



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

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.

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.

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)

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

Directions

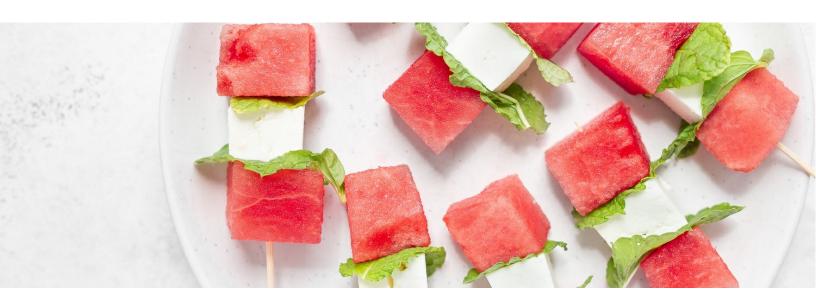


Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

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.





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



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.