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## Saffron Salmon Kabobs & Asparagus

2 servings

20 minutes

### Ingredients

- 1/4 tsp Saffron (ground)
- 283 grams Salmon Fillet (skinless, cut into cubes)
- 1 Zucchini (small, sliced length-wise)
- 1 Lime (juiced, divided)
- 1/2 tsp Sea Salt (divided)
- 4 Barbecue Skewers
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Asparagus (trimmed)
- 1/4 cup Cilantro (leaves only, chopped)
- 1 tbsp Mint Leaves (chopped)
- 1 Garlic (cloves, minced)

### Nutrition

Amount per serving	
Calories	343
Fat	20g
Carbs	11g
Fiber	4g
Protein	33g
Calcium	74mg

### Directions

- 1 Add the ground saffron to a medium bowl. Add a splash of boiling water and let the saffron bloom for two minutes.
- 2 Add the salmon cubes, zucchini, 1/2 of the lime juice, and 1/2 of the salt to the bowl with the bloomed saffron. Mix well. Thread the salmon and zucchini onto the skewers.
- 3 Heat 1/3 of the oil in a cast-iron skillet over medium heat. Add the skewers to the skillet and cook for four to six minutes per side until cooked through. In the same skillet beside the skewers, cook the asparagus until charred, around eight to 10 minutes.
- 4 Meanwhile, add the cilantro, mint, garlic, remaining lime juice, remaining salt, and remaining oil to a bowl. Stir to combine.
- 5 Divide the skewers and asparagus evenly between plates. Spoon the herb mixture on top and enjoy!

### Notes

**Leftovers:** Refrigerate the asparagus and skewers in separate containers for up to three days.

**Serving Size:** One serving is equal to two 10-inch skewers and approximately one cup of asparagus.

**More Flavor:** Add red onion to the skewers.

**Alternative Cooking Methods:** Grill or bake the skewers and asparagus. Be sure to soak the wooden skewers in water for at least 30 minutes before grilling or baking.



## Steamed Cod with Quinoa & Cilantro Sauce

2 servings

30 minutes

### Ingredients

- 1 Carrot (large, finely chopped)
- 1/2 cup Quinoa (tricolor, rinsed, and drained)
- 1/2 tsp Sea Salt (divided)
- 2 cups Cilantro
- 1 Garlic (clove, crushed)
- 2 tbsps Coconut Oil
- 1/2 tsp Cumin Seed
- 1 Cod Fillet (cut in half)

### Nutrition

Amount per serving	
Calories	393
Fat	17g
Carbs	32g
Fiber	4g
Protein	27g
Calcium	67mg

### Directions

- 1 Cook the carrot with the quinoa according to the quinoa package directions. Once done cooking, fluff with a fork and set aside.
- 2 Using a small food processor or an immersion blender, pulse together the cilantro, garlic, oil, cumin seeds, and 1/3 of the salt, until smooth. Set aside.
- 3 Add the cod to a steamer basket over boiling water. Season with 1/3 of the salt. Steam covered for six to eight minutes or until it is flakey and cooked through. Repeat in batches if needed. Let it cool slightly before serving.
- 4 Serve the cod over the quinoa. Top with the cilantro sauce and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup of quinoa and one cod fillet.

**Fillet Size:** One cod fillet is equal to 231 grams or eight ounces.

**No Steamer Basket:** Bake the fish fillet in a baking dish with the lid on at 375°F (190°C) for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.)

**More Flavor:** Cook the quinoa in vegetable or bone broth.



## Mango & Black Bean Quinoa Salad

4 servings

23 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 cups Black Beans (cooked)
- 1/2 cup Red Onion (diced)
- 1 Mango (peeled, diced)
- 2 cups Baby Spinach (chopped)
- 1/4 cup Cilantro (chopped)
- 2 tbsps Lime Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Cumin
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the quinoa according to package directions. Set 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.

### Nutrition

Amount per serving	
Calories	286
Fat	6g
Carbs	50g
Fiber	11g
Protein	12g
Calcium	65mg



## Tofu Veggie Wrap

1 serving  
25 minutes

### Ingredients

- 141 grams Tofu (extra firm, pressed, sliced)
- 1 tbsp Tamari
- 1 Brown Rice Tortilla
- 1 cup Baby Spinach
- 1/4 Cucumber (julienned)
- 1/4 Carrot (julienned)
- 1/2 cup Purple Cabbage (chopped)

### Nutrition

Amount per serving	
Calories	316
Fat	10g
Carbs	38g
Fiber	7g
Protein	21g
Calcium	468mg

### Directions

- 1 Marinate the tofu slices in tamari for 15 minutes.
- 2 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 3 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

**More Flavor:** Add additional tamari or sesame oil to the wrap.

**Additional Toppings:** Sesame seeds, avocado, mushrooms or bell peppers.

**No Brown Rice Tortillas:** Use whole-wheat tortillas or pita bread.

**No Tofu:** Use tempeh or edamame.

**Extra Firm Tofu:** To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



## Coconut Yogurt Chia Pudding

1 serving  
30 minutes

### Ingredients

1/2 cup Unsweetened Coconut Yogurt  
3 tbsps Chia Seeds  
1/4 cup Unsweetened Almond Milk  
1/2 cup Frozen Strawberries  
1 1/2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	425
Fat	29g
Carbs	36g
Fiber	15g
Protein	12g
Calcium	662mg

### Directions

- 1 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 2 Place in the fridge for 25 to 30 minutes, until thickened.
- 3 Remove from the fridge and stir in the almond butter. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to about 1 cup of chia pudding.

**Nut-Free:** Use tahini and coconut milk instead of almond butter and almond milk.

**More Flavor:** Add a pinch of cinnamon or vanilla.

**Likes it Sweeter:** Add a drizzle of honey or maple syrup.

**No Coconut Yogurt:** Use regular yogurt or Greek yogurt.