

MEAL PLAN #470

29th June 2020

- [1] Cacio e Pepe Broccoli 15m*
- [2] Egg & Bacon Tacos 15m*
- [3] Easy Spinach & Feta Frittata 15m*
- [4] Quick Tuna Ragu 20m*
- [5] Fast Friday Cheeseburger Bowls 30m*
- [6] SWEET TREAT: Mixed Berry Sorbet 10m*

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

VARIATIONS

Vegetarian: [2] Bacon = sun dried tomato or grilled peppers. [4] Tuna = lentils or tempeh. [5] Beef = chickpeas or mushrooms.

More Substantial (Low Carb): [1] More cheese. Roast almonds or walnuts. [2] [Zucchini Tortillas](#). Avocado. [3] [Pesto](#). [4] Mayo. [5] Avocado. Roast Almonds.

More Substantial (Carb Lovers): [1] Spaghetti. [2] More tortillas. [3] Toast. [4] Short Pasta. [5] Burger buns or [fries](#).

Carnivore: [1] Sausage. [3] Proscuitto or chicken. [4] Tuna = ground beef (mince).

Paleo (Grain, Legume & Dairy-Free): [1] Cheese = [macadamia cream](#) or [almond hummus](#). [2] [Zucchini Tortillas](#). Smashed Avocado instead of the cheese. [3] Feta = olives or artichokes. [4] Butter = extra virgin olive oil. [5] Cheese = chopped bacon.

Keto / Ultra Low Carb: [2] [Zucchini Tortillas](#).

SHOPPING LIST

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VEGGIES

2 heads broccoli (300g / 10oz each) [1]
1 bunch coriander (cilantro) [2]
250g (9oz) frozen spinach [3]
1/2 head white cabbage [4]
2 zucchini (500g / 1lb) [5]
250g (1/2lb) cherry tomatoes [5]
1 bag salad leaves or parsley [5]
150g (5oz) frozen mixed berries [6]

PROTEIN

10 eggs [2,3]
4-8 slices bacon [2]
1 can tuna in oil (400g / 14oz) [4]
450g (1lb) minced (ground) beef [5]

DAIRY

250g (8oz) parmesan cheese [1]
100g (3.5oz) grated cheese [2]
200g (8oz) feta [3]
4T butter [4]
shaved parmesan [4]
100g (3.5oz) sliced cheddar [5]

PANTRY

extra virgin olive oil
salt & pepper
4 tortillas / [zucchini tortillas](#) [2]
hot sauce or [chilli oil](#) [2,3]
2T capers [4]
1/2 jar tomato passata / puree (1.5C) [4]
mayonnaise [5]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Bacon = sun dried tomato or grilled peppers. [4] Tuna = lentils or tempeh. [5] Beef = chickpeas or mushrooms.

Carb Lovers [1] Spaghetti. [2] More tortillas. [3] Toast. [4] Short Pasta. [5] Burger buns or [fries](#).

't' = teaspoon 'T' = tablespoon

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

CACIO E PEPE BROCCOLI

Enough for 1
Takes 15 minutes

125g (4oz) parmesan cheese, finely grated
1 head broccoli (300g / 10oz)
freshly ground black pepper

1. Bring about 1cm (1/2 in) salted water to the boil in a medium saucepan. Meanwhile, chop your broccoli into bite sized little trees and slice the stems. When the water is boiling add the broccoli to the pot and cover. Simmer for 4 minutes or until the broccoli is no longer crunchy, drain into a bowl to keep the cooking water.
2. Place drained broccoli in a warm serving bowl. Top with cheese. Add 2 tablespoons of the reserved cooking water and stir until the cheese melts to coat the broccoli. If it isn't melting add another tablespoon of cooking water. But don't be tempted to add too much or you will end up with a watery puddle.
3. Taste broccoli and season with lashing of black pepper. It probably won't need salt with all the cheese.

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.

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).

QUICK TUNA RAGU

Enough for 2
Takes 20 minutes

1/2 head white cabbage, sliced into 5mm (1/4in) ribbons Or cooked pasta
2 tablespoons capers (rinsed if packed in salt)
1 can tuna in oil (400g / 14oz), not drained
1/2 jar tomato passata / puree (1.5 cups)
2-4 tablespoons butter
shaved parmesan, to serve

1. If using the cabbage bring 1cm (1/2in) salted water to the boil in a large saucepan. Add cabbage and cook, covered for 4 minutes or until cabbage is no longer crunchy (think al dente like cooked pasta). Drain well and divide between two bowls.

2. Return the pan to the heat and reduce the burner to medium-high. Add a very generous glug of extra virgin olive oil and add capers. Fry for a minute or two until capers are crisping up. Remove capers from the pan and drain on paper towel.

3. Add tuna and the liquid from the can, passata and butter to the pot. Simmer for 5-10 minutes or until the sauce is reduced a little. Taste and season if needed but it probably will be fine with the salt from the tuna can. If it tastes too acidic or 'not quite right' melt some more butter in (more butter fixes everything!)

4. If using cabbage, spoon the sauce over the cabbage in the bowls. If using pasta, toss the cooked pasta in the pot to heat through in the sauce then divide between two bowls.

5. Scatter over cooked capers and shaved parmesan.

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.

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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