



Simple Meal Plans

Bonus Meal Plan

spring freezer meals

MEAL PLAN BONUS

Spring Freezer Meals

- [1] Chickpea Burgers with Yoghurt Sauce 20m*
- [2] One Pot Chicken & Broccoli with Peanut & Lime Sauce 30m*
- [3] Turkish Cauliflower & Yoghurt Soup 30m*
- [4] Seriously Easy Moussaka 60m*
- [5] Quick Tuna Curry Bowls 30m*
- [6] SWEET TREAT: Mixed Berry Sorbet 10m*

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

VARIATIONS

Pantry-Friendly: [1] Yoghurt = [almond hummus](#). Cucumber = steamed frozen greens. [2] Frozen broccoli. Skip coriander (cilantro). [3] Frozen cauli. Yoghurt = coconut milk. [4] Sour cream = extra parmesan + almond meal. Eggplant = sweet potato. Serve with steamed frozen greens. [5] Zucchini = frozen broccoli or spinach. Skip herbs.

Short on time: [4] Roast eggplant at 250C (480F) for 15-20 minutes. Skip the layering and baking and just serve meat sauce on top of roast eggplant with sour cream and cheese on top.

Vegetarian: [2] Chicken = eggs, tofu or chickpeas. [4] Beef = [cooked lentils](#). [5] Tuna = chickpeas, mushrooms or eggs.

More Substantial (Low Carb): [1] Roast cashews. Double the recipe. [2] Avocado. [3] [Almond bread](#) + butter. [4] Larger serves. [5] Extra tuna or nuts.

Carb Lovers / More Substantial: [1] Burger buns. [2] [Steamed rice](#). [3] Turkish or Pita Bread. [4] Cooked pasta. [5] Rice or noodles.

Carnivore: [1] Bacon! [3] Pork sausage (brown in pan with onion). [5] Chicken breast or thigh fillets.

Paleo (Grain, Legume & Dairy-Free): [1] [Chicken burgers](#). Yoghurt = [almond hummus](#). [3] Yoghurt = coconut milk. [4] Parmesan + sour cream = almond meal. [5]

Keto / Ultra Low Carb: [1] [Chicken burgers](#). [3] [Spinach soup](#). [4] Reduce tomato passata to 1/2C and reduce simmering time. [6] Skip the sugar.

SHOPPING LIST

spring freezer meals

VEGGIES

2 small cucumbers or pkt frozen greens [1]+
2 heads broccoli [2]
2 limes [2]
small bunch coriander (cilantro) optional [2]
1 onion [3]
1/2 cauliflower (500g / 1lb) [3]
3 medium eggplant [4]+
baby spinach or salad leaves [4]+
4 medium zucchini (800g / 28oz) [5]
1 bunch coriander (cilantro), mint or basil [5]
150g (5oz) frozen mixed berries or fresh [6]

PROTEIN

1 egg [1]
2 small chicken breast fillets [2]
450g (1lb) minced (ground) beef or lamb [4]+

DAIRY

1/2C greek yoghurt [1]
1C greek yoghurt [3]
6T butter [3]
300g (1 1/4cups) sour cream [4]+
2 handfuls grated parmesan [4]+

PANTRY

extra virgin olive oil
salt & pepper
1 can chickpeas (400g / 14oz) [1]
2t ground cumin [1]
1/2C roasted red capsicum (bell pepper) [1]
4t soy sauce [2]
4T smooth peanut butter [2]
1t ground coriander [3]
pinch dried chilli flakes or smoked paprika (optional) [3]
700g (3cups) tomato passata [4]+
6t curry powder [5]
1 can coconut milk (400mL / 14oz) [5]
1 large can tuna (400g / 14oz) [5]
50g (2oz) roasted cashews [5]
3T sugar (optional) [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Chicken = eggs, tofu or chickpeas. [4] Beef = [cooked lentils](#). [5] Tuna = chickpeas, mushrooms or eggs.

Carb Lovers [1] Burger buns. [2] [Steamed rice](#). [3] Turkish or Pita Bread. [4] Cooked pasta. [5] Rice or noodles.

't' = teaspoon 'T' = tablespoon

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

+ [4] Serves 3-4.



chickpea *burgers* with
yoghurt sauce

CHICKPEA BURGERS WITH YOGHURT SAUCE

Enough for 2
Takes 20 minutes

1 can chickpeas (400g /
14oz), drained

2 teaspoons ground cumin

1 egg

1/2 cup roasted red capsicum
(bell pepper), diced

6 – 8 tablespoons
natural yoghurt

2 small cucumbers

1. Pulse chickpeas and cumin in a food processor for a few seconds or until roughly chopped. You don't want a smooth puree here.

2. Crack egg into a small bowl and whisk lightly. Add egg and pulse again for a few seconds.

3. Fold capsicum into the chickpeas by hand so it keeps its shape. Season and using your hands, form into 2 burgers. Pop in the fridge for a few minutes.

4. Heat a small fry pan on a medium high heat. Add a little oil and cook burgers for around 3 minutes on each side or until golden. Being careful when turning so they don't fall apart.

5. Meanwhile, stir yoghurt in a small bowl until smooth and season generously. For the salad shave cucumber into ribbons using a vegetable peeler. Season with salt.

6. Serve burgers with yoghurt on top and cucumber salad on the side.

While I LOVE the flavours in these burgers, they are quite fragile, even with the egg to bind them. I've found it's important not to over-process the chickpeas to help avoid your burgers falling apart in the pan. Just pulse until chopped. The good news is they still taste delicious if they do happen to fall apart.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – yoghurt = [almond hummus](#).
Cucumber = steamed frozen greens.

carb lovers / more substantial – serve with burger buns.

carnivore – make [chicken burgers](#) instead (use ground chicken instead of making the chickpea patties). Or serve these [beef burgers with quick tomato sauce](#). Or just add bacon.

low carb – roast cashews. Double the recipe. Try beef or [chicken burgers](#).

paleo (grain, legume & dairy-free) – chicken burgers with tahini sauce. Use [almond hummus](#) instead of yoghurt.

keto / ultra low carb – [chicken burgers](#).

CHICKPEA BURGERS WITH YOGHURT SAUCE

PREPARE AHEAD?

Absolutely! Make burgers as per recipe but don't add the yoghurt or cucumber. Refrigerate for up to 2 weeks or freeze. To serve, warm burgers in the pan with a little oil. Or cook from frozen in the oven (200C / 400F) for 20-30 minutes.

WASTE AVOIDANCE STRATEGY

chickpeas / ground cumin – keep in the pantry.

egg – will keep in the fridge for a month or so. Or use for another meal.

roasted red peppers – in an unopened jar will last in the pantry for months.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.



one pot chicken & broccoli with
peanut & lime sauce

ONE POT CHICKEN & BROCCOLI WITH PEANUT & LIME SAUCE

Enough for 2
Takes 30 minutes

2 small chicken
breast fillets

2 heads broccoli

4 tablespoons smooth
peanut butter

4 tablespoons lime juice

4 tablespoons water

4 teaspoons soy sauce

small bunch coriander
(cilantro), optional

1. Cut chicken breasts in half lengthwise so they'll cook quicker. Place chicken in a medium saucepan large enough to fit them in a single layer. Cover with cold salted water and bring to a gentle simmer. Set your timer and simmer for 8-10 minutes or until chicken is cooked through – 73C (165F) when tested with a meat thermometer. Or when no longer pink in the middle if you cut through one to test.

2. Remove chicken from the pot with tongs and place in a clean bowl. Slice broccoli stems finely and chop florettes into bite sized pieces. Bring chicken cooking water back to the boil. Add broccoli and simmer, covered for 5 minutes or until broccoli is no longer super crunchy. Drain broccoli and divide between two bowls.

3. Using clean fingers or two forks, shred cooled chicken into bite sized chunks and toss in with the broccoli.

4. Stir together peanut butter, lime, water and soy sauce until you have a smooth sauce. Taste and season with more soy or lime if needed and dollop sauce on bowls. If you'd prefer a thinner sauce add a little more water. Drizzle sauce over the chicken and broccoli. Top with coriander leaves (if using).

In our house we love love love peanut butter. And while my boys love it on sliced apples or straight from a spoon. I love using it to create super-delicious sauces.

This Peanut & Lime sauce was one of those that took a few attempts to perfect. Partially because I had so many ideas to try. And partly because I wanted an excuse to keep eating more peanut butter ☐

I even made 3 different versions one night! The things I do to bring you the most delicious recipes I possibly can...

While I've written the recipe for you to cook the chicken and broccoli just before eating, they are equally good poached ahead and either eaten cold or reheated. Your call.

And this is one of those rare occasions where I prefer smooth peanut butter. But crunchy will work too!

VARIATIONS & SUBSTITUTIONS

pantry-friendly – frozen broccoli. Skip coriander (cilantro).

hot! – add 1-2 small fresh red chillies like Thai Birds eye or serrano, finely chopped to the sauce.

vegetarian – use boiled or poached eggs, pan fried tofu or cooked chickpeas instead of the chicken.

more substantial (carb lovers) – serve with steamed rice, tortillas or cooked noodles.

more substantial (low carb) – use more chicken or serve with roasted peanuts or avocado.

ONE POT CHICKEN & BROCCOLI WITH PEANUT & LIME SAUCE

MORE VARIATIONS & SUBSTITUTIONS

more veg / different veg – feel free to add any raw or cooked chopped veg like steamed beans, bok choy, capsicum (bell peppers), carrots, cucumber are all good.

no lime – sub in lemon juice or rice vinegar.

nut-free – replace peanut butter with tahini (sesame seed paste).

different sauce – use 4 tablespoons each peanut butter, yoghurt and lime juice. My Irishman liked this version best.

keto / ultra low carb – replace 1/2 broccoli with baby spinach. Almond butter will be lower carb than peanut butter.

PREPARE AHEAD?

Yes! Just cook the chicken, broccoli and sauce as per the recipe but keep each component separately. Will keep in the fridge for a week or can be frozen. Serve cold or allow sauce to come to room temp and warm chicken and broccoli in a frying pan / wok with a little oil.

WASTE AVOIDANCE STRATEGY

chicken breast fillets – freeze it.

broccoli – will keep wrapped in a plastic bag in the fridge for about 2 weeks or sometimes a little longer. Can be frozen (if you have time chop before freezing so it will defrost quickly in the pan).

smooth peanut butter / soy sauce – keep it in the pantry.

lime – will keep in a plastic bag in the fridge for months.

red chillies – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge they will slowly turn into dried chillies and still be edible.

coriander – best to use for another meal. Can be frozen but will wilt when defrosted.



Turkish *cauliflower &*
broccoli soup

TURKISH CAULIFLOWER & YOGHURT SOUP

Enough for 2
Takes 30 minutes

1 onion

1/2 cauliflower
(about 500g / 1lb)

1 teaspoon ground coriander

250g (1 cup) Greek yoghurt

4-6 tablespoons butter

pinch dried chilli flakes or
smoked paprika (optional)

1. Heat a little oil in a medium saucepan on a medium heat. Dice onion and add to the pan. Cook onion with the lid on, stirring every now and then until the onion is soft but not browned. About 10 minutes.

2. Chop cauliflower into bite sized chunks and add to the softened onion with the coriander and 1.5 cups water. Cover and simmer for about 15 minutes or until cauliflower is tender. Puree soup using a stick blender or regular blender.

3. Stir in yoghurt and warm gently on the stove. Don't let it simmer as the yoghurt will curdle. Taste and season with salt.

4. Melt butter in a small saucepan. Divide soup between two bowls. Drizzle over the melted butter and sprinkle with chilli / paprika (if using).

When I was back packing around the world in my 20s, one of my favourite countries was Turkey. I just loved everything about it. The history, the people and of course the food!

Turkish food has that wonderful fresh ingredient simplicity you find around the Mediterranean but there are little twists on every day ingredients that make it feel a little bit exotic and new. Without requiring a massive expedition to stock your pantry.

A brilliant example is their use of yoghurt in a soup like this to add creamy tartness to a good old cauliflower soup. And I love how they drizzle on melted butter to add richness and substance. So so good!

VARIATIONS & SUBSTITUTIONS

pantry-friendly – frozen cauli. Yoghurt = coconut milk.

5-ingredients – skip the chilli / smoked paprika or the coriander.

dairy-free – use coconut cream / milk or yoghurt instead of the yoghurt and coconut oil or olive oil instead of the butter.

short on time – skip the onion.

more substantial / carb-lovers – serve with warm Turkish flat bread or pita.

more substantial (low carb) – roast almonds and extra butter, or [almond bread](#) + butter.

TURKISH CAULIFLOWER & YOGHURT SOUP

MORE VARIATIONS & SUBSTITUTIONS

different veg – I love love love this creamy cauliflower but you could substitute broccoli, butternut squash or root veg like sweet potato, carrot, celeriac (celery root) or parsnip. I'm also thinking a mushroom soup would be wonderful with these accompaniments. You could also add diced carrot and celery with the onion.

carnivore – add some crispy bacon or spicy sausage / pork sausage (brown in pan with onion) after you puree the soup.

keto / ultra low carb – try this [spinach soup](#).

PREPARE AHEAD?

Make soup as per recipe but don't add the butter or chilli. Refrigerate for up to 2 weeks or freeze. To serve, reheat soup gently in a saucepan on the stove, being careful not to simmer as the yoghurt will split. Melt butter and serve as per recipe.

WASTE AVOIDANCE STRATEGY

onion – will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

cauliflower – ungrated cauli will keep for weeks in a plastic bag in the fridge. Can be frozen but the texture isn't as good when defrosted.

ground coriander / dried chilli flakes / smoked paprika – keep them in the pantry.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.

butter – will keep in the fridge for weeks.



seriously *easy*
moussake

SERIOUSLY EASY MOUSSAKA

Enough for 3-4
Takes 60 minutes

3 medium eggplant

450g (1lb) minced
(ground) beef or lamb

700g (3cups) tomato passata
(puree NOT concentrated
tomato paste)

300g (1 1/4cups) sour cream

2 handfuls grated parmesan

baby spinach or salad
leaves, to serve

1. Preheat your oven to 200C (400F). Slice eggplant about 1/2 inch (1cm) thick. Place on an oven tray and drizzle generously with olive oil and sprinkle with salt.

2. Roast eggplant until really soft – about 30 minutes, turning about half way.

3. Meanwhile, brown meat in a hot pan with a little oil. Then add the tomato and simmer for 10 minutes or so. Taste and season with salt if needed.

4. Cover the base of an oven proof dish with the meat (mine was 22cmx28cm / 8inx11in but it doesn't need to be exact). Layer over the cooked eggplant and top with remaining meat.

5. Mix sour cream and Parmesan then spread carefully over the top. Depending on the size of your dish it may not completely cover so I leave some space around the edges (see photo).

6. Bake 200C for about 15 minutes or until hot and bubbly and browned on top. Serve with salad on the side.

I've never really thought about moussaka until recently when I was craving lasagne but wanting a low carb alternative. The only downside is that like lasagne this is a bit time consuming but I've kept it as simple as possible!

VARIATIONS & SUBSTITUTIONS

pantry-friendly – sour cream = extra parmesan + almond meal. Eggplant = sweet potato. Serve with steamed frozen greens.

vegetarian – replace beef with cooked lentils or beans.

dairy-free / paleo – replace the sour cream and parmesan with a few handfuls almond meal or soft bread crumbs. Scatter over the top to give a lovely crust.

vegan – combine the vegetarian and dairy-free options.

more veg – feel free to layer in other cooked veg like roast zucchini, capsicum (bell peppers) or mushrooms.

carb lovers – add in a few layers of lasagne sheets and expect to cook for longer or serve with cooked pasta.

SERIOUSLY EASY MOUSSAKA

MORE VARIATIONS & SUBSTITUTIONS

more substantial (low carb) - serve larger serves.

short on time – use grilled eggplant from the deli, or roast eggplant at 250C (480F) for 15-20 minutes. Skip the layering and baking and just serve meat sauce on top of roast eggplant with sour cream and cheese on top.

keto / ultra low carb – reduce tomato passata to 1/2C and reduce simmering time.

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the baby spinach / salad separately. Will keep in the fridge for 2 weeks or can be frozen. To serve, allow to defrost then warm in the oven (250C / 480F) for 10-15 minutes or until hot.

WASTE AVOIDANCE STRATEGY

eggplant – will keep for a few weeks in a plastic bag in the fridge. For longer, sliced and rub with oil and grill until soft and browned. Can be frozen if needed.

minced (ground) beef or lamb – freeze it.

tomato passata – keep it in the pantry.

sour cream – keeps for weeks in the fridge.

parmesan – wrap in waxed paper or baking paper and store in the fridge in a sealed paper bag or airtight container. Will keep for months. Can be frozen if you're going away.

baby spinach or salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimy.

quick *tuna curry*
bowls



TUNA QUICK CURRY BOWLS

Enough for 2
Takes 30 minutes

3-6 teaspoons curry powder

1 can coconut milk
(400mL / 14oz)

1 large can tuna
(400g / 14oz)

4 medium zucchini
(800g / 28oz), sliced

1 bunch coriander
(cilantro), mint or basil

50g (2oz) roasted cashews

1. Place medium saucepan on a medium high heat. Add a glug of oil and fry curry powder for about 30 seconds.

2. Quickly add the coconut milk, tuna (with the juices) and sliced zucchini.

3. Cover and simmer until the zucchini is tender and no longer crunchy – about 10 minutes.

4. Taste and season with salt or more curry powder as needed.

5. Divide between two bowls. Top with herbs and cashews.

This recipe came about because of a mistake... Like most good recipes!

I had planned on making an [Easy Fish Curry](#) from one of my meal plans with some frozen fish I thought I had in the freezer. But when I looked the freezer was bare...

Luckily my pantry came through with a can of tuna!

I've used zucchini but feel free to use different veg – loads of ideas in the variations below.

BTW if you want to make this a real pantry backup recipe just use frozen spinach or peas and skip the coriander.

VARIATIONS & SUBSTITUTIONS

pantry-friendly – zucchini = frozen broccoli or spinach. Skip herbs.

keto / ultra low carb – skip the cashews and replace zucchini with baby spinach.

vegetarian – chickpeas, feta, mushrooms, paneer, tofu, tempeh or eggs.

no coconut milk – you could use a can of tomatoes or 1.5 cups stock. If you want a creamy curry add some fresh cream.

satay – stir in a few tablespoons peanut butter. Cashew butter is delicious too!

TUNA QUICK CURRY BOWLS

MORE VARIATIONS & SUBSTITUTIONS

more substantial (carb lovers) – steamed rice or noodles. Or simmer potatoes in the sauce.

more substantial (low carb) – more cashews, more tuna or different nuts, peanut butter, coconut cream instead of milk, cauliflower ‘rice’.

nut-free – just skip the cashews or replace with extra veg. Sunflower seeds are another option.

family-friendly / no curry powder – use a mild curry powder, garam masala or ground cumin.

different vegetables – broccoli, broccolini, cauliflower, cabbage, spinach, sweet potato, eggplant, capsicum (bell peppers) or kale are all good. Just simmer covered until veg are tender.

different protein – fresh fish, chicken thigh fillets or breast fillets, steak, eggs, chickpeas, tofu, tempeh, feta.

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the herbs and nuts separately. Leftovers will keep in the fridge for 2 weeks or can be frozen. To serve, bring back to a simmer and top with cashews and herbs.

WASTE AVOIDANCE STRATEGY

curry powder / coconut milk / can tuna / roasted cashews – keep them in the pantry.

zucchini – will keep for 2 weeks or longer in a plastic bag in the fridge. To keep it even longer, cook sliced zucchini in a little butter until just soft then store in an airtight container in the fridge.

green herbs – best to use for another meal. Can be frozen but will wilt when defrosted.



mixed *berry*
sorbet

MIXED BERRY SORBET

Enough for 2
Takes 10 minutes

*150g (5oz) frozen
mixed berries*

*3 tablespoons sugar
(totally optional)*

- 1.** Place berries and sugar (if using) in a food processor with 1 tablespoon water.
- 2.** Whizz until the sugar is dissolved and you have a nice shiny sorbet. It might take a little while for the berries to defrost enough to liquefy.
- 3.** Serve immediately or keep in the freezer until you're ready – but no more than a few hours or it will start to go icy.

I tend to keep a packet of frozen berries in the freezer for when I need a quick dessert. This berry sorbet is wonderfully simple – just whizz the berries with a little sugar in the food processor and there you have it – instant sorbet.

Feel free to use any frozen fruit for this recipe. If you're in the mood for more of a berry 'ice cream', replace the water with a few tablespoons of cream or even coconut cream if you would prefer something vegan.

VARIATIONS & SUBSTITUTIONS

sugar-free – replace sugar with a natural sweetener or just skip it all together.

creamy – add a few tablespoons of cream or yoghurt in with the fruit.

different fruit – most frozen fruit will work here such as raspberries, mangos, blueberries, strawberries, banana or pineapple.

keto / ultra low carb – serve some dark chocolate instead.

MIXED BERRY SORBET

PREPARE AHEAD?

Yes! If using fresh berries place on a tray in the freezer for 8 hours or until frozen. Transfer to a freezer bag and keep until ready to serve.

WASTE AVOIDANCE STRATEGY

frozen mixed berries – keep them in the freezer.

sugar – keep them in the pantry.

INGREDIENT STORAGE BEST PRACTICES

VEGGIES

cucumber (lebanese) - in the fridge wrapped in a plastic bag.

frozen greens – in the freezer in the packaging they were purchased in.

broccoli – in the fridge wrapped in a plastic bag.

limes – in the fridge wrapped in a plastic bag. Can be kept at room temp if you prefer but will last longer in the fridge.

green herbs – in the fridge wrapped in a plastic bag.

onions - in a dark pantry.

cauliflower – in the fridge wrapped in a plastic bag.

eggplant - in the fridge wrapped in a plastic bag.

baby spinach / salad leaves – store sealed bag in the fridge. If buying loose leaves, wash and spin dry in a salad spinner then wrap loosely in paper towel and place inside plastic bag. Push out most of the air and seal. Store in the fridge.

frozen berries – in the freezer in the packaging they were purchased in.

zucchini (courgettes) – in the fridge wrapped in a plastic bag.

PROTEIN

eggs – I keep mine in the pantry because we eat a lot of eggs. Will last much longer in the fridge.

chicken – in the fridge in the packaging it was purchased in.

minced (ground) beef or lamb – in the fridge in the packaging it was purchased in.

DAIRY

yoghurt – in the fridge in the packaging it was purchased in.

butter – in the fridge in the packaging it was purchased in.

sour cream – in the fridge in the packaging it was purchased in.

parmesan – in the fridge wrap in baking paper and store in a sealed plastic bag or airtight container.

PANTRY

All pantry items best stored at room temperature in a dark place.

* Also see the WASTE AVOIDANCE STRATEGY with each recipe for tips on preserving ingredients for longer periods if required.

PREP AHEAD POSSIBILITIES

Here are suggestions for things you can possibly prepare ahead. They're just suggestions though so please don't feel like you need to devote your weekend to getting these steps done! It's totally up to you.

1 Chickpea Burgers

BURGERS (20 minutes)

Make burgers as per recipe but don't add the yoghurt or cucumber. Refrigerate for up to 2 weeks or freeze. To serve, warm burgers in the pan with a little oil. Or cook from frozen in the oven (200C / 400F) for 20-30 minutes.

2 One Pot Chicken & Broccoli with Peanut & Lime Sauce

CHICKEN + BROCCOLI (30 minutes)

Cook the chicken, broccoli and sauce as per the recipe but keep each component separately. Will keep in the fridge for a week or can be frozen. Serve cold or allow sauce to come to room temp and warm chicken and broccoli in a frying pan / wok with a little oil.

3 Turkish Cauliflower Soup

SOUP (30 minutes)

Make soup as per recipe but don't add the butter or chilli. Refrigerate for up to 2 weeks or freeze. To serve, reheat soup gently in a saucepan on the stove, being careful not to simmer as the yoghurt will split. Melt butter and serve as per recipe.

4 Seriously Easy Moussaka

MOUSSAKA (60 minutes)

Just cook as per the recipe but keep the baby spinach / salad separately. Will keep in the fridge for 2 weeks or can be frozen. To serve, allow to defrost then warm in the oven (250C / 480F) for 10-15 minutes or until hot.

5 Quick Tuna Curry Bowls

CURRY (30 minutes)

Just cook as per the recipe but keep the herbs and nuts separately. Leftovers will keep in the fridge for 2 weeks or can be frozen. To serve, bring back to a simmer and top with cashews and herbs.

6 Mixed Berry Sorbet

BERRIES (10 minutes)

If using fresh berries place on a tray in the freezer for 8 hours or until frozen. Transfer to a freezer bag and keep until ready to serve.

CHICKPEA BURGERS WITH YOGHURT SAUCE

Enough for 2
Takes 20 minutes

1 can chickpeas (400g / 14oz), drained
2 teaspoons ground cumin
1 egg
1/2 cup roasted red capsicum (bell pepper), diced
6 – 8 tablespoons natural yoghurt
2 small cucumbers

- 1.** Pulse chickpeas and cumin in a food processor for a few seconds or until roughly chopped. You don't want a smooth puree here.
- 2.** Crack egg into a small bowl and whisk lightly. Add egg and pulse again for a few seconds.
- 3.** Fold capsicum into the chickpeas by hand so it keeps its shape. Season and using your hands, form into 2 burgers. Pop in the fridge for a few minutes.
- 4.** Heat a small fry pan on a medium high heat. Add a little oil and cook burgers for around 3 minutes on each side or until golden. Being careful when turning so they don't fall apart.

5. Meanwhile, stir yoghurt in a small bowl until smooth and season generously. For the salad shave cucumber into ribbons using a vegetable peeler. Season with salt.

6. Serve burgers with yoghurt on top and cucumber salad on the side.

TURKISH CAULIFLOWER & YOGHURT SOUP

Enough for 2
Takes 30 minutes

1 onion
1/2 cauliflower (about 500g / 1lb)
1 teaspoon ground coriander
250g (1 cup) Greek yoghurt
4-6 tablespoons butter
pinch dried chilli flakes or smoked paprika (optional)

1. Heat a little oil in a medium saucepan on a medium heat. Dice onion and add to the pan. Cook onion with the lid on, stirring every now and then until the onion is soft but not browned. About 10 minutes.

2. Chop cauliflower into bite sized chunks and add to the softened onion with the coriander and 1.5 cups water. Cover and simmer for about 15 minutes or until cauliflower is tender. Puree soup using a stick blender or regular blender.

3. Stir in yoghurt and warm gently on the stove. Don't let it simmer as the yoghurt will curdle. Taste and season with salt.

4. Melt butter in a small saucepan. Divide soup between two bowls. Drizzle over the melted butter and sprinkle with chilli / paprika (if using).

TURKISH CAULIFLOWER & YOGHURT SOUP

Enough for 2
Takes 30 minutes

1 onion
1/2 cauliflower (about 500g / 1lb)
1 teaspoon ground coriander
250g (1 cup) Greek yoghurt
4-6 tablespoons butter
pinch dried chilli flakes or smoked
paprika (optional)

1. Heat a little oil in a medium saucepan on a medium heat. Dice onion and add to the pan. Cook onion with the lid on, stirring every now and then until the onion is soft but not browned. About 10 minutes.

2. Chop cauliflower into bite sized chunks and add to the softened onion with the coriander and 1.5 cups water. Cover and simmer for about 15 minutes or until cauliflower is tender. Puree soup using a stick blender or regular blender.

3. Stir in yoghurt and warm gently on the stove. Don't let it simmer as the yoghurt will curdle. Taste and season with salt.

4. Melt butter in a small saucepan. Divide soup between two bowls. Drizzle over the melted butter and sprinkle with chilli / paprika (if using).

SERIOUSLY EASY MOUSSAKA

Enough for 3-4
Takes 60 minutes

3 medium eggplant
450g (1lb) minced (ground) beef or lamb
700g (3 cups) tomato passata (puree NOT
concentrated tomato paste)
300g (1 1/4 cups) sour cream
2 handfuls grated parmesan
baby spinach or salad leaves, to serve

1. Preheat your oven to 200C (400F). Slice eggplant about 1/2 inch (1cm) thick. Place on an oven tray and drizzle generously with olive oil and sprinkle with salt.

2. Roast eggplant until really soft – about 30 minutes, turning about half way.

3. Meanwhile, brown meat in a hot pan with a little oil. Then add the tomato and simmer for 10 minutes or so. Taste and season with salt if needed.

4. Cover the base of an oven proof dish with the meat (mine was 22cmx28cm / 8inx11in but it doesn't need to be exact). Layer over the cooked eggplant and top with remaining meat.

5. Mix sour cream and Parmesan then spread carefully over the top. Depending on the size of your dish it may not completely cover so I leave some space around the edges.

6. Bake 200C for about 15 minutes or until hot and bubbly and browned on top. Serve with salad on the side.

QUICK TUNA CURRY BOWLS

Enough for 2
Takes 30 minutes

*3-6 teaspoons curry powder
1 can coconut milk (400mL / 14oz)
1 large can tuna (400g / 14oz)
4 medium zucchini (800g / 28oz), sliced
1 bunch coriander (cilantro), mint or basil
50g (2oz) roasted cashews*

- 1.** Place medium saucepan on a medium high heat. Add a glug of oil and fry curry powder for about 30 seconds.
- 2.** Quickly add the coconut milk, tuna (with the juices) and sliced zucchini.
- 3.** Cover and simmer until the zucchini is tender and no longer crunchy – about 10 minutes.
- 4.** Taste and season with salt or more curry powder as needed.
- 5.** Divide between two bowls. Top with herbs and cashews.

MIXED BERRY SORBET

Enough for 2
Takes 10 minutes

*150g (5oz) frozen mixed berries
3 tablespoons sugar (totally optional)*

- 1.** Place berries and sugar (if using) in a food processor with 1 tablespoon water.
- 2.** Whizz until the sugar is dissolved and you have a nice shiny sorbet. It might take a little while for the berries to defrost enough to liquefy.
- 3.** Serve immediately or keep in the freezer until you're ready – but no more than a few hours or it will start to go icy.

To access the meal plans & recipes online go to:

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