

MEAL PLAN #469

29th June 2020

- [1] Egg & Bacon Tacos 15m*
- [2] Summer Chicken Stir Fry 15m*
- [3] Cumulus Spiced Eggs 15m*
- [4] Chinese Beef 20m*
- [5] Quick Tuna Curry Bowls 30m*
- [6] SWEET TREAT: Mixed Berry Sorbet 10m*

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

VARIATIONS

Vegetarian: [1] Bacon = sun dried tomatoes or grilled peppers. [2] Chicken = chickpeas or tofu. [4] Beef = lentils or mushrooms. [5] Tuna = chickpeas or beans.

More Substantial (Low Carb): [1] Avocado or Sour Cream. [2] More nuts. [3] [Almond bread](#) or extra eggs. [4] Cashews or peanuts. [5] Extra tuna.

More Substantial (Carb Lovers): [1] More tortillas. [2] [Fried rice](#). [3] Toast or pita bread. [4] [Steamed rice](#). [5] Noodles or spaghetti.

Carnivore: [3] Sausage or chorizo. [5] Chicken or beef.

Paleo (Grain, Legume & Dairy-Free): [1] [Taco Tuesday Bowls](#). [3] Cheese = almonds or pine nuts.

Keto / Ultra Low Carb: [1] [Taco Tuesday Bowls](#).

SHOPPING LIST

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VEGGIES

2 bunches coriander (cilantro) [1,4]
bunch basil [2]
6 medium zucchini [2,5]
1 bag baby spinach leaves [3]
1/2 small cauliflower or steamed rice [4]
2-6 fresh chilli peppers like serrano [4]
1 bunch coriander (cilantro), mint or basil [5]
150g (5oz) frozen mixed berries [6]

PROTEIN

8 eggs [1,3]
4-8 slices bacon [1]
400g (14oz) minced (ground) chicken [2]*
450g (1lb) ground (minced) beef [4]
1 large can tuna (400g / 14oz) [5]@

DAIRY

100g (3.5oz) grated cheese [1]
100g (3.5oz) soft goats cheese [3]

PANTRY

extra virgin olive oil
salt & pepper
4 tortillas / [zucchini tortillas](#) [1]+
hot sauce or [chilli oil](#) [1]
6T soy sauce [2,4]
handful almonds or cashews [2]
1.5 cups tomato pasta sauce or passata [3]
2t ground coriander [3]
2t ground cumin [4]
1T Chinkiang or balsamic vinegar [4]
3-6t curry powder [5]
1 can coconut milk [5]
50g (2oz) roast cashews [5]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [1] Bacon = sun dried tomatos or grilled peppers. [2] Chicken = chickpeas or tofu. [4] Beef = lentils or mushrooms. [5] Tuna = chickpeas or beans.

Carb Lovers [1] More tortillas. [2] [Fried rice](#). [3] Toast or pita bread. [4] [Steamed rice](#). [5] Noodles or spaghetti.

't' = teaspoon 'T' = tablespoon

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

+ [1] If making [zucchini tortillas](#) you'll need 2 medium zucchini (300g / 10oz), 50g (2oz) grated parmesan, 50g (2oz) almond meal and 1 egg.

* [2] OR use sliced chicken breast or thigh fillets.

@ [5] Or use fresh tuna, other fish or chicken breast or thigh fillets.

EGG & BACON TACOS

Enough for 2
Takes 15 minutes

4 tortillas / *zucchini tortillas*

100g (3.5oz) grated cheese

4 eggs

4-8 slices bacon

small bunch coriander (*cilantro*), to serve
hot sauce or *chilli oil*, to serve

1. Turn oven on to 200C / 400F. Place tortillas on a large baking tray. Spread cheese in circles around the outer rim of each tortilla to make a nest for the egg to sit in. Crack and egg into each 'nest'.

2. Bake for 10 minutes or until the eggs are cooked to your liking and the cheese is lovely and melted. While the tortillas are cooking, fry the bacon in a small frying pan until browned and starting to crisp.

3. When the tortillas are cooked, divide between two plates. Top with cooked bacon and coriander leaves and serve hot sauce / chilli oil on the table for everyone to add their own.

SUMMER CHICKEN STIR FRY

Enough for 2
Takes 15 minutes

400g (14oz) minced (ground) chicken

2 medium zucchini, sliced into rounds

2-3 tablespoons soy sauce

small bunch basil leaves

handful almonds or cashews

1. Heat a wok on a fierce heat.

2. Add a little oil and stir fry the chicken until no longer pink. Place in a clean bowl.

3. Add a little more oil and stir fry the zucchini for a few minutes or until just starting to soften.

4. Return the chicken to the pan and season with soy. Stir fry until chicken is hot.

5. Remove from heat and sprinkle over basil & nuts and serve.

CUMULUS SPICED EGGS

Enough for 2
Takes 15 minutes

1.5 cups tomato pasta sauce or *passata*

1-2 teaspoons ground coriander

1 bag baby spinach leaves

4 eggs

100g (3.5oz) soft goats cheese

1. Heat a little oil in a large frying pan. Add sauce and spice and bring to a simmer.

2. Add baby spinach and stir for about a minute, until the sauce has come back up to a simmer.

3. Make 4 indents in the sauce. Crack an egg into each indent.

4. Cover with a lid and gently simmer for 3-4 minutes or until the egg whites are set and the yolks still runny.

5. Season. Crumble over the goats cheese and serve.

CHINESE BEEF

Enough for 2
Takes 20 minutes

2 teaspoons ground cumin
450g (1lb) ground (minced) beef
2-6 fresh chillies, chopped
3 tablespoons soy sauce
1 tablespoon Chinkiang or balsamic vinegar
1 bunch coriander (cilantro), leaves picked, to serve
steamed rice or *cauliflower 'rice'*, to serve

1. Heat a little oil in a large frying pan or wok. Add cumin and beef. Increase the heat to medium high and cook, stirring often until the beef is really well browned.
3. Add the chillies and stir fry for another minute.
4. Remove from the heat and add the soy and vinegar. Taste and season with extra soy and/or vinegar as needed. Serve with coriander (cilantro) leaves on top.

QUICK TUNA CURRY BOWLS

Enough for 2
Takes 30 minutes

3-6 teaspoons curry powder
1 can coconut milk (400mL / 14oz)
1 large can tuna (400g / 14oz)
4 medium zucchini (800g / 28oz), sliced
1 bunch coriander (cilantro), mint or basil
50g (2oz) roasted cashews

1. Place medium saucepan on a medium high heat. Add a glug of oil and fry curry powder for about 30 seconds.
2. Quickly add the coconut milk, tuna (with the juices) and sliced zucchini.
3. Cover and simmer until the zucchini is tender and no longer crunchy – about 10 minutes.
4. Taste and season with salt or more curry powder as needed.
5. Divide between two bowls. Top with herbs and cashews.

MIXED BERRY SORBET

Enough for 2
Takes 10 minutes

150g (5oz) frozen mixed berries
3 tablespoons sugar (totally optional)

1. Place berries and sugar (if using) in a food processor with 1 tablespoon water.
2. Whizz until the sugar is dissolved and you have a nice shiny sorbet. It might take a little while for the berries to defrost enough to liquefy.
3. Serve immediately or keep in the freezer until you're ready – but no more than a few hours or it will start to go icy.

To access the meal plans & recipes online go to:

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