MEAL PLAN #455
11th May 2020

[1] Smoky Cauli Taco Bowls 30m*
[2] Zucchini & Chicken Pad Thai 30m*
[3] Okonomiyaki (Japanese Cabbage 'Pancake') 30m*
[4] Broccoli & Basil 'Meatzza' 30m*
[5] Super Easy Smoked Salmon + Spinach Tart 30m*
[6] SWEET TREAT: Dark Chocolate! 5m*
[7] EXTRA VEG: Beautiful Broccoli 15m*

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

VARIATIONS

Pantry-friendly: [1] Cauliflower = cooked chickpeas or beans. Skip herbs. Avocado / sour cream = hummus or cashew sauce. [2] Zucchini = cooked noodles or spaghetti. Lime = rice vinegar. Skip herbs. [3] No changes! [4] Frozen broccoli or greens. Basil = pesto. [5] serve with steamed frozen veg. cream = 3 extra eggs or nut milk. [7] Froz broccoli.
Vegetarian: [2] Chicken = tofu or tempeh. [4] Cauliflower Pizza. [5] Salmon = Cheese or grilled red peppers.
More Substantial (Low Carb): [1] Sour cream AND Avo. [2] Cashews. Extra chicken. [3] More mayo. [4] Almond Bread. [5] Roast almonds.
Carb Lovers / More Substantial: [1] Tortillas or tortilla chips. [2] Noodles. [3] Fried Rice. [4] Pita bread. [5] Roast sweet potato or potato.
Carnivore: [1] Chicken or chorizo. [3] Bacon. [5] Prosciutto.
Paleo (Grain, Legume & Dairy-Free): [4] Cheese = Dairy-free pesto either baked onto the base or drizzled over. [5] Cream = extra eggs or almond milk.
Keto / Ultra Low Carb: [1] Replace 1/2 the cauli with baby spinach. [2] Skip the ketchup. [3] Japanese Omelette instead.

SHOPPING LIST
llth May 2020

VEGGIES

1/2 large cauliflower (800g / 28oz) [1]
1 large avocado or 8T sour cream [1]
1 bunch coriander (cilantro) or parsley [1]
2 medium zucchini [2]
2 limes [2]
1 bunch coriander (cilantro) [2]
500g (1lb) cabbage (1/2 small or 1/4 lge) [3]
3 heads broccoli [4&7]
small bunch basil or baby spinach leaves [4]
250g (8oz) frozen spinach [5]
1 bag green salad [5]

PROTEIN

4 chicken thigh fillets [2]
10 eggs [3&4&5]
500g (1lb) minced (ground) beef [4]
100g (3.5oz) smoked salmon [5]

DAIRY

100g (3.5oz) bocconcini or mozzarella [4]
200g (7oz) whipping cream [5]

PANTRY

extra virgin olive oil
salt & pepper
2t smoked paprika [1]
hot sauce [1]
1 handful roast hazelnuts or cashews [1]
2T tomato ketchup [2]^
2T fish or soy sauce [2]
2T soy sauce [3]
300g (10oz) almond meal [3&4&5]
1 tablespoon sesame seeds (optional) [3]
4T mayonnaise [3]
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 = tofu or tempeh. [4] Cauliflower Pizza. [5] Salmon = Cheese or grilled red peppers.
Carb Lovers [1] Tortillas or tortilla chips. [2] Noodles. [3] Fried Rice. [4] Pita bread. [5] Roast sweet potato or potato.
't' = teaspoon 'T' = tablespoon
Unless otherwise stated all cans are 400g / 14oz. Standard bag of salad = approx 150g (5oz).
^[2] Or substitute tomato passata (puree) or skip it.

SMOKY CAULI TACO BOWLS

Enough for 2
Takes 30 minutes

1/2 large cauliflower (800g / 28oz)
2 teaspoons smoked paprika
1 large avocado or 8 tablespoons sour cream
1 bunch coriander (cilantro) or parsley
hot sauce, to taste
1 handful roast hazelnuts or cashews

1. Turn your oven on to 200C (430F). Chop cauli into bite sized pieces and place in a large baking tray. Combine smoked paprika with 3 tablespoons extra virgin olive oil in a small bowl. Season extra generously with salt (cauli loves salt). Drizzle the spiced oil over the cauliflower and toss to coat (hands work best here).

2. Roast cauliflower for 20-25 minutes, stirring after 15 minutes.

3. When the cauliflower is browned around the edges and no longer crunchy, divide between two bowls.

4. Top with avocado / sour cream, herbs, hot sauce and nuts. Enjoy asap. If you feel like getting cheffy like I did for the photo shoot, spread the sour cream or avocado over the base of your bowls before topping with the cauliflower and flavourings.

ZUCCHINI & CHICKEN PAD THAI

Enough for 2
Takes 30 minutes

2 medium zucchini
3 tablespoons lime juice + an extra lime to serve
2 tablespoons tomato ketchup
2 tablespoons fish or soy sauce
2 tablespoons oil
4 chicken thigh fillets, sliced
1 bunch coriander (cilantro), leaves picked

1. Spiralize zucchini or slice into ribbons using a mandoline or vegetable peeler. Toss with a pinch of fine salt and allow to stand for a few minutes.

2. Combine lime juice, ketchup, fish / soy sauce and oil in a small bowl. Taste and adjust seasoning with more lime / fish sauce / ketchup as needed. You're looking for a balance between sour, salty and sweet.

3. Heat a little oil in a very hot wok or large frying pan. Add chicken and stir fry until just cooked through. Place cooked chicken in a small bowl.

4. Pat zucchini dry with paper towel. Return wok / frying pan to the heat. Add a little more oil then quickly add zucchini and sauce. Stir well and allow everything to warm for a minute or so. Remove from the heat and stir in the cooked chicken.

5. To serve, divide chicken and zucchini noodle mixture between two bowls. Top with coriander / cilantro leaves and extra lime.

OKONOMIYAKI (JAPANESE CABBAGE 'PANCAKE')

Enough for 2
Takes 30 minutes

500g (1lb) cabbage (1/2 small or 1/4 large)
4 eggs
2 tablespoons soy sauce
100g (3.5oz) almond meal
1 tablespoon sesame seeds (optional)
4 tablespoons mayonnaise

1. Grease and line a 24cm (9in) spring form pan. Preheat your oven to 200C (400F).

2. Finely slice cabbage using a sharp knife. Place cabbage in a bowl with the eggs, soy sauce and almond meal. Stir to combine then pack the cabbage mixture into your prepared tin, flattening down to make the top smooth.

3. Sprinkle with sesame seeds (if using) and bake for 15-20 minutes or until well browned on top and the egg looks set when you cut into the middle. And the cabbage is no longer hard and crunchy.

4. Stand for a few minutes to cool slightly before cutting and serving with mayo on top. Either dollop the mayo on or place it in a small ziplock bag and snip off one corner to use as a piping bag to drizzle over the mayo.

BROCCOLI & BASIL 'MEATZZA'

Enough for 3
Takes 30 minutes

500g (1lb) minced (ground) beef
100g (3.5oz) almond meal
2 eggs
1/4 teaspoon fine salt
1 head broccoli, chopped into bite sized pieces
100g (3.5oz) bocconcini or mozzarella
small bunch basil or baby spinach leaves, to serve

1. Preheat your oven to 250C (480F). Line a baking tray with baking paper.

2. Bring a small pot of salted water about 2cm (1in) deep to the boil. Add broccoli and simmer, covered for 5 minutes. Drain.

3. In a medium bowl, mix beef, almond meal, eggs and salt. I find hands are best for this. Transfer the meat mixture to your prepared tray and use your hands to flatten it out into a circle about 30cm (12in) diameter. I like to make a little border that is slightly thicker around the edges.

4. Top meatzza base with broccoli. Tear cheese and scatter over.

5. Bake for 10-12 minutes or until cheese is melted and the meat is cooked through. If there's a little liquid seeping out, just pat it dry with paper towel.

6. Serve sliced into wedges with basil / spinach leaves on top.

SUPER EASY SMOKED SALMON + SPINACH TART

Enough for 3
Takes 30 minutes

100g (3.5oz) almond meal
250g (8oz) frozen spinach, defrosted + squeezed dry
4 eggs
200g (7oz) whipping cream
100g (3.5oz) smoked salmon
green salad, to serve

1. Turn your oven to 200C (400F). Line the base (and sides if you like – I do) of a 24cm (9in) springform pan with baking paper. Scatter the almond meal over the base. Then scatter over the well drained spinach.

2. In a medium bowl stir together the eggs and cream. Season with salt and pour the egg mixture over the spinach.

3. Bake for 25 minutes or until the filling is set and starting to puff up.

4. Serve with salmon on top. And green salad on the side.

HOW TO HOST A CHOCOLATE TASTING

STEP 1. Choose three different chocolates.

It's up to you what type of chocolate you offer for tasting. I'd advise steering away from filled centers. For chocolate purists they just can't compete with the pleasure of real chocolate on its own.

You could choose three different brands of say 70% cocoa solids chocolate and have a bit of a comparison. You'll be surprised just how different they will be.

Another option is to go for a white, milk and dark from the same producer so you can get everyone to explore which is their favourite type. Or you could try three different dark chocolates with different levels of cocoa solids. Or a cheap cooking chocolate, a mid range and a more expensive… the possibilities are endless really.

STEP 2. Plonk them in the middle of the table.

For an added level of complexity, you could serve them unlabelled or 'blind' as we professional tasters like to say. But this can make it a little intimidating for some people. Maybe save this for a follow up session.

STEP 3. Explore, discuss and enjoy.

You can make it as in depth or as casual as you like. I like to keep it very conversational and fun. Just let everyone taste and talk about what they are experiencing – their likes and dislikes.

If your guests want to get a bit more serious about their chocolate appreciation, you could give them a few pointers as to what the professionals look for. I've pulled together a bit of a guide below.

BEAUTIFUL BOILED BROCCOLI

Takes 15 minutes

2 heads broccoli (or more)

1. Bring a medium pot of salted water about 2cm (1in) deep to the boil. Meanwhile slice broccoli stems and cut florettes into bite sized trees.

2. Add broccoli to the boiling water. Cover and simmer for 5 minutes.

3. Drain and spread out on a plate or baking tray to allow to cool and let the steam escape.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

© Jules Clancy 2020
This meal plan is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review, as permitted under the Copyright Act, no part of this ebook may be reproduced by any process without written permission. Enquiries should be addressed to the author.

All rights reserved.