



BBQ Chimichurri Chicken with Sweet Potato Wedges

4 servings
30 minutes

Ingredients

1/2 cup Red Wine Vinegar
1 gram Cilantro (fresh Coriander) (thick stems removed)
1/4 cup Fresh Oregano
4 Garlic (cloves)
3/4 cup Extra Virgin Olive Oil (divided)
1 tsp Sea Salt
560 grams Chicken Breast (skinless, boneless)
2 Sweet Potato (medium, peeled and cut into wedges)

Nutrition

Amount per serving	
Calories	600
Fat	44g
Carbs	16g
Fiber	3g
Sugar	3g
Protein	33g
Vitamin C	3mg
Calcium	82mg
Iron	2mg
Vitamin D	1IU
Folate	27µg
Vitamin B12	0.3µg
Magnesium	66mg
Zinc	1mg

Directions

- 1 Add vinegar, coriander, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 In a large bowl, coat chicken breasts in half the chimichurri sauce and set aside. In a separate bowl, coat sweet potato wedges in the remaining olive oil.
- 3 Preheat grill on medium heat. Grill the chicken breasts until cooked, about 10 to 12 minutes each side. Grill the sweet potato wedges on all sides, about 10 minutes total.
- 4 Transfer to plates and top with desired amount of chimichurri. Enjoy!

Notes

Make it Spicy: Add a chili pepper or red pepper flakes to the chimichurri.

Storage: Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Coriander: Use parsley instead.

No Grill: You can bake the chicken at 200C for about 20 minutes (may vary depending on thickness), and sweet potato wedges for about 30 minutes (flipping halfway).



Lentil & Feta Tabbouleh

4 servings

10 minutes

Ingredients

2 cups Lentils (cooked)
2 Tomato (medium, diced)
2/3 cup Feta Cheese (crumbled)
4 cups Parsley (chopped)
1/2 cup Red Onion (finely diced)
1/4 cup Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tsps Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

Directions

1

Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.

Storage: Store in an airtight container in the fridge up to 3 days.

Nutrition

Amount per serving	
Calories	344
Fat	20g
Carbs	30g
Fiber	11g
Sugar	3g
Protein	15g
Vitamin C	95mg
Calcium	247mg
Iron	8mg
Vitamin D	4IU
Folate	301µg
Vitamin B12	0.4µg
Magnesium	78mg
Zinc	3mg



Watermelon & Feta Skewers

6 servings

15 minutes

Ingredients

1/2 Seedless Watermelon (medium, cut into cubes)

1/4 cup Mint Leaves

1 1/2 cups Feta Cheese (cubed)

Nutrition

Amount per serving	
Calories	213
Fat	9g
Carbs	30g
Fiber	2g
Sugar	23g
Protein	8g
Vitamin C	31mg
Calcium	214mg
Iron	1mg
Vitamin D	6IU
Folate	25µg
Vitamin B12	0.6µg
Magnesium	46mg
Zinc	1mg

Directions

- 1 Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

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

Serving Size: One serving equals approximately four toothpicks.

More Flavor: Drizzle balsamic glaze overtop.

Additional Toppings: Add cucumber slices.