

MEAL PLAN #497

5th October 2020

- [1] The Good Greens 15m*
- [2] Oozy Red Lentil 'Risotto' with Red Wine & Sausages 30m*
- [3] Spanish Frittata with Chorizo & Peppers 15m*
- [4] Feta & Meat Balls 30m*
- [5] Tuna Fried Rice 15m*
- [6] SWEET TREAT: Salted Peanut Butter Chocolate Dippers 5m*

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

VARIATIONS

Pantry-Friendly: [1] Frozen greens. [3] Jarred peppers. [4] Skip herbs. [5] Skip green onion.

Vegetarian: [2] Sausages = feta, goats cheese or mushrooms. [3] Chorizo = sun dried tomato, feta or mushrooms. [4] [Lentil balls](#). [5] Tuna = [egg](#).

More Substantial (Low Carb): [1] Avocado. [2] Skio the lentils and serve red wine sausages with [cauli mash](#). [3] More almonds. Avocado. [4] Extra almond hummus. Extra meatballs. [5] [Quick Tuna Ragu](#) instead.

More Substantial (Carb Lovers): [1] Cooked pasta. [2] Garlic bread. [3] Warm tortillas or bread rolls. [4] Spaghetti or pita. [5] Extra rice.

Carnivore: [1] Cooked chicken or bacon. [5] Tuna = [egg](#) + bacon.

Paleo (Grain, Legume & Dairy-Free): [1] Feta = chicken or tuna. [Dairy-free pesto](#). [2] [Magic Sausage + Cabbage Supper](#) instead. [4] Skip feta or use olives or walnuts. [5] Quick [Tuna Ragu](#) instead.

SHOPPING LIST

5th October 2020

VEGGIES

400g (14oz) green veg (frozen ok) [1]+
1 onion [2]
1 red bell pepper (capsicum) [3]
1 bag salad [3]
large bunch parsley or cilantro (coriander) [4]
2 handfuls frozen peas [5]
2 green onions (scallions), optional [5]

PROTEIN

2-3 thick pork sausages [2]
2 Chorizo or spicy sausages (250g / 9oz) [3]
4-6 eggs [3]
500g (1lb) ground (minced) beef or lamb [4]^

DAIRY

200g (7oz) feta [1&4]^
2 handfuls grated parmesan [2]

PANTRY

extra virgin olive oil
salt & pepper
2T soy sauce [1&5]
4T pesto [1]
1 handful pitted olives (50g / 2oz) [1]
1 cup red wine or water [2]
2 cups chicken or vegetable stock [2]
200g (7oz) dried red lentils [2]

1t smoked paprika [3]*

1/4 cup (30g) flaked (sliced) almonds [3]
75g (2.5oz) almond meal [4]^
1/2t cinnamon [4]^

1.5C almond hummus or other hummus [4]^@
1-2 medium cans tuna in oil (200g / 7oz each) [5]
3 cups (360g / 12oz) cooked rice [5]
toasted sunflower seeds or nuts [5]
6t peanut butter [6]
2-4 squares dark chocolate [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Sausages = feta, goats cheese or mushrooms. [3] Chorizo = sun dried tomato, feta or mushrooms. [4] [Lentil balls](#). [5] Tuna = [egg](#).

Carb Lovers [1] Cooked pasta. [2] Garlic bread. [3] Warm tortillas or bread rolls. [4] Spaghetti or pita. [5] Extra rice.

't' = teaspoon 'T' = tablespoon. Unless otherwise stated all cans are 400g / 14oz. Standard bag of salad = approx 150g (5oz).

+ [1] Green veg = Broccoli / Kale / collard greens / chard / Brussels sprouts / asparagus.

* [3] Or use regular paprika or skip it or serve with hot sauce like Tabasco.

@ [4] For almond hummus you need 150g (5oz) almond meal + 3T lemon juice.

^ [4] Meatballs serve 3. Leftover are divine!

THE GOOD GREENS

Enough for 1
Takes 15 minutes

400g (14oz) green veg (broccoli / Kale / collard greens / chard / Brussels sprouts / asparagus)
1-2 teaspoons soy sauce
4 tablespoons pesto
100g (3.5oz) feta, crumbled
1 handful pitted olives (50g / 2oz)

1. Bring 1cm (1/2in) deep salted water to the boil in a medium saucepan. If using broccoli, chop into bite sized trees and slice the stems. If using kale, collards, chard or other greens slice them crosswise into 1cm thick ribbons. (You can remove the stems if you want less chewing – but I generally leave them in). If using brussels sprouts, halve or quarter them. And asparagus can be chopped crosswise into 1/3s.
2. Pop prepared veg into the pot and cover with a lid. Simmer rapidly for 5 minutes (for broccoli, brussels sprouts and asparagus) or 2-3 minutes for leafy veg.
3. When the veg are no longer crunchy. Drain well – squeeze out the excess moisture from leafy greens.

4. Pop the cooked veg in a bowl or chill in the fridge if you prefer the Summer option. Season veg with soy sauce.

5. Top with feta, olives and pesto. And prepare for the flavour explosions!

OOZY RED LENTIL 'RISOTTO' WITH RED WINE & SAUSAGES

Enough for 2
Takes 30 minutes

1 onion, peeled & diced
2-3 thick pork sausages, skins removed
and meat crumbled into chunks
1 cup red wine
2 cups chicken or vegetable stock
200g (7oz) dried red lentils
2 handfuls grated parmesan + extra to serve

1. Heat a little oil in a medium saucepan and add onion. Cover and cook on a medium low heat, stirring occasionally for 5-10 minutes or until onion is soft.
2. When the onion is soft, increase the heat to medium high, add the sausages and cook for a few minutes until browned.

3. Add the lentils. Stir for a minute.

4. Add red wine and the stock. Stir well then simmer for 15-20 or until the stock is absorbed and the lentils are tender and oozy. If it gets too dry before the lentils are cooked, add a little water.

5. Add cheese and stir until combined. Taste and season. Serve with extra parmesan shaved over.

SPANISH FRITTATA WITH CHORIZO & PEPPERS

Enough for 2
Takes 20 minutes

1 red bell pepper (capsicum)
2 Chorizo or spicy sausages (250g / 9oz)
4-6 eggs
1 teaspoon smoked paprika
1/4 cup (30g) flaked (sliced) almonds, roasted
1 bag salad, to serve

1. Turn your oven on to 200C (400F).
2. Slice or crumble chorizo / sausage into bite sized pieces. And chop bell pepper (capsicum) into slices about 1/2cm (1/4in) thick. Place a small frying pan (oven proof) on a medium high heat. Add a glug of olive oil and cook sausage and peppers, stirring every now and then until the sausage is well browned and cooked through and the peppers are soft. 5-10 minutes.
3. Mix eggs with a fork in a small bowl and season with a pinch of salt. When the chorizo is cooked, remove the frying pan from the heat and stir in the whisked eggs. If your frying pan isn't oven proof transfer the chorizo and peppers to a lined 20cm (8in) spring-form pan and then pour over the eggs.

4. Bake the frittata until the eggs are set, meaning it feels firm and springy in the middle. Will take 8-10 minutes if using the frying pan in the oven. If using the spring-form tin, it will take longer because you don't have the heat from the frying pan going into the oven. Expect 15 minutes, possibly longer.

5. While the frittata is cooking, make the paprika oil by combining smoked paprika with 2 tablespoons of your best extra virgin olive oil and a pinch of salt.

6. When the frittata is set allow it to cool for a minute then lift it out of the pan and place on a chopping board or plate to serve. Scatter over almonds and drizzle over paprika oil. Serve salad on the side.

FETA & MEAT BALLS

Enough for 3
Takes 30 minutes

500g (1lb) ground (minced) beef or lamb
1/2 teaspoon cinnamon
100g (3.5oz) feta
75g (2.5oz) almond meal
1.5 cups almond hummus or other hummus
large bunch parsley or coriander, to serve

1. Turn your oven to 250C (480F).
2. Combine meat, cinnamon, feta, almond meal and a pinch of salt in a medium bowl. Using clean hands and a soup spoon, scoop a soup spoon sized chunk and roll into a ball with your hands. Place in a baking dish large enough to hold the meatballs in a single layer (I line mine with baking paper so it looks prettier in the picture and is easier to clean up). Repeat with remaining mixture.
3. Pop the balls in the oven for 12-15 minutes or until well browned on top and no longer pink in the middle.
4. Divide hummus between 3 plates or shallow bowls. Top with hot meatballs and finish with parsley leaves.

TUNA FRIED RICE

Enough for 2
Takes 15 minutes

1-2 medium cans tuna in oil (200g / 7oz each)
3 cups (360g / 12oz) *cooked rice*
2 handfuls frozen peas
1-2 tablespoons soy sauce
2 green onions (scallions), chopped (optional)
toasted sunflower seeds or nuts, to serve (optional)

1. Heat a generous glug of oil in a large frying pan or wok. Add tuna, rice and peas and stir fry for a few minutes until everything is hot.
2. Remove from heat and stir in soy sauce. Taste and add extra soy as needed.
3. Serve hot rice topped with green onions and seeds / nuts (if using).

SALTED PEANUT BUTTER CHOCOLATE DIPPERS

Enough for 2
Takes 5 minutes

4-6 teaspoons peanut butter
2-4 squares dark chocolate
(70% cocoa solids or higher)
pinch sea salt flakes

1. Divide peanut butter between two tiny bowls or glasses. I use Chinese tea cups.
2. Break chocolate into bite sized fingers. Dip them into the peanut butter. Sprinkle with sea salt flakes.

To access the meal plans & recipes online go to:

www.smp.to

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