

#446
Simple Meal Plans
6th April 2020
15-minute freezer meals

MEAL PLAN #446

6th April 2020

- [1] Addictive Green Curry of Broccoli Soup 15m*
- [2] Mushroom, Sausage + Feta Hash 15m*
- [3] Chorizo & Broccolini 15m*
- [4] Beaut Beef & Blue Cheese 15m*
- [5] Macadamia Satay 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] Frozen broccoli. [2] Skip the herbs. Use frozen cauliflower, canned chickpeas or lentils instead of the mushrooms. [3] Frozen broccoli or greens. Lemon = vinegar. [4] Chives = onions. Frozen Spinach. [5] Bok choy = frozen veg or cooked lentils.

Vegetarian: [2] Sausage = lentils or chickpeas. [3] Chorizo = halloumi, eggs or smoked tofu. [4] Beef = lentils. [5] Salmon = mushrooms, eggs or chickpeas.

More Substantial (Low Carb): [1] Almonds. Chicken. [2] Extra feta. Extra sausage. [3] Mayo. Extra pinenuts. [4] Walnuts or avocado. [5] Extra macadamias.

More Substantial (Carb Lovers): [1] Rice noodles. [2] Cooked Pasta. [3] Warm pita or tortillas. [4] Pasta or roast sweet potato. [5] [Steamed rice](#).

Carnivore: [1] Chicken. [5] Chicken or sliced steak.

Paleo (Grain, Legume & Dairy-Free): [2] Feta = almonds. [4] Blue cheese = walnuts or avocado. Soy sauce = fish sauce.

SHOPPING LIST

6th April 2020

VEGGIES

2 heads broccoli [1]
600g (21oz) large flat mushrooms [2]
small bunch dill or parsley [2]
2 bunches broccolini / broccoli [3]
1 lemon [3]
large bunch chives [4]
150g (5oz) bag baby spinach [4]
6 kaffir lime leaves or zest of 1 lime [5]
bok choy or baby spinach leaves [5]
1-2 bunches greens [7]+

PROTEIN

3-4 thick sausages [2]
2-4 Spanish chorizo or spicy sausage [3]
500g (1lb) minced (ground) beef [4]
300g (10oz) salmon or other protein [5]*

DAIRY

2T butter [2]
100g (3.5oz) feta [2]
100g (3.5oz) blue cheese [4]

PANTRY

extra virgin olive oil
salt & pepper
3T peanut butter [1]
4T green curry paste [1]+
2 cans coconut milk (400mL / 1 1/2 cups) [1&5]
1t cumin seeds (optional) [2]
handful pine nuts [3]
3T soy sauce [4]
2-3t curry powder [5]
4T macadamia or other nut butter [5]
6T peanut butter [6]
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] Sausage = lentils or chickpeas. [3] Chorizo = halloumi, eggs or smoked tofu. [4] Beef = lentils. [5] Salmon = mushrooms, eggs or chickpeas.

Carb Lovers [1] Rice noodles. [2] Cooked Pasta. [3] Warm pita or tortillas. [4] Pasta or roast sweet potato. [5] **Steamed rice.**

't' = teaspoon 'T' = tablespoon

Unless otherwise stated all cans are 400g / 14oz. Standard bag of salad = approx 150g (5oz).

*[5] Other protein options include other fish, chicken breast or thigh fillets, cooked chickpeas, cooked lentils or eggs.

+ [7] Greens such as spinach, kale, collards, chard, silverbeet, mustard greens, asian greens.



addictive *green curry* of
broccoli soup

ADDICTIVE GREEN CURRY OF BROCCOLI SOUP

Enough for 2
Takes 15 minutes

3 – 4 tablespoons green
curry paste

1 can coconut milk
(400mL / 1 1/2 cups)

2 heads broccoli, chopped into
bight sized trees

2 – 3 tablespoons
peanut butter

1. Heat a large saucepan on a high heat. Add a few tablespoons of cream from the top of the coconut milk or some oil. Stir fry the curry paste for 15-30 seconds or until you notice the aroma. Be careful not to burn.

2. Quickly add 2 cups water and the coconut milk. Bring to a simmer. Add broccoli. Bring back to a simmer and cook uncovered for 8-9 minutes or until the broccoli is tender.

3. Remove from the heat. Stir in the peanut butter. Taste and season with a little salt or sugar before serving.

While I tend to prefer fresh broccoli, this soup is also great made with frozen broccoli florettes. Just pop the frozen broccoli straight in the pan – it shouldn't take much longer to cook and will save you the chopping step. To make this soup in under 10 minutes, boil water in the kettle to speed things along. When chopping the broccoli, I like to finely slice most of the stems and add them to the pot so I minimize the wastage.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – frozen broccoli.

no green curry paste? – feel free to use any other curry paste or 2-3 teaspoons curry powder.

smooth – purée the soup with a stick blender until you have the texture you're after.

fragrant – serve with a handful of Thai or regular basil leaves scattered over the top.

nut-free – replace the peanut butter with a little sugar and some fish sauce to season.

almond butter – the first time I made this soup I used some home made almond butter which was just delicious.

ADDICTIVE GREEN CURRY OF BROCCOLI SOUP

MORE VARIATIONS & SUBSTITUTIONS

carnivore – simmer some finely sliced chicken breast or thigh fillets along with the broccoli.

more substantial (carb lovers) – add cooked rice, hokkien noodles or serve with crusty bread.

more substantial (low carb) – add more peanut butter and some cooked chicken.

more veg – add green beans, peas, snowpeas or cauliflower.

PREPARE AHEAD?

Yes! Make soup as per recipe. Refrigerate for up to 2 weeks or freeze. To serve bring back to a simmer.

WASTE AVOIDANCE STRATEGY

green curry paste / coconut milk / peanut butter
– keep in the pantry.

broccoli – will keep for 2 weeks or longer in the fridge. Can be frozen. Best to chop before freezing for quicker defrosting.

mushroom, *sausage* +
feta hash



MUSHROOM, SAUSAGE + FETA HASH

Enough for 2
Takes 15 minute

600g (21oz) large flat
mushrooms

2 tablespoons butter

3-4 thick sausages

1 teaspoon cumin seeds
(optional)

100g (3.5oz) feta, crumbled

small bunch dill
or parsley, chopped

1. Slice mushrooms into bite sized pieces about 1cm (1/2in) thick. Leave stems on.

2. Heat a large frying pan on a medium high heat. When the pan is hot add the butter and 2 tablespoons olive oil. Add mushrooms and cook, stirring every few minutes until mushrooms are browned and cooked through. At first it will seem like the mushrooms won't fit but they will cook down quickly.

3. Remove mushrooms from the pan and place in a clean bowl. Remove sausage casings and break meat into bite sized chunks. Add sausage meat to the pan with cumin seeds (if using). Cook on a medium high heat, stirring often until the meat is cooked through and browned.

4. Return mushrooms to the pan. Add crumbled feta and cook for another minute to warm them.

5. Remove the pan from the heat and stir in balsamic. Taste and season with salt and more balsamic if needed. Serve in deep bowls with chopped herbs on top.

This is one of those fab little one pot meals that is equally welcome on an ordinary Wednesday night as it is for Sunday bunch.

So much flavour!

The cumin seeds add beautiful depth.

The dill is my preference for herb because it adds an unusual fresh top notes. Just the thing to contrast earthy mushrooms and meaty sausages.

There's balsamic which brings sweetness and acid brightness.

It's an excellent example of how delicious 6 simple ingredients can be when chosen wisely.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – skip the herbs. use frozen cauliflower, canned chickpeas or lentils instead of the mushrooms.

short on time – use 2 pans and cook the mushies and sausages simultaneously.

vegetarian – replace sausages with cooked chickpeas or lentils or roast nuts or diced tempeh, Or serve mushies and feta with poached or fried eggs.

dairy-free – skip feta or use walnuts or almonds instead.

more substantial (carb lovers) – toss in cooked pasta or serve wrapped in pita.

MUSHROOM, SAUSAGE + FETA HASH

MORE VARIATIONS & SUBSTITUTIONS

more substantial (low carb) – extra feta. extra sausages or serve with a big dollop of mayo.

Low FODMAP – use a few canned chappignons and a bag of baby spinach instead of the fresh mushies.

different vegetables – any mushroom will work. Eggplant (aubergine), zucchini (courgettes), capsicum (bell peppers), sliced cabbage. Or use pre-cooked veg like [beautiful broccoli](#) or any roast veg ([roast cauli](#) would be heavenly).

different protein – sliced chicken breast or thighs fillets. Ground (minced) beef, pork or lamb. + See vegetarian options.

more fancy / for entertaining – serve in the middle of the table along side another veg dish like this [shaved fennel salad](#), [Zucchini Confit with Mint & Almonds](#) or [Braised Greens with Butter](#).

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the herbs 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 and top with herbs.

WASTE AVOIDANCE STRATEGY

mushrooms – keep in the fridge in a brown paper bag. Once cooked will keep for weeks. And can be frozen raw or cooked.

butter – will keep in the fridge for weeks.

sausages – freeze them.

cumin seeds – keep them in the pantry.

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

dill – best to use for another meal.

parsley – will keep in the fridge wrapped in a plastic bag for a few weeks. Can be frozen or make a parsley oil by packing the leaves into a clean jar and covering with extra virgin olive oil.



chorizo & broccoli

CHORIZO & BROCCOLI

Enough for 2
Takes 20 minutes

*2-4 Spanish chorizo or spicy
sausage, sliced into rounds*

*2 bunches broccolini /
broccoli, chopped into bite
sized chunks*

squeeze lemon

handful pinenuts, optional

1. Heat a little oil in a large frying pan. Cook chorizo on a medium high heat until well browned on both sides. About 10 minutes.

2. Remove chorizo from the pan and place in a clean bowl, leaving behind as much lovely chorizo oil as possible.

3. Add the broccolini / broccoli to the pan with a splash of water. Cover with a tray or lid or foil and cook stirring every 5 minutes or so until the veg is bright green and tender with a little bit of crunch left. If it starts to burn add a little more water.

4. Return the chorizo to the pan and allow to warm. Squeeze over some lemon. Taste and season with salt and pepper and more lemon if needed.

5. Serve in bowls topped with pine nuts (if using).

Dishes like this are some of my favourite weeknight dinners. They're quick, there's a substantial hit of green veg and enough protein and chilli to keep my Irishman happy. There's also only one pot so the cleaning up is quick too. Yay!

VARIATIONS & SUBSTITUTIONS

pantry-friendly – frozen broccoli or greens. lemon = apple cider vinegar, white wine vinegar or rice vinegar.

vegetarian – cook broccoli first in oil with a teaspoon of smoked paprika. Pan fry sliced halloumi and serve with broccoli, lemon juice and pine nuts or smoked almonds. You could also try eggs or smoked tofu.

vegan – cook broccoli first in oil with a teaspoon of smoked paprika. Add in a drained can of beans (white, red or black) and serve with lots of lemon, pine nuts and a good drizzle of peppery extra virgin olive oil.

different veg – any greens are good here. Try kale, cavolo nero, collard greens, spinach, chard or rainbow chard. You could also use zucchini, asparagus or snow peas.

more decadent – I love this served with a big dollop of home made aioli (garlicky mayo).

CHORIZO & BROCCOLI

MORE VARIATIONS & SUBSTITUTIONS

hotter – add in a little chopped fresh or dried chilli with the chorizo.

different meat – replace chorizo with other spicy sausages or chunks of bacon. If using Mexican chorizo just crumble the meat into the pan.

carb lovers – serve with mashed potatoes or roast sweet potato. You could also serve with cooked pasta.

more substantial (low carb) – serve with some mayo, avocado or extra nuts (almonds or walnuts are also great). You could also double the amount of chorizo.

more veg – serve a green salad to serve.

family friendly – use mild chorizo or other sausages + toss in cooked pasta.

paleo (grain, legume & dairy-free) – blue cheese = walnuts or avocado. Soy sauce = fish sauce.

PREPARE AHEAD?

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

WASTE AVOIDANCE STRATEGY

chorizo – fresh chorizo will need to be frozen. Dried chorizo will last in the fridge for a few weeks. Cryovacced chorizo will also last for a few weeks but any longer both will need to be frozen.

broccolini / broccoli – will keep for 2 weeks or longer in the fridge. Can be frozen. Best to chop before freezing for quicker defrosting.

lemon – will keep for months in a plastic bag in the fridge.

pinenuts – keep them in the pantry.



beaut *beef* &
blue cheese

BEAUT BEEF & BLUE CHEESE

Enough for 2
Takes 15 minutes

500g (1lb) minced
(ground) beef

large bunch chives, chopped

2-3 tablespoons soy sauce

100g (3.5oz) blue cheese,
crumbled

150g (5oz) bag baby spinach,
to serve

1. Heat a little oil in a large frying pan on a medium high heat. Add beef and cook, stirring to break it up with a spatula or spoon.

2. When the beef is well browned, remove from heat. Add chives, soy sauce and blue cheese. Taste and season with more soy if needed.

3. Divide baby spinach between two bowls. Top with beef mixture and serve.

I'll let you in on a secret....Most of my best ideas happen when I'm in the kitchen, looking in the fridge, trying to think of what to cook.

And that's exactly how this speedy little number was conceived.

I had mince (ground beef). I always have mince.

I had some Stilton which needed using up.

And I had rocket and chives in the garden.

Add in my soft spot for alliteration...

You beaut! (As any self-respecting Australian would say).

But just in case you're not familiar with Aussie slang... 'Beaut' is short for beautiful. And is usually used to describe any highly positive situation.

Such as when one creates a very easy and delicious dinner.

I've used 500g (1lb) of meat in the recipe here because that's the pack size my local farmer sells.

In the past my Irishman and I would share this between us. But these days we're being more moderate with our meat intake so I keep some of the cooked and seasoned beef aside for lunch the next day.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – chives = onions (diced and softened in oil before cooking the beef). frozen spinach or other greens.

gluten-free – use tamari or other gluten-free soy. Or see the options above.

vegetarian – replace beef with cooked lentils or chickpeas or beans (so you'll still have the alliteration!). Diced cooked mushrooms or eggplant will also work. Blue cheese is fab melted into scrambled eggs.

Low FODMAP – just watch the quantity of baby spinach.

VIDEO

BEAUT BEEF & BLUE CHEESE

MORE VARIATIONS & SUBSTITUTIONS

dairy-free – blue cheese = olives, avocado, caper or preserved artichoke hearts. Smoked salted almonds, walnuts or roast macadamias are also delicious options.

soy-free / no soy sauce – skip it and just season with salt. Or use a splash of balsamic vinegar. Coconut aminos are a great soy-free alternative but they are much sweeter than regular soy so start with just 1 tablespoon and add to taste.

no chives – soften a diced onion in the pan before cooking the beef. Or replace chives with flat leaf parsley or basil leaves. Or add 1-2 minced cloves garlic to cook with the beef.

more substantial (carb lovers) – cooked pasta, sweet potato or rice.

more substantial (low carb) – use all of the beef, more cheese, avocado, roast macadamias, walnuts or other nuts.

different vegetables – any salad leaves or [cooked greens](#) (kale is excellent here). [Beautiful broccoli](#). Any roast or grilled veg or [ratatouille](#).

different protein – any minced (ground) meat will work. Sausages. Steak is another option – just slice and stir fry quickly until just browned. Chicken breast or thigh fillets will be fine too. And see the vegetarian ideas.

PREPARE AHEAD?

Yes! Cook as per the recipe but keep the blue cheese and baby spinach separately. Or you can wilt the spinach in with the beef. Will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm beef in a pan with a little oil then serve with blue cheese.

WASTE AVOIDANCE STRATEGY

minced (ground) beef – freeze it.

chives – will keep in the fridge wrapped in a plastic bag for a few weeks.

soy sauce – keep it in the pantry.

blue cheese – if unopened it usually has a shelf life of a few weeks in the fridge. If it is opened, will only keep for a few days so use for another meal or freeze.

baby spinach – either freeze or wilt down in a pan with a little oil and then keep in the fridge for weeks.



macadamia *satay*

MACADAMIA SATAY

Enough for 2
Takes 15 minutes

*1 can coconut milk
(400mL / 14oz)*

*6 kaffir lime leaves, finely
sliced or zest of 1 lime*

*2-3 teaspoons curry powder
300g (10oz) salmon or other
protein*

*3-4 tablespoons macadamia
or other nut butter*

*bok choy or baby spinach
leaves, to serve*

1. Combine coconut milk, lime leaves (or zest) and curry powder in a medium saucepan. Bring to a simmer.

2. Slice salmon / protein into bite sized chunks. When the sauce is simmering, add the salmon and simmer gently for 5-10 minutes or until salmon is cooked through.

3. Remove from the heat. Stir in the nut butter and a generous pinch of salt. Taste and add more salt if needed (and more nut butter if you like it richer).

4. Break bok choy into individual leaves and divide it (or the baby spinach) between two bowls. Top with the curry.

OK I know what you're going to think when you look at the ingredients list...

This sounds delicious Jules, but where am I going to find macadamia butter?!

I know. I know.

I've been making my own macadamia butter since my Irishman got me a new food processor last year. It's so so good. I don't think we'll ever go back to peanut butter.

But don't let the absence of macadamia butter in your life stop you from enjoying this delicious unusual take on the peanut based satay.

Either substitute in any nut butter that you do have OR just serve with plenty of chopped roast macadamias.

The flavour will still be out-of-this-world good!

And you'll get the added bonus of the crunchy texture.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – skip the lime or use frozen leaves. Bok choy = frozen veg or cooked lentils.

no nut butter – just serve with finely chopped roast nuts instead.

to make macadamia butter – roast macadamias (160C / 320F 15 minutes) then puree in a food processor with a little salt until you have a smooth paste – will take 5-10 minutes. For a less expensive option replace half the macadamias with blanched almonds.

Keto / ultra low carb – serve with baby spinach.

vegetarian – cooked chickpeas, mushrooms, cooked lentils, eggs (simmer gently in the sauce – so good!).

more substantial (carb lovers) – steamed rice or rice noodles.

MACADAMIA SATAY

MORE VARIATIONS & SUBSTITUTIONS

nut-free – skip the nut butter and use coconut cream instead of the coconut milk. Or use tahini (sesame seed paste) instead of the nut butter.

more substantial (low carb) – extra roast macadamias, more salmon, more low carb veg, cauliflower rice.

different nuts – any nut butter will work such as cashews, peanuts, almond butter or ABC (almond, brazil, cashew) butter.

Low FODMAP – serve with baby spinach. Replace half the coconut milk with water or stock.

family-friendly – use a mild curry powder or replace with a mixture of cumin and coriander.

different vegetables – serve curry with shredded cabbage, cooked greens, spiralized zucchini or [cauliflower 'rice'](#). Or simmer diced veg in the sauce until tender before adding the protein. Best options for the cooked-in-sauce option include cauliflower, broccoli, sliced cabbage, sweet potato, red capsicum (bell peppers), zucchini or eggplant

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the veg separate. Will keep in the fridge for up to 2 weeks or can be frozen. To serve, bring back to a simmer and add the veg. Or the veg can be cooked into the sauce before freezing if you prefer.

WASTE AVOIDANCE STRATEGY

can coconut milk / curry powder / macadamia or other nut butter – keep them in the pantry.

kaffir lime leaves – freeze them.

limes – whole limes will keep wrapped in a plastic bag in the fridge for months.

salmon or other protein – freeze them.

bok choy – best to use for another meal. Can be frozen.

baby spinach – either freeze or wilt down in a pan with a little oil and then keep in the fridge for weeks.

MORE VARIATIONS & SUBSTITUTIONS

different protein – chicken thigh or breast fillets, cooked chickpeas, cooked lentils, eggs (simmer gently in the sauce – so good!), sliced steak.

more fancy / for entertaining – serve with a few handfuls roast macadamias like I did in the photo. Serve with another curry like [Super Green Saag Chicken](#), [Malaysian Golden Egg Curry](#).

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 them all in the pantry.

A close-up photograph of two large, vibrant green leaves, likely from a collard green plant, resting on a rustic, weathered wooden surface. The leaves have prominent veins and slightly wavy, scalloped edges. The lighting is natural, highlighting the texture of the leaves and the grain of the wood. The text 'home frozen greens' is overlaid in a white, elegant script font on the upper right leaf.

home *frozen*
greens

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.

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.

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

HOME FROZEN 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

broccolini / broccoli – in the fridge wrapped in a plastic bag.

mushrooms – in a brown paper bag in the fridge to avoid sweating.

green herbs – in the fridge wrapped in a plastic bag.

lemons / limes – in the fridge wrapped in a plastic bag. Can be kept at room temp if you prefer but will last longer in the fridge.

baby spinach – 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.

bok choy – in the fridge wrapped in a plastic bag.

greens – in the fridge wrapped in a plastic bag.

PROTEIN

sausages / chorizo – in the fridge in the packaging they were purchased in.

minced (ground) beef – in the fridge in the packaging it was purchased in.

salmon – in the fridge in the packaging it was purchased in. I get the fishmonger to wrap up a bag of ice to keep as cold as possible.

DAIRY

butter – in the fridge in the packaging it was purchased in.

feta – in the fridge. Will keep for months in an unopened package.

blue cheese – 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 Addictive Green Curry of Broccoli Soup **SOUP** (15 minutes)

Make soup as per recipe. Refrigerate for up to 2 weeks or freeze. To serve bring back to a simmer.

2 Mushroom, Sausage + Feta Hash **HASH** (15 minutes)

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

3 Chorizo + Broccoli **CHORIZO + BROCCOLI** (15 minutes)

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

4 Beaut Beef + Blue Cheese **BEEF + BLUE CHEESE** (15 minutes)

Cook as per the recipe but keep the blue cheese and baby spinach separately. Or you can wilt the spinach in with the beef. Will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm beef in a pan with a little oil then serve with blue cheese.

5 Macadamia Satay **SATAY** (15 minutes)

Cook as per the recipe but keep the veg separate. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, bring back to a simmer and add the veg. Or the veg can be cooked into the sauce before freezing if you prefer.

7 Home Frozen Greens **GREENS** (15 minutes)

Cook greens as per the recipe. Keep in the fridge for up to 2 weeks or can be frozen. To serve, defrost then warm in a pan with a little oil or butter.

ADDICTIVE GREEN CURRY OF BROCCOLI SOUP

Enough for 2
Takes 15 minutes

3 – 4 tablespoons green curry paste
1 can coconut milk (400mL / 1 1/2 cups)
2 heads broccoli, chopped into bite sized trees
2 – 3 tablespoons peanut butter

1. Heat a large saucepan on a high heat. Add a few tablespoons of cream from the top of the coconut milk or some oil. Stir fry the curry paste for 15-30 seconds or until you notice the aroma. Be careful not to burn.

2. Quickly add 2 cups water and the coconut milk. Bring to a simmer. Add broccoli. Bring back to a simmer and cook uncovered for 8-9 minutes or until the broccoli is tender.

3. Remove from the heat. Stir in the peanut butter. Taste and season with a little salt or sugar before serving.

MUSHROOM, SAUSAGE + FETA HASH

Enough for 2
Takes 15 minutes

600g (21oz) large flat mushrooms
2 tablespoons butter
3-4 thick sausages
1 teaspoon cumin seeds (optional)
100g (3.5oz) feta, crumbled
small bunch dill or parsley, chopped

1. Slice mushrooms into bite sized pieces about 1cm (1/2in) thick. Leave stems on.

2. Heat a large frying pan on a medium high heat. When the pan is hot add the butter and 2 tablespoons olive oil. Add mushrooms and cook, stirring every few minutes until mushrooms are browned and cooked through. At first it will seem like the mushrooms won't fit but they will cook down quickly.

3. Remove mushrooms from the pan and place in a clean bowl. Remove sausage casings and break meat into bite sized chunks. Add sausage meat to the pan with cumin seeds (if using). Cook on a medium high heat, stirring often until the meat is cooked through and browned.

4. Return mushrooms to the pan. Add crumbled feta and cook for another minute to warm them.

5. Remove the pan from the heat and stir in balsamic. Taste and season with salt and more balsamic if needed. Serve in deep bowls with chopped herbs on top.

CHORIZO & BROCCOLI

Enough for 2
Takes 15 minutes

2-4 Spanish chorizo
or spicy sausage, sliced into rounds
2 bunches broccolini / broccoli, chopped
into bite sized chunks
squeeze lemon
handful pinenuts, optional

1. Heat a little oil in a large frying pan. Cook chorizo on a medium high heat until well browned on both sides. About 10 minutes.
2. Remove chorizo from the pan and place in a clean bowl, leaving behind as much lovely chorizo oil as possible.
3. Add the broccolini / broccoli to the pan with a splash of water. Cover with a tray or lid or foil and cook stirring every 5 minutes or so until the veg is bright green and tender with a little bit of crunch left. If it starts to burn add a little more water.

4. Return the chorizo to the pan and allow to warm. Squeeze over some lemon. Taste and season with salt and pepper and more lemon if needed.

5. Serve in bowls topped with pine nuts (if using).

BEAUT BEEF & BLUE CHEESE

Enough for 2
Takes 15 minutes

500g (1lb) minced (ground) beef
large bunch chives, chopped
2-3 tablespoons soy sauce
100g (3.5oz) blue cheese, crumbled
150g (5oz) bag baby spinach, to serve

1. Heat a little oil in a large frying pan on a medium high heat. Add beef and cook, stirring to break it up with a spatula or spoon.
2. When the beef is well browned, remove from heat. Add chives, soy sauce and blue cheese. Taste and season with more soy if needed.
3. Divide baby spinach between two bowls. Top with beef mixture and serve.

MACADAMIA SATAY

Enough for 2
Takes 15 minutes

1 can coconut milk (400mL / 14oz)
6 kaffir lime leaves, finely sliced or zest of 1 lime
2-3 teaspoons curry powder
300g (10oz) salmon or other protein
3-4 tablespoons macadamia or other nut butter
bok choy or baby spinach leaves, to serve

1. Combine coconut milk, lime leaves (or zest) and curry powder in a medium saucepan. Bring to a simmer.
2. Slice salmon / protein into bite sized chunks. When the sauce is simmering, add the salmon and simmer gently for 5-10 minutes or until salmon is cooked through.
3. Remove from the heat. Stir in the nut butter and a generous pinch of salt. Taste and add more salt if needed (and more nut butter if you like it richer).
4. Break bok choy into individual leaves and divide it (or the baby spinach) between two bowls. Top with the curry.

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. Heat a little oil in a large frying pan. Cook chorizo
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.

4. Return the chorizo to the pan and allow to warm. Squeeze over some lemon. Taste and season with salt and pepper and more lemon if needed.

5. Serve in bowls topped with pine nuts (if using).

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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