

MEAL PLAN #453

4th May 2020

- [1] Zucchini Pizza 30m*
- [2] Jungle Curry 30m*
- [3] Green Goddess Soup 15m*
- [4] Beef & Carraway Kofta (Meatballs) 30m*
- [5] Cheesey Tuna & Spinach Bake 30m*
- [6] SWEET TREAT: Raspberry Gelato 10m*

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

VARIATIONS

Pantry-Friendly: [1] Zucchini = frozen cauli. [2] Skip herbs. Eggplant = frozen greens. Dried chilli. [3] Frozen broccoli. Zucchini = frozen spinach. [4] Skip herbs. [5] Sour cream = pesto. [6] Cream = water or coconut milk.

Vegetarian: [2] Meat = tempeh or chickpeas. [4] [Lentil balls](#). [5] Tuna = chickpeas or lentils.

More Substantial (Low Carb): [1] Green salad. Proscuitto. [2] Cashews. [3] [Almond bread](#) or extra nuts. [4] [Coconut flat bread](#) or avocado. [5] Roast almonds.

More Substantial (Carb Lovers): [1] Garlic bread. [2] Rice. [3] Crusty bread. [4] Pita. [5] Cooked pasta.

Carnivore: [1] Proscuitto or salami. [3] Chicken or sausages. [5] Tuna = ground meat (brown in pan first).

Paleo (Grain, Legume & Dairy-Free): [1] Parmesan = extra almond meal. [3] [Dairy-free pesto](#). [4] Yoghurt = coconut yohgurt or [almond hummus](#). [5] Sour cream = [dairy-free pesto](#). Cheese = sliced almonds. [6] Cream = water or coconut milk or almond milk.

SHOPPING LIST

4th May 2020

VEGGIES

4 medium zucchini (800g / 28oz) [1&3]
1 red onion [2]
5 cloves garlic [2]
5 large green chillies [2]*
1 lemon [2]
3 baby eggplant or 1 regular [2]
2 bunch coriander (cilantro) [2&4]
1 large head broccoli [3]
1 clove garlic (optional) [4]
2 onions [5]
1 packet frozen spinach (250g / 9oz) [5]
150g (5oz) frozen raspberries [6]

PROTEIN

2 eggs [1]
400g (14oz) minced (ground) chicken, pork or beef [2]
500g (1lb) minced (ground) beef [4]

DAIRY

100g (3.5oz) grated parmesan [1]
100g (3.5oz) Greek yoghurt [4]
1/2C sour cream [5]
2 handfuls grated cheese [5]
1/4C whipping cream [6]

PANTRY

extra virgin olive oil
salt & pepper
pizza toppings [1]+
100g (3.5oz) almond meal (flour) [1]
1T ground cumin [2]
2T fish or soy sauce [2]
8T pesto + extra to serve [3]
handful roast nuts (optional) [3]
2t caraway seeds (optional) [4]
100g (3.5oz) tahini [4]^
2 medium cans tuna (200g / 7oz each) [5]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

[number] refers to the recipe using that ingredient. Recipes serve 2.

Vegetarian [2] Meat = tempeh or chickpeas. [4] [Lentil balls](#). [5] Tuna = chickpeas or lentils.

Carb Lovers [1] Garlic bread. [2] Rice. [3] Crusty bread. [4] Pita. [5] Cooked pasta.

't' = teaspoon 'T' = tablespoon

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

+ [1] Pizza toppings – choose your favourites or use tomato passata, mozzarella and basil leaves.

* [2] Any fresh green chilli (or red) such as serrano or thai birds eye.

^ [3] Or substitute almond butter or other nut butter. Or use hummus.

ZUCCHINI PIZZA

Enough for 2
Takes 30 minutes

2 medium zucchiní (400g / 14oz), grated
100g (3.5oz) grated parmesan
100g (3.5oz) almond meal (flour)
2 eggs
1/4 teaspoon fine salt
your favourite pizza topping

1. Turn your oven to 220C (425F). Line a tray with baking paper.
2. Combine grated zucchini, parmesan, almond meal, eggs and salt in a medium bowl. Tip the zucchini mixture onto the lined tray then using your hands smooth into a pizza shaped circle about 28cm (11in) in diameter. I like to make a 'crust' by shaping the edges to be taller than the middle.
3. Bake for 15-20 minutes or until the pizza is browned and feels springy when touched.
4. Add your toppings and bake further 5-10 minutes or until you're happy.

JUNGLE CURRY

Enough for 2
Takes 30 minutes

for the curry paste:
1 tablespoon ground black pepper
1 red onion, peeled & chopped
5 cloves garlic, peeled
5 large green chillies
1 tablespoon ground cumin
zest of 1 lemon

for the curry:
400g (14oz) minced (ground) chicken, pork or beef
3 long baby eggplant, sliced into bit sized pieces
2 tablespoons fish or soy sauce
1 bunch coriander (cilantro), leaves picked

1. **curry paste:** Whizz pepper, onion, garlic, chilli, cumin and lemon zest in a food processor with a few tablespoons water until you have a thick paste.
2. Heat a little oil in a large pot. Cook the meat, stirring often until browned and no longer pink.
3. Add the curry paste and stir fry for 2-3 minutes or until everything smells amazing.

4. Add the eggplant, 1 1/2 cups water and the fish / soy sauce. Bring to a simmer.

5. Cook, covered for 5-10 minutes or until eggplant is very tender. Taste, season and serve with coriander leaves on top.

GREEN GODDESS SOUP

Enough for 2
Takes 10 minutes

1 bunch broccolini or 1 large head broccoli, chopped
2 medium zucchiní (courgettes), finely chopped
8 tablespoons pesto + extra to serve
handful roast nuts (optional)

1. Place broccolini / broccoli and zucchini (courgettes) in a medium saucepan with 2 1/2 cups water.
2. Simmer for 6 – 7 minutes or until vegetables are tender.
3. Puree in a blender or using a stick blender until you have a smoothish soup.
4. Return to the heat. Stir through pesto.
5. Taste and season and serve hot. With extra pesto and roast nuts (if using) on top.

BEEF & CARRAWAY KOFTA

Enough for 2
Takes 30 minutes

*500g (1lb) minced (ground) beef
2 teaspoons carraway seeds (optional)
100g (3.5oz) tahini
100g (3.5oz) Greek yoghurt
1 clove garlic (optional)
1 bunch coriander (cilantro), leaves picked*

- 1.** Preheat your oven to 200C (400F). Combine beef and carraway seeds (if using) in a medium bowl and season generously with salt and pepper. Scoop tablespoons of the beef mixture and roll into meatballs. Place meatballs in an oven proof dish large enough to hold them in a single layer.
- 2.** Roast meatballs for about 20 minutes or until well browned and cooked through.
- 3.** While the meatballs are cooking combine tahini and yoghurt in a medium bowl. Smash garlic (if using) and chop as finely as you can and add to the tahini yoghurt sauce.
- 4.** To serve, spread yoghurt tahini sauce over two plates. Top with meatballs and coriander leaves.

CHEESEY TUNA & SPINACH BAKE

Enough for 2
Takes 30 minutes

*2 onions, sliced
1 packet frozen spinach (250g / 9oz), defrosted
2 medium cans tuna (200g / 7oz each), drained
1/2 cup sour cream
2 handfuls grated cheese*

- 1.** Heat a little oil in a medium oven-proof frying pan on a medium high heat. Add onion and cook, stirring often until onion is soft and golden.
- 2.** Preheat your oven to 250C (480F). When the onion is cooked, remove from the heat. Stir in spinach, tuna and sour cream. Smooth the top and sprinkle over cheese.
- 3.** Bake for 10 minutes or until cheese is melted and everything is hot.

RASPBERRY GELATO

Enough for 2
Takes 10 minutes

*150g (5oz) frozen raspberries
1/4 cup whipping cream*

- 1.** Place all ingredients in a food processor and whizz until you have a smooth creamy mixture that looks like soft gelato. If your raspberries are frozen solid it may take a while for them to defrost enough to puree. You will have a grainy mixture to begin with but keep going and soon it will all be gelato heaven.
- 2.** Either enjoy straight away or return to the freezer for up to a few hours until you're ready to eat.

To access the meal plans & recipes online go to:

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