
2 tsp fresh lime juice

*Combine all ingredients.*

### Star Ingredient: Edamame

**Why:** In addition to being a decent source of soy protein, edamame is rich in healthy fibre, antioxidants and vitamin K. Could improve the blood lipid profile, a measure of fats including cholesterol and triglycerides.

**Meal:** Turkey & Edamame Lettuce Cups.

#### Ingredients:

80gr ground lean turkey  
1/2 cup white mushrooms, chopped  
1 tsp minced garlic  
1/4 cup shelled and cooked edamame  
2 Boston lettuce leaves  
2 Tbsp sliced scallion

For the sauce:

1/2 Tbsp hoisin sauce  
1 tsp low-sodium soy sauce  
1/2 tsp rice vinegar

For the Asian slaw:

1/2 cup shredded red cabbage and green cabbage  
1/4 cup sliced jicama  
1/4 cup grated carrot  
1 tsp olive oil  
1/2 tsp rice vinegar

*In a nonstick skillet coated with cooking spray, sauté first three ingredients for five minutes. Add edamame, scoop mix onto lettuce, top with scallion, and wrap up. Drizzle with sauce, and serve slaw on the side.*

### Star Ingredient: Parsnips

**Why:** High in fibre, once again, driving optimum gut health. Also high in folate which is good for all-round good cell health.

**Meal:** Salmon, Parsnips & Dill.

#### Ingredients:

120 gr wild Atlantic salmon  
1 Tbsp lemon juice  
1 tsp dill  
2/3 cup parsnips  
1 1/2 cup chopped broccoli, steamed

*Sprinkle salmon with lemon juice and dill and bake for 15 minutes at 110°C.*