Beef and Potatoes (--for six)

~550-600 calories per serving

1) 1kg of beef. (after trimming the fat, etc)

-cut into 1 inch cubes

-boil water (enough to fully cover the beef)

-after water is boiled, put the beef in

-when water reaches boiling again, drain out the water

\*\*do not boil until fully cooked. this is to drain the oils out of the meat

---boil a separate pot of water---

2) take large skillet

-turn stove to high

- take 1 tea spoon of olive oil

-when oil is hot, add 3 cloves of "star anise" (crazy asian spice) and 4 1/2cm slices of ginger

-after the oil is flavoured by the spices, add 1 green onion (small/regular sized) (do not let this burn)

-add the beef, right after - add 1 teaspoon of cooking wine

-at this step, the beef should start letting out water. let the beef cook until the water reduces to nothing

-after the water is reduced, add the boiling water - enough water to cover the beef completely

-when the water begins to boil again, reduce the flame to medium, stir well at this point

-put lid on the beef, and let it cook for ~2 and a half hours

\*if water reduces to too low of a point, add more water

3) skin and begin to cut 1.5kg of potatoes into 1.5 inch pieces

-add 1-2 teaspoons of dark soy sauce (depending on how dark you want it to be)

-add 1 teaspoon of salt

-add the potatoes at this point, add water until it is level with the potatoes

-stir the whole thing well and close the lid

-let cook for 30 minutes

ready to serve

Bell peppers and chicken brest (for 1)

(extra meat is optional)

~200 calories per serving  
  
1) take 150g chicken brest, trim fat etc and prepare 1 and a half bell peppers (green or red)  
-cut both meat and peppers into 1cm cubes

-put the chicken into a bowl; add 1/4 teaspoon of cooking wine; 1/6 teaspoon of dark soy sauce; pinch of salt (meaning like.... a few grains of salt)

-mix well with fingers

-let this settle for ~5 minutes

2) take skillet and place on medium-high heat

-after the skillet is hot, put 1/4 teaspoon of olive oil

-when the oil is hot, add the bowl of chicken and cook the chicken with stirring.

-at this point, the chicken will be stuck together. when it changes color and separates, put the chicken into a separate bowl

3) wash the skillet

-on medium high heat, let the skillet heat up again

-when the skillet is hot, add the bell peppers and mix them around until cooked

-when the bell peppers are cooked to the softness of your liking, add a pinch of salt and the previously cooked chicken

-mix well for ~30sec - 1 minute

ready to serve

Tomato and meatball soup (for 1)

(extra meat is optional)

~250 calories per serving

Best served with rice

1) take 200g of lean ground turkey

-put it into a bowl and add 1/4 teaspoon of cooking wine

-add 1/4 teaspoon of dark soy sauce and a pinch of salt

-vigorously mix with fingers and let sit for 5 minutes

2) take 600g of tomatoes

-skin the tomatoes and chop into quarters

3) take a semi-deep pot (from here on in, only use high heat)

-boil 1.5 cups of water

-when water is boiling, add the chopped tomatoes

-add 3 drips of dark soy sauce for color

-add half of a green onion and a pinch of salt with some freshly ground pepper or hot pepper corns

4) begin to form the turkey into 3/4" to 1" meatballs

-when the water is boiling again, drop the meatballs

-after the meatballs are dropped in, let the whole thing cook for another 5-10 minutes

-optional: sprinkle some of the green leafy bits of the green onion for extra color and flavor

ready to serve

healthy fried-rice (for 1)

(extra meat is optional)

~400 calories (450 if the peas are added)

1) take 150g chicken brest, trim fat etc and prepare 1 and a half bell peppers (green or red)  
-cut both meat and peppers into 1cm cubes

-put the chicken into a bowl; add 1/4 teaspoon of cooking wine; 1/6 teaspoon of dark soy sauce; pinch of salt (meaning like.... a few grains of salt)

-mix well with fingers

-let this settle for ~5 minutes

2) take 2 sticks of celery

-chop into 1cm cubes

3) prepare 1 bell pepper (preferably red)

-chop into 1cm cubes

4) take skillet and place on medium-high heat

-after the skillet is hot, put 1/4 teaspoon of olive oil

-when the oil is hot, add the bowl of chicken and cook the chicken with stirring.

-at this point, the chicken will be stuck together. when it changes color and separates, put the chicken into a separate bowl

3) wash the skillet

-on medium high heat, let the skillet heat up again

-add 1/4 teaspoon of olive oil

-when oil is hot, add 1/6 teaspoon of finely chopped ginger and 1/3 of a chopped green onion

-after the oil is flavored - add the veggies (can also add a hand full of green peas)

-cook while stirring until the veggies are soft/cooked

-add a pinch of salt and add 100g of cooked brown rice

-stir and mix well until everything is blended

ready to serve