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# HEALTHY ≡ MEAL PLAN ≡



UNLEASHING THE GENIUS OF NATURE FOR  
≡ A HEALTHY YOU & HEALTHY PLANET ≡

# MAKE THIS YOUR ⇒ HEALTHIEST YEAR YET ⇒

We're all for planning ahead to ensure healthy meals are on the table all week. It also prevents food waste. To help get you started, here's an example of what a week's worth of healthy meal planning for two adults and two children might look like. Quantities can be halved for two people and halved again for one. Meal planning doesn't have to be boring, with a bit of organisation and inspiration, it can be well worth the effort.

Find a variety of recipes ranging from:

- ✓ paleo
- ✓ vegetarian
- ✓ vegan
- ✓ gluten free
- ✓ nut free

	BREAKFAST	LUNCH	SNACKS	DINNER
<b>M</b>	<a href="#">Overnight Chia Oats</a>	<a href="#">Healthy Sandwich or Salad</a>	Apple slices with nut butter	<a href="#">Slow Cooker Butter Chicken</a>
<b>T</b>	<a href="#">Caramel Tahini Smoothie</a>	<a href="#">Buddah Bowl Salad</a>	Boiled egg and veggie sticks	<a href="#">Jeanne's Beans</a>
<b>W</b>	<a href="#">Porridge or Granola</a>	<a href="#">Quinoa Salmon Muffins with Spinach &amp; Dill</a>	Rice cakes with tahini and honey	<a href="#">Pumpkin &amp; Lentil Savoury Crumble</a>
<b>T</b>	<a href="#">Caramel Tahini Smoothie</a>	Dinner Leftovers	Trail mix or handful of mixed nuts	<a href="#">Sweet Potato Beef Lasagne with Spinach</a>
<b>F</b>	<a href="#">Overnight Chia Oats</a>	<a href="#">Healthy Sandwich or Wrap</a>	Homemade popcorn and fresh fruit	<a href="#">Lentil Spaghetti Bolognese</a>
<b>S</b>	Toast with avocado	<a href="#">Homemade Sushi</a>	Seasonal vegetable sticks with hummus	<a href="#">Lamb Shakshuka with Spinach</a>
<b>S</b>	<a href="#">Cinnamon Bun Pancakes</a>	Leftovers or scrambled eggs with veggies	Homemade popcorn and fresh fruit	<a href="#">Red Kidney Bean Coconut Curry</a>

Click on any underlined text to link to the recipe or further information.  
Use the navigation footer in the left hand corner to switch between sections.

# ≡ SHOPPING LIST ≡

## MEAT AND EGGS

- 2 dozen eggs
- 1kg + 500g minced meat (beef, lamb or vegetarian alternative)
- 680g boneless chicken thighs
- 1x can salmon 210g

## DAIRY OR DAIRY ALTERNATIVES

- Milk of your choice 2L
- 1x block of cheese 500g
- 1x pack feta cheese 200g
- 250g ricotta
- 250g sour cream
- 180g parmesan
- 100g mozzarella

## FRUIT AND VEGETABLES (CHOOSE ORGANIC WHERE POSSIBLE)

- 2x bunches of greens such as silverbeet, kale, spinach or bok choy
- 1x cucumber
- 1x red capsicum
- 2x avocados
- 4-6 brown onions
- 1.5kg potatoes
- 1kg kumara
- 1/2 crown pumpkin
- 6-8 carrots
- 4x bulbs of garlic
- ½ bunch of celery
- ½ head cabbage
- Fresh parsley
- 8-10 button mushrooms
- Lettuce
- Seasonal fruit of choice
- 1-2x bunches of bananas

## GRAINS & SEEDS

- 1x bag of popping corn 500g
- 1x bag of brown rice 500g

- Pasta of your choice 500g
- 1x Chantal Organics Quick Cooking Rolled Oats 850g
- 1x Chantal Organics Chia Seeds 220g
- 1x Chantal Organics White Quinoa 450g
- 1x bag of Pumpkin Seeds 400g
- 1x Chantal Organics Hemp Seeds 200g

## PANTRY

- 1x Chantal Organics Swiss Bircher Muesli 700g
- 7x cans Chantal Organics Chopped Tomatoes 400g
- 3x Chantal Organics Tomato Paste 200g
- 3x cans Chantal Organics Lentils 400g
- 3x cans Chantal Organics Coconut Milk 400g
- 2x cans Chantal Organics Red Kidney Beans 400g
- 1x can Chantal Organics Black Beans 400g
- 1x can Chantal Organics Baked Beans 400g
- 1x can Chantal Organics Cannellini Beans 400g
- 1x Chantal Organics Chickpeas 400g
- 1x Chantal Organics Whole Crunchy Peanut Butter 400g
- 1x Chantal Organics Passata 680g
- 1x Chantal Organics Tomato Sauce 480g
- 1x Chantal Organics Apple Syrup 250ml
- 1x Chantal Organics Apple Cider Vinegar 500ml
- 1x packet Kallo Vegetable Stock

## Cubes

- 1x Chantal Organics Extra Virgin Olive oil 500ml
- 1x Chantal Organics Virgin Coconut Oil 400ml
- 1x bag of Raisins 375g
- Chantal Organics Turmeric Tamari
- Roasted Almonds 175g
- Chantal Organics Cashew & Cranberry Crumble Trail Mix 175g
- 1x Chantal Organics Desiccated Coconut 200g
- 1x Chantal Organics Brown Rice Flour 1kg
- 1x Chantal Organics Buckwheat Flour 800g
- 1x Chantal Organics Rice Syrup 400g
- 1x Chantal Organics Almond Butter 230g
- Wholegrain or gluten-free crackers
- Kallo Corn or Rice Cakes
- Wholegrain or gluten free bread

## SPICES (CHECK YOUR PANTRY FIRST)

- Curry powder
- Ground cumin
- Ground cinnamon
- Ground ginger
- Nutmeg
- Garlic granules
- Paprika (smoked or sweet)
- Ground coriander
- Cayenne
- Turmeric
- Dried thyme
- Dried oregano
- Chilli flakes
- Black pepper
- Sea Salt

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# ≡ BREAKFAST ≡ RECIPES

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# OVERNIGHT CHIA OATS

✓ Dairy Free & Vegan    👤 Serves 1    ⌚ Prep time: 5 minute    🍳 Cook time: 0 minutes



## FILLING INGREDIENTS

¾ cup plant-based milk of choice  
1/3 cup Chantal Organics Quick Cooking Rolled Oats  
1 tbsp Chantal Organics Chia Seeds  
2 tsp Chantal Organics Apple Syrup  
¼ tsp vanilla extract  
2 tbsp Raisins

## OPTIONAL TOPPINGS

1/2 banana, thinly sliced  
1/2 piece of seasonal fruit, chopped  
1 tbsp Chantal Organics Desiccated Coconut

## METHOD

1. Combine oats, chia seeds, raisins, apple syrup, vanilla, and milk in a small glass jar with a lid (our peanut butter jars are perfect to reuse for this).
2. Stir well until completely combined. Put the lid on tightly and refrigerate overnight.
3. In the morning, add your choice of toppings and enjoy!



# CARAMEL TAHINI ≡ SMOOTHIE ≡

✓ Gluten Free & Vegan    👤 Serves 1    ⌚ Prep time: 5 minute    🍳 Cook time: 0 minutes



## FILLING INGREDIENTS

1 frozen banana  
1 tbsp Chantal Organics Whole Tahini  
1 tsp Chantal Organics Virgin Coconut Oil, melted  
1/2 cup frozen cauliflower florets (cooked or raw)  
2 medjool dates  
1 tsp ground cinnamon  
1 cup Chantal Organics Coconut Milk (or plant-based milk of your choice)

## METHOD

1. Melt the coconut oil.
2. Place all the ingredients into a high speed blender and blend until super smooth.
3. If it's a little too thick, simply add more milk.
4. Serve in a tall glass with a straw.

## LEFTOVER TIPS

- Any leftover smoothie can be stored in a sealed bottle in the fridge for up to 3 days

# CINNAMON BUN PANCAKES

✓ Dairy & Gluten Free

👤 Makes 18-20

🕒 Prep time: 20 minute

🍳 Cook time: 30 minutes



## PANCAKE MIXTURE

100g Chantal Organics Brown Rice Flour  
50g Chantal Organics Buckwheat Flour  
10g coconut flour  
50g golden sugar  
1/2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp ground ginger  
1/4 tsp ground nutmeg  
A pinch of sea salt  
2 tsp ground cinnamon  
2 tbsp Chantal Organics Coconut Oil, melted  
2 eggs  
2 tbsp Chantal Organics Rice Syrup  
50g Chantal Organics Almond Butter  
75g coconut yoghurt  
150g plant-based milk of choice  
\*extra coconut oil for cooking

## CINNAMON BUN GLAZE

1 cup icing sugar  
1/4 cup water

## TOPPING SUGGESTIONS

Chantal Organics Apple Syrup  
Fresh berries  
Fresh pomegranate seeds

## METHOD

1. Combine all the dry ingredients, except the cinnamon, in a medium bowl and stir well to combine.
2. Gently melt coconut oil either in a bowl set over a pan of steaming water or in a microwave.
3. Combine all the wet ingredients, except the coconut oil, in a second bowl and use a hand whisk to combine.
4. Add the wet ingredients to the dry ingredients and stir to combine, then fold in the melted coconut oil.
5. Lastly add cinnamon and gently fold it through so that your mix has a cinnamon swirl. Note: the mix should be quite thick which creates a nice thick pancake. If it's so thick it won't come off a spoon, add a little more milk.
6. Heat a spoonful of coconut oil in a heavy based fry pan over medium low heat.
7. When the pan is hot add 3 to 4 tablespoons of pancake mix and shape into round circles.
8. When you see bubbles appearing all over, flip the pancakes to cook the other side. Add more coconut oil as you need it.
9. Keep an eye on your pan heat, if it gets too hot the pancakes will burn quickly.
10. Make the cinnamon bun glaze by stirring the icing sugar and water together in a small bowl.
11. Pile the warm pancakes up on a plate, drizzle with cinnamon bun glaze and top with berries, pomegranate seeds and apple syrup if desired.

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# ≡ LUNCH ≡ RECIPES

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# HEALTHY LUNCHBOX

## ≡ INSPIRATION ≡

### WHY IS A HEALTHY LUNCHBOX IMPORTANT?

Children have high energy requirements, so they need nutrient dense foods that will fuel their brains and bodies. [Research](#) shows that a nutritious lunch improves behaviour and concentration in the classroom, as well as, strengthens immunity, supports overall wellbeing and lowers the risk of obesity.

### TIPS

Find 9 tips for packing healthy, low-waste lunchboxes [here](#), along with a collection of [healthy recipes](#).



### NUTRITIOUS AND DELICIOUS LUNCHBOX IDEAS

- Veggie sticks carrots, cucumber, capsicum, courgette or celery. Pack a small container of hummus for plant-based protein.
- [Simple Homemade Sushi](#)
- Try this savoury [Hemp Heart, Nut & Seed Clusters](#) recipe.
- Natural homemade popcorn. We love this [Peanut Butter & Cinnamon Caramel Popcorn](#).
- Homemade treats filled with nutrient dense ingredients. Try these [Energy Balls](#), [Coconut Banana Bread](#) or [Pumpkin & Oat Muffins](#).
- Make your own trail mix with what's in your pantry or try these [Organic Trail Mixes](#).

### HEALTHY SANDWICH IDEAS

Here are some ideas for healthy sandwich fillings. Choose a bread with a high fibre content or if time allows, bake your own bread on the weekend. Make it a habit, which is both satisfying and packaging-free. Try this [Paleo Bread with Vegan Protein](#).

Sandwich filling ideas:

- Leftovers: roast chicken, grilled sausage or mince with lettuce or coleslaw
- Mixed lettuce greens and hard-boiled egg mashed with mayonnaise or olive oil
- [Homemade hummus](#), crunchy sprouts, avocado and cashew cheese spread
- Banana and nut butter, sprinkled with hemp seeds

# PLANT-BASED

## BUDDHA BOWL



Vegan



Serves 1



Prep time: 20 minute



Cook time: 20 minutes

### CHICKPEAS

1 can Chantal Organics Chickpeas 400g

1 tsp cumin powder

½ tsp sea salt

½ tsp coriander powder

½ tsp red chili powder

### QUINOA

1/3 cup Chantal Organics Quinoa

1 tsp powdered garlic

½ tsp sea salt

1 cup water

½ cup kale

### SLAW

½ cup shredded red cabbage

5 cherry tomatoes

¼ cup chopped cucumber

¼ cup beetroot

1 tbsp Chantal Organics Almond Butter

1.5 tsp Chantal Organics Tamari

¼ tsp fresh ginger

¼ tsp smoked paprika

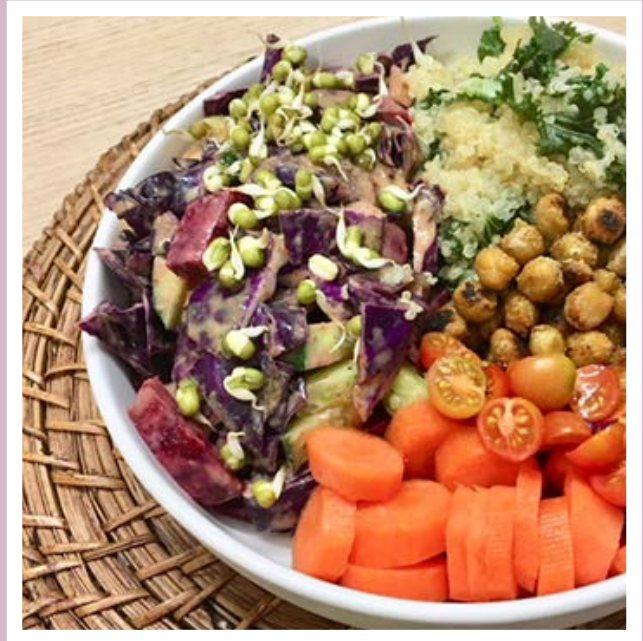
Juice of half a lime

### GREEN SALAD

1 cup salad greens

¼ cup sprouts

½ cup chopped carrots



### METHOD

1. Drain and rinse the chickpeas. In a small bowl, combine chickpeas and spices. Stir well to coat the chickpeas. Place on a baking tray with parchment paper and bake for 20 minutes on 180C, or until golden brown and crispy.
2. Put 1 cup of water into a pot and bring to the boil. Rinse the quinoa and place into the pot with the garlic, salt, and coriander. Reduce the heat to a simmer for 10-15 minutes until the water is absorbed and the quinoa is fluffy.
3. Chop up the vegetables and set aside.
4. In a bowl mix together the almond butter, tamari, lime juice, ginger, and paprika. Add in 1-2 T of water until it reaches a silky consistency.
5. Add in the vegetables and mix so they are coated in the sauce.
6. Once the quinoa has absorbed all the water, tear up the baby kale and stir into the quinoa. Take off the heat.
7. Place salad greens into a bowl (or lunchbox to go). Assemble the quinoa, chickpeas, and salad on top. Add sprouts and chopped carrots for crunch.

# QUINOA SALMON MUFFINS

## WITH SPINACH & DILL

✓ Gluten Free    👤 Serves 12    ⌚ Prep time: 20 minute    🕒 Cook time: 30 minutes



### FILLING INGREDIENTS

1 cup Chantal Organics White Quinoa (uncooked)  
2 tbsp Chantal Organics Chia Seeds  
210g tin salmon  
1 tbsp kale powder  
1 tbsp fresh dill (or 1 tsp dried)  
2 tsp gluten free baking powder  
200g feta cheese  
8 eggs  
2 large handfuls baby spinach leaves  
2 tbsp Pumpkin Seeds

### METHOD

1. Cook the quinoa as per the instructions on the packet.
2. Wash the spinach leaves and roughly chop.
3. Wash and roughly chop the fresh dill (if using).
4. Place the cooked, fluffed up quinoa into a large mixing bowl along with the chia seeds, drained salmon, kale powder, dill and baking powder, and stir well. Crumble in the feta cheese and stir well to combine.
5. Whisk the eggs lightly in a separate bowl and add to the mix.
6. Season with freshly ground black pepper and mix well. Note: no need to add any extra salt as they're already salty from the feta and salmon.
7. Stir through the chopped spinach leaves and leave the mix to stand for 5 minutes or so, to allow the chia to absorb the liquid.
8. While you wait, preheat the oven to 180°C fan bake and line a standard muffin pan with paper muffin cases, baking paper or grease pan with butter/oil.
9. Divide the mixture evenly between the 12 muffins cases. They will be rather full, as these muffins do not rise. Bake in the centre of the oven for 25 to 30 minutes.
10. The muffins are done when they look set, bounce back when lightly touched and turn golden around the edges.



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# ≡ DINNER ≡ RECIPES

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# SLOW COOKER BUTTER CHICKEN

✓ Dairy & Gluten Free & Paleo    👤 Serves 4    ⌚ Prep time: 30 minute    🍲 Cook time: 4-6 hours



## INGREDIENTS

680g boneless chicken thighs  
1 large onion  
1 can of Chantal Organics Chopped Tomatoes  
1 ½ cups Chantal Organics Tomato Passata  
2 tbsp Chantal Organics Tomato Paste  
2-3 green or red chillies (depending on taste)  
1 tsp fresh ginger  
4 cloves of garlic  
1 tsp cumin powder  
1/2 tsp coriander powder  
1/2 tsp ground cinnamon  
Salt and pepper  
1 cup plant-based milk of choice  
2 tbsp butter or ghee (use Chantal Organics Coconut Oil for dairy free option)  
Fresh coriander, roughly chopped

## METHOD

1. Rinse and chop the chicken into bite-sized pieces. In a medium-sized fry pan, brown the chicken in a small amount of butter for about 10 minutes. Season well with salt and pepper.
2. While the chicken is browning, chop the onion, chillies, ginger and garlic and add it to the slow cooker, along with the canned tomatoes, passata, tomato paste, cinnamon, cumin, coriander and ginger. Stir well.
3. When the chicken is browned add it to the slow cooker and stir again. Season with salt and pepper.
4. Cover and set the slow cooker on low for 4-6 hours.
5. Before serving, stir in the milk and butter.
6. Serve over rice, quinoa or sautéed vegetables, such as silverbeet, courgette or whatever seasonal veggies you have on hand.
7. Garnish with chopped coriander and enjoy!



# JEANNE'S BEANS

✓ Gluten Free    👤 Serves 8-10    ⌚ Prep time: 20 minute    🍲 Cook time: 50-60 minutes



## INGREDIENTS

500g organic beef mince  
250g bacon rashers  
1 large onion, diced  
¼ cup sugar  
½ cup Chantal Organics Tomato Sauce  
½ cup Chantal Organics Passata  
1 tbsp Chantal Organics Apple Cider Vinegar  
2 cans Chantal Organics Baked Beans  
1 can Chantal Organics Kidney Beans  
1 can Chantal Organics Black Beans  
1 can Chantal Organics Cannellini Beans  
1 tsp mustard powder  
1 tsp sea salt  
Cracked pepper to taste

## METHOD

1. Preheat oven to 180°C.
2. Fry the bacon in a hot pan with a teaspoon of oil until crisp. Allow to cool enough to handle and chop into small pieces.
3. In the same pan, sauté the beef mince and diced onion.
4. Meanwhile, drain and rinse the canned beans (except the baked beans). Add all beans into a large casserole dish. Add the remaining seasonings and ingredients to the dish, followed by the mince and bacon. Stir well.
5. Cover and bake for 50-60 minutes.
6. Serve hot, with a side salad or other sautéed greens

# PUMPKIN & LENTIL SAVOURY CRUMBLE



Vegan



Serves 4



Prep time: 30 minute



Cook time: 30 minutes



## LENTIL FILLING

1 tbsp Chantal Organics Extra Virgin Olive Oil  
1 brown onion  
2 cloves garlic  
1/2 medium pumpkin/squash (approximately 500g)  
1 large orange kumara (approximately 500g)  
1 1/2 cups vegetable stock  
1 can Chantal Organics Chopped Tomatoes  
1 can Chantal Organics Lentils  
1 tsp ground turmeric  
1/4 tsp cayenne pepper (optional)  
Salt & pepper to season

## SAVOURY CRUMBLE TOPPING

2 cups Chantal Organics Swiss Bircher Muesli  
1/2 cup Pumpkin Seeds  
1/2 cup Chantal Organics Hemp Seeds  
1/2 cup ground almonds  
1 handful fresh thyme leaves, roughly chopped  
1/4 cup Chantal Organics Extra Virgin Olive Oil  
Salt & pepper to season

## METHOD

1. Preheat the oven to 180°C fan bake and set aside a large casserole dish.
2. To prep the filling ingredients, peel and chop the onion into small pieces; peel and crush the garlic; cut the skin off the pumpkin, remove the seeds and chop into bite size pieces; peel and chop the kumara into bite size pieces.
3. Heat the oil in a large pan. Add the onion and cook until it begins to soften and caramelize.
4. Add the crushed garlic, pumpkin, kumara and 1/2 cup of stock. Bring to a simmer and continue to cook until the pumpkin and kumara begin to soften, about 7-8 minutes. If the mixture gets too dry, add more stock to continue simmering.
5. While the kumara and pumpkin are cooking, prepare the crumble by combining all the ingredients in a large mixing bowl and stirring well.
6. Drain the lentils and add to the pan along with the chopped tomatoes, spices, salt and pepper. Allow to come to a simmer then remove from the heat.
7. Pour the filling into the casserole dish and top with the crumble. Place in the centre of the oven to bake for about 30 minutes, or until the crumble turns a light golden colour.
8. Serve warm with a large green side salad. Any leftovers will keep in the fridge for up to 5 days.



# SWEET POTATO BEEF LASAGNE

## WITH SPINACH

✓ Gluten Free    👤 Serves 4 to 6    ⌚ Prep time: 40 minute    🍳 Cook time: 30 minutes



### FILLING INGREDIENTS

2 medium orange sweet potato  
2 tbsp Chantal Organics Coconut Oil  
1 large red onion  
500g beef mince  
2 tsp garlic granules  
1 tbsp paprika (smoked or regular)  
1/4 tsp chilli powder  
1 tsp sea salt  
Freshly ground black pepper  
1 jar Chantal Organics Tomato Paste  
1 can Chantal Organics Chopped Tomatoes  
2 large handfuls baby spinach

### CHEESE SAUCE

250g ricotta  
250g sour cream  
120g grated parmesan

### TOPPINGS

60g grated parmesan  
100g grated mozzarella

### METHOD

1. Preheat the oven to 200°C.
2. Peel the sweet potato and cut into 4mm thick slices. Place the sweet potato slices onto two lined oven trays and place in the oven to roast for 10 to 15 minutes, or until cooked through and soft.
3. Peel and chop the onion into small pieces.
4. Wash the spinach and drain well.
5. Heat the coconut oil in a large heavy based fry pan over medium heat. Add the onion and cook until soft and translucent, approximately 5 minutes.
6. Add the mince and use a wooden spoon or cooking utensil to break it up, and combine with the onions.
7. Add the garlic granules, spices, salt and black pepper, stirring well to combine.
8. Add the tomato paste and stir well to combine.
9. Add the chopped tomatoes and juice. Continue to cook the beef mixture over medium to low heat, stirring occasionally, until most of the liquid has evaporated, about 5 minutes.
10. In a small bowl mix together the ricotta, sour cream and grated parmesan.
11. Line the base of a deep 2.6L oven proof dish with sweet potato slices.
12. Spread with 1/3 of the cheese mixture, followed by 1/3 of the mince, then lay 1/3 of the spinach over the mince layer.
13. Repeat twice more with another layer of sweet potato, cheese mixture, mince then spinach.
14. Finish with a final layer of sweet potato and sprinkle it with the parmesan and mozzarella.
15. Cover with tin foil and place in the oven to bake for 15 to 20 minutes, or until you can see the lasagne bubbling underneath.
16. Remove the tin foil and cook for another 5 to 10 minutes, until the cheese topping is melted and golden.
17. Let rest for 5 minutes before serving warm.

### LEFTOVER TIPS

- Store any leftovers in a sealed container in the fridge for up to 3 days, and be sure to reheat well before serving.
- Alternatively freeze for up to 1 month.

# LENTIL SPAGHETTI

## ≡ BOLOGNESE ≡

✓ Gluten Free & Vegetarian

👤 Serves 4

🕒 Prep time: 25 minute

🍲 Cook time: 20 minutes



### INGREDIENTS

2 cans Chantal Organics Lentils 400g  
2 cans Chantal Organics Chopped Tomatoes 400g  
1 onion  
3 garlic cloves  
6-8 button mushrooms, thinly sliced  
1/2 cup fresh parsley, finely chopped  
1/2-1 teaspoon chilli flakes  
1 tbsp Chantal Organics Coconut Oil  
Salt and pepper to taste  
1 packet gluten free spaghetti

### METHOD

1. Prepare the vegetables and set aside. Peel and finely chop the onion and garlic. Wash and thinly slice the mushrooms. Chop the parsley.
2. Melt the coconut oil in a large fry pan over medium heat, add onions and garlic and sauté for 3-5 minute until clear.
3. Add the lentils, tomatoes, mushrooms, chilli flakes, salt and pepper to the pan. Put the heat down slightly and simmer for 5-10 minutes.
4. Cook the pasta as per package instructions.
5. Serve the Bolognese over the spaghetti and garnish with fresh parsley.

# LAMB SHAKSHUKA

## WITH SPINACH

✓ Dairy & Gluten Free    👤 Serves 4-6    ⌚ Prep time: 10 minute    🍳 Cook time: 30 minutes



### INGREDIENTS

2 tbsp Chantal Organics Coconut Oil  
1 large onion, diced  
500g lamb mince  
2 tsp garlic granules  
1 tbsp cumin powder  
1 tbsp paprika (smoked or regular)  
1/4 tsp chilli powder  
1 tsp sea salt  
Black pepper to season  
1 jar Chantal Organics Tomato Paste  
1 can Chantal Organics Chopped Tomatoes  
2 large handfuls baby spinach leaves, washed and roughly chopped  
4 to 6 eggs

### METHOD

1. Heat the coconut oil in a large heavy based fry pan over medium heat.
2. Add the onion and cook, stirring occasionally, until soft and translucent - approximately 5 minutes.
3. Add the lamb mince and use a wooden spoon or cooking utensil to break it up, and combine with the onions.
4. Add the garlic granules, spices, salt and black pepper, stirring well to combine.
5. Add the tomato paste and stir well to combine.
6. Add the chopped tomatoes and juice - use about 1/4 cup water to wash out any leftover tomato juice from the can and add to the lamb mixture.
7. Add the washed and chopped spinach and stir through.
8. Continue to cook the lamb mixture over medium to low heat, stirring occasionally, until most of the liquid has evaporated - about 5 minutes.
9. Turn the heat down to low, make 4 to 6 holes in the lamb mix and crack an egg into each hole (i.e. 1 egg per serve). Aim to get all the eggs in within a few seconds of each other so they cook evenly.
10. Place a lid on the fry pan (or oven tray if you don't have a lid), and allow the eggs to cook for approximately 5 minutes. The eggs are ready when the white has turned opaque but the yolk is still runny.
11. Spoon the lamb shakshuka onto serving plates so that you end up with an egg on top.

### LEFTOVER TIPS

- Store any leftovers in a sealed container in the fridge for up to 3 days, and be sure to reheat well before serving again.



# RED KIDNEY BEAN COCONUT CURRY

✓ Dairy & Gluten Free & Vegetarian    👤 Serves 2 to 4    ⌚ Prep time: 20 minute    🍲 Cook time: 20 minutes



## CURRY

2 tbsp Chantal Organics Coconut Oil  
1 brown onion  
2 cloves garlic  
1 red chilli  
1 can Chantal Organics Chopped Tomatoes  
2 tsp turmeric powder  
2 tsp ginger powder  
2 tsp ground cinnamon  
1 tsp ground cumin  
salt and pepper to season  
1 can Chantal Organics Coconut Milk  
1/2 cup Chantal Organics Whole Crunchy Peanut Butter  
1 tbsp coconut sugar  
1 cup water  
1 bunch broccolini or bok choy  
1 can Chantal Organics Red Kidney Beans  
1 handful of fresh coriander to garnish  
Salt & pepper to season

## OPTIONAL SIDES

Cooked white or brown rice, according to packet directions

## METHOD

1. Peel the onion and slice into thin strips. Peel and crush the garlic.
2. Heat the oil in a large heavy based fry pan and add the onion. Cook stirring occasionally for a few minutes then add the garlic.
3. Finely slice the chilli and add to the pan along with the can of tomatoes.
4. Add the spices, season with salt and pepper and stir well.
5. Add the coconut milk, peanut butter, sugar and water and mix well.
6. Wash the greens, trim the stems and cut into bite size pieces. Add to the curry and simmer for a couple of minutes.
7. Drain and rinse the kidney beans and add to the curry.
8. When the beans are heated through and the greens are al dente, the curry is ready.
9. Spoon into serving bowls and garnish with fresh coriander and rice.

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# ≡ CONGRATULATIONS ≡

Making the move to a healthier diet takes time. Small, mindful changes to your eating habits supports long term healthy habits. Use this meal plan as inspiration to change. Be proud of your progress no matter how big or small.

If you're looking for more information on current food trends, health and wellness, the benefits of eating organic and sustainable living inspiration, visit [chantalorganics.co.nz](http://chantalorganics.co.nz).



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