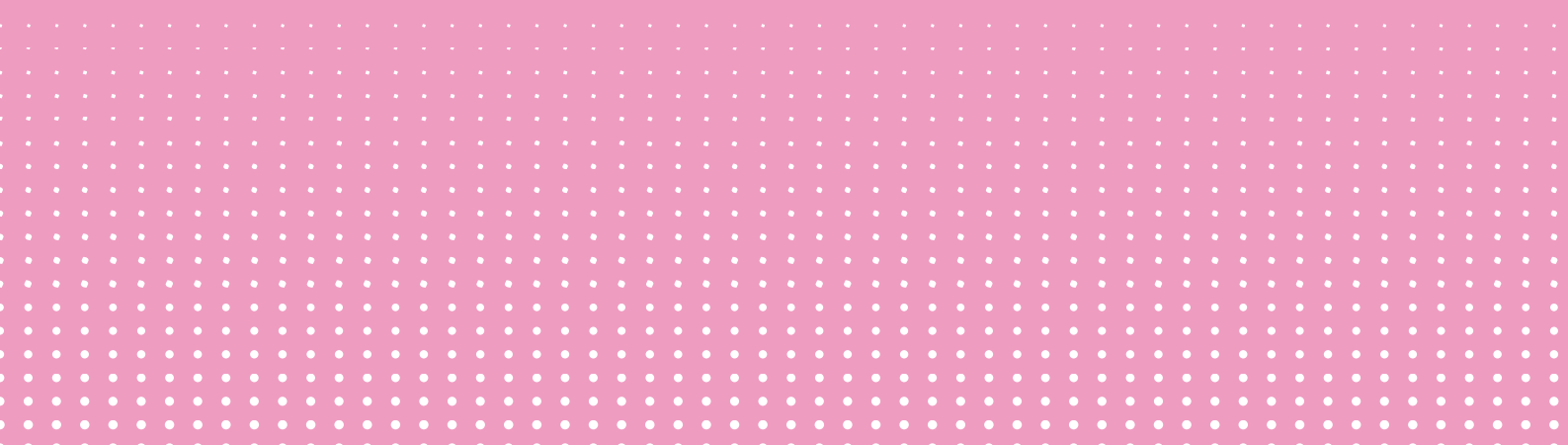


The
Balanced Gal
Society **WRK**

RECIPES
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LUNCHES & MEAL PREP



INGREDIENTS (makes two bowls)

- Ingredients (makes 2 bowls)
- - 300g chicken breast
- - 3-4 tsp fajita spice
- - 100g cooked basmati rice
- - 1 red pepper, diced
- - 1 white onion, diced
- - 200ml chicken stock
- - 1 tsp tomato puree
- - Fresh coriander (to taste)
- - 20g grated cheddar cheese
- - OPTIONAL TOPPINGS: sour cream and guacamole (you can make your own if you wish!)

CHICKEN FAJITA BOWL

METHOD:

1. Cut chicken into chunks and fry until cooked through in pan.
2. Add in your veggies and sauté for around 3-4 minutes.
3. Add in the fajita spice – if you don't like spice, add in a little less or a mild fajita spice version), along with some fresh coriander.
4. Add in the chicken stock.
5. Add tomato puree, and keep pan on the heat until the sauce has reduced (takes around 7-8 minutes).
6. Add cooked basmati rice to the bowl, then add your fajita chicken mixture, and top with toppings of choice (cheese, guacamole, sour cream)!
7. A wee squeeze of lime juice is also delish!

LUNCHES & MEAL PREP



INGREDIENTS (four portions)

- 400g lean diced beef
- 300ml water
- 2 smoked bacon medallions, diced
- 2-3 minced garlic cloves
- 1 small white onion, finely diced
- 1 carrot, diced
- 2 sticks celery, diced
- Rich beef stockpot
- 1 tbsp tomato puree
- Salt and pepper, to taste
- Fresh or dried parsley, to taste

SLOW COOKER BEEF CASSEROLE

METHOD:

- 1.Chuck everything in the slow cooker on low to medium heat for 4-6 hours!
- 2.Serve with potatoes and veggies – such an easy winter warmer meal!

LUNCHES & MEAL PREP



INGREDIENTS (one flatbread)

- 100g cooked chicken breast
- 1 folded flatbread
- 80g 0% Greek yogurt
- 1-2 Anchovies, finely diced (you do NOT taste these but they add so much flavour!)
- 1/2tsp Worcestershire sauce
- ½ lemon zest grated, and then squeeze of lemon juice
- 15g Parmesan, grated
- Fresh chives (chopped), to taste
- Slice of prosciutto (crisped up either in over or AirFryer for a few minutes)
- Spring onion, diced
- Black pepper, to taste
- Salad leaves

CHICKEN CAESAR FLATBREAD

METHOD:

1. Add Greek yogurt, anchovies, Worcestershire sauce, lemon juice, grated lemon zest, Parmesan and chives to a bowl and mix well.
2. Add a generous amount of black pepper, then add your diced crispy prosciutto and cooked chicken before mixing until well combined.
3. Toast your flatbread in the toaster.
4. Add salad leaves onto toasted flatbread, add your chicken Caesar mixture, spring onions and any remaining chopped prosciutto.
5. Enjoy!

DINNERS



INGREDIENTS (serves three to four)

- Ingredients (makes 2 bowls)
- - 300g chicken breast
- - 3-4 tsp fajita spice
- - 100g cooked basmati rice
- - 1 red pepper, diced
- - 1 white onion, diced
- - 200ml chicken stock
- - 1 tsp tomato puree
- - Fresh coriander (to taste)
- - 20- 400g chicken breast (you can also use chicken thighs if you prefer)
- - 1 white onion, diced
- - 2 garlic cloves, minced
- - 100g cherry tomatoes (halved)
- - Handful of chopped basil
- - 100g basmati rice
- - 300ml chicken stock
- - 1 lemon
- - 2-3 chopped sun-dried tomatoes
- - 1 red chilli, diced and de-seeded
- - 40g feta cheese
- For yogurt drizzle:
- - 200g Greek yogurt
- - ½ garlic clove
- - 1 lemon, grated cheddar cheese
- - OPTIONAL TOPPINGS: sour cream and guacamole (you can make your own if you wish!)

ONE PAN GREEK CHICKEN AND RICE

METHOD:

1. Pre-heat oven to 180 degrees Celsius.
2. Cut chicken into chunks and season with salt and pepper, before browning in a pot with a 5ml serving of olive oil.
3. Add a small dash of water to remove the seasoning from the bottom of the pan, before adding the onion, cherry tomatoes, chilli, and sundried tomatoes.
4. Sauté for around 5 minutes and then add your basmati rice (dry).
5. Add in your chicken stock and mix well, before adding lemon slices on the top. Place in the oven for 30 minutes.
6. Meanwhile, make the yogurt drizzle by adding the Greek yogurt to a bowl.
7. Cut the lemon in half and add the flesh part "face down" in a pan until the lemon turns brown and caramelises – this will make your yogurt drizzle taste so good!
8. Squeeze the caramelised lemon into the yogurt, and add around half a minced garlic clove, and stir well.
9. Remove dish from the oven, crumble over the feta cheese and serve with the lemon yogurt drizzle!