



Wicked Wellbeing
Healthy Eating Made Easy

4 x Healthy Gluten-Free Family Meals

Monday



Honey Soy
Sesame Chicken
w/ Rainbow Slaw
+ Rice

Tuesday



Chickpea & Edamame
Burgers w/ Roasted
Cauliflower

Wednesday



Thai Beef Salad

Thursday



Five Spice Crusted
Lamb on Roasted Vege
w/ Tzatziki Sauce

Hi there!

I'm Wick Nixon, award winning author of two healthy kids lunchbox cookbooks, speaker, passionate foodie and mother of three.

I'm so thrilled to share these healthy gluten-free family dinners with you, I can't wait to hear which one you enjoy the most!

At Wicked Wellbeing, I'm all about making your life easier, and healthier. I know we live in a fast paced lifestyle and often when things get tough and busy and you're time poor, putting a gluten-free nutritious meal on the table is the last thing on your mind, especially at this busy time of year!

So please use these recipes for your family, when you go on holiday, for festive occasions and just to try something different (as we all need new inspiration right!).

The recipes included in this booklet are all really simple and easy to make. I know you're time poor, I know you don't need complicated so I've kept them super easy!

All of the ingredients you can source at the supermarket, your local healthy food store or your local fruit and veggie shop. If you don't have a certain vegetable, just swap it out for something that you have on hand. I have indicated for each recipe how many it serves and prep ahead tips that you can do in advance to make things quicker in the evening.

Enjoy and I can't wait to hear how you go!

All the very best!

Wick xx

Wick Nixon



Meal Plan Outline

Day of the week	Menu
Monday	<p>Honey Soy Sesame Chicken w Rainbow Slaw + Rice Time: 35 minutes Night before – take the chicken out of the freezer AM: Marinate the chicken portions AM: Prepare the salad ingredients and store in an airtight container in the fridge AM: Make the yoghurt dressing Slaw suitable to double and use another night (with burgers or Thai Beef Salad)</p>
Tuesday	<p>Chickpea Burgers w Roasted Cauliflower Time: 30 minutes AM: Prepare the patty mixture and store in an airtight container in fridge Patties suitable to double and freeze, cooked or uncooked</p>
Wednesday	<p>Thai Beef Salad Time: 20 minutes Night before - take beef out of the freezer AM: Cut up and/or grate the vegetables and store in an airtight container in the fridge AM: Make the dressing and store in an airtight container. Suggestion - double and keep extra in the fridge</p>
Thursday	<p>Five Spice Crusted Lamb on Roasted Vegetables w Tzatziki Sauce Time: 40 minutes AM: Coat the lamb and store in an airtight container in the fridge AM: Cut up the vegetables and store them in an airtight container in the fridge AM: Make the tzatziki sauce and store in the fridge in an airtight container</p>

Honey Soy Sesame Chicken w/ Rainbow Slaw + Rice

Prep time: 15 minutes | Cook time: 20 minutes (quicker if not having rice) | Serves: 5



Brown/White Rice, (or Cauliflower Rice)

1 ½ c brown rice, rinsed
3 c water

Marinade

1 T olive oil (plus a little extra for the pan)
1 T honey, melted
1 T soy sauce (GF if required)
1 clove garlic, finely chopped
juice of 1 lemon or lime (keep 1 T for dressing)
1 T sesame seeds
500gm chicken tenderloins or thighs/breasts, cut into finger portions

Yoghurt Dressing

1 c natural unsweetened yoghurt (or coconut yoghurt for DF)
1 T lemon juice or apple cider vinegar
1 t dijon mustard
1 t honey, melted
½ t salt and a good grinding of pepper

Rainbow Slaw

¼ red cabbage, finely sliced
2 stems of spring onion, finely sliced on the diagonal
2 medium carrots, peeled and grated
handful of fresh mint and/or coriander, finely sliced (plus extra to serve)

Instructions

Place the rinsed rice into a pot with water and a pinch of salt. Cover and bring to the boil, turn down to simmer gently for approx. 20 minutes until most of the liquid has been absorbed. Set aside with the lid on. Alternative cook cauliflower rice if desired.

Combine the marinade ingredients in a bowl or zip lock bag, add the chicken and coat in marinade. Ideally leave for ½ an hour before cooking but not essential.

Combine the yoghurt dressing ingredients in a jar or small bowl.

Combine the rainbow slaw ingredients in a large bowl. Toss the salad with dressing just before serving.

Heat a fry pan over medium heat, add ½ T oil and cook the chicken for about 2-3 minutes each side until golden.

Serve chicken alongside dressed slaw with a small bowl of rice or cauliflower rice. Season with freshly ground salt and pepper.

Chickpea Burgers with Roasted Cauliflower

Prep time: 10 minutes | Cook time: 20 minutes | Serves: 5



Roasted Cauliflower

1 medium cauliflower, cut into small florets
1 T olive oil
½ t salt and a good grinding of black pepper
3 T slivered almonds
3 T currants

Chickpea Patties

1½ c cooked chickpeas
1½ c edamame beans or peas, frozen
½ c parsley or basil
2 t ground cumin powder
1 t ground coriander powder
½ medium red onion, roughly chopped
2 cloves garlic, roughly chopped

½ c chickpea flour
1 large lemon, juice and zest
½ t salt and a good grinding of black pepper
2 T olive oil

Burger Fillings

½ cucumber, finely sliced
1-2 avocados, sliced
1-2 tomatoes, sliced
lettuce leaves
5 gluten-free buns, or lettuce leaves
10 slices of cheese
homemade tomato sauce

Instructions

Place cauliflower in a baking dish, drizzle with oil and season with salt and pepper. Cook for 15-20 minutes until lightly browned, tossing half way through. Once cooked, remove and turn oven onto high grill.

Cut buns in half, lay the sliced cheese on the top side and place on a baking tray. Prepare the burger filling ingredients. Set aside.

Soak beans or peas in boiling water for 5 minutes, drain. Place all patty ingredients in a food processor (except oil) and process until combined (this is quite a soft mixture but it firms up while cooking).

Heat oil in a fry pan over a medium heat. Using damp hands, form mixture into patties, sized to suit your buns. Cook on either side for 2-3 minutes until browned.

While patties are cooking, place buns under the grill until cheese has melted, keeping an eye on them so they don't burn.

Place all ingredients on the table so everyone can make their own.

Serve with the roasted cauliflower on the side, sprinkled with slivered almonds and currants.

Thai Beef Salad

Prep time: 10 minutes | Cook time: 10 minutes | Serves: 5

You can either serve this on black bean spaghetti (GF, purchased from health food store) or vermicelli noodles which you can buy from the supermarket. Change out the vegetables with whatever you have on hand, or add red cabbage leftover from earlier in the week.



180gm black bean noodles or vermicelli rice noodles
2 medium carrots, grated
1 ½ c lettuce, or spinach, finely chopped
1 red pepper, finely chopped
¼ cucumber, cut into batons
½ c mint, finely chopped
½ c coriander, finely chopped
4 pieces of sirloin steak, or grilling steak
½ t salt
a good grinding of black pepper
1 T oil

Dressing

2 t fresh ginger, finely chopped
2 cloves garlic, finely chopped
3 T soy sauce, Tamari if GF
2 T lime juice, or lemon juice
1 ½ T maple syrup
2 t sesame oil

To Serve

1 green chilli, optional
fresh coriander or mint

Instructions

Cover the vermicelli noodles in a flat dish with boiling water and soak for five minutes. Drain and refresh under cold water. Set aside. Alternatively, cook the black bean noodles according to packet instructions, allow 10 minutes.

Combine the grated carrot, lettuce, red pepper, cucumber and herbs in a bowl. Add the cooled noodles and stir to combine.

Heat the oil in a heavy based fry pan (or heat the barbecue), salt and pepper the steak and cook on both sides for 2-3 minutes, until just tender. Remove and let it rest for five minutes. Slice finely.

While the steak is cooking, combine the dressing ingredients in a small bowl.

Pour the dressing over the salad just before serving and serve with the sliced steak over the top, with chilli, if using and fresh herbs.

Five Spice Crusted Lamb on Roasted Vegetables w Tzatziki Sauce

Prep time: 10 minutes | Cook time: 35 minutes | Serves: 5-6

Roasted Vegetables

1 large kumara, scrubbed and cut into chunks
2 medium potatoes, scrubbed and cut into chunks
1 ½ c pumpkin, chopped into chunks
1 red onion, peeled and cut 8th's
6 garlic cloves, whole
8 mushrooms, quartered, optional
2 medium courgettes, cut into small chunks
1 T oil
4 sprigs of rosemary
1 T balsamic vinegar

Five Spiced Crusted Lamb

400gm lamb leg steaks
½ c fine polenta (or wholemeal breadcrumbs)
2 T white sesame seeds

Instructions

Preheat the oven to 190° C fan bake. Place the kumara, potato, pumpkin, red onion and garlic in a large baking tray. Drizzle with oil and balsamic vinegar and stir to evenly combine. Lay the rosemary over the top.

Place in the oven and cook for 20 minutes. After 20 minutes, add the courgette and mushroom to the roasted vegetables and cook for a further 15-20 minutes. Remove and discard the rosemary stalks. Toss the rocket through just before serving.

While the vegetables are cooking, combine the polenta, sesame seeds, five spice powder and salt and pepper in a bowl. Put the egg in another bowl and dip the lamb steaks in the egg first and then in the polenta mixture. For a thicker crust, repeat this process.

Heat the oil in a heavy based fry pan over a medium heat, add the lamb steaks. Cook for 3-4 minutes on each side until browned and crispy, but still tender inside. Remove and allow to stand for a couple of minutes. Slice just before serving.

While the lamb is cooking, combine all the Tzatziki sauce ingredients in a bowl & stir to combine.

To serve, place a spoonful of roasted vegetables onto the plate, lay the sliced lamb over the top and drizzle with the Tzatziki.



2 t five spice powder
½ t sea salt
a good grinding of black pepper
1 egg, whisked
2 T oil, for cooking

a large handful of rocket leaves or spinach

Tzatziki Sauce

½ c unsweetened natural yoghurt (use coconut yoghurt if dairy free)
2 T mint, finely chopped (or ½ t dried mint)
1 t cumin powder
juice of ½ lemon
1 t maple syrup