



RediCareControl^{DTx} Dinner Pack



2024

Queries: info@controldtx.com

Taco Bowl



Serves: 2



Prep Time 10 mins



Cook Time: 10 mins

Carbohydrates: 8 grams **Fat:** 32 grams **Protein:** 27 grams

Ingredients:

- 200g minced beef
- 50g shredded cheddar cheese
- 2 tbsp sour cream
- 4 tbsp fresh salsa
- 1 cup shredded lettuce
- Burrito seasoning

Instructions:

1. Brown minced beef in a pan on medium heat & season
2. Place shredded lettuce in a bowl
3. Top with cooked mince, cheese, sour cream, avocado & salsa



Rib Eye Steak and Veg



Serves: 2



Prep Time 5 mins



Cook Time: 25 mins

Carbohydrates: 28 grams **Fat:** 44 grams **Protein:** 50 grams

Ingredients:

- 150g rib eye steak
- 1 large onion
- 15 spears asparagus
- 1 tablespoon of garlic butter
- 100g mushrooms
- 100g broccoli

Instructions:

1. Boil water with a pinch of salt, add asparagus and broccoli, cook 5–8 mins until soft.
2. Heat butter in pan cook rib eye on med to high heat.
3. Add chopped mushrooms and onions after 5 mins, cook until browned.
4. Serve with veg and garlic butter.



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Cauliflower Shepherd's Pie



Serves:4



Prep Time 20 mins



Cook Time: 45 mins

Carbohydrates: 12 grams **Fat:** 40 grams **Protein:** 30 grams

Ingredients:

- 1 onion
- 1 glass red wine
- 2 tbsp tomato purée
- 1 tsp Worcestershire Sauce
- 600ml beef stock
- 600g lamb or beef mince
- 125g butter
- 8 mushrooms
- 1 large head of cauliflower
- 2 carrots

Instructions:

1. Sauté onion, carrots, mushrooms, and mince until browned.
2. Add wine, stock, purée, Worcestershire sauce, and simmer.
3. Cook cauliflower, mash with butter, and season.
4. Layer meat in a dish, top with mashed cauliflower, and bake until golden.



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Thai Green Curry



Serves:2



Prep Time 20 mins



Cook Time: 20 mins

Carbohydrates: 34 grams **Fat:** 53 grams **Protein:** 40 grams

Ingredients:

- 200ml coconut cream
- 85g sugar snap peas
- 2 tsp green curry paste
- 1 pack cauliflower rice
- 1 medium chicken breast
- 100g green beans
- 50g baby sweet corn
- 100ml water
- Salt and pepper

Instructions:

- Cook sliced chicken in coconut oil for 5 minutes.
- Add vegetables, coconut cream, curry paste, and water. Cook for 10 minutes.
- Cook cauliflower rice in coconut oil for 2 minutes.
- Serve curry over rice, and season to taste.



Salmon and Cauli Mash



Serves:2



Prep Time 20 mins



Cook Time: 20 mins

Carbohydrates: 31 grams Fat: 41 grams Protein: 34 grams

Ingredients:

- 1 salmon fillet
- 1 small head of cauliflower
- 2 tablespoons cream
- 1 tablespoon butter
- 2 tablespoons breadcrumbs
- 1 tablespoon pecans, chopped
- 1 tablespoon fresh parsley,
- 1 teaspoon mustard
- 1 teaspoon honey
- Green beans

Instructions:

1. Boil cauliflower with salt for 15 minutes. Mash with cream and butter until smooth.
2. Coat one side of the salmon with a breadcrumb, pecan, parsley, mustard, and honey mixture. Bake at 200°C for 20–25 minutes.
3. Steam or boil green beans for 6 minutes.
4. Serve salmon over cauliflower mash with green beans on the side..



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Tomato & Prawn Pasta



Serves:1



Prep Time 5 mins



Cook Time: 12 mins

Carbohydrates: 18 grams **Fat:** 31 grams **Protein:** 35 grams

Ingredients:

- 150g king prawns
- 3 tsp fresh basil, chopped
- 150g courgette spaghetti
- 50g broccoli
- 150g passata
- 2 cloves garlic, crushed
- 1 tbsp parmesan cheese
- 1 tbsp extra virgin coconut oil
- 1 tbsp butter

Instructions:

1. Spiralize the courgette into spaghetti or use pre-made.
2. Make the tomato sauce by heating butter, passata, garlic, and basil in a pan. Add prawns and set aside to marinate.
3. In a large pan, melt coconut oil and cook broccoli for 5 minutes. Add courgette spaghetti and cook for 2 minutes.
4. Combine the prawns and tomato sauce with the courgette and broccoli. Cook for 3 more minutes.
5. Serve immediately with a sprinkle of parmesan.

Tex Mex Casserole



Serves: 2



Prep Time 15 mins



Cook Time: 25 mins

Carbohydrates: 7 grams Fat: 49 grams Protein: 47 grams

Ingredients:

- 350g minced beef
- 100g crushed tomatoes
- 100g grated cheese
- 30g jalapeños, sliced
- 1 tbsp coconut oil
- 1 tsp chili powder
- 1 tsp paprika
- ½ tsp ground cumin
- ½ tsp garlic powder

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Fry minced beef in coconut oil until fully cooked and no longer pink. Add chili powder, paprika, cumin, garlic powder, and crushed tomatoes, mixing well.
3. Transfer the beef mixture to a baking dish, top with jalapeños and grated cheese.
4. Bake in the oven for 10-15 minutes.



Turkey Legs with Gravy



Serves:2



Prep Time 12 mins



Cook Time: 1.5–2 hours

Carbohydrates: 7 grams **Fat:** 15 grams **Protein:** 6 grams

Ingredients:

- 4 turkey legs
- 100g diced shallots
- 50g diced celery
- 350ml chicken broth
- 2 tbsp butter
- 2 tbsp cream cheese

Instructions:

1. Preheat oven to 180°C. Brown turkey legs in butter for 3–5 minutes per side.
2. Sauté shallots and celery until softened, then add them to a baking tray.
3. Place turkey legs on top, pour over chicken broth, and roast for 1.5 hours.
4. Blend the tray juices with cream cheese to make the gravy. Pour over turkey legs and serve.



Low Carb Glazed Ham



Serves:8



Prep Time 10 mins



Cook Time: 1 hour

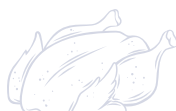
Carbohydrates: 5 grams **Fat:** 12 grams **Protein:** 25 grams

Ingredients:

- 1.5 kg ham (cooked, boneless)
- 2 tbsp mustard
- 3 tbsp sugar-free syrup (or a low-carb sweetener of choice)
- 1 tbsp apple cider vinegar
- ½ tsp ground cloves (optional)

Instructions:

1. Preheat oven to 180°C.
2. Mix mustard, syrup, vinegar, and cloves to make the glaze.
3. Score the ham and brush it with the glaze.
4. Bake for 1 hour, basting with the glaze every 20 minutes, until the ham is heated through and the glaze is caramelized.



Steak & Broccoli Stir Fry



Serves:1



Prep Time 5 mins



Cook Time: 15 mins

Carbohydrates: 16 grams **Fat:** 62 grams **Protein:** 51 grams

Ingredients:

- 175-250g ribeye steak, sliced
- 125g broccoli, chopped
- 70g onion, sliced
- 1½ tbsp butter
- ½ tbsp soy sauce
- 1 tbsp pumpkin seeds (optional)

Instructions:

1. Sear steak strips in half the butter, then remove and set aside.
2. In the same pan, sauté broccoli and onions with the remaining butter until tender.
3. Add steak back into the pan, stir in soy sauce, and cook until heated through.
4. Serve topped with pumpkin seeds.



Lamb Chimmichurri



Serves:2



Prep Time 10 mins



Cook Time: 15 mins

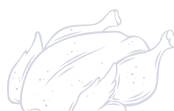
Carbohydrates: 6 grams Fat: 26 grams Protein: 32 grams

Ingredients:

- 8 lamb rib chops
- 60g fresh parsley, chopped
- 60g fresh mint, chopped
- 1 minced shallot
- 60g balsamic vinegar
- 60g olive oil
- 1 clove garlic, minced
- 1 tbsp butter

Instructions:

1. Blend parsley, mint, shallot, garlic, and balsamic vinegar in a blender. Slowly add olive oil while blending.
2. Season lamb chops with salt and pepper, and sear in butter over medium heat until cooked to your liking.
3. Serve lamb chops with chimichurri sauce and a side salad.



Ragu



Serves:2



Prep Time 10 mins



Cook Time: 2–3 hours

Carbohydrates: 6 grams **Fat:** 33 grams **Protein:** 16 grams

Ingredients:

- 3 lbs beef short ribs
- 40g chopped bacon
- 65g onion, chopped
- 65ml white wine
- 1½ cans peeled plum tomatoes
- 1 tbsp olive oil
- 3 cloves garlic, smashed
- 1 tsp salt
- 1 tbsp dried parsley

Instructions:

1. Heat olive oil in a large pot, brown the short ribs and set aside.
2. In the same pot, cook bacon, onion, and garlic for 2 minutes.
3. Add wine and tomatoes, then return the short ribs to the pot. Simmer on low for 2–3 hours until tender.
4. Remove the bones, shred the meat, and return it to the sauce. Serve hot over noodles or zucchini noodles.



Easy Turkey Burgers



Serves:6



Prep Time 10 mins



Cook Time: 15 mins

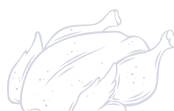
Carbohydrates: 3 grams **Fat:** 9 grams **Protein:** 17 grams

Ingredients:

- 450g ground turkey
- 1 tbsp chopped scallion
- 1 tsp chopped parsley
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Mix ground turkey, scallion, parsley, salt, and pepper in a bowl.
2. Shape the mixture into 6 patties.
3. Heat olive oil in a pan and cook patties for 5-8 minutes per side until browned and cooked through.



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Baked Mex Salmon



Serves:1



Prep Time 5 mins



Cook Time: 20 mins

Carbohydrates: 6 grams **Fat:** 13 grams **Protein:** 30 grams

Ingredients:

- 1¼ lbs salmon fillets
- 2 tbsp olive oil
- ¼ cup taco seasoning
- 1 red onion, thinly sliced
- 2 tbsp fresh coriander, chopped

Instructions:

1. Preheat oven to 180°C.
2. Mix taco seasoning with olive oil and brush over the salmon fillets.
3. Place salmon in a baking dish, top with sliced onion and coriander.
4. Bake for 20 minutes until cooked through.



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Madras Fish



Serves:1



Prep Time 10 mins



Cook Time: 35 mins

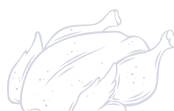
Carbohydrates: 13 grams **Fat:** 9 grams **Protein:** 21 grams

Ingredients:

- 1 tbsp olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tbsp madras curry paste
- 1 tin chopped tomatoes
- White fish fillets, cut into chunks
- Fresh coriander for garnish

Instructions:

1. Sauté onion and garlic in olive oil until soft.
2. Add madras curry paste and chopped tomatoes, simmer for 5 minutes.
3. Add the fish chunks and cook gently for 30 minutes.
4. Garnish with fresh coriander and serve with cauliflower rice.



Lamb Korma



Serves:4



Prep Time 10 mins



Cook Time: 1 hour

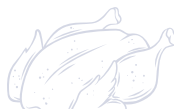
Carbohydrates: 7 grams **Fat:** 20 grams **Protein:** 30 grams

Ingredients:

- 500g lamb, cubed
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tbsp korma curry paste
- 200ml coconut milk
- 2 tbsp Greek yogurt
- 1 tbsp olive oil

Instructions:

1. Sauté onion and garlic in olive oil until soft.
2. Add lamb and brown on all sides.
3. Stir in korma paste and cook for 2 minutes.
4. Add coconut milk and simmer for 45 minutes to 1 hour until lamb is tender.
5. Stir in Greek yogurt before serving.



Chicken Garam Masala



Serves: 4



Prep Time 10 mins



Cook Time: 30 mins

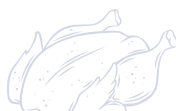
Carbohydrates: 7 grams Fat: 12 grams Protein: 30 grams

Ingredients:

- 500g chicken breasts or thighs, cubed
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tbsp garam masala
- 1 can chopped tomatoes (400g)
- 200ml coconut milk or cream
- 2 tbsp olive oil
- Fresh coriander for garnish

Instructions:

1. Heat olive oil in a pan and sauté onions and garlic until soft.
2. Add garam masala and cook for 1 minute.
3. Add the chicken and brown on all sides.
4. Stir in chopped tomatoes and coconut milk, and simmer for 20-25 minutes until the chicken is cooked through.
5. Garnish with fresh coriander and serve with rice or cauliflower rice.



Steak & Onion



Serves:2



Prep Time 5 mins



Cook Time: 15 mins

Carbohydrates: 5 grams **Fat:** 30 grams **Protein:** 40 grams

Ingredients:

- 1 lb (450g) steak (ribeye, sirloin, or your choice)
- 1 large onion, thinly sliced
- Portion of mushrooms
- 2 tablespoons olive oil or butter
- Salt and pepper, to taste
- Optional: garlic powder, thyme, or other herbs/spices

Instructions:

1. Heat 1 tbsp of butter and olive oil in a pan over medium heat. Cook steaks for 3-4 minutes per side or to your desired doneness. Remove and let rest.
2. In the same pan, add remaining butter, onions, and mushrooms. Sauté for 5-7 minutes until golden and tender.
3. Serve the steaks topped with sautéed mushrooms and onions.



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Thai Green Curry



Serves: 4



Prep Time 10 mins



Cook Time: 25 mins

Carbohydrates: 10 grams Fat: 15 grams Protein: 28 grams

Ingredients:

- 500g chicken breast or thighs, cubed
- 100g spinach
- 1 can coconut milk (400ml)
- Fresh basil or coriander for garnish
- 2 tbsp green curry paste
- 1 tbsp fish sauce
- 1 tbsp olive oil
- 1 bell pepper, sliced
- 1 zucchini (courgette), sliced

Instructions:

1. Heat olive oil in a pan and sauté the green curry paste for 1 minute.
2. Add the chicken and cook until browned.
3. Pour in the coconut milk, fish sauce, and vegetables (bell pepper, zucchini). Simmer for 15–20 minutes until the chicken is cooked and vegetables are tender.
4. Stir in spinach and cook for an additional 2 minutes.
5. Garnish with fresh basil or coriander and serve with rice or cauliflower rice.

Courgetti Bolognese



Serves: 2



Prep Time 10 mins



Cook Time: 15 mins

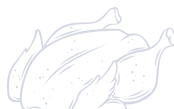
Carbohydrates: 10 grams Fat: 30 grams Protein: 40 grams

Ingredients:

- 300g minced beef
- 2 courgettes (zucchini), spiralized
- 1 can (400g) chopped tomatoes
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh basil for garnish (optional)

Instructions:

1. Heat olive oil in a pan and sauté the onion and garlic until soft.
2. Add the minced beef and cook until browned. Stir in chopped tomatoes, salt, and pepper, then simmer for 10-15 minutes.
3. In a separate pan, lightly sauté the spiralized courgettes for 2-3 minutes until tender.
4. Serve the Bolognese sauce over the courgetti and garnish with fresh basil if desired.



Cheese & Broccoli Bake



Serves:4



Prep Time 10 mins



Cook Time: 20 mins

Carbohydrates: 7 grams **Fat:** 18 grams **Protein:** 12 grams

Ingredients:

- 500g broccoli florets
- 200ml heavy cream
- 150g grated cheddar cheese
- 50g grated Parmesan cheese
- 2 garlic cloves, minced
- 1 tbsp butter
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 180°C (350°F). Steam or boil the broccoli for 5 minutes until just tender.
2. In a pan, melt butter and sauté garlic for 1 minute. Stir in the cream, cheddar, and Parmesan until melted and smooth.
3. Arrange the broccoli in a baking dish and pour the creamy cheese sauce over it.
4. Bake for 15–20 minutes until golden and bubbly.

Cauli Shepherds Pie



Serves: 4



Prep Time 15 mins



Cook Time: 25 mins

Carbohydrates: 10 grams Fat: 15 grams Protein: 22 grams

Ingredients:

- 500g ground beef or lamb
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup carrots, diced
- 1 cup peas (optional)
- 1 tbsp tomato paste
- 1 head of cauliflower, chopped
- 2 tbsp butter
- ½ cup grated cheddar cheese
- Salt and pepper to taste

Instructions:

1. Preheat oven to 180°C (350°F). Steam or boil the cauliflower until soft, then mash with butter, salt, and pepper.
2. In a pan, sauté onions and garlic until soft. Add ground beef, carrots, peas (if using), and tomato paste. Cook until the beef is browned.
3. Transfer the beef mixture to a baking dish, top with mashed cauliflower, and sprinkle with cheddar cheese.
4. Bake for 20–25 minutes until golden and bubbly.



Spicy Chicken Stew



Serves:4



Prep Time 10 mins



Cook Time: 30 mins

Carbohydrates: 3 grams Fat: 15 grams Protein: 25 grams

Ingredients:

- 1 kg chicken wings
- 2 tbsp tandoori paste
- 200g plain yogurt
- 1 tbsp lemon juice
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tbsp olive oil

Instructions:

1. Mix tandoori paste, yogurt, lemon juice, cumin, coriander, and olive oil to make the marinade.
2. Coat the chicken wings with the marinade and refrigerate for at least 1 hour (or overnight for best results).
3. Preheat the oven to 200°C (400°F) or set up a grill.
4. Bake or grill the chicken wings for 25-30 minutes, turning halfway through, until golden and cooked through.
5. Serve with a squeeze of lemon and fresh coriander.

Madras Curry



Serves: 4



Prep Time 10 mins



Cook Time: 30 mins

Carbohydrates: 12 grams Fat: 14 grams Protein: 25 grams

Ingredients:

- 500g chicken or beef, cubed
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tbsp madras curry paste
- 1 can chopped tomatoes (400g)
- 200ml coconut milk or water
- 2 tbsp olive oil
- Fresh coriander for garnish

Instructions:

1. Heat olive oil in a pan and sauté onions and garlic until soft.
2. Add the madras curry paste and cook for 2 minutes.
3. Stir in the meat and cook until browned.
4. Add chopped tomatoes and coconut milk (or water). Simmer for 20-25 minutes until the meat is tender.
5. Garnish with fresh coriander and serve with cauliflower rice or your choice of sides.



Prawn Vegetable Curry



Serves: 4



Prep Time 10 mins



Cook Time: 20 mins

Carbohydrates: 12 grams Fat: 15 grams Protein: 25 grams

Ingredients:

- 400g prawns, peeled and deveined
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp curry paste
- 1 can coconut milk (400ml)
- 1 bell pepper, sliced
- 100g spinach
- 1 tbsp olive oil

Instructions:

1. Sauté onion and garlic in olive oil until soft.
2. Add curry paste and cook for 2 minutes.
3. Pour in coconut milk and add bell pepper. Simmer for 10 minutes.
4. Add prawns and spinach, cook until prawns are done (5 minutes)

