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Quick and easy one pan meals

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Hi,

Welcome to your personal recipe collection! Here you will find a collection of delicious recipes I have put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected based on your needs. Get started by adding a couple of new recipes from this collection into your regular meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

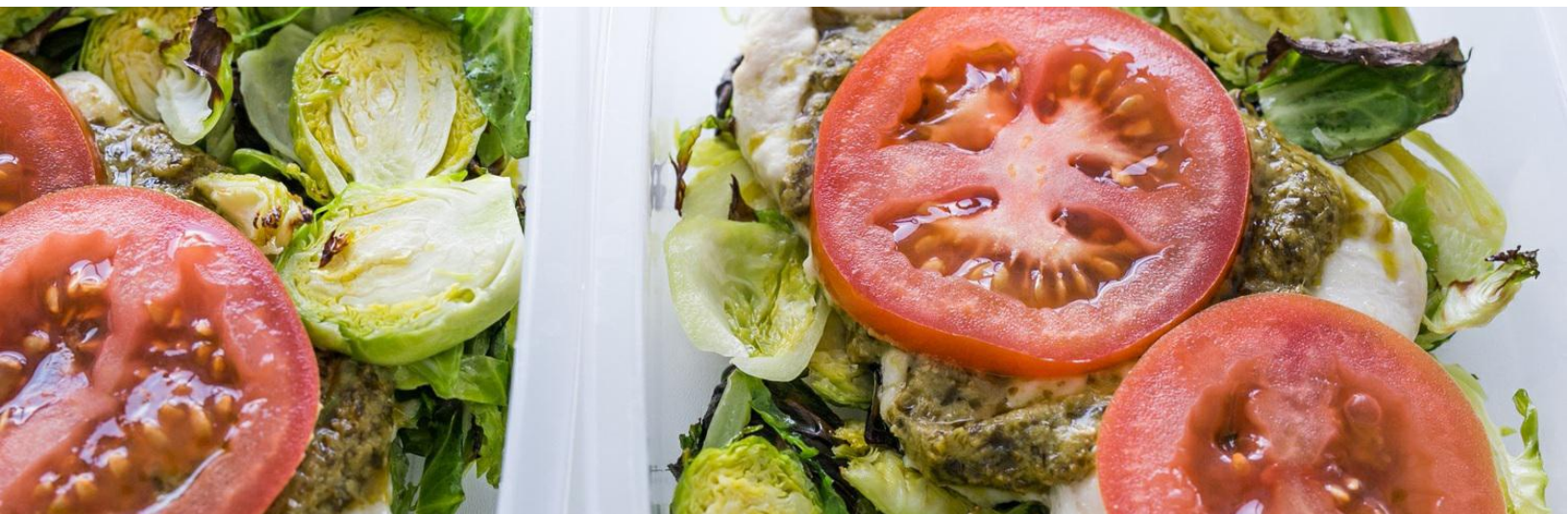
Cook once, eat multiple times! Most leftovers can last about two days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Benefits of Eating More Vegetables

My goal as a nutritionist is to get people eating a minimum of three cups of vegetables a day. Why? There are three major areas where it will make a significant difference;

1. Eating enough fibre keeps your bowels healthy and happy. It improves the function of your digestion and can relieve a tendency to constipation.
2. Detoxification processes are more effective when you are eating enough vegetables which provide nutrients to support a wide range of functions.
3. Vegetables provide a wide range of nutrients and also feed your healthy gut flora, which supports your immunity.

If you enjoy these recipes and would like more resources have a look at my Ageing Outrageously program which will not only provide a range of recipes and other resources but will help you sift through all the information on health to find the best options for you.



Pesto Chicken with Brussels Sprouts

4 servings

20 minutes

Ingredients

340 grams Chicken Breast (boneless, skinless)

63 grams Pesto

1 Tomato (large, sliced)

352 grams Brussels Sprouts (trimmed, thinly sliced)

30 milliliters Avocado Oil

Nutrition

Amount per serving	
Calories	272
Fat	15g
Carbs	10g
Fiber	4g
Sugar	3g
Protein	24g
Cholesterol	62mg
Sodium	167mg
Vitamin A	1347IU
Vitamin C	79mg
Calcium	91mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (191°C). Line baking sheets with parchment paper.
- 2 Cut each breast in half to make thin slices like cutlets. Transfer to a baking sheet and top each chicken cutlet with pesto and tomato.
- 3 Place Brussels sprouts onto another baking sheet and toss with avocado oil. Bake the chicken and Brussels sprouts for 12 to 15 minutes or until cooked through and tender.
- 4 Divide the chicken and Brussels sprouts onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Avocado Oil: Use olive oil, coconut oil or sunflower seed oil instead.

No Pesto: Use hummus instead.



One Pan Chicken, Radishes & Broccoli

2 servings

40 minutes

Ingredients

283 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
1/2 Lemon (sliced into rounds)
232 grams Radishes (quartered)
273 grams Broccoli (chopped into florets)
30 milliliters Avocado Oil

Nutrition

Amount per serving	
Calories	361
Fat	18g
Carbs	14g
Fiber	5g
Sugar	5g
Protein	36g
Cholesterol	103mg
Sodium	154mg
Vitamin A	902IU
Vitamin C	144mg
Calcium	101mg
Iron	2mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.
- 2 Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.
- 3 To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

Notes

Leftovers: Keep covered in the fridge up to 3 days.



Roasted Chicken with Olives & Tomatoes

3 servings

45 minutes

Ingredients

454 grams Chicken Leg, Boneless with Skin
134 grams Black Olives
298 grams Cherry Tomatoes
60 milliliters Avocado Oil
5 grams Sea Salt
9 grams Oregano

Nutrition

Amount per serving	
Calories	566
Fat	48g
Carbs	9g
Fiber	3g
Sugar	3g
Protein	26g
Cholesterol	141mg
Sodium	1052mg
Vitamin A	1165IU
Vitamin C	14mg
Calcium	111mg
Iron	5mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the chicken, olives and tomatoes to a baking dish. Coat in avocado oil and season with salt and oregano.
- 3 Cook until golden brown and cooked through, about 40 minutes. Let cool slightly before serving.
- 4 Divide onto plates or into containers if on-the-go. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use additional herbs such as basil, garlic or parsley.



Sautéed Spinach with Toasted Pecans

4 servings

10 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
180 grams Baby Spinach
72 grams Nutritional Yeast
50 grams Pecans
6 grams Sea Salt
3 grams Black Pepper

Nutrition

Amount per serving	
Calories	196
Fat	12g
Carbs	10g
Fiber	6g
Sugar	1g
Protein	13g
Cholesterol	0mg
Sodium	676mg
Vitamin A	4231IU
Vitamin C	13mg
Calcium	67mg
Iron	4mg

Directions

- 1 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 2 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Use sunflower seeds or pumpkin seeds instead of pecans.

More Flavor: Add minced garlic or garlic powder.

Additional Toppings: Top with hemp seeds or flaxseeds.

No Spinach: Use arugula, Swiss chard, or collard greens instead.

No Nutritional Yeast: Use parmesan cheese or a dairy-free cheese.



Sauerkraut Crusted Salmon with Greens

2 servings

20 minutes

Ingredients

36 grams Sauerkraut
10 grams Whole Grain Mustard
340 grams Salmon Fillet
10 milliliters Avocado Oil
113 grams Mixed Greens
1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	300
Fat	13g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	40g
Cholesterol	87mg
Sodium	356mg
Vitamin A	358IU
Vitamin C	12mg
Calcium	73mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a bowl, mix together the sauerkraut and mustard. Spread over the flesh side of the salmon and press down firmly.
- 3 Heat the oil in a cast-iron or oven-safe pan over medium-high heat. Cook the salmon flesh side down for eight minutes. Flip the salmon over. Transfer the pan to the oven and bake for an additional eight minutes.
- 4 Divide the mixed greens and cucumbers onto plates. Top with the salmon and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately six ounces of salmon and two and a half cups of veggies.

More Flavor: Top the greens with your favorite dressing.



One Pan Halibut & Green Beans

3 servings

20 minutes

Ingredients

1 Lemon (zested and juiced)
30 milliliters Extra Virgin Olive Oil
556 milligrams Fresh Dill (stems removed, chopped)
750 milligrams Sea Salt
500 grams Green Beans (trimmed)
454 grams Halibut Fillet (sliced into thin, long pieces)

Nutrition

Amount per serving	
Calories	272
Fat	11g
Carbs	13g
Fiber	5g
Sugar	6g
Protein	31g
Cholesterol	74mg
Sodium	212mg
Vitamin A	1267IU
Vitamin C	27mg
Calcium	74mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a large bowl, whisk together the lemon zest and juice, oil, dill, and salt.
- 3 Add the green beans to the marinade and gently toss until well coated. Transfer to the baking sheet.
- 4 Add the halibut to the marinade and coat evenly. Transfer to the baking sheet alongside the green beans.
- 5 Cook for 10 to 12 minutes or until the halibut flakes easily and the green beans are fork tender. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two to three days.

Serving Size: One serving equals approximately 5 1/3 ounces of Halibut and one cup of green beans.

More Flavor: Add garlic, ground coriander, and dried oregano to the marinade.

Additional Toppings: Add cherry tomatoes, bell peppers, or mushrooms. Serve with rice, pasta, or salad greens.



One Pan Steak & Parmesan Broccoli

2 servings

15 minutes

Ingredients

227 grams Top Sirloin Steak
273 grams Broccoli (chopped into florets)
15 milliliters Coconut Oil (melted)
Sea Salt & Black Pepper (to taste)
1/2 Lemon (sliced)
28 grams Parmigiano Reggiano

Nutrition

Amount per serving	
Calories	407
Fat	27g
Carbs	10g
Fiber	4g
Sugar	3g
Protein	31g
Cholesterol	101mg
Sodium	193mg
Vitamin A	951IU
Vitamin C	126mg
Calcium	243mg
Iron	3mg

Directions

- 1 Preheat the oven to broil.
- 2 Arrange the steaks and broccoli florets onto a baking sheet. Coat in oil and season with salt and pepper. Arrange the lemon slices over top. Broil for about eight minutes, flipping the steaks and broccoli halfway.
- 3 Remove from the oven and sprinkle parmesan over the broccoli. Broil until the cheese is melted and the broccoli is golden brown, about one to two minutes. Slice the steak and divide onto plates with the parmesan broccoli. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use vegan cheese instead of parmesan or omit completely.

More Flavor: Add your choice of herbs and spices.

Additional Toppings: Serve with sweet potatoes, cauliflower mash, brown rice, mixed greens, or quinoa.