



## 10 Energising Recipes for Tired Mums

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Being a Mum means less time for yourself and often we prioritise our kids food over our own. Time is short and energy is limited but that's no reason to neglect your own health and nutrition.

This recipe book shows you ideas about how to look after yourself and have more energy by including nourishing ingredients like healthy fats, balanced protein and lots of wholegrains to ensure you are feeding your body the nutrients it needs to feel good!

Tip: Some of these ingredients can be bulk prepared or pre-prepared a head to save time. Some recipes share ingredients so you can make enough for both and keep in the fridge until you need it.

Tip: Make the recipe your own. If you don't like an ingredient swap it out or leave it out entirely. I never follow a recipe to the book and it still turns out tasty!

Tip: Switch meal times around. Break from what you know and if you fancy pancakes for lunch have pancakes for lunch. If you fancy lentil dahl for breakfast then do it! Eat what your body needs.

I hope you enjoy,

Clare x





## Simple Congee with Eggs

4 servings

1 hour

### Ingredients

180 grams Jasmine Rice (dry, rinsed)  
 1.5 liters Vegetable Broth  
 3 grams Sea Salt  
 12 grams Ginger (sliced)  
 4 Egg  
 2 stalks Green Onion (spring onion sliced)  
 72 grams Tamari (gluten free soy sauce)

### Directions

- 1 In large pot, add the rice, vegetable broth, salt and ginger. Bring to a simmer and stir occasionally.
- 2 Cook for one hour or until your desired consistency is reached, adding more liquid if needed. Season with additional salt to taste.
- 3 Meanwhile, cover the eggs with water in a saucepan and bring to a boil. Once boiling, turn off the heat and let the saucepan sit covered for 10 to 12 minutes.
- 4 Drain the water and refill the saucepan with cold water. Peel and halve the eggs once cool enough to handle.
- 5 Divide the congee into bowls, removing any slices of ginger that emerge. Add the eggs and garnish with spring onion. Drizzle tamari otop and enjoy!

### Notes

**Leftovers:** Refrigerate the hard-boiled eggs for up to seven days with the shells on. Refrigerate the congee in an airtight container for up to five days.

**Serving Size:** One serving is approximately 1 1/2 cups of congee with one egg.

**More Flavor:** Use bone broth instead of vegetable broth. Add chicken or seafood (shrimp, scallops, crab meat, etc) during cooking.

**Additional Toppings:** Crispy fried shallots, sesame seeds, bok choy, toasted nuts, cilantro or Vietnamese coleslaw.

**Make it Vegan:** Top with sauteed veggies instead of hard boiled eggs.

**No Tamari:** Use soy sauce, coconut aminos, sesame oil or fish sauce instead.

**No Vegetable Broth:** Use water or another type of broth instead.

**Save Time:** Use leftover cooked rice and adjust the amount of broth as needed. Simmer for at least 15 minutes, stirring occasionally, until desired consistency is reached.



## Turmeric Beef Stew

4 servings

55 minutes

### Ingredients

454 grams Top Sirloin Steak  
8 grams Tapioca Flour  
6 grams Sea Salt  
1 gram Black Pepper  
22 milliliters Extra Virgin Olive Oil  
2 Carrot (medium, chopped)  
1 Yellow Potato (large, chopped)  
3 grams Turmeric (ground)  
2 grams Coriander (ground)  
2 grams Cumin (ground)  
2 grams Ground Ginger  
473 milliliters Beef Broth  
4 stalks Green Onion (green parts only, chopped)  
8 grams Cilantro (chopped)

### Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

### Notes

**Too Thick:** If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

**Leftovers:** Store in an airtight container in the fridge up to 3 days. Freeze for longer.

**No Beef Broth:** Use vegetable or chicken broth instead.



## Red Lentil Dahl

4 servings

40 minutes

### Ingredients

160 White Onion (finely chopped)  
60 milliliters Water  
3 Garlic (clove, minced)  
6 grams Ginger (fresh, minced or grated)  
9 grams Curry Powder  
3 grams Cumin  
3 grams Sea Salt  
450 milligrams Red Pepper Flakes  
312 grams Dry Red Lentils (rinsed)  
240 milliliters Canned Coconut Milk  
8 grams Cilantro  
20 milliliters Lime Juice  
600 milliliters Bone Broth

### Directions

- 1 Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.
- 2 Add the chicken bone broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.
- 3 Remove from the heat and stir in the cilantro/coriander and lime juice. Season with additional salt if needed. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 cup of dahl.

**More Flavor:** Add chili powder, cayenne or a drizzle of honey.

**Additional Toppings:** Serve with extra cilantro/coriander or lime wedges.

**Serve it With:** Serve with rice, quinoa, naan, pita and/or sautéed greens.

**Consistency:** If the lentils are too thick, add additional vegetable broth until desired consistency is reached.

**Veggie option:** use veggie stock instead of bone broth



## One Pot Mediterranean Mackerel Pasta

4 servings

20 minutes

### Ingredients

30 milliliters Extra Virgin Olive Oil  
3 Garlic (cloves, sliced thin)  
113 grams Canned Mackerel (skinless, boneless)  
1 gram Chili Flakes  
255 grams Whole Wheat Linguine  
652 milliliters Water  
67 grams Green Olives  
Sea Salt & Black Pepper (to taste)  
15 grams Parsley (finely chopped)

### Directions

- 1 In a large pot over medium-low heat, add the oil. Once hot, add the garlic and cook for one to two minutes until fragrant, stirring often. Then add the mackerel and chili flakes. Stir until warmed through.
- 2 Add the linguine and water to the pot. Bring it to a boil. Continue cooking for eight to 10 minutes, stirring often to prevent the pasta from sticking.
- 3 Add the olives and season with salt and pepper to taste. Mix well. Divide onto plates and top with parsley. Serve and enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to three days.

**No Canned Mackerel:** Use freshly cooked mackerel or another canned fish like tuna.

**Cooking Tip:** If the pasta is too dry, add more water as needed when cooking. If the pasta seems too watery, use a ladle to discard any extra water.

**More Flavor:** Add lemon juice and/or zest.

**Additional Toppings:** Add capers to the pot while cooking the garlic.

**Make it Vegan:** Omit the mackerel.



## Mediterranean Buddha Bowl

4 servings

10 minutes

### Ingredients

170 grams Quinoa (dry, uncooked)  
1 head Romaine Hearts (chopped)  
164 grams Chickpeas (cooked, from the can)  
1 Cucumber (chopped)  
1 Red Bell Pepper (chopped)  
80 grams Red Onion (finely chopped)  
123 grams Hummus  
67 grams Pitted Kalamata Olives  
59 milliliters Extra Virgin Olive Oil  
44 milliliters Apple Cider Vinegar  
500 milligrams Italian Seasoning  
750 milligrams Sea Salt

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

### Notes

**Leftovers:** For best results, refrigerate the ingredients separately in airtight containers for up to four days.

**No Hummus:** Use tzatziki instead.

**More Protein:** Top with crumbled feta cheese or cooked chicken breast.

**Prep Ahead:** All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

**More Flavour:** Serve with a lemon wedge and black pepper.



## Protein-Packed Avocado Toast

2 servings

15 minutes

### Ingredients

1 Avocado  
182 grams White Navy Beans (cooked)  
1/4 Lemon (juiced)  
2 grams Sea Salt  
4 slices Bread  
40 grams Hemp Seeds

### Directions

- 1 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 2 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

### Notes

**No White Beans:** Use chickpeas instead.

**Likes it Spicy:** Add hot sauce or chili flakes into the avocado bean mixture.



## Breakfast Protein Bowl

1 serving

25 minutes

### Ingredients

43 grams Quinoa (dry, uncooked)  
178 milliliters Water  
2 Egg  
60 grams Baby Spinach  
50 grams Cherry Tomatoes (halved)  
1/2 Avocado (mashed)  
750 milligrams Sea Salt (or more to taste)

### Directions

- 1 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 2 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 3 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 4 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

### Notes

**Prep Ahead:** Make the quinoa in advance and used hard boiled eggs to save time.

**Extra Nutrients:** Top with sprouts or microgreens.



## Green Egg Scramble

1 serving  
10 minutes

### Ingredients

3 Egg  
30 grams Baby Spinach  
2 grams Sea Salt  
7 milliliters Coconut Oil

### Directions

- 1 Place eggs, spinach and salt in a blender and blend until well combined.
- 2 Heat coconut oil in a large frying pan over medium heat. Pour the mixture into the pan and continuously stir to scramble the eggs while they cook.
- 3 Divide onto plates and enjoy!

### Notes

**No Coconut Oil:** Use butter, ghee or avocado oil.

**Serve it With:** Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.



## Grain-Free Coconut Almond Porridge

1 serving

10 minutes

### Ingredients

180 milliliters Unsweetened Almond Milk  
28 grams Almond Flour  
20 grams Unsweetened Shredded Coconut  
7 grams Ground Flax Seed  
1 gram Cinnamon

### Directions

- 1 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 2 Divide into bowls and enjoy!

### Notes

**No Rice Milk:** Use an alternative milk of your choice.

**Likes it Sweet:** Add raisins, dates, maple syrup, honey or your sweetener of choice.

**Leftovers:** Refrigerate in an airtight container up to 3 to 5 days.

**Serving Size:** One serving is equal to approximately 1 1/4 cup of porridge.



## Chocolate Protein Pancakes

2 servings

15 minutes

### Ingredients

2 Banana (ripe)  
4 Egg  
49 grams Chocolate Protein Powder  
15 milliliters Coconut Oil

### Directions

- 1 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 2 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side about 2-3 minutes or until browned. Enjoy!

### Notes

**Toppings:** Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.