

MEAL PLAN #467

22nd June 2020

- [1] Egg Noodle 'Pad Thai' 20m*
- [2] Roast Chicken, Walnut & Feta Bowls 30m*
- [3] Curried Tofu Scramble 15m*
- [4] Spiced Salmon with Almond 'Hummus' 30m*
- [5] Fast Friday Cheeseburger Bowls 30m*
- [6] SWEET TREAT: Little Cherry Chocolate Treats 10m*

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

VARIATIONS

Vegetarian: [2] Chicken = mushrooms or chickpeas. [4] Salmon = Lentils or eggplant. [5] Beef = extra veg + extra cheese.

More Substantial (Low Carb): [1] Extra peanuts. [2] Extra chicken, feta, walnuts. [3] Avocado. [4] Double the hummus. [5] More mayo. [Almond Burger Buns](#).

More Substantial (Carb Lovers): [1] Noodles or spaghetti. [2] Potatoes. [3] [Steamed Rice](#). [4] Pita or pasta. [5] Burger buns.

Carnivore: [1] Ground chicken or pork (mince). [3] Bacon. [4] Salmon = chicken or steak or lamb chops.

Paleo (Grain, Legume & Dairy-Free): [2] Yoghurt = lemon juice. Feta = avocado. [5] Cheese = bacon + extra mayo.

Keto / Ultra Low Carb: [3] [Scrambled Eggs](#). [6] Dark Chocolate.

SHOPPING LIST

22nd June 2020

VEGGIES

handful bean sprouts (optional) [1]
1 bunch coriander (cilantro) [1]
2 bags baby spinach [2,3]
2 lemons [3,4]
1 onion [3]
1 bag salad leaves or green veg [4]
1 clove garlic [4]
2 zucchini (500g / 1lb) [5]
250g (1/2lb) cherry tomatoes [5]
salad leaves or parsley [5]
2 handfuls cherries [6]*

PROTEIN

6 eggs [1]
4 chicken thigh fillets [2]
350g (12oz) firm tofu [3]
2 salmon fillets [4]
500g (1lb) minced (ground) beef [5]

DAIRY

100g (3oz) feta [2]
1C Greek yoghurt [2,6]
100g (3.5oz) sliced cheddar [5]

PANTRY

extra virgin olive oil
salt & pepper
3T soy sauce [1]
2T tomato ketchup or passata [1]
handful roasted peanuts [1]
2 handfuls walnuts [2]
4t curry powder [3]
100g (3.5oz) almond meal [4]+
1t ground cumin [4]
1t ground coriander [4]
1t smoked paprika [4]
handful flaked almonds (50g / 2oz) [4]
[mayonnaise](#) [5]
60g (2oz) dark chocolate [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Chicken = mushrooms or chickpeas. [4] Salmon = Lentils or eggplant. [5] Beef = extra veg + extra cheese.

Carb Lovers [1] Noodles or spaghetti. [2] Potatoes. [3] [Steamed Rice](#). [4] Pita or pasta. [5] Burger buns.

't' = teaspoon 'T' = tablespoon

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

+ [4] Or use whole almonds or other nuts and blitz them in the food processor.

* [4] Frozen cherries are fine. Or use berries.

EGG NOODLE 'PAD THAI'

Enough for 2
Takes 20 minutes

6 eggs
1 tablespoon soy sauce for eggs
5 2 tablespoons for dressing
2 tablespoons tomato ketchup
handful bean sprouts (optional)
1 bunch coriander (cilantro) (chopped)
handful roasted peanuts

1. Stir eggs and 1 tablespoon soy sauce together in a medium bowl.
2. To make the noodles, heat a medium frying pan on a medium high heat. Add enough egg mixture to cover the base of the pan. About 1/4 – 1/3.
3. Cook your egg 'pancake' until mostly set, then turn and cook on the other side for 30 seconds or until cooked through. Remove 'pancake' from the pan and place on a clean plate.
4. Repeat with the remaining mixture until you end up with 3-4 'pancakes'.

5. Stack the pancakes up and roll into a log. Slice into ribbons as fine as you can be bothered.
6. Combine remaining 2 tablespoons soy sauce, ketchup and 2 tablespoons olive oil in a medium bowl. Toss in egg 'noodles', beansprouts (if using), coriander and peanuts and serve.

ROAST CHICKEN, WALNUT & FETA BOWLS

Enough for 2
Takes 30 minutes

4 chicken thigh fillets
2 generous handfuls walnuts
100g (3oz) feta
4 tablespoons Greek yoghurt
1 bag baby spinach

1. Preheat your oven to 250C (480F). Place chicken in a roasting pan. Drizzle with a little oil and sprinkle with salt. Roast for 10 minutes.
2. Add walnuts and roast for another 5 minutes or until chicken is cooked through and nuts are toasted. I like to cut into the chicken 'to be sure, to be sure' (as my Irishman would say). If you can still see any pink pop it back in the oven for another 5 minutes.

3. For the dressing combine yoghurt with 4 tablespoons extra virgin olive oil. Season generously with salt and pepper.
4. When the chicken is cooked, slice into bite sized pieces. Divide spinach between two bowls. Top with chicken and walnuts. Crumble over feta and drizzle over yoghurt dressing.

CURRIED TOFU SCRAMBLE

Enough for 2
Takes 10 minutes

*1 onion, peeled & chopped
4 teaspoons curry powder
350g (12oz) firm tofu
1 bag washed baby spinach leaves
big squeeze lemon juice*

1. Heat a few tablespoons of olive oil in a large frying pan.
2. Add onion and cook, covered over a medium high heat stirring frequently until the onion is soft and translucent but not browned.
3. Add curry powder and stir fry for about 30 seconds or until it smells divine.
4. **C**rumble the tofu with your hands and add to the pan. Stir well then cover and cook for a few minutes – you just want to warm the tofu through.
5. Add spinach and stir until spinach has just started to wilt.
6. Season generously with sea salt, pepper and a big squeeze of lemon juice. Serve.

SPICED SALMON WITH ALMOND 'HUMMUS'

Enough for 2
Takes 30 minutes

*100g (3.5oz) almond meal
1 clove garlic, peeled and smashed (optional)
2 tablespoons lemon juice
1 tablespoon Stonesoup spice*
2 salmon fillets
handful flaked almonds (50g / 2oz)
salad leaves or green veg, to serve*

1. Place almond meal, 100g (3.5oz) water, garlic (if using) and 2 tablespoons lemon juice in a tall jar or jug.
2. Using your stick blender puree until creamy and well combined.
3. Stir in extra virgin olive oil and a pinch of salt. Taste and season with more salt or lemon juice as needed.
4. Combine spice and 1 tablespoon more of olive oil in a small bowl with a pinch of salt. Toss in salmon to coat with the spiced oil.

5. Heat a medium frying pan on a medium high heat. Add salmon and cook for 3-5 minutes on each side or until cooked to your liking.

6. Divide hummus between two plates. Top with hot salmon. Wipe out the pan and toast the almonds in the pan for a minute or until starting to brown. Scatter almonds over the fish. Finish with salad on the side.

FAST FRIDAY CHEESEBURGER BOWLS

Enough for 2
Takes 30 minutes

*450g (1lb) minced (ground) beef
2 zucchini (500g / 1lb), sliced
250g (1/2lb) cherry tomatoes, halved
100g (3.5oz) sliced cheddar
salad leaves or parsley, to serve
mayonnaise, to serve*

- 1.** Turn your oven to 250C (480F). Place zucchini and tomatoes in a large roasting tray. Drizzle with a little oil and a pinch of salt. Roast for 5 minutes.
- 2.** Break meat into bite sized chunks and scatter over the zucchini and tomatoes. Roast for another 10 minutes.
- 3.** Stir. Scatter over cheese and cook for another 5 minutes or until the meat is cooked through and the cheese has melted.
- 4.** Divide between two bowls. Top with salad / parsley and a big dollop of mayo.

LITTLE CHERRY CHOCOLATE TREATS

Enough for 2
Takes 10 minutes

*1/2 cup Greek yoghurt
60g (2oz) dark chocolate
2 handfuls cherries*

- 1.** Divide yoghurt between 2 glasses. Finely chop or shave chocolate and stir half into the yoghurt, saving the rest for topping.
- 2.** Pit and chop cherries and layer on top of the yoghurt chocolate mixture. Finish with the reserved chocolate.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

© Jules Clancy 2020

This meal plan is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review, as permitted under the Copyright Act, no part of this ebook may be reproduced by any process without written permission. Enquiries should be addressed to the author.

All rights reserved.