

MEAL PLAN #466

15th June 2020

- [1] Gorgeous Greens Tart 30m*
- [2] 5-Ingredient Chicken Cacciatore 40m*
- [3] Minimalist Minestrone Soup 15m*
- [4] Meat 'Diamonds' 30m*
- [5] Simple Fish Stew 30m*
- [6] SWEET TREAT: Little Chocolate Hazelnut Cheesecakes 10m*

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

VARIATIONS

Vegetarian: [2] Chicken = eggplant or mushrooms. [4] Meat diamonds = [parisian lentils](#). [5] Fish = chickpeas or tofu.

More Substantial (Low Carb): [1] Roast almonds or walnuts. [2] Feta or parmesan. [3] Sausages or bacon. [4] [Almond hummus](#). [5] Mayo or avocado.

More Substantial (Carb Lovers): [1] Boiled or [roast potatoes](#). [2] Spaghetti. [3] Bread or short pasta. [4] Pita or tortillas. [5] Rice or toast.

Carnivore: [1] Bacon. [3] Sausages or bacon. [5] Chicken.

Paleo (Grain, Legume & Dairy-Free): [1] Cheese = 2 extra eggs + roasted walnuts [2] Butter = olive oil. [3] Beans = sausages. [Dairy-free pesto](#). [6] Cheesecake = Dark chocolate + nut butter.

Keto / Ultra Low Carb: [3] Beans = sausages. [4] Skip onions. [5] Skip onions. [6] Dark chocolate.

SHOPPING LIST

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VEGGIES

1 bag frozen kale or spinach (250g / 9oz) [1]
handful sage (optional) [1]
2 bags salad [1,4]
3 medium zucchini [2,3]
2 cloves garlic [3]
6 small onions [4,5]+
1 large bulb fennel OR 2 carrots [5]

PROTEIN

4 eggs [1]
6 chicken drumsticks or 4 thighs [2]
450g (1lb) minced (ground) beef or lamb [4]+
450g (1lb) fish fillets [5]

DAIRY

200g (7oz) blue cheese [1]
2T butter [2]
80g (3oz) goats cheese, ricotta
or cream cheese [6]

PANTRY

extra virgin olive oil
salt & pepper
250g (8.5oz) almond meal [1&4]*
1 handful black olives [2]
1 jar tomato passata or 2 cans tomatoes [2,3]
1 can cannellini beans [3]
4T pesto [3]
1t ground cumin [4]+
2T pine nuts [4]+
1.5 cups tomato pasta sauce or passata [5]
pinch saffron threads (optional) [5]
mayonnaise [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 = eggplant or mushrooms [4] meat diamonds = [parisian lentils](#) [5] fish = chickpeas or tofu.

Carb Lovers [1] Boiled or [roast potatoes](#). [2] Spaghetti. [3] Bread or short pasta. [4] Pita or tortillas. [5] Rice or toast.

't' = teaspoon 'T' = tablespoon

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

+ [4] Meat diamonds serve 3. Leftovers are delicious.

* [1,4] Or use soft breadcrumbs or whole almonds blitzed in the food processor.

GORGEOUS GREENS TART

Enough for 2
Takes 30 minutes

100g (3.5oz) almond meal
200g (7oz) blue cheese, crumbled
4 eggs
1 bag frozen kale or spinach (250g / 9oz) squeezed dry
handful sage leaves, optional
salad or sauerkraut, 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 cheese, eggs, kale / spinach and a pinch of salt in a bowl. Pour egg mixture over the almond meal.
3. If using sage, scatter leaves over the top and drizzle with some extra virgin olive oil to help the sage leaves crisp up.
4. Bake for 20-25 minutes or until the eggs are set and the tart is puffing up and slightly golden. Allow to cool for a few minutes (or hours) and serve wedges with the salad / kraut on the side.

5-INGREDIENT CHICKEN CACCIATORE

Enough for 2
Takes 60 minutes

4-6 chicken drumsticks
1.5 cups tomato passata (puree)
2 tablespoons butter
1 handful black olives
2 medium zucchini

1. Preheat your oven to 200C (400F). Place chicken, tomato and butter in an ovenproof dish large enough to hold the chicken in one layer.
2. Cover with foil and bake for 30 minutes.
3. Remove the foil, turn the chicken, add the olives and bake uncovered for another 20-30 minutes or until the chicken is cooked through. Taste and add extra salt if needed (the olives will bring some so you may not need it).
4. While the chicken is cooking slice the zucchini into ribbons using a vegetable peeler, mandoline or spiralizer. Season with salt and allow the 'noodles' to stand at room temp to warm up and soften slightly.
5. To serve divide zucchini noodles between 2 plates and top with chicken, olives and sauce.

MINIMALIST MINESTRONE SOUP

Enough for 2
Takes 10 minutes

2 cloves garlic, peeled & finely sliced
1 medium zucchini, finely sliced into coins
1 can tomatoes (400g / 14oz)
1 can cannellini beans (400g / 14oz),
or other white beans
4 tablespoons pesto, to serve

1. Heat a few tablespoons olive oil in a large saucepan.
2. Cook zucchini and garlic over a medium high heat for a few minutes, or until the zucchini is starting to soften.
3. Add tomatoes, beans and the juice from the cans. Simmer for another 5 minutes or until the zucchini is cooked through.
4. Taste and season.
5. Serve hot with pesto on top.

MEAT 'DIAMONDS'

Enough for 3
Takes 30 minutes

450g (1lb) minced (ground) beef or lamb
150g (5oz) almond meal
1 teaspoon ground cumin
4 small onions, peeled and sliced into half moon slices
2 tablespoons pine nuts, roasted
green salad or 'best ever' tabbouleh, to serve

1. Preheat your oven to 200C (400F). In a medium bowl combine meat, almond meal and cumin with a few pinches salt until just mixed through. Line a rectangular or square oven proof dish or tin with baking paper (mine is 23x18cm / 9x7in) or grease well. Press the meat into the base of your dish. Using a sharp knife score on the diagonal to make little diamond shapes.

2. Bake for 20 minutes or until meat is well browned on top and no longer pink in the middle.

3. While the meat is cooking, heat a medium frying pan or saucepan on a medium heat. Add a generous drizzle of olive oil and cook sliced onion, covered for about 10 minutes or until onion is soft and golden brown. Stir every few minutes and if the onion is starting to burn, reduce the heat and add a little more oil and a splash of water.

4. When the meat is cooked, spread cooked onions over the top and sprinkle over pine nuts.

5. Chop 'diamonds' as you see fit and serve with salad / tabbouleh on the side.

SIMPLE FISH STEW

Enough for 2-3
Takes 30 minutes

2 onions, peeled & chopped
1 large bulb fennel OR 2 carrots
1 jar commercial tomato pasta sauce or tomato puree (about 1 1/2 cups)
large pinch saffron threads (optional)
450g (1lb) fish fillets chopped
mayonnaise, to serve

1. Heat a generous glug of oil in a large pot. Add onions, fennel and carrots and cook on a medium heat, covered and stirring occasionally for 10-15 minutes or until all the vegetables are soft but not browned.

2. Add the tomato puree, 1 1/2 cups water and saffron (if using). Bring to a simmer.

3. Add fish and gently simmer for 2-3 minutes or until fish is cooked through.

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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