

#445
Simple Meal Plans
6th April 2020
15-minute freezer meals

MEAL PLAN #445
6th April 2020

[1] Spinach & Feta Burgers 15m*
[2] Chicken Satay 15m*
[3] Tuscan Greens Soup 15m*
[4] Sausage, Chilli & Broccoli Bowls 15m*
[5] Easy Fish Curry 15m*
[6] SWEET TREAT: Salted Peanut Butter Chocolate Dippers 5m*
[7] EXTRA VEG: Home Frozen Greens 15m*

* Approximate time required. m = minutes. h = hours.

VARIATIONS

Pantry-Friendly: [1] use plain mayonnaise or almond hummus as the sauce. [2] frozen spinach. [3] Eggs = chickpeas or lentils. [4] Frozen broccoli. Dried chilli. [5] cream = coconut milk. skip herbs. frozen cauli rice.
Vegetarian: [2] Chicken = chickpeas or eggplant. [4] Sausages = cooked lentils. [5] Fish = mushrooms or tofu.
More Substantial (Low Carb): [1] Double feta. Roast walnuts. [2] Peanuts or cashews. [3] Extra cheese. Extra egg. Extra nuts. [4] More mayo! [5] Macadamias.
More Substantial (Carb Lovers): [1] Burger buns. [2] Rice. [3] Bread or soup pasta [4] Pita or tortillas. [5] Rice or noodles.
Carnivore: [1] Bacon! [3] Sausages. [5] Chicken, beef or lamb.
Paleo (Grain, Legume & Dairy-Free): [1] Feta = walnuts. Yoghurt = extra mayo. [2&6] Peanut butter = almond or other nut butter. [3] Parmesan = extra nuts. [5] Cream = coconut milk.

SHOPPING LIST
6th April 2020

VEGGIES

1 pkt frozen spinach or kale (250g / 8oz) [1]
1 bag baby spinach [2]
500g (1lb) frozen spinach or kale [3]
2 small heads broccoli (600g / 1.3lb) [4]
2-8 serrano or thai birds eye chilli peppers [4&5]
1 bunch coriander (cilantro) [5]
cauliflower 'rice' or steamed rice [5]
2 bunches greens [7]*

PROTEIN

2 eggs [1]
450g (1lb) chicken thigh fillets [2]
4-6 eggs [3]
2-4 sausages [4]
450g (1lb) fish fillets [5]

DAIRY

3T Greek yoghurt [1]
100g (3.5oz) feta [1]
100g (3.5oz) grated parmesan [3]
4T whipping cream (35% milk fat) [5]

PANTRY

extra virgin olive oil
salt & pepper
100g (3.5oz) almond meal [1]
3T mayonnaise [1]
4T thai red curry paste [2]+
4T peanut butter [2]
1 can coconut milk [2]
2 cups chicken or veg stock [3]
100g (3.5oz) roast walnuts or almonds [3]
4 anchovies (optional) [4]
handful roast nuts (50g /2oz) [4]
4T mayo [4]
1-2T garam masala or curry powder [5]
1 can tomatoes [5]
6t peanut butter [6]
2-4 squares dark chocolate [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

[number] refers to the recipe using that ingredient. Recipes serve 2.
Vegetarian [2] Chicken = chickpeas or eggplant. [4] Sausages = cooked lentils. [5] Fish = mushrooms or tofu.
Carb Lovers [1] Burger buns. [2] Rice. [3] Bread or soup pasta [4] Pita or tortillas. [5] Rice or noodles.
't' = teaspoon 'T' = tablespoon
Unless otherwise stated all cans are 400g / 14oz. Standard bag of salad = approx 150g (5oz).
+[2] Or substitute other curry paste or 2-3t curry powder.
*[7] Such as spinach, kale, collard greens, mustard greens, silverbeet, chard, dandelion greens.


spinach & feta
burgers

SPINACH & FETA BURGERS

Enough for 2
Takes 15 minutes

1 packet frozen spinach or kale (250g / 8oz), defrosted

100g (3.5oz) feta

100g (3.5oz) almond meal

2 eggs

3 tablespoons mayonnaise

3 tablespoons Greek yoghurt

1. Turn your oven to 250C (480F). Squeeze defrosted greens to remove as much moisture as possible to give you about 125g (4.5oz) greens. Place squeezed greens in a medium bowl. Finely dice or crumble feta and add to the greens. Add almond meal, eggs and a pinch of salt. Stir to combine.

2. With clean hands form 1/2 the mixture into a large patty about 2.5cm (1in) tall. Place on a baking tray lined with paper. Repeat with the remaining mixture to make your second burger patty. Drizzle with a little oil.

3. Bake patties for 10-12 minutes or until golden brown and sizzling. And until the burgers feel cooked and springy when you touch them. If you're not sure give them more time.

4. While the burgers are cooking, combine mayo and yoghurt in a small bowl with a pinch of salt.

5. When the burgers are cooked divide the sauce between 2 plates. Top each with a hot burger and enjoy!

--#445 RECIPE 1--

I love a good veggie burger. Especially when they contain actual vegetables like these.

This is one of those super versatile recipes that is excellent to have up your sleeve. Using frozen greens it's basically a pantry recipe.

But you can also cook the burgers ahead and have them stashed in your freezer ready to cook from frozen.

Like I said, super versatile.

Spinach and Feta work so well together. The feta provides loads of flavour but also that satisfying texture so you feel like you're getting a proper feed.

I couldn't resist and added some parsley to make the burgers look prettier for the photo. But they really don't need the extra greens.

And if you haven't tried mayo and yoghurt together as a sauce, you're totally in for a treat!

It also doubles as a delicious tangy creamy salad dressing so you could always make more to dress some washed salad leaves if you wanted extra greens.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – use plain mayonnaise or almond hummus as the sauce.

dairy-free – replace feta with roast nuts (walnuts would be my pick) and some lemon zest or chopped preserved lemon. Yoghurt = extra mayo.

egg-free – replace eggs with 4 tablespoons water and 2 tablespoons ground linseeds (flax). I haven't tried this so if it looks dry and crumbly add some extra virgin olive oil to moisten.

nut-free – use ground sunflower seeds or soft bread crumbs.

VIDEO

SPINACH & FETA BURGERS

MORE VARIATIONS & SUBSTITUTIONS

different cheese – pretty much any cheese apart from blue will work here. Goats cheese or a good sharp cheddar would be excellent. Or you could use finely grated parmesan – it won't have the chunks but will still be delicious.

more substantial (carb lovers) – burger buns or potato chips (fries).

more substantial (low carb) – double the feta. Add chopped walnuts or other nuts. Serve with avocado. Extra mayo!

Low FODMAP – use spinach and replace half the almond meal with sourdough breadcrumbs.

different vegetables – you need about 125g (4.5oz) chopped cooked or grated veg. Home frozen greens, beautiful broccoli, roast veg especially roast cauliflower, grated raw zucchini, cooked chickpeas or cooked lentils.

carnivore – serve with some bacon!

more fancy / for entertaining – serve with roast walnuts on top. And a green salad dressed with extra mayo + yoghurt sauce. Or go for extra impressiveness with this Lime & Tahini Kale Salad. Some roast veg like this easy ratatouille would also be delicious.

PREPARE AHEAD?

Yes! Just cook burger patties as per the recipe but keep the mayo and yoghurt separately. Burger patties will keep in the fridge for up to 2 weeks or can be frozen. Don't freeze the sauce. It will keep in the fridge for 2 weeks. To serve, cook in the oven 200C (400F) for 10 minutes from chilled or 15-20 minutes from frozen – you want the burgers to be well browned and warmed through.

WASTE AVOIDANCE STRATEGY

frozen spinach or kale – keep it in the freezer.

feta – keeps for months unopened in its packet. Or can be frozen.

almond meal – keep it in the pantry.

eggs – will keep in the fridge for weeks or use for another meal.

mayonnaise – unopened in pantry or once opened will keep for months in the fridge.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.


chicken satay

CHICKEN SATAY

Normally satay is a peanut based spicy sauce served alongside grilled meat and veg. It's super delicious but I often miss having a curry sauce. So this version, while not exactly authentic, it does give you spicy pea nutty goodness with loads of sauce!

Enough for 2
Takes 15 minutes

4 tablespoons red curry paste

4 tablespoons peanut butter

1 can coconut milk

450g (1lb) chicken thigh fillets, chopped

1 bag baby spinach

1. Place curry paste, peanut butter, coconut milk and chicken in a medium saucepan.

2. Bring to a simmer and cook gently for 5 minutes or until the chicken is just cooked through. If you're not sure, cut into a piece of chicken to make sure there are no pink bits.

3. Stir in the baby spinach to wilt with the sauce. Taste. Season with salt if needed. Serve in bowls.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – baby spinach = frozen spinach.

move veg – serve on a bed of cauliflower or broccoli 'rice' (grated raw cauliflower). OR simmer chopped veg like carrots, red capsicum (bell pepper), baby corn, snow peas, frozen peas in the sauce. Or toss in some zucchini or carrot 'noodles'.

vegetarian / vegan – chopped firm tofu works really well instead of the chicken. OR replace chicken with chopped cauliflower florets, eggplant, zucchini, button mushrooms (and adjust cooking time to suit the veg)or chickpeas.

more substantial (carb lovers) – serve with steamed rice or toss in cooked noodles.

more substantial (low carb) – serve with some peanuts, cashews or on a bed of cauliflower Rice.

VIDEO

CHICKEN SATAY

MORE VARIATIONS & SUBSTITUTIONS

no curry paste? – try 2-3 teaspoons curry powder. Or make your own using this recipe or use another curry paste. Or replace the curry paste with a few chopped red chillies and season well with soy sauce or fish sauce.

nut-free – just skip the peanut butter and change the name to 'red curry'.

paleo – use almond butter instead of peanut butter (which is technically a legume and not strictly paleo) or other nut butter.

no coconut milk – replace with chicken stock and stir in some regular cream at the end.

different meat – also good with pork fillet or steak. Or chicken breast fillets.

PREPARE AHEAD?

Yes if you aren't funny about reheated chicken like some people are (my Irishman included!). Just cook curry as per the recipe. Will keep in the fridge for 1 week or can be frozen. To serve, bring back to a simmer on the stove top.

WASTE AVOIDANCE STRATEGY

red curry paste – keep in the pantry until open. Once open keep it in the fridge.

peanut butter / coconut milk – keep them in the pantry.

chicken thigh fillets – freeze them.

baby spinach – either pop them in the freezer or wilt down in a covered pot with a little olive oil. This way they'll keep in the fridge for a few weeks.


tuscan greens
soup

TUSCAN GREENS SOUP

Enough for 2
Takes 15 minutes

2 cups chicken or veg stock

500g (1lb) frozen spinach or kale

4-6 eggs

100g (3.5oz) grated parmesan

100g (3.5oz) roast walnuts or almonds

1. Bring stock and greens to the boil in a medium saucepan with the lid on.

2. Meanwhile stir eggs in a small bowl with 2 tablespoons of the grated parmesan and a pinch of salt.

3. When the broth is simmering, pour in the eggs. Turn off the heat and jam on the lid.

4. Stand for 1 minute or until egg has just cooked. Taste and season with salt as needed, remembering you're going to be adding more parmesan.

5. Divide soup between two bowls. Top with parmesan, nuts and a nice drizzle of extra virgin olive oil (channelling your inner Italian).

--#445 RECIPE 3--

The idea of this soup came as a mash up of two classic Italian soups…

Ribolitta - the famous Tuscan soup of kale and white beans.

And Stracciatella - a simple Roman soup of eggs, parmesan and broth.

I love how the eggs cook down into little creamy bursts in among the dark mossy green soup. So good!

I've used frozen spinach in the photo which is brilliant because it's so quick. No chopping required.

But if you do have the time, fresh kale really takes the soup to a new level.

And because this soup is so simple, it really needs an excellent quality stock. If you're using commercial stock, softening an onion before you cook the soup will help add depth of flavour.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – if you don't have eggs you could use canned chickpeas or frozen chicken.

keto / ultra low carb – use the spinach. Use macadamias or skip the nuts and use a bigger drizzle of olive oil.

dairy-free – try this Brazil Nut Parmesan or sicilian nut pesto. Or just skip mixing the parmesan with the eggs. And use extra nuts (maybe both almonds and walnuts for added variety). Be generous with the seasoning – adding a splash of soy sauce or a few teaspoons of miso paste will help add the umami you'll be missing from the cheese.

low FODMAP – use the walnuts and spinach.

VIDEO

TUSCAN GREENS SOUP

MORE VARIATIONS & SUBSTITUTIONS

more substantial (carb lovers) – short pasta, sourdough chunks, toast, white beans or roast root veg.

more substantial (low carb) – extra nuts. Extra eggs. Extra cheese. More stock. Or olive oil.

different vegetables – fresh kale (my fave is cavolo nero or dinosaur kale) – just finely slice a large bunch (about 500g) and simmer covered in the stock until tender (about 15 minutes) – you may need a little more stock if it ends up too thick. Any fresh or frozen greens will work. And feel free to add your favourite soup veggies – an onion or two doesn't go astray. Zucchini, broccoli, cauliflower, bell peppers (capsicum), eggplant, any roast veg – it's all good. And I love it served with a pile of sauerkraut for extra crunch and freshness.

different protein – replace eggs with chickpeas, white beans (cannellini), lentils, crumbled sausages, bacon or ham.

nut-free – extra parmesan or extra eggs or toasted sunflower seeds.

extra flavour – soften an onion before adding the stock. Garlic is good. A splash of soy sauce or miso paste will help if your stock is a little bland.

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the nuts and extra parmesan separately. Leftovers will keep in the fridge for 2 weeks or can be frozen. To serve, bring to a simmer and serve as per the recipe.

WASTE AVOIDANCE STRATEGY

chicken or veg stock – prepared stock or homemade can be frozen. Otherwise unopened commercial stock can be kept in the pantry.

frozen spinach or kale – keep it frozen.

eggs – will keep in the fridge for weeks or use for another meal.

parmesan – keeps for longer in a chunk so only grate when you're cooking. I wrap in waxed paper or baking paper and then keep in an airtight container or a sealed ziplock bag. I prefer this over just wrapping in cling wrap because the air in the container allows the cheese to breathe and not sweat but the container / plastic bag prevents from drying out in the dry fridge air. Either way will keep for months.

roast walnuts or almonds – keep them in the pantry.


sausage, chilli & broccoli
bowls

SAUSAGE CHILLI & BROCCOLI BOWLS

Enough for 2
Takes 15 minutes

2 small heads broccoli (approx 600g / 1.3lb)

2-4 sausages
4 anchovies (optional)

4 serrano or thai birds eye chilli peppers

handful roast nuts (50g /2oz)

2-4 tablespoons mayo

1. Bring about 1cm (1/2) salted water to the boil in a medium saucepan. Chop broccoli into bite sized pieces and add to the pot. Cover and simmer on a medium high heat for 5 minutes.

2. When the broccoli is tender. Drain.

3. Return the pot to the heat and add a good glug of olive oil. Add crumbled sausage meat (skins removed), anchovies (if using) and chillies. Cook, stirring for a few minutes or until the sausage meat is well browned. Stir in drained broccoli.

4. Taste and season with salt as needed (you may not from the anchovies and sausage).

5. Divide sausage and broccoli mix between two bowls. Top with mayo and nuts.

A few weeks ago my Irishman was telling Fergal about the time he had his first real Italian pizza. In Napoli.

I was surprised to hear him say that his favourite topping then (and now) was sausage and broccoli.

Which got me thinking. I love sausage and broccoli.

But pizza not so much.

Why not make a broccoli bowl with sausages and chilli and some roast nuts for crunch?

And here it is.

I've put the anchovies as optional but they really add amazing depth of flavour without tasting 'fishy'.

Try them (even if you're not a big anchovy on pizza fan).

They cook into the sauce and are so so good. I promise.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – frozen broccoli (no need to steam it first). Dried chilli.

short on time – cook sausage in a separate pan at the same time as the broccoli.

Keto / ultra low carb – replace broccoli with kale or spinach. Use macadamias as your nuts.

vegetarian – sausages = chickpeas, lentils or mushrooms.

nut-free – extra mayo or shaved parmesan.

SAUSAGE CHILLI & BROCCOLI BOWLS

MORE VARIATIONS & SUBSTITUTIONS

more substantial (carb lovers) – cooked pasta or warm flat bread.

more substantial (low carb) – more nuts, more sausage, more mayo, Sauerkraut, or avocado.

Low FODMAP – don't use the broccoli stems. use macadamias as your nuts.

family-friendly – skip the chilli. Serve with pizza.

different vegetables – you can sub any cooked veg for the cooked broccoli. I'm thinking sauteed cabbage or roast cauliflower would be particularly amazing. But zucchini or asparagus are also fab.

different protein – lentils, chickpeas, poached egg, scrambled egg, cooked chicken, smoked fish, tuna, chorizo.

no mayo – try this almond hummus, pesto or just a big drizzle of extra virgin olive oil. A squeeze of lemon will work too.

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the mayo and nuts separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm in a pan with a little oil.

WASTE AVOIDANCE STRATEGY

broccoli – will keep wrapped in a plastic bag in the fridge for about 2 weeks or sometimes a little longer. Can be frozen (if you have time chop before freezing so it will defrost quickly in the pan).

sausages – freeze them.

anchovies / roast nuts – keep them in the pantry.

chillies – will keep for weeks in a plastic bag in the fridge. Or can be frozen.

mayonnaise – unopened in pantry or once opened will keep for months in the fridge.


easy fish
curry

EASY FISH CURRY

My Irishman and I have been on a mission to eat more fish so we have been having a regular pescetarian Monday. This curry was inspired by one such Monday. I've found buying fish at our local farmers market makes fish cooking much more affordable and delicious. I've served it on a bed of cauliflower 'rice' (raw grated cauliflower) but you're welcome to use steamed basmati rice if you prefer.

Enough for 2
Takes 15 minutes

450g (1lb) fish fillets, chopped into chunks

1-2 tablespoons garam masala

1-4 red chillies, chopped

1 can tomatoes (400g / 14oz), chopped

4 tablespoons whipping cream (35% milk fat)

1 bunch coriander (cilantro), leaves picked

cauliflower 'rice' or steamed rice to serve

1. Heat a few tablespoons of oil in a large frying pan (skillet) over a medium high heat.

2. Add the fish and brown for a few minutes. Then add the garam masala and chilli. Stir for a few seconds.

3. Add tomatoes and their juices. Simmer for about 5 minutes, or until the fish has cooked through.

4. Stir in cream and bring back to a gentle simmer.

5. Taste and season with salt and pepper. Serve on a bed of cauliflower 'rice' or steamed rice with coriander on top.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – cream = coconut milk. skip herbs. frozen cauli rice.

vegetarian – replace fish with drained canned chickpeas (or home cooked chickpeas), lentils, tofu, tempeh, mushrooms or eggplant.

vegan – replace fish with diced eggplant. Will take longer for the eggplant to cook in the sauce, around 20 minutes. And replace cream with coconut milk.

dairy-free – replace cream with coconut milk. Butter or ghee could also be used instead of cream.

paleo – use unsweetened coconut cream.

different herbs – if coriander (cilantro) isn't your thing consider basil, mint, a handful of fresh curry leaves. Or just skip the herbs.

EASY FISH CURRY

MORE VARIATIONS & SUBSTITUTIONS

carnivore – replace fish with diced chicken thighs fillets or sliced steak or even some lamb. Adjust the cooking time as needed.

no garam masala – replace with a mild curry powder or loads of black pepper and a little ground cumin.

for cauliflower 'rice' – just grate raw cauli in the food processor or chop as finely as possible with a knife. I generally serve it cold with the hot curry on top.

more substantial (carb lovers) – serve with steamed rice or rice noodles instead of cauli 'rice'.

more substantial (low carb) – add some cashews, macadamias or more fish.

more veg – simmer veg in the sauce before adding fish. Broccoli or cauli or snowpeas.

PREPARE AHEAD?

Just cook curry as per the recipe. Will keep in the fridge for 1 week or can be frozen. To serve, bring back to a simmer on the stove top. You can either freeze with the cauli rice / rice or keep them separate.

WASTE AVOIDANCE STRATEGY

fish fillets – freeze it.

garam masala / can tomatoes – keep in the pantry.

red chills – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge they will slowly turn into dried chillies and still be edible.

cream – freeze it or use for another meal.

coriander (cilantro) – freeze it in a plastic bag.

cauliflower – ungrated cauli will keep for weeks in a plastic bag in the fridge. Can be frozen but the texture isn't as good when defrosted.


salted peanut butter
chocolate dippers

SALTED PEANUT BUTTER CHOCOLATE DIPPERS

Enough for 2
Takes 5 minutes

4-6 teaspoons peanut butter

2-4 squares dark chocolate

(70% cocoa solids or higher)
pinch sea salt flakes

1. Divide peanut butter between two tiny bowls or glasses. I use Chinese tea cups.

2. Break chocolate into bite sized fingers. Dip them into the peanut butter. Sprinkle with sea salt flakes.

OK so I know you don't really need a recipe for this, but I thought I'd write it for you anyway

This is my lastest go-to when I feel like having dessert on a Saturday night.

It only takes a second to pull together and satisfies that urge for something to round out the meal. Without loading you down with sugar and carbs.

VARIATIONS & SUBSTITUTIONS

different nut butter – almond, cashew, brazil nut butters will all work if you're not a peanut butter fan. If you have a high powered food processor – pecans make the most amazing nut butter. Just saying.

nut-free – enjoy the chocolate on its own. Or try it with tahini (for tahini fans only – not everyone will like this).

paleo (grain, legume & dairy-free) – peanut butter = almond butter.

SALTED PEANUT BUTTER CHOCOLATE DIPPERS

PREPARE AHEAD?

No need!

WASTE AVOIDANCE STRATEGY

Keep all ingredients in the pantry.


home cooked
greens

HOME COOKED GREENS

Takes 15 minutes

2 bunches greens (or more)

1. Bring a large pot of salted water about 2cm (1in) deep to the boil.

2. Meanwhile separate the stems and leaves. If you want to use the stems slice the stems 5mm (1/4 inch) thick. Keep separate. Pile the leaves on top of one another to make a tall stack, then roll tightly into a cylinder. Slice leaves into 2cm thick (1in) ribbons.

3. If using stems add them to the boiling water. Cover and simmer for 3-5 minutes or until no longer crunchy.

4. Add sliced leaves to the pot and recover. Cook for another 2 minutes or until the leaves are wilted.

5. Drain and spread out on a plate or baking tray to allow to cool and let the steam escape.

6. If freezing, When cool, squeeze greens dry and pack into ziplock bags. Keeps in the freezer for months.

Steamed greens may not sound very exciting.

But they are such a wonderful, nutritious ingredient to have in your larder.

By using home cooked greens they're so much more delicious than commercially frozen veggies.

The secret is only using a little water in the pot so you're minimizing loss of water-soluble vitamins and making the process quicker.

And don't forget the salt. It's critical for balancing out the natural bitterness of greens AND keeping the colour vibrantly green.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – use frozen greens. Cook from frozen until hot.

different veg – kale, collard greens, mustard greens, spinach, chard, silverbeet, broccolini, asparagus, green beans, snow peas, sugar snap peas, cauliflower. Adjust cooking time as needed.

more flavour – season drained cooked greens with soy sauce and rice vinegar.

lemony – season with lemon juice and grated lemon zest (or

more nutritious – drizzle drained greens with extra virgin olive oil or melted butter to help with nutrient and polyphenol absorption.

HOME COOKED GREENS

PREPARE AHEAD?

Yes! Just cook as per the recipe. Will keep in the fridge for 1-2 weeks or can be frozen. Serve cold, at room temp or warmed in a little oil or butter.

USAGE SUGGESTIONS

- **Replace the cabbage in my Cabbage Lasagna.**
- **The Good Greens**
- **Green Chicken Bowls with Pine Nut Mayo**
- **Broccoli & Bacon Bowls**
- **Tuscan Greens Soup**
- **Green Bowls with Macadamia Cream**
- **Stir through Lovely Lentils**

INGREDIENT STORAGE BEST PRACTICES

VEGGIES

frozen spinach or kale – in the freezer in the packaging they were purchased in.
baby spinach / salad leaves – store sealed bag in the fridge. If buying loose leaves, wash and spin dry in a salad spinner then wrap loosely in paper towel and place inside plastic bag. Push out most of the air and seal. Store in the fridge.
broccoli – in the fridge wrapped in a plastic bag.
chillies – in the fridge wrapped in a plastic bag.
coriander (cilantro) – in the fridge wrapped in a plastic bag.
cauliflower – in the fridge wrapped in a plastic bag.
greens – in the fridge wrapped in a plastic bag.

PROTEIN

eggs – I keep mine in the pantry because we eat a lot of eggs. Will last much longer in the fridge.
chicken thigh fillets – in the fridge in the packaging they were purchased in.
sausages – in the fridge in the packaging they were purchased in.
fish fillets – in the fridge. Get your fishmonger to pack them with a small bag of ice to keep as cold as possible.

DAIRY

yoghurt – in the fridge in the packaging it was purchased in.
feta – in the fridge. Will keep for months in an unopened package.
parmesan – in the fridge wrap in baking paper and store in a sealed plastic bag or airtight container.
cream – in the fridge in the packaging it was purchased in.

PANTRY

All pantry items best stored at room temperature in a dark place.

* Also see the WASTE AVOIDANCE STRATEGY with each recipe for tips on preserving ingredients for longer periods if required.

PREP AHEAD POSSIBILITIES

Here are suggestions for things you can possibly prepare ahead. They're just suggestions though so please don't feel like you need to devote your weekend to getting these steps done! It's totally up to you.

1 Spinach & Feta Burgers

BURGERS (15 minutes)

Cook burger patties as per the recipe but keep the mayo and yoghurt separately. Burger patties will keep in the fridge for up to 2 weeks or can be frozen. Don't freeze the sauce. It will keep in the fridge for 2 weeks. To serve, cook in the oven 200C (400F) for 10 minutes from chilled or 15-20 minutes from frozen – you want the burgers to be well browned and warmed through.

2 Chicken Satay

SATAY (15 minutes)

Cook satay as per the recipe. Will keep in the fridge for 1 week or can be frozen. To serve, bring back to a simmer on the stove top.

3 Tuscan Greens Soup

SOUP (15 minutes)

Cook as per the recipe but keep the nuts and extra parmesan separately. Leftovers will keep in the fridge for 2 weeks or can be frozen. To serve, bring to a simmer and serve as per the recipe.

4 Sausage Chilli + Broccoli Bowls

BOWLS (15 minutes)

Cook as per the recipe but keep the mayo and nuts separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm in a pan with a little oil.

5 Easy Fish Curry

CURRY (15 minutes)

Just cook curry as per the recipe. Will keep in the fridge for 1 week or can be frozen. To serve, bring back to a simmer on the stove top. You can either freeze with the cauli rice / rice or keep them separate.

7 Steamed Greens

GREENS (15 minutes)

Just cook as per the recipe. Will keep in the fridge for 1-2 weeks or can be frozen. Serve cold, at room temp or warmed in a little oil or butter.

SPINACH & FETA BURGERS

Enough for 2
Takes 15 minutes

1 packet frozen spinach or kale (250g / 8oz), defrosted
100g (3.5oz) feta
100g (3.5oz) almond meal
2 eggs
3 tablespoons mayonnaise
3 tablespoons Greek yoghurt

1. Turn your oven to 250C (480F). Squeeze defrosted greens to remove as much moisture as possible to give you about 125g (4.5oz) greens. Place squeezed greens in a medium bowl. Finely dice or crumble feta and add to the greens. Add almond meal, eggs and a pinch of salt. Stir to combine.

2. With clean hands form 1/2 the mixture into a large patty about 2.5cm (1in) tall. Place on a baking tray lined with paper. Repeat with the remaining mixture to make your second burger patty. Drizzle with a little oil.

3. Bake patties for 10-12 minutes or until golden brown and sizzling. And until the burgers feel cooked and springy when you touch them. If you're not sure give them more time.

4. While the burgers are cooking, combine mayo and yoghurt in a small bowl with a pinch of salt.

5. When the burgers are cooked divide the sauce between 2 plates. Top each with a hot burger and enjoy!

CHICKEN SATAY

Enough for 2
Takes 15 minutes

4 tablespoons red curry paste
4 tablespoons peanut butter
1 can coconut milk
450g (1lb) chicken thigh fillets, chopped
1 bag baby spinach

1. Place curry paste, peanut butter, coconut milk and chicken in a medium saucepan.

2. Bring to a simmer and cook gently for 5 minutes or until the chicken is just cooked through. If you're not sure, cut into a piece of chicken to make sure there are no pink bits.

3. Stir in the baby spinach to wilt with the sauce. Taste. Season with salt if needed. Serve in bowls.

TUSCAN GREENS SOUP

Enough for 2
Takes 15 minutes

2 cups chicken or veg stock
500g (1lb) frozen spinach or kale
4-6 eggs
100g (3.5oz) grated parmesan
100g (3.5oz) roast walnuts or almonds

1. Bring stock and greens to the boil in a medium saucepan with the lid on.

2. Meanwhile stir eggs in a small bowl with 2 tablespoons of the grated parmesan and a pinch of salt.

3. When the broth is simmering, pour in the eggs. Turn off the heat and jam on the lid.

4. Stand for 1 minute or until egg has just cooked. Taste and season with salt as needed, remembering you're going to be adding more parmesan.

5. Divide soup between two bowls. Top with parmesan, nuts and a nice drizzle of extra virgin olive oil (channelling your inner Italian).

SAUSAGE CHILLI & BROCCOLI BOWLS

Enough for 2
Takes 15 minutes

2 small heads broccoli (approx 600g / 1.3lb)
2-4 sausages
4 anchovies (optional)
4 serrano or thai birds eye chilli peppers
handful roast nuts (50g /2oz)
2-4 tablespoons mayo

1. Bring about 1cm (1/2) salted water to the boil in a medium saucepan. Chop broccoli into bite sized pieces and add to the pot. Cover and simmer on a medium high heat for 5 minutes.

2. When the broccoli is tender. Drain.

3. Return the pot to the heat and add a good glug of olive oil. Add crumbled sausage meat (skins removed), anchovies (if using) and chillies. Cook, stirring for a few minutes or until the sausage meat is well browned. Stir in drained broccoli.

4. Taste and season with salt as needed (you may not from the anchovies and sausage).

5. Divide sausage and broccoli mix between two bowls. Top with mayo and nuts.

EASY FISH CURRY

Enough for 2
Takes 15 minutes

450g (1lb) fish fillets, chopped into chunks
1-2 tablespoons garam masala
1-4 red chillies, chopped
1 can tomatoes (400g / 14oz), chopped
4 tablespoons whipping cream (35% milk fat)
1 bunch coriander (cilantro), leaves picked
cauliflower 'rice' or steamed rice to serve

1. Heat a few tablespoons of oil in a large frying pan (skillet) over a medium high heat.

2. Add the fish and brown for a few minutes. Then add the garam masala and chilli. Stir for a few seconds.

3. Add tomatoes and their juices. Simmer for about 5 minutes, or until the fish has cooked through.

4. Stir in cream and bring back to a gentle simmer.

5. Taste and season with salt and pepper. Serve on a bed of cauliflower 'rice' or steamed rice with coriander on top.

SALTED PEANUT BUTTER CHOCOLATE DIPPERS

Enough for 2
Takes 5 minutes

4-6 teaspoons peanut butter
2-4 squares dark chocolate
(70% cocoa solids or higher)
pinch sea salt flakes

1. Divide peanut butter between two tiny bowls or glasses. I use Chinese tea cups.

2. Break chocolate into bite sized fingers. Dip them into the peanut butter. Sprinkle with sea salt flakes.

HOME FROZEN GREENS

Takes 15 minutes

2 bunches greens (or more)

1. Bring a large pot of salted water about 2cm (1in) deep to the boil.

2. Meanwhile separate the stems and leaves. If you want to use the stems slice the stems 5mm (1/4 inch) thick. Keep separate. Pile the leaves on top of one another to make a tall stack, then roll tightly into a cylinder. Slice leaves into 2cm thick (1in) ribbons.

3. If using stems add them to the boiling water. Cover and simmer for 3-5 minutes or until no longer crunchy.

4. Add sliced leaves to the pot and recover. Cook for another 2 minutes or until the leaves are wilted.

5. Drain and spread out on a plate or baking tray to allow to cool and let the steam escape.

6. If freezing, When cool, squeeze greens dry and pack into ziplock bags. Keeps in the freezer for months.

To access the meal plans & recipes online go to:

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