

MEAL PLAN #495

28th September 2020

- [1] Broccoli & Goats Cheese Soup 15m*
- [2] Thai Chicken Balls 15m*
- [3] Lebanese Omelette with Almond 'Hummus' 15m*
- [4] Balsamic Cabbage + Sausages 15m*
- [5] Recipe Pan Fried Fish with Hazelnut Butter 15m*
- [6] SWEET TREAT: Coconut Berry Swirl 10m*

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

VARIATIONS

Pantry-friendly: [1] Frozen broccoli. [2] serve with steamed frozen veg + roast cashews. lime = rice vinegar. [3] Parsley = steamed frozen greens. [4] Skip sage + parsley. [5] Lemon = vinegar. Steamed or pan fried frozen greens to serve. [6] Frozen berries.

Vegetarian: [2] Chicken = chickpeas. [4] Sausages = lentils or eggs or feta. [5] Fish = roast veg or mushrooms.

More Substantial (Low Carb): [1] Roast nuts. Olive oil. [2] Cashews. Avocado. [3] Extra hummus. Pine nuts. [4] Extra sausage. Feta. [5] Extra butter. Extra Nuts.

More Substantial (Carb Lovers): [1] Crusty bread. [2] [Steamed rice](#). [3] Pita bread. [4] Pasta. [5] Steamed or [roast potatoes](#).

Carnivore: [1] Chicken. [3] Prosciutto or salami. [5] Fish = chicken or steaks.

Paleo (Grain, Legume & Dairy-Free): [1] Goats cheese = [Macadamia ricotta](#). [4] Feta = almond or macadamias. [5] Butter = [Mayonnaise](#).

Keto / Ultra Low Carb: [1] Broccoli = baby spinach. [4] Replace 1/2 cabbage with baby spinach.

SHOPPING LIST

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VEGGIES

2 heads broccoli [1]
2 kaffir lime leaves or zest of 1 lime [2]
2 limes [2]
1 bunch mint [2]
1 bunch coriander (cilantro) [2]
2 lemons [3&5]
2 bunches parsley [3&4]
small bunch sage (optional) [4]
1/2 large or 1 small cabbage
(approx 600g / 21oz) [4]
1 bag washed salad leaves [5]
2 handfuls berries [6]

PROTEIN

450g (1lb) minced (ground) chicken [2]
4 eggs [3]
4 sausages [4]
2 fish fillets [5]

DAIRY

100g (3.5oz) goats cheese [1]
100g (3.5oz) feta [4]
80g (2.75oz) salted butter [5]

PANTRY

extra virgin olive oil
salt & pepper
3C water or mild stock [1]
3T Thai red curry paste [2]+
200g (7oz) almond meal [3]
2t ground cumin [3]
1T za'atar [3]^
2T balsamic vinegar [4]
2 handfuls roasted hazelnuts (50g / 2oz) [5]
2 large scoops coconut yoghurt [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

[number] refers to the recipe using that ingredient. Recipes serve 2.

Vegetarian [2] Chicken = chickpeas. [4] Sausages = lentils or eggs or feta. [5] Fish = roast veg or mushrooms.

Carb Lovers [1] Crusty bread. [2] [Steamed rice](#). [3] Pita bread. [4] Pasta. [5] Steamed or [roast potatoes](#).

't' = teaspoon 'T' = tablespoon

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

+ [2] Or substitute 2-3 teaspoons curry powder.

^ [3] Or substitute other spices like cumin, coriander, smoked paprika, baharat (Lebanese spice blend), mild curry powder or Ras el hanout.

BROCCOLI & GOATS CHEESE SOUP

Enough for 2
Takes 15 minutes

*3 cups water or mild stock
2 heads broccoli
100g (3.5oz) goats cheese, sliced
extra virgin olive oil, to serve*

- 1.** Bring water or stock to the boil in a medium saucepan. Chop broccoli into bite sized pieces.
- 2.** Add broccoli to the pan. Simmer uncovered for about 10 minutes or until the broccoli isn't crunchy any more.
- 3.** Remove from the heat and whizz using a stick blender or a blender until you have a smooth purée.
- 4.** Taste and season with lots of salt. Bring back to a simmer. Serve with goats cheese on top and an exceedingly generous drizzle of extra virgin olive oil.

THAI CHICKEN BALLS

Enough for 2
Takes 15 minutes

*450g (1lb) minced (ground) chicken
2-3 tablespoons Thai red curry paste
2 kaffir lime leaves or zest of 1 lime
1-2 limes, to serve
1 bunch each mint and coriander (cilantro), to serve*

- 1.** Combine chicken mince, curry paste and lime leaves or zest in a medium bowl. Roll the mixture into golf ball sized balls.
- 2.** Heat a little oil in a large frying pan. Cook chicken balls on a medium heat for 3-5 minutes each side, or until well browned and just cooked through.
- 3.** Serve hot chicken balls with herbs and fresh lime on the side.

LEBANESE OMELETTE WITH ALMOND 'HUMMUS'

Enough for 2
Takes 15 minutes

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.

BALSAMIC CABBAGE + SAUSAGES

Enough for 2
Takes 10 minutes

small bunch sage (optional)
4 sausages
1/2 large or 1 small cabbage (approx 600g / 21oz)
2 tablespoons balsamic vinegar
100g (3.5oz) feta, crumbled
small bunch parsley, leaves picked

1. If you're using the sage, heat a few tablespoons oil in a large saucepan on a medium high heat. Add sage leaves and fry for 1-2 minutes or until the leaves are crispy. Drain them on paper towel.
2. Cut sausage skins down one side. Remove and discard the skins. Pile the sausage meat into the pan and cook uncovered, stirring to break up the sausage into bite sized chunks.

3. Slice cabbage into ribbons as finely as you can be bothered (the thicker the longer it will take to cook). When the sausages are well browned and cooked through, add the cabbage and 1/4 cup water. Reduce heat to medium and cook covered for about 10 minutes, stirring every few minutes until the cabbage is soft. If it starts to burn, add a splash more water, reduce the heat and stir vigorously.

4. When the cabbage is soft remove from the heat. The water should have evaporated. If it hasn't, cook for another minute or two with the lid off.

5. Stir in the balsamic vinegar and feta. Taste and season with salt and more vinegar, if needed. Toss in parsley leaves.

6. Divide cabbage between two bowls and top with crispy sage leaves (if using).

PAN FRIED FISH WITH HAZELNUT BUTTER

Enough for 2
Takes 15 minutes

80g (2.75oz) salted butter, at room temperature
2 handfuls roasted hazelnuts, chopped (50g / 2oz)
2 teaspoons lemon juice
2 fish fillets
1 bag washed salad leaves

1. Mash butter, hazelnuts and lemon together in a small bowl. Taste and season with more salt and / or lemon if needed (you probably won't).
2. Heat a medium frying pan large enough to just hold the fish in a single layer on a medium high heat. Season fish with salt. Add a splash of oil to the pan and cook fish for 2-4 minutes on each side. You want the fish to be golden brown on the surface and the flesh to look opaque and no longer translucent when you cut into it.
3. Divide fish between two plates. Top with hazelnut butter and allow it to melt onto the fish to create a delicious sauce. Serve salad leaves on the plates and use the melted butter to dress the salad as you eat.

COCONUT BERRY SWIRL

Enough for 2
Takes 10 minutes

2 handfuls berries
2 large scoops *coconut yoghurt*

1. Mash berries in a small bowl with a fork.
2. Scoop yoghurt into two bowls, then swirl your berry mash through the coconut.

To access the meal plans & recipes online go to:

www.smp.to

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