

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

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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]
parmesan 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

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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