

MEAL PLAN #457

18th May 2020

- [1] Katie's Chile Verde 15m*
- [2] 10-Minute Massaman Curry 10m*
- [3] Onion & Lentils 40m*
- [4] Cheesy Cauli & Bacon Bake 30m*
- [5] Green Lime & Fish Soup 15m*
- [6] SWEET TREAT: Raspberry Cashew Puddings 10m*

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

VARIATIONS

Pantry-Friendly: [1] Extra canned tomatillos (to replace the green bell pepper) + skip herbs. [2] Frozen cauliflower or rice. [3] Parsley = pesto or frozen spinach. [4] Salad = frozen spinach. [5] frozen broccoli. [6] Frozen berries.

Short on time: [3] Cook onions and lentils in separate saucepans at the same time. Red lentils will cook in 10-12 minutes.

Vegetarian: [1] Pork = chickpeas or lentils. [2] Tofu, tempeh or eggplant. [4] Skip bacon or use sun dried tomatoes. [5] Fish = chickpeas or eggs (poach in liquid).

More Substantial (Low Carb): [1] Avocado. [2] Peanuts or cashews. [3] Walnuts or almonds. [4] Extra bacon. [5] Cashews.

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

Carnivore: [3] Chorizo or spicy sausage. [5] Fish = chicken or pork fillet. Or steak.

Paleo (Grain, Legume & Dairy-Free): [1] [Zucchini tortillas](#) or serve with [beautiful broccoli](#). [3] Lentils = ground meat (brown in a little oil instead of boiling like lentils) + serve with [Almond Hummus](#). [4] Roast the cauliflower and bacon and serve on a bed of hummus or [broccoli hummus](#).

Keto / Ultra Low Carb: [1] [Zucchini tortillas](#). [3] See paleo variation. Skip onion. [6] Dark chocolate.

SHOPPING LIST

18th May 2020

VEGGIES

250g (1/2lb) tomatillos or cherry tomatoes [1]
1 green bell pepper (capsicum) [1]
1 bunch coriander (cilantro) [1]
1 cauliflower [2&\$]
3 onions [3]
1 bunch flat leaf parsley [3]
2 lemons [3]
salad or parsley leaves [4]
1 bunch broccolini or broccoli [5]
2 limes [5]
125g (5oz) raspberries [6]

PROTEIN

500g (1lb) minced (ground) pork or chicken [1]
2 steaks [2]
4-6 slices bacon [4]
450g (1lb) white fish fillets [5]

DAIRY

100g (3.5oz) melting cheese [4]

PANTRY

extra virgin olive oil
salt & pepper
2 jalapeno chillies + extra [1]
4-6 flour tortillas or [zucchini tortillas](#) [1]+
1 jar (200g / 7oz) massaman curry paste [2]*
2 cans coconut milk [2&5]
2-3T peanut butter [2]
200g (7oz) French-style 'puy' lentils [3]^
4T tahini [3]
2 tablespoons mayonnaise [4]
2T Thai green curry paste [5]@
100g (3.5oz) cashew butter [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [1] Pork = chickpeas or lentils. [2] Tofu, tempeh or eggplant. [4] Skip bacon or use sun dried tomatoes. [5] Fish = chickpeas or eggs (poach in liquid).

Carb Lovers [1] Warm tortillas. [2] [Rice](#). [3] Pita or roast sweet potato. [4] Pasta. [5] Rice noodles or spaghetti.

't' = teaspoon 'T' = tablespoon

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

+ [1] To make [zucchini tortillas](#) you'll need 2 medium zucchini, 50g parmesan, 50g almond meal (flour), 1 egg.

* [2] Or substitute other curry paste or 3-6 teaspoons curry powder.

^ [3] Or use other lentils. Adjust cooking time as required – boil lentils just until no longer crunchy.

@ [5] Or substitute other curry paste or 3-6 teaspoons curry powder.

KATIE'S CHILE VERDE

Enough for 2-3
Takes 15 minutes

500g (1lb) minced (ground) pork or chicken
250g (1/2lb) tomatillos or cherry tomatoes
1 green bell pepper (capsicum)
2 jalapeno chillies
1 bunch coriander (cilantro)
4-6 flour tortillas or *zucchini tortillas*
extra jalapenos

- 1. chile** Heat a large pot on a high heat.
2. Add a little oil and cook pork, stirring occasionally for a few minutes or until no longer pink.
3. Meanwhile, peel tomatillos of the papery skins and place in a food processor (or just add the cherry tomatoes). Chop the capsicum and add along with the jalapenos (about 8 slices if using from a jar) and the coriander (cilantro).
4. Whizz until you have a smoothish puree. Season and add to the pot.
5. Cover and simmer for 7-8 minutes.

6. tortillas: Meanwhile, heat a large frying pan / skillet on a high heat.

7. Cook the tortillas for about 30 seconds each side on the hot pan until they are warm and a little charred in spots.

8. Wrap tortillas in baking paper and a tea towel to keep warm.

9. chile: Taste and season the chile and serve in bowls with the tortillas and extra jalapenos on the side.

10-MINUTE MASSAMAN CURRY

Enough for 2-3
Takes 10 minutes

2 steaks, finely sliced
1 jar (200g / 7oz) massaman curry paste
1 can coconut milk (400mL / 14oz)
2-3 tablespoons crunchy peanut butter
1/2 cauliflower

1. Heat a medium pot on a medium heat. Cook onions in a little oil until they are soft and golden brown, about 10 minutes.

2. Add 2 cups water and bring to the boil. Simmer lentils uncovered for 20-25 minutes or until the lentils are no longer crunchy and the water has reduced. If the lentils start to dry out before they're cooked, add more water.

3. Meanwhile combine tahini, lemon juice and 3-4 tablespoons water in a small bowl.

4. When the lentils are cooked season generously with salt and pepper. Toss in the parsley and serve with the tahini sauce drizzled over.

ONION & LENTILS

Enough for 2
Takes 40 minutes

3 onions, peeled & sliced
200g (7oz) dried French-style lentils
1 bunch flat leaf parsley, leaves picked
4 tablespoons tahini
4 tablespoons lemon juice

1. Heat a medium pot on a medium heat. Cook onions in a little oil until they are soft and golden brown, about 10 minutes.
2. Add 2 cups water and bring to the boil. Simmer lentils uncovered for 20-25 minutes or until the lentils are no longer crunchy and the water has reduced. If the lentils start to dry out before they're cooked, add more water.
3. Meanwhile combine tahini, lemon juice and 3-4 tablespoons water in a small bowl.
4. When the lentils are cooked season generously with salt and pepper. Toss in the parsley and serve with the tahini sauce drizzled over.

CHEESY CAULI & BACON BAKE

Enough for 2
Takes 30 minutes

1/2 medium cauliflower
4-6 slices bacon, chopped
100g (3.5oz) melting cheese, grated
2 tablespoons *mayonnaise*
salad or parsley leaves, to serve

1. Preheat your oven on its highest setting. Chop cauli into bite sized trees. Place on a baking tray so the cauli is in a single layer. Drizzle with a little oil and sprinkle over some salt. Set the timer for 15 minutes.
2. After 15 minutes, stir and scatter over the bacon. Pop back in the oven for another 5 – 10 minutes (check and stir after 5). Until cauliflower is tender and a little brown around the edges.
3. Divide cauli and bacon between 2 x 2cup oven proof dishes. Or pile it all into 1 x 4cup dish. Mix mayo and cheese and spread over the top of the cauli. Bake for another 5 minutes or until cheese is melted and golden.
4. Place salad leaves / parsley on the side or on top and serve hot.

GREEN LIME & FISH SOUP

Enough for 2
Takes 15 minutes

2 tablespoons Thai green curry paste
1 can coconut milk (400mL / 14oz)
1 bunch broccolini or broccoli, chopped
1-2 limes, halved
450g (1lb) white fish fillets, chopped

1. Bring the curry paste, coconut milk, broccolini, limes and 1/2cup water to a simmer in a medium saucepan.
2. Simmer for 3 minutes then add fish and cook until fish is just cooked through – about another 3 minutes.
3. Carefully remove the limes, squeeze the lime juice into the soup and serve hot.

RASPBERRY CASHEW PUDDINGS

Enough for 2
Takes 10 minutes

125g (5oz) raspberries
100g (3.5oz) cashew butter

- 1.** Keep a few good looking raspberries aside. The place the rest in a small bowl and smash with a fork or your hands until you have a chunky mess.
- 2.** Stir in the cashew butter until the raspberries are 'rippled' through it.
- 3.** Divide between two little glasses and top with the reserved berries. Eat now or refrigerate until you're ready to serve.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

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