

MEAL PLAN #465

15th June 2020

- [1] Easy 1-Dish Ratatouille 60m*
- [2] Super Green Saag Chicken 20m*
- [3] Easy Spinach & Feta Frittata 30m*
- [4] Sausages & Peppers 30m*
- [5] Thai Fish Cakes 20m*
- [6] SWEET TREAT: Little Chocolate Hazelnut Cheesecakes 10m*

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

VARIATIONS

- Vegetarian:** [2] Chicken = tempeh, tofu or chickpeas. [4] Sausages = eggplant + roast almonds. [5] [Zucchini burgers](#).
- More Substantial (Low Carb):** [1] Roast walnuts or fried eggs. [2] [Cauliflower rice](#). Roast cashews. [3] [Almond bread](#) + butter. [4] Roast almonds. Avocado. [5] [Mayo](#). Cashews. Or Cashew Cauli Mash.
- More Substantial (Carb Lovers):** [1] Short pasta. [2] Rice. [3] Toast [4] [Roast](#) or [mashed potato](#). [5] Rice or noodles.
- Carnivore:** [1] Sausages or chicken. [3] Bacon. [5] [Vietnamese Meatballs](#).
- Paleo (Grain, Legume & Dairy-Free):** [2] Coconut Cream / Yoghurt. [3] Feta = smoked salted almonds. [4] Feta = olives. [6] Dark chocolate + nut butter.
- Keto / Ultra Low Carb:** [1] Replace peppers with baby spinach tossed in at the end.
- Short on time:** [1] Increase oven temp to 250C (480F). Check and stir after 20 minutes. Should take about 30 total.

SHOPPING LIST

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VEGGIES

4 red capsicum (bell peppers) [1&4]
2-3 zucchini [1]
1 large eggplant (2 medium) [1]
2 bunches basil or parsley [1&4]
2 bunches spinach or kale [2]+
250g (9oz) frozen spinach [3]
1 bag salad or green veg [4]
2 kaffir lime leaves (optional) [5]
2 limes [5]
1 bunch coriander (cilantro) [5]
1 bunch mint [5]

PROTEIN

450g (1lb) chicken thighs or breasts [2]
6 eggs [3]
4 sausages [4]
450g (1lb) fish fillets [5]

DAIRY

6T cream [2]
natural yoghurt [2]
300g (12oz) feta [3&4]
80g (3oz) goats cheese or ricotta [6]

PANTRY

extra virgin olive oil
salt & pepper
mayonnaise or aioli [1]
2T sherry or red wine vinegar [1&4]
2T curry powder [2]
chilli oil (optional) [2&3]
2T Thai red curry paste [5]@
50g (2oz) dark chocolate [6]
50g (2oz) roast hazelnuts [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Chicken = tempeh, tofu or chickpeas. [4] Sausages = eggplant + roast almonds. [5] [zucchini burgers](#).

Carb Lovers [1] Short pasta. [2] Rice. [3] Toast [4] [Roast](#) or [mashed](#) potato. [5] Rice or noodles.

't' = teaspoon 'T' = tablespoon

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

+ [2] Or use 2 packs (250g / 8oz each) frozen spinach or kale.

@ [5] No curry paste? [make your own](#) or just substitute 1-2 finely chopped hot fresh red chilli peppers (like serrano or Thai birds eye). Or substitute a splash of your favourite hot sauce like tabasco or sriracha.

EASY 1-DISH RATATOUILLE

Enough for 2
Takes 60 minutes

2 red capsicum (bell peppers)
2-3 zucchini
1 large eggplant or 2 medium
1T sherry or red wine vinegar
1 bunch basil or parsley, to serve
aioli or *mayo*, to serve

1. Preheat your oven to 200C (400F). Chop veg into 2cm (1in) chunks. Place veg in a large roasting pan. Drizzle generously with olive oil and toss to mix. Sprinkle with salt.
2. Roast veg for 45-50 minutes. Stirring once or twice.
3. When all the veg are soft, remove from the oven toss in the vinegar. Taste and season with more salt and /or vinegar if needed.
4. Toss through herbs and serve hot or at room temp with a big dollop of aioli or mayo.

SUPER GREEN SAAG CHICKEN

Enough for 2
Takes 20 minutes

450g (1lb) chicken thighs or breasts, chopped
2 tablespoons curry powder
2 bunches spinach or kale, washed & sliced into ribbons
4-6 tablespoons cream
natural yoghurt & *chilli oil* (optional), to serve

1. Heat a little oil in a large pot. Brown chicken, on a medium high heat stirring every few minutes until just cooked through. Remove and place in a clean bowl.
2. Add a little more oil to the pan and toast curry powder on a medium high heat for about 20 seconds. Add the chopped spinach / kale and a splash of water. Cover and cook for 5-10 minutes until the greens are wilted down. Check and stir every few minutes and if drying out or starting to burn add more water.
3. Remove from heat and add cream. Roughly puree the greens with a stick blender or leave chunky. Taste and season with lots of salt and pepper. If you'd prefer a stronger curry flavour add more curry powder.
4. Return chicken to the pan and heat again until warmed through. Divide between two bowls and top each with a generous dollop of yoghurt and a drizzle of chilli oil (if using).

EASY SPINACH & FETA FRITTATA

Enough for 2
Takes 30 minutes

6 eggs
250g (9oz) frozen spinach, defrosted & squeezed dry
200g (8oz) feta, crumbled
chilli oil, or *chilli salt* to serve (optional)

1. Preheat your oven to 180C (350F). Grease a 20cm (8in) oven proof frying pan or spring form pan. Add eggs, spinach and feta. Mix to combine. No need to season as the feta adds plenty of salt.
2. Bake for 15-20 minutes or until frittata is puffy and just cooked through.
3. Divide between two plates and drizzle with chilli oil (if using).

SAUSAGES & PEPPERS

Enough for 2
Takes 30 minutes

*4 sausages
2 large red bell peppers (capsicum), sliced
1 tablespoon sherry or red wine vinegar
100g (3.5oz) feta, crumbled
1 bunch basil or parsley, leaves picked
salad or steamed veg, to serve*

1. Turn your oven on to 250C (480F). Place peppers in a medium baking tray. Remove sausage casings and pinch meatball sized chunks of sausage meat onto the peppers. Add a little salt and drizzle with oil.
2. Bake for 15 minutes – no need to wait for oven to preheat before cooking.
3. Stir and bake for another 5-10 minutes or until the sausage balls are cooked through and the peppers are tender.
4. Add vinegar and stir in to season the sausage and peppers. Taste and season with salt and more vinegar if needed. Remember the feta is going to add a good dose of salt.
5. Divide sausages and peppers between two plates or bowls and top with feta and basil / parsley. Serve salad or veg on the side.

THAI FISH CAKES

Enough for 2
Takes 20 minutes

*450g (1lb) fish fillets
1-2 tablespoons red curry paste
2 kaffir lime leaves, finely sliced with scissors, or zest of 1 lime
juice 1 lime + lime wedges
1 bunch coriander (cilantro), leaves picked
1 bunch mint, leaves picked*

1. Preheat your oven to 100C (200F). Finely chop the fish and stir in the curry paste and lime leaves / zest.
2. Using a tablespoon, form into balls about the size of a golf ball. Pat down to form more of a burger shape so the fish cakes cook more quickly.
3. Heat a thin layer of oil in a large frying pan over a medium high heat.
4. Fry half of the fish cakes for about 2 minutes on the first side or until you can see the fish around the sides starting to look 'cooked'.
5. Carefully turn and cook for another minute, or until the fishcakes are just cooked through. Keep the cooked ones warm in a low oven (100C / 200F) and repeat with remaining fish cakes.

print friendly recipes.

6. Toss herb leaves with lime juice to make the salad.
7. Serve warm fish cakes with lime wedges. And salad on the side.

LITTLE CHOCOLATE HAZELNUT CHEESECAKES

Enough for 2
Takes 10 minutes

*50g (2oz) dark chocolate
80g (3oz) goats cheese, ricotta or cream cheese
50g (2oz) roast hazelnuts
sea salt flakes (optional)*

1. Boil the kettle and chop dark chocolate into small chunks. Place in a small bowl and top with 2 tablespoons boiling water. Stand for a minute or so to allow the chocolate to melt. Stir until you have a lovely smooth glossy sauce.
2. Chop hazelnuts and divide between two small bowls / ramekins / tea cups / pretty glasses.
3. Slice cheese into 4 rounds, or scoop into chunks. Place one round in each of the bowls. Drizzle over half the chocolate. Top with the remaining goats cheese and drizzle over the remaining chocolate. Sprinkle with sea salt flakes (if using) and enjoy immediately.

To access the meal plans & recipes online go to:

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