



# FARMHOUSE *Favorites*

20 Rustic, **Hearty Recipes**  
You'll Make Again and Again



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A background image showing two pieces of toast topped with mashed avocado, smoked salmon, and chopped green onions. A small bowl of avocado and a lemon wedge are also visible. The entire image has a dark blue overlay.

**BREAKFAST**





## COUNTRY EGG & HERB FRITTATA



**Prep Time:**  
10 Mins



**Cook Time:**  
20 Mins



**Serving:**  
4

### INGREDIENTS

8 large eggs  
¼ cup milk (or cream)  
1 small onion, diced  
1 Tbsp butter  
2 Tbsp chopped fresh parsley  
1 Tbsp chopped fresh chives

1 tsp chopped fresh thyme  
Salt & pepper

### DIRECTIONS

1. Preheat oven to 180 °C (350 °F).
2. Grab a bowl and whisk eggs and milk until blended. Gently crush herbs between your fingers to release aroma, then massage salt (½ tsp) and pepper (¼ tsp) into the egg mixture.
3. Heat one tbsp butter in a 9 inch oven safe skillet on moderate heat until foaming. Toss in onion and cook until translucent (about 4 minutes).
4. Ladle egg mixture over onions, tilting skillet so eggs spread evenly. Cook on moderate heat until edges begin to set (about 3 minutes).
5. Shift the skillet and bake for 12–15 minutes until it puffs and sets in the center.
6. Remove from oven and put it aside to sit 5 minutes before slicing into wedges. Serve warm or at room temperature.

#### **NUTRITIONAL VALUES** **(PER SERVING):**

Calories: 170 kcal | Fat: 12 g (Sat 4 g) | Carbs: 2 g (Sugar 1 g, Fiber 1 g)  
| Protein: 12 g | Sodium: 200 mg





## BUTTERMILK PANCAKES WITH MAPLE BUTTER



**Prep Time:**  
10 Mins



**Cook Time:**  
15 Mins



**Serving:**  
vv4

### INGREDIENTS

1 cup all purpose flour  
1 Tbsp granulated sugar  
1 tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
1 cup buttermilk

1 large egg  
2 Tbsp melted butter  
2 Tbsp maple syrup, softened to a spreadable consistency

### DIRECTIONS

1. Grab a bowl and whisk flour, sugar, baking powder, baking soda, and salt.
2. Take the other bowl, whisk buttermilk, egg, and melted butter until blended.
3. Pour wet ingredients into dry and gently crush any lumps—do not overmix.
4. Heat a nonstick griddle or skillet on moderate heat and brush with butter.
5. Ladle ¼ cup batter per pancake onto griddle. Cook until bubbles form on surface (about 2 minutes), then flip and cook more for 1–2 minutes until golden.
6. On a plate, spread each stack with maple butter and serve immediately.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 310 kcal | Fat: 14 g (Sat 8 g) | Carbs: 40 g (Sugar 10 g,  
Fiber 1 g) | Protein: 7 g | Sodium: 380 mg





## CHEDDAR & CHIVE BISCUITS



**Prep Time:**  
15 Mins



**Cook Time:**  
20 Mins



**Serving:**  
6

### INGREDIENTS

2 cups all purpose flour  
1 Tbsp baking powder  
½ tsp salt  
½ tsp garlic powder (optional)  
6 Tbsp cold unsalted butter, cubed  
1 cup shredded sharp cheddar

2 Tbsp chopped fresh chives  
¾ cup cold milk

### DIRECTIONS

1. Preheat oven to 220 °C (425 °F).
2. Grab a bowl and whisk flour, baking powder, salt, and garlic powder.
3. Toss in cubed butter and rub between fingers until mixture resembles coarse crumbs.
4. Gently crush cheddar and chives together, and massage them with flour mixture.
5. Pour in milk and gently fold until dough just comes together—do not overwork.
6. Turn dough onto lightly flour-dusted surface, pat into a 1 inch thick round. Cut into six wedges.
7. Arrange on a baking sheet and bake 18–20 minutes until golden. Put it aside to sit 5 minutes before serving warm.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 240 kcal | Fat: 14 g (Sat 8 g) | Carbs: 22 g (Sugar 2 g,  
Fiber 1 g) | Protein: 6 g | Sodium: 410 mg





## RUSTIC SWEET POTATO HASH



**Prep Time:**  
10 Mins



**Cook Time:**  
15 Mins



**Serving:**  
4

### INGREDIENTS

2 medium sweet potatoes, peeled & diced	¼ tsp black pepper
1 small onion, diced	2 Tbsp chopped fresh parsley
1 red bell pepper, diced	
2 Tbsp olive oil	
1 tsp smoked paprika	
½ tsp salt	

### DIRECTIONS

1. Heat two tbsp oil in a large skillet on moderate heat. Toss in sweet potatoes and cook 5 minutes, stirring occasionally.
2. Add onion and bell pepper; massage salt, pepper, and paprika into veggies.
3. Cover and cook for 7–8 minutes, stirring halfway, until the potatoes are tender and the edges crisp.
4. Uncover lid and cook for 1–2 minutes more to caramelize the hash. Drizzle chopped parsley over the hash and serve hot.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 200 kcal | Fat: 7 g (Sat 1 g) | Carbs: 30 g (Sugar 6 g, Fiber 5 g)  
| Protein: 2 g | Sodium: 250 mg





## COTTAGE CHEESE & BERRY BREAKFAST BOWL



**Prep Time:**  
5 Mins



**Cook Time:**  
00 Mins



**Serving:**  
2

### INGREDIENTS

1 cup cottage cheese  
½ cup mixed berries (strawberries,  
blueberries, raspberries)  
1 Tbsp honey or maple syrup  
2 Tbsp chopped toasted almonds or  
walnuts

Zest of ½ lemon (optional)

### DIRECTIONS

1. Divide cottage cheese between two bowls.
2. Top each with mixed berries.
3. Drizzle honey over bowls.
4. Gently crush the nuts if they are large and scatter them on top.
5. Finish with lemon zest, if using, and serve immediately.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 220 kcal | Fat: 10 g (Sat 4 g) | Carbs: 18 g (Sugar 14 g,  
Fiber 3 g) | Protein: 13 g | Sodium: 360 mg





## BISCUITS & SAUSAGE GRAVY



**Prep Time:**  
10 Mins



**Cook Time:**  
20 Mins



**Serving:**  
4

### INGREDIENTS

For Biscuits (use Cheddar & Chive Biscuits  
above or store bought)

4 warm biscuits, halved

For Gravy:

250 g ground breakfast sausage

2 Tbsp all purpose flour

1 ½ cups milk

¼ tsp salt (adjust to taste)

¼ tsp black pepper

Pinch of ground nutmeg (optional)

### DIRECTIONS

1. Heat a skillet on moderate heat and cook sausage, breaking it up, until no pink remains (about 6 minutes).
2. Sprinkle flour over sausage and cook 1 minute, tossing to coat.
3. Gradually ladle in milk, whisking to combine and prevent lumps.
4. Cook more for 5–7 minutes, stirring, until gravy thickens. Massage in salt, pepper, and nutmeg.
5. Arrange biscuit halves on plates and ladle hot gravy over top.

#### **NUTRITIONAL VALUES** **(PER SERVING):**

Calories: 380 kcal | Fat: 25 g (Sat 10 g) | Carbs: 25 g (Sugar 5 g,  
Fiber 1 g) | Protein: 12 g | Sodium: 850 mg





## STEEL CUT OATS WITH FRUIT COMPOTE



**Prep Time:**  
5 Mins



**Cook Time:**  
20 Mins



**Serving:**  
4

### INGREDIENTS

1 cup steel cut oats  
4 cups water (may use 2 cups water +  
2 cups milk)  
Pinch of salt  
Compote:  
2 cups mixed berries or chopped stone

fruit  
2 Tbsp honey or maple syrup  
1 tsp lemon juice  
1 tsp vanilla extract

### DIRECTIONS

1. In a pot, get water (or water + milk) to a gentle simmer on moderate heat. Massage in salt.
2. Add oats, reduce heat to low, cover, and cook 18–20 minutes, stirring occasionally, until creamy.
3. Meanwhile, combine the fruit, honey, and lemon juice in another small saucepan. Cook on moderate heat 5–7 minutes, stirring, until the fruit breaks down.
4. Remove compote from heat and toss in vanilla. Put it aside to sit 2 minutes.
5. Spoon oats into bowls and top with warm compote.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 260 kcal | Fat: 5 g (Sat 1 g) | Carbs: 48 g (Sugar 15 g,  
Fiber 6 g) | Protein: 7 g | Sodium: 110 mg






A close-up photograph of a fresh salad in a white bowl. The salad consists of green leafy lettuce, sliced cherry tomatoes, sliced cucumbers, sliced red onions, and chunks of white feta cheese. The entire image is overlaid with a semi-transparent dark green filter. In the center, the word "LUNCH" is written in a bold, white, sans-serif font, enclosed within a white rectangular border with rounded corners.

**LUNCH**





# CHICKEN SALAD SANDWICH

INGREDIENTS	
 <b>Prep Time:</b> 15 Mins	2 cups shredded cooked chicken (poached)    Salt & pepper 3 Tbsp mayonnaise    4 slices country style bread, toasted 1 tsp Dijon mustard    Lettuce leaves 1 Tbsp chopped fresh parsley 1 Tbsp chopped fresh chives ½ tsp finely minced shallot
 <b>Cook Time:</b> 00 Mins	
 <b>Serving:</b> 2	

## DIRECTIONS

1. Grab a bowl and combine chicken, mayonnaise, mustard, shallot, parsley, and chives. Massage salt (½ tsp) and pepper (¼ tsp) into mixture.
2. Divide chicken salad evenly and spread over two toasted bread slices.
3. Top with lettuce leaves and close sandwiches with remaining bread.
4. Cut sandwich in half and serve immediately.

<b>NUTRITIONAL VALUES</b> <b>(PER SERVING):</b>	Calories: 420 kcal   Fat: 22 g (Sat 4 g)   Carbs: 32 g (Sugar 3 g, Fiber 2 g)   Protein: 30 g   Sodium: 680 mg
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## FARMHOUSE QUICHE LORRAINE



**Prep Time:**  
15 Mins



**Cook Time:**  
35 Mins



**Serving:**  
6

### INGREDIENTS

1 9 inch pie crust (store bought or homemade)  
6 large eggs  
1 cup heavy cream  
1 cup diced ham  
1 cup shredded Gruyère or Swiss cheese

½ cup diced onion  
1 tsp chopped fresh thyme  
Salt & pepper

### DIRECTIONS

1. Preheat oven to 180 °C (350 °F).
2. Grab a bowl and whisk eggs and cream until blended. Gently crush thyme to release aroma and massage into egg mixture; massage in salt (1 tsp) and pepper (½ tsp).
3. In a skillet on moderate heat, sauté onion until translucent (4 minutes).
4. Arrange the pie crust on a baking sheet. Spread the ham and onion evenly in the crust, then toss in the cheese.
5. Ladle egg mixture over fillings.
6. Bake 30–35 minutes, until quiche is set and golden on top. Put it aside to sit 10 minutes before slicing.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 360 kcal | Fat: 26 g (Sat 14 g) | Carbs: 18 g (Sugar 2 g,  
Fiber 1 g) | Protein: 14 g | Sodium: 620 mg





## HAM & CHEDDAR SAVORY GALETTE



**Prep Time:**  
20 Mins



**Cook Time:**  
30 Mins



**Serving:**  
4

### INGREDIENTS

1 batch pie dough (store bought or homemade)

1 cup diced cooked ham

1 cup shredded sharp cheddar

½ cup thinly sliced leek or onion

1 Tbsp chopped fresh parsley

1 egg, beaten (for egg wash)

Salt & pepper

### DIRECTIONS

1. Preheat oven to 200 °C (400 °F).
2. On the flour-dusted surface, roll dough into a 12 inch circle. Transfer to a parchment lined baking sheet.
3. Grab a bowl and toss ham, cheddar, leek, and parsley; massage in salt (½ tsp) and pepper (¼ tsp).
4. Pile filling in center of dough, leaving a 2 inch border. Gently fold the border over filling, overlapping it as needed.
5. Brush crust with beaten egg.
6. Bake 28–30 minutes, until the crust is golden and the cheese is melted. Put it aside to sit 5 minutes before slicing.




#### **NUTRITIONAL VALUES** **(PER SERVING):**

Calories: 340 kcal | Fat: 20 g (Sat 10 g) | Carbs: 20 g (Sugar 1 g,  
Fiber 1 g) | Protein: 12 g | Sodium: 700 mg





# GARDEN VEGETABLE & GOAT CHEESE SALAD

INGREDIENTS		
	<b>Prep Time:</b> 15 Mins	
	<b>Cook Time:</b> 00 Mins	
	<b>Serving:</b> 6	
<div><div><div>4 cups mixed salad greens</div><div>1 cup cherry tomatoes, halved</div><div>1 cucumber, sliced</div><div>1 red bell pepper, diced</div><div>½ red onion, thinly sliced</div><div>100 g crumbled goat cheese</div></div><div><div>2 Tbsp chopped fresh basil</div><div>3 Tbsp extra virgin olive oil</div><div>1 Tbsp balsamic vinegar</div><div>Salt &amp; pepper</div></div></div>		

## DIRECTIONS

1. Take a large bowl, combine greens, tomatoes, cucumber, bell pepper, and onion.
2. Take a small bowl, whisk three tbsp oil and vinegar; massage in salt (½ tsp) and pepper (¼ tsp).
3. Drizzle dressing over salad and toss in gently to coat.
4. Scatter goat cheese and basil over top. Serve immediately.

<b>NUTRITIONAL VALUES</b> <b>(PER SERVING):</b>	Calories: 180 kcal   Fat: 14 g (Sat 6 g)   Carbs: 8 g (Sugar 5 g, Fiber 2 g)   Protein: 5 g   Sodium: 220 mg
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# TURKEY & SWISS MELT ON RUSTIC BREAD



**Prep Time:**  
10 Mins



**Cook Time:**  
10 Mins



**Serving:**  
2

## INGREDIENTS

- 4 slices rustic country bread
- 2 Tbsp butter, softened
- 4 oz sliced deli turkey
- 4 oz sliced Swiss cheese
- 2 tsp Dijon mustard
- 1 tsp chopped fresh tarragon
- Salt & pepper

## DIRECTIONS

1. Preheat a skillet on moderate heat.
2. Smoothly spread butter on one side of each slice. Massage salt (¼ tsp) and pepper (⅛ tsp) into buttered sides.
3. On the unbuttered side of two slices, spread mustard and sprinkle tarragon.
4. Layer turkey and Swiss on top; close sandwiches with remaining slices, buttered side out.
5. Place sandwiches in skillet and cook 3–4 minutes on one side, pressing gently, until bread is golden and cheese melts.
6. Remove from skillet and put it aside to sit 2 minutes before slicing in half.

<b>NUTRITIONAL VALUES</b>	Calories: 490 kcal   Fat: 28 g (Sat 16 g)   Carbs: 36 g (Sugar 3 g,
<b>(PER SERVING):</b>	Fiber 3 g)   Protein: 22 g   Sodium: 920 mg





## SUMMER TOMATO & HERB TART



**Prep Time:**  
15 Mins



**Cook Time:**  
35 Mins



**Serving:**  
6

### INGREDIENTS

1 9 inch pie crust (store bought or homemade)  
3 large ripe tomatoes, sliced ¼ inch thick  
1 cup shredded mozzarella or Gruyère  
2 Tbsp olive oil  
1 Tbsp chopped fresh basil

1 Tbsp chopped fresh oregano  
1 tsp garlic powder  
Salt & pepper

### DIRECTIONS

1. Preheat oven to 200 °C (400 °F).
2. Roll crust into pie pan and prick base with a fork. Massage salt (½ tsp) and pepper (¼ tsp) into crust.
3. Sprinkle cheese evenly over crust; arrange tomato slices in overlapping circles.
4. Drizzle olive oil over tomatoes, then toss in garlic powder, basil, and oregano.
5. Bake 30–35 minutes, until crust is golden and tomatoes are lightly caramelized.
6. Remove tart and put it aside to sit 5 minutes before slicing into wedges.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 290 kcal | Fat: 18 g (Sat 7 g) | Carbs: 25 g (Sugar 4 g,  
Fiber 2 g) | Protein: 9 g | Sodium: 450 mg



## ONE POT CHICKEN & DUMPLINGS



**Prep Time:**  
15 Mins



**Cook Time:**  
30 Mins



**Serving:**  
4

### INGREDIENTS

1 Tbsp butter	1 tsp dried thyme
1 lb boneless chicken thighs, cut into pieces	Salt & pepper
1 small onion, diced	1 cup self rising flour
2 carrots, peeled & sliced	½ cup milk
2 celery stalks, sliced	2 Tbsp chopped fresh parsley
4 cups chicken broth	

### DIRECTIONS

1. In a large pot on moderate heat, melt one tbsp butter. Toss in chicken and cook until no pink remains (about 5 minutes).
2. Add onion, carrots, and celery; massage in salt (1 tsp), pepper (½ tsp), and thyme. Cook 3 minutes until vegetables soften.
3. Pour in broth and get it to a gentle simmer.
4. Grab a bowl and whisk flour and milk to form a smooth dough.
5. Using a spoon, drop heaped tablespoons of dough over simmering broth—these are your dumplings. Cover and cook for 15 minutes more, without lifting the lid.
6. Stir in parsley, put it aside to sit 2 minutes, then ladle into bowls.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 380 kcal | Fat: 14 g (Sat 6 g) | Carbs: 35 g (Sugar 4 g,  
Fiber 3 g) | Protein: 22 g | Sodium: 780 mg





**DINNER**



## CLASSIC POT ROAST WITH ROOT VEGETABLES



**Prep Time:**  
15 Mins



**Cook Time:**  
3 hours



**Serving:**  
6

### INGREDIENTS

1.5 kg beef chuck roast  
2 tsp salt  
1 tsp black pepper  
2 Tbsp oil  
1 large onion, quartered  
3 carrots, peeled & cut into 5 cm pieces

2 parsnips, peeled & halved  
4 medium potatoes, quartered  
2 sprigs fresh thyme  
1 bay leaf  
750 ml beef broth

### DIRECTIONS

1. Preheat oven to 160 °C (325 °F).
2. Massage salt and pepper into roast. Heat two tbsp oil in a heavy oven-safe pot on moderate heat. Sear roast 4 minutes on one side until browned; remove and put it aside to sit.
3. Toss in the onion and carrots; cook 3 minutes. Return the roast to the pot, add the broth (it should cover half the roast), and toss in the thyme and bay leaf.
4. Cover with its lid and bake for 2½ hours. Add the parsnips and potatoes, cover, and bake for 30 minutes more until the veggies are tender.
5. Remove the pot from the oven and let the roast sit for 10 minutes before slicing. Ladle the pan juices over the slices and vegetables.




#### NUTRITIONAL VALUES (PER SERVING):

Calories: 450 kcal | Fat: 25 g (Sat 10 g) | Carbs: 15 g (Sugar 4 g,  
Fiber 3 g) | Protein: 35 g | Sodium: 400 mg





# BAKED MEATLOAF WITH TOMATO GLAZE

INGREDIENTS		
	<b>Prep Time:</b> 15 Mins	
	<b>Cook Time:</b> 1 hour	
	<b>Serving:</b> 6	
<div><div><div>680 g ground beef</div><div>1 egg</div><div>¼ cup milk</div><div>½ cup breadcrumbs</div><div>1 small onion, finely diced</div><div>2 garlic cloves, minced</div><div>2 Tbsp chopped parsley</div></div><div><div>1 tsp salt</div><div>½ tsp black pepper</div><div>Glaze:</div><div>⅓ cup tomato purée</div><div>2 Tbsp brown sugar</div><div>1 Tbsp apple cider vinegar</div></div></div>		

## DIRECTIONS

1. Preheat oven to 175 °C (350 °F). Grab a bowl and whisk egg and milk.
2. Take the other bowl, combine beef, breadcrumbs, onion, garlic, parsley, salt, and pepper. Pour in egg mixture and massage until just blended.
3. Shape mixture into a loaf on a parchment lined baking sheet.
4. In a small bowl, whisk glaze ingredients. Brush half over meatloaf.
5. Bake 50 minutes, brush with remaining glaze, then bake more for 10 minutes.
6. Remove loaf and put it aside to sit 10 minutes before slicing.

<b>NUTRITIONAL VALUES</b> <b>(PER SERVING):</b>	Calories: 380 kcal   Fat: 22 g (Sat 8 g)   Carbs: 10 g (Sugar 6 g, Fiber 1 g)   Protein: 30 g   Sodium: 550 mg
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## HERB ROASTED PORK LOIN



**Prep Time:**  
10 Mins



**Cook Time:**  
1 hour



**Serving:**  
6

### INGREDIENTS

900 g pork loin  
2 Tbsp olive oil  
1 Tbsp chopped fresh rosemary  
1 Tbsp chopped fresh thyme  
3 garlic cloves, gently crushed  
1 tsp salt

½ tsp black pepper  
3 carrots, cut into 5 cm pieces  
1 large onion, quartered

### DIRECTIONS

1. Preheat oven to 190 °C (375 °F). Massage oil, herbs, garlic, salt, and pepper into pork.
2. Place pork on the roasting pan; arrange carrots and onion around it.
3. Roast for 45 minutes, then toss the veggies and cook for 15 minutes more until the pork reaches 63 °C (145 °F).
4. Remove from oven and put it aside to sit 10 minutes before slicing. Serve with roasted vegetables.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 320 kcal | Fat: 18 g (Sat 6 g) | Carbs: 5 g (Sugar 3 g, Fiber 1 g)  
| Protein: 36 g | Sodium: 480 mg





## PAN FRIED CHICKEN THIGHS WITH FRESH HERBS



**Prep Time:**  
10 Mins



**Cook Time:**  
25 mins



**Serving:**  
4

### INGREDIENTS

4 bone in chicken thighs (about 1 kg)  
2 Tbsp olive oil  
2 garlic cloves, minced  
1 Tbsp chopped fresh rosemary  
1 Tbsp chopped fresh thyme  
1 tsp salt  
½ tsp black pepper

Lemon wedges, to serve (optional)

### DIRECTIONS



1. Heat two tbsp oil in a large skillet on moderate heat. Massage salt and pepper into chicken.
2. Place thighs skin side down and cook 10 minutes until skin is crisp.
3. Flip the thighs, toss in garlic and herbs, and cook for 10 minutes more until cooked through (75 °C/165 °F internal).
4. Drizzle lemon juice over chicken, put it aside to sit 5 minutes, then serve.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 290 kcal | Fat: 20 g (Sat 5 g) | Carbs: 0 g (Sugar 0 g, Fiber 0 g)  
| Protein: 25 g | Sodium: 450 mg



# BRAISED BEEF SHORT RIBS

INGREDIENTS		
	<b>Prep Time:</b> 15 Mins	
	<b>Cook Time:</b> 3 hours	
	<b>Serving:</b> 4	
<div><div>1.2 kg beef short ribs</div><div>2 tsp salt</div><div>1 tsp black pepper</div><div>2 Tbsp oil</div><div>1 large onion, sliced</div><div>2 carrots, peeled &amp; chopped</div><div>2 celery stalks, chopped</div><div>3 garlic cloves, minced</div><div>2 Tbsp tomato purée</div><div>500 ml beef broth</div><div>250 ml dry red wine (optional)</div><div>2 sprigs fresh thyme</div><div>1 bay leaf</div></div>		

## DIRECTIONS

1. Preheat oven to 160 °C (325 °F). Massage salt and pepper into ribs.
2. In a heavy oven-safe pot on moderate heat, heat two tbsp oil. Sear ribs 3 minutes on one side until browned. Remove and set aside.
3. Use the same pot, toss in onion, carrots, and celery; cook 5 minutes until softened. Stir in garlic and tomato purée; cook 1 minute.
4. Return the ribs to the pot. Pour in broth and wine (if using) so the liquid covers them halfway. Tuck in the thyme and bay leaf.
5. Cover pot and bake 2 ½ hours. Remove the lid and bake for 27-30 minutes to thicken the sauce.
6. Let ribs sit 10 minutes before serving. Spoon pan juices over ribs.

<b>NUTRITIONAL VALUES</b>	
<b>(PER SERVING):</b>	Calories: 580 kcal   Fat: 40 g (Sat 15 g)   Carbs: 8 g (Sugar 4 g, Fiber 2 g)   Protein: 45 g   Sodium: 610 mg





## MAPLE GLAZED SALMON WITH ROASTED VEGGIES



**Prep Time:**  
10 Mins



**Cook Time:**  
25 mins



**Serving:**  
4

### INGREDIENTS

4 salmon fillets (150 g each)  
2 Tbsp maple syrup  
1 Tbsp Dijon mustard  
1 tsp soy sauce  
1 tsp chopped fresh thyme  
Salt & pepper  
300 g broccoli florets

200 g baby carrots  
1 Tbsp olive oil

### DIRECTIONS

1. Preheat oven to 200 °C (400 °F). Massage salt (1 tsp) and pepper (½ tsp) into salmon.
2. Grab a bowl and whisk maple syrup, mustard, soy sauce, and thyme. Brush half over salmon; reserve rest.
3. On the parchment paper-arranged baking sheet, toss broccoli and carrots with one tbsp oil, salt (½ tsp), and pepper (¼ tsp). Arrange salmon among veggies.
4. Roast for 15 minutes, brush the salmon with the remaining glaze, and then roast for 5 minutes more until the salmon flakes easily.
5. Put it aside to sit 2 minutes, then serve salmon alongside roasted vegetables.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 350 kcal | Fat: 18 g (Sat 3 g) | Carbs: 12 g (Sugar 10 g,  
Fiber 4 g) | Protein: 32 g | Sodium: 420 mg



## CHEESE & SPINACH STUFFED CHICKEN BREAST



**Prep Time:**  
15 Mins



**Cook Time:**  
30 mins



**Serving:**  
4

### INGREDIENTS

4 chicken breasts (about 600 g total)  
Salt & pepper  
1 Tbsp olive oil  
100 g fresh spinach  
1 garlic clove, minced  
100 g cream cheese, softened

50 g shredded mozzarella  
1 Tbsp chopped fresh parsley

### DIRECTIONS

1. Preheat oven to 180 °C (350 °F). Slice a pocket into each chicken breast; massage salt (1 tsp) and pepper (½ tsp) into both sides.
2. Heat one tbsp oil in a skillet on moderate heat. Toss in spinach and garlic; cook 2 minutes until wilted. Remove and put it aside to cool slightly.
3. Grab a bowl and combine spinach mixture, cream cheese, mozzarella, and parsley. Spoon equal portions into chicken pockets and secure with toothpicks if needed.
4. Place stuffed breasts in a baking dish. Bake 25–30 minutes until chicken reaches 75 °C (165 °F) internal and juices run clear.
5. Remove toothpicks, let breasts sit 5 minutes, then slice and serve.

#### NUTRITIONAL VALUES (PER SERVING):

Calories: 320 kcal | Fat: 20 g (Sat 9 g) | Carbs: 3 g (Sugar 1 g, Fiber 1 g)  
| Protein: 35 g | Sodium: 480 mg