

## Lunch

### Spiced Curry Cold Cuts

#### Ingredients:

Cold left over meats (chicken, turkey, lamb, beef) diced into cubes  
(first week: 195g = 43g protein), 135g = 30g, 90g = 20g.

1 cupful	finely shredded fresh spinach
½ tsp.	minced hot chilli's (adjust to preferred taste)
½ tsp.	minced ginger
2 tbs.	water
1 tbs.	No-wheat Tamari sauce
½ tsp.	cumin
½ tsp.	curry powder
2 tsp.	finely chopped cilantro (coriander)
1 tsp.	sesame seeds
	squeeze of lemon or lime juice
	Olive oil cooking spray

#### Method:

- Wash fresh spinach thoroughly, shred the leaves (no stalks), then wilt in a pot of hot water
- Drain and set aside - 1 cupful
- Coat skillet pan with Olive oil cooking spray
- Heat the pan, then add cumin, Tamari, chillies, ginger, water and curry powder
- Quickly mix, then add the diced cold cuts (tossing quickly over high heat)
- Add the cilantro and cooled spinach, keep tossing until evenly mixed with spices
- Serve garnished with sprinkled sesame seeds and a squeeze of lemon/lime juice