

MEAL PLAN #461

1st June 2020

- [1] Chickpea Buddha Bowls 15m*
- [2] Taco Tuesday Bowls 15m*
- [3] Moroccan Egg & Olive Tajine 15m*
- [4] Beef & Balsamic Salad 15m*
- [5] Rosemary Macadamia Salsa Salmon 15m*
- [6] SWEET TREAT: Chocolate & Almond Butter 5m*

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

VARIATIONS

Pantry-Friendly: [1] Frozen veg. [2] Frozen veg. [Cashew sour cream](#). [3] Frozen spinach. [4] Rocket / salad = frozen veg. Ricotta = [macadamia ricotta](#). [5] Skip rosemary. Frozen veg. Lemon = vinegar.

Vegetarian: [2] Meat = beans or lentils. [4] Beef = mushrooms or grilled veg. [5] Salmon = hallmoumi or eggplant.

More Substantial (Low Carb): [1] Hazelnuts or almonds. [2] Avo AND sour cream. [3] [Zucchini Tortillas](#) or almonds. [4] Extra steak. More ricotta. Roast Walnuts. [5] More Macadamias. Mayonnaise.

More Substantial (Carb Lovers): [1] Warm pita. [2] Warm Tortillas. [3] Couscous or rice. [4] Crusty bread. [Roast potatoes](#). [5] Cooked pasta.

Carnivore: [1] Chickpeas = Chicken or sausages. [3] Chicken, pork or lamb. [5] Steak or lamb chops.

Paleo (Grain, Legume & Dairy-Free): [2] [Cashew Sour Cream](#). [4] Ricotta = [macadamia ricotta](#) or [Almond Hummus](#).

Keto / Ultra Low Carb: [1] Chickpeas = Chicken or sausages.

SHOPPING LIST

1st June 2020

VEGGIES

2 large bunches kale, collard greens or spinach [1&2]
1 lemon or lime [1]
2 limes [2]
1 avocado or sour cream [2]
1 bag baby spinach [3]
1 bag rocket (arugula) or salad leaves [4]
1 bag baby spinach, salad or green veg [5]
1 lemon [5]
2 stalks rosemary [5]

DAIRY

6T ricotta [4]

PROTEIN

450g (1lb) minced (ground) pork, chicken or beef [2]
4-6 eggs [3]
2 steaks [4]
2 salmon fillets [5]

PANTRY

extra virgin olive oil
salt & pepper
3T soy sauce [1]
120g (4oz / 4T) tahini [1]
1-2 cans chickpeas [1]
2t curry powder [1]+

2 handfuls roast cashews, almonds, macadamias or peanuts [2]
2T hot sauce [2]@
2t ground cumin [3]
1t smoked paprika [3]
1 cup tomato passata / puree / pasta sauce [3]
large handful (50g / 2oz) olives [3]
2T almond meal (optional) [4]
2T balsamic vinegar [4]
2 handfuls (100g / 3.5oz) macadamias [5]*
2-4 squares dark chocolate [6]
2-4 teaspoons almond or peanut butter [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Meat = beans or lentils. [4] Beef = mushrooms or grilled veg. [5] Salmon = hallmoumi or eggplant.

Carb Lovers [1] Warm pita. [2] Warm Tortillas. [3] Couscous or [rice](#). [4] Crusty bread. [Roast potatoes](#). [5] Cooked pasta.

't' = teaspoon 'T' = tablespoon

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

+ [1] curry powder = 1 teaspoon each cumin + paprika.

@ [2] hot sauce such as tabasco, sriracha or use [chilli oil](#).

* [5] If macadamias are too expensive use almonds, cashews or walnuts.

CHICKPEA BUDDHA BOWLS

Enough for 2
Takes 15 minutes

*1 large bunch kale, or other leafy greens, finely sliced
3 tablespoons soy sauce
(some for sauce and some for the greens)
120g (4oz / 4 heaped tablespoons) tahini
3 tablespoons lemon or lime juice
2 tablespoons water
1-2 cans chickpeas, drained (400g / 14oz each)
1-2 teaspoons curry powder (or 1 each cumin + paprika)*

1. Heat a good glug of oil in a large saucepan on a medium high heat. Add sliced greens and a splash of water. Cover and cook, stirring every now and then until the greens have just wilted down – about 5 minutes.

2. While the greens are cooking, make your sauce by mixing together tahini, lemon / lime juice, 1-2 tablespoons soy sauce and 2 tablespoons water. Stir until smooth. Taste and season with more salt. If sauce is too thick add a little more water.

3. When the greens are cooked, season with 1 tablespoon of soy sauce (or more) and divide between two bowls.

4. Return the pan to the heat and add another big glug of oil, curry powder / spice and chickpeas. Cook for a minute or two until chickpeas are hot. Season with a little salt.

5. Divide chickpeas between your bowls. And serve with a big dollop of the tahini sauce on each.

TACO TUESDAY BOWLS

Enough for 2
Takes 15 minutes

*450g (1lb) minced (ground) pork, chicken or beef
1 teaspoon to 2 tablespoons hot sauce + extra to serve
2 limes
1 bunch collard greens, kale or 1 bag baby spinach
1 avocado or sour cream
2 handfuls roast cashews, almonds,
macadamias or peanuts (optional)*

1. Heat a large frying pan on a high heat. Add a splash of oil and the meat and cook, stirring often until the meat is well browned – about 5 minutes.

2. Remove meat from heat and gradually season with your hot sauce, 1-2 tablespoons lime juice and some salt. Tasting as you go and adding more of anything as needed.

MOROCCAN EGG & OLIVE TAJINE

Enough for 2
Takes 15 minutes

*2 teaspoons ground cumin
1 teaspoon smoked paprika
1 cup passata / puree / pasta sauce
4-6 eggs
large handful (50g / 2oz) pitted olives, halved
baby spinach or greens, to serve*

1. Heat a large frying pan on a medium high heat. Add a super generous glug of extra virgin olive oil and spices. Cook spices in oil for 20 seconds or until you can just smell them. Be careful not to burn.

2. Add tomato passata / puree / pasta sauce and bring to a simmer. Crack eggs into the sauce and simmer, covered for 2-3 minutes or until the egg white has set and the yolks are still runny.

3. Divide baby spinach / greens between two bowls. Top with eggs and sauce and finish with olives. Finish with a drizzle of extra virgin olive oil.

BEEF & BALSAMIC SALAD

Enough for 2
Takes 10 minutes

*450g (1lb) steak, finely sliced
2 tablespoons almond meal, optional
2 tablespoons balsamic vinegar
1 bag rocket (arugula) or salad leaves
6 tablespoons ricotta*

1. Heat some oil in a large frying pan or skillet over a high heat.
2. Toss beef strips in the almond meal (if using), in a plastic bag to coat. Shake to remove excess flour.
3. Test a piece of meat to make sure the oil is hot enough. If it sizzles violently, add the rest of the meat. If not, let it get hotter.
4. Cook meat for about a minute on each side or until browned. Drain on paper towel.
5. Combine balsamic with 3 tablespoons olive oil and use this to dress the rocket / salad leaves.
6. To serve, smear ricotta over the base of two plates. Scatter over the hot steak and top with dressed salad leaves.

ROSEMARY MACADAMIA SALSA SALMON

Enough for 2
Takes 15 minutes

*2 salmon fillets
2 stalks rosemary, finely chopped
4 tablespoons extra virgin olive oil
2 handfuls (100g / 3.5oz) chopped macadamias
3 tablespoons lemon juice
baby spinach, salad or green veg, to serve*

1. Heat a medium frying pan on a medium high heat. Season salmon with salt and rub with a little oil. Pan fry for 3-5 minutes on each side or until salmon is cooked to your liking.
2. While the salmon is cooking mix rosemary, olive oil, macadamias and lemon juice in a small bowl with a pinch of salt. Taste and adjust with more salt and lemon if you think you need it.
3. To serve divide cooked salmon between 2 plates. Pop spinach / salad / greens on the side. Spoon over salsa.

CHOCOLATE AND ALMOND BUTTER

Enough for 2
Takes 10 minutes

*4-6 teaspoons almond butter
2-4 squares dark chocolate
(70% cocoa solids or higher)
pinch sea salt flakes*

1. Divide nut butter between two tiny bowls or glasses. I use Chinese tea cups.
2. Break chocolate into bite sized fingers. Dip them into the peanut butter. Sprinkle with sea salt flakes.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

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