

Curves Recipes

LIGHT

& FRESH



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CHICKEN LETTUCE WRAPS

INGREDIENTS:

- 1 tsp hoisin sauce
- 1 tsp soy sauce (reduced salt)
- 1 tsp sesame oil
- ½ tsp rice wine vinegar
- 1 tsp sweet chilli sauce
- 1 tsp canola oil
- 1 tsp minced garlic
- 1 tsp minced ginger
- 2 scallions/spring onions
- 8 oz/250g lean ground chicken
- ½ bell pepper/capsicum
- ½ cup snowpeas, chopped
- 1 carrot, grated
- 6 whole butter lettuces (leaves only)
- ¼ cup almonds, chopped or slivered

Preparation & cooking time: 20 minutes

Nutritionals per serve: 427 calories (1788kJ), 37.3g protein, 7.6g carbohydrate, 6.8g sugar, 27.8g fat, 5.4g saturated fat

SERVES: 2

METHOD:

1. For the sauce: mix hoisin sauce, soy sauce, sesame oil, rice wine vinegar and chili garlic sauce together in a bowl and set aside.
2. Heat canola oil in a fry pan over high heat.
3. Add garlic, ginger and onion to the pan and stir until fragrant.
4. Add ground chicken/chicken mince, breaking it into small pieces until cooked through.
5. Meanwhile, chop bell pepper/capsicum and snow peas, and shred carrot.
6. Add bell pepper/capsicum and snow peas and cook for 1 minute.
7. Pour the sauce on top and cook for 2 minutes longer.
8. Serve chicken mixture in lettuce cups with shredded carrots and slivered almonds on top.



GARLIC GINGER SCALLOPS WITH BROWN RICE & ZUCCHINI

INGREDIENTS:

- ¼ cup/50g brown rice
- 1 zucchini
- 1 garlic clove
- 1 tsp ginger
- 1 tsp olive oil
- 6 oz/180g scallops
- 1 tbsp soy sauce (reduced salt)
- 1 tsp sesame oil

Preparation & cooking time: 30 minutes

Nutritionals per serve: 443 calories (1855kJ), 35.5g protein, 50.2g carbohydrate, 7.3g sugar, 11.0g fat, 1.7g saturated fat

SERVES: 1

METHOD:

1. Cook brown rice according to package instructions.
2. Slice zucchini. Place a steamer insert in saucepan and fill with water to just below the bottom of the steamer. Cover and bring water to a boil. Place zucchini in steamer insert and cover. Steam for about 5 minutes or until tender.
3. Mince garlic and ginger. Heat a nonstick pan over medium heat and add olive oil and scallops. Turn once and add garlic, ginger, soy sauce, and sesame oil.
4. Serve with brown rice and steamed zucchini.

TIP:

50g = 1/4 cup dry = 3/4 cup cooked



CHICKEN KEBABS

INGREDIENTS:

- 4 oz/120g chicken breast, skin removed
- ½ lemon, sliced
- ½ red bell pepper/capsicum
- 1 tbsp tzatziki dip
- ½ oz/15g feta cheese, reduced fat
- 1 small whole grain pita
- 1 tsp olive oil
- 1 cup of non-starchy vegetables

Preparation & cooking time: 20 minutes

Nutritionals per serve: 456 calories (1907kJ), 30.5g protein, 24.7g carbohydrate, 23.7g sugar, 10.8g fat, 7.1g saturated fat

SERVES: 1

METHOD:

1. Preheat the grill.
2. Chop chicken and red bell pepper/capsicum into bite-size chunks.
3. Thread the chicken chunks, capsicum chunks and lemon slices onto wooden or metal skewers (you will need two skewers per serve).
4. Brush the skewers with the olive oil.
5. Grill the kebabs until the chicken is cooked through and vegetables are cooked to liking.
6. Meanwhile, gently heat pita and prepare a salad using cubed feta cheese, lettuce and other chosen vegetables (e.g. tomato, cucumber).
7. Serve cooked kebabs with whole grain pita, salad and tzatziki dip.

TIP:

If using wooden skewers, soak in water for at least 30 minutes prior to using.



ASIAN SALMON WITH BOK CHOY & MUSHROOMS

INGREDIENTS:

Marinade:

- 1 garlic clove, minced
- 4 scallions/spring onions, chopped
- ½ tbsp soy sauce (reduced salt)
- ½ tbsp Chinese rice wine
- 1 tbsp fresh ginger, chopped
- 1 tsp sesame oil
- 1 tsp sweet chilli sauce

Salmon:

- 2 (approx. 6 oz/170g each) salmon fillet
- ½ tbsp olive oil
- 1 large bunch bok choy, chopped
- ½ cup of mushrooms, sliced

Preparation & cooking time: 15 minutes

Nutritionals per serve: 487 calories (2037kJ), 53.7g protein, 4.5g carbohydrate, 3.9g sugar, 27.8g fat, 6.4g saturated fat

SERVES: 2

METHOD:

1. To make marinade, combine first ingredients in a bowl. Arrange salmon in a glass baking dish, spoon marinade on top and leave to marinate for 5 minutes.
2. Preheat oven to 500°F/260°C. Arrange fish, with some marinade still resting on top, on a rimmed baking tray. Transfer any extra marinade in the dish to small saucepan. Roast fish until cooked through, about 8 minutes. Bring marinade in saucepan to boil; set aside and reserve for glaze.
3. Meanwhile, heat oil in large non-stick skillet/pan over high heat. Add bok choy and mushrooms. Stir-fry until mushrooms are tender and bok choy is wilted, about 4 minutes. Season with salt and pepper.
4. Place all veggies on a plate and top with salmon. Brush fish with glaze.

APRICOT GLAZED CHICKEN & COUSCOUS SALAD



INGREDIENTS:

- 10 oz/300g chicken breast, skin removed
- 2 tbsp apricot marmalade
- 1 tsp mustard powder
- 3.5 oz/100g couscous, dry
- 8 oz/200ml chicken stock, salt-reduced
- ½ seedless/Lebanese cucumber, deseeded and diced
- ½ red onion, peeled and finely diced
- 1 yellow bell pepper/capsicum, deseeded, finely diced
- 3.5 oz/100g cherry tomatoes

Preparation & cooking time: 50 minutes

Nutritionals per serve: 427 calories (1786 kJ), 49.0g protein, 40.5g carbohydrate, 23.4g sugar, 7.7g fat, 2.0g saturated fat

SERVES: 2

METHOD:

1. In a shallow dish combine the apricot marmalade, mustard and olive oil.
2. Place chicken into a flat dish and baste in the marinade. Leave for 20 minutes.
3. Pre-heat oven to 350°F/180°C. Place chicken on a lined baking tray and bake for 15 minutes or until cooked through, brushing with remaining marinade every 5 minutes.
4. Meanwhile prepare couscous by bringing stock to boil. Remove from heat, add couscous and stir. Cover with foil and allow to sit for 2-3 minutes. Remove foil and fluff with a fork.
5. Place cooked couscous in a bowl and add cucumber, bell pepper/capsicum, tomato, and lemon juice. Toss to combine. Once chicken has cooked through, slice into small pieces and add to couscous.

CURVES YOGURT PANNA COTTA



INGREDIENTS:

- 1 cup reduced fat milk
- 1 cup low fat plain Greek yogurt
- 1 ½ tsp unflavored gelatine powder
- 3 oz/100ml warm water
- 1 serving vanilla protein powder*

Preparation & cooking

time: 20 minutes

Setting time: 5-8 hours

Nutritionals per serve:

142 calories (594 kJ), 15.5g carbohydrate, 14.4g sugar, 16.5g protein, 1.5g fat, 0.9g saturated fat

SERVES: 4

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METHOD:

1. In a bowl or cup, sprinkle the gelatine over 3 oz/100 ml warm water.
2. Let gelatine soak into the water for 5 minutes.
3. Meanwhile, bring the milk to the boil in a saucepan over a medium heat. Once the mixture reaches the boil, quickly remove the pan from the heat.
4. Using a spoon, stir the gelatine and water mixture. The gelatine will have absorbed the water and have become paste-like in consistency.
5. Combine the gelatine mixture with the hot milk, and using a whisk quickly stir the mixture to dissolve the gelatine and prevent it from clumping together.
6. Leave mixture to cool for approximately 15 minutes, then add the protein powder,* and whisk until thoroughly combined.
7. Add yogurt and whisk until well-combined.
8. Pour mixture into 4 individual panna cotta moulds or small bowls.
9. Cover each with cling film to prevent the top hardening. Place in refrigerator to set; preferably overnight, or for at least 5 hours.
10. When ready to serve, quickly dip the panna cotta mould into hot water, then run a knife around the edge. Place a serving plate on top of the panna cotta mould and then quickly flip over to sit back on the bench. Lift off the mould and your panna cotta is ready to eat!

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CHICKEN PHO

INGREDIENTS:

- 5 oz/140g chicken breast, whole
- 1 tsp ground cilantro/coriander
- 1 clove
- ¼ tbsp star anise
- ½ medium onion
- 1 tsp fresh ginger, minced
- 1 ½ cup water
- 2 oz/50g rice noodles
- ½ cup bean sprouts
- 1 tbsp fresh cilantro/coriander
- Sliced fresh chilli
- Fresh lime to taste

Preparation & cooking time: 65 minutes

Nutritionals per serve: 350 calories (1465kJ), 33g protein, 43g carbohydrate, 4g fat

SERVES: 1

METHOD:

1. In a large saucepan place the whole chicken breast, ground cilantro/coriander, 1 clove, star anise, onion and ginger. Add the water and simmer for 30 minutes.
2. Strain the broth into another saucepan and reserve the chicken breast. Simmer the soup for 10-15 minutes to concentrate the broth flavour. Add the noodles according to the package directions, then place cooked noodles in a bowl.
3. Slice the chicken and add to the noodles, then top with bean sprouts and cilantro/coriander before ladling over soup.
4. Garnish with the sliced chilli and lime.



FARRO SALAD WITH CHICKEN & GREEN BEANS

INGREDIENTS:

- 1 ½ tbsp farro
- 1 tsp olive oil
- 4 oz/115g chicken breast
- 1 cup green beans
- ¼ cup corn kernels
- 1 sprout of scallions/spring onion
- ¼ tsp oregano
- Salt, to taste
- 1 ½ tsp white wine vinegar
- ½ oz/15g goat cheese
- 1 ½ tsp shallot
- ¼ tsp Dijon mustard

Preparation time: 30 minutes

Nutritionals per serve: 353 calories (1477kJ), 40g protein, 17g carbohydrate, 13g fat

SERVES: 1

METHOD:

1. Bring a small pot of water to boil. Cook farro in boiling water until tender, about 20 minutes. Drain and set aside.
2. Heat half of oil in a skillet/pan over medium-high heat. Sprinkle chicken with salt and pepper and add it to the skillet. Cook 8 minutes per side or until cooked through. Transfer chicken to a cutting board and cut into small pieces.
3. Steam green beans and set aside.
4. If using fresh corn, cook in microwave until tender (approx. 4 mins), then cut corn off the cob and chop spring onions.
5. Mix farro, chicken, green beans, corn and spring onions in a large bowl.
6. Mince shallot and in a small bowl combine remaining oil, oregano, salt, vinegar, shallot and mustard. Pour this dressing over the salad and toss to coat. Sprinkle goat cheese on top.



GRILLED CHICKEN BURGER WITH SPICY MAYO

INGREDIENTS:

- ⅛ tsp cumin
- ⅛ tsp fresh cilantro/coriander
- ⅓ tsp smoked paprika
- 1 tbsp mayonnaise, fat free
- 1 tsp olive oil
- ½ tbsp lemon juice
- ¼ garlic clove, minced
- 3 oz/85g ground chicken
- 1 tbsp medium onion
- ¼ medium red bell pepper/capsicum
- 1 slice low fat cheddar cheese
- 1 whole wheat hamburger bun
- ½ cup arugula/rocket

Preparation time: 40 minutes

Nutritionals per serve: 395 calories (1653kJ), 28g protein, 30g carbohydrate, 18g fat

SERVES: 1

METHOD:

1. To make spicy mayonnaise, whisk cumin, cilantro/coriander, paprika, mayonnaise, olive oil, lemon juice and garlic in a small bowl.
2. Place chicken in a medium bowl. Mix in a small amount of the mayonnaise. Using damp hands, form chicken into a patty.
3. Heat grill or grill pan. Slice onion and bell pepper/capsicum. Sprinkle burger with salt and pepper. Grill burger and vegetables. Grill burger for 5 minutes per side and vegetables until soft and charred. Add cheese on top of burger and cook until melted.
4. Place burger on bun. Top with grilled bell pepper/capsicum, onions and arugula/rocket. Spread mayonnaise on the other side of the bun and enjoy!



TERIYAKI GRILLED SALMON WITH STIR FRY VEGETABLES

INGREDIENTS:

- 4 oz/115g salmon fillet
- 2 tbsp low sodium sauce soy
- 1 tbsp brown sugar
- 1 tsp fresh ginger
- 1 garlic clove
- 1 tsp olive oil
- 1 carrot
- 1 cup fresh green beans

Preparation & cooking time:

1 hour and 40 minutes

Nutritionals per serve: 300 calories (1260kJ), 34g protein, 23g carbohydrate, 8g fat

SERVES: 1

METHOD:

1. Grate fresh ginger and mince garlic. Marinate salmon in soy sauce, brown sugar, ginger and garlic for 30 minutes to 1 hour.
2. Meanwhile, shred carrots and stir-fry with green beans in olive oil.
3. Grill or barbecue salmon for about 10 minutes or until cooked through and flaky.
4. Serve salmon with stir-fried vegetables.



ORANGE BEEF STIR FRY WITH BROWN RICE

INGREDIENTS:

- 4 oz/115g sirloin steak
- 1 tsp fresh ginger
- ⅓ cup orange juice
- 2 tsp cornflour
- 1 tsp Sriracha sauce
- ½ medium green bell pepper/capsicum
- ½ cup mushrooms
- 2 tbsp chicken broth, reduced sodium
- ⅓ cup/22g brown rice, uncooked

Preparation & cooking time: 1 hour

Nutritionals per serve: 350 calories (1464kJ), 27g protein, 29g carbohydrate, 12g fat

SERVES: 1

METHOD:

1. Cube sirloin. Grate fresh ginger. Marinate cubed sirloin in ⅓ cup orange juice, cornflour, chili garlic sauce and ginger for 1 hour.
2. Chop bell pepper/capsicum and cook in a skillet/pan with mushrooms, chicken broth and remainder of orange juice. Add the beef and the marinade to the pan and cook over high heat to the desired degree of doneness.
3. Cook brown rice according to package directions.
4. Serve stir-fry with brown rice on the side.

TIP:

22g of brown rice = ⅓ cup dry or ¼ cup cooked brown rice.



GARLIC SHRIMP WITH WITH ANGEL HAIR PASTA

INGREDIENTS:

- 4.5 oz/130g shrimp/prawns (shelled and deveined)
- 1 tsp olive oil
- Black pepper (ground), to taste
- 1 garlic clove, chopped
- ½ cup fresh spinach leaves
- 1 cup cherry tomatoes
- 1 tbsp Parmesan cheese, grated
- 2 oz/45g angel hair whole grain pasta, dry

Preparation & cooking time: 20 minutes

Nutritionals per serve: 385 calories (1611kJ), 35g protein, 44g carbohydrate, 8g fat

SERVES: 1

METHOD:

1. Heat half of the oil in a large fry pan. Add the shrimp/prawns and sauté 2 to 3 minutes. Add the spinach, tomatoes, garlic and pepper and sauté 4 to 5 minutes, stirring occasionally.
2. Bring a large pot of water to a boil. Add the pasta and cook according to package directions. Drain.
3. Toss the pasta with the shrimp/prawns. Stir through remaining olive oil and sprinkle with the Parmesan.



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