

# MEAL PLAN #458

## 18th May 2020

- [1] Chunky Cauli & Sausage Soup with Parsley Oil 30m\*
- [2] Butter Chicken Curry 10m\*
- [3] Lebanese Roast Ratatouille with Hummus 40m\*
- [4] 5-Ingredient Shepherds Pie 60m\*
- [5] Chilli Con 'Tuna' 30m\*
- [6] SWEET TREAT: Raspberry Cashew Puddings 10m\*

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

### VARIATIONS

**Pantry-Friendly:** [1] Parsley = pesto. Frozen cauli. [2] Cream = coconut milk. [3] Veg = frozen cauliflower. Serve with frozen spinach sauteed in butter. [4] Frozen Cauli. Salad = froz greens. [5] Sour cream = [cashew yoghurt](#) or [tahini sauce](#) or mayo. skip herbs. [6] Frozen raspberries.

**Short on time:** [3] Increase oven to 250C (480F) roast for 20 minutes. [4] Cook beef and cauli separately as per recipe then just serve beef on a bed of cauli mash.

**Vegetarian:** [1] Sausage = lentils. [2] Chicken = chickpeas. [4] Beef = lentils. [5] Tuna = extra beans or poached eggs.

**More Substantial (Low Carb):** [1] Extra sausage or walnuts. [2] Cashews or macadamias. [3] Avocado or almonds. [4] Larger serves. [5] Extra tuna. Mayo.

**More Substantial (Carb Lovers):** [1] Short pasta or crusty bread. [2] [Rice](#). [3] Warm pita. [4] Cauli = potato. [5] Warm tortillas.

**Carnivore:** [3] Sausage or chorizo. [5] Ground meat (mince).

**Paleo (Grain, Legume & Dairy-Free):** [2] Cream = coconut cream. [4] Butter = olive oil. [5] Sour cream = [cashew yoghurt](#) or [tahini sauce](#) or mayo.

**Keto / Ultra Low Carb:** [1] Replace 1/2 cauli with baby spinach. [4] Halve tomato and cauli. [5] Skip onion and beans and serve spicy tuna on a bed of baby spinach or greens . [6] Dark chocolate.

# SHOPPING LIST

## 18th May 2020

### VEGGIES

500g (1lb) cauliflower (1/2 lge) [1]  
bunch flat leaf parsley [1]  
cauliflower 'rice' or steamed rice [2]  
2 medium eggplant [3]  
3 small zucchini [3]  
1 head cauliflower [4]\*  
2 bags salad leaves [3&4]\*  
1 large onion [5]  
1 bunch parsley or coriander [5]  
125g (5oz) raspberries [6]

### PROTEIN #

4 sausages [1]  
450g (1lb) chicken thigh fillets [2]  
1kg (2lb) minced (ground) beef  
or lamb [4]\*

### DAIRY

4T whipping cream [2]  
6T butter [4]\*  
sour cream [5]

### PANTRY

extra virgin olive oil  
salt & pepper  
1t cumin seeds [1]  
2.5 cups chicken stock [1]  
2T garam marsala or curry powder [2]  
4t dried chilli flakes [2&5]+  
1 can tomatoes (400g / 14oz) [2]  
2t baharat spice or 1t each coriander + cumin [3]  
300g (9oz) hummus [3]@  
1 jar tomato passata or puree (3 cups) [4]\*  
200g (7oz) can tuna [5]  
1 can tomatoes (400g / 14oz) [5]  
1 can beans (400g / 14oz) [5]  
1-2 teaspoons dried chilli flakes [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] Sausage = lentils. [2] Chicken = chickpeas. [4] Beef = lentils. [5] Tuna = extra beans or poached eggs.

**Carb Lovers** [1] Short pasta or crusty bread. [2] [Rice](#). [3] Warm pita. [4] Cauli = potato. [5] Warm tortillas.

't' = teaspoon 'T' = tablespoon

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

+ [2] Or use fresh red or green chilli peppers like Thai birds eye or serrano.

@ [3] Use double this [almond hummus](#) for a lower carb meal, you'll need 200g (7oz) almond meal, lemon juice and garlic.

\* [4] Shepherds pie serves 4. Leftover keep really well.

# CHUNKY CAULI & SAUSAGE SOUP WITH PARSLEY OIL

Enough for 2  
Takes 30 minutes

4 sausages crumbled  
500g (1lb) cauliflower (about 1/2 large cauli)  
1 teaspoon cumin seeds  
2.5 cups chicken stock  
small bunch flat leaf parsley  
6 tablespoons extra virgin olive oil

1. Heat a medium saucepan on a medium high heat. Add a few tablespoons of oil. Remove sausage casings and crumble the meat into the pan. Cook stirring every few minutes until meat is browned.
2. Finely chop cauliflower. I was aiming for lentil sized pieces but ended up with more pea-sized. It doesn't matter too much.
3. When the sausage is browned, add cumin, chopped cauli and stock. Cover and simmer stirring once or twice for 15 minutes or until cauli is cooked and tender.
4. While the soup is cooking finely chop the parsley and combine with the olive oil. Season well.

5. Taste soup and season with salt and pepper as needed. Serve in two deep bowls topped with parsley oil.

# BUTTER CHICKEN CURRY

Enough for 2  
Takes 15 minutes

450g (1lb) chicken thigh fillets  
2 tablespoons garam marsala  
1 - 2 teaspoons chilli flakes  
1 can tomatoes (400g / 14oz), chopped  
4 tablespoons whipping cream (35% milk fat)  
*steamed rice OR cauliflower 'rice', to serve*

1. Bash out thighs a little with a saucepan to tenderise. Chop into chunks.
2. Heat a few tablespoons olive oil in a large frying pan (skillet) over a medium high heat.
3. Brown chicken for few minutes each side.
4. Add garam marsala and chilli. Stir for a few seconds.
5. Add tomatoes and their juices. Simmer for about 5 minutes.
6. Stir in cream and bring back to a simmer.

7. Taste and season with salt, pepper and a little sugar if you like it sweet and serve on a bed of steamed rice or cauliflower 'rice'.

# LEBANESE ROAST RATATOUILLE WITH HUMMUS

Enough for 2  
Takes 40 minutes

2 medium eggplant  
3 small zucchini  
2 teaspoons baharat spice blend or 1  
teaspoon each coriander and cumin  
4-6 tablespoons extra virgin olive oil  
300g (9oz) hummus  
salad greens, to serve

1. Preheat your oven to 250C (480F). Chop eggplant and zucchini into 1 inch chunks (2.5cm). Toss eggplant, zucchini, spices and oil in a roasting pan. Sprinkle with salt.
2. Roast for 30 minutes, stirring about half way. Or until eggplant and zucchini are well cooked and starting to brown.
3. Divide hummus between 2 plates. Top with roast veg and salad leaves.

# 5-INGREDIENT SHEPHERDS PIE

Enough for 4  
Takes 60 minutes

*1 head cauliflower  
1kg (2lb) minced (ground) beef or lamb  
1 jar tomato passata or puree (3 cups)  
6 tablespoons butter  
salad leaves, to serve*

1. Preheat your oven to 180C (350F) and bring a medium pot of water to the boil.
2. Chop cauliflower into large bite sized chunks. Simmer for 10-15 minutes or until cauli is really soft.
3. Drain and mix in half the butter. Then whizz using a stick blender or your food processor until smooth and creamy. You could mash with a fork but you'll end up with a chunkier result.
4. While the cauli is cooking, heat a large frying pan on a high heat. Add beef and a little oil and cook, stirring until the beef is well browned. Add tomato passata and the remaining butter and bring to a simmer. Taste and season with salt and pepper.

5. Transfer the beef mixture to an oven proof dish (mine was 22cmx28cm / 8inx11in but it doesn't need to be exact).

# CHILLI CON 'TUNA'

Enough for 2  
Takes 30 minutes

*1 large onion, peeled & chopped  
200g (7oz) can tuna in spring water, not drained  
1 can tomatoes (400g / 14oz)  
1 can beans (400g / 14oz), drained  
1-2 teaspoons dried chilli flakes  
sour cream, to serve  
1 bunch flat leaf parsley or coriander (cilantro), to serve*

1. Heat a good glug of olive oil in a large pan. Add onion and cook over a medium heat until soft. About 10 minutes.
2. Add tuna and canning liquid, tomatoes, drained beans and chilli.
3. Cover and simmer for about 20 minutes or until everything is hot.
4. Taste and season with salt and pepper and more chilli, if needed.

5. Serve with a generous dollop of sour cream and a few handfuls fresh coriander (cilantro) or flat leaf parsley leaves.

# 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](http://www.stonesoupvirtualcookeryschool.com)**

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