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

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.

print friendly recipes.

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:

www.stonesoupvirtualcookeryschool.com

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