



# 1. Grilled Chicken & Avocado Salad Bowl

## Ingredients (1–2 servings)

### Chicken

- 1 boneless, skinless chicken breast
- 1½ tbsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- Optional: Splash of hot sauce or lemon juice
- Allow to marinate for at least 1 hour
- ½ tsp onion powder
- ½ tsp dried thyme or oregano (optional)
- ½ tsp black pepper
- ¾ tsp salt

### Salad Bowl Base

- 2 cups rocket leaves or salad leaf mix
- 1 ripe avocado, sliced
- ½ cup cherry tomatoes
- ½ cup cucumber or bell peppers
- ¼ cup red onion (thin sliced)
- Optional upgrades:
- Corn or black beans
- Roasted sweet potatoes
- Quinoa or rice if you want it filling
- Salad dressing



## Instructions

- Grill the chicken
- Grill pan or skillet on medium-high heat
- Cook chicken 5–7 min per side until nicely charred and juicy
- Rest 5 minutes, then slice
- Assemble
- Greens first
- Add veggies + avocado
- Top with chicken
- Drizzle dressing generously
- Final touch (optional but elite); Sprinkle with feta, pepper flakes, or a little extra hot sauce



## 2. Grilled Prawns or Shrimp Bowl with Avocado & Corn Salsa

### Ingredients (1–2 servings)

#### For the prawns/shrimp:

- ½ kg large prawns/shrimp peeled and deveined
- 1 tablespoon olive oil
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper optional

#### Corn Salsa:

- 1 cup corn
- ½ cup red onion diced
- ¼ cup cilantro chopped
- 1 jalapeño seeded and minced (optional)
- 1 lime juiced
- Salt to taste

#### Creamy Garlic Sauce:

- ½ cup mayonnaise
- ¼ cup sour cream
- 1 tablespoon cilantro chopped
- 1 tablespoon lemon juice
- 1 clove garlic minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper

**For the Bowl:** 1 avocado sliced (or mashed)



## Instructions

- In a bowl, combine prawns/shrimp, olive oil, and the paprika, garlic powder, salt, black pepper and optional cayenne pepper. Toss to coat.
- Combine corn, red onion, cilantro, lime juice, and salt in a bowl. Mix gently and set aside.
- Grill the prawns/shrimp on a pan over medium heat for 2–3 minutes per side, or until cooked through.
- In a small bowl, whisk together mayonnaise, sour cream, cilantro, lime juice, garlic, salt, and pepper.
- Assemble the Bowls: Divide the corn salsa between bowls and top with grilled prawns/shrimp, avocado (sliced, cubed or mashed), and drizzle with Creamy Garlic Sauce. Garnish with sesame seeds and chopped green onions.

## Tips

- To spice it up: Add more cayenne pepper or a pinch of red pepper flakes to the shrimp marinade.
- Make it a meal: Serve the bowls with a side salad or soup or add a cup of cooked rice to the bowl.



### **3. Ground Beef Hot Honey Bowl**

#### **Ingredients (4 servings)**

##### **For the Beef**

- ½ kg lean ground beef (93% preferred)
- 1 yellow onion, diced
- 1 mixed seasoning packet (or 2 tbsp homemade mixed seasoning)

##### **For Serving**

- 1 avocado, sliced
- 1 cup cottage cheese (low-fat or full-fat)
- 2 tbsp hot honey (store-bought or homemade)

##### **For the Sweet Potatoes**

- 2 medium sweet potatoes, peeled and diced
- 2 tbsp olive oil
- 1/2 tsp paprika

## Instructions

- Preheat oven to 200°C. Toss sweet potatoes with olive oil and paprika, then roast for 25–30 minutes, turning halfway, until tender.
- While they cook, sauté the diced onion in a pan over medium heat until softened. Add the ground beef and seasoning, breaking it up as it cooks, until browned and fully cooked.
- Divide sweet potatoes between bowls, top with the beef, add avocado and cottage cheese, then drizzle with hot honey. Serve warm.

