

# MEAL PLAN #468

## 22nd June 2020

- [1] Bloody Delicious Kale Bowls 30m\*
- [2] Thai Chicken Soup with Lime 15m\*
- [3] Pesto, Olive & Feta Frittata 30m\*
- [4] Magnificent Mince & Cabbage 30m\*
- [5] Super Easy Smoked Salmon + Spinach Tart 30m\*
- [6] SWEET TREAT: Little Cherry Chocolate Treats 10m\*

\* Approximate time required. m = minutes. h = hours.

### VARIATIONS

**Vegetarian:** [1] Bacon = sun dried tomato. [2] Chicken = tofu, mushrooms or chickpeas. [4] Beef = lentils. [5] Salmon = grilled peppers.

**More Substantial (Low Carb):** [1] More macadamias. [2] Cashews. [3] Avocado. [4] Roast nuts. [5] Extra salmon.

**More Substantial (Carb Lovers):** [1] Pasta. [2] Noodles or spaghetti. [3] Roast Sweet Potato. [4] Rice. [5] [Roast Potatoes](#).

**Carnivore:** [3] Salami or prosciutto. [5] Salmon = ham or bacon.

**Paleo (Grain, Legume & Dairy-Free):** [1] Parmesan = Extra nuts. [3] Feta = walnuts. [Dairy-free pesto](#). [5] Cream = extra eggs or [almond milk](#).

**Keto / Ultra Low Carb:** [6] Dark chocolate.

# SHOPPING LIST

## 22nd June 2020

### VEGGIES

- 1 large bunch kale (500g / 1lb) [1]
- 6 kaffir lime leaves or zest of 1 lime [2]
- 1 bunch coriander (cilantro) [2]
- 2 bags salad [3,5]
- 1 onion [4]
- 1/4 large cabbage (about 800g / 28oz) [4]
- 250g (8oz) frozen spinach [5]\*
- 2 handfuls cherries, frozen OK [6]

### PROTEIN #

- 4 slices bacon (120g / 4oz) [1]
- 14 eggs [1,3,5]
- 3-4 chicken thigh fillets [2]
- 300-500g (10-18oz) minced (ground) beef [4]
- 100g (3.5oz) smoked salmon [5]

### DAIRY

- 100g (3.5oz) shaved Parmesan [1]
- 100g (3.5oz) feta [3]
- 200g (7oz) whipping cream [5]
- 1/2C Greek yoghurt [6]

### PANTRY

- xtra virgin olive oil
- salt & pepper
- 1T soy sauce [1]
- 100g (3.5oz) roast macadamias or almonds or walnuts [1]
- 1 can coconut milk [2]
- 2T thai green curry paste [2]+
- 120g (4T) [pesto](#) [3]
- 2 handfuls black olives (100g / 3.5oz) [3]
- 2T soy or fish sauce [4]
- 1T sherry, rice or wine vinegar [4]
- [mayonnaise](#) [4]
- 100g (3.5oz) almond meal [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** [1] Bacon = sun dried tomato. [2] Chicken = tofu, mushrooms or chickpeas. [4] Beef = lentils. [5] Salmon = grilled peppers.

**Carb Lovers** [1] Pasta. [2] Noodles or spaghetti. [3] Roast Sweet Potato. [4] Rice. [5] [Roast Potatoes](#).

't' = teaspoon 'T' = tablespoon

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

+ [2] No Thai green curry paste >> [make your own](#) or replace with fresh green chilli peppers like jalapenos or 1-2 teaspoons curry powder.

\* [5] Tart serves 3. Leftovers are delicious!

# BLOODY DELICIOUS KALE BOWLS

Enough for 2  
Takes 30 minutes

4 slices bacon (120g / 4oz)  
1 large bunch kale (500g / 1lb)  
4 eggs  
1 tablespoon soy sauce  
100g (3.5oz) shaved Parmesan  
100g (3.5oz) roast macadamias  
or almonds or walnuts

**1.** Heat a splash of oil in a large saucepan on a medium high heat. Slice bacon into bite sized strips and cook, stirring occasionally until bacon is browned. Remove from the pot and place on some scrunched paper towel.

**2.** Wash and chop kale into 1cm (1/2in) ribbons. Don't worry about drying it. Place kale in the pot with a splash of water. Pop the lid on and cook for 5-10 minutes. Stir and check a few times. If it starts to burn on the bottom reduce the heat and add a splash more water.

**3.** When the kale is no longer crunchy, reduce heat to low. Add eggs and soy sauce and cook, stirring continuously until the egg is just set so it looks like little cheesy curds.

**4.** Taste and season with more soy if needed but remember you'll be getting lots of salty flavours with the bacon and Parmesan.

**5.** Divide kale and eggs between two bowls. Top with bacon, Parmesan and nuts. Serve warm and remember to tell everyone it's 'bloody delicious' in your best Aussie accent

# THAI CHICKEN SOUP WITH LIME

Enough for 2  
Takes 15 minutes

1 can coconut milk (400mL / 14oz)  
2 tablespoon thai green curry paste  
3-4 chicken thigh fillets  
6 kaffir lime leaves or zest of 1 lime  
1 bunch coriander (cilantro) leaves

**1.** Soup: Place a large saucepan over a high heat.

**2.** Scoop a tablespoon of the coconut cream from the top of the can and add it to the saucepan with the curry paste.

**3.** Cook curry paste for about 15 seconds and then add 2 cups water and the remaining coconut milk.

**4.** While the water is coming to the boil, chop chicken into bite sized pieces and add to the pot along with the lime leaves or zest.

**5.** Simmer gently for 3-4 minutes or until the chicken is just cooked through.

**6.** Serve with coriander leaves.

# PESTO, OLIVE & FETA FRITTATA

Enough for 2  
Takes 30 minutes

6 eggs  
120g pesto (4 heaped tablespoons) + extra  
100g (3.5oz) feta, crumbled  
2 handfuls black olives, pitted (100g / 3.5oz)  
salad, to serve

**1.** Turn your oven on to 200C (400F). Grease and line a rectangular oven proof dish (mine was 20x25cm / 8x10in dimensions) or a round 20cm (8in) springform pan or a 20cm (8in) oven proof frying pan. If using a non stick pan no need to line it with paper.

**2.** Mix eggs and pesto a big pinch of salt in a bowl. Pour egg mixture into your prepared pan. Scatter over olives and feta.

**3.** Bake frittata for 15-20 minutes or until the egg is set and the frittata feels firm and springy. Serve hot or at room temp with salad and extra pesto if desired.

# MAGNIFICENT MINCE & CABBAGE

Enough for 2  
Takes 30 minutes

1 onion, chopped  
300-500g (10-18oz) minced (ground) beef  
2 tablespoons soy or fish sauce  
1 tablespoon sherry, rice or wine vinegar  
1/4 large cabbage (about 800g / 28oz), finely sliced  
mayonnaise, to serve

1. Heat a large saucepan on a medium heat. Add a few tablespoons olive oil and chopped onion. Cook onion with the lid on, stirring every few minutes until the onion is soft but not browned. Will take about 10 minutes.
2. Increase the heat to medium high and add meat. Cook, stirring until the meat is well browned. Remove from the heat and toss in the soy or fish sauce and vinegar. Taste and adjust seasoning if needed. Remove cooked meat and keep warm in a clean bowl.
3. Return the pot to a medium high heat. Add cabbage and about 1/4 cup water. Cook with the lid on, stirring every now and then for about 5 minutes or until cabbage is soft.
4. Return the cooked meat to the pan and allow to warm.
5. Divide between 2 bowls and top each with a nice big drizzle of mayo.

# SUPER EASY SMOKED SALMON + SPINACH TART

Enough for 3  
Takes 30 minutes

100g (3.5oz) almond meal  
250g (8oz) frozen spinach, defrosted + squeezed dry  
4 eggs  
200g (7oz) whipping cream  
100g (3.5oz) smoked salmon  
green salad, to serve

1. Turn your oven to 200C (400F). Line the base (and sides if you like – I do) of a 24cm (9in) spring form pan with baking paper. Scatter the almond meal over the base. Then scatter over the well drained spinach.
2. In a medium bowl stir together the eggs and cream. Season with salt and pour the egg mixture over the spinach.
3. Bake for 25 minutes or until the filling is set and starting to puff up.
4. Serve with salmon on top. And green salad on the side.

# 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](http://www.stonesoupvirtualcookeryschool.com)**

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