

# MEAL PLAN #488

## 31st August 2020

- [1] Big Pea Bowls with Goats Cheese & Olives 15m\*
- [2] Chicken with Pine Nut Sauce 15m\*
- [3] Thai Omelette 15m\*
- [4] Magnificent Mince & Cabbage 30m\*
- [5] Parisian Fish with Almond Sauce 15m\*
- [6] SWEET TREAT: Little Chocolate Hazelnut Cheesecakes 10m\*

\* Approximate time required. m = minutes. h = hours.

### VARIATIONS

**Vegetarian:** [2] Chicken = eggplant or halloumi. [4] Beef = cooked lentils or chickpeas. [5] Fish = mushrooms or tempeh.

**More Substantial (Low Carb):** [1] Extra protein. [2] [Beautiful broccoli](#). More sauce. [3] Cashews or peanuts. [4] More mayo. Roast macadamias or almonds. [5] More fish. Extra nuts.

**Carb Lovers / More Substantial:** [1] Cooked pasta. [2] Pita bread. [3] Rice noodles. [4] Pasta or rice. [5] Steamed or roast potatoes or sweet potato.

**Carnivore:** [1] Bacon or sausages. [3] Chicken. [5] Lamb cutlets or pork chops.

**Paleo (Grain, Legume & Dairy-Free):** [1] Butter = extra virgin olive oil. Goats cheese = extra chicken / olives. [6] Goats cheese = coconut or [cashew yoghurt](#).

**Keto / Ultra Low Carb:** [1] Peas = leafy greens like spinach. [3] Oyster sauce = soy sauce.

# SHOPPING LIST

## 31st August 2020

### VEGGIES

500g (1lb) frozen peas [1]  
small bunch mint (optional)[1]  
2 cloves garlic [2&5]  
3 lemons [2&5]  
1 bag baby kale or other salad leaves [2]  
2-4 small red chillies [3]@  
2 green onions (scallions) [3]  
1 bunch mint [3]  
1/4 large cabbage (about 800g / 28oz) [4]  
1 onions [4]  
2 lemons [5]  
1 bag salad leaves or green veg [5]

### PROTEIN #

200-400g (4-7oz) **quick pulled chicken** or other protein [1]+  
4 chicken thigh fillets [2]  
6 eggs [3]  
300-500g (10-18oz) minced (ground) beef [4]  
2 fish fillets [5]

### DAIRY

handful goats cheese [1]  
6T salted butter [1]  
80g (3oz) goats cheese [6]

### PANTRY

extra virgin olive oil  
salt & pepper  
handful black olives [1]  
100g (3.5oz) pine nuts [2]  
4-8 tablespoons oyster sauce [3]\*  
2T soy or fish sauce [4]  
1T sherry, rice or wine vinegar [4]  
mayonnaise [4]  
100g (4T) almond butter [5]^  
handful roast almonds or other nuts [5]  
50g (2oz) dark chocolate [6]  
50g (2oz) roast hazelnuts [6]

### OTHER

[add your other items here]

### COOKS NOTES / VARIATIONS

# **Vegetarian** [2] Chicken = eggplant or halloumi. [4] Beef = cooked lentils or chickpeas. [5] Fish = mushrooms or tempeh.

**Carb Lovers** [1] Cooked pasta. [2] Pita bread. [3] Rice noodles. [4] Pasta or rice. [5] Steamed or roast potatoes or sweet potato.

't' = teaspoon 'T' = tablespoon

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

+ [1] other protein ideas: cooked sausages, canned tuna, canned salmon, extra cheese, poached fish, roast nuts, boiled eggs, poached eggs.

\* [3] Or use 1-2 tablespoons soy sauce.

@ [3] Like serrano or Thai birds eye.

^ [5] Tahini or other nut butters can be substituted.

Based on serving 2 people.  
Please adjust as required.  
[Numbers] refer to the recipe  
each ingredient is required for.

## BIG PEA BOWLS WITH GOATS CHEESE & OLIVES

Enough for 2  
Takes 15 minutes

4-6 tablespoons salted butter  
500g (1lb) frozen peas  
small bunch mint, leaves picked (optional)  
200-400g (4-7oz) *quick pulled chicken*  
or other protein  
handful black olives, chopped  
handful goats cheese, crumbled

1. Melt butter in a medium saucepan on a medium high heat. Add frozen peas and cook, covered for a minute. Stir and cook for another minute or until peas are hot and no longer frozen.
2. Remove from the heat and stir in chicken and mint (if using). Taste and season remembering the olives and cheese will add more salt.
3. Divide between two big bowls. Scatter over cheese and olives and enjoy!

## CHICKEN WITH PINE NUT SAUCE

Enough for 2  
Takes 15 minutes

4 chicken thigh fillets  
100g (3.5oz) pine nuts  
1/2 clove garlic  
2 tablespoons lemon juice  
1 bag baby kale or other salad leaves to serve

1. Preheat a large frying pan or skillet on a high heat.
2. Bash chicken with the palm of your hand so that the thigh fillets are an even thickness across. Rub with a little oil. Season.
3. Pop chicken into the pan and cook for 3-4 minutes on the first side.
4. Meanwhile, whizz pine nuts, garlic, lemon juice, 2 tablespoons water and 2 tablespoons extra virgin olive oil until you have a smoothish sauce. Taste and season.
5. Turn chicken when well browned and cook on the second side for another 3-4 minutes or until cooked through and no longer pink.
6. Divide sauce between 2 plates. Top with chicken and serve leaves on the side.

`print friendly recipes.`

## THAI OMELETTE

Enough for 1  
Takes 15 minutes

3 eggs  
1-2 small red chillies, finely sliced  
1 green onion, finely sliced  
1/2 bunch mint, leaves picked & torn if large  
2-4 tablespoons oyster sauce

1. Heat a small fry pan on a medium heat. Meanwhile whisk eggs and chilli until just combined. Season.
2. Add a little oil to the pan and then the egg. Cook for about 30 seconds then gently move the cooked edges into the middle and allow the runny egg to run out to the sides.
3. Leave for another 30 seconds to 1 minute or until the egg is almost all set.
4. Remove from the heat. Top with herbs and drizzle with oyster sauce.

# MAGNIFICENT MINCE & CABBAGE

Enough for 2  
Takes 30 minutes

1 onion, chopped  
300-500g (10-18oz) minced (ground) beef  
2 tablespoons soy or fish sauce  
1 tablespoon sherry, rice or wine vinegar  
1/4 large cabbage (about 800g / 28oz), finely sliced  
mayonnaise, to serve

**1.** Heat a large saucepan on a medium heat. Add a few tablespoons olive oil and chopped onion. Cook onion with the lid on, stirring every few minutes until the onion is soft but not browned. Will take about 10 minutes.

**2.** Increase the heat to medium high and add meat. Cook, stirring until the meat is well browned. Remove from the heat and toss in the soy or fish sauce and vinegar. Taste and adjust seasoning if needed. Remove cooked meat and keep warm in a clean bowl.

**3.** Return the pot to a medium high heat. Add cabbage and about 1/4 cup water. Cook with the lid on, stirring every now and then for about 5 minutes or until cabbage is soft.

**4.** Return the cooked meat to the pan and allow to warm.

**5.** Divide between 2 bowls and top each with a nice big drizzle of mayo.

# PARISIAN FISH WITH ALMOND SAUCE

Enough for 2  
Takes 10 minutes

100g (4 heaped tablespoons) almond butter  
4 tablespoons water  
1 clove garlic, minced  
2 tablespoon lemon juice + halves to serve  
2 fish fillets  
salad leaves or green veg to serve  
roast almonds or other nuts

**1.** For the sauce mix almond butter, water, garlic and lemon juice in a small bowl until it is smooth and creamy. Season with a pinch of salt. Taste and add more salt or lemon if needed.

**2.** Heat a medium frying pan on a medium high heat. If the fish has skin, score the skin 3-4 times to help prevent it curling up. When the pan is hot add a little glug of oil and cook fish skin side down for 3-4 minutes. Turn and cook for another 2-4 minutes or until the fish is cooked to your liking (thicker fillets may take longer unless you like them quite rare in the middle).

**3.** Smear sauce over the base of two plates in off centered circles. Top with hot fish (skin side up). Place salad or veg on the side and scatter over almonds and finish with lemon halves.

# LITTLE CHOCOLATE HAZELNUT CHEESECAKES

Enough for 2  
Takes 10 minutes

*50g (2oz) dark chocolate  
80g (3oz) goats cheese  
50g (2oz) roast hazelnuts  
sea salt flakes (optional)*

- 1.** Boil the kettle and chop dark chocolate into small chunks. Place in a small bowl and top with 2 tablespoons boiling water. Stand for a minute or so to allow the chocolate to melt. Stir until you have a lovely smooth glossy sauce.
- 2.** Chop hazelnuts and divide between two small bowls / ramekins / tea cups / pretty glasses.
- 3.** Slice goats cheese into 4 rounds. Place one round in each of the bowls. Drizzle over half the chocolate. Top with the remaining goats cheese and drizzle over the remaining chocolate. Sprinkle with sea salt flakes (if using) and enjoy immediately.

To access the meal plans & recipes online go to:

**[www.smp.to](http://www.smp.to)**

© Jules Clancy 2020

This meal plan is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review, as permitted under the Copyright Act, no part of this ebook may be reproduced by any process without written permission. Enquiries should be addressed to the author.

All rights reserved.