

MEAL PLAN #498

5th October 2020

- [1] Cacio e Pepe Broccoli 15m*
- [2] Amrita's Chicken with Sun-Dried Tomato & Feta Salsa 15m*
- [3] Cheese & Onion Frittata 30m*
- [4] Feta & Meat Balls 30m*
- [5] Red Lentil 'Risotto' 30m*
- [6] SWEET TREAT: Salted Peanut Butter Chocolate Dippers 5m*

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

VARIATIONS

Pantry-Friendly: [1] Frozen broccoli. [2] Basil = 3-4 tablespoons pesto. salad = frozen veg. [3] skip thyme. frozen veg. [4] Herbs = frozen veg or pesto.

Vegetarian: [2] Chicken = chickpeas or roast eggplant. [4] [Lentil balls](#).

More Substantial (Low Carb): [1] Roast walnuts, Extra cheese. [2] avocado. [3] [Almond bread](#) + butter. [4] Extra hummus. Roast nuts. [5] Poach chicken in the stock.

More Substantial (Carb Lovers): [1] Pasta. [2] Steamed or roast potatoes. [3] Toast or roast sweet potato. [4] Warm Pita or tortillas. [5] Extra lentils or steamed rice.

Carnivore: [1] Bacon. [3] Prosciutto or bacon. [5] Chicken or sausages.

Paleo (Grain, Legume & Dairy-Free): [1] Cheese = [dairy-free pesto](#). [2] Feta = roast almonds or olives. [3] Cheese = bacon, tuna or pinenuts. [4] Feta = walnuts or olives. [5] [Macadamia Satay](#) instead.

Keto / Ultra Low Carb: [3] Onion = bacon + extra egg. [5] [Macadamia Satay](#) instead.

SHOPPING LIST

5th October 2020

VEGGIES

2 heads broccoli (300g / 10oz each) [1]
small bunch basil leaves (25g / 1oz) [2]
1 lemon [2]
2 bag salad [2&3]
3 onions [3&5]
2 sprigs thyme (optional) [3]
large bunch parsley or cilantro (coriander) [4]

PROTEIN

2 small chicken breast fillets [2]
6 eggs [3]
500g (1lb) ground (minced) beef or lamb [4]

DAIRY

250g (8oz) parmesan cheese [1]
200g (7oz) feta [2&4]
2 handfuls grated cheese [3]
3 knobs (hunks) butter [5]
2 handfuls grated parmesan [5]

PANTRY

extra virgin olive oil
salt & pepper
100g (3.5oz) sun dried tomatoes [2]
75g (2.5oz) almond meal [4]
1.5 cups [almond hummus](#) or other hummus [4]+
1/2t cinnamon [4]
3C chicken or veg stock [5]
200g (7oz) red lentils [5]
6t peanut butter [6]
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] Chicken = chickpeas or roast eggplant. [4] [Lentil balls](#).

Carb Lovers [1] Pasta. [2] Steamed or roast potatoes. [3] Toast or roast sweet potato. [4] Warm Pita or tortillas. [5] Extra lentils or steamed rice.

't' = teaspoon 'T' = tablespoon

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

+ [4] To make almond hummus you need 100g (3.5oz) almond meal, lemon juice and extra virgin olive oil.

CACIO E PEPE BROCCOLI

Enough for 1
Takes 15 minutes

*125g (4oz) parmesan cheese, finely grated
1 head broccoli (300g / 10oz)
freshly ground black pepper*

1. Bring about 1cm (1/2 in) salted water to the boil in a medium saucepan. Meanwhile, chop your broccoli into bite sized little trees and slice the stems. When the water is boiling add the broccoli to the pot and cover. Simmer for 4 minutes or until the broccoli is no longer crunchy, drain into a bowl to keep the cooking water.
2. Place drained broccoli in a warm serving bowl. Top with cheese. Add 2 tablespoons of the reserved cooking water and stir until the cheese melts to coat the broccoli. If it isn't melting add another tablespoon of cooking water. But don't be tempted to add too much or you will end up with a watery puddle.
3. Taste broccoli and season with lashing of black pepper. It probably won't need salt with all the cheese.

AMRITA S CHICKEN WITH SUN-DRIED TOMATO & FETA SALSA

Enough for 2
Takes 15 minutes

*2 small chicken breast fillets (approx 300g / 10oz total)
100g (3.5oz) feta
100g (3.5oz) sun dried tomatoes
small bunch basil leaves (25g / 1oz)
2 tablespoons lemon juice
1 bag salad, to serve*

1. Slice each chicken breast into 3 even strips. Using a meat mallet, small saucepan or your fist, bash each piece of chicken to flatten to about 1cm (1/2in) thick. Rub the chicken with a little oil and sprinkle over a pinch of salt.
2. Heat a large frying pan on a medium high heat. Cook chicken for 2-3 minutes on each side. Or until golden brown on the outside and no longer pink in the middle.
3. While the chicken is cooking, make the salsa. Crumble feta into a medium sized bowl. Slice tomato into 2-3 chunks and add to the feta. Finely chop half the basil and add to the bowl. Save the rest of the basil for serving. Stir in lemon juice and 4 tablespoons extra virgin olive oil to make a chunky sauce. Taste. Season with salt if needed but I find the feta is usually salty enough.

4. When the chicken is cooked, place on two warm plates. Scoop over the salsa. Scatter over reserved basil. Serve with green salad on the side.

CHEESE & ONION FRITTATA

Enough for 2
Takes 30 minutes

*2 onions
2 sprigs thyme, leaves picked (optional)
6 eggs
2 handfuls grated cheese
salad to serve*

1. Peel and slice onions to half moons. Cook in oil over a medium heat in a 20cm (8in) oven proof frying pan. If your pan isn't oven proof you can use a spring form pan for the baking part.
2. Preheat your oven to 180C (350F). When the onions are soft and golden, remove from the heat. Add thyme (if using), eggs, half the cheese and stir to combine well. Top with remaining cheese.
3. Bake for 10-15 minutes or until frittata is puffy and golden brown. Divide between two plates and serve with salad leaves on top.

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.

RED LENTIL 'RISOTTO'

Enough for 2 to 3
Takes 30 minutes

3 knobs (hunks) butter
1 onion, diced
3 cups chicken or vegetable stock
200g (7oz) red lentils
2 handfuls grated parmesan + extra to serve

1. Heat half the butter 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. Meanwhile place stock in another pan and bring to a simmer.
3. When the onion is soft, add the unwashed lentils and increase the heat to medium high. Stir for a minute.
4. Add 2 ladles of stock. Stir well then simmer for 3-4 minutes or until the stock is absorbed.

5. Repeat until the lentils are tender and oozy. If you run out of stock, use water.
6. Add remaining butter and cheese and stir until combined. Taste and season. Serve with extra parmesan shaved over.

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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