LEALOU COOKS

Healthy Take-Out Meals

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Butter Chicken and Cauliflower Rice

4 servings
30 minutes

Ingredients

12 ozs Chicken Breast
2 tbsps Extra Virgin Olive Oil
2 Yellow Onion (diced)
2 Garlic (cloves, minced)
2 tbsps Ginger (grated)
1/4 cup Tomato Paste
2 tsps Paprika
1 tbsp Curry Powder
2 tsps Garam Masala
1 tsp Sea Salt
1 tbsp Chili Powder
1/4 cup Water
1 cup Organic Coconut Milk (full fat)
1 head Cauliflower
1/2 Lime (juiced)

Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
3. Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly, Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk, Use Greek yogurt instead.

No Cauliflower Rice, Serve over brown rice or quinoa instead.

More Veggies, Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage, Refrigerate in an air-tight container for up to 2 - 3 days.

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Chickpea Flatbread Pizza

2 servings
1 hour 20 minutes

Ingredients

1 cup Chickpea Flour
1 cup Water
1 1/2 tbsps Avocado Oil (divided)
1/4 tsp Sea Salt
1/3 cup Tomato Sauce
1/4 tsp Oregano
1/8 tsp Garlic Powder
1/8 tsp Red Pepper Flakes
6 ozs Mozzarella Cheese (shredded)
2 tbsps Basil Leaves (finely chopped)

Directions

1. In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
2. About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
3. Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
4. Reduce the oven temperature to 350°F (176°C).
5. Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
6. Slice and serve immediately. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

Serving Size, One serving is equal to approximately three slices of pizza.

Dairy-Free, Use a dairy-free shredded cheese instead.

More Flavor, Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings, Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.

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Greek Meatballs

4 servings
30 minutes

Ingredients

1 1/16 lbs Ground Lamb (lean)
1/4 cup Parsley (chopped)
1/4 cup Mint Leaves (chopped)
1 1/2 tsps Oregano (dried)
1/4 tsp Sea Salt
1 Lemon (zested)
1/2 cup Unsweetened Coconut Yogurt

Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a large bowl, add the ground lamb, parsley, mint, oregano, sea salt and lemon zest. Mix well using your hands. Roll into balls roughly the size of a golf ball and place on the baking sheet. Cook for 15 to 20 minutes. Remove and serve with coconut yogurt as a dip. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.
Serving Size, One serving is equal to approximately 4 meatballs and 2 tbsp of coconut yogurt.
No Lamb, Use lean ground beef instead.
Additional Toppings, Add grated cucumber, garlic and lemon to the coconut yogurt to make your own tzatziki dip.

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Orange Beef Stir Fry

5 servings
50 minutes

Ingredients

1 cup Brown Rice (uncooked)
1 cup Water
1 tbsp Extra Virgin Olive Oil (divided)
12 ozs Beef Tenderloin (sliced into thin strips)
1 Navel Orange (juiced)
2 tbsps Tamari
1/2 tsp Sesame Oil
1 tsp Red Pepper Flakes
1 Sweet Onion (diced)
2 Garlic (cloves, minced)
3 cups Snap Peas
4 cups Broccoli (cut into florets)
1 tbsp Ginger (grated)

Directions

1. Get your brown rice started by combining brown rice and water in a saucepan. Bring to a boil uncovered stirring occasionally. Once boiling, reduce to low heat and cover. Let simmer for 45 minutes or until all water is absorbed.
2. Meanwhile, heat half of your olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
3. Combine orange juice, tamari, sesame oil and red pepper flakes together in a bowl. Add ¼ cup water and mix well.
4. Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
5. Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
6. Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
7. Serve stir fry over a bed of brown rice. Enjoy!

Notes

Vegetarian, Use chickpeas instead of beef.
Make it Saucy, Double up on the orange juice, tamari and sesame oil.
More Green Power, Fold in some sautéed spinach until wilted.

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Chickpea & Spinach Roti

3 servings
30 minutes

Ingredients

2 tbsps Coconut Oil (divided)
1 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
2 tbsps Tomato Paste
1 tsp Cumin
1 1/2 tsps Curry Powder
1 tsp Garam Masala
1/2 tsp Sea Salt
1 cup Organic Coconut Milk (divided)
2 cups Baby Spinach
2 cups Chickpeas
1/2 cup Ground Flax Seed
1/2 cup Tapioca Flour
1/4 cup Water

Directions

1. Heat half of the coconut oil in a large skillet over medium heat. Saute your onion and garlic until soft. Stir in tomato paste, cumin, curry powder, garam masala and sea salt.
2. Stir in half the coconut milk, spinach and chickpeas. Cook until spinach has wilted then set aside.
3. Now make your roti. Whisk together the ground flax, tapioca flour, remaining coconut milk and water. Mix well.
4. Heat the remaining coconut oil in a large skillet over medium heat. Pour the roti batter (about 3/4 cup per roti) and spread evenly into a thin layer using the back of a spoon. Cook for about 2-3 minutes each side. (Note: the batter is sticky so be careful when flipping!)
5. Place each roti on a plate and scoop the chickpea and spinach mixture into the middle. Fold in the sides, then the top and bottom. Enjoy!

Notes

Likes it Spicy, Add chili powder to taste.
Skip the Roti, Serve the chickpea and spinach mix with naan, rice or cauliflower rice instead.

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One Pan Chicken Stir Fry

4 servings
30 minutes

Ingredients

3 tbsps Tamari
1 tbsp Apple Cider Vinegar
1 tbsp Raw Honey
1 tbsp Sesame Oil
1 1/4 lbs Chicken Breast (sliced into cubes)
1 Red Bell Pepper (de-seeded and sliced)
1 Yellow Bell Pepper (de-seeded and sliced)
4 cups Broccoli (chopped into florets)
2 cups Snap Peas
3/4 cup Quinoa (dry)
1 1/2 cups Water
1 tbsp Sesame Seeds

Directions

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
2. In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
3. Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
4. Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
5. Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Notes

Storage, Store in an airtight container in the fridge up to 3 days.
Vegan & Vegetarian, Replace the chicken breast with chickpeas.

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Slow Cooker Rotisserie Chicken

4 servings
4 hours

Ingredients

- **4 lbs** Whole Roasting Chicken
- **1 tbsp** Sea Salt
- **2 tsps** Paprika
- **1 tsp** Onion Powder
- **1 tsp** Dried Thyme
- **1 tsp** Italian Seasoning
- **1/2 tsp** Cayenne Pepper
- **1 tsp** Black Pepper
- **2** Sweet Potato (diced into 1 inch cubes)
- **4 cups** Brussels Sprouts (halved and trimmed)
- **1 tbsp** Extra Virgin Olive Oil

Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
5. One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass, Make our Immunity Boosting Bone Broth.
AIP-Friendly, Omit the black pepper and cayenne.

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Greek Chicken Burgers

6 servings
45 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1 Red Bell Pepper (diced and divided)
1/2 cup Red Onion (diced and divided)
4 cups Baby Spinach
1 cup Almond Flour
1 lb Extra Lean Ground Chicken
1/2 cup Black Olives (chopped and divded)
1/2 cup Feta Cheese (crumbled and divided)
1/2 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
4 cups Mixed Greens

Directions

1. Heat olive oil in a large skillet over medium heat.
2. Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
3. Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
4. Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
5. Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
6. Plate burger over a bed of greens and top with your chopped greek salsa. Enjoy!

Notes

Added Touch, Serve with homemade tzatziki.
Wrap it Up, Serve in a lettuce wrap or brown rice tortilla.
Get Creative, These also work well as meatballs or sliders.

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Honey Garlic Chicken Wings

4 servings
50 minutes

Ingredients

- **2 lbs** Chicken Wings
- **2 tsps** Baking Powder
- **1 tsp** Avocado Oil
- **2 tbsps** Tamari
- **2** Garlic (cloves, minced)
- **1 tsp** Ginger (minced)
- **2 tbsps** Raw Honey
- **1/2 tsp** Sesame Oil
- **2 tsps** Sesame Seeds

Directions

1. Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper.
2. In a large bowl, add the chicken wings, baking powder and avocado oil. Mix until the wings are coated. Spread the wings out on the baking sheet evenly and bake for 35 to 40 minutes.
3. In a small saucepan over medium-low heat add the tamari, garlic and ginger. Sauté for 1 to 2 minutes, then add the honey and heat over low heat until the sauce reduces slightly, approximately 3 to 4 minutes. Remove from the heat and add the sesame oil.
4. In a large bowl, toss the chicken wings with the sauce to coat. Garnish with sesame seeds. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350F (177°C) for 8 to 10 minutes.

Serving Size, One serving is equal to approximately seven chicken wings. Serve with additional sides to make it a full meal.

More Flavor, Add some chili flakes for spice.

Additional Toppings, Add sliced green onions on top.

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Classic Tacos

4 servings
25 minutes

Ingredients

8 Corn Tortilla
1 tbsp Avocado Oil
1 lb Extra Lean Ground Beef
1 tsp Onion Powder
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1/2 tsp Cumin
1/2 head Green Lettuce (small, finely chopped)
2 Tomato (medium, diced)

Directions

1. Prepare tortillas according to instructions on the package.
2. Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
3. Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

Notes

Serving Size, One serving is equal to two tacos.

Storage, Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

More Toppings, Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

No Ground Beef, Use ground turkey, chicken, pork or lamb instead.

Vegan & Vegetarian, Use lentils instead of ground meat.