

# 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

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### 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

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.

To access the meal plans & recipes online go to:

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

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