



5

RECIPES FROM
AROUND THE

WORLD

table of contents

1 CREAMY
CHICKEN TIKKA MASALA

3 VEGETARIAN
VEGETABLE FRIED RICE

5 EASY
BEEF & BROCCOLI

7 QUICK
GARLIC SHRIMP SCAMPI

9 ONE POT
THAI RED CURRY

Not in the mood to cook?

Look for this stamp!

Enjoy this recipe, along with 150+ chef-prepared a la cart meals! No meal prep required, just enjoy delicious and nutritious, doctor-designed meals delivered directly to your door!

*Order
today!*



Chicken Tikka Masala

Traditional chicken tikka masala can take hours on end, but our recipe takes a quick 30 minutes and tastes just as great!



Creamy Chicken Tikka Masala



Serves 6



Prep: 10 min | Cook: 20 min | Total: 30 min



200 calories, 8 g fat, 26 g protein, 8 g total carb, 2 g fiber

INGREDIENTS:

- 1 Tbsp olive oil
- 1 small yellow onion, diced
- Sea salt and black pepper, to taste
- 1 1/2 lbs boneless skinless chicken breasts, cut into 1" pieces
- 3 Tbsp tomato paste
- 2 cloves garlic, minced
- 1 Tbsp fresh ginger, grated or minced
- 1 1/2 tsp garam masala
- 1 1/2 tsp turmeric
- 1 1/2 tsp ground coriander leaves
- 1, 15-oz can tomato sauce, no salt added
- 1 cup prepared chicken stock
- 1/4 cup heavy cream
- 2 Tbsp fresh cilantro, chopped

INSTRUCTIONS:

Heat olive oil in a large stockpot or Dutch oven over medium heat. Once hot, add onions and cook for about 3 minutes.

Season chicken pieces with salt and pepper. Add chicken to the pot and sear on all sides until golden, about 5 minutes.

Stir in tomato paste, garlic, ginger, garam masala, and turmeric until fragrant, about 1 minute.

Stir in tomato sauce and chicken stock. Bring to a boil and then reduce heat to medium-low and simmer, stirring occasionally. After about 10 minutes, the sauce should be reduced and slightly thickened.

Stir in heavy cream and allow to heat for about 1 minute. Garnish with fresh cilantro and lemon juice as desired.

Serving Suggestions: Pair with favorite rice blend, riced cauliflower (low-carb option!), naan or pita bread.

Vegetable Fried Rice

Calling in for Chinese takeout? This vegetable fried rice recipe will have you hanging up the phone!



Vegetable Fried Rice



Serves 6



Prep: 60 min | Cook: 30 min | Total: 90 min



280 calories, 9 g fat, 12 g protein, 30 g total carb, 4 g fiber

INGREDIENTS:

- 1 cup brown rice, uncooked
- 2 Tbsp grapeseed oil
- 2 cups dry tofu, cut into 1-inch cubes
- 6 Tbsp shallots, minced
- 2 Tbsp ginger, minced
- 4 tsp garlic, minced
- 2 cups carrot, green peas, and corn medley
- 1 cup red bell pepper, diced
- 1 tsp Chinese Five Spice powder
- 4 tsp soy sauce
- Salt and pepper to taste

INSTRUCTIONS:

Bring 2 cups of water and 1 cup rice to boil in a pot. Reduce heat to low, cover, and simmer for 30 to 35 minutes. While still covered, turn off heat, keep covered, let stand for 15 minutes, then fluff with a fork. Allow rice to cool before frying.

When ready to make the dish, heat grapeseed oil over medium-high heat in a Chinese wok or sauté pan. Likewise use a pan with sides high enough for comfortable stirring.

Before frying, make sure tofu is as dry as it can be, draining and drying with paper towels as needed. Pan-fry tofu lightly until the edges are a little brown and a light crispy skin forms on the outside. Remove and set aside.

Sweat ginger, garlic, and shallots for about 3 minutes until fragrant. Then add rice, vegetable mix, and bell pepper and stir well to combine. Cook for 5 to 6 minutes, stirring occasionally.

Add the Chinese five spice, pepper and soy sauce and return tofu to wok/pan. Cook for another 3 to 4 minutes. Season to taste with salt and pepper. Serve warm and drizzle with a little bit of sesame oil.

Beef & Broccoli Stir Fry

If feeling a little “stir” crazy and looking for a recipe to “wok” your world, whip up this beef and broccoli stir-fry!



Easy Beef & Broccoli Stir Fry



Serves 6



Prep: 15 min | Cook: 20 min | Total: 35 min



260 calories, 11 g fat, 29 g protein, 12 g total carb, 2 g fiber

INGREDIENTS:

- 1 1/2 lbs flank steak, thinly sliced across the grain
- 1 Tbsp sesame oil
- 4 cloves garlic, minced
- 1 cup white onion, julienned
- 4 green onions, thinly sliced
- 4 cups broccoli florets
- 2 Tbsp arrowroot starch (or another preferred thickener such as corn starch)
- 3/4 cup water
- 1/3 cup low-sodium soy sauce
- 2 Tbsp brown sugar
- 1 Tbsp rice vinegar
- 2 tsp ginger, minced

INSTRUCTIONS:

Heat sesame oil in a wok or skillet over medium-high heat. Add beef and cook until well-browned, about 5 to 7 minutes. Remove from the pan, drain on paper towels, and set aside.

In the same pan, add garlic and onions. Cook about 1 minute, stirring frequently, until fragrant. Add broccoli, cover, and cook for 5 minutes.

In a small bowl, whisk arrowroot starch and water until smooth. For the sauce, combine soy sauce, brown sugar, rice vinegar, and ginger in a medium bowl. Add starch mixture and stir to combine. Set aside.

Add sauce to the broccoli and cook until sauce starts to thicken, about 3 to 5 minutes. Add beef and stir to combine, cooking an additional 2 to 3 minutes until sauce is incorporated.

Serve with brown rice, riced cauliflower, or other veggies as desired.

Diet Substitutions:

- *Gluten-free:* Replace soy sauce with tamarind or liquid aminos.
- *Red meat:* Replace beef with chicken, pork, shrimp, or white fish.
- *Vegan:* Replace beef with chickpeas, edamame, and tempeh.

Order
today!



Garlic Shrimp Scampi

Shrimp seasoned to perfection with garlic and red pepper.
Oh, and a splash of Pinot Grigio for the ultimate boost!

Garlic Shrimp Scampi



Serves 4



Prep: 10 min | Cook: 15 min | Total: 25 min



410 calories, 13 g fat, 32 g protein, 43 g total carb, 6 g fiber

INGREDIENTS:

- 8 oz whole wheat linguine noodles
- 3 Tbsp olive oil
- 6 garlic cloves, minced
- 1 shallot, peeled and thinly sliced
- 1 lb. shrimp, peeled and deveined, tail off
- 1/4 c white wine such as Pinot Grigio
- 1/4 c seafood stock
- 1 lemon, juiced
- 1/2 tsp crushed red pepper flakes
- Handful of fresh parsley, roughly chopped
- Fresh parmesan cheese, grated (optional)

INSTRUCTIONS:

Prepare the linguine noodles according to package directions. Drain and set aside.

Heat a large sauté pan over medium heat with 1 tablespoon olive oil. Add garlic and sauté for about 1 minute. Add shallot and sauté for an additional 5 minutes, until it starts to soften.

Add and cook shrimp until they just turn pink, flipping each to ensure even cooking, about 3 minutes total. Turn heat to medium-high and add remaining 2 tablespoons olive oil, wine, seafood stock, and lemon juice. Cook just until the liquid reduces, about 2 minutes.

Turn off the heat and stir in red pepper flakes and parsley. Season with salt and pepper to taste per preference.

Top the shrimp scampi atop cooked noodles and garnish with freshly grated parmesan cheese, as desired.

Low-Carb Shrimp Scampi: For a low-carb shrimp scampi, omit the pasta noodles entirely. Serve the shrimp atop zucchini noodles, alongside riced cauliflower, and topped onto wakame seaweed.

Thai Red Curry

Big flavors and beautifully fragrant, prepare an authentic Thai red curry dish in just one pot!



Thai Red Curry with Chicken



Serves 6



Prep: 20 min | Cook: 30 min | Total: 50 min



370 calories, 16 g fat, 23 g protein, 33 g total carb, 2 g fiber

INGREDIENTS:

- 2 cups water
- 1 cup jasmine rice, rinsed
- 3/4 tsp salt
- 2 Tbsp Thai red curry paste
- 2 large garlic cloves, minced
- 1 Tbsp finely grated fresh ginger
- 1 Tbsp lemongrass paste or finely chopped fresh
- 1/2 cup chicken broth, low-sodium
- 1, 14-oz can regular coconut milk (full-fat)
- 6 kaffir lime leaves
- 1 1/2 tsp coconut sugar or turbinado (raw) sugar or brown sugar
- 2 tsp fish sauce, plus more to taste
- 1 red bell pepper, sliced into thin 2-inch long strips
- 1 yellow or orange bell pepper, sliced into thin 2-inch long strips
- 3 carrots, peeled and sliced on the diagonal into 1/4 inch thick rounds
- 5 oz pumpkin, butternut squash, or sweet potato, cut into 1/2 inch cubes
- 1 lb chicken thighs or chicken breast, boneless and skinless, cut into 1/3-inch-thick slices
- 12 Thai basil leaves, sliced into thin shreds or chiffonade (optional)
- 1 Tbsp tamari
- 2 tsp rice vinegar or fresh lime juice

Thai Red Curry with Chicken

INSTRUCTIONS:

Bring water to a boil in a medium saucepan. Stir in the rice and salt, cover, reduce the heat to low, and simmer for 15 minutes until all of the water is absorbed. Cover and let the rice rest for 10 minutes or longer, until ready to serve then fluff with a fork.

While the rice is cooking, heat a large skillet with deep sides over medium heat. Once hot, add the curry paste, garlic, ginger and lemongrass and cook until fragrant, about 2 minutes.

Add chicken broth and stir to dissolve paste. Slowly simmer until liquid reduces by about half. Add the coconut milk, lime leaves, sugar, and fish sauce and stir well.

Add veggies, making sure they are cut uniformly so they will cook evenly. Cook until they are fork-tender, 3 to 5 more minutes, stirring occasionally.

Add chicken, bring to simmer, then turn heat down to medium. Simmer for about 8 to 10 minutes or until sauce reduces and the chicken is cooked. Remove the pot from the heat.

Stir in the Thai basil leaves and season with tamarind and rice vinegar. Add salt, to taste. If the curry needs a little more punch, add 1/2 teaspoon more tamari, or for more acidity, add 1/2 teaspoon more rice vinegar.

Divide rice and curry into bowls and garnish with favorite spices and herbs such cilantro and oregano.

Dietitian Tip: Add various vegetables to increase volume and nutrients without lots of calories. Some delicious veggie additions include asparagus, green beans, sugar snap peas, and zucchini.