

MEAL PLAN #464

8th June 2020

- [1] Zucchini Parmigiana 30m*
- [2] Magic Sausage & Cabbage Supper 30m*
- [3] Super Simple Egg & Bacon Pie 30m* + Green Salad 5m*
- [4] Japanese Steaks with Ginger Miso Mustard 30m*
- [5] Salmon with Spiced Butter & Broccoli 30m*
- [6] SWEET TREAT: Coconut Berry Swirl 10m*

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

VARIATIONS

Vegetarian: [2] Sausages = [poached eggs](#) or feta. [3] Bacon = sun dried tomato or skip it. [4] Steaks = [mushroom](#) or [eggplant 'steaks'](#). [5] Salmon = chickpeas or [fried eggs](#).

More Substantial (Low Carb): [1] Avocado. [2] [Mayonnaise](#) or walnuts. [3] Serve larger slices. [4] Avocado or [cauliflower rice](#). [5] Almonds.

More Substantial (Carb Lovers): [1] Pasta. [2] [Mashed Potato](#). [3] Bread & Butter. [4] [Rice](#). [5] Warm tortillas or pita.

Carnivore: [1] Chicken or meatballs or sausages. [5] Salmon = chicken.

Paleo (Grain, Legume & Dairy-Free): [1] Skip cheese and serve roast veg with [almond hummus](#). [3] replace cream with 1 extra egg and 3 tablespoons water. Replace cheese with sun dried tomatoes or cooked veg such as grilled peppers, eggplant or zucchini. [5] Butter = extra virgin olive oil.

Keto / Ultra Low Carb: [1] Replace 1/2 the zucchini with baby spinach (toss in before adding cheese). [5] Replace half broccoli with baby spinach.

SHOPPING LIST

8th June 2020

VEGGIES

- 4 medium zucchini (800g / 28oz) [1]
- 2 bags salad [1&3]
- 1 onion [2]
- 1/2 med cabbage (500g / 1lb) [2]
- small bunch chives [3]*
- 2 bunches broccolini, Chinese broccoli or green beans [4]
- 2 lemons [5]
- 2 small heads broccoli [5]
- 2 handfuls berries [6]

PROTEIN

- 4 thick sausages [2]

NOTES + SUBSTITUTES

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

Vegetarian [2] Sausages = [poached eggs](#) or feta. [3] Bacon = sun dried tomato or skip it. [4] Steaks = [mushroom](#) or [eggplant 'steaks'](#). [5] Salmon = chickpeas or [fried eggs](#).

Carb Lovers [1] Pasta. [2] [Mashed Potato](#). [3] Bread & Butter. [4] [Rice](#). [5] Warm tortillas or pita.

't' = teaspoon 'T' = tablespoon

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

*[3] Pie serves 3. Leftovers are delicious!

@[6] Or Greek yoghurt.

150g (5oz) bacon [3]*

6 eggs [3]*

2 minute steaks [4]

2 fish fillets [5]

DAIRY

200g (7oz) bocconcini or mozzarella [1]

50g (2oz) grated Parmesan and extra to serve [1]

100g (3.5oz) cream [3]*

100g (3.5oz) grated cheese such as cheddar [3]*

80g (3oz) salted butter [5]

PANTRY

extra virgin olive oil

salt & pepper

200g (7oz) almond meal [1&3]*

1/2C tomato passata or puree [1]

2T sherry or wine vinegar [2&3]

1/2 tsp soy sauce [3]

mustard or mayo [2]

3T wholegrain or other mustard [4]

3T white miso paste [4]

2T grated ginger [4]

2T rice or white wine vinegar [4]

6T neutral flavoured oil [4]

4t Stonesoup secret spice or 1t each cumin, coriander and smoked paprika [5]

1/2C roast walnuts, macadamias, almonds or other nuts [5]

2 large scoops coconut yoghurt [6]@

OTHER

[add your other items here]

ZUCCHINI PARMIGIANA

Enough for 2
Takes 30 minutes

*4 medium zucchinini (800g / 28oz)
100g (3.5oz) almond meal
1/2 cup tomato passata or puree
200g (7oz) bocconcini or mozzarella
50g (2oz) grated Parmesan and extra to serve
salad, to serve*

- 1.** Turn your oven to 250C (480F). Slice zucchini into rounds about 1cm (1/2in) thick. Place in a baking dish, drizzle with a little oil, sprinkle over a little salt and roast for 20 minutes.
- 2.** Stir and add almond meal. Stir again so some of the almond meal gets mixed in but most stays on top.
- 3.** Pour over the tomato. Top with torn chunks of bocconcini. Sprinkle over Parmesan.
- 4.** Bake for another 5-10 minutes or until cheese is melted and golden. Serve with salad.

MAGIC SAUSAGE & CABBAGE SUPPER

Enough for 2
Takes 30 minutes

*1 onion halved and finely sliced
1/2 med cabbage (500g / 1lb), finely sliced
4 thick sausages
1 tablespoon sherry or wine vinegar
mustard, mayo (or both!), to serve*

- 1.** Preheat your oven to 250C (480F). Halve and slice onion. Place in a roasting pan with the sausages. Drizzle with olive oil.
- 2.** Roast for 5 minutes. Meanwhile, slice cabbage as finely as you can be bothered but don't worry about cracking out the mandoline (the finer you slice the quicker it will cook).
- 3.** Turn the sausages. Add cabbage, salt and another drizzle of oil. Roast for another 10-15 minutes or until cabbage is soft and sausages are well browned and cooked through.
- 4.** Sprinkle over vinegar. Toss, taste and season with more salt as needed. Serve mustard / mayo on the side.

SUPER SIMPLE EGG & BACON PIE

Enough for 2
Takes 30 minutes

150g (5oz) bacon, chopped
100g (3.5oz) almond meal
6 eggs
100g (3.5oz) cream
100g (3.5oz) grated cheese such as cheddar
small bunch chives, chopped

- 1.** Turn your oven on to 200C (400F). Heat a small frying pan on a medium high heat. Add a little oil and cook bacon pieces, stirring often until bacon is browned.
- 2.** Take a large square of baking paper. Wet the paper by scrunching it under running water from the tap. Flatten the damp paper to line the base and sides of a 24cm (9in) spring form tin or a pie dish. Scatter almond meal and a little salt over the base of the tin.
- 3.** In a medium bowl combine eggs, cream, cheese, chives, half the cooked bacon and a pinch of salt until mixed through. Pour the egg mixture over the almond meal base. Top with the remaining cooked bacon.

- 4.** Bake for 20 minutes or until the pie is golden and puffed up a little.
- 5.** Serve hot, warm or chilled.

THE CLASSIC MIXED GREEN SALAD

Enough for 2 as a side
Takes 5 minutes

1 tablespoon sherry or wine vinegar
1/2 teaspoon soy sauce
1 bag salad leaves, washed and dried

- 1.** Combine vinegar, soy and 3 tablespoons extra virgin olive oil in a medium bowl.
- 2.** Toss leaves gently in the dressing using clean hands.
- 3.** Taste and season.

JAPANESE STEAKS WITH GINGER MISO MUSTARD

Enough for 2
Takes 30 minutes

3 tablespoons wholegrain or other mustard
3 tablespoons white miso paste
1-2 tablespoons grated ginger
2 tablespoons rice or white wine vinegar
6 tablespoons neutral flavoured oil
2 bunches broccolini or Chinese broccoli
or green beans
2 minute steaks

1. To make dressing, place mustard, miso, ginger, vinegar and oil in a jar and puree with your stick blender. OR put the lid on and shake vigorously.
2. Trim broccolini / chinese broccoli / beans. Bring about 1cm (1/2in) salted water to the boil in the frying pan you're going to use for the steaks or a medium saucepan. Add veg and cover. Cook for 3-5 minutes or until the veg are no longer super crunchy. Drain.
3. Wipe out the pan and return to the stove. Increase the heat to high. Rub steaks with oil and when the pan is very hot, cook the steaks for 1 minute on each side. OR until browned and cooked to your liking.

4. Slice steaks and toss with the broccoli and dressing. Divide between two plates and enjoy!

SALMON WITH SPICED BUTTER & BROCCOLI

Enough for 2
Takes 30 minutes

4 teaspoons [Stonesoup secret spice](#) or 1 teaspoon each cumin, coriander and smoked paprika
2 teaspoon lemon juice + extra to serve
2 fish fillets
2 small heads broccoli, chopped into florettes
1/2 cup roast walnuts, macadamias, almonds or other nuts

1. Bring 1cm (1/2in) salted water to the boil in a medium pot. Add broccoli and cover. Boil for 5 minutes. Drain and keep warm.
2. While the broccoli is cooking make the butter. In a small bowl mash butter with the spice and lemon. Taste and season as needed. (It may not need any seasoning.)
3. Heat a small frying pan on a medium high heat. Season fish with salt. Add a splash of oil to the hot pan and cook fish for 3-5 minutes on each side or until cooked to your liking.

4. Divide broccoli between two plates or bowls. Top with cooked fish. Smear butter over the fish and finish with the roast nuts.

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:

www.stonesoupvirtualcookeryschool.com

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