

MEAL PLAN #491

14th September 2020

- [1] Halloumi + Cabbage Hash 20m*
- [2] Green Chicken Bowls with Pine Nut Mayo 30m*
- [3] Mushroom & Rosemary Frittata 30m*
- [4] Moroccan Meatloaf 60m*
- [5] Fish with Olive Lemon Salsa 20m*
- [6] SWEET TREAT: Berry Mousse 15m*

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

VARIATIONS

Pantry-friendly [1] Skip the parsley. [2] Frozen Broccoli + Kale. [3] Mushrooms = canned mushrooms, chickpeas or grilled veg. Skip rosemary. [5] Skip oregano. [3,4,5] serve with steamed or pan fried frozen greens. [6] Coconut cream. Frozen berries.

Short on time: [4] Roll meat mixture into balls and bake 250C (480F) for 15-20 minutes.

Vegetarian: [2] Chicken = chickpeas or eggs. [4] Meatloaf = baked eggplant. [5] Fish = halloumi, tempeh or lentils.

More Substantial (Low Carb): [1] Walnuts, extra eggs, mayo. [2] Extra chicken. Avocado. [3] Roast almonds. Mayo. [4] Roast nuts. Extra low carb veggies. [5] Avocado. Feta.

Carb Lovers / More Substantial: [1] Cooked pasta. [2] Crusty bread. [3] Toast. Roast Sweet Potato. [4] Couscous. [5] Steamed Rice.

Carnivore: [1] Bacon or sausages. [3] Bacon. [5] Pork chops or lamb cutlets.

Paleo (Grain, Legume & Dairy-Free): [1] Halloumi = extra eggs + olives. Soy sauce = salt. [3] Butter = olive oil. Parmesan = flaked almonds. [4] Butter = extra virgin olive oil. [6] Cream = coconut cream or [cashew yoghurt](#).

SHOPPING LIST

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VEGGIES

1/4 large cabbage (500g / 1lb) [1]
small bunch parsley [1]
2 lemons [2&5]
1 head broccoli (approx 300g / 10.5oz) [2]
1 bunch kale (approx 250g / 9oz) [2]
500g (1lb) mushrooms [3]
1 stalk rosemary [3]
2 bags green salad [3&4]
1 small clove garlic [5]
small bunch oregano or parsley [5]
cucumber or salad leaves [5]
125g (4.5oz) mixed berries [6]

PROTEIN

2 eggs [1]
2 small chicken breast fillets [2]
6 eggs [3]
450g (1lb) lamb or beef mince (ground) [4]
2 fish fillets or steaks [5]

DAIRY

250g (9oz) halloumi or feta [1]
8T butter [3&4]
50g (2oz) grated parmesan [3]
150mL (3/4 cup) whipping cream [6]

PANTRY

extra virgin olive oil
salt & pepper
2T soy sauce [1]
1T sherry or wine vinegar [1]
6T mayonnaise (100g / 3.5oz) [2]
50g (2oz) pine nuts [2]
75g (3 oz) almond meal or soft bread crumbs [4]
1 jar tomato passata or puree (3 cups) [4]
4t ground coriander [4]
2 handfuls pitted black olives (100g / 3.5oz) [5]
1/2 teaspoon vanilla extract [6]

OTHER

[add your other items here]

COOKS NOTES / VARIATIONS

Vegetarian [2] Chicken = chickpeas or eggs. [4] Meatloaf = baked eggplant. [5] Fish = halloumi, tempeh or lentils.

Carb Lovers [1] Cooked pasta. [2] Crusty bread. [3] Toast. Roast Sweet Potato. [4] Couscous. [5] Steamed Rice.

't' = teaspoon 'T' = tablespoon

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

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

HALLOUMI + CABBAGE HASH

Enough for 2
Takes 20 minutes

*1/4 large cabbage (500g / 1lb)
2 tablespoons soy sauce
1 tablespoon sherry or wine vinegar
250g (9oz) halloumi
2 eggs
small bunch parsley, leaves picked*

1. Slice cabbage (the finer you slice it the quicker it will cook). Add to a large saucepan with a drizzle of oil and about 4 tablespoons water. Cover and cook on a medium high heat, stirring once or twice until the cabbage is soft and lightly browned. If it starts to dry out and burn on the bottom before the cabbage is soft, add a few more tablespoons water and reduce the heat.
2. Season cabbage with soy and vinegar. Taste and add more soy / vinegar if needed.
3. Dice the halloumi and brown on all sides with a little oil in a small frying pan. Use a medium high heat. When the halloumi is brown, toss it in with the cabbage.

4. Quickly fry eggs in a little oil on a medium high heat. Or poach them if you prefer.

5. To serve, toss parsley in with the cabbage and divide between two bowls or plates. Top with fried egg and serve immediately.

GREEN CHICKEN BOWLS WITH PINE NUT MAYO

Enough for 2
Takes 30 minutes

*2 small chicken breast fillets
1 head broccoli (approx 300g / 10.5oz)
1 bunch kale (approx 250g / 9oz)
2 tablespoons lemon juice
6 tablespoons mayonnaise (approx 100g / 3.5oz)
50g (2oz) pine nuts, toasted*

1. Cut each chicken breast into 3 long strips. Place in a small saucepan large enough to fit the chicken in a single layer. Cover with cold water and add a good pinch of salt. Place on a high heat and leave the lid off.

2. When the chicken liquid is gently simmering, reduce the heat to medium / medium high and simmer for 8-10 minutes with the lid off so you can keep an eye on it.

3. When the chicken reaches 165F / 73C (test with a thermometer), remove the chicken and place in a clean bowl. Save the broth for cooking the veg. If you don't have a thermometer, just cut into the largest piece of chicken to make sure it is no longer pink.

4. While the chicken is cooking, slice broccoli stems into 1/2cm (1/4 inch) thick slices. Chop the florettes into bite sized trees. When the chicken is cooked and resting happily in a bowl, bring the cooking liquid to a rapid boil. Pop the prepared broccoli into the pot. Bang the lid on and boil for 5 minutes. Drain the broccoli using a bowl to catch the cooking liquid.

5. Slice kale crosswise into 1cm (1/2in) ribbons. Then when the broccoli is cooked, use the same liquid and pot to boil the kale with the lid on for about 2 minutes or until kale is wilted. Drain and discard the cooking liquid (or save it to drink – super nutritious and delicious!).

6. When you have a spare minute, combine mayo and pine nuts in a small bowl.

7. To serve, divide cooked broccoli, kale and lemon juice between two bowls. Shred chicken using your hands or two forks and toss cooked chicken in with the veg. Finish with a big dollop of the pine nut mayo on each bowl.

MUSHROOM & ROSEMARY FRITTATA

Enough for 2
Takes 30 minutes

2-4 tablespoons butter
500g (1lb) mushrooms, sliced if large
1 stalk rosemary, leaves picked
6 eggs
50g (2oz) grated parmesan + shaved parmesan
green salad or veg to serve

1. Preheat your oven to 200C (400F). Line a 20cm (8in) springform pan with baking paper. I line the sides as well because egg likes to stick!
2. Melt butter in a frying pan on a medium high heat. Add mushrooms and rosemary and cook, stirring every now and then. You want the mushrooms to brown and soften. Will take 5-10 minutes.
3. Lightly whisk eggs in a medium bowl. Add a little salt and then the cooked mushrooms and grated parmesan. Pour everything into the prepared pan and top with shaved parmesan if you want.

4. Bake for 15-20 minutes or until the frittata is golden and puffed up a little like a souffle.
5. Slice and serve warm or at room temp with salad on the side.

MOROCCAN MEATLOAF

Enough for 2
Takes 60 minutes

4 teaspoons ground coriander
(1/2 for meat, half for sauce)
450g (1lb) lamb or beef mince (ground)
75g (3 oz) almond meal or soft bread crumbs
1 jar tomato passata or puree (3 cups)
4 tablespoons butter
green salad, to serve

1. Preheat your oven to 200C (400F). In a bowl or the base of a baking dish combine HALF the coriander with all the meat and almond meal or bread crumbs. Add a little salt. Using your hands form into a 'loaf' shape.
2. Place tomato passata / puree around the loaf. Add the remaining coriander to the sauce and top with the butter.
3. Bake for 45 minutes to 1 hour or until the meat is cooked through. Slice and serve the meat with the sauce and green salad 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.

BERRY MOUSSE

Enough for 2
Takes 15 minutes

*150mL (3/4 cup) whipping cream
1/2 teaspoon vanilla extract
125g (4.5oz) mixed berries*

- 1.** Whip cream until you have soft peaks. Add in vanilla.
- 2.** Mash berries with a fork until you have a rough puree.
- 3.** Fold the berries through the cream, leaving it a little unmixed or 'swirled'.
- 4.** Divide between 2 small glasses and serve immediately or refrigerate until you're ready to eat.

To access the meal plans & recipes online go to:

www.smp.to

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