

MEAL PLAN #489

7th September 2020

- [1] Salted Kale with Green Tahini 15m*
- [2] Taco Tuesday Bowls 15m*
- [3] Walnut + Brown Butter Omelette 15m*
- [4] Beaut Beef & Blue Cheese 15m*
- [5] Broccoli Puttanesca 15m*
- [6] SWEET TREAT: A New Fruit + Cream 5m*

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

VARIATIONS

Vegetarian: [2] Meat = black beans or chickpeas. [4] Beef = cooked lentils or mushrooms. [5] Mackerel = feta, goats cheese or parmesan or roast almonds.

More Substantial (Low Carb): [1] Double the tahini sauce. Extra nuts. [2] Avo AND Sour Cream. [3] Extra walnuts or Almond Breads. [4] Walnuts or Pecans. [5] Avocado.

Carb Lovers / More Substantial: [1] Pita bread. [2] Tortillas. [3] Toast. [4] Rice. [5] Cooked Pasta.

Carnivore: [1] Chicken or sausages. [3] Bacon. [5] Crumbled Pork Sausages.

Paleo (Grain, Legume & Dairy-Free): [1] Dairy-Free Pesto. [3] Butter = olive oil. [4] Blue cheese = olives or smoked almonds or macadamias, [5] Butter = extra virgin olive oil. [6] Cream = coconut yoghurt or cashew yoghurt.

Keto / Ultra Low Carb: [6] Dark Chocolate.

SHOPPING LIST

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VEGGIES

- 1 bunch kale [1]
- 3 lemons [1]
- 1 avocado or sour cream [2]
- 1 bunch collard greens, kale or bag baby spinach [2]
- 2 limes [2]
- 3 bags baby spinach (120g/ 4oz each) [3&4]
- large bunch chives [4]
- 2 heads broccoli [5]
- 1-4 red chilli peppers [5]@
- 1 punnet (250g / 9oz) cherry tomatoes [5]
- 2 serves of fruit [6]

PROTEIN

- 450g (1lb) minced (ground) pork, chicken or beef [2]
- 6 eggs [3]
- 500g (1lb) minced (ground) beef [4]

DAIRY

- 10T butter (150g) [3&5]
- 100g (3.5oz) blue cheese [4]
- fresh cream [6]

PANTRY

- extra virgin olive oil

salt & pepper

- 4T tahini [1]*
- 4 tablespoons pesto [1]+
- 2 handfuls roast hazelnuts or other protein [1]^
- 2 handfuls roast cashews, almonds, macadamias or peanuts (optional) [2]
- 2T hot sauce eg. Tabasco [2]
- 2 handful walnuts, roasted (100g / 3.5oz) [3]
- 2T apple cider vinegar [3]
- 3T soy sauce [4]
- 2 cans mackerel or tuna, (110g / 4oz each) [5]
- large handful olives (1/2 cup) [5]

OTHER

[add your other items here]

COOKS NOTES / VARIATIONS

Vegetarian [2] Meat = black beans or chickpeas. [4] Beef = cooked lentils or mushrooms. [5] Mackerel = feta, goats cheese or parmesan or roast almonds.

Carb Lovers [1] Pita bread. [2] Tortillas. [3] Toast [4] Rice. [5] Cooked Pasta.

't' = teaspoon 'T' = tablespoon

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

+ [1] To make your own pesto you'll need 1 big bunch basil, 1 clove garlic, 1 large handful pine nuts 1 large handful grated parmesan (or extra nuts for dairy-free) and extra virgin olive oil.

* [1] Or substitute almond, cashew or other nut butter.

^ [1] Protein ideas = cooked chicken, eggs (poached or boiled), nuts or cooked pork sausages, crumbled feta or goats cheese or shaved hard cheese like parmesan.

@ [5] Any fresh chilli pepper will work such as Serrano or Thai Birds Eye.

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

SALTED KALE WITH GREEN TAHINI

Enough for 2
Takes 15 minutes

1 bunch kale
2 + 4 tablespoons lemon juice
4 tablespoons tahini
4 tablespoons pesto
2 handfuls roast hazelnuts or other protein

1. Tear kale leaves into bite sized pieces, leaving the stems for another use (or feeding your compost). Sprinkle with a generous pinch of fine salt and toss with 2 tablespoons lemon juice so all the leaves are coated. Stand for 5 minutes or up to an hour for the leaves to soften.

2. Meanwhile combine 4 tablespoons lemon juice with the tahini and pesto in a small bowl. Taste and season with salt and pepper and extra lemon if needed, remembering you've already salted the kale. If the dressing is too chunky, stir in a splash of water.

3. To serve, spread dressing on the base of a platter or two plates. Top with kale and nuts / protein.

TACO TUESDAY BOWLS

Enough for 2
Takes 15 minutes

450g (1lb) minced (ground) pork, chicken or beef
1 teaspoon to 2 tablespoons hot sauce + extra to serve
2 limes
1 bunch collard greens, kale or 1 bag baby spinach
1 avocado or sour cream
2 handfuls roast cashews, almonds, macadamias or peanuts (optional)

1. Heat a large frying pan on a high heat. Add a splash of oil and the meat and cook, stirring often until the meat is well browned – about 5 minutes.

2. Remove meat from heat and gradually season with your hot sauce, 1-2 tablespoons lime juice and some salt. Tasting as you go and adding more of anything as needed.

3. Finely slice greens or kale. No need to slice baby spinach. Divide veg between two bowls. Top with the hot meat, avocado / sour cream, lime halves and nuts (if using).

WALNUT + BROWN BUTTER OMELETTE

Enough for 1
Takes 10 minutes

3 tablespoons butter (45g)
3 eggs
1 bag baby spinach (120g / 4oz)
1 handful walnuts, roasted (50g / 2oz)
1 tablespoon apple cider vinegar

- 1.** Heat a medium frying pan on a medium high heat. Mix eggs with a pinch of salt in a small bowl.
- 2.** Add 1 TABLESPOON of the butter to the warm pan. Allow it to melt and coat the bottom. Add the eggs and reduce heat to medium. Cook gently until the eggs are just set and no longer runny.
- 3.** Tip omelette out onto a plate. I try and roll or halve it as I tip it out. But don't get too caught up about it.
- 4.** Return the pan to the heat and increase the temp to high. Add spinach and cook, stirring for a few minutes or until spinach has wilted slightly but there are still some whole leaves. Pile spinach onto the plate next to the omelette.

5. Return the pan to the heat again. Add remaining 2 TABLESPOONS butter and allow it to melt and simmer. Cook until the butter has gone deeply golden brown. Listen for when it stops sizzling (when all the moisture has cooked out). It can be hard to see the colour so scoop some butter up into a spoon to check. When I think it's brown enough I always cook it for a little longer just to be sure. The darker the more flavour.

6. When the butter smells amazing and looks deeply browned, remove pan from the heat. Add walnuts and apple cider vinegar to the hot pan. Stir well and then pour the butter mixture over your omelette and spinach. Eat ASAP.

BEAUT BEEF & BLUE CHEESE

Enough for 2
Takes 15 minutes

500g (1lb) minced (ground) beef
large bunch chives, chopped
2-3 tablespoons soy sauce
100g (3.5oz) blue cheese, crumbled
150g (5oz) bag baby spinach, to serve

- 1.** Heat a little oil in a large frying pan on a medium high heat. Add beef and cook, stirring to break it up with a spatula or spoon.
- 2.** When the beef is well browned, remove from heat. Add chives, soy sauce and blue cheese. Taste and season with more soy if needed.
- 3.** Divide baby spinach between two bowls. Top with beef mixture and serve.

BROCCOLI PUTTANESCA

Enough for 2
Takes 15 minutes

*2 heads broccoli
2 cans mackerel or tuna, (110 g / 4oz each), drained
large handful olives, pitted (1/2 cup)
1-4 red chilli peppers, finely sliced
4 tablespoons butter
1 punnet (250g / 9oz) cherry tomatoes, halved*

- 1.** Bring 1cm (1/2in) salted water to the boil in a medium saucepan. Chop broccoli into bite sized florettes. Slice the stems.
- 2.** Boil / steam broccoli, covered, for 5 minutes. Drain and return the pan to the heat with the broccoli, stir in the fish, olives, chilli, butter and tomatoes.
- 3.** Stir and cook until everything is hot. Remove from the heat. Taste and add a little more salt if needed.
- 4.** Divide puttanesca between 2 bowls and drizzle over of your best extra virgin olive oil.

A NEW FRUIT + CREAM

Enough for 2
Takes 5 minutes

*2 serves of fruit
fresh cream (preferably double cream!)*

- 1.** Wash and dry fruit. Slice or peel if needed and arrange in a pretty bowl. Serve with cream passed separately for everyone to add their own.

To access the meal plans & recipes online go to:

www.smp.to

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