

MEAL PLAN BONUS

Autumn Freezer Meals

- [1] Zucchini Burgers 15m* +
- [2] Cheesy Chicken 30m*
- [3] Mushroom Soup with Brown Butter Walnuts & Crispy Sage 30m*
- [4] Cabbage 'Lasagna' (Low Carb) 60m*
- [5] Simple Fish Stew 30m*
- [6] SWEET TREAT: Chocolate Walnut 'Cake' 6h*

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

VARIATIONS

Pantry-Friendly: [1] Zucchini = frozen broccoli. Yoghurt = [cashew sauce](#). Frozen spinach. [2] Zucchini = frozen veg or sweet potato. Skip herbs. [3] mushrooms = onions. Skip sage. [4] Sour cream = almond meal or flaked almonds. Salad = frozen greens. [5] Fennel = extra onion or carrots. [6] Cream = coconut cream or [nut milk](#).

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

More Substantial (Low Carb): [1] Avocado. Mayo. [2] Roast almonds or walnuts. [3] Extra walnuts + butter. [4] Larger serves! [5] Roast almonds. More mayo.

Carb Lovers / More Substantial: [1] [Burger buns](#). [2] Cooked pasta, rice or buttered chickpeas. [3] Crusty bread. [4] Cooked pasta. [5] Steamed potatoes.

Carnivore: [1] Beef burgers. [3] Bacon. [5] Chicken or sausages.

Paleo (Grain, Legume & Dairy-Free): [1] Yoghurt = [cashew sauce](#). [2] Cheese = [almond hummus](#) or smashed avocado. [3] Butter = olive oil. [4] Sour cream + parmesan = almond meal or flaked almonds. [6] Cream = coconut cream or [nut milk](#).

Keto / Ultra Low Carb: [3] [Spinach soup](#). [4] Halve the tomato. [5] Skip the onion and don't use carrot.

SHOPPING LIST

spring freezer meals

VEGGIES

2 medium zucchini [1]
2 bags baby spinach or salad leaves [1&4]
4 medium zucchini (800g / 28oz) [2]
1 bunch coriander (cilantro) or parsley [2]
900g (2lb) mushrooms [3]
1 small bunch sage [3]
1/2 large cabbage (500g / 1lb) [4]+
2 onions [5]
1 large bulb fennel OR 2 carrots [5]

PROTEIN

1 egg [1]
4 chicken thigh fillets (450g / 1lb) [2]
450g (1lb) minced (ground) beef [4]+
450g (1lb) fish fillets [5]

DAIRY

8T greek yoghurt [1]
150g (5oz) grated cheese [2]
8T salted butter [3]
300g (1 1/4cups) sour cream [4]+
2 handfuls grated parmesan (100g / 3.5oz) [4]+
200g (7oz) whipping cream [6]*

PANTRY

extra virgin olive oil
salt & pepper
75g (3oz) almond meal [1]
1/2 cup tomato passata or puree [2]
1 teaspoon smoked paprika (optional) [2]
2C chicken or veg stock [3]
2 handfuls walnuts [3]
700g (3C) tomato passata (puree) [4]+
1 jar (1.5C) tomato pasta sauce or puree [5]
large pinch saffron threads (optional) [5]
mayonnaise [5]
300g (10oz) walnuts [6]*
300g (10oz) milk chocolate [6]*

OTHER

[add your other items here]

NOTES + SUBSTITUTES

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

Vegetarian [2] Chicken = mushrooms, chickpeas or tempeh. [4] Beef = [cooked lentils](#). [5] Fish = lentils or chickpeas.

Carb Lovers [1] Burger buns. [2] Cooked pasta, rice or buttered chickpeas. [3] Crusty bread. [4] Cooked pasta. [5] Steamed potatoes.

't' = teaspoon 'T' = tablespoon

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

+ [4] Serves 3-4. Leftovers keep really well.

* [6] Serves 6-10. Can be halved or quartered.

ZUCCHINI BURGERS

Enough for 2
Takes 15 minutes

2 zucchiní, grated
75g (3oz) ground almonds
1 egg
8 tablespoons greek yoghurt
1 bag baby spinach leaves

1. Combine zucchini, almonds and egg in a large bowl. Season and using your hands form into 2 patties and place on a large plate.
2. Heat a pan on a medium heat. Add a little oil and carefully slide the burgers into the pan.
3. Cook for 3-4 minutes on each side, being super careful when you turn because the burgers do have a tendency to fall apart. Burgers are done when they're a deep golden brown colour on both sides.
4. Meanwhile, season yoghurt generously with salt and pepper to make the sauce.
5. Serve burgers on a bed of baby spinach with yoghurt sauce drizzled over.

CHEESY CHICKEN

Enough for 2
Takes 30 minutes

4 medium zucchiní (800g / 28oz)
4 chicken thigh fillets (450g / 1lb)
1/2 cup tomato passata or puree
1 teaspoon smoked paprika (optional)
150g (5oz) grated cheese
1 bunch coriander (cilantro) or parsley

1. Turn your oven on to 250C (480F). Slice zucchini into rounds about 1cm (1/2in) thick and place in a baking tray.
2. Chop chicken thighs into 2 pieces and place on top of the zucchini. Mix tomato and paprika (if using) and pour sauce over the chicken. Sprinkle with a pinch of salt and pop in the oven for 15 minutes.
3. When the timer goes, scatter the cheese over the top of the chicken and return to the oven for another 5-10 minutes or until the cheese is melted.
4. Serve with coriander / parsley leaves sprinkled over.

MUSHROOM SOUP WITH BROWN BUTTER WALNUTS & CRISPY SAGE

Enough for 2
Takes 30 minutes

*900g (2lb) mushrooms, sliced
6-8 tablespoons salted butter
2 cups chicken or veg stock
1 small bunch sage, leaves picked
2 handfuls walnuts*

1. Heat 2 tablespoons of your butter with a little drizzle of oil in a medium saucepan on a medium high heat. The oil prevents the butter from burning. When the butter has melted, add the mushrooms and cook, stirring for 5 minutes or until mushies are starting to brown.

2. Add stock. Cover and bring to a simmer. Simmer, covered for 10 minutes, or until mushrooms are tender.

3. While the mushrooms are cooking, melt the remaining 4-6 tablespoons butter in a small frying pan on a medium high heat. When the butter starts to foam add the sage and walnuts and cook, stirring frequently for a few minutes until the walnuts are toasted and the butter goes a deep golden brown colour. Remove from the heat.

4. When the mushrooms are tender. Remove pot from the heat and puree soup using a stick blender. It's up to you how smooth you make it. Taste soup and season with salt as needed.

5. Divide soup between two bowls and top with walnuts, sage and the beautifully nutty brown butter.

CABBAGE 'LASAGNA' (LOW CARB)

Enough for 2
Takes 60 minutes

*1/2 large cabbage (500g / 1lb)
450g (1lb) minced (ground) beef
700g (3cups) tomato passata (puree NOT
concentrated tomato paste)
300g (1 1/4cups) sour cream
2 handfuls grated parmesan (100g / 3.5oz)
baby spinach or salad leaves, to serve*

1. Preheat your oven to 200C (400F). Slice cabbage finely. Place cabbage in an oven proof lasagna dish (approx 22cmx28cm / 8inx11in but it doesn't need to be exact). Drizzle generously with olive oil and sprinkle with salt.

2. Roast cabbage until really soft – about 20 minutes, stirring about half way.

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

4. When the cabbage is soft and cooked down, layer with the meat sauce.

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 below).

6. Bake 200C (400F) for about 15-20 minutes or until hot and bubbly and browned on top. Serve with salad on the side.

SIMPLE FISH STEW

Enough for 2-3
Takes 30 minutes

2 onions, peeled & chopped
1 large bulb fennel OR 2 carrots
1 jar commercial tomato pasta sauce
or tomato puree (about 1 1/2 cups)
large pinch saffron threads (optional)
450g (1lb) fish fillets chopped
mayonnaise, to serve

1. Heat a generous glug of oil in a large pot. Add onions, fennel and carrots and cook on a medium heat, covered and stirring occasionally for 10-15 minutes or until all the vegetables are soft but not browned.
2. Add the tomato puree, 1 1/2 cups water and saffron (if using). Bring to a simmer.
3. Add fish and gently simmer for 2-3 minutes or until fish is cooked through.
4. Taste & season. Top with reserved fennel fronds (if you have them) and serve with mayo on top.

CHOCOLATE WALNUT 'CAKE'

Enough for 6-10
Takes 6 hours

300g (10oz) walnuts
200g (7oz) whipping cream
300g (10oz) milk chocolate, chopped into chunks

1. Preheat your oven to 180C (350F). Place walnuts on a baking tray and roast for 8-10 minutes or until deeply golden brown and tasting toasted.
2. Line a loaf tin with baking paper so the base and sides are covered. Bring cream to a simmer in a medium saucepan. Remove from the heat and stir in the chocolate chunks. Stand for about 5 minutes to allow chocolate to melt.
3. Gently stir your chocolate cream mixture until smooth and glossy. If there are a few chunks of unmelted chocolate don't stress too much.

4. Pour half the chocolate mixture into your prepared tin. Top with 3/4s of the walnuts saving the last 1/4 for decorating the top. Layer over the remaining chocolate mixture. Finish with the remaining walnuts.
5. Place in the freezer for 6 hours or until the 'cake' has set enough that you can slice it.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

© Jules Clancy 2020

This meal plan is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review, as permitted under the Copyright Act, no part of this ebook may be reproduced by any process without written permission. Enquiries should be addressed to the author.

All rights reserved.