

Smart  Stork

5 Delicious Fertility *Boosting Recipes*

HELP BALANCE YOUR HORMONES AND MAXIMISE
YOUR CHANCES OF GETTING PREGNANT





Salmon with Roasted Vegetables



4 serves



20 minutes

Ingredients

- 4 salmon fillets (fresh wild caught where possible)
- 2 sweet potatoes, peeled and diced
- 1 cup cauliflower pieces
- 1 red onion, sliced
- 2 cups Brussels sprouts, halved
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt and black pepper, to taste

Method

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, mix the sweet potatoes, red onion, Brussels sprouts, olive oil, thyme, salt, and pepper.
3. Spread the vegetables on a baking sheet and roast for 20-25 minutes, or until tender and golden brown.
4. Season the salmon fillets with salt and pepper.
5. Heat a large skillet over medium-high heat and add the salmon fillets.
6. Cook for 4-5 minutes on each side, or until cooked through.
7. Serve the salmon with the roasted vegetables, top with chopped shallots or chives



Spicy Black Bean Quinoa Bowl



4 serves



30 minutes

Ingredients

- 1 cup quinoa
- 1 can black beans, drained and rinsed
- 1 red pepper or tomato, diced
- 1 avocado, sliced
- add any other vegetable you like
- 1/4 cup chopped fresh cilantro, kale or spinach
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- chopped shallots or chives
- Salt and black pepper, to taste

Method

1. Cook the quinoa according to package instructions.
2. In a large bowl, mix the cooked quinoa, black beans, diced tomato or red pepper, and cilantro (add any other vegetables roasted sweet potato or carrots)
3. In a small bowl, whisk together the olive oil, lime juice, cumin, chili powder, salt, and pepper.
4. Drizzle the dressing over the quinoa mixture and toss to coat.
5. Divide the mixture into bowls and top with avocado slices, avo half or whipped avocado.



Baked Chicken with Spinach & Mushroom



6 serves



45 minutes

Ingredients

- 4 chicken breasts
- 1 tablespoon olive oil
- 1 brown onion sliced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- Salt and black pepper, to taste
- 2 cups sliced mushrooms
- 2 cups baby spinach leaves
- 1/2 cup grated Parmesan cheese
- Parsley (optional)

Method

1. Preheat the oven to 375°F (190°C).
2. Place the chicken breasts & onion in a baking dish.
3. Drizzle with olive oil and sprinkle with thyme, oregano, salt, and pepper.
4. Add the sliced mushrooms to the baking dish.
5. Sprinkle the Parmesan cheese over the chicken and vegetables.
6. Cover the baking dish with foil and bake for 25-30 minutes.
7. Remove the foil and bake for an additional 10-15 minutes, or until the chicken is cooked through and the vegetables are tender.
8. Serve on a bed of spinach leaves.
9. Top with fresh parsley (optional)



Chicken with Quinoa, Almonds & Avocado



6 serves



45 minutes

Ingredients

- 4 chicken breasts
- 1 tablespoon olive oil
- Salt and black pepper, to taste
- Cucumber sliced
- 2 cups spinach leaves
- 2 cups cooked quinoa
- 1 avocado, sliced
- 1/2 cup pomegranate seeds or cranberries (optional)
- 1/2 cup shredded unsweetened coconut
- 1/2 cup sliced almonds

For the dressing:

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- Salt and black pepper, to taste

Method

1. Preheat the oven to 375°F (190°C).
2. Place the chicken breasts in a baking dish.
3. Drizzle with olive oil and sprinkle with salt and pepper.
4. Bake for 25-30 minutes, or until the chicken is cooked through.
5. While the chicken is cooking, prepare the dressing by whisking together the olive oil, apple cider vinegar, honey, Dijon mustard, salt, and pepper in a small bowl.
6. In a large bowl, mix the cooked quinoa, avocado, cucumber, spinach, pomegranate seeds or chopped cranberries (optional), shredded coconut and sliced almonds.
7. Pour the dressing over the quinoa mixture and toss to coat.
8. Serve the quinoa mixture with the cooked chicken on top.



Eggplant & Chickpea Curry



6 serves



45 minutes

Ingredients

- 1 large eggplant and any other vegetables you like
- 1 can of chickpeas
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tsp ginger, grated
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp turmeric powder
- 1/2 tsp red chili powder
- 1/2 tsp garam masala
- 1 cup tomato puree
- 1 cup vegetable broth
- 2 tbsp oil
- Salt to taste
- Fresh cilantro for garnish

Method

1. Wash the eggplant and cut into small cubes. Place in a colander and sprinkle with salt. Allow to sit for 10-15 minutes to remove excess moisture. Rinse the eggplant with water and pat it dry with a towel.
2. Heat oil in a large skillet over medium-high heat. Add the diced onions and sauté until they turn translucent.
3. Add the minced garlic and grated ginger; sauté for another 1-2 minutes until fragrant.
4. Add the eggplant to the skillet and cook for about 5 minutes until it begins to soften.
5. Add the cumin, coriander, turmeric & red chili powder and garam masala to the skillet. Mix well.
6. Add the tomato puree and vegetable broth to the skillet, stirring well to combine all the ingredients.
7. Drain and rinse the chickpeas, then add to the skillet.
8. Reduce the heat to low and let simmer for about 15-20 minutes or until the eggplant is cooked and tender.
9. Taste the curry and add salt if necessary.
10. Serve hot, garnished with fresh cilantro & rice.