



#475
Simple Meal Plans
20th July 2020
30-minutes

MEAL PLAN #475

20th July 2020

- [1] Zucchini Pizza 30m* + Green Salad 5m*
- [2] Salmon, Pea & Feta Bowls 15m*
- [3] Lebanese Omelette with Almond 'Hummus' 15m*
- [4] Quick Steak & Rocket Salad 15m*
- [5] Fish with Olive Lemon Salsa 20m*
- [6] SWEET TREAT: A New Fruit + Cream 5m*

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

VARIATIONS

Vegetarian: [2] Salmon = poached eggs, smoked tofu or roast almonds. [4] Steak = halloumi or chickpeas. [5] Fish = roast eggplant or mushrooms.

More Substantial (Low Carb): [1] Extra toppings. [2] Mayo. [3] Avocado. [4] More steak or cheese. [5] Walnuts.

More Substantial (Carb Lovers): [1] Garlic bread. [2] Pasta. [3] Pita. [4] Steamed or [roast potatoes](#). [5] [Easy home fries](#) or [rice](#).

Carnivore: [1] Prosciutto. [2] Bacon. [3] Sausage. [5] Pork Chops or Chicken.

Paleo (Grain, Legume & Dairy-Free): [1] Just skip the parmesan. [2] Butter = extra virgin olive oil. Feta = walnuts or almonds. [4] Parmesan = flaked almonds. [6] Coconut cream or coconut yoghurt.

Keto / Ultra Low Carb: [2] Peas = baby spinach.

SHOPPING LIST

20th July 2020

VEGGIES

2 medium zucchini (400g / 14oz) [1]
2 bags salad leaves [1,5]
500g (1lb) frozen peas [2]
small bunch mint [2]
4 lemons [3,4,5]
1 bunch parsley / salad [3]
1 bag rocket (arugula) [4]
1 small clove garlic [5]
small bunch oregano [5]
2 serves of fruit [6]

PROTEIN

6 eggs [1,3]
300g (10oz) hot smoked salmon or chicken [2]
2 steaks [4]
2 fish fillets [5]

DAIRY

100g (3.5oz) grated parmesan [1]
6T butter [2]
100g (3.5oz) feta [2]
parmesean shavings [4]
fresh cream [6]

PANTRY

extra virgin olive oil
salt & pepper
300g (10oz) almond meal (flour) [1&3]
your favourite pizza toppings [1]
1T wine vinegar [1]
1t soy sauce [1]
2t ground cumin [3]
1T Za'atar or mild curry powder [3]
100g (3.5oz) pitted black olives [5]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Salmon = poached eggs, smoked tofu or roast almonds. [4] Steak = halloumi or chickpeas. [5] Fish = roast eggplant or mushrooms.

Carb Lovers [1] Garlic bread. [2] Pasta. [3] Pita. [4] Steamed or roast potatoes. [5] Easy home fries or rice.

't' = teaspoon 'T' = tablespoon

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



zucchini *pizza*

ZUCCHINI PIZZA

Enough for 2
Takes 30 minutes

2 medium zucchinis
(400g / 14oz), grated

100g (3.5oz) grated
parmesan

100g (3.5oz) almond
meal (flour)

2 eggs

1/4 teaspoon fine salt

your favourite pizza topping

1. Turn your oven to 220C (425F). Line a tray with baking paper.
2. Combine grated zucchini, parmesan, almond meal, eggs and salt in a medium bowl. Tip the zucchini mixture onto the lined tray then using your hands smooth into a pizza shaped circle about 28cm (11in) in diameter. I like to make a 'crust' by shaping the edges to be taller than the middle.
3. Bake for 15-20 minutes or until the pizza is browned and feels springy when touched.
4. Add your toppings and bake further 5-10 minutes or until you're happy.

As much as I love Cauliflower Pizza, there was one big problem with it.

Even after resolving all his IBS issues, my Irishman still has a big reaction to the humble cauli. No fun.

Then one day I was dreaming about cauliflower pizza and inspiration stuck. Why not zucchini?

Yes it would be green, but surely the texture would work.

And I was right! In fact in many ways I like this even better than the cauliflower original.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – use frozen cauliflower 'rice' instead of the zucchini.

extra fiber – add 1 tablespoon psyllium husks, if you have psyllium powder 1 teaspoon will be enough. The pizza is perfectly fine without the psyllium. The one in the picture is without psyllium. You could also use oat bran, ground chia seeds or ground flax seeds if you feel like more fiber.

dairy-free – just skip the parmesan. If you have some nutritional yeast lying around, a tablespoon or so wouldn't hurt for extra flavour. Add some extra almond meal.

carnivore – add some prosciutto or salami to your pizza.

nut-free – replace almond meal with bread crumbs, finely ground sunflower seeds or extra parmesan.

different veg – replace zucchini with cauliflower or broccoli.

ZUCCHINI PIZZA

MORE VARIATIONS & SUBSTITUTIONS

smaller pizzas – feel free to make into whatever size (or shape) you like. Smaller pizzas won't need quite as long, so check after 20 minutes. I often make 2 pizzas so we can vary the toppings.

paleo (grain, legume & dairy-free) - replace parmesan in crust with extra almond meal.

more substantial (carb lovers) – serve with garlic bread or make regular [flour based pizza](#) bases. OR use pita bread as your base.

more substantial (low carb) – make more pizzas! Add some prosciutto OR serve with a substantial salad like this [Kale Salad](#) or my [Best-Ever Broccoli Salad](#).

Low FODMAP – use half the zucchini. Your pizza will be thinner and will cook more quickly so be prepared for a quicker cooking time and serve with a more substantial salad or side.

egg-free – replace eggs with 2 tablespoons ground linseeds (flax) and 4 tablespoons water. I haven't tried this so please let me know in the comments below if you do.

more fancy / for entertaining – make multiple pizzas with different toppings. Serve with [green salad](#) or a [shaved cabbage salad](#).

--#475 RECIPE 1--

PREPARE AHEAD?

You could cook the bases ahead and either fridge or freeze then add the toppings and finish the baking just before serving. Will keep in the fridge for 1-2 weeks. Can be frozen.

WASTE AVOIDANCE STRATEGY

zucchini – will keep for 2 weeks or longer in a plastic bag in the fridge. To keep it even longer, cook sliced zucchini in a little butter until just soft then store in an airtight container in the fridge.

parmesan – wrap in baking paper and store in the fridge in a sealed paper bag or airtight container. Will keep for months. Can be frozen if you're going away.

almond meal (flour) / salt – keep them in the pantry.

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

the classic *mixed green* salad



CLASSIC MIXED GREEN SALAD

Enough for 2 as a side
Takes 5 minutes

1 tablespoon sherry vinegar

1/2 teaspoon soy sauce

*3 handfuls mixed salad
leaves, washed and dried*

1. Combine vinegar, soy and 3 tablespoons extra virgin olive oil in a medium bowl.

2. Toss leaves gently in the dressing using clean hands.

3. Taste and season.

The most frequent thing I cook is a simple green salad. It goes with pretty much anything and is a quick solution if you're like me and feel that a meal isn't complete without greens in some form. I've even convinced my Irishman that it's essential to have a green salad with our eggs for Sunday brunch.

My salad dressing preferences go through phases. There's a complete list of my past [favourite dressings](#) on Stonesoup. I thought I'd share my current favourite here. It's not my most minimalist dressing, but it does fall under 5 ingredients.

VARIATIONS & SUBSTITUTIONS

soy-free – skip the soy sauce and season with salt instead.

can't find sherry vinegar – my next favourite is rice wine vinegar (aka rice vinegar) but any wine vinegar will be fine. For a sweeter dressing try balsamic.

fresher – replace vinegar with lemon juice.

asian – use fish sauce instead of the vinegar and soy and drizzle over a little sesame oil.

CLASSIC MIXED GREEN SALAD

PREPARE AHEAD?

Not really. Will go a little soggy in the fridge, although I do know people who like their salad after it has been 'marinated' for a while. Go figure.

WASTE AVOIDANCE STRATEGY

vinegar & soy – will keep in the pantry.

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, like this simple plate of greens. At least this way they won't go slimey.

salmon *pea & feta*
bowls



SALMON, PEA & FETA BOWLS

Enough for 2
Takes 15 minutes

4-6 tablespoons butter

500g (1lb) frozen peas

small bunch mint,
leaves picked

300g (10oz) hot smoked

salmon or chicken, flaked

100g (3.5oz) feta,
crumbled

1. Place butter in a medium saucepan over a medium high heat. Add frozen peas and cook, covered for a minute or so. Stir and cook for another minute or until peas are defrosted and hot.

2. Remove from the heat and toss in mint, salmon (with or without the skin) and feta. Serve in deep bowls with salt at the table but you probably won't need it with the butter, feta and salmon.

Now that I've finally got over my childhood aversion to peas (after many false starts!), there have been a lot of pea-based abundance bowls in our house.

While my Irishman loves the olive & goats cheese version, my favourite is this little combo of salmon, mint and feta.

Love how a bag of frozen peas becomes dinner in only a few minutes... Who needs pasta?!

Hot smoked salmon keeps in the fridge for months so without the mint this is a fab little pantry recipe to have up your sleeve.

Canned salmon will also work. As will other smoked fish. Chilli tuna in a can. Or even freshly pan fried salmon or white fish.

So many options!

VARIATIONS & SUBSTITUTIONS

vegetarian – replace salmon with poached eggs, smoked tofu or smoked / roast almonds.

different protein – try different fish or some [quick pulled chicken](#) or crispy bacon or cooked chorizo.

more substantial (carb lovers) – toss in cooked pasta or serve with crusty bread. Steamed potatoes will keep the Irish contingent happy.

more substantial (low carb) – more salmon, more feta, mayo or toss in some roasted almonds or other nuts.

keto /ultra low carb – replace peas with baby spinach.

SALMON, PEA & FETA BOWLS

MORE VARIATIONS & SUBSTITUTIONS

dairy-free – replace feta with toasted sliced almonds, walnuts or croutons. Replace butter with extra virgin olive oil

moroccan vibe – toss in a tablespoon of finely chopped preserved lemon.

different herbs – parsley, basil or coriander (cilantro) will all take it in a different direction.

PREPARE AHEAD?

You can if you like. Just make as per the recipe but keep the mint separately. Will keep in the fridge for 2 weeks or can be frozen. To serve, warm in a pan with a little more butter and toss in the mint.

WASTE AVOIDANCE STRATEGY

butter – will keep in the fridge for weeks.

frozen peas – keep in the freezer.

mint – best to use for another meal. leaves can be frozen but will wilt when defrosted so not ideal. Alternatively make a mint oil by packing washed and dried leaves in a clean dry glass jar and covering with extra virgin olive oil use mint oil to serve with lamb, chicken or fish.

smoked salmon – freeze it.

feta – keeps for months unopened in its packet. Or can be frozen. Or you could make a marinated feta by putting it in a super clean jar from the dishwasher and covering with oil and then keeping it in the fridge. Sometimes I like to add flavourings like bay leaves, lemon zest and pepper corns or chilli.



Lebanese omelette with
almond hummus

LEBANESE OMELETTE WITH ALMOND 'HUMMUS'

Enough for 2
Takes 15 minutes

200g (7oz)
almond meal

2 teaspoons
ground cumin

4 tablespoons
lemon juice

4 eggs

1 tablespoon Za'atar (see
variations for alternatives)

1 bunch parsley / salad /
tabbouleh, to serve

1. For the almond hummus, place almond meal, 200g (7oz) water, cumin, lemon juice and a little salt in a tall jug or jar. Puree with our stick blender to make a thick creamy paste. Alternatively use a food processor or blender. Taste. Season with more salt and lemon.

2. For the za'atar oil, combine za'atar with 2 tablespoons extra virgin olive oil and a pinch of salt in a small jar or bowl.

3. For the omelette mix 2 eggs in a small bowl with a pinch of salt and 2 tablespoons water. Heat a small frying pan on a medium high heat.

4. When the pan is warm add a splash of olive oil and swirl to coat the bottom of the pan. Add eggs and allow to cook gently until no longer runny. If they start to sizzle rapidly, turn the heat down. You want the eggs to cook gently so they don't over cook.

5. When the eggs are just set, roll the omelette onto a plate. Repeat with remaining eggs to make the second omelette.

6. To serve, spoon almond hummus over the top of the omelettes. Scatter parsley / salad / tabbouleh to one side. Drizzle over the spiced oil.

Recently I've discovered a new secret ingredient to lift my omelette game.

Ready for it? Water.

It's an idea I got from David Tannis. I love how a few tablespoons of water lightens the omelette.

And makes it less prone to going rubbery if you do over cook it.

Za'atar is a middle eastern spice blend containing sumac (a lemony flavoured spice), thyme, salt and sesame seeds. It's traditionally sprinkled on flat bread but it also adds freshness and flavour to everything from vegetables to eggs to chicken to fish.

It's a worthy addition to your spice collection.

But of course there are alternatives below if you happen to be 'between-packets-of-za'atar' at the moment.

And I'm addicted to this almond 'hummus'.

Love having a low carb, incredibly delicious alternative to the classic chickpea based sauce.

With the cumin and lemon, it's a surprisingly close match. And so easy to make if you have a stick blender.

VARIATIONS & SUBSTITUTIONS

no za'atar – skip it or make another spiced oil. Cumin, coriander or smoked paprika are all excellent either alone or combined. If you have some baharat (Lebanese spice blend) it will work (reduce the quantity to 1/2 tablespoon). OR use a mild curry powder or the Moroccan spice blend ras el hanout to take your little omelette to a new country.

keto / ultra low carb – halve the hummus and double the eggs.

pantry-friendly – parsley = steamed frozen greens.

VIDEO

LEBANESE OMELETTE WITH ALMOND 'HUMMUS'

MORE VARIATIONS & SUBSTITUTIONS

egg-free / different protein – replace omelette with [scrambled tofu](#) or some cooked chickpeas or lentils. Cooked chicken or fish will also work instead of the omelette. And ground (minced) beef or lamb browned in a little oil and spiked with some cumin is an old favourite of mine.

nut-free – use regular hummus or ricotta instead of the almond hummus.

more substantial (carb lovers) – warm pita or serve with roast potato or sweet potato.

more substantial (low carb) – use an extra egg per person. Serve with roast almonds, macadamias or pine nuts as well. Or add cooked chicken, avocado or more hummus.

Low FODMAP – replace almond hummus with lactose-free yoghurt. And make 3 egg omelettes so it's more substantial. Or replace almond meal with chopped macadamias – will take longer to puree but you will get there in the end – I've done it!

carnivore – serv with some prosciutto, salami or sausages.

extra ingredient – add 1 clove garlic to the almond meal for the hummus.

--#475 RECIPE 3--

PREPARE AHEAD?

Not for the omelette – they're best when freshly made. But the za'atar oil will keep in the pantry for months. And the almond 'hummus' will keep in the fridge for 1-2 weeks. Leftover omelette will still be edible for up to 2 weeks in the fridge but don't freeze.

WASTE AVOIDANCE STRATEGY

almond meal / ground cumin / Za'atar – keep in the pantry.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

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

parsley – will keep in the fridge wrapped in a plastic bag for a few weeks. Can be frozen or make a parsley oil by packing the leaves into a clean jar and covering with extra virgin olive oil.

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.

tabbouleh – will keep in the fridge for a week or two. Best to use for another meal.

MORE VARIATIONS & SUBSTITUTIONS

different vegetables – feel free to serve your omelette with any cooked or raw veg that takes your fancy. Grilled veg like zucchini (courgettes), eggplant (aubergine) or red peppers are all excellent contenders. Or this [spiced roast cauliflower](#). Or [this spiced cabbage and feta](#) or [Lebanese ratatouille](#) or any [ratatouille](#) for that matter..



quick *steak &*
rocket salad

QUICK STEAK & ROCKET SALAD

Enough for 2
Takes 10 minutes

2 steaks about 200g
(7oz) each

2 tablespoons lemon juice

1 bag rocket (arugula),
washed & dried

parmesan shavings,
to serve

1. Heat your frying pan on a very high heat. Trim any fat from the steak and slice into super fine strips. Drizzle with a little olive oil and season.
2. Cook beef 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.
4. When the steak is cooked transfer to the lemon dressing.
5. Toss in rocket leaves. Serve with parmesan shaved over.

Inspired by a lunch I had at Matricinella on a recent trip to [Rome](#).

I love a warm salad for a quick dinner. There's something about having part of the meal served warm that makes it feel more substantial and 'dinner-like'. There are 2 benefits to chopping the steak into slivers. First it cooks in a flash and second it tenderizes the meat. Win win!

VARIATIONS & SUBSTITUTIONS

vegetarian – skip the parmesan and replace the steak with halloumi sliced into batons. You could also replace the steak with chickpeas or fried eggs.

vegan – replace the steak with sliced field or portabello mushrooms. You'll need 1-2 per person and they'll take more like 7-8 minutes to cook. Replace the parmesan with either chunks of avocado or some slivered almonds.

chicken – replace steak with a chicken breast or thigh fillets. Make sure the chicken is cooked through before tossing in the dressing.

different leaves – I love the bitterness of rocket but you could use any salad leaves. A little radicchio is lovely here in the Autumn or Winter.

more veg – add grilled red peppers (capsicum), zucchini, eggplant or cherry tomatoes to the pan.

QUICK STEAK & ROCKET SALAD

MORE VARIATIONS & SUBSTITUTIONS

dairy-free – replace the parmesan with a handful or toasted/flaked almonds, breadcrumbs, some halved cherry tomatoes or just skip it.

more substantial (carb lovers) – toss in torn chunks of sourdough bread and double the dressing or toss in roast cubes of sweet potato. Serve with steamed or [roast potatoes](#).

more substantial (low carb) – extra steak, extra Parmesan or Mayo.

paleo (gluten, grain + dairy-free) – flaked almonds instead of cheese. Or replace parmesan with halved cherry tomatoes.

PREPARE AHEAD?

Best when made fresh.

WASTE AVOIDANCE STRATEGY

steak – cryovacced will keep in the fridge for a few weeks. Otherwise freeze.

lemons – keep in the fridge for months.

rocket (arugula) – best to use for something else. Can be frozen and used when defrosted as wilted greens.

Parmesan – keeps wrapped in baking paper and sealed in an airtight container or plastic bag in the fridge for months. Can be frozen.

fish *with olive*
lemon salsa



FISH WITH OLIVE LEMON SALSA

Enough for 2
Takes 20 minutes

2 handfuls pitted black
olives (100g / 3.5oz)

1 large lemon

1 small clove garlic,
minced

small bunch oregano,
leaves picked

2 fish fillets or steaks

cucumber or salad leaves,
to serve

1. For the salsa, chop olives. Peel and chop lemon into small dice, discarding any seeds as you go. Combine olives, diced lemon, minced garlic and oregano leaves in a small bowl. Moisten with 4 tablespoons extra virgin olive oil. Leave to stand for the flavours to mingle while you cook the fish.

2. Heat a frying pan on a medium high heat. Season fish with salt on both sides. Add a splash of oil to the hot pan and cook fish for 3-5 minutes or until browned on the outside and cooked to your liking.

3. Divide fish between two plates. Spoon over the olive lemon salsa. Serve with cucumber or green salad on the side.

I can't remember where I got the idea to dice the flesh of a lemon and use it in a sauce.

But I'm very glad I did.

Love how using an everyday ingredient like the humble lemon in a slightly different way makes it feel like a completely new ingredient!

The flavours in this salsa are big, bold and fresh so best suited to your more meaty fish steaks or oily fish like salmon. But it's also amazing with pork chops or some good quality sausages. And of course you could always serve it with good old chicken.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – skip oregano. serve with steamed or pan fried frozen greens.

different veg – any green veg will work. Try [beautiful broccoli](#), green beans, asparagus, Winter greens. Roast veg are lovely too – I especially love roast zucchini or cauliflower!

vegetarian – serve salsa with pan fried halloumi, tempeh, lentils or roast eggplant, mushrooms and goats cheese.

more substantial (carb lovers) – serve with roast or steamed potatoes, [easy home fries](#), crusty bread, quinoa or rice.

more substantial (low carb) – larger fish fillets. Serve with some [beautiful broccoli](#), roast almonds, walnuts or macadamias. A big dollop of [mayonnaise](#), feta and some avocado.

FISH WITH OLIVE LEMON SALSA

MORE VARIATIONS & SUBSTITUTIONS

Low FODMAP – soak garlic in the extra virgin olive oil for 10-15 minutes then remove and discard garlic before stirring the flavoured oil into the salsa. Or just skip it. Or replace with a few tablespoons chopped garlic chives.

different herbs – replace oregano with flat leaf parsley, marjoram or basil.

no olives – use capers instead. Or just skip them and make a lemon herb salsa.

carnivore – serve salsa with pork chops, good quality pork sausages, lamb chops/cutlets or chicken breasts.

PREPARE AHEAD?

You can make the salsa a day or two ahead and just add the oregano before serving. Fish and salad are best when freshly made. Leftovers will keep in the fridge for 1-2 weeks or can be frozen. Salad leaves won't freeze well though.

WASTE AVOIDANCE STRATEGY

olives – keep them in the pantry.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

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

oregano – will keep in the fridge wrapped in a plastic bag for a few weeks. Can be frozen or make a parsley oil by packing the leaves into a clean jar and covering with extra virgin olive oil.

fish fillets or steaks – freeze them.

cucumber – use for another meal. Will keep in the fridge in a plastic bag for 2 weeks or so.

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 new *fruit*
+ cream



A NEW FRUIT + CREAM

Enough for 2
Takes 5 minutes

2 serves of fruit

*fresh cream (preferably
double cream!)*

1. Wash and dry fruit. Slice or peel if needed and arrange in a pretty bowl. Serve with cream passed separately for everyone to add their own.

I've never been a huge fruit eater. I used to think that if I was going to indulge in something sweet I'd rather go for chocolate or ice cream or a slice of cake. But in the last 12 months I've developed a new appreciation for fruit. It all stems from trying to entice a toddler to eat fresh food. While Fergal still won't touch most green veg (apart from edamame and peas), he just adores fruit. Especially blueberries.

So as I've been buying more fruit for Fergal to eat, I've also been expanding my own fruit intake. So much so that I'm now just as happy with a big bowl of berries and cream as I would be with a slice of chocolate cake.

So this isn't so much a recipe as a challenge for you to explore the amazing world of fruit. When you're doing your shopping, choose something you haven't had before and bring it home! You just might surprise yourself...

The other surprise is that most fruit is low GI. So not likely to spike your blood sugar. The exceptions tend to be the tropical fruit like mango (pictured above), pineapple and bananas so if you want a healthier dessert choose fruit that grows in cooler climates like berries, stone fruit, apples or pears.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – dark chocolate.

dairy-free – serve with coconut cream, cashew cream (soak cashews in water for 6 hours, drain and whizz in a high powered blender until smooth), coconut yoghurt or a dollop of almond butter.

more decadent – serve with vanilla ice cream, or a drizzle of honey or some grated dark chocolate.

A NEW FRUIT + CREAM

MORE VARIATIONS & SUBSTITUTIONS

crunchy – serve with toasted nuts such as sliced almonds or chopped pistachios or cashews.

wintery – warm your fruit in the oven or a frying pan before serving. About 20 minutes at 180C (350F) will do for most fruit that is in bite sized pieces.

other flavours – try a sprinkle of cinnamon, some ground cardamom (a little goes a long way), or a splash of vanilla extract.

paleo (grain, legume & dairy-free) – use coconut cream, coconut yoghurt or sorbet.

low carb – choose low carb fruit like berries or stone fruit.

keto / ultra low carb – serve berries or dark chocolate instead of fruit + cream.

PREPARE AHEAD?

No need!

WASTE AVOIDANCE STRATEGY

fruit – most can be peels, chopped and frozen.

cream – unopened cartons will generally keep in the fridge for 1-2 weeks. If you need to store for longer, just pop in the freezer in a sealed container.

INGREDIENT STORAGE BEST PRACTICES

VEGGIES

zucchini (courgettes) – in the fridge wrapped in a plastic bag.

salad leaves / rocket – 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.

frozen peas – in the freezer in the packaging they were purchased in.

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

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

garlic - in a dark pantry. I keep mine in a brown paper bag to avoid sprouting.

fruit – in the fridge wrapped in a plastic bag.

PROTEIN

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

smoked salmon – in the fridge in the packaging it was purchased in. Once opened store in a ziplock bag or airtight container in the fridge.

steaks – in the fridge in the packaging they were purchased in.

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

DAIRY

parmesan – in the fridge wrap in baking paper and store in a sealed plastic bag or airtight container.

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

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

cream – 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 Zucchini Pizza

PIZZA BASES 30m*

Cook the bases ahead and either fridge or freeze then add the toppings and finish the baking just before serving. Will keep in the fridge for 1-2 weeks. Can be frozen.

2 Salmon, Pea & Feta Bowls

BOWLS 15m*

Just make as per the recipe but keep the mint separately. Will keep in the fridge for 2 weeks or can be frozen. To serve, warm in a pan with a little more butter and toss in the mint.

5 Fish with Olive Lemon Salsa

SALSA 5m*

You can make the salsa a day or two ahead and just add the oregano before serving. Fish and salad are best when freshly made. Leftovers will keep in the fridge for 1-2 weeks or can be frozen. Salad leaves won't freeze well though.

ZUCCHINI PIZZA

Enough for 2
Takes 30 minutes

*2 medium zucchiní (400g / 14oz), grated
100g (3.5oz) grated parmesan
100g (3.5oz) almond meal (flour)
2 eggs
1/4 teaspoon fine salt
your favourite pizza topping*

1. Turn your oven to 220C (425F). Line a tray with baking paper.
2. Combine grated zucchini, parmesan, almond meal, eggs and salt in a medium bowl. Tip the zucchini mixture onto the lined tray then using your hands smooth into a pizza shaped circle about 28cm (11in) in diameter. I like to make a 'crust' by shaping the edges to be taller than the middle.
3. Bake for 15-20 minutes or until the pizza is browned and feels springy when touched.
4. Add your toppings and bake further 5-10 minutes or until you're happy.

GREEN SALAD

Enough for 2 as a side
Takes 5 minutes

*1 tablespoon sherry or wine vinegar
1/2 teaspoon soy sauce
1 bag salad leaves, washed and dried*

1. Combine vinegar, soy and 3 tablespoons extra virgin olive oil in a medium bowl.
2. Toss leaves gently in the dressing using clean hands.
3. Taste and season.

SALMON, PEA & FETA BOWLS

Enough for 2
Takes 15 minutes

*4-6 tablespoons butter
500g (1lb) frozen peas
small bunch mint, leaves picked
300g (10oz) hot smoked salmon or chicken, flaked
100g (3.5oz) feta, crumbled*

1. Place butter in a medium saucepan over a medium high heat. Add frozen peas and cook, covered for a minute or so. Stir and cook for another minute or until peas are defrosted and hot.
2. Remove from the heat and toss in mint, salmon (with or without the skin) and feta. Serve in deep bowls with salt at the table but you probably won't need it with the butter, feta and salmon.

LEBANESE OMELETTE WITH ALMOND 'HUMMUS'

Enough for 2
Takes 15 minutes

200g (7oz) almond meal
2 teaspoons ground cumin
4 tablespoons lemon juice
4 eggs
1 tablespoon Za'atar (see [variations](#) for alternatives)
1 bunch parsley / salad / [tabbouleh](#), to serve

1. For the almond hummus, place almond meal, 200g (7oz) water, cumin, lemon juice and a little salt in a tall jug or jar. Puree with our stick blender to make a thick creamy paste. Alternatively use a food processor or blender. Taste. Season with more salt and lemon.

2. For the za'atar oil, combine za'atar with 2 tablespoons extra virgin olive oil and a pinch of salt in a small jar or bowl.

3. For the omelette mix 2 eggs in a small bowl with a pinch of salt and 2 tablespoons water. Heat a small frying pan on a medium high heat.

4. When the pan is warm add a splash of olive oil and swirl to coat the bottom of the pan. Add eggs and allow to cook gently until no longer runny. If they start to sizzle rapidly, turn the heat down. You want the eggs to cook gently so they don't over cook.

5. When the eggs are just set, roll the omelette onto a plate. Repeat with remaining eggs to make the second omelette.

6. To serve, spoon almond hummus over the top of the omelettes. Scatter parsley / salad / tabouleh to one side. Drizzle over the spiced oil.

QUICK STEAK & ROCKET SALAD

Enough for 2
Takes 10 minutes

2 steaks about 200g (7oz) each
2 tablespoons lemon juice
1 bag rocket (arugula), washed & dried
parmesan shavings, to serve

1. Heat your frying pan on a very high heat. Trim any fat from the steak and slice into super fine strips. Drizzle with a little olive oil and season.

2. Cook beef 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.

4. When the steak is cooked transfer to the lemon dressing.

5. Toss in rocket leaves. Serve with parmesan shaved over.

FISH WITH OLIVE LEMON SALSA

Enough for 2
Takes 20 minutes

*2 handfuls pitted black olives (100g / 3.5oz)
1 large lemon
1 small clove garlic, minced
small bunch oregano, leaves picked
2 fish fillets or steaks
cucumber or salad leaves, to serve*

1. For the salsa, chop olives. Peel and chop lemon into small dice, discarding any seeds as you go. Combine olives, diced lemon, minced garlic and oregano leaves in a small bowl. Moisten with 4 tablespoons extra virgin olive oil. Leave to stand for the flavours to mingle while you cook the fish.

2. Heat a frying pan on a medium high heat. Season fish with salt on both sides. Add a splash of oil to the hot pan and cook fish for 3-5 minutes or until browned on the outside and cooked to your liking.

3. Divide fish between two plates. Spoon over the olive lemon salsa. Serve with cucumber or green salad on the side.

A NEW FRUIT + CREAM

Enough for 2
Takes 5 minutes

*2 serves of fruit
fresh cream (preferably double cream!)*

1. Wash and dry fruit. Slice or peel if needed and arrange in a pretty bowl. Serve with cream passed separately for everyone to add their own.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

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