



 REDMILL WELLNESS
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Healthy Recipes

Keep healthy without sacrificing your festive favourites with these healthy recipes!



Baked avocado with egg and salmon

A quick-and-easy low-carb dish that looks and tastes amazing.



Ingredients

- 1 pinch of pepper
- 4 slices of smoked salmon
- Some dill
- 1 pinch of crushed dried chilli
- 2 avocados
- 1 pinch of salt
- 4 eggs

Preparation: 15 min

Ready in: 20-40 min

Nutrition per serving:

- Calories 690.0 Kcal
- Protein 24.0 g
- Fat 62.0 g
- Carbs 2.0g

Preparation

1. Preheat the oven to 180 C
2. Halve the avocados, remove the pit, and use a spoon to widen the hole left behind after removing
3. Place the avocados in an ovenproof tray and season with salt and pepper. Place a slice of salmon into each avocado half. Crack the eggs and put one egg into each avocado half. Season the egg with salt, pepper, and chilli flakes.
4. Bake the avocados for 20 minutes until the egg white has hardened. Sprinkle dill over the baked avocados.

Tangy prawns with sesame seeds and thyme

These prawns are perfect as a starter!



Ingredients

- 25 shrimps (peeled, with tail)
- 4 tbsp. olive oil
- 1 tbsp. butter
- 1/2 red chilli
- 6 garlic cloves
- 60 ml white wine
- 3 tsp. thyme
- 2 tbsp. sesame seeds

Preparation: 20 min

Ready in: 20-40 min

Nutrition per serving:

- Calories 413.0 Kcal
- Protein 43.0 g
- Fat 22.5 g
- Carbs 6.6 g

Preparation

1. Clean the prawns, remove the shell, and, if it hasn't yet been removed, the intestines. Don't remove the prawn tails.
2. Heat a large saucepan with the olive oil. Add the butter, half of the garlic, and the chilli, and then steam everything for 3 minutes while stirring.
3. Add the prawns and rest of the garlic. Let the prawns cook for 3 minutes and then turn them over. Deglaze with the white wine and let everything cook for a further 4 minutes.
4. Add the thyme and season with salt and pepper. Finally, sprinkle the sesame seeds over the prawns.

Buckwheat with mushrooms

Buckwheat contains a lot of high-quality plant protein. It should definitely land on our plates more often.



Ingredients

- 120 g buckwheat
- 300 g mushrooms
- 1 onion
- 1 pinch of salt
- 1/2 tsp. Rosemary
- 1/2 tsp thyme
- 1 g sour cream
- 2 spring onions
- 350 ml water
- 1 pinch of pepper
- 1/2 bunch(es) or parsley

Preparation: 10 min
Ready in: 40-60 min

Nutrition per serving:

- Calories 527.0 Kcal
- Protein 13.0 g
- Fat 27.0 g
- Carbs 54.0 g

Preparation

1. Lightly brown the buckwheat in a deep saucepan without oil while stirring continuously. While doing that, bring the water to a boil in a pot with a pinch of salt and pour it straight over the buckwheat. Close the lid and let it simmer for 5 minutes on low heat. Then take the buckwheat off the heat and let it sit for 10 minutes.
2. Peel and finely dice the onions. Wash the spring onion, remove the roots, and cut the white end from the green leafy part. Separately cut both the green leafy part and the white end into finely sliced rings.
3. Clean the mushrooms and cut them in slices. Wash and finely chop the parsley.
4. Fry the onions and white spring onion rings in a saucepan with oil until they are translucent. Add the mushrooms and continue to fry on medium heat for another 5 minutes. Now add the rosemary, thyme, parsley, water, and the rest of the leafy spring onions rings. Season with salt and pepper. Bring everything to a boil and then stir in the sour cream. Then add the buckwheat and season to taste.

Risotto with goat cheese and chanterelles

Creamy risotto and spicy chanterelles in one dish.



Ingredients

- 180 g risotto rice
- 2 shallots
- 1 twig(s) rosemary
- 2 twig(s) thyme
- 100 ml white wine
- 700 ml vegetable stock
- 100 g goat's cheese
- 200 g chanterelles
- 1 pinch of salt
- 1 pinch of pepper
- 1 tbsp. olive oil
- 1 tbsp. butter

Preparation: 20 min

Ready in: 40-60 min

Nutrition per serving:

- Calories 416.5 Kcal
- Protein 10.6 g
- Fat 20.8 g
- Carbs 34.6 g

Preparation

1. Wash the thyme and rosemary, remove the stems, and chop finely.
2. Peel and finely dice the shallots. Saute them in a saucepan with the olive oil.
3. Add rice when the shallots are translucent. Then deglaze with white wine when the rice is also translucent. Stir frequently - without the lid!
4. Heat the broth. When the wine is almost evaporated, add some broth. Pour in some broth, stirring frequently, so that the rice is always just covered with liquid. Let it simmer for about 20 minutes until the rice is cooked.
5. Add the cream cheese, season with salt and pepper.
6. Clean the chanterelles thoroughly, making sure there is no dirt left on them. Saute them in butter for about 7 minutes. Season with salt and pepper. Serve the risotto and chanterelles together and enjoy!

Potato salad with parsley-lemon pesto and pine nuts



A creative recipe with a mediterranean twist.

Ingredients

- 1 kg potato
- 1 bunch(es) of parsley
- 2 garlic cloves
- 1 tsp. cumin
- 1 tsp. salt
- 4 tbsp. lemon juice
- 8 tbsp. olive oil
- 3 tbsp. pine nuts
- pepper

Preparation: 15 min

Ready in: 20-40 min

Nutrition per serving:

- Calories 356.0 Kcal
- Protein 7.3 g
- Fat 15.0 g
- Carbs 44.0 g

Preparation

1. Thoroughly clean the potatoes. Cook them in boiling salted water for about 20 minutes. Then drain the water and let the potatoes cool.
2. Rinse and coarsely chop the parsley. Peel the garlic. Puree parsley, cumin, pepper, garlic, olive oil, salt, and lemon juice with a hand blender to a paste.
3. Peel the potatoes and cut them in half depending on their size. In a bowl, gently mix the pest with the potatoes. Let the salad set for 20 minutes and top it with pine nuts before serving.

Chicken breast fillets with lime and coriander crust



Ingredients

- 50 g butter
- 1 pinch of salt
- 1 lemon
- 1 bunch(es) of coriander
- 4 chicken breast fillets
- 1 pinch of chilli powder
- 1 pinch of pepper
- 1 garlic clove
- 200 g chopped almonds
- 1 lime

Preparation: 25 min
Ready in: 40-60 min

Nutrition per serving:

- Calories 548.0 Kcal
- Protein 40.0 g
- Fat 41.0 g
- Carbs 4.0 g

Preparation

1. Preheat the oven to 140 c (convection). Season the chicken breasts with salt and lemon, grate the zest and squeeze the juice.
2. Wash and dry the coriander, peel the garlic, and coarsely chop it. Next, puree the garlic, almonds, coriander and the lemon and lime juice together with the butter. Season with chilli powder, salt and pepper to test.
3. Place the fillets next to one another in a greased ovenproof dish and brush them with the lime-coriander mixture. Bake in the oven to the grill function and allow the meat to cook for another 5 minutes until the crust has turned a nice brown.

Grilled zucchini parcels with feta



Ingredients

- 1 zucchini
- 2 tomatoes
- 1 onion
- Salt and pepper
- 400 g feta
- 2 tbsp. olive oil
- Ground paprika

Preparation: 10 min
Ready in: 20-40 min

Nutrition per serving:

- Calories 263.0 Kcal
- Protein 14.0 g
- Fat 21.0 g
- Carbs 4.0 g

Preparation

1. Start by washing the zucchini and tomatoes; peel the onion and cut it into thin rings. Then cut the tomatoes into thin slices.
2. Cut the zucchini into thin slices with a peeler. Place two slices on top of each other in the shape of a cross.
3. Now place a small piece of feta, a couple of onion rings, and tomato slices onto the zucchini slices. Fold over the zucchini slices to close them and gently press down.
4. Finally, brush the parcels with a little olive oil and grill for approx. 3 to 4 minutes on each side.

Wok stir-fry with Chinese cabbage

A real low-carb treat! Cut the carbs not the flavour.

Ingredients

- 1 Chinese cabbage
- 2 tbsp cola oil
- 1 pinch of salt
- 2 garlic cloves
- 250 g mushrooms
- 3 stick(s) of spring onions
- 3 carrots
- 2 tbsp soy sauce
- 1 pinch of pepper
- 2 chicken breast fillets

Preparation: 30 min
Ready in: 40-60 min

Nutrition per serving:

- Calories 267.0 Kcal
- Protein 29.0 g
- Fat 9.0 g
- Carbs 12.0 g

Preparation

1. Wash the chicken breast and cut it into small cubes. Place the cubes in a bowl and combine them with the soya sauce, salt, and pepper.
2. Then, wash and peel the carrots and clean the mushrooms and Chinese cabbage. Cut the ingredients into strips.
3. Next, heat a little oil in a wok and start frying the meat. After 5 to 7 minutes, add the vegetables and fry then for awhile.
4. Season the mixture with a little salt, pepper, and soya sauce before serving.



Festive lambs lettuce with puff pastry tree

The tree is the optical highlight of this tasty starter!



Ingredients

- 150 g lamb's lettuce
- 1/2 tbsp sugar
- 2 tbsp vegetable oil
- Salt and pepper
- 4 slice(s) of parma ham
- 125 g mini mozzarella balls
- 1 egg yolk
- 4 sprig(s) of thyme
- 2 tbsp white wine vinegar
- Wooden skewers
- 1 slice(s) of puff pastry

Preparation

1. Cut the puff pastry lengthwise into four equal strips. Carefully pull these to make them longer.
2. Place the Parma ham onto the puff pastry strips. Then place the puff pastry-Parma ham strips onto the wooden skewers in a zig-zag pattern. Make sure that the zigzag tapers towards the top to create the shape of a tree, Place the trees on a baking tray lined with baking paper and preheat the oven to 200 degrees (fan: 175 degrees).
3. Mix the egg yolk with a little water and coat the trees with the mixture. Finally, add a little dried thyme on top. Bake for about 20 minutes.
4. Mix vinegar, pepper, salt and sugar and add the oil and drizzle as you go along.
5. Wash the salad and let it drip dry. Do the same with the mozzarella balls and dab them dry.
6. Wash the thyme and remove the leaves from the stems. Take the trees out of the oven and let them cool down slightly. Distribute the salad and the mozzarella on plates and drizzle over the vinaigrette. Finally, add the trees and sprinkle them with the thyme leaves.

Vegan Crepes

These crepes recipe is sure to become a staple in any vegan household.



Ingredients

- 1 pinch of salt
- 1/2 tsp coconut oil
- 150 ml oat milk
- 150 ml water
- 1 tsp baking powder
- 150 g spelt flour
- 3 tbsp tapioca starch

Preparation: 10 min
Ready in: 10-20 min

Nutrition per serving:

- Calories 71.0 Kcal
- Protein 2.0 g
- Fat 1.0 g
- Carbs 14.0 g

Preparation

1. Mix together the spelt flour, tapioca starch, baking powder, and salt.
2. Then add the oat drink and water and stir everything together until it turns into a runny batter.
3. Heat the coconut oil in a pan and pour approx. 1/2 of a ladle of batter into the pan. Immediately tilt the pan slowly, allowing the batter to spread out thinly across the pan.
4. Now let the crepes brown slightly on each side for approx. 1 to 2 minutes.

Vegan tarte flambée dough

It doesn't matter whether it's a traditional Alsatian tarte flambée or your very own creation. Mix up the topping as you please every time.

Ingredients

- 500 ml water
- 1/2 tsp salt
- 1 pinch of sugar
- 1 pinch of dry yeast
- 100 g flour
- 1 tsp olive oil

Preparation: 10 min
Ready in: 20-40 min

Nutrition per serving:

- Calories 463.0 Kcal
- Protein 11.0 g
- Fat 15.0 g
- Carbs 70.0 g

Preparation

1. Mix together the wheat flour, dry yeast, sugar, and salt. Now add the olive oil and water and knead everything into a smooth dough with the help of a food processor. Shape the dough into a lump, place it back in the bowl, cover it, and leave it to rise in a warm spot. That's it - your vegan tarte flambée dough is done.
2. Roll out the dough into a thin sheet with a rolling pin, top with the ingredients of your choice, and bake the tarte flambée for approx 6 minutes in the oven until slightly brown.



Vegan Lasagna

This lasagna is 100% vegan and easy to prepare. It's the perfect dish for a relaxed evening at home.



Ingredients

- 4 tbsp olive oil
- 200 g tofu
- 3 garlic cloves
- 200 g vegan grated cheese
- Salt and pepper
- 150 ml vegan creme fraiche
- 1 carrot
- 300 ml tomato puree
- 2 chopped tomatoes (canned)
- 1 tsp soy sauce
- 125 g brown mushrooms
- 150 ml dry red wine
- 1 zucchini
- 1 onion (finely chopped)
- 3 tbsp tomato paste
- 9 lasagne sheets
- 2 tbsp dried oregano

Preparation: 30 min

Ready in: 1-2hrs

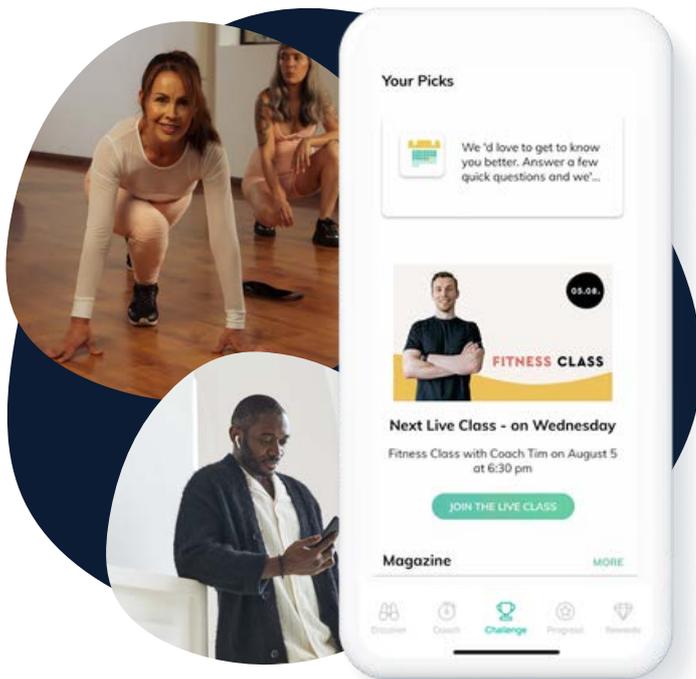
Nutrition per serving:

- Calories 608.0 Kcal
- Protein 17.0 g
- Fat 42.0 g
- Carbs 33.0 g

Preparation

1. Heat a large pan with half of the olive oil. Crumble the tofu and fry for 3 minutes. Add the chopped onion and fry for another 4 minutes.
2. Wash the zucchini and carrot and clean the mushrooms. Peel the carrot and chop all the veg.
3. Fry in the remaining olive oil for 6 minutes over a medium heat, then set aside.
4. Crush the garlic and add to the pan with the tofu. Add tomato paste and fry for another 2 minutes whilst stirring.
5. Deglaze the pan with the red wine and simmer for another 3 minutes. Add the chopped tomatoes, pasta and oregano and season with salt and pepper. Add the veg and creme fraiche and mix well.
6. Preheat the oven to 200 C. Then layer the sauce and pasta sheets, starting and finishing with the sauce, finish with the cheese.
7. Bake for 35-45 minutes.

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