



#478  
Simple Meal Plans  
27th July 2020  
do-ahead

# MEAL PLAN #478

## 27th July 2020

- [1] Creamy Cabbage & Almond Soup 30m\*
- [2] Super Green Saag Chicken 20m\*
- [3] Hearty Walnut, Kale & Goats Cheese Frittata 30m\*
- [4] Roast Cauli with Meatballs & Tahini Sauce 30m\*
- [5] Beautiful Broccoli with Creamy Tuna Sauce 15m\*
- [6] SWEET TREAT: Chocolate Walnut 'Cake' 6h\*

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

### VARIATIONS

**Vegetarian:** [2] Chicken = tofu or chickpeas. [4] Meatballs = lentils or chickpeas. [5] Tuna = eggs or feta.

**More Substantial (Low Carb):** [1] More almonds. [2] Cashews. [3] Avocado. [4] Walnuts. [5] Extra tuna or feta.

**More Substantial (Carb Lovers):** [1] Crusty bread. [2] Rice. [3] Roast sweet potato. [4] Pita. [5] Pasta.

**Carnivore:** [1] Sausage or pork mince (ground). [3] Prosciutto. [5] Chicken or bacon.

**Paleo (Grain, Legume & Dairy-Free):** [2] Coconut cream and coconut yoghurt. [3] Skip the goats cheese and serve with [pesto](#), [tahini lemon sauce](#). [5] Cream = extra virgin olive oil or [cashew sauce](#).

**Keto / Ultra Low Carb:** [6] Dark chocolate & walnuts.

# SHOPPING LIST

## 27th July 2020

### VEGGIES

500g (1lb) cabbage about 1/4 large [1]  
4 sprigs thyme (optional) [1]  
3 bunches spinach or kale [2,3]\*  
small bunch chives [3]  
2 lemons [4,5]  
small bunch flat leaf parsley or salad leaves [4]  
1 medium head cauliflower [4]  
2 heads broccoli [5]  
1 bunch parsley or chives (optional) [5]

### PROTEIN #

450g (1lb) chicken thighs or breasts [2]  
6 eggs [3]  
500g (1lb) minced (ground) beef or lamb [4]  
2 medium cans tuna (200g / 7oz) [5]

### DAIRY

1/2C cream [2,3,5]  
Greek yoghurt [2]  
1 pack goats cheese (about 100g / 3.5oz) [3]  
200g (7oz) whipping cream [6]^

### PANTRY

extra virgin olive oil  
salt & pepper  
100g (3.5oz) almond meal (flour) [1]  
1T rice wine or other wine vinegar [1]  
100g (3.5oz) roast almonds [1]  
3C chicken or veg stock [1]  
2T curry powder [2]  
chilli oil (optional) [2]  
100g (3.5oz) roast walnuts [3]  
3T tahini [4]  
1t ground coriander [4]#  
1t smoked paprika [4]#  
2T capers [5]  
300g (10oz) walnuts [6]^  
300g (10oz) milk chocolate [6]^

### OTHER

[add your other items here]

### NOTES + SUBSTITUTES

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

**# Vegetarian** [2] Chicken = tofu or chickpeas. [4] Meatballs = lentils or chickpeas. [5] Tuna = eggs or feta.

**Carb Lovers** [1] Crusty bread. [2] Rice. [3] Roast sweet potato. [4] Pita. [5] Pasta.

't' = teaspoon 'T' = tablespoon

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

\*[2] Or 3 packs frozen greens (250g / 8oz each).

#[4] Or use 2t ras el hanout, baharat or [stonesoup spice](#).

^[6] For a healthier option use dark chocolate. Cake serves 6-8. Leftovers can be frozen.



creamy *cabbage &*  
almond soup

# CREAMY CABBAGE & ALMOND SOUP

Enough for 2  
Takes 30 minutes

*500g (1lb) cabbage about  
1/4 large*

*3 cups chicken or veg stock*

*4 sprigs thyme (optional),  
leaves picked*

*100g (3.5oz) almond  
meal (flour)*

*1 tablespoon rice wine or  
other wine vinegar*

*100g (3.5oz) roast  
almonds*

1. Finely slice cabbage and place in a largeish saucepan with the stock, thyme and almond meal. Cover and bring to the boil.
2. Reduce heat to medium and simmer rapidly covered for 10-15 minutes or until the cabbage is lovely and soft.
3. Taste and season with salt and vinegar as needed. If the soup is dry add some water.
4. Divide between 2 deep bowls and serve topped with roast almonds.

Cabbage soup has a bad reputation.

My first experience of it was when I was living in England. My flat mate decided she was going on a diet and made a big pot of cabbage soup.

Needless to say the diet didn't end well.

And I was a little hesitant to try cabbage soup again.

But I'm really loving everything cabbage right now. And it's Winter here. So I thought it was worth a shot.

And was it ever worth it?! Adding the almond meal to the broth makes for a rich, creamy soup.

And the crunchy almonds on top add the extra texture and substance that all good soups need.

I promise, the word 'diet' won't even cross your mind.

## VARIATIONS & SUBSTITUTIONS

**different vinegar** – apple cider, sherry or any wine vinegar is good.

**Keto / ultra low carb** – try this [spinach soup](#).

**nut-free** – skip the almond meal and replace 1/2 cup of the stock with cream. Serve with lashings of grated parmesan instead of the roast almonds.

**hot!** – serve with chilli salt or [chilli oil](#).

**carnivore** – add some cooked bacon, sausage or pork mince (ground)!

# CREAMY CABBAGE & ALMOND SOUP

## MORE VARIATIONS & SUBSTITUTIONS

**more substantial (carb lovers)** – add in cooked pasta, cooked brown rice, quinoa or other grains. Or serve with crusty bread and butter.

**more substantial (low carb)** – more nuts! Stir in a few lightly whisked eggs at the end and simmer for an extra minute or until the egg is just set. Serve with grated parmesan and a good drizzle of extra virgin olive oil.

**Low FODMAP** – use macadamias or walnuts instead of the almonds. And skip the almond meal. Use white cabbage not savoy.

**different vegetables** – soften an onion in oil before adding the cabbage and stock. Cauliflower is lovely with the creamy almond. Or broccoli would also work. Feel free to add carrot, celery or any root veg that need using up. And I can imagine kale, chard or spinach would make a delicious more vibrantly coloured soup.

## PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the roast nuts separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, bring back to a simmer and top with the nuts. If the soup is too thick, add a little water.

## WASTE AVOIDANCE STRATEGY

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

**chicken or veg stock / almond meal / rice wine or other wine vinegar / roast almonds** – keep them in the pantry.

**thyme** – keeps for ages in a plastic bag in the fridge or even longer in the freezer.



super *green saag*  
chicken

# SUPER GREEN SAAG CHICKEN

Enough for 2  
Takes 20 minutes

*450g (1lb) chicken thighs  
or breasts, chopped*

*2 tablespoons curry powder*

*2 bunches spinach or kale,  
washed & sliced into ribbons*

*4-6 tablespoons cream*

*natural yoghurt & chilli oil  
(optional), to serve*

**1.** Heat a little oil in a large pot. Brown chicken, on a medium high heat stirring every few minutes until just cooked through. Remove and place in a clean bowl.

**2.** Add a little more oil to the pan and toast curry powder on a medium high heat for about 20 seconds. Add the chopped spinach / kale and a splash of water. Cover and cook for 5-10 minutes until the greens are wilted down. Check and stir every few minutes and if drying out or starting to burn add more water.

**3.** Remove from heat and add cream. Roughly puree the greens with a stick blender or leave chunky. Taste and season with lots of salt and pepper. If you'd prefer a stronger curry flavour add more curry powder.

**4.** Return chicken to the pan and heat again until warmed through. Divide between two bowls and top each with a generous dollop of yoghurt and a drizzle of chilli oil (if using).

One of my first real jobs was waitressing at an Indian restaurant. While I was pretty crap at waiting tables, I did develop a deep love for Indian food. One of my all time favourite curries was an intensely green spinach sauce called 'saag'. It's amazing with lamb but also great for giving chicken a meaty 'iron' rich boost.

Although spinach is traditional, I prefer it with the more intense flavour of kale. But any greens are good. It's one of those dishes where the complex curry flavours satisfy the taste buds and the greens satisfy your body. So good!

## VARIATIONS & SUBSTITUTIONS

**different greens** – use whatever greens you like such as collards, silverbeet (chard), rainbow chard, beet tops.

**more substantial (carb lovers)** – serve with steamed rice, warm naan bread, or steamed potatoes. Or knock yourself out and go with all three!

**more substantial (low carb)** – serve with cashews or [cauliflower rice](#).

**dairy-free** – use coconut cream and coconut yoghurt.

**vegetarian** – It's brilliant with the Indian cheese paneer (just crumble through at the end). I've tried it with home made paneer and it was amazeballs, if a little time consuming. Or pan fry some halloumi or add feta, tofu, tempeh or cashews. I imagine saag chickpeas or lentils would be amazing. My Irishman loves it with a handful of roasted cashews on top.

# SUPER GREEN SAAG CHICKEN

## MORE VARIATIONS & SUBSTITUTIONS

**no chilli oil** – use dried chilli flakes or powder or chopped fresh chilli for some visual interest and extra heat.

**mild / little person-friendly** – use garam masala instead of curry and skip the chilli oil.

## PREPARE AHEAD?

Cook curry as per the recipe but keep the yoghurt and chilli oil separately. Will keep in the fridge for up to a week or can be frozen (don't freeze the yoghurt). To serve bring back to a gentle simmer then top with yoghurt + chilli oil (if using).

## WASTE AVOIDANCE STRATEGY

**chicken thighs or breasts** – freeze them.

**curry powder** – keep it in the pantry.

**spinach or kale** – 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.

**cream** – freeze it or use for another meal.

**yoghurt** – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.



hearty *walnut, kale &*  
goats cheese frittata



# HEARTY WALNUT, KALE & GOATS CHEESE FRITTATA

Enough for 2  
Takes 30 minutes

*1 bunch kale  
(frozen OK), sliced*

*6 eggs*

*small bunch chives  
chopped*

*2 tablespoons cream  
or water*

*100g (3.5oz)  
roasted walnuts*

*1 pack goats cheese (about  
100g / 3.5oz), sliced*

**1.** Turn your oven on to 200C (400F). If using frozen kale squeeze it dry and skip to the next step. For fresh greens heat a big glug of oil in a medium saucepan on a medium high heat. Add sliced kale and a splash of water. Cook covered, stirring every now and then until kale is wilted down. About 5 minutes.

**2.** Mix eggs, chives, cream or water and a big pinch of salt in a bowl. Line a small baking dish (about 22cm x 28cm / 8.5in x 11 in dimensions) lined with baking paper. Or a round 28cm (11in) spring form pan will also work.

**3.** When the kale is cooked, spread it over the base of your baking dish. Pour over the egg mixture. Scatter over walnuts and slices of goats cheese.

**4.** Bake frittata for 12-14 minutes (for fresh greens) or 15-20 minutes (for defrosted) or until the egg is set and the cheese has browned a little. Serve hot or at room temp.

I love a good frittata at any time. But this one with walnuts and kale is especially substantial and fab for a meat-free dinner where you won't be missing the meat (my Irishman didn't). It's also good for lunches the next day.

And I love that it's a complete meal on its own. No need to add a sauce or side salad.

Just make sure the tray you use to cook it is a similar size to mine. Or if it's smaller, expect the cooking time to be longer. And for a larger tray it will cook more quickly - it's all about the surface area / depth of the mixture.

## VARIATIONS & SUBSTITUTIONS

**short on time** – use pre-cooked greens or defrosted frozen spinach or other greens. Squeeze greens to remove extra moisture and expect to add another 5 minutes to the cooking time. Or skip the greens and serve with baby spinach leaves on the side (the frittata may not take as long to cook so check after 10 minutes).

**vegan / egg-free** – try these buddha bowls instead.

**more substantial (carb lovers) / family-friendly** – serve with hot buttered toast or warm pita bread. Or add some cooked sweet potato or potato or pasta as well as or instead of the kale.

**more substantial (low carb)** – more walnuts, more cheese or more eggs. Serve with some avocado.

# HEARTY WALNUT, KALE & GOATS CHEESE FRITTATA

## MORE VARIATIONS & SUBSTITUTIONS

**Low FODMAP** – don't use the stems from the kale.

**different greens** – any leafy green will work. Or any other cooked veg. You could use frozen greens – no need to cook first just defrost, squeeze dry and add to the frittata.

**nut-free** – replace walnuts with roast sweet potato (or other root veg) or cooked legumes (chickpeas would be my first choice) or cooked pasta.

**dairy-free** – use water instead of cream. Skip the goats cheese and serve with pesto, tahini lemon sauce or hummus drizzled over.

**carnivore** – bacon, salami, prosciutto or ham.

## PREPARE AHEAD?

Just cook as per the recipe. Will keep in the fridge for a week. Don't freeze. Serve cold, at room temp or warm gently in the oven.

## WASTE AVOIDANCE STRATEGY

**kale** – will keep for a few weeks in a plastic bag in the fridge. Or for longer if cooked as per the recipe. Can be frozen.

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

**chives** – best to use for another meal.

**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.

**roasted walnuts** – keep them in the pantry.

**goats cheese** – if unopened it usually has a shelf life of a few weeks in the fridge. If it is opened, will only keep for a few days so use for another meal or freeze.

roast cauli *with meatballs*  
& tahini sauce



# ROAST CAULI WITH MEATBALLS & TAHINI SAUCE

Enough for 2  
Takes 30 minutes

*1 medium head cauliflower*

*2 teaspoons ras el hanout,  
baharat or 1 teaspoon each  
coriander and smoked paprika*

*500g (1lb) minced  
(ground) beef or lamb*

*3 tablespoons lemon juice*

*3 tablespoons tahini*

*small bunch flat leaf parsley  
or salad leaves, to serve*

**1.** Preheat your oven to 250C (480F). Chop cauli florettes into bite sized chunks and slice stems. Place on a large rimmed baking sheet. Drizzle over 3 tablespoons olive oil and lots of salt. Toss to coat the cauli in the oil. Pop the cauli in the oven and set your timer for 15 minutes.

**2.** While the cauli is cooking, season meat with a little salt and roll into mini meatballs (or larger ones) about 1.5cm (1/2in) diameter.

**3.** When the timer goes, stir cauli. Scatter meatballs over the top and return the tray to the oven, setting the timer for 10 minutes.

**4.** While you wait make the sauce by combining lemon, tahini and 3 tablespoons water in a small bowl. Season with a pinch of salt and mix until smooth.

**5.** When the timer is up, stir and check on everything. If the cauliflower is browned and the meatballs cooked through you can remove but if not, pop back in for another 5 minutes.

**6.** When the cauli and meatballs are done, divide between two warm plates. Drizzle over lemon tahini sauce and finish with a scattering of parsley / salad leaves.

I have one of my long time students, the lovely Samantha to thank for this brilliant one tray dinner. Samantha had planned to make my Turkish Cauli Pizza and couldn't be bothered getting out her food processor (a feeling I know only too well!).

So she creatively roasted the cauliflower and served it with spiced beef and a lemon tahini sauce.

It sounded so good, and inspired this little number which takes the simplicity one step further by turning the beef into meatballs and baking them in with the cauli instead of getting another pan dirty to brown the meat.

Love when inspiration comes from my students! Thanks Samantha!

## VARIATIONS & SUBSTITUTIONS

**5-ingredients / über simple** – skip the parsley or the spice.

**vegetarian** – replace meatballs with cooked chickpeas, lentils, brown rice, barley or quinoa – just toss the cooked grains / legumes with the roast spiced cauli in the last 5 minutes of cooking. Pan fried halloumi or fried eggs are also great with spiced cauli and the tangy creamy sauce.

**more substantial (carb lovers)** – serve with warm pita, quinoa or brown rice. Tortillas will work too.

**more substantial (low carb)** – serve with roast hazelnuts, almonds or walnuts. Also good with pine nuts. You could also increase the tahini sauce.

# ROAST CAULI WITH MEATBALLS & TAHINI SAUCE

## MORE VARIATIONS & SUBSTITUTIONS

**more veg / different veg** – slice an onion and add to the cauli at the beginning. Broccoli, diced eggplant, halved cherry tomatoes, sliced red capsicum (bell peppers) or zucchini will all work and take about the same amount of time as the cauliflower. Fab served on a bed of Winter greens or cooked kale.

**no tahini** – tahini is a paste made from sesame seeds. Substitute in cashew butter, almond butter or sunflower butter. Or season Greek yoghurt or coconut yoghurt with salt and pepper and use that as your sauce instead.

**different spice** – try curry powder or ground cumin + ground coriander.

## PREPARE AHEAD?

Yes! Just roast cauli and meatballs as per the recipe but keep the sauce and parsley / salad separately. Will keep in the fridge for 2 weeks or can be frozen. To serve, warm cauli and meatballs in a large frying pan. Top with sauce and greenery.

## WASTE AVOIDANCE STRATEGY

**cauli (whole)** – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.

**ras el hangout / baharat / coriander / smoked paprika** – keep them in the pantry.

**minced (ground) beef or lamb** – keep them in the pantry.

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

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

**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.

**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.



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.



chocolate *walnut*  
'cake'

# CHOCOLATE WALNUT 'CAKE'

Enough for 6-10  
Takes 6 hours

*300g (10oz) walnuts*

*200g (7oz) whipping cream*

*300g (10oz) milk chocolate,  
chopped into chunks*

1. Preheat your oven to 180C (350F). Place walnuts on a baking tray and roast for 8-10 minutes or until deeply golden brown and tasting toasted.
2. Line a loaf tin with baking paper so the base and sides are covered. Bring cream to a simmer in a medium saucepan. Remove from the heat and stir in the chocolate chunks. Stand for about 5 minutes to allow chocolate to melt.
3. Gently stir your chocolate cream mixture until smooth and glossy. If there are a few chunks of unmelted chocolate don't stress too much.
4. Pour half the chocolate mixture into your prepared tin. Top with 3/4s of the walnuts saving the last 1/4 for decorating the top. Layer over the remaining chocolate mixture. Finish with the remaining walnuts.
5. Place in the freezer for 6 hours or until the 'cake' has set enough that you can slice it.

This cake actually began life as a tart I made for a dinner party a few months ago. Everyone loved it so much I made a mental note to figure out a way to enjoy it again for my birthday. And here we have it!

With the milk chocolate it's definitely a big treat for me. But well worth the blood sugar high!

I've also made it with dark chocolate and while I did enjoy it, I prefer the sweet sweet caramelly goodness of this milk chocolate version.

Because of the low cocoa solids content of the milk chocolate, you'll need to freeze this to get it to set. And it is going to take the 6-hours - sorry you'll have to wait that long!

The good news is, it stays soft enough that it can be eaten straight from the freezer. Enjoy!

And like all the best Birthday cakes, it comes with a warning... It's very rich so start with small slices.

## VARIATIONS & SUBSTITUTIONS

**pantry-friendly** – cream = coconut cream or nut milk.

**short on time** – replace milk chocolate with dark chocolate (70% cocoa solids) – will only take an hour to set in the freezer.

**different nuts** – I adore this with walnuts but cashews or pecans will also work – macadamias are nice too. OR use a mixture of nuts.

**low carb / low-sugar** – use dark chocolate.

# CHOCOLATE WALNUT 'CAKE'

## MORE VARIATIONS & SUBSTITUTIONS

**dairy-free / paleo** – use coconut cream or almond milk and use dark chocolate.

**little tarts** – use the chocolate walnut mixture to fill these [baked tartlet shells](#).

**more substantial** – serve with double cream, whipped cream or ice cream.

**nut-free** – replace walnuts with chopped plain sweet biscuits such as digestives or graham crackers. And you'll be able to change the name to what the Irish call a 'Chocolate Biscuit Cake'.

**not quite so sweet** – use a mix of 50:50 milk and dark chocolate.

## PREPARE AHEAD?

A must! Leftovers will keep in the freezer for months but the walnuts will get softer over time. To serve, slice straight from the freezer and allow to stand for a few minutes (if you can wait that long!).

## WASTE AVOIDANCE STRATEGY

**walnuts / milk chocolate** – 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.

# INGREDIENT STORAGE BEST PRACTICES

## VEGGIES

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

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

kale or spinach – in the fridge wrapped in a plastic bag.

**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.

**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.

**cauliflower** – in the fridge wrapped in a plastic bag.

**broccoli** – in the fridge wrapped in a plastic bag.

## PROTEIN

**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.

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

## DAIRY

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

**yoghurt** – in the fridge in the packaging it was purchased in.

**goats cheese** – 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 Creamy Cabbage & Almond Soup **SOUP 30m**

Cook as per the recipe but keep the roast nuts separately. Leftovers will keep in the fridge for up to 2 weeks or can be frozen. To serve, bring back to a simmer and top with the nuts. If the soup is too thick, add a little water.

## 2 Super Green Saag Chicken **CURRY 20m**

Cook curry as per the recipe but keep the yoghurt and chilli oil separately. Will keep in the fridge for up to a week or can be frozen (don't freeze the yoghurt). To serve bring back to a gentle simmer then top with yoghurt + chilli oil (if using).

## 3 Hearty Walnut, Kale & Goats Cheese Frittata **FRITTATA 30m**

Just cook as per the recipe. Will keep in the fridge for a week. Don't freeze. Serve cold, at room temp or warm gently in the oven.

## 4 Roast Cauli with Meatballs & Tahini Sauce **MEATBALLS 30m**

Roast cauli and meatballs as per the recipe but keep the sauce and parsley / salad separately. Will keep in the fridge for 2 weeks or can be frozen. To serve, warm cauli and meatballs in a large frying pan. Top with sauce and greenery.

## 5 Beautiful Broccoli with Creamy Tuna Sauce **BROCCOLI 15m**

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 Chocolate Walnut 'Cake' **CAKE 6h**

A must! Leftovers will keep in the freezer for months but the walnuts will get softer over time. To serve, slice straight from the freezer and allow to stand for a few minutes (if you can wait that long!).

## CREAMY CABBAGE & ALMOND SOUP

Enough for 2  
Takes 30 minutes

*500g (1lb) cabbage about 1/4 large  
3 cups chicken or veg stock  
4 sprigs thyme (optional), leaves picked  
100g (3.5oz) almond meal (flour)  
1 tablespoon rice wine or other wine vinegar  
100g (3.5oz) roast almonds*

- 1.** Finely slice cabbage and place in a largeish saucepan with the stock, thyme and almond meal. Cover and bring to the boil.
- 2.** Reduce heat to medium and simmer rapidly covered for 10-15 minutes or until the cabbage is lovely and soft.
- 3.** Taste and season with salt and vinegar as needed. If the soup is dry add some water.
- 4.** Divide between 2 deep bowls and serve topped with roast almonds.

## SUPER GREEN SAAG CHICKEN

Enough for 2  
Takes 20 minutes

*450g (1lb) chicken thighs or breasts, chopped  
2 tablespoons curry powder  
2 bunches spinach or kale, washed & sliced into ribbons  
4-6 tablespoons cream  
natural yoghurt & chilli oil (optional), to serve*

- 1.** Heat a little oil in a large pot. Brown chicken, on a medium high heat stirring every few minutes until just cooked through. Remove and place in a clean bowl.
- 2.** Add a little more oil to the pan and toast curry powder on a medium high heat for about 20 seconds. Add the chopped spinach / kale and a splash of water. Cover and cook for 5-10 minutes until the greens are wilted down. Check and stir every few minutes and if drying out or starting to burn add more water.
- 3.** Remove from heat and add cream. Roughly puree the greens with a stick blender or leave chunky. Taste and season with lots of salt and pepper. If you'd prefer a stronger curry flavour add more curry powder.
- 4.** Return chicken to the pan and heat again until warmed through. Divide between two bowls and top each with a generous dollop of yoghurt and a drizzle of chilli oil (if using).

## HEARTY WALNUT, KALE & GOATS CHEESE FRITTATA

Enough for 2  
Takes 30 minutes

*1 bunch kale (frozen OK), sliced  
6 eggs  
small bunch chives chopped  
2 tablespoons cream or water  
100g (3.5oz) roasted walnuts  
1 pack goats cheese (about 100g / 3.5oz), sliced*

- 1.** Turn your oven on to 200C (400F). If using frozen kale squeeze it dry and skip to the next step. For fresh greens heat a big glug of oil in a medium saucepan on a medium high heat. Add sliced kale and a splash of water. Cook covered, stirring every now and then until kale is wilted down. About 5 minutes.
- 2.** Mix eggs, chives, cream or water and a big pinch of salt in a bowl. Line a small baking dish (about 22cm x 28cm / 8.5in x 11 in dimensions) lined with baking paper. Or a round 28cm (11in) spring form pan will also work.
- 3.** When the kale is cooked, spread it over the base of your baking dish. Pour over the egg mixture. Scatter over walnuts and slices of goats cheese.
- 4.** Bake frittata for 12-14 minutes (for fresh greens) or 15-20 minutes (for defrosted) or until the egg is set and the cheese has browned a little. Serve hot or at room temp.

# ROAST CAULI WITH MEATBALLS & TAHINI SAUCE

Enough for 2  
Takes 30 minutes

*1 medium head cauliflower*  
*2 teaspoons ras el hanout, baharat*  
*or 1 teaspoon each coriander and smoked paprika*  
*500g (1lb) minced (ground) beef or lamb*  
*3 tablespoons lemon juice*  
*3 tablespoons tahini*  
*small bunch flat leaf parsley or salad leaves, to serve*

- 1.** Preheat your oven to 250C (480F). Chop cauli florettes into bite sized chunks and slice stems. Place on a large rimmed baking sheet. Drizzle over 3 tablespoons olive oil and lots of salt. Toss to coat the cauli in the oil. Pop the cauli in the oven and set your timer for 15 minutes.
- 2.** While the cauli is cooking, season meat with a little salt and roll into mini meatballs (or larger ones) about 1.5cm (1/2in) diameter.
- 3.** When the timer goes, stir cauli. Scatter meatballs over the top and return the tray to the oven, setting the timer for 10 minutes.

**4.** While you wait make the sauce by combining lemon, tahini and 3 tablespoons water in a small bowl. Season with a pinch of salt and mix until smooth.

**5.** When the timer is up, stir and check on everything. If the cauliflower is browned and the meatballs cooked through you can remove but if not, pop back in for another 5 minutes.

**6.** When the cauli and meatballs are done, divide between two warm plates. Drizzle over lemon tahini sauce and finish with a scattering of parsley / salad leaves.

# 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.

# CHOCOLATE WALNUT 'CAKE'

Enough for 6-10  
Takes 6 hours

*300g (10oz) walnuts*

*200g (7oz) whipping cream*

*300g (10oz) milk chocolate, chopped into chunks*

- 1.** Preheat your oven to 180C (350F). Place walnuts on a baking tray and roast for 8-10 minutes or until deeply golden brown and tasting toasted.
- 2.** Line a loaf tin with baking paper so the base and sides are covered. Bring cream to a simmer in a medium saucepan. Remove from the heat and stir in the chocolate chunks. Stand for about 5 minutes to allow chocolate to melt.
- 3.** Gently stir your chocolate cream mixture until smooth and glossy. If there are a few chunks of unmelted chocolate don't stress too much.
- 4.** Pour half the chocolate mixture into your prepared tin. Top with 3/4s of the walnuts saving the last 1/4 for decorating the top. Layer over the remaining chocolate mixture. Finish with the remaining walnuts.

- 5.** Place in the freezer for 6 hours or until the 'cake' has set enough that you can slice it.

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