

Curves Recipes

SIDES

& SNACKS



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CHICKEN, PEAR & WALNUT SALAD

INGREDIENTS:

- 5 oz/150g chicken breast, sliced
- 1 cup arugula/rocket
- ½ pear, cored and sliced thinly
- ½ oz/15g walnuts, halved
- ½ tbsp lemon juice
- ½ tbsp red wine vinegar
- 1 tsp wholegrain mustard
- ½ red bell pepper/capsicum, sliced
- 1 tbsp Parmesan cheese, grated
- ½ whole grain tortilla

Preparation time: 10 minutes

Cooking time: 10 minutes

Nutritionals per serve: 354 calories (1483 kJ), 19.6g carbohydrate, 12.6g sugar, 39.8g protein, 2.2g saturated fat

SERVES: 1

METHOD:

1. Preheat oven to 350°F/180°C. Roast bell pepper/capsicum in oven for 10 minutes.
2. Grill chicken in skillet/pan over medium heat until golden brown.
3. Place chicken, arugula/rocket, red bell pepper/capsicum, pear and walnuts in a large bowl.
4. In a small bowl combine the lemon juice, vinegar and mustard.
5. Whisk together until well combined.
6. Drizzle dressing over salad when ready to serve and toss to combine.
7. Sprinkle with Parmesan cheese and serve with tortilla.



CURVES PROTEIN BALLS

INGREDIENTS:

- 4 oz/120g fresh pitted dates
- 1 cup rolled oats
- ½ cup shredded coconut
- 1 serving chocolate protein powder*
- ¾ cup/150g natural peanut butter (or any other nut butter e.g. almond)
- Pinch of cinnamon
- A little water, if needed

Preparation & cooking time: 10 minutes

Nutritionals per serve: 453 calories (1894kJ), 15.5 protein, 38.6g carbohydrate, 22.9g sugar, 26.8g fat, 8.5g saturated fat

SERVES: 4 (3 BALLS EACH)

METHOD:

1. Place dates, oats, coconut, cinnamon, and protein powder* in a blender and blend until mixture looks like crumbs, and dates are evenly mixed through oats.
2. Remove mixture from blender and place in large bowl.
3. Add peanut butter (or nut butter) and mix until well combined. Add a splash of water if needed to mix into dough.
4. Separate dough into 12 equal serves and rolls into balls. Roll balls into chopped nuts, coconut or oats.
5. These balls are best enjoyed after they have cooled in the fridge for at least 30 minutes, however they can be enjoyed immediately!
6. Store in fridge (balls will keep for 1 week).

**Talk to your Curves Coach to purchase*



MINI FRITATAS

INGREDIENTS:

- 1 tsp olive oil
- ½ onion
- ½ cup mushrooms
- 1 cup spinach leaves
- 4 eggs
- 2 tbsp low fat cheddar cheese, grated

Preparation & cooking time: 20 minutes

Nutritionals per serve: 219 calories (918kJ), 1.8g carbohydrate, 1.6g sugar, 19.1g protein, 15.2g fat, 5.5g saturated fat

SERVES: 1

METHOD:

1. Preheat oven to 420°F/215°C.
2. Spray 2 ramekins with cooking spray.
3. Heat oil in a pan over medium high heat. Chop onion and mushrooms. Sauté onion for 2 minutes. Add mushrooms and cook for another 2 minutes. Add spinach and cook for 1 more minute or until spinach is wilted.
4. Whisk eggs in a medium sized bowl. Add onion and mushroom mixture and cheese.
5. Pour egg mixture into ramekins and bake for 12-14 minutes or until firm in the center.

NICOISE SALAD



INGREDIENTS:

- 1 medium potato
- 6 oz/180g canned tuna (in water)
- ½ cup fresh green beans
- 8 large olives
- ½ medium tomato
- ¼ medium onion
- ½ lettuce head
- 1 tbsp capers
- 1 tbsp parsley
- Salt, to taste
- Balsamic vinegar, to taste
- Black ground pepper, to taste
- 1 egg - hard-boiled

Preparation time: 2 hours & 20 minutes

Nutritionals per serve: 400 calories (1674kJ), 45g protein, 30g carbohydrate, 11g fat

SERVES: 1

METHOD:

1. In a medium saucepan, bring water to a boil. Peel potato and cut into 2.5cm pieces. Place potatoes in pot and cover. Reduce heat to medium and cook for about 10 minutes or until tender but still firm. Drain and cool.
2. Place a steamer insert in a saucepan and fill with water to just below the bottom of the steamer. Cover and bring water to a boil. Place green beans in steamer insert and cover. Steam for about 3 minutes or until tender.
3. Drain tuna, mince parsley, and slice onion into thin slices. In a large bowl, combine potatoes, green beans, tuna, parsley, onion slices and olives. Refrigerate for up to 2 hours.
4. Place egg in a saucepan and cover with cold water. Bring water to a boil and remove from heat immediately. Cover saucepan and leave egg in hot water for 10 minutes. Remove egg from saucepan and let cool. Peel shell off and slice hard-boiled egg.
5. Place tuna mixture atop lettuce and top with slices of hard-boiled egg and tomato.
6. Garnish with capers and parsley, season with salt and pepper and drizzle with balsamic vinegar.

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KIDNEY BEAN SALAD

INGREDIENTS:

- 2 oz/60g kidney beans (cooked)
- 1 oz/22g corn
- ¼ medium green bell pepper/capsicum
- ½ medium onion
- ½ cup/60g low fat cheddar cheese, shredded

Preparation & cooking time: 10 minutes

Nutritionals per serve: 200 calories (840kJ), 23g protein, 15g carbohydrate, 6g fat

SERVES: 1

METHOD:

1. Dice bell pepper/capsicum and onion.
2. Combine kidney beans, corn, diced bell pepper/capsicum, diced onions and shredded cheese.

TIP:

60g shredded low fat cheddar cheese is ½ cup.



GRILLED FRUIT SKEWERS

INGREDIENTS:

- ¼ medium mango
- 1 tsp canola oil
- ½ tsp cinnamon
- ¼ cup/35g fresh pineapple
- ¼ large banana
- 1 tsp shredded coconut
- ½ tbsp mint leaves
- 5 fl oz/150g low fat
- Greek yogurt, plain

Preparation & cooking time: 20 minutes

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

SERVES: 1

METHOD:

1. Prepare fruit - chop mango, pineapple, and banana into bite-size chunks. Brush banana chunks with lemon juice.
2. Preheat the grill.
3. Place the pineapple, banana, and mango on skewers (you will need two skewers per serving). Brush with the oil and sprinkle with the cinnamon.
4. Grill the kebabs until golden brown and tender.
5. Sprinkle with the coconut, and top with the mint.
6. Serve with low fat Greek yogurt.

TIP:

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

SPICY BAKED POTATO



INGREDIENTS:

- 1 (approx. 150g) medium potato, washed
- Olive oil spray
- 1 cup mixture of your choice green vegetables (e.g. broccoli, zucchini, green beans)
- 1 cup red kidney beans, no added salt, drained
- 5 whole cherry tomatoes, halved
- 2 tbsp salsa
- 1 oz/30g reduced fat mozzarella cheese

Preparation & cooking time: 30 minutes

Nutritionals per serve: 303 calories (1268kJ), 19.3g protein, 16.7g carbohydrate, 4.9g fat

SERVES: 1

METHOD:

1. Pre-heat oven to 375°F/190°C.
2. Gently pierce potato with a fork several times.
3. Place potato in a shallow dish with a small amount of water and heat in the microwave for 3 minutes to soften.
4. Place potato on an oven tray and spray with olive oil.
5. Place potato in the oven and cook for 20-25 minutes, or until cooked through. Remove from oven and allow to cool slightly. Leave the oven on.
6. Meanwhile, prepare your chosen vegetables and steam until just tender.
7. In a small saucepan or fry pan, gently heat the red kidney beans, salsa, and tomatoes, until tomatoes begin to soften and blister.
8. Gently cut across the potato making two crisscross cuts. Open up the potato. Fill the center of the potato with the red kidney bean mixture. Top with shredded mozzarella cheese.
9. Place stuffed potato back in the oven for a further 5 minutes or until cheese has melted.



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