

# MEAL PLAN #492

## 14th September 2020

- [1] Spinach Soup with Smashed Feta & Walnuts 20m\*
- [2] Chicken & Peppers 60m\*
- [3] Pesto, Olive & Feta Frittata 30m\*
- [4] Polpettone 60m\*
- [5] Fish 'Tacos' with Easy Coriander Hot Sauce 20m\*
- [6] SWEET TREAT: Blueberry Chia Pudding 10m\*

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

### VARIATIONS

**Pantry-Friendly:** [2] Jarred grilled peppers. [5] Use a commercial hot sauce. Corn tortillas. [6] Frozen berries + coconut cream. [2,3,4] Serve with steamed frozen veg instead of salad leaves.

**Short on time:** [2] Use boneless chicken thighs or breast. Increase heat to 250C (480F) and cook for 15 minutes covered and then 10-15 minutes uncovered. [4] Roll beef mixture into balls and bake in the sauce 250C / 480F for 20 minutes or until cooked through.

**Vegetarian:** [2] Chicken = eggplant or mushrooms + Roast Almonds or Macadamias. [4] [Lentil Balls](#). [5] Fish = chickpeas or halloumi.

**More Substantial (Low Carb):** [1] Extra feta & walnuts. [2] Roast Almonds or Avocado. [3] Extra pesto. [4] Larger serve! [5] Cashews or avocado or both.

**Carb Lovers / More Substantial:** [1] Crusty bread. [2] Cooked Pasta. [3] Toast. [4] Spaghetti. [5] Warm Tortillas.

**Carnivore:** [1] Bacon. [3] Salami or Cooked Sausage. [5] Steak.

**Paleo (Grain, Legume & Dairy-Free):** [1] Feta = salted smashed avocado or [macadamia 'ricotta'](#). [3] Feta = Walnuts. Use [Dairy-Free Pesto](#). [4] Butter = olive oil. Skip the cheese and serve sprinkled with [Brazil Nut Parmesan](#). [6] Cream = coconut cream.

# SHOPPING LIST

## 14th September 2020

### VEGGIES

2 onions [1]  
2 packets frozen spinach (250g / 9oz each) [1]  
2-3 large red capsicum (bell peppers) [2]  
3 bags salad leaves [2&3&4]  
1 bunch coriander (cilantro) [5]  
1-2 red chilli peppers [5]&  
1 lime [5]  
2 medium zucchini [5]  
6 cos lettuce leaves or [zucchini tortillas](#) [5]@  
1 punnet blueberries (125g / 4oz) [6]

### PROTEIN #

4-6 chicken drumsticks [2]  
6 eggs [3]  
1kg (2lb) minced (ground) beef [4]+  
2 fish fillets [5]

### DAIRY

300g (10.5oz) feta [1&3]  
3-4 knobs (hunks) butter [4]+  
150g (5oz) grated cheese [4]+  
1 cup whipping cream [5]

### PANTRY

extra virgin olive oil  
salt & pepper  
2 cups stock [1]  
2 large handfuls roast walnuts [1]  
120g pesto (4T) [3]\*  
2 handfuls black olives (100g / 3.5oz) [3]  
150g (5oz) almond meal [4]+  
1 jar tomato passata (puree), about 3 cups [4]+  
4T chia seeds or linseeds (flax) [5]  
small handful sliced almonds (optional) [5]

### OTHER

[add your other items here]

### COOKS NOTES / VARIATIONS

# **Vegetarian** [2] Chicken = eggplant or mushrooms + Roast Almonds or Macadamias. [4] [Lentil Balls](#). [5]

Fish = chickpeas or halloumi.

**Carb Lovers** [1] Crusty bread. [2] Cooked Pasta. [3] Toast. [4] Spaghetti. [5] Warm Tortillas.

't' = teaspoon 'T' = tablespoon

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

\*[3] To make your own pesto you'll need 1 big bunch basil, 1-2 cloves garlic, optional, 1 large handful pine nuts, 1/4 – 1/2 cup extra virgin olive oil and 1 large handful grated Parmesan (or extra nuts).

+ [4] Meatloaf serves 4-6. You could halve recipe but leftovers are delicious and keep really well.

& [5] Such as Serrano or Thai Birds Eye.

@ [5] To make [zucchini tortillas](#) you'll need 2 medium zucchini (300g / 10oz), 50g (2oz) grated parmesan, 50g (2oz) almond meal, 1 egg.

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

## SPINACH SOUP WITH SMASHED FETA & WALNUTS

Enough for 2  
Takes 20 minutes

*2 onions*  
*2 packets frozen spinach (250g / 9oz each), defrosted*  
*2 cups stock*  
*200g (7oz) feta, crumbled*  
*2 large handfuls roast walnuts*

1. Heat a generous glug of olive oil in a medium saucepan on a medium heat. Peel and slice onion and add to the pot with a pinch of salt to help the onion soften. Cook covered, stirring occasionally for 10 minutes or until onions are soft.
2. Add spinach and stock and simmer for a few minutes. Taste and season with extra salt if needed, remembering the feta is going to bring a lot of salt.
3. Divide hot soup between two bowls and top with feta and nuts.

## CHICKEN & PEPPERS

Enough for 2  
Takes 60 minutes

*4-6 chicken drumsticks*  
*2-3 large red capsicum (bell peppers), chopped*  
*salad leaves, to serve*

1. Preheat your oven to 200C (400F).
2. Place chicken in an oven proof dish. Top with sliced capsicum (peppers). Drizzle generously with olive oil. Season.
3. Bake covered for about 30 minutes.
4. Remove the lid and bake until the peppers are reduced and tender and the chicken is golden and cooked, about another 20-30 minutes, serve hot with salad leaves on the side.

## PESTO, OLIVE & FETA FRITTATA

Enough for 2  
Takes 30 minutes

*6 eggs*  
*120g pesto (4 heaped tablespoons) + extra*  
*100g (3.5oz) feta, crumbled*  
*2 handfuls black olives, pitted (100g / 3.5oz)*  
*salad, to serve*

1. Turn your oven on to 200C (400F). Grease and line a rectangular oven proof dish (mine was 20x25cm / 8x10in dimensions) or a round 20cm (8in) springform pan or a 20cm (8in) oven proof frying pan. If using a non stick pan no need to line it with paper.
2. Mix eggs and pesto a big pinch of salt in a bowl. Pour egg mixture into your prepared pan. Scatter over olives and feta.
3. Bake frittata for 15-20 minutes or until the egg is set and the frittata feels firm and springy. Serve hot or at room temp with salad and extra pesto if desired.

# POLPETTONE

Enough for 4-6  
Takes 60 minutes

1kg (2lb) minced (ground) beef  
150g (5oz) almond meal  
1 jar tomato passata (puree), about 3 cups  
3-4 knobs (hunks) butter  
150g (5oz) grated cheese  
salad leaves, to serve

1. Preheat your oven to 200C (400F). Combine beef, almond meal and a few pinches of salt in a bowl Mix well and form into a loaf.
2. Place tomato and butter in a baking dish and top with your loaf.
3. Bake uncovered for 30 minutes.
4. Spoon sauce over the top of the loaf and scatter over the cheese. Bake for another 20 minutes or until cheese is melted and the polpettone is cooked through. I like it a little pink.
5. Eat now or allow to cool before storing in the fridge or freezer.

# FISH 'TACOS' WITH EASY CORIANDER HOT SAUCE

Enough for 2  
Takes 20 minutes

1 bunch coriander (cilantro)  
1-2 red chilli peppers  
2 tablespoons lime juice  
2 fish fillets, each sliced into 3 long fingers  
2 medium zucchini, grated  
6 cos lettuce leaves or [zucchini tortillas](#), to serve

1. For the sauce, chop coriander (cilantro) leaves and stems coarsely. Place in a tall jug or wide mouthed jar large enough to fit your stick blender. Add chilli, 4 tablespoons extra virgin olive oil and lime juice. Blitz using your stick blender until you have a pureed vibrant green sauce. If you don't have a stick blender, use a food processor, regular blender or chop everything by hand.
2. Heat a medium frying pan on a medium high heat. Season fish with a pinch of salt. Add a splash of oil to the pan and cook fish for 2-4 minutes on each side or until browned and cooked through.
3. Fill 6 lettuce leaves or zucchini tortillas with the grated zucchini. Top with 1 piece of fish for each leaf / tortilla. Serve with hot sauce drizzled over.

# BLUEBERRY CHIA PUDDING

Enough for 2  
Takes 10 minutes

4 tablespoons chia seeds  
1 cup whipping cream  
1 punnet blueberries (125g / 4oz)  
small handful sliced almonds (optional)

1. Place chia, cream and blueberries in your food processor. Whizz until you have a smoothish pudding.
2. Divide mixture between two small glasses or tea cups. Top with almonds (if using).

To access the meal plans & recipes online go to:

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

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