

# MEAL PLAN #471

## 6th July 2020

- [1] Best Ever Broccoli Salad 20m\*
- [2] Spanish Chicken with Chickpeas 15m\*
- [3] Sun-Dried Tomato Omelette 15m\*
- [4] Quick Cheese Burgers with Chipotle Mayo 30m\*
- [5] Fish 'Tacos' with Easy Coriander Hot Sauce 20m\*
- [6] SWEET TREAT: Quick Strawberry Muffins 30m\*

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

### VARIATIONS

**Vegetarian:** [1] Bacon = sun dried tomato or grilled peppers or roast almonds. [2] Chicken = halloumi or eggplant. [4] [Zucchini burgers](#). [5] Fish = chickpeas or black beans.

**More Substantial (Low Carb):** [1] Almonds or walnuts. [2] Avocado. [3] Bacon. [4] Almonds or macadamias. [5] Avocado. [Zucchini tortillas](#).

**More Substantial (Carb Lovers):** [1] Pasta. [2] Rice. [3] Toast or pita. [4] Burger buns or roast sweet potato. [5] Warm tortillas.

**Carnivore:** [3] Prosciutto. [5] Fish = chicken or pork.

**Paleo (Grain, Legume & Dairy-Free):** [1] Parmesan = almonds. [2] Chickpeas = zucchini or green beans. [3] Cheese = extra tomato. Or [dairy-free pesto](#). [4] Skip the cheese. [6] Yoghurt = coconut or almond milk.

**Keto / Ultra Low Carb:** [2] Chickpeas = zucchini. [6] Dark chocolate.

**Short on time:** [5] Commercial hot sauce. [6] Dark chocolate.

# SHOPPING LIST

## 6th July 2020

### VEGGIES

2 heads broccoli [1]  
1 bunch flat leaf parsley or salad leaves [1]  
1 punnet cherry tomatoes (250g / 1/2lb) [2]  
1 bunch parsley or bag of salad [2]  
1 bag salad [3]  
1/4 medium cabbage [4]  
2 bunches coriander (cilantro) [4,5]  
1-2 red chilli peppers eg serrano [5]  
1 lime [5]  
2 medium zucchini [5]  
6 cos lettuce leaves or [zucchini tortillas](#) [5]\*  
4 strawberries [6]

### PROTEIN #

4 slices bacon [1]  
450g (1lb) chicken thigh fillets [2]  
7 eggs [3&6]  
450g (1lb) minced (ground) beef [4]  
2 fish fillets [5]

### DAIRY

shaved parmesan [1]  
100g (3.5oz) grated parmesan cheese [3,4]  
4T butter [3]  
3T yoghurt [6]

### PANTRY

extra virgin olive oil  
salt & pepper  
3T red wine vinegar [1]  
1T miso paste or dijon mustard [1]  
2t smoked paprika [2]  
1 can chickpeas (400g / 14oz) [2]  
1 small handful almonds [2]  
2 handfuls sun dried tomatoes or bacon [3]  
100g (3.5oz) chipotle chillies in adobo sauce [4]+  
100g (3.5oz) [mayonnaise](#) [4]  
6T almond meal [6]  
2T oil [6]  
1T granular stevia or sugar [6]  
1/4t baking powder [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 or grilled peppers or roast almonds. [2] Chicken = halloumi or eggplant. [4] [Zucchini burgers](#). [5] Fish = chickpeas or black beans.

**Carb Lovers** [1] Pasta. [2] Rice. [3] Toast or pita. [4] Burger buns or roast sweet potato. [5] Warm tortillas.

't' = teaspoon 'T' = tablespoon

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

+ [4] no chipotle chillies in adobo sauce – replace with 2 teaspoons tomato paste, 1-2 teaspoons smoked paprika and dried chilli powder to taste (1/2 to 1 teaspoon).

\* [5] zucchini tortillas will need 2 medium zucchini (300g / 10oz), 50g (2oz) grated parmesan, 50g (2oz) almond meal, 1 egg.

# BEST EVER BROCCOLI SALAD

Enough for 2  
Takes 20 minutes

*2 heads broccoli*  
*3 tablespoons red wine vinegar*  
*1 tablespoon miso paste or dijon mustard*  
*6 tablespoons extra virgin olive oil*  
*4 slices bacon, chopped*  
*1 bunch flat leaf parsley or salad leaves*  
*shaved parmesan, to serve*

1. Bring 1cm (1/2in) salted water to the boil in a medium saucepan. Chop the broccoli into bite sized florettes and finely slice the stems. Simmer broccoli, covered in the pot for 4 minutes or until no longer crunchy. Drain.
2. Return the pot to the stove and cook bacon on a medium high heat until crispy.
3. While the bacon is cooking make the dressing. Combine vinegar, miso or mustard and olive oil in a small jar or the base of your salad bowl. Whisk / shake until smooth and creamy. Taste and season remembering you'll get salt from the bacon and broccoli.

4. Toss warm broccoli in the dressing and stand for a few minutes. When the bacon is cooked, toss into the salad along with the parsley (stems finely chopped and leaves coarsely chopped) or salad leaves. Taste and adjust seasoning as needed.

5. Serve with shaved parmesan on top.

# SPANISH CHICKEN WITH CHICKPEAS

Enough for 2  
Takes 15 minutes

*450g (1lb) chicken thigh fillets*  
*2 teaspoons smoked paprika*  
*1 can chickpeas (400g / 14oz), drained*  
*1 punnet cherry tomatoes (250g / 1/2lb)*  
*1 small handful almonds*  
*1 bunch parsley or bag of salad, to serve*

1. Place chicken between 2 sheets kitchen paper. Bash each thigh with the base of a saucepan until about 5mm (1/4in) thick.
2. Combine paprika with 2 tablespoons extra virgin olive oil and coat the chicken thoroughly. Season.
3. Heat a frying pan or skillet on medium high heat.

4. Sear chicken for 3 – 4 minutes. Add chickpeas, tomato and almonds.

5. Turn the chicken and sear for another 3–4 minutes or until cooked through. Divide chicken mixture between two plates and serve parsley / salad on the side.

# SUN-DRIED TOMATO OMELETTE

Enough for 1  
Takes 15 minutes

*2 tablespoons butter*  
*2-3 eggs*  
*1 handful sun dried tomatoes or cooked bacon*  
*handful grated parmesan cheese*  
*salad leaves, to serve*

1. Mix eggs with a pinch of salt in a medium bowl. Heat a medium non-stick frying pan on a medium heat. Add butter and when it starts to foam add the eggs.
2. Let the mixture cook gently for a minute or so. Scatter over tomatoes or bacon and cheese. Keep cooking until eggs are almost completely set but not quite.
3. Remove from the heat and tip the omelette out onto a plate, rolling it as you go. Or if rolling is too tricky just fold it in half so the tomato / cheese filling is in the middle. Serve with salad and extra parmesan.

## QUICK CHEESE BURGERS WITH CHIPOTLE MAYO

Enough for 2  
Takes 30 minutes

100g (3.5oz) chipotle chillies in adobo sauce  
100g (3.5oz) mayo + 2-3 tablespoons extra for slaw  
450g (1lb) minced (ground) beef  
50g (2oz) grated parmesan, plus extra  
1/4 medium cabbage  
small bunch coriander (cilantro)

1. First make the mayo by chopping chipotle chillies and mixing with the mayo. Taste and season with salt if needed.
2. Combine beef and parmesan and form into 4 burger patties. Heat a large frying pan on a medium high heat. Add a little oil. Reduce heat to medium and then cook the burger patties for 4-5 minutes on each side, or until well browned on the outside and no longer pink in the middle.
3. While the burgers are cooking, shave the cabbage using a mandoline or sharp knife. Finely chop coriander stems and coarsely chop the leaves. Toss shaved cabbage and chopped coriander in a bowl with the 2-3 tablespoons of extra mayo.
4. When the burgers are cooked, divide chipotle mayo between two plates smearing into an off centered circle. Top with cooked burger patties. Add slaw on the side and finish with an extra grating of parmesan.

## FISH 'TACOS' WITH EASY CORIANDER HOT SAUCE

Enough for 2  
Takes 20 minutes

1 bunch coriander (cilantro)  
1-2 red chilli peppers  
2 tablespoons lime juice  
2 fish fillets, each sliced into 3 long fingers  
2 medium zucchini, grated  
6 cos lettuce leaves or *zucchini tortillas*, to serve

1. For the sauce, chop coriander (cilantro) leaves and stems coarsely. Place in a tall jug or wide mouthed jar large enough to fit your stick blender. Add chilli, 4 tablespoons extra virgin olive oil and lime juice. Blitz using your stick blender until you have a pureed vibrant green sauce. If you don't have a stick blender, use a food processor, regular blender or chop everything by hand.
2. Heat a medium frying pan on a medium high heat. Season fish with a pinch of salt. Add a splash of oil to the pan and cook fish for 2-4 minutes on each side or until browned and cooked through.
3. Fill 6 lettuce leaves or zucchini tortillas with the grated zucchini. Top with 1 piece of fish for each leaf / tortilla. Serve with hot sauce drizzled over.

## QUICK STRAWBERRY MUFFINS

Enough for 2  
Takes 30 minutes

6 tablespoons almond meal (40g / 1.5oz)  
3 tablespoons yoghurt (60g / 2oz)  
2 tablespoons oil (30g / 1oz)  
1 egg  
1 tablespoon granular stevia\* (15g / 0.5oz)  
1/4 teaspoon baking powder  
1/2 teaspoon vanilla extract (optional)  
4 strawberries, dehulled and chopped

1. Preheat oven to 180C (350F). Line 2 holes of a 1/2 cup muffin tray with papers. Or grease two small mugs, ramekins or tea cups.
2. Combine almond meal, yoghurt, oil, egg, stevia, baking powder and vanilla (if using) in a small bowl.
3. Spoon the mixture into your 2 prepared holes. Top with strawberry chunks.
4. Bake for 20 – 25 minutes or until the muffins are golden brown and feel springy when touched.
5. Cool in the tin.

To access the meal plans & recipes online go to:

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

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