

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

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.

To access the meal plans & recipes online go to:

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