

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

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:

www.stonesoupvirtualcookeryschool.com

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