

# MEAL PLAN #473

## 13th July 2020

- [1] Sunny Parisian Carrot Bowls 15m\*
- [2] Quick Chicken & Parmesan Salad 15m\*
- [3] Indian Spiced Omelette 15m\*
- [4] Beef Tonnato 15m\*
- [5] Parisian Fish with Almond Sauce 15m\*
- [6] SWEET TREAT: Buttered Peaches 10m\*

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

### VARIATIONS

**Vegetarian:** [2] Chicken = mushrooms or chickpeas. [4] Beef + tuna = boiled eggs. [5] Fish = eggplant, mushrooms or tempeh.

**More Substantial (Low Carb):** [1] Extra protein. [2] Roast Almonds. [3] Avocado. [4] More beef or sauce. [5] Extra nuts.

**More Substantial (Carb Lovers):** [1] Short Pasta. [2] Steamed or roast potatoes. [3] Rice. [4] Warm pita. [5] Tortillas.

**Carnivore:** [1] Sausages. [3] Bacon. [5] Chicken or Lamb Chops.

**Paleo (Grain, Legume & Dairy-Free):** [2] Parmesan = roast nuts. [6] Butter = coconut oil. Coconut Yoghurt.

**Keto / Ultra Low Carb:** [1] Carrot = zucchini.

# SHOPPING LIST

## 13th July 2020

### VEGGIES

large bunch baby carrots (about 500g / 1lb) [1]  
carrot tops or 1 bunch flat leaf parsley [1]  
5 lemons [2,4,5]  
2 bags rocket (arugula) or salad leaves [2,4]  
2 small onions [3]  
2T grated fresh ginger [3]  
bunch coriander (cilantro) [3]  
1 clove garlic [5]  
salad leaves or green veg [5]  
2-3 ripe peaches [6]

### PROTEIN #

300g (10oz) cooked protein [1]+  
450g (1lb) chicken thigh fillets [2]  
6 eggs [3]  
350g (12oz) sliced roast beef from the deli [4]\*  
2 fish fillets [5]

### DAIRY

2 handfuls parmesan shavings [2]  
3T unsalted butter [6]  
double cream or whipped cream [6]

### PANTRY

extra virgin olive oil  
salt & pepper  
2T rice or wine vinegar [1]  
1T Dijon mustard [1]  
6T neutral flavoured oil [1]  
2 handfuls sunflower seeds [1]  
2t garam masala or curry powder [3]  
1t ground turmeric (optional) [3]  
1 can tuna in oil, (185g / 6oz) [4]  
8T mayonnaise [4]  
100g (4T) almond butter [5]^  
roast almonds or other nuts [5]  
1/2 vanilla bean (optional) [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] Beef + tuna = boiled eggs. [5] Fish = eggplant, mushrooms or tempeh.

**Carb Lovers** [1] Short Pasta. [2] Steamed or roast potatoes. [3] Rice. [4] Warm pita. [5] Tortillas.

't' = teaspoon 'T' = tablespoon

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

+ [1] boiled or poached eggs, [cooked chicken](#) (pictured), bacon, salami, chickpeas, crumbled feta, goats cheese, shaved parmesan, sardines, canned tuna, canned salmon.

\* [4] Or use 2 small steaks – [cook](#) and finely slice then use as per recipe.

^ [5] Or use tahini or other nut butter.

# SUNNY PARISIAN CARROT BOWLS

Enough for 2  
Takes 15 minutes

large bunch baby carrots (about 500g / 1lb)  
carrot tops or 1 bunch flat leaf parsley  
2 tablespoons rice or wine vinegar  
1 tablespoon dijon mustard  
6 tablespoons neutral flavoured oil  
300g (10oz) cooked protein (see below for ideas)  
2 handfuls toasted sunflower seeds

1. Grate carrots using a food processor or box grater. Pick carrot tops or parsley leaves and discard stems or finely chop the leaves and stems and use everything.
2. Combine vinegar, mustard, oil and a generous pinch of salt in a small jar. Shake until well combined. Toss carrot, carrot tops / parsley with the dressing. Taste and season as needed.
3. Divide carrot mixture between two bowls and sprinkle over protein and sunflower seeds.

# QUICK CHICKEN & PARMESAN SALAD

Enough for 2  
Takes 15 minutes

450g (1lb) chicken thigh fillets  
2 tablespoons lemon juice  
1 bag rocket (arugula) or salad leaves,  
washed & dried  
2 handfuls parmesan shavings

1. Heat your frying pan on a very high heat. Trim any fat from the chicken and slice into super fine strips. Drizzle with a little oil and season.
2. Cook chicken in the hot pan for about 1 minute. Then stir and keep cooking till browned on all sides.
3. Meanwhile, combine lemon juice and 4 tablespoons extra virgin olive oil in a bowl. Season.
4. When the chicken is cooked transfer to the lemon dressing.
5. Toss in rocket leaves. Serve with parmesan shaved over.

# INDIAN SPICED OMELETTE

Enough for 1  
Takes 15 minutes

1 small onion, thinly sliced  
1 tablespoon grated fresh ginger  
3 eggs  
1 teaspoon garam masala or curry powder  
1/2 teaspoon ground turmeric (optional)  
small bunch coriander (cilantro), leaves and stems chopped

1. Preheat a small frying pan or omelette pan on a medium heat. Add some oil and cook onion, stirring every now and then until onion is soft. About 7 minutes. Add ginger and cook for a minute. Remove from the heat.
2. Lightly whisk eggs in a bowl. Add cooked onion and ginger, spices, a pinch of salt and most of the coriander – saving some leaves for serving to make it pretty!
3. Add another few glugs of oil to the pan. Add the egg mixture and gently cook for a few minutes. If the omelette is sizzling too rapidly, turn the heat down. Slowly is the best approach here.
4. When the egg is mostly cooked and set but there is still a little runny egg on the very top, slide the omelette onto your plate, folding in half as you go. The last bit of egg will cook from the residual heat.
5. Serve with reserved coriander leaves scattered over.

# BEEF TONNATO

Enough for 2  
Takes 15 minutes

*1 can tuna in oil, (185g / 6oz), drained  
8 tablespoons whole egg mayonnaise  
6 tablespoons lemon juice  
350g (12oz) sliced roast beef from the deli  
1 bag salad leaves*

1. Place tuna in a bowl and mash with a fork to remove any chunks.
2. Stir in the mayo and lemon juice. Taste and season.
3. Tear beef into bight sized pieces and toss in the dressing.
4. Arrange beef on a platter or wooden chopping board and scatter leaves on the side.

# PARISIAN FISH WITH ALMOND SAUCE

Enough for 2  
Takes 15 minutes

*100g (4 heaped tablespoons) almond butter  
4 tablespoons water  
1 clove garlic, minced  
2 tablespoon lemon juice + halves to serve  
2 fish fillets  
salad leaves or green veg to serve  
roast almonds or other nuts*

1. For the sauce mix almond butter, water, garlic and lemon juice in a small bowl until it is smooth and creamy. Season with a pinch of salt. Taste and add more salt or lemon if needed.
2. Heat a medium frying pan on a medium high heat. If the fish has skin, score the skin 3-4 times to help prevent it curling up. When the pan is hot add a little glug of oil and cook fish skin side down for 3-4 minutes. Turn and cook for another 2-4 minutes or until the fish is cooked to your liking (thicker fillets may take longer unless you like them quite rare in the middle).
3. Smear sauce over the base of two plates in off centered circles. Top with hot fish (skin side up). Place salad or veg on the side and scatter over almonds and finish with lemon halves.

[print friendly recipes.](#)

# BUTTERED PEACHES

Enough for 2  
Takes 10 minutes

*2-3 ripe peaches or other stone fruit, sliced into wedges  
2-3 tablespoons unsalted butter  
1/2 vanilla bean (optional)  
double cream or whipped cream, to serve*

1. Heat a small frying pan on a medium heat. Add butter and when it melts, add peach wedges.
2. If using vanilla, scrape the seeds and add to the pan. Save the stalk for another use.
3. Cook peaches, stirring every few minutes until the peaches are warm and just a little bit browned in places. About 5 minutes.
4. Serve warm peaches and the pan juices topped with cream.

To access the meal plans & recipes online go to:

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

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