

A rustic wooden table serves as the background. On the left, a shallow, light-colored ceramic bowl is filled with a salad of shredded yellow cabbage, fresh green cilantro leaves, and sliced almonds. A white rectangular box with a thin black border is centered over the image, containing text. To the right of the box, a portion of a white cloth with a blue geometric pattern is visible.

#476
Simple Meal Plans
20th July 2020
30-minutes

MEAL PLAN #476

20th July 2020

- [1] Smoky Cauli Taco Bowls 30m*
- [2] Roast Pesto Chicken & Broccoli 30m*
- [3] Spiced Cabbage & Feta 30m*
- [4] 'European' Burgers with Red Wine Sauce 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] Chicken = chickpeas or boiled eggs. [4] [Spinach & Feta Burgers](#). [5] Fish = halloumi or lentils.

More Substantial (Low Carb): [1] Extra avo. Extra nuts. [2] Almonds. [3] [Fried eggs](#). [4] [Low Carb Burger Buns](#). [5] [Beautiful broccoli](#).

More Substantial (Carb Lovers): [1] Warm tortillas. [2] Pasta. [3] Rice or Quinoa. [4] Burger buns. [5] [Home fries](#) or roast sweet potato.

Carnivore: [1] [Chicken](#). [3] Sausages. [5] Pork or lamb chops.

Paleo (Grain, Legume & Dairy-Free): [2] [Dairy-free pesto](#). Ricotta = roast walnuts. [3] Feta = bacon or olives. [4] Butter = extra virgin olive oil. [6] Cream = [cashew yoghurt](#).

SHOPPING LIST

20th July 2020

VEGGIES

1/2 large cauliflower (800g / 28oz) [1]
1 large avocado or 8T sour cream [1]
2 bunches coriander (cilantro) or parsley [1,3]
2 heads broccoli [2]
2 bags salad leaves [2,4]
1/2 small (1/4 large) cabbage (800g / 28oz) [3]
1 large lemon [5]
1 small clove garlic [5]
small bunch oregano [5]
cucumber or salad leaves [5]
2 serves of fruit [6]

PROTEIN

4 chicken thighs [2]
450g (1lb) minced (ground) beef [4]
2 fish fillets or steaks [5]

DAIRY

8T ricotta [2]
200g (7oz) feta [3]
2T unsalted butter [4]
fresh cream [6]

PANTRY

extra virgin olive oil
salt & pepper
hot sauce, eg tabasco [1]
1 handful roast hazelnuts or cashews [1]
2t smoked paprika [1]
8T pesto (about 200g / 7oz) [2]+
4t curry powder [3]
2t soy sauce [3]
100g (3.5oz) roast almonds or other nuts [3]
1/3C red wine [4]
3T tomato paste [4]
2 handfuls pitted black olives (100g / 3.5oz) [5]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Chicken = chickpeas or boiled eggs. [4] [Spinach & Feta Burgers](#). [5] Fish = halloumi or lentils.

Carb Lovers [1] Warm tortillas. [2] Pasta. [3] Rice or Quinoa. [4] Burger buns. [5] [Home fries](#) or roast sweet potato.

't' = teaspoon 'T' = tablespoon

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

+ [2] To make [dairy-free pesto](#) you'll need 1 bunch basil, 1 – 2 cloves garlic, 1 cup cashews, 1/2 cup extra virgin olive oil, squeeze lemon.



smoky *cauli* Taco
bowls

SMOKY CAULI TACO BOWLS

Enough for 2
Takes 30 minutes

*1/2 large cauliflower
(800g / 28oz)*

2 teaspoons smoked paprika

*1 large avocado or 8
tablespoons sour cream*

*1 bunch coriander
(cilantro) or parsley*

hot sauce, to taste

*1 handful roast hazelnuts
or cashews*

1. Turn your oven on to 220C (430F). Chop cauli into bite sized pieces and place in a large baking tray. Combine smoked paprika with 3 tablespoons extra virgin olive oil in a small bowl. Season extra generously with salt (cauli loves salt). Drizzle the spiced oil over the cauliflower and toss to coat (hands work best here).

2. Roast cauliflower for 20-25 minutes, stirring after 15 minutes.

3. When the cauliflower is browned around the edges and no longer crunchy, divide between two bowls.

4. Top with avocado / sour cream, herbs, hot sauce and nuts. Enjoy asap. If you feel like getting cheffy like I did for the photo shoot, spread the sour cream or avocado over the base of your bowls before topping with the cauliflower and flavourings.

If I had to choose my favourite spice, smoked paprika would definitely be a contender.

I love how it bring the most amazingly deep smoky, slightly sweet flavour to everything that crosses its path.

As my friend Clotilde says, it's like the phantom of chorizo.

I also adore cauliflower.

So it was only a matter of time for me to come up with the idea to roast cauliflower with some smoked paprika and finish it all with Mexican accompaniments.

And call it a taco bowl.

It's hard to go past a good bowl. This one is especially delicious.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – cauliflower = cooked chickpeas or beans (2 cans drained) and reduce cooking time to 10-15 minutes. Skip herbs. Avocado / sour cream = hummus or cashew sauce.

Keto / ultra low carb – skip the nuts and serve with extra avocado. Replace 1/2 the cauli with baby spinach.

dairy-free – choose the avo option.

nut-free – replace nuts with cooked lentils, beans or chickpeas. Or some crumbled feta or goats cheese.

SMOKY CAULI TACO BOWLS

MORE VARIATIONS & SUBSTITUTIONS

more substantial (carb lovers) – serve with warm tortillas or pita bread.

more substantial (low carb) – extra avo, use avo AND sour cream, more nuts.

Low FODMAP – replace cauliflower with diced sweet potato. Take the sour cream option. And use macadamias as your nuts.

different vegetables – add a sliced onion to the cauliflower (I usually do when I'm not counting the number of ingredients I use). Root veg would all be good, broccoli, zucchini or eggplant. Some red capsicum (bell peppers) would also work.

different protein – this is a fairly low protein dish. Feel free to add cooked beans, chickpeas or lentils. Cooked chorizo or sausages will be lovely. Or some [cooked chicken](#) or fish.

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep everything separately. Leftover roast cauliflower will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm cauli in a pan with a little oil. Then serve as per recipe.

WASTE AVOIDANCE STRATEGY

cauliflower – cauli will keep for weeks in a plastic bag in the fridge. Can be frozen but the texture isn't as good when defrosted.

smoked paprika / hot sauce / hazelnuts or cashews – keep them in the pantry.

avocado – use for another meal. Don't freeze.

sour cream – keeps for weeks in the fridge.

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

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.



roast *pesto* chicken
& broccoli

ROAST PESTO CHICKEN & BROCCOLI

Enough for 2
Takes 30 minutes

2 heads broccoli

*8 heaped tablespoons pesto
(about 200g / 7oz)*

*4 chicken thighs on the bone
or thigh fillets*

8 heaped tablespoons ricotta

1 bag salad leaves

1. Preheat your oven to 250C (480F). Chop broccoli into bite sized little trees and slice the stems. Toss broccoli, chicken and pesto in a roasting pan until the chicken and broccoli are well coated with the pesto.

2. Roast for 20 minutes. Stir and cook for another 5-10 minutes or until chicken is cooked through and the broccoli is tender. If using thigh fillets they may only take the initial 20 minutes depending on how big they are.

3. Divide ricotta between two plates. Top with hot chicken and broccoli and finish with salad leaves.

This recipe has some of my favourite ingredients... broccoli and pesto. And uses one of my favourite simple cooking techniques... the fast roast.

Such as winning dinner. Love just tossing a few ingredients in a baking tray, setting my timer and doing other things while dinner literally cooks itself. Brilliant!

When I first had the idea for this recipe, I was a little worried how the pesto would taste after being in the oven. So was pleasantly surprised when I absolutely loved this dish and wanted to eat more. Love how the pesto forms a delicious crust on the chicken.

Also love how the cool, creamy ricotta provides a textural contrast and mixes in with the pesto roasting juices to make the most delicious sauce / dressing for the salad leaves.

So good!

VARIATIONS & SUBSTITUTIONS

short on time – poach chicken and broccoli instead. Chicken will take 8-10 minutes gently simmering. And the broccoli will take 4-5 minutes so simmer the chicken for 4 minutes then add the broccoli and keep simmering until the chicken is cooked through.

vegetarian / different protein – replace chicken with cooked chickpeas, lentils or cannellini beans. Or serve the roast pesto broccoli with poached, boiled or fried eggs. Some roast almonds or walnuts will also add extra plant protein and substance.

more substantial (carb lovers) – toss in cooked pasta before serving. Or add some steamed potatoes to roast with the broccoli.

ROAST PESTO CHICKEN & BROCCOLI

MORE VARIATIONS & SUBSTITUTIONS

more substantial (low carb) – use more chicken or serve with avocado or roast nuts (walnuts, pinenuts or almonds are all delicious)

Low FODMAP – replace broccoli with steamed potatoes. Serve with fresh parsley leaves or basil for extra greenery. And replace ricotta with a low FODMAP cheese like parmesan, shaved over the top.

dairy-free – use this [cashew ricotta](#) and use a [dairy free pesto](#). You could also skip the ricotta and serve with some roast nuts instead.

more veg / different veg – feel free to toss in other veg with the broccoli like cauliflower, asparagus, carrots, steamed potatoes, eggplant, capsicum (bell peppers), onion or mushrooms.

PREPARE AHEAD?

You can, however I prefer roast chicken when freshly cooked. If you are happy to reheat chicken, cook as per the recipe but keep the salad and ricotta separately. Leftovers will keep in the fridge for 1 week or can be frozen. To serve, warm chicken and broccoli in the oven (200C / 400F) for 10 minutes and serve with salad and ricotta.

WASTE AVOIDANCE STRATEGY

broccoli – will keep wrapped in a plastic bag in the fridge for about 2 weeks or sometimes a little longer. Can be frozen (if you have time chop before freezing so it will defrost quickly in the pan).

pesto – commercial jars of pesto will keep for months in the pantry. Fresh pesto will keep in the fridge for a few weeks. Cover with olive oil to prevent exposure to air and browning reactions.

chicken – freeze it.

ricotta – unopened tubs of ricotta usually have a shelf life of a few weeks. Otherwise use for another meal. Great on toast with honey for a decadent breakfast or use instead of cream with desserts.

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.



spiced *cabbage*
& feta

SPICED CABBAGE & FETA

Enough for 2
Takes 30 minutes

1/2 small (1/4 large)
cabbage
(about 800g / 28oz)

3-4 teaspoon curry powder

1-2 teaspoons soy sauce

200g (7oz) feta, crumbled

100g (3.5oz) roast almonds
or other nuts

1 bunch parsley or
coriander (cilantro),
optional

1. Slice cabbage into ribbons about 1cm (1/2in) thick. Heat a large saucepan on a medium high heat. Add a generous glug of oil and pile the cabbage into the pot. Add a splash of water and cover with a lid.
2. Cook with the lid on for 5-10 minutes stirring every now and then. If it starts to burn add another few tablespoons water and reduce the heat to medium.
3. When the cabbage is no longer crunchy and like cooked pasta, add the curry powder and stir well. Cook for another minute or so until you can smell the curry aromas.
4. Remove from the heat and stir in soy sauce. Add crumbled feta. Taste and season with more soy or some salt if needed.
5. Divide warm cabbage between two bowls. Top with nuts and fresh herbs (if using). Enjoy the comforting goodness.

I can't tell you how much I adore cabbage these days. It's seriously one of my favourite things to eat.

And while it's amazing raw in salads and coleslaw, it's hard to go past a big bowl of soft spiced cabbage spiked with salty feta.

Beats pasta any day.

And it's much quicker than good old spaghetti or penne too!

Plus cabbage lasts in the fridge for weeks and weeks. So this is practically a pantry recipe.

I always have a cabbage in the fridge so know I can pull together a comforting dinner whenever I need a backup plan.

VARIATIONS & SUBSTITUTIONS

keto / ultra low carb – replace half the cabbage with baby spinach leaves (just stir in at the end) OR replace all the cabbage with chard / spinach / other leafy greens. And use macadamias as your nuts.

dairy-free – replace feta with bacon, olives, cooked chicken, cooked chickpeas or eggs. If using eggs just cook for an extra minute, stirring until the egg is just set and looks like little cheesy curds.

different cheese – golden pan fried cubes of halloumi are worth getting another pot dirty! Or use soft goats cheese, labneh or shaved parmesan.

more substantial (carb lovers) – cooked pasta, rice, quinoa, roast veg (sweet potato is fab) or serve with warm pita.

SPICED CABBAGE & FETA

MORE VARIATIONS & SUBSTITUTIONS

more substantial (low carb) – add some [fried eggs](#), extra nuts, extra feta, chunks of avocado or serve with some mayo.

low FODMAP – use macadamias instead of the almonds. And replace 1/2 the cabbage with baby spinach.

family-friendly / different spice – use a mild curry powder or try a mix of ground cumin, coriander and smoked paprika.

different vegetables – kale, spinach, silverbeet, chard or collard greens are all great. Roast veg are lovely with the curry and feta. If you want to use cauliflower or broccoli best to boil them until tender and drain before sauteing in the oil and curry powder. If you have time soften an onion before you cook the cabbage for extra depth of flavour.

different protein – eggs cooked into the cabbage are amazing! Also see the different cheese ideas. Crumbled sausages or minced meat(chicken would work well) can also work (be prepared to add more soy and curry powder though).

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the herbs and nuts separately. Leftovers will keep in the fridge for 2 weeks or can be frozen. To serve, warm in a pan with a little oil then finish with the herbs and nuts.

WASTE AVOIDANCE STRATEGY

cabbage – will keep in a plastic bag in the fridge for weeks, even months. Can be frozen but will have a wilted texture once defrosted.

curry powder / soy sauce / roast almonds or other nuts – keep them in the pantry.

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.

parsley or coriander (cilantro) – best to use for another meal. Can be frozen but will wilt when defrosted.

'european' burgers with
red wine sauce



'EUROPEAN' BURGERS WITH RED WINE SAUCE

Enough for 2
Takes 15 minutes

450g (1lb) minced
(ground) beef

1/3 cup red wine

2 – 3 tablespoons
tomato paste

2 generous tablespoons
unsalted butter

1 bag salad leaves,
to serve

1. Preheat a large frying pan or skillet on high.
2. Form beef into 2 patties.
3. Sprinkle a scant teaspoon salt on the hot pan and place burgers on top.
4. Sear burgers for about 4 minutes on each side. Remove meat and rest on 2 warm dinner plates.
4. Add wine and tomato paste to the pan. Simmer for a minute or so, stirring to scrape up and burger bits into the sauce.
5. Stir in butter until melted. Taste and season sauce.
6. Serve burgers with sauce poured over and green salad on the side.

These burgers were inspired by a meal I had in the beautiful city of Barcelona where they served a burger patty with salad and a fancy sauce. So I've called these burgers 'European' to capture that feeling.

Cooking the burgers this way on a salt crust gives them a wonderful meaty crust. If you're worried about your salt levels, just fry the burgers in a little oil instead.

VARIATIONS & SUBSTITUTIONS

vegetarian – try serving [spinach & feta burgers](#), [these lentil burgers](#) or [chickpea burgers](#) with the tomato & red wine sauce. Just wipe the pan out to get rid of excess oil after frying the burgers. Equally delicious. OR try these [Zucchini burgers](#).

vegan – for a posh take on lentil burgers. Serve the lentil patties drizzled with some tahini sauce made with equal quantities of tahini, lemon juice and water and a side of [tabbouleh](#).

dairy-free – replace the butter with a generous drizzle of your best extra virgin olive oil at the end.

alcohol-free – replace the wine with beef or chicken stock.

different meat – any ground meat will work well including lamb or chicken.

'EUROPEAN' BURGERS WITH RED WINE SAUCE

MORE VARIATIONS & SUBSTITUTIONS

more substantial (carb lovers) – serve burgers on buns.

more substantial (low carb) – serve on these [almond burger buns](#) with some mayo.

paleo (grain, legume & dairy-free) – use olive oil for butter and handful cherry tomatoes for ketchup.

PREPARE AHEAD?

Best when made fresh.

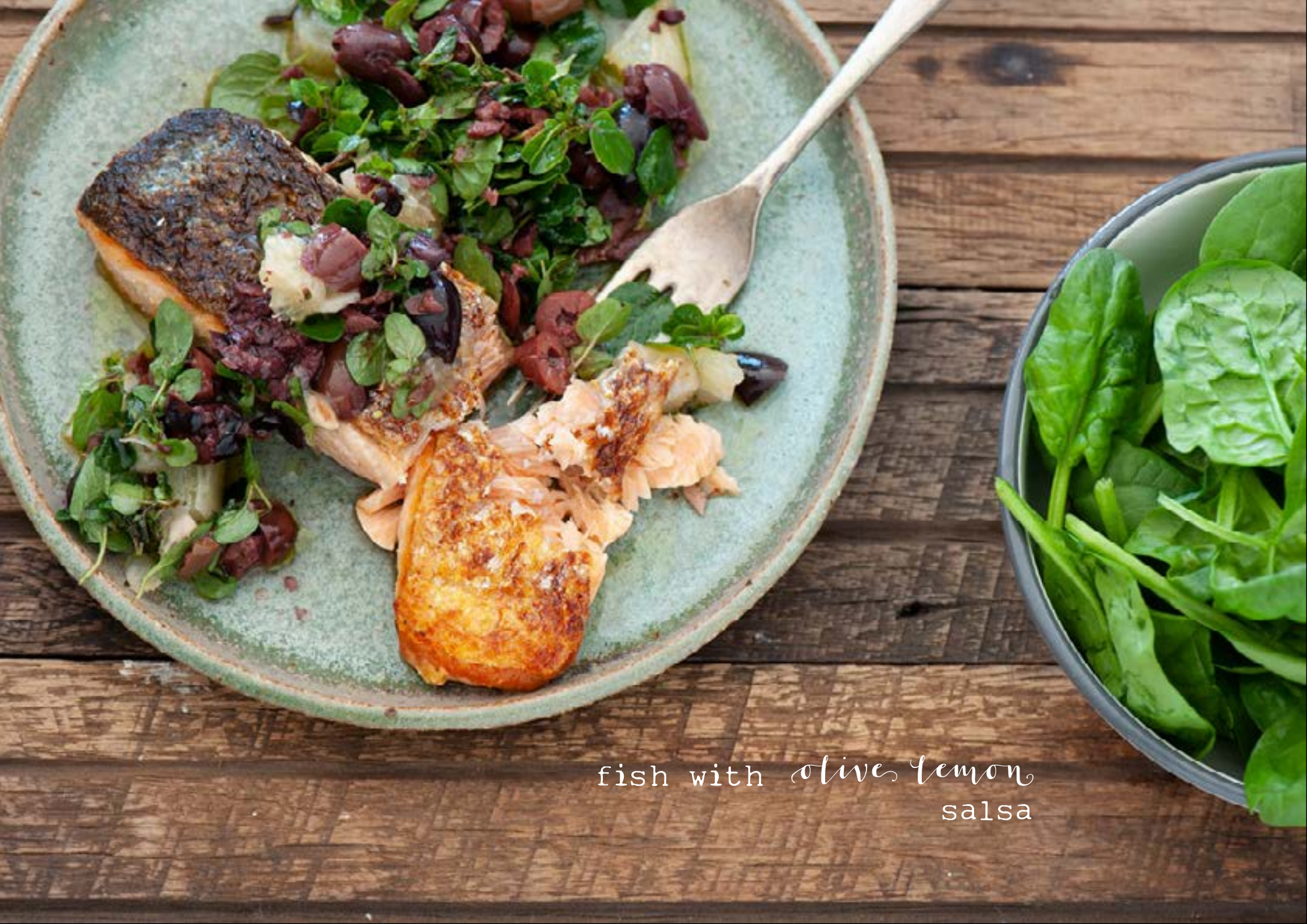
WASTE AVOIDANCE STRATEGY

beef – freeze

wine, tomato paste – pantry.

butter – keeps in the fridge for months.

salad leaves – best to use for another meal.



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, sweet 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 peeled, 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

cauliflower – 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.

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

broccoli – in the fridge wrapped in a plastic bag.

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.

cabbage – will keep wrapped in a plastic bag in the fridge for weeks if not months.

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.

cucumber - in the fridge wrapped in a plastic bag.

fruit (most) - in the fridge wrapped in a plastic bag.

PROTEIN

chicken thigh fillets – in the fridge in the packaging they were purchased in.

minced (ground) beef – in the fridge in the packaging it was purchased in.

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

DAIRY

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

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

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

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

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 Smoky Cauli Taco Bowls **CAULIFLOWER** 30m*

Roast spiced cauli as per the recipe but keep everything separately. Leftover roast cauliflower will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm cauli in a pan with a little oil.

3 Spiced Cabbage & Feta **CABBAGE** 30m*

Cook cabbage as per the recipe but keep the herbs and nuts separately. Leftovers will keep in the fridge for 2 weeks or can be frozen. To serve, warm in a pan with a little oil then finish with the herbs and nuts.

5 Fish with Olive Lemon Salsa **SALSA** 20m*

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.

SMOKY CAULI TACO BOWLS

Enough for 2
Takes 30 minutes

*1/2 large cauliflower (800g / 28oz)
2 teaspoons smoked paprika
1 large avocado or 8 tablespoons sour cream
1 bunch coriander (cilantro) or parsley
hot sauce, to taste
1 handful roast hazelnuts or cashews*

1. Turn your oven on to 220C (430F). Chop cauli into bite sized pieces and place in a large baking tray. Combine smoked paprika with 3 tablespoons extra virgin olive oil in a small bowl. Season extra generously with salt (cauli loves salt). Drizzle the spiced oil over the cauliflower and toss to coat (hands work best here).

2. Roast cauliflower for 20-25 minutes, stirring after 15 minutes.

3. When the cauliflower is browned around the edges and no longer crunchy, divide between two bowls.

4. Top with avocado / sour cream, herbs, hot sauce and nuts. Enjoy asap. If you feel like getting cheffy like I did for the photo shoot, spread the sour cream or avocado over the base of your bowls before topping with the cauliflower and flavourings.

ROAST PESTO CHICKEN & BROCCOLI

Enough for 2
Takes 15 minutes

*2 heads broccoli
8 heaped tablespoons pesto (about 200g / 7oz)
4 chicken thighs on the bone or thigh fillets
8 heaped tablespoons ricotta
1 bag salad leaves*

1. Preheat your oven to 250C (480F). Chop broccoli into bite sized little trees and slice the stems. Toss broccoli, chicken and pesto in a roasting pan until the chicken and broccoli are well coated with the pesto.

2. Roast for 20 minutes. Stir and cook for another 5-10 minutes or until chicken is cooked through and the broccoli is tender. If using thigh fillets they may only take the initial 20 minutes depending on how big they are.

3. Divide ricotta between two plates. Top with hot chicken and broccoli and finish with salad leaves.

SPICED CABBAGE & FETA

Enough for 2
Takes 10 minutes

*1/2 small (1/4 large) cabbage (about 800g / 28oz)
3-4 teaspoon curry powder
1-2 teaspoons soy sauce
200g (7oz) feta, crumbled
100g (3.5oz) roast almonds or other nuts
1 bunch parsley or coriander (cilantro), optional*

1. Slice cabbage into ribbons about 1cm (1/2in) thick. Heat a large saucepan on a medium high heat. Add a generous glug of oil and pile the cabbage into the pot. Add a splash of water and cover with a lid.

2. Cook with the lid on for 5-10 minutes stirring every now and then. If it starts to burn add another few tablespoons water and reduce the heat to medium.

3. When the cabbage is no longer crunchy and like cooked pasta, add the curry powder and stir well. Cook for another minute or so until you can smell the curry aromas.

4. Remove from the heat and stir in soy sauce. Add crumbled feta. Taste and season with more soy or some salt if needed.

5. Divide warm cabbage between two bowls. Top with nuts and fresh herbs (if using). Enjoy the comforting goodness.

'EUROPEAN' BURGERS WITH RED WINE SAUCE

Enough for 2
Takes 15 minutes

450g (1lb) minced (ground) beef
1/3 cup red wine
2 - 3 tablespoons tomato paste
2 generous tablespoons unsalted butter
1 bag salad leaves, to serve

1. Preheat a large frying pan or skillet on high.
2. Form beef into 2 patties.
3. Sprinkle a scant teaspoon salt on the hot pan and place burgers on top.
4. Sear burgers for about 4 minutes on each side. Remove meat and rest on 2 warm dinner plates.
4. Add wine and tomato paste to the pan. Simmer for a minute or so, stirring to scrape up and burger bits into the sauce.
5. Stir in butter until melted. Taste and season sauce.
6. Serve burgers with sauce poured over and green salad on the side.

FISH WITH OLIVE LEMON SALSA

Enough for 2
Takes 15 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:

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