

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

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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

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:

www.stonesoupvirtualcookeryschool.com

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