

MEAL PLAN #454

4th May 2020

- [1] Hearty Bacon & Cabbage Soup 40m*
- [2] Tandoori Cauliflower 30m*
- [3] Eggplant & Chorizo Supper 60m*
- [4] Creamy Mushroom, Beef & Almond Pies 30m* + Green Salad 5m*
- [5] Cheesy Tuna & Broccoli Bake 30m*
- [6] SWEET TREAT: Raspberry Gelato 10m*

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

VARIATIONS

Pantry-Friendly: [1] Froz Cauli. [2] Skip herbs. Froz Cauli. Yoghurt = [cashew sauce](#) or hummus. [3] Eggplant = froz broccoli. Canned tomatoes. Salad = frozen spinach. [4] Cream = butter. Mushrooms = jarred grilled veg. [5] Serve roast broccoli and onion tuna, with mayonnaise + grated parmesan. [6] Cream = water.

Short on time: [1] Cook onion and cabbage at the same time.

Vegetarian: [1] Bacon = sun dried tomato or serve with smoked almonds. Veg stock. [2] Chicken = chickpeas or tofu. [3] Chorizo = poached eggs or chickpeas and add 1-2t smoked paprika. [4] Beef = lentils. [5] Tuna = walnuts.

More Substantial (Low Carb): [1] More bacon. mayo. [2] Cashews or macadamias. [3] Avocado. [4] Extra almonds or beef. [5] More tuna.

More Substantial (Carb Lovers): [1] Cooked pasta. [2] [Rice](#). [3] Warm pita or tortillas. [4] Crusty bread or [roast potato](#). [5] Pasta.

Carnivore: [5] Tuna = cooked sausage, bacon or chicken.

Paleo (Grain, Legume & Dairy-Free): [1] Parmesan = [mayo](#) or roast almonds. [2] Yoghurt = [cashew sauce](#). [4] Cream = butter or coconut cream. [5] Serve the roast broccoli + onion with tuna and lashings of mayo or [dairy-free pesto](#).

Keto / Ultra Low Carb: [1] Skip onion. [2] Replace 1/2 cauli with baby spinach or salad. [5] Skip onion.

SHOPPING LIST

4th May 2020

VEGGIES

2 onion [1&5]
1/2 small cabbage [1]
1/2 head cauliflower (500g / 1lb) [2]
bunch coriander [2]
1 large eggplant (aubergine) [3]
250g (1/2lb) cherry tomatoes [3]
1 bag baby spinach or salad leaves [3&4]
400g (14oz) mushrooms [4]
2 heads broccoli [5]
150g (5oz) frozen raspberries [6]

PROTEIN

6 slices bacon [1]
4 chicken thigh fillets [2]
2 chorizo or other spicy sausage [3]*
300g (10oz) ground (minced) beef [4]

DAIRY

shaved parmesan cheese [1]
1/2C Greek yoghurt [2]
1.5C whipping cream (35% fat) [4&5]
2 large handfuls grated cheese [5]
1/4 cup whipping cream [6]

PANTRY

extra virgin olive oil
salt & pepper
3C chicken stock [1]
4T sherry or wine vinegar [1&4]
1T tandoori spice [2]+
50g (2oz) roast cashews [2]
mayo [3]
2T tomato passata (puree) [4]
75g (3oz) almond meal / flour [4]
50g (2oz) sliced almonds [4]
1/2 teaspoon soy sauce [4]
1-2 med cans tuna (180g / 6oz each) [5]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [1] Bacon = sun dried tomato or serve with smoked almonds. Veg stock. [2] Chicken = chickpeas or tofu. [3] Chorizo = poached eggs or chickpeas + add 1-2t smoked paprika. [4] Beef = lentils. [5] Tuna = walnuts.

Carb Lovers [1] Cooked pasta. [2] [Rice](#). [3] Warm pita or tortillas. [4] Crusty bread or [roast potato](#). [5] Pasta.

't' = teaspoon 'T' = tablespoon

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

+ [2] Tandoori spice = 2 teaspoons each smoked paprika + curry powder.

* [3] If using Mexican chorizo, just pinch into meatball shapes instead of slicing.

HEARTY BACON & CABBAGE SOUP

Enough for 2
Takes 40 minutes

*6 slices bacon, chopped
1 onion, peeled & diced
1/2 small cabbage
3 cups chicken stock
2-3 tablespoons sherry or wine vinegar
shaved parmesan cheese, to serve*

1. Heat a large saucepan on a medium high heat. Add a little oil and your bacon and cook, uncovered, stirring every now and then for 5 minutes or until the bacon is crispy.
2. Remove bacon from the pan, leaving behind the oil.
3. Pop your onion in the pan (add more oil if you think it needs it). Cover and cook, stirring periodically until the onion is soft and golden. About 10 minutes.
4. While the onion is cooking finely slice your cabbage. Then add to the pot when your onion is soft.

5. Add stock and bring to a simmer. Cook, uncovered until the cabbage is no longer crunchy – around 15 minutes.

6. Remove from the heat. Add 2 tablespoons vinegar. Taste and season with extra vinegar, salt and pepper as needed. Remember you're going to serve with salty bacon and cheese.

7. Divide soup between two bowls. Top with parmesan and bacon.

TANDOORI CAULIFLOWER

Enough for 2
Takes 30 minutes

*1/2 head cauliflower (approx 500g / 1lb)
4 chicken thigh fillets
1 tablespoon tandoori spice (or 2 teaspoons each smoked paprika + curry powder)
large handful roast cashews (50g / 2oz)
1/2 cup Greek yoghurt
bunch coriander, leaves picked*

1. Turn your oven to 250C (480F). Chop cauliflower into bite sized little trees and place in a large roasting tray. Slice each chicken thigh into 4 strips and add to the tray.

2. Combine spices and 4 tablespoons olive oil in a small bowl with a very generous pinch of salt. Drizzle spiced oil over the cauli and chicken and toss well until the oil has coated everything. I find clean fingers the best tool for this job.

3. Pop the uncovered tray in the oven. Set your timer for 20 minutes.

4. After 20 minutes, check the cauliflower and chicken. If the cauliflower and chicken are cooked through and well browned, remove from the oven. If they're not quite done, stir and cook for another 5 minutes or so. If in doubt give them more time.

5. When the cauliflower is well browned and the chicken is no longer pink in the middle, divide chicken + cauli between two plates. Top with coriander leaves, cashews and the yoghurt.

EGGPLANT & CHORIZO SUPPER

Enough for 2
Takes 60 minutes

*1 large eggplant (aubergine)
250g (1/2lb) cherry tomatoes
2 chorizo or other spicy sausage
mayo, to serve
baby spinach or salad leaves, to serve*

1. Preheat your oven to 200C (400F). Chop eggplant into 2cm (1in) cubes. Halve tomatoes if large and thickly slice chorizo. Toss eggplant, tomato and chorizo in a large baking tray. Drizzle with a good glug of olive oil and season with salt.
2. Roast for 45 minutes. Stir and cook longer if needed. You want the eggplant to be really soft.
3. Divide between two bowls and serve with spinach / salad and mayo on the side.

CREAMY MUSHROOM, BEEF & ALMOND PIES

Enough for 2
Takes 30 minutes

*300g (10oz) ground (minced) beef
400g (14oz) mushrooms
1/2 cup whipping cream (35% fat)
2 tablespoons tomato passata (puree)
75g (3oz) almond meal
50g (2oz) sliced almonds*

1. Turn your oven to 250C (480F).
2. Heat a large frying pan on a medium high heat. Add beef and cook, stirring often for about 5 minutes or until beef is well browned. Remove beef from the pan, leaving as much as the fat behind as possible.
3. Slice mushrooms about 1cm (1/2in) thick. Add to the pan with the beef fat and cook for another 5 minutes or until mushrooms are dark grey and soft. If your beef was quite lean you may like to add a little oil or butter to cook the mushrooms.
4. When the mushrooms are cooked remove the pan from the heat. Stir in the cooked beef, cream, tomato passata and a big pinch salt. Taste and season with more salt if needed.

5. Divide mushroom mixture between two oven proof pie dishes that each hold 2 cups. Or use one 4 cup dish. Sprinkle over almond meal and flaked almonds to cover the entire surface of each pie.

6. Bake for 7-10 minutes or until the almond crust is deeply golden. Enjoy hot or warm. I like it with fresh parsley leaves or a green salad but some Australians (and Irishmen) consider this unnecessary.

THE CLASSIC MIXED GREEN SALAD

Enough for 2
Takes 10 minutes

*1 tablespoon sherry or wine vinegar
1/2 teaspoon soy sauce
1 bag salad leaves, washed and dried*

1. Combine vinegar, soy and 3 tablespoons extra virgin olive oil in a medium bowl.
2. Toss leaves gently in the dressing using clean hands.
3. Taste and season.

CHEESEY TUNA & BROCCOLI BAKE

Enough for 2-3
Takes 30 minutes

1 onion finely sliced into 1/2 moons
2 heads broccoli
1 cup cream
1-2 med cans tuna (180g / 6oz each)
2 large handfuls grated cheese

- 1.** Preheat your oven to 250C (480F). Slice onion in half lengthwise, remove skins and finely slice each half into 1/2 moons. Chop broccoli into bite sized pieces (slice the stems and include them too!).
- 2.** Layer veg in a roasting pan. Drizzle with a little oil, cover with foil and bake for 15-20 minutes or until broccoli is tender.
- 3.** Stir in tuna and cream. Top with grated cheese.
- 4.** Pop back in the oven for another 5 minutes or until cheese is melted and golden.

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:

www.stonesoupvirtualcookeryschool.com

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