

MEAL PLAN #459

25th May 2020

- [1] Broccoli al Limone 15m*
- [2] Burgers with Mint & Almond Salsa 30m*
- [3] Japanese Omelette with Miso Mayo 15m*
- [4] Lemon & Basil Roast Chicken 30m*
- [5] Simple Salmon with Pistachio Salsa & Ginger Cream 15m*
- [6] SWEET TREAT: A New Fruit + Cream 5m*

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

VARIATIONS

Pantry-Friendly: [1] Frozen broccoli. Basil = pesto. [2] Skip mint. Serve with steamed frozen greens. [3] Skip green onion and avocado. Serve with frozen spinach. [4] basil = [pesto](#). Zucchini = frozen cauliflower or broccoli. [5] [Cashew sour cream](#). Basil = frozen greens. [6] Dark chocolate.

Vegetarian: [2] [Zucchini burgers](#). [4] Chicken = eggplant, chickpeas or tofu. [5] Salmon = roast veg + extra pistachio.

More Substantial (Low Carb): [1] Roast almonds. [2] [Almond burger buns](#). Avocado. [3] Extra avo. Extra egg. [4] Walnuts. More mayo. [5] Extra nuts. or sour cream.

More Substantial (Carb Lovers): [1] Pasta. [2] Burger buns. [3] Rice. [4] Roast potatoes or sweet potato. [5] Warm pita or tortillas.

Carnivore: [1] Chicken. [3] Bacon. [5] Salmon = pork chop or chicken fillet.

Paleo (Grain, Legume & Dairy-Free): [1] Cream = coconut cream + Parmesan = flaked coconut or pine nuts. [4] Yoghurt = extra mayo. [5] Sour cream = mayo or [cashew sour cream](#).

Keto / Ultra Low Carb: [1] Replace 1/2 broccoli w baby spinach.

SHOPPING LIST

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VEGGIES

2 heads broccoli (approx 300g / 10.5oz each) [1]
5 lemons [1&2&4]
3 small bunches basil leaves [1&4&5]@
small bunch mint [2]
1 bag salad [2]
4 green onions (scallions) [3]
2 small (1 large) avocado [3]
4 medium zucchini (800g / 28oz) [4]
1T grated ginger [5]
1 lime or lemon [5]
2 servings of fruit [6]

PROTEIN

450g (1lb) ground lamb or beef (mince) [2]
4-6 eggs [3]
4 chicken thighs or breast [4]
2 salmon fillets [5]

DAIRY

4T double or heavy cream [1]
2 handfuls grated parmesan (approx 50g / 2oz) [1]
2T greek yoghurt [4]
150mL (1/2 tub) sour cream [5]
fresh cream [6]

PANTRY

extra virgin olive oil
salt & pepper
2 handfuls flaked almonds (100g / 3.5oz) [2]*
2t white miso paste [3]+
6T mayonnaise [3&4]
2t soy sauce [3]
75g (3oz) shelled roast pistachios [5]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] [Zucchini burgers](#). [4] Chicken = eggplant, chickpeas or tofu. [5] Salmon = roast veg + extra pistachio.

Carb Lovers [1] Pasta. [2] Burger buns. [3] Rice. [4] Roast potatoes or sweet potato. [5] Warm pita or tortillas.

't' = teaspoon 'T' = tablespoon

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

@[1&2&5] Or substitute parsley, coriander / cilantro, baby spinach, salad leaves or mint for some or all of the basil.

*[2] Or use whole almonds and chop them.

+ [2] If you can't find miso paste just use plain mayo. Will still be delicious!

BROCCOLI AL LIMONE

Enough for 2
Takes 15 minutes

*2 heads broccoli (approx 300g / 10.5oz each)
4 tablespoons lemon juice
zest 1 lemon
4 tablespoons double or heavy cream
2 handfuls grated parmesan (approx 50g / 2oz)
+ extra shaved parm to serve
small bunch basil leaves*

1. Bring 1cm (1/2in) deep salted water to the boil in a medium saucepan. Chop broccoli into bite sized trees and slice the stems.
2. Pop chopped broccoli into the pot and cover with a lid. Simmer rapidly for 5 minutes. Drain.
3. Return the saucepan to the heat with the lemon juice and zest and simmer for 3-4 minutes to reduce the quantity by about half.
4. Add drained broccoli to the pan with the cream and grated parmesan. Stir and bring back to a simmer.

5. Remove from the heat. Taste and season with salt as needed. Or a little extra cream if it's too sour for you.
6. Divide between two bowls and top with shaved parmesan and basil leaves.

BURGERS WITH MINT & ALMOND SALSA

Enough for 2
Takes 30 minutes

*450g (1lb) ground lamb or beef (mince)
2 large handfuls flaked almonds (100g / 3.5oz)
3 tablespoons lemon juice
small bunch mint, chopped
1 bag salad, to serve*

1. Turn your oven to 250C (480F).
2. Add a big pinch of salt to the meat. Using your hands form into 4 burger patties about 1.5cm (1/2 in thick).
3. Place patties on a rimmed baking sheet or tray. Drizzle with a little oil and bake for 10-15 minutes or until burgers are browned and no longer pink in the middle.

4. While the burgers are cooking, fry almonds in a pan on a medium high heat with a little oil until golden brown. Place on paper towel to cool for a few minutes.

5. Place toasted almonds in a medium bowl with lemon juice, chopped mint, 3 tablespoons extra virgin olive oil and pinch of salt. Stir. Taste and season with more salt and/or lemon juice as needed.

6. When the burgers are cooked, divide between 2 plates. Top with salsa and serve salad leaves on the side.

JAPANESE OMELETTE WITH MISO MAYO

Enough for 2
Takes 15 minutes

2-3 eggs
1 teaspoon soy sauce
2 green onions (scallions), sliced
1 teaspoon white miso paste
2 tablespoons *mayonnaise*
1 small (1/2 large) avocado, halved

1. Mix eggs, soy sauce, half the green onion and 2 tablespoons water in a small bowl.
2. Heat a medium frying pan (preferably non stick) on a medium high heat.
3. When the pan is warm add a splash of olive oil and swirl to coat the bottom of the pan. Add egg mixture and allow to cook gently until no longer runny. If they start to sizzle rapidly, turn the heat down. You want the eggs to cook gently and evenly.
4. While the eggs are cooking, combine miso paste with mayonnaise and spread over the base of your serving plate.

5. When the eggs are just set and no longer runny, roll the omelette onto the plate on top of the miso mayo.
6. Finish with avocado on the side, remaining green onion sprinkled over and lots of black pepper.

LEMON & BASIL ROAST CHICKEN

Enough for 2
Takes 30 minutes

4 medium zucchini (800g / 28oz) sliced
4 chicken thighs or breast
2 lemons sliced into 5mm (1/4 inch rings)
small bunch basil leaves
2 tablespoons *mayonnaise*
2 tablespoons greek yoghurt

1. Turn your oven on to 250C (480F). Slice zucchini into rounds about 1cm (1/2in) thick and place in a baking tray. Slice lemon into rings about 5mm (1/4in) thick and add to the zucchini.
2. Place chicken pieces on top of the zucchini and lemon. Drizzle with a little olive oil. Sprinkle with a pinch of salt.

3. Pop in the oven for 20 minutes. When the timer goes, check the chicken. If using breast or thighs without the bones it might be done. Stir and if chicken is still pink in the middle return to the oven for another 5-10 minutes.

4. While the chicken is cooking, mix mayo and yoghurt in a small bowl. Season with salt and pepper.

5. When the chicken is golden and cooked through. Divide chicken, zucchini and pan juices between two plates or shallow bowls. Top with basil leaves and serve sauce on the side.

SIMPLE SALMON WITH PISTACHIO SALSA & GINGER CREAM

Enough for 2
Takes 15 minutes

2 salmon fillets
1 tablespoon grated ginger
150mL (1/2 tub) sour cream
75g (3oz) shelled roast pistachios
1 bunch basil
2 tablespoons lime or lemon juice

- 1.** Turn your oven to 250C. Place salmon on a baking tray. Rub with a little oil and season generously with salt. Pop in the oven for 10 minutes.
- 2.** Meanwhile stir together sour cream and ginger with a pinch of salt.
- 3.** Coarsely chop pistachios and place in a small bowl. Finely chop half the basil and add to the pistachios. Stir in lemon / lime juice and 2 tablespoons olive oil (preferably not extra virgin to keep the flavour more about the pistachios and basil but if you only have extra virgin use it). Taste the salsa and season with salt as needed.

4. When the timer goes, check the salmon. It should be brown on top and the flesh should look mostly opaque and cooked when you cut into it. I like it still a little pink but it's up to you. Give it a few minutes longer if you're not sure.

5. When the salmon is cooked, divide ginger cream between two plates. Top with salmon and spoon over the salsa and the remaining basil leaves.

A NEW FRUIT + CREAM

Enough for 2
Takes 5 minutes

2 serves of fruit
fresh cream (preferably double cream!)

- 1.** Wash and dry fruit. Slice or peel if needed and arrange in a pretty bowl. Serve with cream passed separately for everyone to add their own.

To access the meal plans & recipes online go to:

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