

MEAL PLAN #500

12th October 2020

- [1] Broccoli & Pesto Bowls 15m*
- [2] Mexican Roast Eggplant with Green Chorizo 30m*
- [3] Super Simple Egg & Bacon Pie 30m* + Green Salad 5m*
- [4] Meat 'Diamonds' 30m*
- [5] Baked Salmon with Crunchy Nut Crust 20m*
- [6] SWEET TREAT: Creamy Peanut Butter Mousse with Chocolate Chunks 5m*

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

VARIATIONS

Pantry-friendly: [1] Frozen broccoli. [2] Eggplant = sweet potato. Skip the coriander. Vinegar for lime juice. Dried chilli. [3] Cream = 1 extra egg + 3T water, skip chives or replace with 1 softened onion. Serve with frozen greens. [4] Serve with steamed or pan fried frozen greens. [5] Asparagus + parsley = frozen greens. Yoghurt = 4 tablespoons extra virgin olive oil or butter. [6] Yoghurt = coconut cream or [cashew yoghurt](#).

Vegetarian: [2] Meat = chickpeas or lentils. [3] Bacon = semi dried tomatoes. [4] Meat = serve the onion and pine nuts with scrambled eggs, fried eggs, cooked chickpeas and hummus or cooked lentils. [5] Salmon = mushrooms or eggplant.

More Substantial (Low Carb): [1] Extra pesto. Extra protein. [2] Cashews or peanuts. [3] Larger slices! [4] [Little Almond Breads](#). [5] Avocado.

More Substantial (Carb Lovers): [1] Pasta. [2] Warm Tortillas. [3] Toast or Roast Potatoes. [4] Couscous or rice. [5] Roast Sweet Potato or pita bread.

Carnivore: [1] Sausages or chicken. [5] Fish = chicken thigh fillets or lamb chops.

Paleo (Grain, Legume & Dairy-Free): [1] [Dairy-free pesto](#). [2] Feta = mayonnaise or roast hazlenuts. [3] Cream = 1 extra egg and 3 tablespoons water. Cheese = grilled peppers, eggplant or zucchini. [5] Yoghurt = [almond hummus](#) or [cashew yoghurt](#). [6] Whipped coconut cream.

SHOPPING LIST

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VEGGIES

2 heads broccoli [1]
2 lemons [1&5]
2 smallish eggplant [2]
1-3 jalapeños or other fresh chilli [2]
2 bunches coriander (cilantro) [2]
2 limes [2]
small bunch chives [3]^
2 bags salad [3&4]
4 small onions [4]^
2 bunches asparagus or green beans [5]
small bunch parsley leaves [5]

PROTEIN

300-400g (10-14oz) cooked protein [1]&
450g (1lb) minced (ground) pork or beef [2]
150g (5oz) bacon [3]^
6 eggs [3]^
500g (1lb) minced (ground) beef or lamb [4]^
2 salmon or other fish fillets [5]

DAIRY

100g (3oz) feta [2]
100g (3.5oz) cream [3]^
100g (3.5oz) grated cheese such as cheddar [3]^
200g (7oz) Greek yoghurt [5]
1/2C Greek yoghurt or whipped cream [6]

PANTRY

extra virgin olive oil
salt & pepper
12T pesto [1]+
1T wine vinegar [3]
100g (3.5oz) almond meal [3]^
150g (5oz) almond meal [4]^
1 teaspoon ground cumin [4]^
2 tablespoons pine nuts [4]^
100g (3.5oz) roast nuts [5]
pinch stevia or sugar [6]
2T peanut butter [6]
1-2 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] Meat = chickpeas or lentils. [3] Bacon = semi dried tomatoes. [4] Meat = serve the onion and pine nuts with scrambled eggs, fried eggs, cooked chickpeas and hummus or cooked lentils. [5] Salmon = mushrooms or eggplant.

Carb Lovers [1] Pasta. [2] Warm Tortillas, [3] Toast or Roast Potatoes. [4] Couscous or rice. [5] Roast Sweet Potato or pita bread.

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

+ [1] [Make your own pesto](#) with 1 big bunch basil, 1-2 cloves garlic, optional, 1 large handful pine nuts, 1/4 – 1/2 cup extra virgin olive oil + 1 large handful grated parmesan or extra nuts.

& [1] Protein ideas = roast nuts, cooked meat especially [chicken](#), pork or [sausages](#). Eggs especially [poached](#) or [boiled](#). And fish like canned tuna, sardines or salmon.

Cooked [chickpeas](#), [lentils](#) or [white beans](#) are also delicious. Cheese like crumbled feta, shaved parmesan or ricotta. Salami, ham or prosciutto

^ [3] Pie serves 3. Leftovers are delicious for lunch or breakfast!

^ [4] Meat diamonds serve 3. Leftovers are delicious.

BROCCOLI & PESTO BOWLS

Enough for 2
Takes 15 minutes

2 heads broccoli
10-12 tablespoons pesto
1-2 tablespoons lemon juice
300-400g (10-14oz) cooked protein
(see variations for ideas)

1. Bring 2cm (1in) of salted water to the boil in a medium saucepan. Meanwhile slice broccoli stems and cut florettes into bite sized trees.
2. Add broccoli to the boiling water. Cover and simmer for 5 minutes. Drain and allow to cool a little.
3. Toss warm broccoli in with the pesto, lemon and protein. Taste and season with salt and pepper and extra lemon, if needed.
4. Serve warm or cold with cooked protein on the side.

MEXICAN ROAST EGGPLANT WITH GREEN CHORIZO

Enough for 2
Takes 30 minutes

2 smallish eggplant
450g (1lb) minced (ground) pork or beef
1-3 jalapeños or other fresh chilli, chopped
2 bunches coriander (cilantro)
3-4 tablespoons lime juice
100g (3oz) feta, crumbled

1. Preheat your oven on the highest setting. Cut eggplant in half and place on a roasting sheet cut side up. Slash the flesh by cutting through about 2cm (1in) deep in a criss cross pattern. Drizzle the cut side with oil and sprinkle over a pinch of salt. Roast eggplant for 20-25 minutes or until soft and well browned.
2. While the eggplant is cooking, brown pork / beef in a frying pan with a little oil. Keep a few coriander leaves aside to serve and finely chop the remaining stems and leaves.
3. When the meat is browned, add the chilli and herbs and cook, stirring for 2 minutes or until herbs have cooked down. Remove from the heat. Add lime juice. Taste and season with salt and more lime if needed.

4. When the eggplant is cooked divide between two serving plates. Spoon over the meat mixture. Top with crumbled feta and reserved coriander / cilantro leaves.

SUPER SIMPLE EGG & BACON PIE

Enough for 3
Takes 30 minutes

150g (5oz) bacon, chopped
100g (3.5oz) almond meal
6 eggs
100g (3.5oz) cream
100g (3.5oz) grated cheese such as cheddar
small bunch chives, chopped

- 1.** Turn your oven on to 200C (400F). Heat a small frying pan on a medium high heat. Add a little oil and cook bacon pieces, stirring often until bacon is browned.
- 2.** Take a large square of baking paper. Wet the paper by scrunching it under running water from the tap. Flatten the damp paper to line the base and sides of a 24cm (9in) spring form tin or a pie dish. Scatter almond meal and a little salt over the base of the tin.
- 3.** In a medium bowl combine eggs, cream, cheese, chives, half the cooked bacon and a pinch of salt until mixed through. Pour the egg mixture over the almond meal base. Top with the remaining cooked bacon.

4. Bake for 20 minutes or until the pie is golden and puffed up a little.

5. Serve hot, warm or chilled..

MIXED GREEN SALAD

Enough for 2 as a side
Takes 5 minutes

1 tablespoon sherry or wine vinegar
1/2 teaspoon soy sauce
1 bag salad leaves, washed and dried

- 1.** Combine vinegar, soy and 3 tablespoons extra virgin olive oil in a medium bowl.
- 2.** Toss leaves gently in the dressing using clean hands.
- 3.** Taste and season.

MEAT 'DIAMONDS'

Enough for 3
Takes 30 minutes

*500g (1lb) minced (ground) beef or lamb
150g (5oz) almond meal
1 teaspoon ground cumin
4 small onions, peeled and sliced into half moon slices
2 tablespoons pine nuts, roasted
green salad or 'best ever' tabbouleh, to serve*

1. Preheat your oven to 200C (400F). In a medium bowl combine meat, almond meal and cumin with a few pinches salt until just mixed through. Line a rectangular or square oven proof dish or tin with baking paper (mine is 23x18cm / 9x7in) or grease well. Press the meat into the base of your dish. Using a sharp knife score on the diagonal to make little diamond shapes.
2. Bake for 20 minutes or until meat is well browned on top and no longer pink in the middle.
3. While the meat is cooking, heat a medium frying pan or saucepan on a medium heat. Add a generous drizzle of olive oil and cook sliced onion, covered for about 10 minutes or until onion is soft and golden brown. Stir every few minutes and if the onion is starting to burn, reduce the heat and add a little more oil and a splash of water.

4. When the meat is cooked, spread cooked onions over the top and sprinkle over pine nuts.
5. Chop 'diamonds' as you see fit and serve with salad / tabbouleh on the side.

BAKED SALMON WITH CRUNCHY NUT CRUST

Enough for 2
Takes 20 minutes

*2 bunches asparagus or green beans
1 lemon, halved
2 salmon or other fish fillets
small bunch parsley leaves
100g (3.5oz) roast nuts, chopped*

1. Line a sieve with a few pieces of paper towel or a cheese cloth. Scoop yoghurt into the sieve and place it on top of a bowl to catch the liquid that drains out. Place in the fridge while you cook the fish.
2. Turn your oven to 250C (480F). Trim the asparagus by snapping off the bottom of the spears (about an inch). Place asparagus and lemon halves in the base of a baking dish. Drizzle with a little oil. Top with fish fillets (skin side up). Sprinkle with salt.
3. Pop in the oven and set your timer for 10 minutes.

4. When the timer rings, check the fish. You want it to look golden brown and when you poke it with a knife the flesh should flake and not look raw in the middle. If it's not cooked through return to the oven for another 2-3 minutes.

5. When the fish is cooked. Divide asparagus and lemon between two plates. Toss in parsley leaves. Place a piece of fish on the side. Get the yoghurt out of the fridge. Spread the thickened yoghurt on top of the fish and press the nuts on top to form the crust.

CREAMY PEANUT BUTTER MOUSSE WITH CHOCOLATE CHUNKS

Enough for 2
Takes 10 minutes

*1/2 cup Greek yoghurt or whipped cream
pinch stevia or sugar
2 tablespoons peanut butter
1-2 squares dark chocolate, chopped*

1. Sweeten yoghurt / cream with stevia or sugar as needed, remembering the yoghurt will be quite tart.
2. Layer yoghurt / cream and peanut butter into 2 small glasses, top with chocolate and serve immediately.

To access the meal plans & recipes online go to:

www.smp.to

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