



20-minute Lunch Recipes



Tahini Honey Chicken Salad

2 servings

25 minutes

Ingredients

- 1 tbsp Tahini
- 1 1/2 tps Raw Honey (divided)
- 227 grams Chicken Thighs (boneless, skinless)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1 tbsp Sesame Oil
- 1 tbsp Coconut Aminos
- 1/2 tsp Lime Juice
- 2 cups Green Cabbage (chopped)
- 1/2 Red Bell Pepper (thinly sliced)
- 1/8 tsp Coriander (optional, chopped)

Directions

- 1 Mix the tahini with half of the honey in a small bowl.
- 2 Rub the chicken thighs with olive oil and sea salt and heat a skillet over medium heat. Cook the chicken for 5 to 6 minutes per side or until cooked through. Brush the tahini mixture on both sides of the chicken and cook for an additional 1 minute per side. Remove and set aside. Once cool, chop into cubes.
- 3 Mix the sesame oil, coconut aminos, lime juice and the remaining honey together.
- 4 Add the cabbage and bell pepper to a large bowl and toss with the sesame oil dressing. Top with the chicken and coriander, if using. Divide evenly between bowls and enjoy!



Broccoli Almond Protein Salad

2 servings

20 minutes

Ingredients

2 cups Broccoli (chopped into small florets)
1 cup Frozen Edamame (shelled)
2 stalks Green Onion (sliced)
1/4 cup Almonds (chopped)
2 tbsps Almond Butter
1 1/2 tsps Rice Vinegar
1 1/2 tsps Tamari (or Coconut Aminos)
1 1/2 tsps Maple Syrup
1 1/2 tsps Sesame Oil
1/2 Garlic (clove, minced)
1 tbsp Water

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!



Sardine & Avocado Salad

2 servings

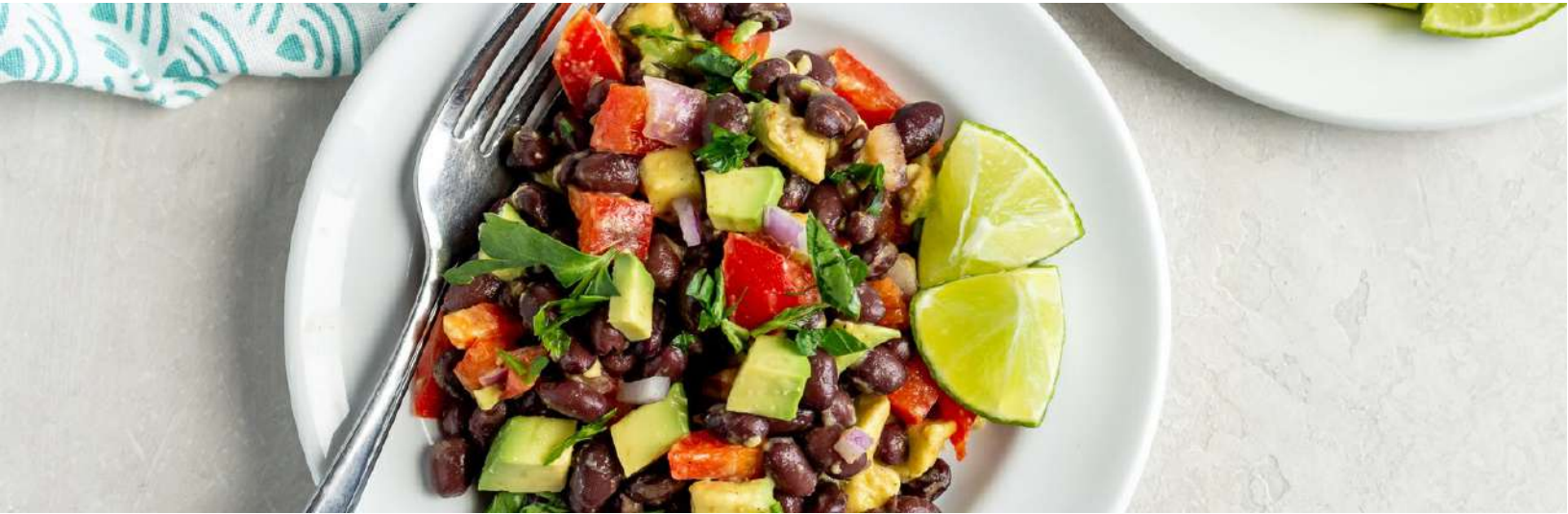
20 minutes

Ingredients

100 grams Sardines (packed in oil, drained)
1/2 Lemon (juiced and divided)
1 tbsp Parsley (finely chopped)
4 cups Baby Spinach (packed)
1/4 cup Radishes (thinly sliced)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)
1/8 tsp Sea Salt

Directions

- 1 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 2 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!



Mexican Black Bean Salad

2 servings

15 minutes

Ingredients

1 cup Black Beans (cooked)
1/2 Red Bell Pepper (chopped)
2 tbsps Red Onion (chopped)
1/2 Avocado (diced)
2 tbsps Lime Juice
1/8 tsp Chili Powder
1/8 tsp Cumin
1/16 tsp Sea Salt

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.



Mango & Chickpea Kale Salad

2 servings

20 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 cup Kale Leaves (finely chopped)
- 1/4 cup Pomegranate Seeds
- 1/2 Mango (peeled and thinly sliced)

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 2 Meanwhile, prepare dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt and pepper.
- 3 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!



Mediterranean Mixed Bean Salad

2 servings

10 minutes

Ingredients

- 1 1/3 cups Mixed Beans (cooked)
- 1 1/3 cups Cherry Tomatoes (halved)
- 2/3 cup Parsley (finely chopped)
- 2 tsps Maple Syrup
- 2 tsps Apple Cider Vinegar

Directions

- 1 Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!