

MEAL PLAN #463

8th June 2020

- [1] The Ploughman's 'Pie' 30m*
- [2] Cheesy Chicken 30m*
- [3] Indian Spiced Omelette 15m*
- [4] One Pot Beef, Zucchini & Cashew Stir Fry 20m*
- [5] Macadamia Satay 15m*
- [6] SWEET TREAT: Coconut Berry Swirl 10m*

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

VARIATIONS

Vegetarian: [1] Ham = pickles or sun dried tomato. [2] Chicken = chickpeas. [4] Beef = lentils. [5] Salmon = tofu, tempeh or eggs.

More Substantial (Low Carb): [1] Extra cheese or roast walnuts. [2] Avocado. [3] Roast Cashews or almonds. [4] Extra cashews or beef. [5] More macadamias.

More Substantial (Carb Lovers): [1] [Ultimate Roast Spuds](#) or boiled potatoes. [2] Cooked pasta. [3] Warm naan bread, tortillas or pita. [4] Rice or noodles. [5] Rice.

Carnivore: [3] Prosciutto or bacon. [5] Chicken or steak.

Paleo (Grain, Legume & Dairy-Free): [1] Cheese = extra ham or bacon (mixed in with the eggs). [2] Skip cheese = Serve chicken and veg with [cashew sour cream](#) or [almond hummus](#).

Keto / Ultra Low Carb: [3] Skip the onions. [4] Use soy sauce not oyster. Cashews = macadamias.

SHOPPING LIST

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VEGGIES

1 bag salad [1]
8 medium zucchini (1.5kg / 3lb) [2&4]
2 bunches coriander (cilantro) or parsley [2&3]
1 large onion [3]
2T grated ginger [3]
1 bunch basil or coriander / cilantro [4]
2 cloves garlic [4]
6 kaffir lime leaves or 1 lime [5]
1 bunch bok choy or bag baby spinach leaves [5]
2 handfuls berries [6]

PROTEIN

6 eggs [1]
100g (3.5oz) ham [1]
4 chicken thigh fillets (450g / 1lb) [2]
4-6 eggs [3]
450g (1lb) minced (ground) beef [4]
300g (10oz) salmon or other protein [5]

DAIRY

100g (3.5oz) cheddar or other cheese [1]
150g (5oz) grated cheese [2]

PANTRY

extra virgin olive oil
salt & pepper
100g (3.5oz) almond meal (almond flour) [1]
mustard [1]
1/2C tomato passata or puree [2]
1t smoked paprika (optional) [2]
2t garam masala or curry powder [3]
1t ground turmeric (optional) [3]
2 handfuls roast cashews [4]
4T oyster sauce or soy sauce [4]
1 can coconut milk (400mL / 14oz) [5]*
3t curry powder [5]
3-4T macadamia or other nut butter [5]
2 large scoops coconut yoghurt [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [1] Ham = pickles or sun dried tomato. [2] Chicken = chickpeas. [4] Beef = lentils. [5] Salmon = tofu, tempeh or eggs.

Carb Lovers [1] [Ultimate Roast Spuds](#) or boiled potatoes. [2] Cooked pasta. [3] Warm naan bread, tortillas or pita. [4] Rice or noodles. [5] Rice.

't' = teaspoon 'T' = tablespoon

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

*[5] No coconut milk = canned tomatoes or tomato passata + whipping cream (1/2 cup).

THE PLOUGHMAN'S 'PIE'

Enough for 2
Takes 30 minutes

100g (3.5oz) almond meal or almond flour
6 eggs
100g (3.5oz) cheddar or other cheese, grated
100g (3.5oz) ham
1 bag salad, to serve
mustard, to serve

1. Turn your oven to 200C (400F). Line the base and sides of a 24cm (9in) spring form pan with baking paper. If you can't be bothered you can just grease but the eggs do like to stick!
2. Spread almond meal over the base of your prepared pan. Mix eggs, cheese and a pinch of salt in a bowl. Pour egg mixture over the almond meal.
3. Bake for 12-15 minutes or until the eggs are set and the pie is puffing up and slightly golden.
4. Serve wedges with ham, mustard and salad leaves.

CHEESY CHICKEN

Enough for 2
Takes 30 minutes

4 medium zucchini (800g / 28oz)
4 chicken thigh fillets (450g / 1lb)
1/2 cup tomato passata or puree
1 teaspoon smoked paprika (optional)
150g (5oz) grated cheese
1 bunch coriander (cilantro) or parsley

1. Turn your oven on to 250C (480F). Slice zucchini into rounds about 1cm (1/2in) thick and place in a baking tray.
2. Chop chicken thighs into 2 pieces and place on top of the zucchini. Mix tomato and paprika (if using) and pour sauce over the chicken. Sprinkle with a pinch of salt and pop in the oven for 15 minutes.
3. When the timer goes, scatter the cheese over the top of the chicken and return to the oven for another 5-10 minutes or until the cheese is melted.
4. Serve with coriander / parsley leaves sprinkled over.

INDIAN SPICED OMELETTE

Enough for 1
Takes 15 minutes

1 small onion, thinly sliced
1 tablespoon grated ginger
3 eggs
1 teaspoon garam masala or curry powder
1/2 teaspoon ground turmeric (optional)
small bunch coriander (cilantro), leaves and stems chopped

1. Preheat a small frying pan or omelette pan on a medium heat. Add some oil and cook onion, stirring every now and then until onion is soft. About 7 minutes. Add ginger and cook for a minute. Remove from the heat.
2. Lightly whisk eggs in a bowl. Add cooked onion and ginger, spices, a pinch of salt and most of the coriander – saving some leaves for serving to make it pretty!
3. Add another few glugs of oil to the pan. Add the egg mixture and gently cook for a few minutes. If the omelette is sizzling too rapidly, turn the heat down. Slowly is the best approach here.
4. When the egg is mostly cooked and set but there is still a little runny egg on the very top, slide the omelette onto your plate, folding in half as you go. The last bit of egg will cook from the residual heat.
5. Serve with reserved coriander leaves scattered over.

ONE POT BEEF, ZUCCHINI & CASHEW STIR FRY

Enough for 2
Takes 20 minutes

4 medium zucchini, sliced into rounds
500g (1lb) minced (ground) beef
1-2 cloves garlic, minced
3-4 tablespoons oyster sauce or 2 tablespoons soy sauce
2 handfuls roast cashews
1 small bunch basil or coriander / cilantro leaves (optional)

1. Heat a little oil in your wok on a super high heat. Add zucchini and stir fry for 3-5 minutes or until zucchini is browned and starting to soften but not mushy. Remove zucchini from the wok.
2. Add more oil and stir fry the beef and garlic until beef is well browned.
3. Return zucchini to the pan and toss to warm. Remove wok from the heat and stir in oyster / soy sauce. Taste and season with more sauce if needed.
4. Serve topped with cashews and herbs (if using)

MACADAMIA SATAY

Enough for 2
Takes 15 minutes

1 can coconut milk (400mL / 14oz)
6 kaffir lime leaves, finely sliced or zest of 1 lime
2-3 teaspoons curry powder
300g (10oz) salmon or other protein
3-4 tablespoons macadamia or other nut butter
bok choy or baby spinach leaves, to serve

1. Combine coconut milk, lime leaves (or zest) and curry powder in a medium saucepan. Bring to a simmer.
2. Slice salmon / protein into bite sized chunks. When the sauce is simmering, add the salmon and simmer gently for 5-10 minutes or until salmon is cooked through.
3. Remove from the heat. Stir in the nut butter and a generous pinch of salt. Taste and add more salt if needed (and more nut butter if you like it richer).
4. Break bok choy into individual leaves and divide it (or the baby spinach) between two bowls. Top with the curry.

COCONUT BERRY SWIRL

Enough for 2
Takes 10 minutes

2 handfuls berries
2 large scoops [coconut yoghurt](#)

1. Mash berries in a small bowl with a fork.
2. Scoop yoghurt into two bowls, then swirl your berry mash through the coconut.

To access the meal plans & recipes online go to:

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