



#474
Simple Meal Plans
13th July 2020
15-minutes

MEAL PLAN #474

13th July 2020

- [1] Spinach & Feta Burgers 15m*
- [2] Taco Tuesday Bowls 15m*
- [3] Indian Spiced Omelette 15m*
- [4] Beef & Broccoli Stir Fry 15m*
- [5] Fish with Lime & Miso Butter 15m*
- [6] SWEET TREAT: A Chocolate Tasting 5m*

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

VARIATIONS

Vegetarian: [2] Meat = lentils or chickpeas. [4] Beef = tofu or lentils. [5] Fish = grilled veg (like eggplant, zucchini and capsicum) or fried eggs.

More Substantial (Low Carb): [1] [Almond Burger Buns](#) or Walnuts. [2] Avo AND Sour Cream. [3] Macadamias. [4] Cashews. [5] Avocado.

More Substantial (Carb Lovers): [1] Burger buns. [2] Warm Tortillas. [3] Pita. [4] Rice. [5] Pasta.

Carnivore: [1] Sausage. [3] Bacon. [5] Chicken or pork chops.

Paleo (Grain, Legume & Dairy-Free): [1] Feta = walnuts. Yoghurt = extra mayo. [2] [Cashew sour cream](#). [5] Butter = olive oil.

SHOPPING LIST

13th July 2020

VEGGIES

1 packet frozen spinach or kale (250g / 8oz) [1]
3 limes [2,5]
1 bunch collard greens, kale
or 1 bag baby spinach [2]
1 avocado or sour cream [2]
2 small onions [3]
2T grated fresh ginger [3]
2 cloves garlic [4]
2 bunches coriander (cilantro) [3,4]
2 heads broccoli [4]
1 bag baby spinach or salad leaves [5]

PROTEIN

8 eggs [1,3]
450g (1lb) minced (ground) pork, chicken or beef [2]
450g (1lb) ground (minced) beef [4]
2 tuna steaks or other fish [5]

DAIRY

100g (3.5oz) feta [1]
3T Greek yoghurt [1]
80g (3oz) unsalted butter [5]

PANTRY

extra virgin olive oil
salt & pepper
100g (3.5oz) almond meal [1]
3T mayonnaise [1]
2 handfuls roast cashews, almonds,
macadamias or peanuts [2]
hot sauce eg. Tabasco [2]
2t garam masala or curry powder [3]
1t ground turmeric (optional) [3]
4T oyster or soy sauce [4]
2T miso paste [5]
dark chocolate [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Meat = lentils or chickpeas. [4] Beef = tofu or lentils. [5] Fish = grilled veg (like eggplant, zucchini and capsicum) or fried eggs.

Carb Lovers [1] Burger buns. [2] Warm Tortillas. [3] Pita. [4] Rice. [5] Pasta.

't' = teaspoon 'T' = tablespoon

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



spinach + feta
burgers

SPINACH & FETA BURGERS

Enough for 2
Takes 15 minutes

1 packet frozen spinach or
kale (250g / 8oz), defrosted

100g (3.5oz) feta

100g (3.5oz) almond meal

2 eggs

3 tablespoons mayonnaise

3 tablespoons Greek yoghurt

1. Turn your oven to 250C (480F). Squeeze defrosted greens to remove as much moisture as possible to give you about 125g (4.5oz) greens. Place squeezed greens in a medium bowl. Finely dice or crumble feta and add to the greens. Add almond meal, eggs and a pinch of salt. Stir to combine.

2. With clean hands form 1/2 the mixture into a large patty about 2.5cm (1in) tall. Place on a baking tray lined with paper. Repeat with the remaining mixture to make your second burger patty. Drizzle with a little oil.

3. Bake patties for 10-12 minutes or until golden brown and sizzling. And until the burgers feel cooked and springy when you touch them. If you're not sure give them more time.

4. While the burgers are cooking, combine mayo and yoghurt in a small bowl with a pinch of salt.

5. When the burgers are cooked divide the sauce between 2 plates. Top each with a hot burger and enjoy!

I love a good veggie burger. Especially when they contain actual vegetables like these.

This is one of those super versatile recipes that is excellent to have up your sleeve. Using frozen greens it's basically a pantry recipe.

But you can also cook the burgers ahead and have them stashed in your freezer ready to cook from frozen.

Like I said, super versatile.

Spinach and Feta work so well together. The feta provides loads of flavour but also that satisfying texture so you feel like you're getting a proper feed.

I couldn't resist and added some parsley to make the burgers look prettier for the photo. But they really don't need the extra greens.

And if you haven't tried mayo and yoghurt together as a sauce, you're totally in for a treat!

It also doubles as a delicious tangy creamy salad dressing so you could always make more to dress some washed salad leaves if you wanted extra greens.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – use plain [mayonnaise](#) or [almond hummus](#) as the sauce.

dairy-free – replace feta with roast nuts (walnuts would be my pick) and some lemon zest or chopped preserved lemon. Yoghurt = extra mayo.

egg-free – replace eggs with 4 tablespoons water and 2 tablespoons ground linseeds (flax). I haven't tried this so if it looks dry and crumbly add some extra virgin olive oil to moisten.

nut-free – use ground sunflower seeds or soft bread crumbs.

VIDEO

SPINACH & FETA BURGERS

MORE VARIATIONS & SUBSTITUTIONS

different cheese – pretty much any cheese apart from blue will work here. Goats cheese or a good sharp cheddar would be excellent. Or you could use finely grated parmesan – it won't have the chunks but will still be delicious.

more substantial (carb lovers) – burger buns or [potato chips \(fries\)](#).

more substantial (low carb) – double the feta. Add chopped walnuts or other nuts. Serve with avocado, extra mayo or on [Almond Burger Buns!](#)

Low FODMAP – use spinach and replace half the almond meal with sourdough breadcrumbs.

different vegetables – you need about 125g (4.5oz) chopped cooked or grated veg. [Home frozen greens](#), [beautiful broccoli](#), roast veg especially [roast cauliflower](#), grated raw zucchini, [cooked chickpeas](#) or [cooked lentils](#).

carnivore – serve with some bacon or sausage!

more fancy / for entertaining – serve with roast walnuts on top. And a green salad dressed with extra mayo + yoghurt sauce. Or go for extra impressiveness with this [Lime & Tahini Kale Salad](#). Some roast veg like this [easy ratatouille](#) would also be delicious.

--#474 RECIPE 1--

PREPARE AHEAD?

Yes! Just cook burger patties as per the recipe but keep the mayo and yoghurt separately. Burger patties will keep in the fridge for up to 2 weeks or can be frozen. Don't freeze the sauce. It will keep in the fridge for 2 weeks. To serve, cook in the oven 200C (400F) for 10 minutes from chilled or 15-20 minutes from frozen – you want the burgers to be well browned and warmed through.

WASTE AVOIDANCE STRATEGY

frozen spinach or kale – keep it in the freezer.

feta – keeps for months unopened in its packet. Or can be frozen.

almond meal – keep it in the pantry.

eggs – will keep in the fridge for weeks or use for another meal.

mayonnaise – unopened in pantry or once opened will keep for months in the fridge.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.



taco *Tuesday*
bowls

TACO TUESDAY BOWLS

Enough for 2
Takes 15 minutes

*450g (1lb) minced (ground)
pork, chicken or beef*

*1 teaspoon to 2 tablespoons
hot sauce + extra to serve*

2 limes

*1 bunch collard greens, kale
or 1 bag baby spinach*

1 avocado or sour cream

*2 handfuls roast cashews,
almonds, macadamias or
peanuts (optional)*

1. Heat a large frying pan on a high heat. Add a splash of oil and the meat and cook, stirring often until the meat is well browned – about 5 minutes.

2. Remove meat from heat and gradually season with your hot sauce, 1-2 tablespoons lime juice and some salt. Tasting as you go and adding more of anything as needed.

3. Finely slice greens or kale. No need to slice baby spinach. Divide veg between two bowls. Top with the hot meat, avocado / sour cream, lime halves and nuts (if using).

Before I started following my own meal plans we were having 'Taco Tuesday'. Every week.

The boys loved it. And I loved having an excuse to explore the wonderful world of Mexican flavours.

I first made these taco bowls with some leftover pulled pork that was amazing. However I'm just as happy with this simple weeknight option. Although it does all depend on the quality of your hot sauce.

My favourite is a smoky chipotle that has a bit of sweetness but you could go for tabasco or even sriracha. Just add a little at a time. It's easy to add more heat but difficult to subtract!

VARIATIONS & SUBSTITUTIONS

pantry-friendly – frozen veg. [Cashew sour cream](#).

different greens – baby spinach or any cooked greens will work. Shredded cabbage or grated zucchini are also lovely.

different protein – feel free to substitute any cooked protein for the meat. Pulled pork or my [quick pulled chicken](#) work really well and of course there are always the vegetarian options below!

more veg – add grilled peppers, zucchini, eggplant or cooked mushrooms to the cooked meat. And if you have time and can tolerate it, soften an onion in the pan before browning the meat.

vegetarian – cooked beans, lentils or chickpeas.

TACO TUESDAY BOWLS

MORE VARIATIONS & SUBSTITUTIONS

dairy-free – use the avocado or [this cashew yoghurt](#) or [Cashew Sour Cream](#).

more substantial (carb lovers) – warm tortillas or corn chips.

more substantial (low carb) – extra nuts, extra meat, sour cream AND avocado.

Low FODMAP – use sour cream instead of the avo. And use peanuts or macadamias.

family-friendly – I just serve plain cooked meat for the boys and then season the meat with the hot sauce after I've served up. But you could use tomato ketchup or your favourite BBQ sauce instead.

no lime – lemon juice is the next best thing.

PREPARE AHEAD?

Yes! Just cook the meat and season as per the recipe but keep everything else separately. Cooked meat will keep in the fridge for 1-2 weeks or can be frozen. The fresh ingredients won't keep that long and shouldn't be frozen! To serve, warm meat in a pan with a little oil and possible a splash more lime juice to freshen it up. Then serve as per the recipe.

WASTE AVOIDANCE STRATEGY

minced (ground) pork, chicken or beef – freeze it.

hot sauce / nuts – keep them in the pantry.

lime – will keep in a plastic bag in the fridge for months.

collard greens or kale – will keep for a few weeks in a plastic bag in the fridge. Or for longer if cooked as per the recipe. Can be frozen.

avocado – use for another meal. Doesn't freeze well.

sour cream – keeps for weeks in the fridge.



indian *spiced*
omelette

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.

--#474 RECIPE 3--

Now that I am lucky enough to have chickens who are laying in abundance, we're having eggs for dinner at least once a week. Which means I need to keep coming up with new ideas!

This Indian omelette was initially going to be a Moroccan inspired dish. And then I cleaned out my spice box and realized I had lots of Garam Masala which needed using up.

Sometimes the best inspiration comes from asking 'what do I need to use up?' rather than what do I feel like...

VARIATIONS & SUBSTITUTIONS

different spicing – for a Moroccan vibe skip the turmeric and replace the garam masala / curry powder with 1 teaspoon each ground cumin and ground coriander.

different herbs – mint, chives or basil are also great.

more substantial (carb lovers) – serve with warm roti, tortillas, naan bread, toast, pita bread or steamed or [fried rice](#).

more substantial (low carb) – serve with roast cashews, macadamias or peanuts. Or avocad, some cooked low carb veg – grilled peppers, eggplant and zucchini in Summer or [roast cauliflower](#) or [cooked greens](#) in Winter.

hot! – serve with [chilli oil](#) or [chilli salt](#).

INDIAN SPICED OMELETTE

MORE VARIATIONS & SUBSTITUTIONS

low FODMAP – skip the onion and add chopped chives or sliced green onion (scallion) with the coriander.

cheesey – add some crumbled feta, goats cheese or paneer with the eggs.

carnivore – serve with bacon, salami or prosciutto.

keto / ultra low carb – skip the onion.

PREPARE AHEAD?

No best when freshly made! Leftovers will keep in the fridge for 2 weeks. Don't freeze. Eat leftovers cold or at room temp because you don't want to get rubbery overcooked eggs.

WASTE AVOIDANCE STRATEGY

onion – will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

ginger – freeze it.

eggs – will keep in the fridge for weeks or use for another meal.

garam masala / curry powder / ground turmeric – keep them in the pantry.

coriander – best to use for another meal. Can be frozen but will wilt when defrosted.

beef & broccoli
stir fry



BEEF & BROCCOLI STIR FRY

Enough for 2-3
Takes 15 minutes

500g (1lb) ground
(minced) beef

2 cloves garlic,
finely sliced

2 heads broccoli

2-4 tablespoons oyster
or soy sauce

1 bunch coriander
(cilantro), chopped

1. Preheat a large wok or frying pan on a very high heat.
2. Add a few tablespoons peanut or other neutral flavoured oil and stir fry the beef.
3. While the beef is browning, finely slice the broccoli stems and chop the head into bite sized pieces. Add garlic to the beef and continue to cook until well browned.
4. Add broccoli and a few tablespoons water and cover the pan.
5. Continue to cook on a high heat with the lid on, stirring every 2 minutes until the broccoli is bright green and tender but still a tiny bit crunchy. If it starts to burn, add a little more water.
6. Stir in oyster or soy sauce. Taste and season with extra sauce if needed. Serve with chopped coriander on top.

This is one of my all time favourite week night dinners.

VARIATIONS & SUBSTITUTIONS

vegetarian / vegan – replace the ground beef with crumbled firm tofu or 2 drained cans of lentils. It won't brown up as much as the beef but will still be lovely. And make sure you use a 'vegetarian' oyster sauce – they are available.

no oyster sauce? – use soy sauce or try hoisin sauce or even sweet soy sauce (if you don't mind the sugar).

chilli beef – add in some fresh or dried chilli.

ginger – my irishman likes to add a few tablespoons of finely shredded fresh ginger in with the garlic.

coriander-free – some people aren't keen on coriander (cilantro). If you're not sure, serve it on the side so everyone can add their own. Otherwise replace the coriander with fresh mint or parsley leaves.

BEEF & BROCCOLI STIR FRY

MORE VARIATIONS & SUBSTITUTIONS

nutty – a handful of roasted cashews adds a different dimension and some crunch. Especially good in the lentil vegetarian option.

more substantial (carb lovers) – serve with steamed rice or pita.

more substantial (low carb) – add some cashews, peanuts or macadamias.

more veg – add snow peas, carrots or sliced capsicum (bell peppers).

keto / ultra low carb – use soy sauce.

PREPARE AHEAD?

You could cook in advance and reheat if you like. Just leave the coriander to add at the last minute.

WASTE AVOIDANCE STRATEGY

beef – freeze it.

garlic – keeps in the pantry in a brown paper bag

broccoli – will keep for 2 weeks or longer in the fridge. Can be frozen. Best to chop before freezing for quicker defrosting.

oyster sauce – opened bottles best kept in the fridge.

coriander (cilantro) – freeze it in a plastic bag.



fish with *miso & lime*
butter

FISH WITH LIME & MISO BUTTER

Enough for 2
Takes 15 minutes

80g (3oz) unsalted butter

2 tablespoons miso paste

*2 teaspoon lime juice
+ lime halves to serve*

2 tuna steaks or other fish

*1 bag baby spinach
or salad leaves*

1. Place butter in a small bowl with the miso and lime juice. Smash with a fork to mix thoroughly. Taste and season with more miso if needed (but you probably won't!).

2. Heat a frying pan or BBQ on a medium high heat. Rub fish with oil and sprinkle with a little salt, remembering the miso butter is pretty salty. Sear fish for 3-5 minutes on each side or until cooked to your liking.

3. Divide spinach / salad between two plates. Top with fish and smear the butter over your fish so that it melts to form an incredible sauce.

Ever since I realised that you don't need to make them in advance, I've been getting more and more into flavoured butters.

I mean it's butter with extra flavours. And it only takes a few minutes to make the most amazing sauce.

What's not to love about that?

The only trick here is you need to have your butter at room temperature before starting. However, you can always give it a zap in the microwave if you forget. Apart from the middle of Summer I keep some butter in the pantry so it's always ready to go.

I've used shiro or white miso here. It has the mildest flavour of the miso pastes. If using a darker miso, start with less and add to taste. And if you don't have any miso you should get some (see here for [other miso ideas](#)) or see the variations below for a miso-free option.

VARIATIONS & SUBSTITUTIONS

short on time – make the butter while the fish is cooking.

no miso paste – just make a lime butter using salt and butter and the zest of 1 lime.

vegetarian – serve the lime & miso butter on grilled veg (like eggplant, zucchini and capsicum). Or stir the butter through cooked lentils (yum!). Flavoured butters are great with fried eggs and wilted greens too. So many options!

dairy-free – make a lime and miso oil by replacing butter with 3-4 tablespoons extra virgin olive oil.

carnivore – replace fish with steaks, chicken breast or pork chops.

FISH WITH LIME & MISO BUTTER

MORE VARIATIONS & SUBSTITUTIONS

more substantial (carb lovers) – serve with steamed rice, cooked noodles or pasta.

more substantial (low carb) – serve with more low carb veg, extra butter (yes!), larger fish, [beautiful broccoli](#), avocado or roast seeds or nuts. (Sunflower seeds are lovely) or sesame seeds for keeping it more Japanese in vibe.

different protein – the miso butter is fab with chicken or pork chops as well.

no lime – lemon juice will work too.

PREPARE AHEAD?

You can make the butter ahead and keep in the fridge. Just remember to get it out a few hours before serving so it will be nice and soft. I prefer to cook the fish as needed! Leftovers will keep in the fridge for 1-2 weeks or can be frozen. Either serve cold from the fridge or warm in a pan with a little oil.

WASTE AVOIDANCE STRATEGY

butter – will keep in the fridge for weeks.

miso paste – unopened paste can be kept in the pantry, once open needs to be refrigerated.

lime – whole limes will keep in a plastic bag in the fridge for months.

tuna steaks or other fish – freeze them.

baby spinach or salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimy.



a *chocolate*
tasting

HOW TO HOST A CHOCOLATE TASTING

STEP 1. Choose three different chocolates.

It's up to you what type of chocolate you offer for tasting. I'd advise steering away from filled centers. For chocolate purists they just can't compete with the pleasure of real chocolate on its own.

You could choose three different brands of say 70% cocoa solids chocolate and have a bit of a comparison. You'll be surprised just how different they will be.

Another option is to go for a white, milk and dark from the same producer so you can get everyone to explore which is their favourite type. Or you could try three different dark chocolates with different levels of cocoa solids. Or a cheap cooking chocolate, a mid range and a more expensive... the possibilities are endless really.

STEP 2. Plonk them in the middle of the table.

For an added level of complexity, you could serve them unlabelled or 'blind' as we professional tasters like to say. But this can make it a little intimidating for some people. Maybe save this for a follow up session.

One of the secret weapons I've developed for making life easier when I'm entertaining is to host a chocolate tasting for dessert. I use to sample chocolate and biscuits (cookies) on a regular basis for a living. And had the inspiration that tastings could be fun to do with your friends. Not to mention easy to prepare. It's literally dessert in 10 seconds.

STEP 3. Explore, discuss and enjoy.

You can make it as in depth or as casual as you like. I like to keep it very conversational and fun. Just let everyone taste and talk about what they are experiencing – their likes and dislikes.

If your guests want to get a bit more serious about their chocolate appreciation, you could give them a few pointers as to what the professionals look for. I've pulled together a bit of a guide below.

A BEGINNER'S GUIDE TO CHOCOLATE APPRECIATION

Appearance

Good quality chocolate will be glossy and free from scratches or blemishes. The smoother it looks, the more likely it will be silky and lovey in your mouth. The colour should be appealing and appropriate for the type of chocolate.

If there is a white powdery dust on the surface of your chocolate it has what is called 'bloom'. Nothing harmful, just cocoa butter that had been squeezed onto the surface. But not the nicest of textures.

Sound

How well the chocolate snaps when you break it is an indication of quality. A good sharp loud snap means that the cocoa fats have been handled in just the right way to give you the best texture.

The first thing you must know is not to eat your chocolate straight out of the fridge.

I was talking to a chocolateir mate who was at a conference recently. Everyone was asked to eat two samples of chocolate. They all loved the first sample and thought the second was pretty average. You can imagine their surprise when they were told that they were the same chocolate – the first sample was at room temperature and the other cold from the refrigerator.

Unless it's the height of Summer or you live in the tropics, chocolate is best kept ready and waiting at room temp. Or allowed to warm up a little before you indulge, like a good cheese.

Things to look out for:

Mouthfeel

One of the most special things about chocolate is how it melts in the mouth. That seductive feeling of oozy chocolate is hard to beat. The other thing to watch out for is how smooth the chocolate is. A grainy, coarse mouthfeel is a dead giveaway for poor quality chocolate.

Aroma & Flavour

You could separate these out but they are linked so closely, I prefer to think of them as one aspect. First, is it sweet, salty, bitter or even sour? Then try and identify the types of aromas and flavours. Is it fruity, caramelised, or spicy

Remember, chocolate appreciation is meant to be fun. So if it starts to feel too hard, relax, forget everything I've just told you and focus on the pleasure.

INGREDIENT STORAGE BEST PRACTICES

VEGGIES

frozen kale or spinach – in the freezer in the packaging they were purchased in.

limes – in the fridge wrapped in a plastic bag. Can be kept at room temp if you prefer but will last longer in the fridge.

kale / collard greens – in the fridge wrapped in a plastic bag.

avocado - store at room temperature to avoid browning. Once cut, cover the surface with cling wrap and store in the fridge. Keeping the stone in the cut avocado helps.

onions - in a dark pantry.

ginger – in the fridge wrapped in a plastic bag. I also tend to keep it in the freezer in a ziplock bag.

green herbs – in the fridge wrapped in a plastic bag.

broccoli – in the fridge wrapped in a plastic bag.

baby spinach / salad leaves – store sealed bag in the fridge. If buying loose leaves, wash and spin dry in a salad spinner then wrap loosely in paper towel and place inside plastic bag. Push out most of the air and seal. Store in the fridge.

PROTEIN

eggs – I keep mine in the pantry because we eat a lot of eggs. Will last much longer in the fridge.

minced (ground) beef / chicken or pork – in the fridge in the packaging it was purchased in.

tuna steak or fish fillets – in the fridge. Get your fishmonger to pack them with a small bag of ice to keep as cold as possible.

DAIRY

feta – in the fridge. Will keep for months in an unopened package.

yoghurt – in the fridge in the packaging it was purchased in.

sour cream – in the fridge in the packaging it was purchased in.

butter – in the fridge in the packaging it was purchased in.

PANTRY

All pantry items best stored at room temperature in a dark place.

* Also see the WASTE AVOIDANCE STRATEGY with each recipe for tips on preserving ingredients for longer periods if required.

PREP AHEAD POSSIBILITIES

Here are suggestions for things you can possibly prepare ahead. They're just suggestions though so please don't feel like you need to devote your weekend to getting these steps done! It's totally up to you.

1 Spinach & Feta Burgers **BURGERS** 15m*

Just cook burger patties as per the recipe but keep the mayo and yoghurt separately. Burger patties will keep in the fridge for up to 2 weeks or can be frozen. Don't freeze the sauce. It will keep in the fridge for 2 weeks. To serve, cook in the oven 200C (400F) for 10 minutes from chilled or 15-20 minutes from frozen – you want the burgers to be well browned and warmed through.

2 Taco Tuesday Bowls **BOWLS** 15m*

Just cook the meat and season as per the recipe but keep everything else separately. Cooked meat will keep in the fridge for 1-2 weeks or can be frozen. The fresh ingredients won't keep that long and shouldn't be frozen! To serve, warm meat in a pan with a little oil and possible a splash more lime juice to freshen it up. Then serve as per the recipe.

4 Beef & Broccoli Stir Fry **STIR FRY** 15m*

Cook in advance and reheat if you like. Just leave the coriander to add at the last minute.

5 Fish with Lime & Miso Butter **BUTTER** 5m*

You can make the butter ahead and keep in the fridge. Just remember to get it out a few hours before serving so it will be nice and soft. I prefer to cook the fish as needed!

SPINACH & FETA BURGERS

Enough for 2
Takes 15 minutes

1 packet frozen spinach or kale (250g / 8oz), defrosted
100g (3.5oz) feta
100g (3.5oz) almond meal
2 eggs
3 tablespoons mayonnaise
3 tablespoons Greek yoghurt

1. Turn your oven to 250C (480F). Squeeze defrosted greens to remove as much moisture as possible to give you about 125g (4.5oz) greens. Place squeezed greens in a medium bowl. Finely dice or crumble feta and add to the greens. Add almond meal, eggs and a pinch of salt. Stir to combine.
2. With clean hands form 1/2 the mixture into a large patty about 2.5cm (1in) tall. Place on a baking tray lined with paper. Repeat with the remaining mixture to make your second burger patty. Drizzle with a little oil.
3. Bake patties for 10-12 minutes or until golden brown and sizzling. And until the burgers feel cooked and springy when you touch them. If you're not sure give them more time.

4. While the burgers are cooking, combine mayo and yoghurt in a small bowl with a pinch of salt.

5. When the burgers are cooked divide the sauce between 2 plates. Top each with a hot burger and enjoy!

BROCCOLI & BACON BOWLS

Enough for 2
Takes 15 minutes

450g (1lb) minced (ground) pork, chicken or beef
1 teaspoon to 2 tablespoons hot sauce + extra to serve
2 limes
1 bunch collard greens, kale or 1 bag baby spinach
1 avocado or sour cream
2 handfuls roast cashews, almonds, macadamias or peanuts (optional)

1. Heat a large frying pan on a high heat. Add a splash of oil and the meat and cook, stirring often until the meat is well browned – about 5 minutes.
2. Remove meat from heat and gradually season with your hot sauce, 1-2 tablespoons lime juice and some salt. Tasting as you go and adding more of anything as needed.
3. Finely slice greens or kale. No need to slice baby spinach. Divide veg between two bowls. Top with the hot meat, avocado / sour cream, lime halves and nuts (if using).

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 & BROCCOLI STIR FRY

Enough for 2-3
Takes 15 minutes

*500g (1lb) ground (minced) beef
2 cloves garlic, finely sliced
2 heads broccoli
2-4 tablespoons oyster or soy sauce
1 bunch coriander (cilantro), chopped*

1. Preheat a large wok or frying pan on a very high heat.
2. Add a few tablespoons peanut or other neutral flavoured oil and stir fry the beef.
3. While the beef is browning, finely slice the broccoli stems and chop the head into bite sized pieces. Add garlic to the beef and continue to cook until well browned.
4. Add broccoli and a few tablespoons water and cover the pan.
5. Continue to cook on a high heat with the lid on, stirring every 2 minutes until the broccoli is bright green and tender but still a tiny bit crunchy. If it starts to burn, add a little more water.
6. Stir in oyster or soy sauce. Taste and season with extra sauce if needed. Serve with chopped coriander on top.

FISH WITH LIME & MISO BUTTER

Enough for 2
Takes 15 minutes

*80g (3oz) unsalted butter
2 tablespoons miso paste
2 teaspoon lime juice + lime halves to serve
2 tuna steaks or other fish
1 bag baby spinach or salad leaves*

1. Place butter in a small bowl with the miso and lime juice. Smash with a fork to mix thoroughly. Taste and season with more miso if needed (but you probably won't!).
2. Heat a frying pan or BBQ on a medium high heat. Rub fish with oil and sprinkle with a little salt, remembering the miso butter is pretty salty. Sear fish for 3-5 minutes on each side or until cooked to your liking.
3. Divide spinach / salad between two plates. Top with fish and smear the butter over your fish so that it melts to form an incredible sauce.

A CHOCOLATE TASTING

Takes 5 minutes

dark chocolate

- STEP 1.** Choose three different chocolates.
- STEP 2.** Plonk them in the middle of the table.
- STEP 3.** Explore, discuss and enjoy.

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