

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

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).

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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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