

Basic Dinner Recipes

Simple - Quick - Tasty

Volume 2 - 16 recipes



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Air Fryer Crispy Tofu

Low-Carb

Living+

Crispy on the outside, tender on the inside. A perfect balance of sweet, spicy, and savory flavors. Made effortlessly in the air fryer, this protein-packed dish skips the heavy oils and deep-frying without sacrificing texture or taste. Tossed in a bold honey-sriracha glaze with a zing of lime, it's an ideal option for a quick lunch or dinner.

Prep: 5 min | Cook: 15 min | Fresh: 2 days | Beginner

Makes 2

Tofu 400g or 14.1oz

Lime Juice 1 lime

Olive Oil 2 tbsp

Sriracha Sauce 30g or 1oz

Honey 3 tsp

Soy Sauce 1 tbsp

Cornstarch 2 tsp

Garlic Powder 1 tsp

Air Fryer Crispy Tofu

Low-Carb

livingplusrx.com

Method

Press the tofu to remove excess water: wrap it in a clean towel and place a heavy object on top for 15-20 minutes. Cut the tofu into cubes and toss with the cornstarch and olive oil until evenly coated.

In a small bowl, whisk together honey, Sriracha, soy sauce, garlic powder, and lime juice. Set aside.

Preheat your air fryer to 400°F (200°C). Place the tofu cubes in the air fryer basket in a single layer, ensuring they don't touch to prevent sticking. Cook for 12-15 minutes, shaking the basket halfway through, until the tofu is golden and crispy.

Once the tofu is done, toss the crispy cubes in the honey-Sriracha glaze until well coated.

Serve the glazed tofu immediately. It's delicious over a bed of rice or with steamed vegetables.

MFP Barcode



Living+

Allergen Information

Contains soy, sulfites.



Air Fryer Pizza Bagels

High Protein | Low Carb

Living+

Your favorite pizza flavors, ready in under 10 minutes! These Air Fryer Pizza Bagels are the ultimate high-protein, low-effort snack or quick meal. Crisped to perfection in the air fryer, each bagel half is loaded with rich tomato paste, gooey mozzarella, and your choice of toppings—from classic pepperoni to colorful veggies.

Prep: 5 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 2

- **Multigrain Bagel** 1
- **Tomato Paste** 2 tbsp
- **Pepperoni Slices** 15g or 0.5oz
- **Cheddar Cheese** 15g or 0.5oz
- **Mozzarella Cheese** 15g or 0.5oz
- **Dried Oregano** ½ tsp

Air Fryer Pizza Bagels

High Protein | Low Carb

livingplusrx.com

Method

If your bagels are not pre-sliced, slice them in half. Toast them lightly if you prefer a crispier base.

Spread each bagel half with 1 tablespoon of tomato paste. Add pepperoni slices and sprinkle dried oregano over the toppings for added flavor. Sprinkle the grated mozzarella and cheddar cheese evenly over the bagel.

Preheat your air fryer to 350°F (180°C). Place the prepared bagel halves in the air fryer basket. Cook for about 5-6 minutes or until the cheese is melted and bubbly, and the edges of the bagels are crispy.

Remove the pizza bagels from the air fryer and let them cool for a minute or two before serving. They're hot!

MFP Barcode

5 5 7 9 4 1 2 2 4 4 9 6

Living+

Allergen Information

Contains lactose, wheat.



Goat Cheese Beet Salad

Low Carb

Living+

This vibrant, high-fiber salad delivers a bold blend of earthy beets, creamy goat cheese, and zesty herbs. Beluga lentils add protein and texture, while the sweet balsamic dressing brings everything together. Ideal as a nutrient-packed lunch or light dinner that feels both refreshing and indulgent.

Prep: 10 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 4

Beets 500g or 17.6oz, cooked
Beluga Lentils 1 can, drained
Goat Cheese 150g or 5.3oz
Radicchio 140g or 5oz
Balsamic Vinegar 2 tbsp
Olive Oil 2 tbsp
Fresh Chives 20g or 0.7oz
Fresh Mint 10g or 0.35oz
Honey 1 tsp

Goat Cheese Beet Salad

Low Carb

livingplusrx.com

Method

In a large bowl, whisk together 2 tablespoons of olive oil, the balsamic vinegar, honey, and a pinch of salt and black pepper.

Add the diced cooked beets and drained beluga lentils to the bowl. Toss to coat in the dressing.

Stir in the chopped radicchio, chives, and most of the mint. Mix gently to combine.

Fold in most of the goat cheese pearls, being careful not to break them up too much. Transfer to a serving dish or individual plates. Scatter over the remaining goat cheese and mint.

MFP Barcode

5 5 7 9 4 1 2 2 4 5 3 3

Living+

Allergen Information

Contains lactose.



Maple Walnut & Blue Cheese Salad

High Protein | Low Carb

Living+

A perfect harmony of sweet, salty, and savory, this Maple Walnut & Blue Cheese Crunch Salad is a textural delight. Packed with protein from bacon, healthy fats from walnuts, and tangy blue cheese, it's a bold and flavorful salad that's perfect for a light lunch or a standout side dish.

Prep: 10 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 3

Baby Romaine 300g or 10.6oz
Diced Bacon 200g or 7oz
Walnuts 70g or 2.5oz
Blue Cheese 45g or 1.6oz
Olive Oil 2 tbsp
Chives 3 tbsp, chopped
White Wine Vinegar 1 tbsp
Maple Syrup 2 tbsp
Chili Flakes 1 pinch
Fresh Thyme 1 tsp
Salt pinch
Apple 1, medium
MSG 1/2 tsp

Maple Walnut & Blue Cheese Salad

High Protein | Low Carb

livingplusrx.com

Method

Heat a dry skillet over medium heat and add the bacon and fresh thyme. Cook for 4-5 minutes until the bacon is golden and crispy. Add the walnuts to the pan and toss them with the bacon. Drizzle in 1 tbsp maple syrup, sprinkle chili flakes, and add a pinch of salt. Cook for 2 minutes, stirring frequently to coat the walnuts in the maple glaze. Remove from heat and set aside.

In a small bowl, mix the vinegar and MSG. Add the sliced apple (use a mandoline for best results) to the mixture, ensuring they are coated evenly. Let them sit for 5 minutes to pickle slightly.

Take 1 tbsp of the apple pickle vinegar and combine it with 2 tbsp extra virgin olive oil and 1 tbsp maple syrup. Whisk until emulsified.

Arrange the romaine leaves in a large bowl or serving plate. Scatter the pickled apple slices over the lettuce. Add the bacon and walnut mixture, ensuring an even distribution. Drizzle the dressing over the top.

Crumble 15g blue cheese per portion over the salad. Sprinkle with finely chopped chives. Serve immediately and enjoy this vibrant and hearty salad.

MFP Barcode

5 5 7 9 4 1 2 2 4 0 6 9

Living+

Allergen Information

Contains lactose, tree nuts.



Mexican Roast Sweet Potato

High Carb

Living+

A nutrient-packed, high-fiber meal with roasted sweet potatoes as the base, topped with spiced black beans, corn, fresh veggies, and a zesty yogurt cilantro sauce. This dish is rich in complex carbohydrates, plant-based protein, and antioxidants, making it a perfect balanced meal for recovery, energy, or a vibrant weeknight dinner.

Prep: 10 min | Cook: 45 min | Fresh: 3 days | Beginner

Makes 2

Sweet Potato 2, medium
Cherry Tomatoes 8
Corn 100g or 3.5oz
Black Beans 100g or 3.5oz
Low-Fat Yogurt 100g or 3.5oz
Avocado 1/2
Red Cabbage 70g or 2.5oz
Lime Juice 2 limes
Red Onion 1/2 small
Pumpkin Seeds 2 tbsp
Jalapeños in Brine 2 tbsp
Cilantro 10g or 0.35oz
Cumin 1 tsp
Salt 1 pinch

Mexican Roast Sweet Potato

High Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Slice the sweet potatoes in half lengthwise. Place them cut-side down on a baking sheet lined with parchment paper. Roast for 45 minutes until soft and caramelized.

While the potatoes are roasting, combine black beans, corn, avocado, cherry tomatoes, red onion, sea salt, and half of the lime juice in a bowl. In a separate bowl, massage the shredded red cabbage with the remaining lime juice until softened and vibrant in color.

Blend together yogurt, jalapeño, lime juice, cilantro, pumpkin seeds, and cumin until smooth and creamy.

Once the sweet potatoes are roasted, flip them over and gently mash the insides with a fork. Top each half with the black bean mixture, massaged cabbage, and a generous drizzle of Yogurt Cilantro Sauce. Serve immediately and enjoy!

MFP Barcode

5 5 7 9 4 1 2 2 4 3 0 4

Living+

Allergen Information

Contains lactose.



Pomegranate Chickpea Salad

Med Carb

Living+

A refreshing and vibrant Pomegranate Chickpea Salad, packed with sweet, tangy, and savory flavors. Perfect as a light main dish or a side, this salad boasts fiber-rich chickpeas, juicy pomegranate seeds, creamy feta, and a zesty dressing. Loaded with antioxidants, protein, and healthy fats, it's a nutritious option for a crowd or meal prep!

Prep: 10 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 4

Cucumber 1, large
Romaine Lettuce 300g or 10.5oz
Pomegranate Seeds 250g or 8.8oz
Chickpeas 1 can, drained
Feta Cheese 100g or 3.5oz
Green Olives 20
Green Onions 3
Pumpkin Seeds 2 tbsp
Dried Oregano 1/2 tsp
Balsamic Vinegar 3 tbsp
Olive Oil 3 tsp
Fresh Mint 2 tbsp, chopped
Lemon Juice 1 lemon
Black Pepper 5 twists
Mint 1 tsp, dried
Chili Flakes 1/2 tsp
Salt Pinch

Pomegranate Chickpea Salad

Med Carb

livingplusrx.com

Method

In a large bowl, combine the chopped Romaine lettuce, chickpeas, pomegranate seeds, chopped cucumber, crumbled feta cheese, olives, chopped green onions, mint, and pumpkin seeds. Toss gently to mix.

In a small bowl, whisk together balsamic vinegar, olive oil, lemon juice, dried mint, dried oregano, chili flakes, salt, and pepper until emulsified. Pour the dressing over the salad and mix well to coat evenly.

Serve immediately or chill in the refrigerator for up to 1 hour before serving for a more intense flavor blend.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Roasted Tomato & Ricotta Linguine

Med Carb

Living+

A simple yet deliciously satisfying meal, perfect for a weeknight dinner or a special weekend treat. The slow-roasted cherry tomatoes give a rich, sweet flavor, beautifully complemented by fresh basil, creamy ricotta, and a sprinkle of Parmesan. Paired with al dente pasta, this dish brings a perfect balance of freshness and comfort.

Prep: 10 min | Cook: 45 min | Fresh: 3 days | Beginner

Makes 4

- **Cherry Tomatoes** 750g or 26.5oz
- **Ricotta Cheese** 250g or 8.8oz
- **Linguine** 240g or 8.4oz
- **Parmesan** 50g or 1.7oz
- **Sundried Tomatoes** 8
- **Olive Oil** 2 tbsp
- **Fresh Basil** 15g or 0.5oz
- **Salt** 1 tsp

Roasted Tomato & Ricotta Linguine

Med Carb

livingplusrx.com

Method

Preheat your oven to 350°F (180°C).

Halve the cherry tomatoes and place them on a baking sheet. Sprinkle with salt and toss to coat. Roast in the oven for 45 minutes until the tomatoes are soft and caramelized.

Once the tomatoes are roasted, transfer them to a blender or food processor. Add the fresh basil, 50g of grated Parmesan, ricotta cheese, and 2 tablespoons of olive oil. Blend until smooth and creamy.

While the tomatoes are roasting, cook the linguine according to the package instructions until al dente. Drain and set aside, reserving a bit of the pasta water.

Toss the cooked linguine with the blended tomato-ricotta sauce, adding a splash of reserved pasta water if needed to loosen the sauce. Serve hot, topped with chopped sundried tomatoes and extra Parmesan. Enjoy immediately!

MFP Barcode

5 5 7 9 4 1 2 2 3 9 6 3

Living+

Allergen Information

Contains lactose, wheat.



Spicy Eggplant Arrabbiata Penne

High Carb

Living+

Unleash a burst of flavors with this Spicy Eggplant Arrabbiata Penne. Fresh chilies and succulent eggplant pieces meld with juicy plum tomatoes to deliver a kick that's balanced by the heartiness of tricolor penne. It's a simple yet bold dish that offers an aromatic and spicy journey for your taste buds.

Prep: 10 min | Cook: 20 min | Fresh: 3 days | Beginner

Makes 4

Eggplant 500g or 17.5 oz

1 Can Plum Tomatoes

Penne Pasta 300g or 10.5 oz, tricolor

Garlic Cloves 4

Olive Oil 1 tbsp

Red Chilies 3

Spicy Eggplant Arrabbiata Penne

High Carb

livingplusrx.com

Method

Start by setting a pot of water to boil for the pasta. As it heats, split the eggplants in half lengthwise and submerge them in the boiling water. Let them blanch, covered, for about 5 minutes. After, retrieve the eggplants, ensuring the water remains boiling.

Finely chop the fresh chilies, mince the garlic cloves, and add them to a pan with the olive oil. Dice the blanched eggplants into roughly 1-inch pieces and introduce them to the pan. Season with a hint of sea salt and black pepper, and raise the heat to high, ensuring you stir frequently.

As the eggplant cooks, proceed to prepare the pasta based on the guidelines provided on its packaging.

Incorporate the tomatoes into the pan, mashing them gently using a wooden spatula, and add half the amount of water from the tomato can.

Let the sauce simmer until the pasta is appropriately cooked. Once done, adjust seasoning as per your taste.

Once the pasta is cooked, drain it while preserving a cup of the starchy water. Add the pasta to the simmering sauce, adding some of the reserved pasta water if necessary to achieve your desired consistency. Serve and enjoy.

MFP Barcode



Living+

Allergen Information

Contains wheat.



Spicy Oregano and Basil Rigatoni

High Carb

Living+

A flavorful and hearty pasta dish that is perfect for a weeknight dinner. The dish is perfect for those who love a bit of heat in their food, and the fresh herbs give it a lovely aroma and taste. It is a perfect comfort food.

Prep: 10 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 3

Rigatoni 300g or 10.6 oz
Light Cream 270ml or 9 fl oz
Parmesan 50g or 1.7 oz
Garlic Cloves 6
Tomato Paste 2.5 tbsp
Fresh Oregano 1/4 cup
Chili Flakes 1 tsp
Fresh Basil 10 leaves
Olive Oil 1 tsp
Black Pepper 1 tsp
Salt 1 pinch

Spicy Oregano and Basil Rigatoni

High Carb

livingplusrx.com

Method

Begin by bringing a large pot of water to a boil and cook the rigatoni pasta according to the package instructions. Once cooked, drain the pasta and reserve one cup of pasta water.

While the pasta cooks, finely chop the fresh basil and oregano.

In a pan, heat olive oil over medium heat and add the minced garlic. Sauté for a minute, then add the chopped oregano and basil. Cook for an additional minute or two.

Stir in the tomato paste and chili flakes, and cook for 30 seconds.

Pour in the light cream and continue cooking for another 2-3 minutes.

Add the cooked rigatoni to the pan, along with some of the reserved pasta water (if needed), a pinch of salt, black pepper, and Parmesan. Mix everything together over medium heat for about 3 minutes or until you get a smooth and creamy texture.

Serve with additional Parmesan and fresh basil if desired.

MFP Barcode



Living+

Allergen Information

Contains milk, wheat.



Sprout & Pomegranate Winter Salad

Low Carb

Living+

This vibrant, nutrient-packed salad combines finely shaved Brussels sprouts with juicy oranges, sweet-tart pomegranate seeds, and peppery radicchio for a refreshing crunch. Finished with a bright orange vinaigrette and shavings of Parmesan. Packed with fiber, antioxidants, and healthy fats.

Prep: 15 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 4

Orange Juice 1 large orange

Orange 1, large

Brussels Sprouts 300g or 10.6oz

Pomegranate Seeds 250g or 8.8oz

Radicchio 140g or 5oz

Olive Oil 2 tbsp

Fresh Parsley 25g or 0.9oz

Parmesan 20g or 0.7oz

White Wine Vinegar 1 tbsp

Sugar 2 tsp

Salt ½ tsp

Sprout & Pomegranate Winter Salad

Low Carb

livingplusrx.com

Method

Thinly slice the Brussels sprouts using a sharp knife or mandoline and place them in a bowl. Add the salt and ¼ of the orange juice. Toss and let sit for 5–10 minutes to allow the sprouts to soften slightly.

In a large mixing bowl, combine the remaining orange juice, orange segments, ⅔ of the pomegranate seeds, white wine vinegar, sugar, and olive oil. Stir well to create the dressing.

Add the softened sprouts, radicchio leaves, and parsley to the bowl with the dressing. Toss everything together gently but thoroughly.

Transfer the salad to a serving platter. Scatter the remaining pomegranate seeds over the top, drizzle with a little extra olive oil, and finish with Parmesan shavings if desired.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Sundried Tomato Gnocchi

High Carb

Living+

One for those who love Italian cuisine. This recipe combines tricolor pillowy gnocchi with the sweet and tangy flavor of sundried tomatoes, creating a dish that is both satisfying and delicious.

Prep: 3 min | Cook: 6 min | Fresh: 3 days | Beginner

Makes 2

Tricolor Gnocchi 400g or 14.1oz
Light Cream 100ml or 3.3fl oz
Reduced-Fat Mozzarella 60g or 1/2 cup
Sun Dried Tomatoes 10
Garlic 4 cloves
Olive Oil 1 tsp
Dried Basil 1 tsp
Dried Oregano 1 tsp

Sundried Tomato Gnocchi

High Carb

livingplusrx.com

Method

First, finely chop the sundried tomatoes and set them aside.

Bring a pot of water to a boil and cook the gnocchi according to the package instructions (in this case 4 minutes).

Next, add a tsp of olive oil to a pan on medium heat with the garlic cloves, crushed. Cook for 2 minutes before adding the sundried tomatoes and herbs. Cook for a minute before adding the cream, mixing until well combined.

At this stage, the gnocchi should be ready. Drain the water (reserving a 1/2 cup) and add the gnocchi to the pan. Mix well and add the pasta water if the sauce is too thick/not enough. Finally, add the mozzarella and stir. Allow the cheese to melt before serving.

MFP Barcode

0 5 7 9 4 1 2 2 0 9 6 7

Living+

Allergen Information

Contains lactose, wheat.



KCAL 418.1

PRO 15.2g

CARB 73g

FAT 7.1g

FIBER 7.8g

Per serving

Sun-Kissed Mediterranean Salad

High Carb

Living+

Bursting with vibrant colors and packed with plant-based protein, this salad is the perfect make-ahead meal for lunch. The combination of charred corn, juicy cherry tomatoes, and a zesty red pesto dressing creates a harmonious balance of flavors, ideal for a nutritious and delicious experience.

Prep: 15 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 4

Cherry Tomatoes 250g or 8.8oz

Pasta 250g or 8.8oz

Red Bell Pepper 2, medium

Corn 1 can

Chickpeas 1 can

Red Onion 1 small

Red Pesto 40g or 1.4oz

Sundried Tomatoes 6

Arugula 1 cup

Sun-Kissed Mediterranean Salad

High Carb

livingplusrx.com

Method

Bring a large pot of water to a boil. Add the pasta and cook according to the package instructions until al dente. Drain and rinse with cold water to stop the cooking process, then set aside.

Heat a non-stick pan over medium-high heat and add the rinsed and drained corn. Cook for 5-7 minutes, stirring occasionally, until the corn becomes golden and slightly charred. Remove from the heat and set aside.

In a large mixing bowl, combine the cooked and cooled pasta, chickpeas, arugula, halved cherry tomatoes, charred corn, diced red onion, diced red bell peppers, and chopped sun-dried tomatoes.

Spoon in the red pesto and toss everything together until all the ingredients are evenly coated. Season with salt and pepper to taste. Enjoy immediately as a cold salad, or store in an airtight container in the fridge for up to 3 days. You can also lightly heat it if preferred.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose, tree nuts.



Sweet Potato & Mixed Bean Chili

High Carb

Living+

This hearty and aromatic sweet potato and mixed bean stew is a delightful concoction of spices, vegetables, and legumes. With the sweetness of the roasted sweet potatoes balancing the tang of tomatoes and the spicy kick from the chili, it's a crowd-pleaser that promises both warmth and nutrition.

Prep: 15 min | Cook: 40 min | Fresh: 3 days | Beginner

Makes 4

Chopped Tomatoes 1 can
Mixed Beans 1 can
Sweet Potato 2, large
Red Bell Pepper 2, medium
Yellow Bell Pepper 1, medium
Yellow Onion 1 medium
Olive Oil 2 tbsp
Cinnamon 2 tsp
Cumin 1 tsp
Red Chili 1
Paprika 1 tsp
Cilantro 1 bunch
Rice 200g, uncooked

Sweet Potato & Mixed Bean Chili

High Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). Peel and chop the sweet potatoes. On a baking sheet, toss them with 1 tablespoon of olive oil and a pinch each of cinnamon, cumin, and paprika. Spread out evenly and roast for 35 to 40 minutes until they're tender and slightly caramelized.

Meanwhile, peel and roughly chop the onion. Pick the leaves from the cilantro and finely chop them. Roughly chop the chili. Seed the red and yellow peppers and chop them into chunks.

Heat 1 tablespoon of olive oil in a large pan. Add the onion, cilantro, chili, and peppers. Sprinkle in the remaining spices and cook over a low heat for about 10 minutes, stirring occasionally.

Add the mixed beans (with their liquid) and the canned tomatoes to the pan. Mix well, adding a bit of water if it's too thick. Let the mixture simmer gently for about 30 minutes. Stir occasionally.

Stir in the roasted sweet potatoes. Taste and adjust the seasoning as necessary.

Cook the rice according to the package instructions. Serve the chili over the rice and garnish with fresh cilantro.

MFP Barcode



Living+

Allergen Information

Contains none.



Sweet Potato and Black Bean Burritos

High Carb

Living+

Discover the vibrant flavors of these sweet potato and black bean burritos. Packed with a delightful mix of spices, vegetables, and protein, these burritos are both nutritious and tantalizing. The tang of lime and the creaminess of oat yogurt perfectly balance the heat from the jalapeños, making this dish a true treat.

Prep: 10 min | Cook: 40 min | Fresh: 3 days | Beginner

Makes 2

Sweet Potato 1 large
Black Beans 1 can
Cooked Rice 100g or 3.5oz
Flour Tortillas 2, 8-inch
Lime Juice 1 lime
Olive Oil 2 tbsp
Green Onions 3
Jalapeños 2 tbsp, pickled & sliced
Oat Yogurt 2 tsp
Garlic Cloves 2
Cumin 1 tsp
Spinach 100g or 3.5oz
Paprika 1/2 tsp

Sweet Potato and Black Bean Burritos

High Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Toss the chopped sweet potato with a drizzle of olive oil, paprika and cumin. Lay them out on a baking sheet and roast until they are tender and slightly caramelized.

In a pan, heat some olive oil over medium heat. Add minced garlic and sauté until fragrant. Add in the same seasonings you used for the sweet potatoes and stir. Add the black beans and cook until they're warmed through.

After cooking the rice, place the spinach in a colander right above the pot of hot rice. The steam from the rice will wilt the spinach. After a few minutes, squeeze out any excess water.

In a mixing bowl, combine the sliced green onions, lime juice, sliced jalapeños, and a splash of the jalapeño pickling juice.

Lay out the tortillas and evenly distribute the roasted sweet potatoes, black beans, salsa, oat yogurt, rice, and wilted spinach. Roll up the tortillas to form the burritos and then fry them on low heat for 1 minute on each side.

MFP Barcode

5 5 7 9 4 1 2 2 2 1 3 3

Living+

Allergen Information

Contains wheat.



Zesty Chorizo-Chickpea Stew

Low Carb

Living+

The "Zesty Chorizo-Chickpea Stew" blends smoky chorizo, hearty chickpeas, and vibrant veggies for a robust, warming dish. Enriched with nutrient-dense arugula and garnished with parsley, it's a flavor-packed meal that's rich in protein, fiber, and vital vitamins, providing both indulgence and nourishment in each bite.

Prep: 10 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 2

Chickpeas 1 can, drained

Red Bell Pepper 1 large

Red Onion 1 medium

Chorizo 80g or 2.8oz

Arugula 1 handful

Roasted Red Pepper Hummus 20g or 0.7oz

Garlic Cloves 2

Paprika 1 tsp

Chili Flakes 1/2 tsp

Fresh Parsley to garnish

Zesty Chorizo-Chickpea Stew

Low Carb

livingplusrx.com

Method

Slice the chorizo and place in a skillet over medium heat. Cook until it turns golden, then remove it from the pan, draining excess fat on a paper towel.

In the same pan, sauté the sliced onion and chopped red bell pepper for about 10 minutes. Incorporate the sliced garlic and continue to cook for an additional minute.

Add the drained chickpeas, paprika, chili flakes (if using), the hummus and 1 cup of water to the pan. Bring the mixture to a boil, then let it simmer for about 10 minutes until it thickens.

Return the chorizo to the pan and adjust the seasoning to your liking. Finally, stir in the arugula and roughly chopped parsley.

Your Zesty Chorizo-Chickpea Stew is now ready to be savored! Enjoy this hearty, flavorful, and nutritious dish.

MFP Barcode

0 5 7 9 4 1 2 2 1 6 2 9

Living+

Allergen Information

Contains sesame.



Zesty Mushroom and Black Bean Tacos

Med Carb

Living+

A satisfying blend of umami-rich mushrooms, tangy citrus, and a hint of chili heat. These tacos are balanced by creamy avocado and the mild crunch of fresh red onion. A splash of orange juice brightens the sauce. Packed with plant-based protein and fiber, these tacos offer a nutritious and flavorful twist on a classic.

Prep: 10 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 4

King Oyster Mushrooms 400g or 14.1 oz
Soft Taco Shells 12
Onion 1 medium
Red Onion 1 small
Oregano 2 tsp
Salt 1 pinch
Soy Sauce 2 tbsp
Chili & Garlic Sauce 4 tsp
Orange Juice 1 orange yield
Water 150ml
Avocado 1
Black Beans 1 can

Zesty Mushroom and Black Bean Tacos

Med Carb

livingplusrx.com

Method

Begin by shredding the king oyster mushrooms into thin strips using 2 forks. One to stabilize and one to strip.

Heat 2 tbsp of water in a pan and cook the onion until it becomes translucent. Add a pinch of salt to the onions.

Stir in the 4 tsp of chili & garlic sauce, 2 tsp of oregano, 2 tbsp of soy sauce, juice from one orange, and 150ml of water. Mix well until everything is combined.

Add the shredded mushrooms to the pan, stirring to coat them thoroughly with the flavorful sauce.

Let the mixture simmer until it reduces down and the mushrooms are fully cooked.

Stir in the drained black beans and cook until they are heated through.

To assemble the tacos, spoon some of the mushroom and bean mixture onto each soft taco shell. Top with slices of red onion and avocado.

Serve the tacos right away, while the filling is warm.

MFP Barcode

0 5 7 9 4 1 2 2 1 7 2 8

Living+

Allergen Information

Contains soy, wheat.