

# 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

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 cauliflower 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 cauliflower in the oil. Pop the cauliflower in the oven and set your timer for 15 minutes.
- 2.** While the cauliflower 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 cauliflower. 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 cauliflower and meatballs are done, divide between two warm plates. Drizzle over lemon tahini sauce and finish with a scattering of parsley / salad leaves.

**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.

# 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.

# 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.

To access the meal plans & recipes online go to:

**[www.stonesoupvirtualcookeryschool.com](http://www.stonesoupvirtualcookeryschool.com)**

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