



# Soupstones

## MEAL PLANS

to Eat Well & Be Well



17th February 2014

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- [1] Cheesey Broccoli
- [2] Summer Meatballs
- [3] Chicken & Cashew Nuts
- [4] Lentils with Bacon
- [5] BBQ Steak with Coffee Rub & Garlicky Mayo +  
Green Salad

### VARIATIONS

**More Wintery:** [2] Just change the name to lemony meatballs or replace the stock and lemon juice with tomato puree.

**More Summery:** [4] Just serve the lentils at room temp as a salad instead of serving them warm.

**Vegetarian:** [2] [Lentil balls](#). [5] These [mushroom steaks](#) or [Miso eggplant 'steaks'](#).

**Carb Lovers / More Substantial:** [1] Serve broccoli with some cooked quinoa or steamed rice or toss in a can of chickpeas. [2] Serve meatballs with pita bread or spaghetti. [3] Serve chicken with steamed rice. [5] Serve steaks with chips (French fries) or mashed potato.

**Budget:** [2] [Lentil balls](#) instead of meat. [3] Use minced (ground) chicken for the stir fry. [5] See vegetarian options.



# Soupstones SHOPPING LIST\*

17 Feb

## VEGGIES

2 heads broccoli [1]  
2-6 small red chillies [1]  
3 lemons [2]  
1 bag baby spinach [2]\*  
3 green onions (scallions) [3]  
1 iceberg lettuce [3]  
1 clove garlic [5]  
1 bag salad leaves [5]

## PROTEIN

450g (1lb) minced (ground) beef [2]\*  
450g (1lb) chicken breasts [3]  
2 steaks [5]

## DAIRY

4 lge handfuls grated cheese [1]  
6 tbspn natural yoghurt [2]\*

## PANTRY

extra virgin olive oil  
salt & pepper  
4 tbsp coconut oil (or olive) [1]  
2 cups chicken stock [2]\*  
75g (3oz) almond meal [2]\*

## PANTRY [contd]

3 tbspn oyster sauce [3]  
1 tbspn fish sauce [3]  
100g (3.5oz) cashew nuts [3]  
250g (9oz) French style green lentils [4]  
4-6 slices bacon [4]  
3 tbspn sherry or wine vinegar [4&5]  
2 tbspn soy sauce [4&5]  
1 bunch flat leaf parsley [4]  
3 tbspn ground black pepper [5]+  
2 tbspn ground coffee [5]+  
2 tspn dried chilli flakes [5]+  
1/2 tspn cumin [5]+  
6-8 tbspn mayonnaise [5]

## OTHER

[add your other items here]

## CHEAT'S 'SHORT ON TIME' GUIDE

\* The meatballs will take about 40 minutes to make. Make a quick lemony beef ragu instead.  
+ Use a commercial rub instead of making the coffee rub or just skip the rub all together.

\*Based on serving 2 people.  
Please adjust as required.  
[Numbers] refer to the recipe  
each ingredient is required for.

# INGREDIENT STORAGE

## Best Practices\*

10Feb

### VEGGIES

**broccoli** – in the fridge wrapped in a plastic bag.

**chillies** – in the fridge wrapped in a plastic bag.

**lemons** – at room temp or keep in the fridge if you want them to last longer.

**baby spinach** – 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.

green onions (scallions) – in the fridge wrapped in a plastic bag.

**iceberg lettuce** – in the fridge wrapped in a plastic bag.

**garlic** – in the pantry in a brown paper bag.

**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..

### PROTEIN

**minced (ground) beef** – in the fridge in the packaging they were purchased in.

**chicken breast** – in the fridge in the packaging they were purchased in.

**steaks** – in the fridge in the packaging they were purchased in.

### DAIRY

**cheese** – in the fridge. I prefer to wrap in baking paper or waxed paper and then store inside a sealed plastic bag or other container.

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

### PANTRY

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

Once the oyster sauce and mayo open store in the fridge.

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





*Cheesy* Broccoli

# Cheesey Broccoli



I made this the other night for a 'batchelorette' dinner because my Irishman was out. I was craving something healthy but also cheesey and comforting. Talk about hitting the spot! If you have coconut oil, I really recommend using it because it add a lovely subtle coconutty sweetness which sounds weird but actually works really well. Of course if you don't have any butter or olive oil are just as good.

enough for 2

4-5 tablespoons coconut oil, olive oil or butter

2 heads broccoli

2-6 small red chills chopped, optional

4 large handfuls grated cheese

1. Heat oil in a frying pan or skillet over a medium heat.
2. Rinse broccoli and don't dry as the water will help the broccoli to steam. Slice broccoli stems finely then chop the top into bite sized chunks. I just hack through it with a knife but you're welcome to chop into individual 'trees' if you like.
3. Add broccoli and chilli to the oil. Cook, covered for about 5 minutes or until the broccoli is tender. You'll need to stir a few times. If it starts to burn add a little water.
4. Add cheese and stir until well combined and just melted.

## VARIATIONS

**different veg** – also great with cauliflower or broccolini.

**more substantial** – serve with a handful of nuts, or a little cooked quinoa or a poached egg or toss in a drained can of chickpeas and add a little more cheese.

**carnivore** – serve as a side to a well grilled juicy steak or chicken breast.

**different cheese** – I used a combo of parmesan and emmental but any melting cheese is good here. Try raclette, gruyere, cheddar or even some blue. It's a good way to use up little scraps of cheese floating around the fridge.

# Cheesey Broccoli...

## WASTE AVOIDANCE STRATEGY

**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).

**red chills** – 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.

**cheese** – most hard cheese will keep for weeks or even months if wrapped in baking paper and stored in an airtight container or plastic bag in the fridge. For longer storage pop in the freezer.





Summer Meatballs



# Summer Meatballs



I don't know about you but I tend to think of meatballs as a wintery type dish. But they can be given a summery makeover. All it takes is a super fresh lemony sauce and serving on a bed of baby spinach instead of the more usual, hearty meatball accompaniments.

enough for 2

500g (1lb) minced (ground) beef

75g (3oz) almond meal

2 cups chicken stock

1/3 cup lemon juice

natural yoghurt, to serve

2 large handfuls baby spinach, to serve

1. Preheat your oven to 200C (400F). Mix beef and almonds. Season. Form into meatballs using a tablespoon and your hands.

2. Place meatballs in a medium baking tray. Top with lemon juice and stock. Bake for 30 minutes or until well browned and cooked through.

3. Serve on a bed of baby spinach with yoghurt drizzled over the top.

## VARIATIONS

**vegetarian** – make these lentil balls and cook with the lemon + vegetable stock mixture instead of the tomato based sauce.

**less 'meaty'** – soften 2 large chopped onions in a little oil. Combine cooked onions with the beef and almond meal mixture.

**nut-free** – replace almond meal with soft bread crumbs.

**budget** – make the meatballs go further by serving on a bed of mashed potatoes, with pasta or with crust bread and butter.

**wintery meatballs** – replace stock and lemon juice with tomato puree or canned tomatoes and serve with grated parmesan instead of the yoghurt.

**dairy-free** – make a gremolata by chopping together a handful of parsley, zest of one lemon and 1/2 clove garlic. Sprinkle on top instead of the yoghurt

# Summer Meatballs...

## WASTE AVOIDANCE STRATEGY

**beef** - pop it in the freezer.

**almond meal** - keep in the pantry.

**chicken stock** - fresh stock will need to be frozen. Tetra pack or cubes will keep in the pantry.

**lemons** - will keep for weeks in the fridge.

**yoghurt** - will keep for weeks in the fridge. Doesn't freeze well so eat it for breakfast or another meal.

**baby spinach** - either wilt down the leave in a pot with a little oil and keep in the fridge for a few weeks or just pop the bag in the freezer and use as wilted greens when defrosted.



A photograph showing a bowl of fresh iceberg lettuce leaves on the left and a white bowl on the right containing a lettuce cup filled with a dark, crumbly stir-fried meat. The background is a light-colored wooden surface.

## Chicken & Cashew Stir Fry

\*This image shows pork sang  
choi bau instead of the chicken  
& cashew stir fry served with  
iceberg lettuce leaves.

# Chicken & Cashew Stir Fry



I ordered this the first ever time I went to a Thai restaurant. I can still remember how it blew me away with the tenderness of the chicken, the nutty crunch of the cashews and the exotic, pungent sauce. So it was only natural that it was one of the first Thai dishes I learned to cook. Feel free to use a little sugar to season this. Traditionally it has quite a bit of sweetness, but I prefer it more salty.

enough for 2

2 chicken breast, finely sliced

3 tablespoons oyster sauce

1 tablespoon fish sauce

100g (3.5oz) cashew nuts

3 green onions (scallions), finely sliced

1 iceberg lettuce, to serve

1. Heat a few tablespoons olive or peanut oil in a large wok or frying pan (skillet) over a high heat.
2. Stir fry chicken for about 5 minutes or until chicken is just cooked through.
3. Quickly add the sauces and stir to heat through.
4. Taste and season with a little sugar if you like.
5. Remove from the heat and toss in cashews and green onions (scallions).
7. Serve stir fry with iceberg lettuce leaves and allow everyone to wrap their own and eat

## VARIATIONS

**vegan** – Replace the chicken with firm tofu or tempeh cut into small chunks and replace the oyster and fish sauce with hoisin sauce.

**vegetarian** – replace chicken with sliced halloumi. Pan fry on both sides until golden and remove from the heat. Add sauces and allow to heat through drizzle over the halloumi.

**nut free** – Replace cashews with another chicken breast and toss in a large handful of fresh basil at the end.

**no fish sauce?** – replace with soy sauce or just use extra oyster sauce.

**no oyster sauce** – use soy sauce with a teaspoon of honey instead.





# Chicken & Cashew Stir Fry...

## WASTE AVOIDANCE STRATEGY

**chicken** - pop it in the freezer or poach and use within a week or so.

**oyster sauce, fish sauce & cashews** - keep in the pantry.

**iceburg** - keep in a plastic bag in the fridge for at least 2 weeks. Use the lettuce for something else if you won't be making this dish longer than that.

**green onions** - keep in a plastic bag in the fridge for many weeks - just peel of any layers that are past it.

## PROBLEM SOLVING GUIDE

**too salty** – Fish and oyster sauces vary in their level of saltiness. Next time try using less sauce but for now, sweeten with a little brown sugar to temper the salt.

**too dry** – Sounds like you need a little more sauce. Add more of both the oyster and fish sauces in the ratio 3:1. A little water can help as well.

**chicken too dry or tough**- Its really critical not to overcook the chicken when stir frying. Next time make sure your chicken is chopped really finely, that you use a high heat and only cook the chicken until it is no longer pink.

**chicken still pink** – lck, no one likes undercooked chicken. Best to pop it back in the pan for a few minutes. Next time chop the chicken into smaller pieces so it cooks quickly. Also make sure that all your chicken pieces are about the same size



Lentils with Bacon



# Lentils with Bacon



Lentils are one of my favourite foods. I just adore their earthy flavour and super filling texture. They're also super high in protein and fiber so are great for vegetarians and carnivores alike. It's worth seeking out the 'French style' or 'Puy' lentils because they retain their shape when cooked, unlike red or brown lentils which tend to turn to mush unless you keep an eagle eye on them. These days my local supermarket stocks French style lentils but you may need to try a good deli or fancy food provider.

enough for 2

250g (9oz) French style green lentils

4-6 slices bacon, chopped

2 tablespoons sherry or wine vinegar

1 tablespoons soy sauce

1 bunch flat leaf parsley, chopped

1. Cover lentils with cold water in a medium saucepan. Bring to a simmer then boil for 10-15 minutes or until lentils are tender. Drain.

2. Add a little oil to the saucepan and cook bacon over a medium high heat for about 5 minutes or until browned and crispy.

3. When the bacon is cooked, add lentils to the pan and season with vinegar, soy and 3 tablespoons extra virgin olive oil.

4. Toss in parsley. Taste and adjust seasoning if necessary.

## VARIATIONS

**different lentils** – brown or red lentils can be used here but you'll need to adjust the cooking time and watch them like a hawk because they easily turn from undercooked to lentil mush within a few minutes.

**vegetarian** – replace bacon with a nice salty cheese like feta, ricotta salata, pecorino or parmesan.

**vegan** – replace bacon with a few handfuls or nuts like almonds or brazil nuts or chunks of avocado.

**soy-free** – season with salt instead of with the soy sauce.

**different greens** – basil or coriander (cilantro) could be used instead of the parsley or toss in

**more substantial** – serve with a poached or fried egg or as a side to roast chicken (or a BBQ one from the shop).



# Lentils with Bacon...

## WASTE AVOIDANCE STRATEGY

**lentils, soy & vinegar** - keep in the pantry.

**bacon** – if you buy it in a cryovac pack it keeps for a few weeks, check the best before date. Otherwise you'll need to freeze it.

**parsley** – usually keeps for at least 2 weeks if wrapped in a plastic bag and stored in the fridge. Pop it in the freezer if you need to store longer it will wilt but will still be edible.



BBQ Steak with Coffee Rub

BBQ coffee rub

# Coffee Rub



[Cook your steaks as per the directions below. Combine 4-6 tablespoons mayonnaise or this [Cheat's Hollandaise](#) with 1 small clove garlic crushed or very finely chopped to serve with the coffee rub steaks. For help with cooking your steaks see [The Perfect Steak](#)]

enough for 4 (or 5 cups)

3 tablespoons ground black pepper (240g / 8.5oz)

2 tablespoons ground coffee (140g / 5oz)

2 teaspoons dried chilli flakes (40g / 1.5oz)

2 teaspoons fine salt (100g / 3.5oz)

1/2 teaspoon cumin (10g / 0.5oz)

1. Combine ground peppercorns, coffee, chilli flakes, salt and cumin.

2. Store in an airtight container.

**For coffee steaks** – Remove steaks from the fridge an hour before you want to cook. Rub coffee rub over the surface of your favourite steaks. Grill immediately until cooked until your liking and serve with lemon halves or your favourite BBQ sauce.

## VARIATIONS

**can't find chilli flakes?** – replace with ground chilli powder (if using the teaspoon measurement, decrease the quantity by half).

**instant coffee** – I haven't tried it, but I imagine instant coffee would work as well, although it will have a different texture.

**coffee crusted chicken** - Bash chicken breasts until and even thickness at both ends. Rub with coffee rub and pan fry in a little oil or BBQ until chicken is cooked through. Serve with a sauce of natural yoghurt.

**vegetarian / vegan** - skip the coffee rub and try [These mushroom steaks](#) Or [Miso eggplant 'steaks'](#).



video



# Coffee Rub...

## WASTE AVOIDANCE STRATEGY

**rub** - will keep in the pantry for 12 months.

**steaks** - pop in the freezer in a plastic bag (don't be like my Dad who just put steaks uncovered in the freezer and ended up having to throw them out because of a massive case of freezer burn).

## PROBLEM SOLVING GUIDE

**too salty** – balance out with more pepper & coffee.

**gritty** – try using a more finely ground coffee, such as that designed for espresso machines. And make sure your pepper isn't the problem.

Green Salad





# Green Salad

The most frequent thing I cook is a simple green salad. It goes with pretty much anything and is a quick solution if you're like me and feel that a meal isn't complete without greens in some form. I've even convinced my Irishman that it's essential to have a green salad with our eggs for Sunday brunch.

enough for 2

1 tablespoon sherry vinegar

1/2 teaspoon soy sauce

3 handfuls mixed 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.

## VARIATIONS

**soy-free** – skip the soy sauce and season with salt instead.

**can't find sherry vinegar** – my next favourite is rice wine vinegar (aka rice vinegar) but any wine vinegar will be fine. For a sweeter dressing try balsamic.

**fresher** – replace vinegar with lemon juice.

**asian** – use fish sauce instead of the vinegar and soy and drizzle over a little sesame oil.



# Green Salad...

## WASTE AVOIDANCE STRATEGY

**vinegar & soy** – will keep in the pantry.

**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, like this [simple plate of greens](#). At least this way they won't go slimey.

## PROBLEM SOLVING GUIDE

**dressing not sticking to the leaves** – Usually this is a sign the leaves weren't completely dry after they were washed. Next time spin dry in a salad spinner or pat really well with paper towel.

**too oily** – You've got too much dressing. Toss in some more leaves if you have them or transfer to a clean bowl and toss again so some of the excess dressing comes off onto the sides of the bowl.

**too dry** - Not enough dressing for the amount of leaves. Mix up a little more dressing and add to the leaves a little at a time. Keep the remainder of the dressing in the fridge.

## LEFTOVER POTENTIAL?

Not the greatest. Will go a little soggy in the fridge, although I do know people who like their salad after it has been 'marinated' for a while. Go figure.

## SERVING SUGGESTIONS

Pretty much works with anything savoury.

# Cheesey Broccoli

enough for 2

4-5 tablespoons coconut oil, olive oil or butter

2 heads broccoli

2-6 small red chills chopped, optional

4 large handfuls grated cheese

1. Heat oil in a frying pan or skillet over a medium heat.
2. Rinse broccoli and don't dry as the water will help the broccoli to steam. Slice broccoli stems finely then chop the top into bite sized chunks. I just hack through it with a knife but you're welcome to chop into individual 'trees' if you like.
3. Add broccoli and chilli to the oil. Cook, covered for about 5 minutes or until the broccoli is tender. You'll need to stir a few times. If it starts to burn add a little water.
4. Add cheese and stir until well combined and just melted.

# Summer Meatballs

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500g (1lb) minced (ground) beef

75g (3oz) almond meal

2 cups chicken stock

1/3 cup lemon juice

natural yoghurt, to serve

2 large handfuls baby spinach, to serve

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2. Place meatballs in a medium baking tray. Top with lemon juice and stock. Bake for 30 minutes or until well browned and cooked through.
3. Serve on a bed of baby spinach with yoghurt drizzled over the top.



# Chicken & Cashew Stir Fry

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1 tablespoon fish sauce  
100g (3.5oz) cashew nuts  
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2. Stir fry chicken for about 5 minutes or until chicken is just cooked through.
3. Quickly add the sauces and stir to heat through.
4. Taste and season with a little sugar if you like.
5. Remove from the heat and toss in cashews and green onions (scallions).
7. Serve stir fry with ice burg lettuce leaves and allow everyone to wrap their own and eat

# Lentils with Bacon

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2 tablespoons sherry or wine vinegar  
1 tablespoons soy sauce  
1 bunch flat leaf parsley, chopped

1. Cover lentils with cold water in a medium saucepan. Bring to a simmer then boil for 10-15 minutes or until lentils are tender. Drain.
2. Add a little oil to the saucepan and cook bacon over a medium high heat for about 5 minutes or until browned and crispy.
3. When the bacon is cooked, add lentils to the pan and season with vinegar, soy and 3 tablespoons extra virgin olive oil.
4. Toss in parsley. Taste and adjust seasoning if necessary.

# Coffee Rub

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To access the meal plans & recipes online go to:

**[www.stonesoupvirtualcookeryschool.com](http://www.stonesoupvirtualcookeryschool.com)**

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