

to healthier, happier you

Get ready to elevate your meal prep game with my
20 min Tikka Masala

the creamiest, dreamiest and easiest meal that will become your new obsession
Let's dive into the steps:

INGREDIENTS for 1 portion:

Protein Source Marinade:

175g of raw chicken or turkey breast / thigh
or shrimps or tofu
1 cup of 0% fat greek yogurt
1/2 lemon juice
1/2 tsp of cumin
2 tsp of garam masala
2 tsp of salt (adjust if need)
1 tsp of garlic powder
1/2 tsp of red chili powder
2 tsp of grated ginger

Sauce:

1 tbsp of olive oil
1/2 onion
2 garlic cloves
1 cup of tomato sauce / tomato puree
1/4 cup of light cream
1/4 cup of water
1/2 tsp of cumin
2 tsp of garam masala
1 tsp of garlic powder
1/2 tsp of red chili powder
1 tsp of salt (adjust if need)

Serving:

100g of cooked rice or 1 naan (check page 2
for my easy homemade naan recipe)
chopped cilantro to garnish

INSTRUCTIONS:

In a large bowl, combine all the ingredients for the protein source marinade. Mix well to coat the pieces evenly. Cover and set aside - for a more intense flavor, refrigerate preferably overnight.

Heat olive oil in a large skillet over medium-high heat and grill the protein source until fully cooked and slightly charred around the edges. Remove from the heat and set aside, reduce the heat, add chopped onion, garlic, ginger paste and spices and sauté until soft and translucent, about 5 minutes.

Pour in the tomato sauce, light cream, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Add the protein source, and let mixture simmer for about 4-5 minutes. Serve the Tikka Masala hot, garnished with fresh cilantro leaves, pair it with rice or naan bread for a complete meal and ENJOY!

arise

BY NICOLINA

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you're craving that soft, fluffy naan
Well, guess what? Today, I've got your back!
I'm about to spill the secrets to making the perfect
naan right in your own kitchen

Let's dive into the simple steps:

INGREDIENTS for 8 Naans:

507g of all purpose flour
1 tbsp instant dry yeast
2 tsp of salt
1/2 tsp of baking soda
1 tsp baking powder
186g 0% fat greek yogurt
240g of warm water (too hot or cold will kill the yeast)
1 tbsp of olive oil
1 tbsp of minced cilantro

INSTRUCTIONS:

In a large bowl, combine all the dry ingredients and mix it. Add yogurt and warm water to another bowl and mix well together, Add to the dry ingredients, and with a wood spoon mix for 5 minutes until you have a sticky ball - don't add flour!

Flour your work surface, dump out the dough and sprinkle it flour - knead once or twice to form a ball. Cut the dough into 8 pieces and form 8 balls (it will be sticky) and dampen your hands to be easier - don't add any more flour, unless it is impossible sticky.

Oil a sheet of parchment paper, and place the 8 dough balls and cover with a layer of oil (use a brush or spray oil), cover with a damp towel and let it rise for 1 hour.

After 1 hour, flour your work surface, use a rolling pin to roll each ball flat and let it rest for 10 minutes in a single layer. do not overlap them!

Preheat a cast iron pan for 5 minutes on high heat, add one naan to the pan and cook until bubbles start to grow on top of the naan (30-60 seconds), flip, and cook the other side. Transfer it for a plate and cover with a towel to keep warm and fluffy. Brush it with some olive oil and cilantro ... and ENJOY!

arise

BY NICOLINA

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Get ready to a quick and delicious
delight with my 20 min Creamy Dijon Chicken!

Packed with hearty creamy goodness in no time, and the best part?
It's perfect for your meal prep!
Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of cooked roasted potatoes (oven or air fryer)
175g of raw chicken or turkey breast / thigh
1/2 onion
2 garlic cloves
2 French onions (optional)
1 tsp of olive oil
laurel qb
2 tsp of onion powder
2 tsp of paprika
2 tsp of Italian seasoning
2 tsp of salt and black pepper (adjust if needed)
2 tsp of Dijon Mustard
1 cup of vegetable or chicken broth
1/2 cup of light cream
1/2 cup of milk of your choice
parsley to garnish

INSTRUCTIONS:

Start by roasting your potatoes in your oven or air fryer for 20 minutes at 200°C / 392° F. Add olive oil in a skillet or pot over high heat, add the chicken breast, the French onions cut in halves, season it with salt, black pepper, paprika, onion powder, Italian seasoning and laurel and grill until they are fully cooked for about 10-12 minutes, remove and reserve.

In the same skillet, reduce the heat to medium heat, add the minced garlic, chopped onion, paprika, Italian Seasoning, Dijon Mustard and sauté until fragrant and onion is translucent, about 2-3 minutes.

Pour in the vegetable broth, light cream and milk, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Remove the skillet from the heat and add the chicken, the French Onion, garnish with fresh parsley leaves. Serve the roasted potatoes over the Creamy Dijon Chicken and ENJOY!

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Get ready to a quick and easy
meal with my 15 min Chipotle Lime Tacos

Packed with fresh zesty flavors
this recipe is perfect for a satisfying meal in no time
Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of raw shrimp (or chicken, white fish, tofu, seitan)
3-4 corn small tortillas
1/2 onion
1/2 tomato
1/4 of mango
1/2 avocado
3 tbsp of 0% fat greek yogurt
1 cup of cilantro
2 garlic cloves
1 chilli pepper (optional)
1 tbsp of olive oil
2 tsp of onion powder
2 tsp of chipotle or paprika seasoning
2 tsp of salt
lime juice qb
pickled onion qb
cilantro to garnish

INSTRUCTIONS:

Start by preparing your mango salsa: combine diced mango, red onion, cilantro, diced tomato, and lime juice. Season with salt to taste. Mix well and set aside. In a blender or food processor, combine ripe avocado, cilantro, lime juice, plain protein yogurt, salt, and onion powder. Blend until smooth and creamy. Adjust seasoning to taste and add water if need.

In a skillet, add the olive oil, smashed garlic, sliced chili pepper, the chipotle or paprika seasonings and sauté until fragrant. Add the shrimp and grill for 2-3 minutes per side until they're opaque and cooked through. Remove and set aside.

Heat the corn tortillas, add the mango salsa, the grilled shrimp, drizzle the creamy avocado dressing, garnish with pickled onion and cilantro on top! ENJOY!

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BY NICOLINA

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Get ready to a quick and creamy
delight with my 15 min Thai Coconut Curry!

Packed with fresh flavors and creamy
goodness, this recipe is perfect for a satisfying meal in no time
Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of raw shrimp (or chicken, white fish, tofu, seitan)
100g of rice (or chickpeas or noodles)
1/2 onion
2 garlic cloves
1 tsp of grated ginger
1 chilli pepper (optional)
1 tbsp of olive oil
2 tsp of curry
2 tsp of turmeric
1 tsp of salt
1 cup of coconut milk
1/2 lime zest
lime juice qb
cilantro to garnish

INSTRUCTIONS:

Start by adding olive oil in a skillet or pot over high heat. Add the shrimp and grill until they turn pink and opaque, about 3-5 minutes. Be careful not to overcook. Remove and reserve.

In the same skillet, reduce the heat to medium heat, add the minced garlic, chopped onion, grated ginger, sliced chilli pepper the curry and turmeric and sauté until fragrant and onion is translucent, about 2-3 minutes.

Pour in the coconut milk, the lime juice, lime zest, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Add the shrimp and once the shrimp are cooked through, remove the pot from the heat. Taste and adjust the seasoning if necessary. Serve the Thai coconut shrimp curry hot over cooked rice, garnish with fresh cilantro leaves for added flavor and freshness. ENJOY!

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BY NICOLINA