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Recipes for Autumn Harvest

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## Zucchini Noodles with Salmon

2 servings

20 minutes

### Ingredients

- 170 grams Salmon Fillet
- 1 cup Basil Leaves
- 1/4 cup Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 Anchovy
- 1/2 tsp Lemon Juice
- 1/8 tsp Sea Salt
- 2 cups Arugula
- 1 Zucchini (large, spiralized into noodles)

### Nutrition

Amount per serving	
Calories	393
Fat	33g
Carbs	5g
Fiber	2g
Protein	20g
Calcium	103mg

### Directions

- 1 Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
- 2 In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
- 3 In a pan over medium heat, add the arugula and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

**Serving Size:** One serving is approximately one cup of zucchini noodles and three ounces of salmon fillet.

**More Flavor:** Add nutritional yeast or chili flakes.

**Additional Toppings:** Add extra sliced basil leaves on top.

**No Anchovy:** Omit.



## Roasted Chicken Apple Kale Salad

1 serving  
35 minutes

### Ingredients

- 1 Yellow Onion (small, diced)
- 1 Apple (small, diced)
- 1 cup Butternut Squash (frozen, cubed)
- 1 tbsp Thyme (fresh, chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 170 grams Chicken Breast
- 2 cups Kale Leaves (thinly sliced)
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	665
Fat	33g
Carbs	55g
Fiber	12g
Protein	42g
Calcium	245mg

### Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- 3 Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
- 4 In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

### Notes

**Leftovers:** Keep salad in a resealable container in the fridge for up to 3 days.

**Serving Size:** One serving is equal to approximately three cups of salad.

**More Flavor:** Swap out fresh thyme with sage for an autumn-inspired salad.

**Additional Toppings:** Top with hemp seeds for an extra nutrition boost.





## Butternut Squash Chickpea Curry

6 servings  
25 minutes

### Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 3 cups Butternut Squash (peeled, diced)
- 2 cups Green Beans (trimmed)
- 2 tbsps Thai Red Curry Paste
- 1 1/2 cups Canned Coconut Milk
- 1 tbsp Fish Sauce
- 2 cups Chickpeas (cooked, rinsed well)

### Nutrition

Amount per serving	
Calories	263
Fat	13g
Carbs	30g
Fiber	7g
Protein	8g
Calcium	83mg

### Directions

- 1 Heat the oil in a large skillet or pot over medium heat. Cook the onion for three minutes or until soft.
- 2 Add the butternut squash, green beans, and curry paste. Cook for two minutes.
- 3 Add the coconut milk and fish sauce. Cover and let simmer for 20 minutes, or until the squash and green beans are tender.
- 4 Stir in the chickpeas and warm up for two minutes. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four to five days.

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Add salt, lime juice, and lime zest to taste.

**Additional Toppings:** Top with fresh basil or sliced green onions.



## Apple & Beet Quinoa Salad

4 servings

25 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 Apple (julienned)
- 2 Beet (small, peeled, grated)
- 2 Carrot (small, peeled, grated)
- 1 cup Kale Leaves (chopped)
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Orange Juice
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 2 tbsps Hemp Seeds
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	204
Fat	4g
Carbs	36g
Fiber	6g
Protein	6g
Calcium	48mg

### Directions

- 1 Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
- 2 Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**Make it a Meal:** Serve with your favorite protein on top.





## Cranberry Apple Oat Crisp

8 servings

50 minutes

### Ingredients

- 1/3 cup Coconut Oil
- 3 Apple (large, cored, chopped)
- 2 cups Frozen Cranberries
- 1/2 cup Maple Syrup
- 3/4 cup All Purpose Gluten-Free Flour (divided)
- 1 1/2 cups Oats
- 1/4 cup Coconut Sugar

### Nutrition

Amount per serving	
Calories	305
Fat	10g
Carbs	53g
Fiber	6g
Protein	3g
Calcium	34mg

### Directions

- 1 Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
- 2 Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
- 3 In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
- 4 Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to three months.

**Serving Size:** One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

**More Flavor:** Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

**Additional Toppings:** Top with whipped coconut cream, ice cream or yogurt.

**All Purpose Gluten-Free Flour:** This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.