

MEAL PLAN #496

28th September 2020

- [1] Green Bowls with Macadamia Cream 15m*
- [2] Spiced Chicken & Hummus 10m*
- [3] Mexican Omelette with Smashed Avo 15m*
- [4] Beef, Broccolini & Basil 15m*
- [5] 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 + kale. [2] Baby spinach = steamed or pan fried frozen greens. [3] Avocado = [almond hummus](#) or goats cheese. Skip coriander / cilantro. Skip lime. [4] Frozen broccoli. Lemon = 1T each vinegar and soy sauce. Skip basil or serve with pesto. [5] Lemon = vinegar. Steamed or pan fried frozen greens to serve. [6] Frozen berries.

Vegetarian: [2] Chicken = lentils or chickpeas. [4] Beef = black beans, tempeh or lentils. [5] Fish = Eggplant, mushrooms or roast veggies.

More Substantial (Low Carb): [1] Extra macadamias, Poached Eggs, Avocado. [2] [Almond breads](#). More almonds. [3] Extra egg. Extra Avo. [4] Cashews or Macadamias. [5] More hazelnuts. [Broccoli](#).

Carb Lovers / More Substantial: [1] Rice or Quinoa. [2] Warm pita. [3] Warm tortillas. [4] Cooked pasta. [5] Steamed or roast potatoes.

Carnivore: [1] Chicken, chorizo or sausages. [3] Bacon or chorizo. [5] Chicken breast / thigh fillets or Steaks.

Paleo (Grain, Legume & Dairy-Free): [2] [Almond hummus](#). [5] Butter = [mayonnaise](#).

Keto / Ultra Low Carb: [2] [Almond hummus](#).

SHOPPING LIST

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VEGGIES

- 1 bunch broccolini (150g / 5oz) [1]
- 1 large bunch kale [1]
- 1 bag baby spinach [2]
- 1 large avocado (2 small) [3]
- 1 lime [3]
- 1 bunch coriander (cilantro) [3]
- 2 bunches broccolini, or 2 heads broccoli [4]
- 1-2 small red chillis [4]^
- 3 lemons [4&5]
- 1 bunch basil [4]
- 1 bag washed salad leaves [5]
- 2 handfuls berries [6]

PROTEIN

- 450g (1lb) minced (ground) chicken or beef [2]
- 4-6 eggs [3]
- 450g (1lb) minced (ground) beef [4]
- 2 fish fillets [5]

DAIRY

- 80g (2.75oz) salted butter [5]

PANTRY

- extra virgin olive oil
- salt & pepper
- 150g (5oz) macadamias [1]+
- 2T soy sauce [1]
- 3T rice or white wine vinegar [1]
- 2t baharat or ground cumin [2]
- handful sliced almonds (optional) [2]
- 250g (9oz / 1 cup) hummus [2]&
- hot sauce [3]
- 2 handfuls roast cashews / almonds [3]
- 2 handfuls roasted hazelnuts (50g / 2oz) [5]
- 2 large scoops coconut yoghurt [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

Vegetarian [2] Chicken = lentils or chickpeas. [4] Beef = black beans, tempeh or lentils. [5] Fish = Eggplant, mushrooms or roast veggies.

Carb Lovers [1] Rice or Quinoa. [2] Warm pita. [3] Warm tortillas. [4] Cooked 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).

+ [1] OR use other nuts like almonds, cashews or pine nuts.

& [2] To make low carb almond hummus you need 100g (3.5oz) almond meal, 1 clove garlic, 2T lemon juice.

^ [4] Like Thai Birds Eye, Serrano. Jalapeno will work too.

GREEN BOWLS WITH MACADAMIA CREAM

Enough for 2
Takes 15 minutes

*150g (5oz) macadamias, roasted
(some for the sauce and some for crunch)
1 bunch broccolini (150g / 5oz)
1 large bunch kale, leaves torn
2 tablespoons soy sauce
3 tablespoons rice or white wine vinegar*

- 1.** Place ONLY 100g (3.5oz) of the macadamias in a tall heat-proof jug. Save the remaining macadamias for serving. Pour over 100g (3.5oz) boiling water and allow to stand while you cook the greens.
- 2.** Bring 1cm (1/2in) salted water to the boil in a large saucepan. Meanwhile, slice broccolini into 1/3s. Add broccolini to the pot and reduce heat to medium high. Cover and set your timer for 3 minutes.
- 3.** When the timer goes, add the kale leaves and return the lid. Simmer rapidly for 2 minutes or until the kale and broccolini are tender. Drain and allow to cool for a minute or so.

4. Return greens to the pan. Season with soy sauce and 2 tablespoons of the vinegar. Save the remaining vinegar for the sauce.

5. To finish the macadamia cream, add a little salt and the remaining 1 tablespoon vinegar. Puree with a stick blender or food processor until you have a creamy sauce. Stir in 2 tablespoons extra virgin olive oil. Taste sauce and season with more vinegar or salt if needed.

6. Pile the cooked greens into two bowls. Top with macadamia cream and serve with the extra macadamias scattered over.

SPICED CHICKEN & HUMMUS

Enough for 2
Takes 10 minutes

*450g (1lb) minced (ground) chicken
2 teaspoons baharat or ground cumin
handful sliced almonds (optional)
1 cup hummus, 240g (9oz)
1 bag baby spinach, to serve*

- 1.** Heat a large frying pan on a high heat. Add a few tablespoons oil and the chicken. Cook chicken, breaking up as you go until the chicken is no longer pink and nicely browned.
- 2.** Toss in the spice and cook for another 30 seconds or so. Taste and season with salt and more spice, if needed.
- 3.** To serve, divide hummus between 2 plates. Top with spiced chicken, almonds (if using) and baby spinach.

MEXICAN OMELETTE WITH SMASHED AVO

Enough for 1
Takes 15 minutes

2-3 eggs
1 small avocado (1/2 large)
1/2 lime
hot sauce, to serve
handful roast cashews / almonds
small bunch coriander (cilantro), leaves picked

1. Mix eggs in a small bowl with a pinch of salt. Heat a small frying pan on a medium high heat.
2. 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.
3. When the eggs are just set, roll the omelette onto a plate. Top with avocado, smash the avo a little with a fork and squeeze over some lime juice. Sprinkle over hot sauce and finish with a flourish of coriander leaves and the roast nuts.

BEEF, BROCCOLINI & BASIL

Enough for 2
Takes 15 minutes

2 bunches broccolini, or 2 heads broccoli chopped
450g (1lb) minced (ground) beef
1-2 small red chillis - fresh or dried, chopped, optional
1-2 lemons
1 bunch basil, leaves picked

1. Heat a little oil in a large frying pan or wok. Cook broccolini, stirring until no longer super crunchy.
2. Remove veg from the pan. Add a little more oil and cook the meat and chilli (if using) on a high heat until well browned.
3. Return the broccolini to the pan. Taste and season with salt, pepper and a squeeze of lemon. Serve with basil leaves on top and lemon halves.

PAN FRIED FISH WITH HAZELNUT BUTTER

Enough for 2
Takes 10 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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