



INSTASHRED

PRESENTS



Introduction to **CLEAN-EATING** **DINNERS**



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**INTRODUCTION
TO CLEAN-EATING
DINNERS**

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Introduction

When you first start a new diabetes-friendly eating regime, it can be best to stick to a limited number of recipes to help you keep the rules simple and straightforward, and clean eating is no different.

But as time goes on, you may get bored with the same old recipes and find yourself tempted by your old indulgences - like packaged, processed foods and artificially created compound treats.

The purpose of this recipe book is to stop this from happening by providing you with the easy, quick, and healthy recipes you can use to widen your clean eating dinner options.

We start with main meals that make a great impression and are incredibly tasty but are still extremely easy to prepare.

Chapter 2 covers delicious and healthy sides that can be combined with any protein to create an instant taste explosion, before exploring what global cuisine has to offer and concluding with some interesting and inventive ideas for main meals.

We finish up with diabetes-friendly desserts that feel naughty but are actually full of clean eating goodness and will cause a far less aggressive insulin response than you'd normally get with those simple sugar, highly processed store-bought desserts.

The key to moving forward with your new, sustainable, diabetes-fighting lifestyle and clean eating habits is to make cooking and eating an absolute pleasure.

So what are you waiting for? Use the elements of this book to get creative and produce delicious, delightful, and supremely wholesome natural dinners for you and the whole family!

Chapter 1

Easy but impressive main meals

GRILLED CHICKEN WITH BLACK BEAN SALAD

INGREDIENTS

1 organic chicken breast, butterflied and seasoned

Handful finely chopped onion, fennel, red pepper, and carrot

½ tin black beans

Handful spinach

METHOD

Grill the chicken on the barbeque or in the oven. Mix together the rest of the ingredients for a crunchy and refreshing clean eating solution

HONEY ROAST VEG WITH FILLET OF BEEF

INGREDIENTS

Handful each of baby carrots and
parsnips, sliced lengthways

½ head fennel, roughly chopped

Drizzle olive oil

Pinch of chopped fresh rosemary and
thyme

Fillet of grass reared beef from the
butcher

METHOD

Place the veg, oil, and herbs in an oven dish, season, and cook on high for around 25 minutes until crisp and tender. Heat up the barbeque or a thick skillet and tenderise the meat with a mallet or fork. Season then sear on both sides for an expensive but delicious clean-eating treat.

BAKED SWEET POTATO WITH ROASTED TOMATOES AND GREEK YOGHURT

INGREDIENTS

Sweet potato

Handful tomatoes on the vine

Tablespoon Greek yoghurt

Handful pumpkin seeds

Pinch chopped fresh chives

METHOD

Place the potato whole in the oven and roast until cooked through. Put the tomatoes on a tray and roast for 15 minutes. Cut the potato in half and scoop on the yoghurt, seeds, and chives with the tomatoes on the side.

PAN FRIED SALMON WITH CABBAGE, CUMIN, AND BLUEBERRIES

INGREDIENTS

Fillet of wild salmon

Pinch of cumin

Cup of cabbage, finely shredded

Handful of blueberries

METHOD

Fry the salmon in a touch of coconut oil until cooked through. Remove from the pan and cover to rest. Increase the heat and fry the cabbage and cumin with salt and pepper in the same pan. Top with blueberries and serve with the salmon.

WARMING THAI TOFU BROTH

INGREDIENTS

Finely sliced handful each of onion, carrot, cabbage, sugar snap peas, and red

peppers

Stick of lemon grass, knob of ginger, small chilli, all finely chopped

Cup of homemade stock

Handful bamboo shoots

Handful of high quality, additive free tofu

Teaspoon coconut oil

Handful chopped coriander

METHOD

Fry up the veg in the coconut oil for a minute or two on a high heat with the lemon grass, chilli, and ginger. Add the tofu and toss for a couple of minutes before adding the stock and bamboo shoots. Garnish with coriander before serving.

Chapter 2

Scrumptious sides

CUMIN, MUSTARD SEED AND COCONUT OIL CAULIFLOWER

INGREDIENTS

½ head cauliflower, thickly sliced

Teaspoon olive oil

Pinch of cumin and mustard seed

METHOD

Marinate the cauliflower in the spices and oil. Fry on a high heat for 5-10 minutes until browned and crunchy

BALSAMIC ROASTED BRUSSEL SPROUTS

INGREDIENTS

Cup of Brussel sprouts

Handful of walnuts, crushed

Dash of balsamic vinegar

Teaspoon capers

Drizzle of olive oil

METHOD

Combine everything and roast for 20 minutes until tender and crispy. Serve with protein like a grilled chicken breast.

HERBY CAULIFLOWER RICE

INGREDIENTS

½ head cauliflower

Teaspoon coconut oil

Pinch of coriander, mint, and lemon basil,
finely chopped

METHOD

Place the cauliflower in the food processor and blend until it reaches a rice-like consistency. Fry in the coconut oil for five minutes then add the herbs and season before serving as a delicious side to some lean protein.

STUFFED COURGETTE TACOS

INGREDIENTS

2 whole zucchini

2 tablespoons homemade guacamole

4 tablespoons homemade salsa

METHOD

Cut the zucchini in half and roast in the oven for 15 minutes. Hollow some of the flesh out and add the salsa, then top with guacamole.

Chapter 3

Clean eating from around the world

TANGY PRAWN STIR FRY

INGREDIENTS

1 cup prawns

1 teaspoon coconut oil

1 handful each of sliced pepper, carrot,
onion, pak choi or cabbage

1 small handful bamboo shoots and water
chestnuts

2 cloves garlic, 1 chilli, 1 knob ginger,
finely chopped

METHOD

Heat up the coconut oil and add all the veg, shortly followed by the prawns, cashews, bamboo shoots and water chestnuts

SPICY SPINACH DAHL

INGREDIENTS

1 onion, roughly chopped	black cloves
1 teaspoon coconut oil	1 cup dried lentils
3 cloves garlic, roughly chopped	1 cup coconut milk
1 chilli, finely chopped	1 cup spinach
Pinch each of cumin seed, garam masala, whole cardamoms, fennel seeds, and	Handful chopped fresh coriander

METHOD

Brown off the onions in the coconut oil then add the garlic and chilli for 2 minutes. Add the spices and mix well for a minute, then add the lentils and 2 cups of water and simmer for 20 minutes. Then add the coconut milk and spinach, and finally the coriander

BAKED MEDITERRANEAN CHICKEN WITH BROWN RICE

INGREDIENTS

½ cup cooked brown rice	¼ cup each of chopped peppers, mushrooms, and tomatoes
Chicken breast cut into strips	3 cloves garlic, roughly chopped

Drizzle olive oil

Handful fresh basil, roughly torn

METHOD

Pop all the ingredients bar the rice and basil into a baking dish. Season well and place in the oven for around 30 minutes, or until everything is cooked through and slightly crispy. Serve alongside the rice and sprinkle the basil on top for a rich and satisfying taste of the Mediterranean.

LIME GINGER SALMON WITH PAN FRIED ZOODLES

INGREDIENTS

1 fillet wild salmon

Pinch of chilli, finely chopped

Squeeze of lime

1 zucchini, spiralized or made into thin strips with a potato peeler

Knob of ginger, finely chopped

METHOD

Place the salmon on a large piece of aluminium foil and add the other ingredients except the zoodles. Wrap up into a parcel and place in a preheated oven for around 20-30 minutes, or until cooked through.

Add a drizzle of olive oil to a thick bottomed pan and flash fry the zoodles, seasoning before serving with the juice from the salmon parcel.

THAI PRAWNS WITH KALE AND LEMON

INGREDIENTS

Cupful of prawns	2 cloves garlic, finely chopped
Squeeze of lemon	1 teaspoon coconut oil
Knob of ginger, finely chopped	1 cup of kale
Pinch of chilli, finely chopped	

METHOD

Heat the oil and add the ginger, chilli, and garlic, followed by the prawns. Stir fry for a 5 minutes then add the kale, cooking for a further 5 minutes before serving up as a super-healthy and squeaky clean meal for any time of the day.

RICH AND CREAMY BOMBAY CHICKEN CURRY

INGREDIENTS

1 onion, roughly chopped	3 cloves garlic, roughly chopped
1 teaspoon coconut oil	1 chilli, finely chopped

Pinch of coriander seed and mustard seed

1 handful whole mange tout

1 cup coconut milk

1 small handful fresh coriander

METHOD

Brown off the onions in the coconut oil then add the garlic and chilli for 2 minutes. Add the spices and mix well for a minute, then add the chicken and fry gently for around 10 minutes. Then add the coconut milk and mange tout, simmer for 5 minutes, and finally add the coriander before serving.

JERK CHICKEN WITH BROWN RICE AND PEAS

INGREDIENTS

Pinch each of allspice, chillies, cinnamon, nutmeg, thyme, ginger, and salt

½ cup of cooked brown rice

Clove of garlic, finely chopped

¼ cup black eyed beans

Leg and thigh of chicken

Cup of spinach, shredded

METHOD

Mix the spices and garlic together and spread on the chicken. Place in the oven until cooked through. Serve with the rice and peas (they're actually beans, but the dish traditionally calls them 'peas'!) plus the spinach for a mix of fresh and spicy.

MOULES MARINIÈRES WITH OVEN ROAST VEGETABLE WEDGES

INGREDIENTS

500 grams mussels, ready cleaned

1 cup veg stock

1 onion

Potato, parsnip, carrot, cut into rough wedges

1 large handful parsley

Drizzle olive oil

METHOD

Combine the seasoned veg and oil and bake in the oven for around 30 minutes until crunchy.

Fry up the onions, then add the vegetable stock and mussels. Cover and cook for around 10 minutes then add parsley and black pepper.

Chapter 4

Inventive and exciting main meals

APPLE, KALE, BEETROOT, AND GOAT'S CURD SALAD

INGREDIENTS

1 cup kale, firmly massaged with olive oil and salt

½ apple, finely sliced

Handful beetroot, finely sliced

Palm-full walnuts, crushed

Tablespoon goat's curd

Black pepper and salt

ROQUEFORT CAULIFLOWER WITH SPINACH AND ALMOND SALAD

INGREDIENTS

Small handful crumbled organic Roquefort

½ head lightly steamed cauliflower florets

1 handful chopped fresh parsley

1 cup spinach, finely shredded

1 palm-full crushed raw almonds

Splash balsamic vinegar

Drizzle olive oil

METHOD

Crumble the cheese onto the steamed cauliflower and melt it under the grill until it's bubbling and crispy. Mix the spinach, oil, vinegar, and almonds and serve with the cauliflower for a tasty combination of strong and mild.

ZOODLES WITH HOMEMADE BASIL AND CHERRY TOMATOES

INGREDIENTS

1 zucchini, spirallized or made into thin slices with a potato peeler

1 tablespoon homemade pesto

5 cherry tomatoes, quartered

METHOD

Warm the pesto up in a frying pan and add the zoodles. Finish by adding the fresh tomatoes and season with black pepper before serving

KALE AND GOAT'S CURD SOUP

INGREDIENTS

1 small onion, roughly chopped

1 cup kale

1 stick celery, roughly chopped

1 small handful parsley

1 clove garlic

1 large tablespoon of organic goat's curd

1 cup homemade stock

METHOD

Fry up the onion, garlic, and celery, then add the kale for 2 minutes before adding the stock. Simmer for 5 minutes before adding the parsley then blending to a smooth consistency. Pop the goat's curd on top just before serving with plenty of black pepper.

Chapter 5

It feels like cheating – but it isn't!

BANANA AND PEANUT ICE CREAM

INGREDIENTS

1 ripe banana

Handful of raw unsalted peanuts

METHOD

Cut the banana into slices. Place on a tray and leave in the freezer overnight. Once frozen, place in food processor with the peanuts and blend until they have a smooth consistency.

MELT-IN-THE-MOUTH ROASTED PEACHES AND CHERRIES

METHOD

Place some peaches and cherries in a baking tray with a touch of water. Bake until soft and add a scoop of nut butter and a scoop of Greek yoghurt to serve.

CARAMELISED SPICY PEARS

INGREDIENTS

Large ripe pear, finely sliced

Squeeze of agave nectar

Pinch of cinnamon, nutmeg, and black cloves

Pinch of finely chopped ginger

METHOD

Toss the pears, spices, nectar, and ginger in a heavy bottomed pan and simmer until they're caramelised and melt in the mouth.

BUCKWHEAT PORRIDGE WITH FRESH FIGS AND CRUNCHY NUT BUTTER

INGREDIENTS

½ cup buckwheat

2 fresh figs

1 tablespoon chia seeds

Teaspoon nut butter

1 cup coconut or almond milk

METHOD

Soak the buckwheat and chia seeds in the milk overnight then simmer for in a pot with ½ cup water five minutes before it's time to eat. Add the figs and nut butter before serving for a rich and creamy breakfast or snack.

BANANA OATMEAL COOKIES

INGREDIENTS

2 large bananas, mashed

Handful walnuts

2 cups oats

Palm-full cocoa nibs

METHOD

Grind oats in the food processor until they have a rough flour-like consistency. Mix in the other ingredients and make into rough cookie shapes before baking for around 10 minutes.