

# EMPOWER

## *Coaching Collective*

### Red Coconut *Curry Ramen*

MACROS Per Portion

Calories: 468

Protein: 39g

Carbs: 42g

Fats: 16g

### Ingredients: x1

- 100g Chicken Breast
- 1 whole wheat noodle nest
- 200ml Chicken Stock
- 1tbsp Red Curry Paste
- 1 tbsp Minced Garlic
- 1tbsp Grated Ginger
- 1 stalk spring onion
- 1tsp soy sauce
- ½ slice lime juice
- 100ml coconut milk
- chilli flakes (optional)
- coriander and sesame seeds(Optional)



### Method

Spray a pan with oil and add the sliced chicken. Cook for 2–3 minutes until lightly coloured.

Add garlic, ginger and red curry paste and fry for 30 seconds until fragrant.

Pour in the chicken stock and coconut milk, then stir to combine.

Add the noodle nest, pushing it down into the liquid to soften.

Simmer for 4–5 minutes, stirring occasionally, until the noodles are cooked.

Add the soy or fish sauce and squeeze in the lime juice.

Serve immediately topped with spring onion, optional chilli flakes and coriander.

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### Meatball and Tomato *Soup*

MACROS Per Portion

Calories: 320

Protein: 17g

Carbs: 36g

Fats: 12g



### Ingredients: x4

- Rapeseed Oil
- 1 Onion (chopped)
- 1 Garlic Clove Crushed
- ½ tsp chilli flakes
- 2cans Chopped tomatoes
- 100g Couscous
- 500ml Vegetable Stock
- 12pcs Pork Meatballs
- 150g Baby Spinach
- Basil (chopped)
- 1 whole bell pepper Chopped

### Method

Heat the oil in a saucepan. Fry the onion and peppers for 7 mins, then stir through the garlic and chilli flakes and cook for 1 min. Add the tomatoes, giant couscous and veg stock and bring to a simmer.

Season to taste, then add the meatballs and spinach. Simmer for 5-7 mins or until cooked through. Ladle into bowls and top with the basil and some parmesan, if you like.

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### Instant Pot

### *Chicken Pot Pie Soup*

MACROS Per Portion  
Calories: 275  
Protein: 24g  
Carbs: 29g  
Fats: 7g



### Ingredients: x6

- 2 medium Shallots
- 1tbsp Unsalted Butter
- 6oz Frozen Pea
- 1lb Frozen Country Blend Vegetables
- 175g Celery
- 18oz Potato
- 3pc med. Garlic Clove
- 2 cup Low Sodium Chicken Broth
- 3 sprig Thyme
- 2tsp salt
- Diced Bell Pepper
- ½ head Cauliflower
- 1lb Skinless Chicken Breast
- 13.5oz Light Coconut Milk
- 1tbsp Whole wheat flour
- 15ml white cooking wine

### Method

Dice the celery and shallots.  
Wash and dice the potatoes.  
Mince the garlic.

Heat a tablespoon of butter in at least a 6+qt Instant Pot using the "sauté" function. Add shallots and sauté until tender.

Put frozen vegetables into the Instant Pot. Add the celery, potatoes, chicken broth, salt, pepper, fresh thyme (remove from stems), and minced garlic. Stir everything together. Then lay the chicken breast on top.

Cut the cauliflower in half (splitting so each half has a stem down the middle). Leave the cauliflower intact but remove any leaves from the bottom. Place one half cauliflower wedge on top of the chicken.

Put the lid on the Instant Pot and set Pressure to "High" for 6 minutes. Once it is done, let pressure reduce on its own (or manually reduce pressure).

Remove the cauliflower, discard the stem, and put the cauliflower into a blender. Add in the coconut milk, dry white wine, and a tablespoon of flour. Blend until thoroughly combined.

Use 2 forks to shred the chicken inside the Instant Pot. Pour the cauliflower/coconut mixture over and stir to combine. Add salt and pepper to taste. Serve and enjoy.

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## *Coaching Collective*

### **Creamy Chicken Enchilada Soup**

MACROS Per Portion

Calories: 302

Protein: 27g

Carbs: 35g

Fats: 6g

### **Ingredients: x6**

- 1 Cup low sodium chicken broth
- 10.5oz low sodium black bean
- 125g sweet corn kernel
- 4oz diced green chili peppers
- 14.5oz petite diced tomatoes
- 1tsp ground cumin
- 1lb skinless chicken breast
- 16oz Canned Refried Beans
- 4oz Reduced fat cream cheese



### **Method**

rAdd broth, black beans, corn, green chillies, enchilada sauce, diced tomatoes, cumin, and chicken into the Instant Pot or slow cooker. Give it a quick stir.

Put the lid on your Instant Pot and secure it. Press the manual or pressure cook button and set the timer for 10 minutes. Make sure your valve is sealed. After it's done, let the Instant Pot naturally release for 10 minutes and then turn the valve to allow it to vent. Take off the lid.

**SLOW COOKER:** Cover and cook on low for about 6 hours, or until the chicken is cooked tender.

Take out the chicken, shred it in a bowl, and then return it to the pot.

Stir in the cream cheese and refried beans until creamy and smooth. If it doesn't seem hot enough, you can turn on the sauté button to bring some heat back in to help the cheese melt better.

Add salt and pepper to your liking. Serve and add your favourite toppings.