

MEAL PLAN #490

7th September 2020

- [1] Salted Kale Bowls with Green Tahini 15m*
- [2] Sausage Chilli & Broccoli Bowls 15m*
- [3] Lebanese Omelette w Almond 'Hummus' 15m*
- [4] Spiced Beef with Hummus 15m*
- [5] Fish with Olive Lemon Salsa 15m*
- [6] SWEET TREAT: A New Fruit + Cream 5m*

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

VARIATIONS

Vegetarian: [2] Sausage = chickpeas or mushrooms. [4] Beef = cooked lentils. [5] Fish = Halloumi or tempeh.

More Substantial (Low Carb): [1] Extra nuts. Cooked chicken or eggs. [2] Avocado. [3] Extra almonds. Extra egg. [4] Almonds or Macadamias. [5] Beautiful broccoli. Avocado.

Carb Lovers / More Substantial: [1] Warm tortillas. [2] Cooked Pasta. [3] Pita. [4] Steamed Rice. [5] Roast potatoes or sweet potato.

Carnivore: [1] Steak. [3] Prosciutto. [5] Pork or lamb chops. Or sausages.

Paleo (Grain, Legume & Dairy-Free): [6] Cream = [macadamia cream](#) or coconut yoghurt.

Keto / Ultra Low Carb: [4] Skip the onion.

SHOPPING LIST

23rd March 2020

VEGGIES

1 bunch kale [1]
 5 lemons [1&3&5]
 2 small heads broccoli (approx 600g / 1.3lb) [2]
 1 bunch parsley / 1 bag salad [3]
 2 onions [4]
 1 bag baby spinach [4]
 small bunch oregano or parsley [5]
 1 bag salad leaves [5]
 1 small clove garlic [5]
 2 serves of fruit [6]

PROTEIN

2-4 sausages [2]
 4-6 eggs [3]
 500g (1lb) minced (ground) beef [4]
 2 fish fillets or steaks [5]

DAIRY

fresh cream [6]

PANTRY

extra virgin olive oil
 salt & pepper
 4T tahini [1]+

4 T pesto [1]*

2 handfuls roast hazelnuts [1]@ or other protein
 4 anchovies (optional) [2]
 4 serrano or thai birds eye chilli peppers [2]
 handful roast nuts (50g / 2oz) [2]
 2-4 T mayo [2]
 200g (7oz) almond meal [3]
 2t ground cumin [3]
 1T Za'atar or ground coriander [3]
 2t baharat or ground cumin [4]
 handful pine nuts [4]
 8-10T hummus [4]^
 2 handfuls pitted black olives (100g / 3.5oz) [5]

OTHER

[add your other items here]

COOKS NOTES / VARIATIONS

Vegetarian [2] Sausage = chickpeas or mushrooms. [4] Beef = cooked lentils. [5] Fish = Halllouni or tempeh.

Carb Lovers [1] Warm tortillas. [2] Cooked Pasta. [3] Pita. [4] Steamed Rice. [5] 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] Tahini is a sesame seed paste. Substitute almond or other nut butter.

* [1] To make your own pesto [see recipe here](#).

@ [1] or other protein such as cooked chicken, eggs (poached or boiled), nuts or cooked pork sausages.

Crumbled feta or goats cheese or shaved parmesan.

^ [4] To make your own hummus use 1 can chickpeas and 3T each lemon juice, tahini and water or use

[almond hummus](#).

Based on serving 2 people.

Please adjust as required.

[Numbers] refer to the recipe
 each ingredient is required for.

SALTED KALE BOWLS 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.

SAUSAGE CHILLI & BROCCOLI BOWLS

Enough for 2
Takes 15 minutes

2 small heads broccoli (approx 600g / 1.3lb)
2-4 sausages
4 anchovies (optional)
4 serrano or thai birds eye chilli peppers
handful roast nuts (50g / 2oz)
2-4 tablespoons [mayo](#)

1. Bring about 1cm (1/2) salted water to the boil in a medium saucepan. Chop broccoli into bite sized pieces and add to the pot. Cover and simmer on a medium high heat for 5 minutes.

2. When the broccoli is tender. Drain.

3. Return the pot to the heat and add a good glug of olive oil. Add crumbled sausage meat (skins removed), anchovies (if using) and chillies. Cook, stirring for a few minutes or until the sausage meat is well browned. Stir in drained broccoli.

4. Taste and season with salt as needed (you may not from the anchovies and sausage).

5. Divide sausage and broccoli mix between two bowls. Top with mayo and nuts.

LEBANESE OMELETTE WITH ALMOND 'HUMMUS'

Enough for 2
Takes 15 minutes

200g (7oz) almond meal
2 teaspoons ground cumin
4 tablespoons lemon juice
4 eggs
1 tablespoon Za'atar ([see variations for alternatives](#))
1 bunch parsley / salad / [tabbouleh](#), to serve

1. For the almond hummus, place almond meal, 200g (7oz) water, cumin, lemon juice and a little salt in a tall jug or jar. Puree with our stick blender to make a thick creamy paste. Alternatively use a food processor or blender. Taste. Season with more salt and lemon.

2. For the za'atar oil, combine za'atar with 2 tablespoons extra virgin olive oil and a pinch of salt in a small jar or bowl.

3. For the omelette mix 2 eggs in a small bowl with a pinch of salt and 2 tablespoons water. Heat a small frying pan on a medium high heat.

4. When the pan is warm add a splash of olive oil and swirl to coat the bottom of the pan. Add eggs and allow to cook gently until no longer runny. If they start to sizzle rapidly, turn the heat down. You want the eggs to cook gently so they don't over cook.

5. When the eggs are just set, roll the omelette onto a plate. Repeat with remaining eggs to make the second omelette.

6. To serve, spoon almond hummus over the top of the omelettes. Scatter parsley / salad / tabouleh to one side. Drizzle over the spiced oil.

SPICED BEEF WITH HUMMUS

Enough for 2
Takes 15 minutes

2 onions, peeled & diced
500g (1lb) minced (ground) beef
2 teaspoons baharat or ground cumin
handful pine nuts
8-10 large tablespoons hummus
4 handfuls baby spinach, to serve

1. Heat a generous glug of oil in a large frying pan. Cook onion over a medium heat for about 5 minutes, until starting to soften but not brown.

2. Add beef and increase the heat to high. Cook, stirring often until the beef is well browned all over. Add the baharat and stir fry for another minute or so. Taste season.

3. Serve spiced beef on a bed of hummus with pine nuts sprinkled over. Serve baby spinach on the side.

FISH WITH OLIVE LEMON SALSA

Enough for 2
Takes 20 minutes

*2 handfuls pitted black olives (100g / 3.5oz)
1 large lemon
1 small clove garlic, minced
small bunch oregano, leaves picked
2 fish fillets or steaks
cucumber or salad leaves, to serve*

1. For the salsa, chop olives. Peel and chop lemon into small dice, discarding any seeds as you go. Combine olives, diced lemon, minced garlic and oregano leaves in a small bowl. Moisten with 4 tablespoons extra virgin olive oil. Leave to stand for the flavours to mingle while you cook the fish.

2. Heat a frying pan on a medium high heat. Season fish with salt on both sides. Add a splash of oil to the hot pan and cook fish for 3-5 minutes or until browned on the outside and cooked to your liking.

3. Divide fish between two plates. Spoon over the olive lemon salsa. Serve with cucumber or green salad on the side.

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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