

A wooden cutting board with a quiche and a rope knot. The quiche is on a piece of parchment paper and is topped with fresh spinach leaves. The rope knot is made of light-colored twine. The background is a rustic wooden surface.

#477
Simple Meal Plans
27th July 2020
do ahead

MEAL PLAN #477

27th July 2020

- [1] Chickpea Buddha Bowls 15m*
- [2] Spiced Chicken & Hummus 15m*
- [3] Pesto, Olive & Feta Frittata 30m*
- [4] Sausages with Summer Veg 15m*
- [5] Beautiful Broccoli with Creamy Tuna Sauce 15m*
- [6] SWEET TREAT: No-Bake Berry Tart 45m*

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

VARIATIONS

Vegetarian: [2] Chicken = lentils or eggplant. [4] Sausages = [poached eggs](#) or white beans. [5] Tuna = smoked tofu or feta.

More Substantial (Low Carb): [1] Walnuts. [2] Almonds. [3] Extra Pesto. [4] Avocado. [5] Extra tuna. Walnuts.

More Substantial (Carb Lovers): [1] Rice. [2] Pita. [3] Toast or roast sweet potato. [4] Short pasta. [5] Spaghetti.

Carnivore: [1] Sausages or chicken. [3] Bacon or prosciutto. [5] Tuna = bacon or sausage.

Paleo (Grain, Legume & Dairy-Free): [1] Chickpeas = cooked sausage. Soy sauce = fish sauce or salt. [2] [Almond hummus](#).

[3] Feta = walnuts or almonds. [5] Cream = butter or [cashew sauce](#). [6] Fresh berries and coconut cream.

Keto / Ultra Low Carb: [1] Chickpeas = cooked sausage. [2] [Almond hummus](#). [6] Dark chocolate.

SHOPPING LIST

27th July 2020

VEGGIES

- 1 large bunch kale, or other leafy greens [1]
- 2 lemons or lime [1]
- 1 bag baby spinach [2,4]
- 1 bag salad [3]
- 1 red capsicum (pepper) [4]
- 1 punnet cherry tomatoes (250g/10oz) [4]
- 2 heads broccoli [5]
- 1 bunch parsley (optional) [5]
- 1 lemon [5]
- 250g (1/2 lb) berries [6]^
- 1 vanilla bean optional [6]

PROTIEN#

- 450g (1lb) minced (ground) chicken [2]
- 6 eggs [3]
- 4-6 good quality pork sausages [4]
- 2 medium cans tuna (200g / 7oz each) [5]

DAIRY

- 100g (3.5oz) feta [3]
- 8T cream [5]
- 100g (3.5oz) unsalted butter [6]^
- 500g (1lb) smooth ricotta [6]^

PANTRY

- extra virgin olive oil

salt & pepper

- 3T soy sauce [1]
- 120g (4oz) tahini [1]
- 1-2 cans chickpeas [1]
- 2t curry powder [1]+
- 2t baharat or ground cumin [2]
- handful sliced almonds (optional) [2]
- 1C hummus, 240g (9oz) [2]
- 120g (5T) pesto [3]@
- 2 handfuls black olives, pitted (100g / 3.5oz) [3]
- 1t dried chilli flakes or fresh chilli [4]
- 2T capers [5]
- 200g (7oz) almonds [6]^
- 1/8t pure stevia powder or icing sugar [6]^

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Chicken = lentils or eggplant. [4] Sausages = [poached eggs](#) or white beans. [5] Tuna = smoked tofu or feta.

Carb Lovers [1] Rice. [2] Pita. [3] Toast or roast sweet potato. [4] Short pasta. [5] Spaghetti.

't' = teaspoon 'T' = tablespoon

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

+ [1] No curry powder – use 1t each ground cumin + smoked paprika

* [2] For [almond hummus](#) you'll need 100g (3.5oz) almond meal (flour), 1 lemons and 1 clove garlic.

@ [3] To make [pesto](#) you'll need 1 big bunch basil, 2 cloves garlic, 1 large handful pine nuts, 1/4 – 1/2 cup extra virgin olive oil, 1 large handful grated parmesan or extra nuts.

^ [6] Tart serves 6-8. Leftovers can be frozen.



chickpea *buddha*
bowls

CHICKPEA BUDDHA BOWLS

Enough for 2
Takes 15 minutes

*1 large bunch kale or other
leafy greens, finely sliced*

*3 tablespoons soy sauce
some for sauce and some for
the greens*

*4 tablespoons tahini
(120g / 4oz)*

*3 tablespoons lemon
or lime juice*

2 tablespoons water

*1-2 cans chickpeas drained
(400g / 14oz each)*

*1-2 teaspoons curry powder
or 1t each cumin + paprika*

1. Heat a good glug of oil in a large saucepan on a medium high heat. Add sliced greens and a splash of water. Cover and cook, stirring every now and then until the greens have just wilted down – about 5 minutes.

2. While the greens are cooking, make your sauce by mixing together tahini, lemon / lime juice, 1-2 tablespoons soy sauce and 2 tablespoons water. Stir until smooth. Taste and season with more salt. If sauce is too thick add a little more water.

3. When the greens are cooked, season with 1 tablespoon of soy sauce (or more) and divide between two bowls.

4. Return the pan to the heat and add another big glug of oil, curry powder / spice and chickpeas. Cook for a minute or two until chickpeas are hot. Season with a little salt.

5. Divide chickpeas between your bowls. And serve with a big dollop of the tahini sauce on each.

I came across the idea of Buddha bowls when I was writing my free vegan book with Leo from Zen Habits. Leo loves these ones from the Minimalist Baker and we were planning to include a recipe in the book but didn't get it done.

In case you're wondering, buddha bowls are "a bowl which is packed so full that it has a rounded 'belly' appearance on the top much like the belly of a buddha."

How good does that sound!

The tricky thing with this recipe is the amount of chickpeas. One can will make two modest serves and two cans will give you a very round buddha!

There are 7 ingredients listed but one is water, which totally doesn't count in my 6!

VARIATIONS & SUBSTITUTIONS

pantry-friendly - use frozen greens or other frozen vegetables. Vinegar can be used instead of lemon / lime.

more substantial (carb lovers) - use extra chickpeas or toss in some cooked grains like brown rice or quinoa. Or warm pita bread on the side.

keto / low carb - replace chickpeas with sausage or some cooked low carb veg like roast cauliflower or grilled zucchini / eggplant. Serve with poached eggs or cooked chicken or sausages to up the protein. A handful of roast nuts wouldn't go astray. I like hazelnuts because they look similar to chickpeas.

home cooked chickpeas - 1 can = 250g / 8oz home cooked chickpeas. Use this recipe here substituting dried chickpeas for the beans.

CHICKPEA BUDDHA BOWLS

MORE VARIATIONS & SUBSTITUTIONS

different legumes - any cooked beans or lentils will work.

different spice! - any spice you like will work. Baharat (lebanese 7 spice), garam masala or ras el hanout are my next choices after the curry powder.

more veg - add in any cooked veg. Roast onions, eggplant, capsicum (bell peppers) or sweet potato would be nice.

Low FODMAP - replace chickpeas with minced chicken or pork or some sausage. Cook for longer until no longer pink. And don't use the stems of the greens (these contain more fiber). Consider adding some extra low FODMAP veg like roast sweet potato or some steamed rice.

carnivore - add some sausages or chicken.

paleo - replace chickpeas with cooked sausage. Replace soy sauce with fish sauce or salt.

family-friendly - use a mild curry powder / garam masala or choose the cumin + paprika option.

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the sauce separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm chickpeas and greens. Divide between two bowls and top with the sauce.

WASTE AVOIDANCE STRATEGY

kale / leafy greens – will keep in the fridge in a plastic bag uncooked for at least 2 weeks. Once cooked like this it will keep for a month or so in the fridge. Can be frozen both cooked or raw.

soy sauce / chickpeas / curry powder – keep it in the pantry.

tahini – I keep mine in the pantry but will keep longer in the fridge if open.

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



spiced *chicken* &
hummus

SPICED CHICKEN & HUMMUS

Enough for 2
Takes 15 minutes

*450 g minced (ground)
chicken (1lb)*

*2 teaspoons baharat or
ground cumin*

*1 handful sliced almonds
optional*

*1 cup almond hummus or
hummus 240g (9oz)*

1 bag baby spinach to serve

1. Heat a large frying pan on a high heat. Add a few tablespoons oil and the chicken. Cook chicken, breaking up as you go until the chicken is no longer pink and nicely browned.

2. Toss in the spice and cook for another 30 seconds or so. Taste and season with salt and more spice, if needed.

3. To serve, divide hummus between 2 plates. Top with spiced chicken, almonds (if using) and baby spinach.

This is a twist on one of my all time favourite go-to minimal effort meals.

In the past I've used ground beef but I was surprised how much I enjoyed this lighter chicken version.

Don't be alarmed if you're not familiar with the spice blend baharat. There are plenty of tasty alternatives in the variations below.

VARIATIONS & SUBSTITUTIONS

pantry-friendly - baby spinach = steamed or pan fried frozen greens.

no baharat – you can order this delicious lebanese spice blend online or just substitute ground cumin on its own. Another favourite alternative is equal parts ground cumin, ground coriander and smoked paprika.

vegetarian / vegan – replace chicken with the same weight of cooked lentils. Or try cooked chickpeas. or replace chicken with grilled veg such as eggplant, zucchini and peppers.

home made hummus – whizz a drained can of chickpeas with 3 tablespoons lemon juice, canning liquid (or water) and tahini. Add a crushed clove of garlic if you like.

more substantial (carb lovers) – serve with pita, roast sweet potatoes, warm tortillas, couscous, [quinoa](#) or cooked brown rice.

SPICED CHICKEN & HUMMUS

MORE VARIATIONS & SUBSTITUTIONS

more substantial (low carb) – [almond breads](#), extra almonds, extra virgin olive oil.

paleo – serve with [sweet potato hummus](#), [cauliflower hummus](#), [Almond hummus](#) or [broccoli hummus](#).

keto / ultra low carb – use [cauliflower hummus](#) or [broccoli hummus](#), [almond hummus](#) or lemon tahini sauce.

more veg – lovely with grilled veg such as eggplant, zucchini and peppers. You could also soften an onion before cooking the chicken and toss in a few handfuls of halved cherry tomatoes.

hot! – toss in a few chopped chillies to cook with the chicken.

different meat – lovely with ground beef or lamb.

low carb – replace hummus with [cauliflower hummus](#).

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the hummus, spiced chicken, almonds and baby spinach separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm chicken in a pan with a little oil.

WASTE AVOIDANCE STRATEGY

minced (ground) chicken – freeze it.

baharat or ground cumin / sliced almonds – keep them in the pantry.

hummus – will keep in the fridge for a few weeks. Can be frozen.

baby spinach – either pop them in the freezer or wilt down in a covered pot with a little olive oil. This way they'll keep in the fridge for a few weeks.

A top-down photograph of three rectangular slices of frittata, stacked on a light-colored wooden cutting board. The frittata is a golden-brown egg-based dish, speckled with green pesto, dark purple olives, and white feta cheese. The top slice is garnished with fresh green basil leaves. The cutting board is placed on a rustic, dark-stained wooden table. In the bottom right corner, a piece of light-colored twine is knotted. In the top right corner, a small glass jar containing a red substance is partially visible.

pesto, olive & feta
frittata

PESTO, OLIVE & FETA FRITTATA

Enough for 2
Takes 30 minutes

6 eggs

5 tablespoons pesto 120g
(4oz) + extra

100 g feta (3.5oz),
crumbled

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

1 bag salad leaves to serve

1. Turn your oven on to 200C (400F). Grease and line a rectangular oven proof dish (mine was 20x25cm / 8x10in dimensions) or a round 20cm (8in) springform pan or a 20cm (8in) oven proof frying pan. If using a non stick pan no need to line it with paper.

2. Mix eggs and pesto a big pinch of salt in a bowl. Pour egg mixture into your prepared pan. Scatter over olives and feta.

3. Bake frittata for 15-20 minutes or until the egg is set and the frittata feels firm and springy. Serve hot or at room temp with salad and extra pesto if desired.

The idea to combine these three powerful flavours came from a lunch I had at Highroad - a fave local cafe. They served it in the form of poached eggs with pesto, broccolini and dried olive crumbs.

And while that was amazing, I like my frittata better because it feels more substantial and dinnerish.

I've baked it in a rectangular pyrex dish because I like how it looks, but you could easily use a round 20cm (8in) springform pan or a 20cm (8in) oven proof frying pan instead.

VARIATIONS & SUBSTITUTIONS

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

dairy-free - replace feta with roast walnuts, cashews or other nut. And use [dairy-free pesto](#).

more substantial (carb lovers) - serve with crusty bread, roast sweet potato, toast or boiled or roast potatoes.

more substantial (low carb) - extra pesto, feta, avocado, or add roast nuts. Serve with more substantial low carb veg.

herby - a little chopped chives or thyme are lovely with the eggs.

no olives - just skip them or replace with sun dried tomatoes, grilled red peppers, walnuts or extra feta.

PESTO, OLIVE & FETA FRITTATA

MORE VARIATIONS & SUBSTITUTIONS

different cheese – parmesan, brie, camembert or cheddar.

no pesto – replace with a 250G (9oz) pack of frozen spinach that has been defrosted and squeezed dry.

carnivore – cooked sausages, salami, bacon, prosciutto or chicken.

PREPARE AHEAD?

Cook as per the recipe but keep the salad separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, allow to come to room temp or warm gently in the oven being careful not to overcook it.

WASTE AVOIDANCE STRATEGY

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

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.

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.

olives – store in the pantry.

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.



sausage *with*
summer veg

SAUSAGES WITH SUMMER VEG

Enough for 2
Takes 15 minutes

4-6 pork sausages

*1 red capsicum (bell pepper)
, bell pepper*

*1 punnet cherry tomatoes
(250g / 10oz)*

*1 teaspoon dried chilli
flakes*

1 bag baby spinach

1. Heat a medium pan on a high heat. Add a few tablespoons olive oil.
2. Remove sausage skins and crumble the meat into chunks in the pan. Discard the skins. Fry, stirring occasionally for a few minutes, or until sausages are starting to brown on the outside.
3. Meanwhile chop capsicum (pepper) into long chunks and add to the pan. Halve tomatoes and add them as well.
4. Continue to stir fry for another few minutes or until the sausages are browned and cooked through and the tomatoes have started to break down and go a little squishy.
5. Season with salt, pepper and chilli and serve with baby spinach leaves scattered over the top.

As with most dishes the secret here lies in the quality of your ingredients.

If you get your sausages from a good butcher you'll be well rewarded for your efforts!

VARIATIONS & SUBSTITUTIONS

vegetarian – try a tofu with summer veg. Replace sausages with about 350g (12oz) crumbled firm tofu. Add in a tablespoon smoked paprika to help give the tofu some colour and flavout. You could also try serving summer veg with poached or fried eggs or replace the sausage with chickpeas, lentils or beans.

vegan – replace sausages with diced eggplant. No need to salt the eggplant first but the eggplant will take quite a bit longer to cook than the sausages and be prepared to be very generous with the olive oil. Super important to make sure the eggplant is cooked – there are few things worse than crunchy eggplant.

different sausages – I've used good Italian style pork and fennel sausages here but feel free to play around with different types. Chorizo would work really well with the tomato and peppers.

SAUSAGES WITH SUMMER VEG

MORE VARIATIONS & SUBSTITUTIONS

wintery – replace tomatoes with canned tomatoes and replace red pepper with grilled red peppers from the deli.

more substantial (carb lovers) – toss in cooked pasta or couscous. You could also serve with crusty bread and butter.

more substantial (low carb) – add mayo or macadamias.

keto / ultra low carb – skip the peppers.

more veg – add diced eggplant and zucchini (allow to cook until tender).

PREPARE AHEAD?

Yes! Cook as per the recipe but keep the baby spinach separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen (don't freeze the spinach). To serve, warm in a pan with a little oil.

WASTE AVOIDANCE STRATEGY

sausages – freeze.

capsicum (pepper) – make your own grilled peppers and keep in the fridge.

cherry tomatoes – will keep in the fridge for a few weeks but will lose their flavour. To preserve them, halve and roast at 180C (350F) for about an hour or until dried out. Store in a jar in the fridge covered with extra virgin olive oil.

chilli – pantry.

baby spinach leaves – use for another meal. Can be frozen but will wilt when defrosted. If you choose this option, I think it's nicer to warm the wilted spinach before serving.



beautiful broccoli *with creamy*
tuna sauce

BEAUTIFUL BROCCOLI WITH CREAMY TUNA SAUCE

Enough for 1
Takes 15 minutes

*1 medium can tuna
(200g / 7oz)*

*1 tablespoon capers rinsed
if in salt*

3-4 tablespoons cream

1 head broccoli

*1 small bunch parsley or
chives chopped (optional)*

1 squeeze lemon

1. Bring about 1cm (1/2 in) salted water to the boil in a medium saucepan. Meanwhile, chop your broccoli into bite sized little trees and slice the stems. When the water is boiling add the broccoli to the pot and cover. Simmer for 4 minutes or until the broccoli is no longer crunchy, drain.

2. Return the pot to a medium heat. Add tuna and the oil from the can. Or if your tuna comes in water or brine drain it first and add a few tablespoons of extra virgin olive oil to the pan. Add the capers and cook for a minute, stirring to break up the tuna. When the tuna is hot add the cream and bring to a simmer.

3. Add the drained broccoli and stir to coat in the sauce. Remove from the heat and stir through parsley or chives (if using). Serve with lemon squeezed over as you like.

For years and years this tuna sauce was my favourite-go to for a quick weeknight pasta. And then I stopped eating pasta.

Which meant I forgot about the sauce.

A few weeks ago I was thinking about ways to use capers.

And I remembered the sauce. And I remembered my new philosophy of using veggies like cabbage, cauliflower or broccoli as an alternative to pasta.

Hello!

I can't tell you how much I love this dish.

And you know the best part?

The broccoli only takes a fraction of the time you'd normally spend boiling your pasta.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – frozen broccoli. Cream = 2 beaten eggs or butter – if using eggs just cook until they are almost set and scrambled – don't allow them to simmer. Skip herbs. Lemon = vinegar or skip it.

short on time – use a pack of frozen broccoli.

vegetarian – replace tuna with 2-3 eggs. Just mix eggs and capers and cream then add to the pan with the drained cooked broccoli – cook over a low heat, stirring until the eggs are almost set and no longer runny. You could also replace the tuna with smoked tofu or feta. No need for lemon.

vegan – replace tuna with a generous handful of roasted sunflower seeds. Skip the cream and serve the steamed broccoli, capers and seeds in a big bowl topped with lashings of hummus or this [cashew sauce](#).

BEAUTIFUL BROCCOLI WITH CREAMY TUNA SAUCE

MORE VARIATIONS & SUBSTITUTIONS

dairy-free – replace with extra virgin olive oil or serve tuna, capers and broccoli in a big bowl topped with lashings of hummus or this [cashew sauce](#).

more substantial (carb lovers) – cooked pasta like spaghetti!

more substantial (low carb) – extra tuna, extra broccoli, extra cream, extra everything! Roast nuts / seeds (sunflower seeds, pine nuts or macadamias are especially good) or serve with chunks of avocado, some olives or eggs.

Low FODMAP – compost the broccoli stems or feed to your chickens!

different veg – [roast cauliflower](#) or [surprise steamed cabbage](#) are excellent substitutes. The sauce is also amazing on grilled asparagus.

no capers / different flavours – just skip them or replace with a few anchovy fillets or some chopped black olives. Or a finely chopped clove of garlic.

different fish – also lovely with canned mackerel, salmon, sardines or any smoked fish like trout or hot smoked salmon.

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the herbs separately (if using). Leftovers will keep in the fridge for 2 weeks or can be frozen. To serve, either cold from the fridge or warm in a pan with a little oil before sprinkling with the herbs.

WASTE AVOIDANCE STRATEGY

tuna / capers – keep them in the pantry.

cream – unopened cartons will generally keep in the fridge for a few weeks. If you need to store for longer, just pop in the freezer in a sealed container. Or freeze in icecube trays so you can easily defrost just what you need.

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).

parsley or chives – will keep in the fridge wrapped in a plastic bag for a few weeks.

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



no-bake *berry*
tart

NO-BAKE BERRY TART

Enough for 8
Takes 45 minutes

100 g unsalted butter
(3.5oz)

200 g almonds (7oz)

500 g smooth ricotta (1lb)

1/8 teaspoon pure stevia
powder*

1 vanilla bean optional

250 g berries (8oz)

1. Melt butter in a small saucepan. Line a 20cm (8in) pie dish or tart case with foil or baking (parchment) paper.
2. Whizz almonds in your food processor until it looks like bread crumbs. You want a few little chunks. Add the melted butter and whizz again until combined.
3. Scoop almond mixture into the lined pie dish and use your fingers and a spoon to spread evenly over the base and sides. Freeze for at least 20 minutes. You just want the butter to solidify to set the base.
4. While the base is chilling, mix stevia, the scraped seeds from your vanilla bean (if using) into the ricotta. Keep the vanilla bean for another use. Taste and adjust sweetness if needed.
5. When you're ready to serve, spread ricotta into your base. Pile berries into the center and let everyone admire before you cut into wedges.

This recipe came about one extremely hot summer's day when I had masses of blackberries from one of my playgroup friends. I definitely didn't want to turn on the oven but had this idea to make a blackberry tart for our dinner guests. And thus the no-bake tart was born!

You can make the tart base ahead of time and keep in the freezer for whenever you need it. Just remember to move it to the fridge 30 minutes before you want to serve so you can actually cut it.

And make sure you use smooth creamy ricotta from a tub instead of the more crumbly ricotta from the deli.

VARIATIONS & SUBSTITUTIONS

***important note about stevia!** – there are 4 types of stevia:

1. Pure Stevia Powder – looks like icing (powdered / confectioners) sugar. It's expensive but a tiny amount goes a long long way. We're talking 1/2 teaspoon to sweeten a whole cake. This is I use.
2. Granular Stevia (like Natvia or Truvia) – looks like regular white sugar. It's a blend of erythritol and stevia. Usually 1/8 teaspoon pure stevia powder = 2-3 tablespoons granular stevia.
3. Fresh or Dried Stevia Leaves – from a real stevia plant! I haven't baked with them but they will behave similar to the pure stevia powder. Just add to taste.
4. Liquid stevia. I haven't used this. But add to taste.

granular stevia – replace pure powder with 2-3 tablespoons granular stevia.

NO-BAKE BERRY TART

MORE VARIATIONS & SUBSTITUTIONS

no stevia – feel free to use sugar or your fave sweetener for the ricotta.

different fruit – summer berries are a fave but any seasonal fresh or cooked fruit will work here. Think roast pears, rosy rhubarb or sunny peaches.

nut-free / budget – use sunflower seeds or your favourite plain sweet cookie instead of the almonds.

different nuts – I like almonds best here but pretty much any nut will work.

dairy-free – use coconut oil for the base and make some macadamia ‘ricotta’ for the filling.

short on time – serve berries with fresh cream.

paleo (grain, legume & dairy-free) – serve berries with coconut cream.

PREPARE AHEAD?

The unfilled base will keep for up to 2 weeks in the fridge or indefinitely in the freezer. The ricotta mixture will keep for a week or so in the fridge and can be frozen.

WASTE AVOIDANCE STRATEGY

butter – will keep in the fridge for weeks.

almonds / pure stevia powder / vanilla bean – keep them in the pantry.

ricotta – in a sealed tub it usually has a shelf life of a few weeks in the fridge. If in an opened container, will only keep for a few days so use for another meal or freeze.

berries – use for another meal.

INGREDIENT STORAGE BEST PRACTICES

VEGGIES

kale – in the fridge wrapped in a plastic bag.

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

salad leaves / baby spinach – 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.

red capsicum (bell pepper) – in the fridge wrapped in a plastic bag.

cherry tomatoes – best flavour at room temp. Will keep for longer in the fridge in the package purchased in.

broccoli – in the fridge wrapped in a plastic bag.

parsley – in the fridge wrapped in a plastic bag.

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

PROTEIN

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

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

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

DAIRY

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

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

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

ricotta – 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 Chickpea Buddha Bowls

BOWLS 15m

Cook as per the recipe but keep the sauce separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm chickpeas and greens. Divide between two bowls and top with the sauce.

2 Spiced Chicken & Hummus

CHICKEN 15m

Cook as per the recipe but keep the hummus, spiced chicken, almonds and baby spinach separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, warm chicken in a pan with a little oil.

3 Pesto, Olive & Feta Frittata

FRITTATA 30m*

Cook as per the recipe but keep the salad separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, allow to come to room temp or warm gently in the oven being careful not to overcook it.

4 Sausages with Summer Veg

SAUSAGES 15m

Cook as per the recipe but keep the baby spinach separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen (don't freeze the spinach). To serve, warm in a pan with a little oil.

5 Beautiful Broccoli with Creamy Tuna Sauce

BROCCOLI 15m

Just cook as per the recipe but keep the herbs separately (if using). Leftovers will keep in the fridge for 2 weeks or can be frozen. To serve, either cold from the fridge or warm in a pan with a little oil before sprinkling with the herbs.

6 No-Bake Berry Tart

TART 45m

The unfilled base will keep for up to 2 weeks in the fridge or indefinitely in the freezer. The ricotta mixture will keep for a week or so in the fridge and can be frozen.

CHICKPEA BUDDHA BOWLS

Enough for 2
Takes 15 minutes

1 large bunch kale or other leafy greens, finely sliced
3 tablespoons soy sauce some for sauce and some for the greens
4 tablespoons tahini (120g / 4oz)
3 tablespoons lemon or lime juice
2 tablespoons water
1-2 cans chickpeas drained (400g / 14oz each)
1-2 teaspoons curry powder or 1t each cumin + paprika

1. Heat a good glug of oil in a large saucepan on a medium high heat. Add sliced greens and a splash of water. Cover and cook, stirring every now and then until the greens have just wilted down – about 5 minutes.

2. While the greens are cooking, make your sauce by mixing together tahini, lemon / lime juice, 1-2 tablespoons soy sauce and 2 tablespoons water. Stir until smooth. Taste and season with more salt. If sauce is too thick add a little more water.

3. When the greens are cooked, season with 1 tablespoon of soy sauce (or more) and divide between two bowls.

4. Return the pan to the heat and add another big glug of oil, curry powder / spice and chickpeas. Cook for a minute or two until chickpeas are hot. Season with a little salt.

5. Divide chickpeas between your bowls. And serve with a big dollop of the tahini sauce on each.

SPICED CHICKEN & HUMMUS

Enough for 2
Takes 15 minutes

450 g minced (ground) chicken (1lb)
2 teaspoons baharat or ground cumin
1 handful sliced almonds optional
1 cup almond hummus or hummus 240g (9oz)
1 bag baby spinach to serve

1. Heat a large frying pan on a high heat. Add a few tablespoons oil and the chicken. Cook chicken, breaking up as you go until the chicken is no longer pink and nicely browned.

2. Toss in the spice and cook for another 30 seconds or so. Taste and season with salt and more spice, if needed.

3. To serve, divide hummus between 2 plates. Top with spiced chicken, almonds (if using) and baby spinach.

PESTO, OLIVE & FETA FRITTATA

Enough for 2
Takes 30 minutes

6 eggs
5 tablespoons pesto 120g (4oz) + extra
100 g feta (3.5oz), crumbled
2 handfuls black olives pitted (100g / 3.5oz)
1 bag salad leaves to serve

1. Turn your oven on to 200C (400F). Grease and line a rectangular oven proof dish (mine was 20x25cm / 8x10in dimensions) or a round 20cm (8in) springform pan or a 20cm (8in) oven proof frying pan. If using a non stick pan no need to line it with paper.

2. Mix eggs and pesto a big pinch of salt in a bowl. Pour egg mixture into your prepared pan. Scatter over olives and feta.

3. Bake frittata for 15-20 minutes or until the egg is set and the frittata feels firm and springy. Serve hot or at room temp with salad and extra pesto if desired.

SAUSAGES WITH SUMMER VEG

Enough for 2
Takes 15 minutes

4-6 pork sausages
1 red capsicum (bell pepper), bell pepper
1 punnet cherry tomatoes (250g / 10oz)
1 teaspoon dried chilli flakes
1 bag baby spinach

1. Heat a medium pan on a high heat. Add a few tablespoons olive oil.
2. Remove sausage skins and crumble the meat into chunks in the pan. Discard the skins. Fry, stirring occasionally for a few minutes, or until sausages are starting to brown on the outside.
3. Meanwhile chop capsicum (pepper) into long chunks and add to the pan. Halve tomatoes and add them as well.
4. Continue to stir fry for another few minutes or until the sausages are browned and cooked through and the tomatoes have started to break down and go a little squishy.
5. Season with salt, pepper and chilli and serve with baby spinach leaves scattered over the top.

BEAUTIFUL BROCCOLI WITH CREAMY TUNA SAUCE

Enough for 1
Takes 15 minutes

1 medium can tuna (200g / 7oz)
1 tablespoon capers rinsed if in salt
3-4 tablespoons cream
1 head broccoli
1 small bunch parsley or chives chopped (optional)
1 squeeze lemon

1. Bring about 1cm (1/2 in) salted water to the boil in a medium saucepan. Meanwhile, chop your broccoli into bite sized little trees and slice the stems. When the water is boiling add the broccoli to the pot and cover. Simmer for 4 minutes or until the broccoli is no longer crunchy, drain.
2. Return the pot to a medium heat. Add tuna and the oil from the can. Or if your tuna comes in water or brine drain it first and add a few tablespoons of extra virgin olive oil to the pan. Add the capers and cook for a minute, stirring to break up the tuna. When the tuna is hot add the cream and bring to a simmer.
3. Add the drained broccoli and stir to coat in the sauce. Remove from the heat and stir through parsley or chives (if using). Serve with lemon squeezed over as you like.

NO-BAKE BERRY TART

Enough for 8
Takes 45 minutes

100 g unsalted butter (3.5oz)
200 g almonds (7oz)
500 g smooth ricotta (1lb)
1/8 teaspoon pure stevia powder*
1 vanilla bean optional
250 g berries (8oz)

1. Melt butter in a small saucepan. Line a 20cm (8in) pie dish or tart case with foil or baking (parchment) paper.
2. Whizz almonds in your food processor until it looks like bread crumbs. You want a few little chunks. Add the melted butter and whizz again until combined.
3. Scoop almond mixture into the lined pie dish and use your fingers and a spoon to spread evenly over the base and sides. Freeze for at least 20 minutes. You just want the butter to solidify to set the base.
4. While the base is chilling, mix stevia, the scraped seeds from your vanilla bean (if using) into the ricotta. Keep the vanilla bean for another use. Taste and adjust sweetness if needed.
5. When you're ready to serve, spread ricotta into your base. Pile berries into the center and let everyone admire before you cut into wedges.

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