



Soupstones
MEAL PLANS
to Eat Well & Be Well



MEAL PLAN #322
28th JANUARY 2019
FAMILY FRIENDLY



MEAL PLAN #322

28th JANUARY 2019

- [1] Butter Beans with Cabanossi & Bacon 15m* + Green Salad 5m*
- [2] Aussie Burgers 90m* + Easy Home Fries 30m*
- [3] Summer Sausages with Pea & Pesto Mash 30m*
- [4] BBQ Chicken & Bread Salad 10m*
- [5] Turkish Cauli Pizza 30*
- [6] Quick Raw Brownies 15m* + chilling

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

VARIATIONS

Short on time: [1] Use precooked beets. Or skip the beets and pan fry the burgers [like this](#). [5] Commercial pizza bases or pita bread. [6] Roll brownie mix into balls and skip the chilling step.

Vegetarian: [1] Cabanossi = Extra beans. Bacon = smoked tofu or sun dried tomatoes. [2] [Zucchini burgers](#). [3] Sausages = fried eggs or halloumi. [4] Chicken = roast mushrooms (so good!). [5] Beef / lamb = cooked lentils.

Low Carb: [1] Butter beans = zucchini noodles. [4] Bread = roast cauliflower or grilled veg.

Carb Lovers / More Substantial: [1] Pasta. [2] Burger Buns. [3] Pasta or potatoes. [4] Extra bread! [5] Commercial pizza bases or pita bread.

Paleo (Grain, Legume & Dairy-Free): [1] Butter beans = zucchini noodles. [3] Parmesan = [brazil nut parmesan](#) or almond meal. [4] Bread = roast cauliflower or grilled veg. [6] butter = coconut oil.

SHOPPING LIST

28th JANUARY 2019

VEGGIES

1 green capsicum (bell pepper) [1]
1 beetroot [2]+
3 bags salad [1&2&4]
2 large potatoes [2]
250g (9oz) frozen peas [3]
2 lemons [3&5]
500g (1lb) cauliflower, (half a large cauli) [5]
small bunch flat leaf parsley [5]

DAIRY

grated parmesan cheese [3]
50g (1.75oz) melted butter [6]

PROTEIN

2 slices bacon [1]
1 stick cabanossi or pepperoni [1]
450g (1lb) minced (ground) beef [2]
4 sausages [3]
1/2 barbequed chicken [4]
2 eggs [5]
450g (1lb) minced (ground) beef or lamb [5]

PANTRY

extra virgin olive oil
salt & pepper
1/2C tomato pasta sauce or passata [1]

1-2 cans butter beans [1]
2T sherry or wine vinegar [1&4]
1t soy sauce [1]
mayonnaise [2]
6 tablespoons pesto [3]
oil for frying [3]
1T whole grain mustard [4]
2 slices rustic bread / sourdough [4]
100g (3.5oz) almond meal [5]
2t baharat spice [5]*
2T tomato paste [5]
handful pine nuts [5]
100g (3.5oz) pitted dates [6]

100g (3.5oz) almond meal [6]
20g (0.75oz) cocoa powder [6]

OTHER

[add your other items here]

COOKS NOTES / VARIATIONS

Vegetarian [1] Cabanossi = Extra beans. Bacon = smoked tofu or sun dried tomatoes. [2] [Zucchini burgers](#). [3] Sausages = fried eggs or halloumi. [4] Chicken = roast mushrooms (so good!). [5] Beef / lamb = cooked lentils.
More Substantial [1] Pasta. [2] Burger Buns. [3] Pasta or potatoes. [4] Extra bread! [5] Commercial pizza bases or pita bread.

't' = teaspoon 'T' = tablespoon

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

+ [2] pre-cooked beets will save loads of time!

* [5] or use 1 teaspoon each ground cumin, coriander and paprika.

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

butter beans *with cabanossi*
& bacon



BUTTER BEANS WITH CABANOSSA & BACON

Enough for 2
Takes 15 minutes

2 slices bacon, chopped

*1 stick cabanossi or
pepperoni, sliced into rounds*

*1/2 cup commercial tomato
based pasta sauce*

*1 green capsicum
(bell pepper) chopped*

*1-2 cans butter beans
(400g / 14oz each), drained*

1. Heat a little oil in a fry pan and cook bacon over a medium heat until browned.

2. Add cabanossi and cook for another few minutes to brown lightly.

3. Add sauce, capsicum and drained butter beans. Simmer for a few minutes until everything is hot. Taste, season & serve.

My mum used to make this with short pasta, usually penne. It was one of my all time favourites.

In this version I've simplified things by cutting out the onion. And made it lower GI or 'slow carb' with the use of canned butter beans instead of cooked pasta. This version is also gluten-free.

VARIATIONS & SUBSTITUTIONS

vegetarian – replace the bacon with a red capsicum (bell peppers). And replace the cabanossi with feta or bocconcini scattered over at the end.

vegan – replace the bacon with a red capsicum (bell pepper) and replace the cabanossi with a handful of semi dried or sun dried tomatoes

cheesy – serve sprinkled generously with freshly grated parmesan cheese.

herby – sprinkle over a handful of torn fresh basil leaves.

hot! – replace the cabanossi with spicy chorizo and add in some fresh or dried chilli.

pasta / bean-free – replace the butter beans with cooked pasta such as penne. You'll need about 150g (5oz) dried pasta cooked according to the packet directions.

BUTTER BEANS WITH CABANOSSA & BACON

MORE VARIATIONS & SUBSTITUTIONS

'baked' – cover with grated cheese such as cheddar and place under a hot overhead grill until the cheese is melted and golden. About 5-10 minutes.

different beans / lentils – feel free to use other canned beans, lentils or chickpeas. Home cooked legumes can also be used, you'll need about 240g (7oz) cooked drained legumes.

low carb / paleo – roast broccoli or roast diced root veg instead of beans.

carb lovers / more substantial – toss in cooked pasta.

WASTE AVOIDANCE STRATEGY

bacon – I buy mine cryovacced and it lasts for a few weeks. Can be frozen if needed.

cabanossi – freeze it.

pasta sauce – will keep in the pantry unopened. Can be frozen if needed.

capsicum (bell pepper) – unchopped will keep in the fridge in a plastic bag for weeks. Can be frozen.

butter beans – pantry it up!

the classic *mixed green* salad



CLASSIC MIXED GREEN SALAD

Enough for 2 as a side
Takes 5 minutes

*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.

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.

My salad dressing preferences go through phases. There's a complete list of my past [favourite dressings](#) on Stonesoup. I thought I'd share my current favourite here. It's not my most minimalist dressing, but it does fall under 5 ingredients.

VARIATIONS & SUBSTITUTIONS

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.

CLASSIC MIXED GREEN SALAD

PREPARE AHEAD?

Not really. 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.

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.

aussie burger



AUSSIE BURGERS

Enough for 2
Takes 90 minutes

1 beetroot
450g (1lb) minced
(ground) beef
mayo, to serve
1 bag salad

1. Wrap beet in foil and roast at 180C (350F) for about an hour or until the beet is tender.
2. Peel the beet and puree in a food processor or finely chop with a knife. Stir the pureed or chopped beet with the beef with a spoon and season well.
3. Form the mixture into 2 large patties. Bake 180C for 15-20 minutes or until burgers are cooked to your liking.
4. Serve burgers with mayo on top and salad leaves on the side.

When I was growing up in Australia, all burgers came with tomato, lettuce and sliced beetroot out of a can. It was just a given. And I have to say I do love the earthy sweet complexity that a little beetroot adds to a burger. These days, I prefer to roast my own beets and combine them with the beef to give a lovely colour and to keep the burger nice and moist.

VARIATIONS & SUBSTITUTIONS

carb lovers / more substantial – serve burgers on burger buns or other bread rolls.

ketchup – serve burgers with ketchup as well as or instead of the mayo.

more veg – add grilled eggplant, peppers or mushrooms.

short on time – skip the beets or use pre-cooked vac packed or canned beets and consider cooking the burgers in a little oil in a frying pan on a medium high heat – just be careful they don't burn.

beet-free – just skip the beetroot.

cheesey – after the burgers have been cooking for 10 minutes, sprinkle with your favourite melting cheese. I love gruyere but cheddar, emmental or even parmesan will be lovely.

AUSSIE BURGERS

MORE VARIATIONS & SUBSTITUTIONS

vegetarian / vegan – make ‘Aussie’ lentil burgers instead. Whizz beets with a drained can of lentils or 250g cooked lentils and 1 cup almond meal. Form into 2 patties and pan fry in a little oil until well browned on both sides. You’ll need to be super careful when turning as they do like to fall apart. Vegans serve with vegan mayo or use hummus instead. Or you could try these [Zucchini burgers](#).

egg-free – use vegan mayo or serve with hummus instead.

WASTE AVOIDANCE STRATEGY

beetroot (beets) – canned beets will keep in the pantry indefinitely. Commercially vac packed cooked beets usually keep in the fridge for months. Uncooked beets will keep in the fridge in a plastic bag for weeks. Can be frozen if needed.

minced (ground) beef – freeze it.

mayo – unopened in pantry or in fridge once opened.

salad – best to use for another meal.



easy home chips
(fries)

EASY HOME CHIPS (FRIES)

Per Person
Takes 30 minutes

1 potato
oil to cover

1. Scrub potato and slice into your preferred chip shape. Pat dry with paper towel and place in a large saucepan.
2. Cover with oil and place over a medium high to high heat. Bring to an energetic simmer and let them cook away without touching them.
3. After 5-10 minutes when the chips start to go a little brown, you can give them a stir to remove any stuck to the bottom of the pan.
4. Continue to simmer rapidly until they're a good chip colour. 15-25 minutes all up.
5. Scoop out with a slotted spoon and drain briefly on a rack or cake cooler above a tray of paper towel.
6. Sprinkle generously with salt and eat asap.

I used to have a fear of deep frying. And then I discovered this simple technique for making the most wonderful potato chips (fries).

VARIATIONS & SUBSTITUTIONS

potatoes – floury varieties such as sebago, king edward or idaho are best for giving that super crisp exterior and fluffy centre. But that being said, waxy potatoes have great flavour. There's no reason why other root veg like sweet potato or parsnip wouldn't work. I just haven't tried.

oil – my current favourite oil for frying is rice bran oil. Peanut oil is also good. Anything that is stable at high temperatures (also called a 'high smoke point') is ideal. Avoid olive oil unless you like weird olivey flavoured chips.

2 step frying – if you prefer to make your chips in advance that can easily be done. Cook until the colour is only just starting to brown. Then remove from the oil and cool on a rack. When you're ready to reheat, cook in hot oil until they go a deeper golden colour.

EASY HOME CHIPS (FRIES)

WASTE AVOIDANCE STRATEGY

potatoes – will keep for months in the pantry in a brown paper bag or hessian sack to protect from the light and allow them to breathe. Avoid plastic bags as they can encourage the potatoes to sweat and go green and no body likes sweaty spuds! If your potatoes have gone green, you'll need to throw them out.

oil – keeps in the pantry.



summer sausage *with pea & pesto mash*

SUMMER SAUSAGES WITH PEA & PESTO MASH

Enough for 2
Takes 30 minutes

4 sausages

250g (9oz) frozen peas

6 tablespoons pesto

*grated parmesan cheese,
to serve*

lemon wedges, to serve

1. Place sausages in a medium saucepan. Cover with water and simmer for 10 minutes or until just cooked through. Drain.
2. Boil the kettle. Place peas in a heat proof bowl and cover with boiling water. Stand for 60 seconds or until peas are defrosted. Drain and puree peas with the pesto using a stick blender. Or mash with a masher. Leaving them as smooth or chunky as you like. Taste and season with salt or some parmesan as needed.
3. Drizzle sausages with a little oil and brown in a frying pan or BBQ on a medium high heat.
4. To serve, divide pea puree between two plates. Top with sausages. Grate over some parmesan and pop lemon wedges on the side.

It's taken me years to overcome my childhood phobia of peas. Especially frozen peas. And while I've created some recipes over the years using the humble pea, I've always felt a little funny about them.

Even though other people have been excited about my pea recipes, I've really struggled. Until now.

Honestly I could happily eat this pea and pesto 'mash' by the spoonful. On it's own.

It's that good.

Even my green-food-phobic boys gobbled theirs up (all be it with some coersion to try it in the first place).

We loved this meal on a Summers night when I didn't feel like heating up the kitchen.

I simmered the sausages in the morning when it was still cool. Then at dinner I just browned them on the BBQ. Covered the peas in boiling water, drained and pureed with some pesto and dinner was ready.

Hey presto! (sorry, I couldn't resist)

VARIATIONS & SUBSTITUTIONS

vegetarian – serve pesto peas with [zucchini](#) or [chickpea burgers](#). You could also try halloumi or fried eggs.

different meat – the pesto peas are also great with chicken, lamb or fish. Or even a pork chop!

SUMMER SAUSAGES WITH PEA & PESTO MASH

MORE VARIATIONS & SUBSTITUTIONS

dairy-free – skip the parmesan and use the dairy-free variation of my [pesto](#). You could also replace the parmesan with grated brazil nuts.

different veg – loving the idea of exploring other vegetable + pesto ‘mashes’. Thinking of trying broccoli and cauliflower next.

carb-lovers – serve with mashed or boiled potatoes as well. Or flat or crusty bread.

more pesto – serve sausages with a dollop of extra pesto on top.

no pesto / nut-free – make an ‘instant pesto’ by pureeing 1 bunch basil leaves, a clove garlic and a few handfuls grated parmesan with the peas. And enough extra virgin olive oil to bring it all together.

PREPARE AHEAD?

Sausages can be poached ahead and kept for 1-2 weeks in the fridge or frozen. Pesto pea mash can also be made ahead and ‘fridged’ or frozen. Just allow to come to room temp before using.

WASTE AVOIDANCE STRATEGY

sausages – freeze them.

frozen peas – will last for months in the freezer.

pesto – commercial jars of pesto will keep for months in the pantry. Fresh pesto will keep in the fridge for a few weeks. Cover with olive oil to prevent exposure to air and browning reactions.

parmesan – keeps for longer in a chunk so only grate when you’re cooking. I wrap in waxed paper or baking paper and then keep in an airtight container or a sealed ziplock bag. I prefer this over just wrapping in cling wrap because the air in the container allows the cheese to breathe and not sweat but the container / plastic bag prevents from drying out in the dry fridge air. Either way will keep for months.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

A top-down view of a white bowl containing a salad. The salad is composed of shredded light-colored chicken, various green leafy vegetables including spinach and arugula, and several golden-brown bread croutons. The ingredients are tossed together and appear to be coated in a dressing. The bowl is set on a light-colored wooden surface.

bbq chicken & bread
salad

BBQ CHICKEN & BREAD SALAD

Enough for 2
Takes 10 minutes

*1 tablespoon sherry
or wine vinegar*

*1 tablespoon whole grain
mustard*

1/2 barbequed chicken

*2 slices rustic bread,
preferably sourdough, bottom
crust removed and torn
into chunks*

1 bag salad leaves

1. Mix vinegar, mustard and 3 tablespoons extra virgin olive oil. Season.

2. Shred chicken meat, discarding bones. I like to keep the skin in, but it's up to you. Toss chicken and bread in the dressing, pushing down so the bread soaks up the dressing.

3. Gently mix in salad leaves. Taste, season and serve.

When I used to eat bread, this was one of my all time favourite one-bowl meals. It couldn't be easier. Here I've used a barbequed chicken from the local takeaway. It's fast, delicious and feels like you've gone to a lot more effort than you actually have. If you have more time, feel free to roast your own chicken. Also great with a barbequed duck from Chinatown, for something a little more exotic.

VARIATIONS & SUBSTITUTIONS

gluten-free – use gluten free bread OR a cup of cooked brown rice OR a handful of roasted nuts OR a cup of cooked beans or lentils.

vegetarian – try [this roast mushroom and bread salad](#) instead. Or replace chicken with a soft cheese such as ricotta or goats cheese.

vegan – as for vegetarians but replace the butter in the roast mushroom recipe with olive oil.

paleo – replace the bread with extra salad and chicken.

carb lovers / more substantial – more bread.

low carb/paleo – replace bread with roast cauliflower or broccoli.

BBQ CHICKEN & BREAD SALAD

WASTE AVOIDANCE STRATEGY

whole grain mustard – keep in the pantry.

barbequed chicken – use for another meal or freeze.

rustic bread – use for another meal or freeze it.

salad leaves – use for another meal or freeze it (will wilt when defrosted though).



turkish *cauli*
pizza

TURKISH CAULI PIZZA

Enough for 3
Takes 60 minutes

*500g (1lb) cauliflower,
half a large cauli*

100g (3.5oz) almond meal

2 eggs

1/4 teaspoon fine salt

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

*2t baharat spice or 1 teaspoon
each ground cumin, coriander
and paprika*

2 tablespoons tomato paste

handful pine nuts

*small bunch flat leaf parsley,
leaves picked*

lemon wedges to serve

1. Preheat your oven to 220C (425F). Line a rimmed baking sheet (tray) with baking paper. Chop cauliflower into bite sized chunks and process in the food processor until it looks like grains of couscous or small rice. If you don't have a food processor you can grate the cauli but it's lots of work!

2. Add almond meal, eggs and salt to the cauli and mix with a spoon until combined. Tip mixture onto your prepared tray then use your hands to form into a large oval about 40cm (16in) long. I like to make a little boarder around the edges that is a bit thicker so it looks pretty.

3. Bake base for 20-25 minutes or until golden brown.

4. While the base is cooking, heat a little oil in a large frying pan on a high heat. Add meat and cook, stirring until well browned and cooked through. Reduce heat to medium and add spices, tomato paste and a few tablespoons water. Cook for another minute or so and remove from the heat. Taste and season with salt.

When I was backpacking around Europe in my 20s, Turkey was one of my top 5 countries (along with Ireland, Spain, France). I loved how it felt both familiar and exotic.

One of my favourite things to eat were the flat, oval-shaped 'pizzas' topped with spicy meat, parsley and lemon juice. A great example of the familiar-exotic vibe of the whole country.

After years of missing out on Turkish Pizza, I had the inspiration to make a Low Carb version with my cauliflower pizza base recipe. Even my boys (confirmed vegetable dodgers) enjoy. Just don't tell them it's healthy!

5. When the base is brown, top with the cooked meat mixture. Sprinkle over the pine nuts. Pop back in the oven for another 5 minutes or until everything is hot and the pine nuts are toasted.

6. To serve scatter over parsley and slice into wedges. Serve with lemon for squeezing over the top.

VARIATIONS & SUBSTITUTIONS

vegetarian – replace meat with cooked lentils and onion.

more substantial (carb lovers) – use regular pizza dough.

more substantial (low carb) – serve with a substantial vegetable side or a good drizzle of your best extra virgin olive oil. I've also been known to eat it with a very un-traditional dollop of mayo.

TURKISH CAULI PIZZA

PREPARE AHEAD?

Yes! Just cook as per the recipe but keep the lemon and parsley separately. Will keep in the fridge for 2 weeks or can be frozen. The cauliflower flavour in the base will become stronger with time. To serve, warm in the oven for 5-10 minutes and top with parsley and lemon.

WASTE AVOIDANCE STRATEGY

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.

almond meal / fine salt / baharat spice / ground cumin / coriander / paprika / tomato paste / pine nuts – keep them in the pantry.

eggs – will keep in the fridge for weeks or use for another meal.

minced (ground) beef or lamb – freeze it.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.



quick *raw*
brownies

QUICK RAW BROWNIES

Enough for 6-8
Takes 15 minutes
+ 30 minutes cooling

100g (3.5oz) pitted dates

100g (3.5oz) almond meal

50g (1.75oz) melted butter

*20g (0.75oz) cocoa powder
(1.5 tablespoons)*

1. Place dates in a heat proof bowl and cover with boiling water. Stand for 5 minutes.
2. While the dates are standing, weigh out your remaining ingredients into your food processor.
3. Drain dates and add to the food processor. Whizz for a few minutes or until you have a smooth mixture that clumps together.
4. Dump your mixture into a loaf pan lined with baking paper and use your hands to smooth out until it's the height you prefer. Don't spread the mixture over the whole base. Only use half or less.
5. Refrigerate for 30 minutes or longer. Then chop into tiny squares.

This was inspired by the lovely Sarah Britton and her fab blog 'My New Roots'. Sarah uses medjool dates but I prefer to use much cheaper pitted dates soaked in boiling water. I need to warn you that the dates do add a lot of sugar so this is something I would only have on a very special occasion. And a very small square.

VARIATIONS & SUBSTITUTIONS

blondies – skip the cocoa powder

fancy – use pitted medjool dates and skip the boiling water and soaking steps.

dairy-free/paleo – use coconut oil instead of the butter.

sugar-free – replace dates with cooked sweet potato (no need to soak). Add a little vanilla extract for extra flavouring. I haven't tried this though so you might need to add a little stevia to sweeten.

no food processor – just chop the dates as finely as possible and stir everything together by hand. You might need more butter to bring it all together.

nut-free – replace almond meal with ground sunflower seeds.

different nuts – use other ground or whole nuts such as pecans or walnuts. If using whole nuts, whizz in the food processor until you have a fine flour before using.

QUICK RAW BROWNIES

PREPARE AHEAD?

Yes! Make brownies as per recipe. Refrigerate for up to 2 weeks (possibly longer if no one finds them) or freeze.

WASTE AVOIDANCE STRATEGY

pitted dates / almond meal / cocoa powder – keep them all in the pantry.

butter – will keep in the fridge for weeks.

coconut oil – keep it on the pantry.

INGREDIENT STORAGE BEST PRACTICES

VEGGIES

green capsicum (bell pepper) – in the fridge wrapped in a plastic bag.

beetroot – in the fridge wrapped in a plastic 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.

potatoes – in the pantry in a brown paper bag or sack.

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

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

cauliflower – in the fridge wrapped in a plastic bag.

parsley (flat leaf) – in the fridge wrapped in a plastic bag.

PROTEIN

bacon – in the fridge in the packaging they were purchased in.

cabanossi or pepperoni – in the fridge in the packaging they were purchased in.

sausages – in the fridge in the packaging they were purchased in.

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

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

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

DAIRY

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

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

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.

2 Aussie Burgers

BEETS (60 minutes)

Make roast beets per recipe but don't add the other ingredients. Refrigerate for up to 2 weeks or freeze.

6 Quick Raw Brownies

BROWNIES (15 minutes)

Make brownies as per recipe. Refrigerate for up to 2 weeks (possibly longer if no one finds them) or freeze.

4 Turkish Cauli Pizza

PIZZA BASES (30 minutes)

Make bake pizza bases as per recipe but don't add the toppings. Refrigerate for up to 2 weeks or freeze. To serve add topping and continue as per recipe.

MEAT (15 minutes)

Cook spiced beef / lamb as per recipe. Refrigerate separately for up to 2 weeks or freeze. To serve scatter on top of prepared pizza base and bake as per recipe.

BUTTER BEANS WITH CABANOSSI & BACON

Enough for 2
Takes 15 minutes

2 slices bacon, chopped
1 stick cabanossi or pepperoni, sliced into rounds
1/2 cup commercial tomato based pasta sauce
1 green capsicum (bell pepper) chopped
1-2 cans butter beans (400g / 14oz each), drained

1. Heat a little oil in a fry pan and cook bacon over a medium heat until browned.
2. Add cabanossi and cook for another few minutes to brown lightly.
3. Add sauce, capsicum and drained butter beans. Simmer for a few minutes until everything is hot. Taste, season & serve.

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.

AUSSIE BURGERS

Enough for 2
Takes 90 minutes

1 beetroot
450g (1lb) minced (ground) beef
mayo, to serve
1 bag salad

1. Wrap beet in foil and roast at 180C (350F) for about an hour or until the beet is tender.
2. Peel the beet and puree in a food processor or finely chop with a knife. Stir the pureed or chopped beet with the beef with a spoon and season well.
3. Form the mixture into 2 large patties. Bake 180C for 15-20 minutes or until burgers are cooked to your liking.

4. Serve burgers with mayo on top and salad leaves on the side.

EASY HOME CHIPS (FRIES)

Per Person
Takes 30 minutes

1 potato
oil to cover

1. Scrub potato and slice into your preferred chip shape. Pat dry with paper towel and place in a large saucepan.
2. Cover with oil and place over a medium high to high heat. Bring to an energetic simmer and let them cook away without touching them.
3. After 5-10 minutes when the chips start to go a little brown, you can give them a stir to remove any stuck to the bottom of the pan.
4. Continue to simmer rapidly until they're a good chip colour. 15-25 minutes all up.
5. Scoop out with a slotted spoon and drain briefly on a rack or cake cooler above a tray of paper towel.
6. Sprinkle generously with salt and eat asap.

SUMMER SAUSAGES WITH PEA & PESTO MASH

Enough for 2
Takes 30 minutes

4 sausages
250g (9oz) frozen peas
6 tablespoons pesto
grated parmesan cheese, to serve
lemon wedges, to serve

- 1.** Place sausages in a medium saucepan. Cover with water and simmer for 10 minutes or until just cooked through. Drain.
- 2.** Boil the kettle. Place peas in a heat proof bowl and cover with boiling water. Stand for 60 seconds or until peas are defrosted. Drain and puree peas with the pesto using a stick blender. Or mash with a masher. Leaving them as smooth or chunky as you like. Taste and season with salt or some parmesan as needed.
- 3.** Drizzle sausages with a little oil and brown in a frying pan or BBQ on a medium high heat.
- 4.** To serve, divide pea puree between two plates. Top with sausages. Grate over some parmesan and pop lemon wedges on the side.

BBQ CHICKEN & BREAD SALAD

Enough for 2
Takes 10 minutes

1 tablespoon sherry or wine vinegar
1 tablespoon whole grain mustard
1/2 barbequed chicken
*2 slices rustic bread, preferably sourdough,
bottom crust removed and torn into chunks*
1 bag salad leaves

- 1.** Mix vinegar, mustard and 3 tablespoons extra virgin olive oil. Season.
- 2.** Shred chicken meat, discarding bones. I like to keep the skin in, but it's up to you. Toss chicken and bread in the dressing, pushing down so the bread soaks up the dressing.
- 3.** Gently mix in salad leaves. Taste, season and serve.

TURKISH CAULI PIZZA

Enough for 2
Takes 60 minutes

*500g (1lb) cauliflower, half a large cauli
100g (3.5oz) almond meal
2 eggs
1/4 teaspoon fine salt
450g (1lb) minced (ground) beef or lamb
2t baharat spice or 1 teaspoon each ground
cumin, coriander and paprika
2 tablespoons tomato paste
handful pine nuts
small bunch flat leaf parsley, leaves picked
lemon wedges to serve*

1. Preheat your oven to 220C (425F). Line a rimmed baking sheet (tray) with baking paper. Chop cauliflower into bite sized chunks and process in the food processor until it looks like grains of couscous or small rice. If you don't have a food processor you can grate the cauli but it's lots of work!

2. Add almond meal, eggs and salt to the cauli and mix with a spoon until combined. Tip mixture onto your prepared tray then use your hands to form into a large oval about 40cm (16in) long. I like to make a little boarder around the edges that is a bit thicker so it looks pretty.

3. Bake base for 20-25 minutes or until golden brown.

4. While the base is cooking, heat a little oil in a large frying pan on a high heat. Add meat and cook, stirring until well browned and cooked through. Reduce heat to medium and add spices, tomato paste and a few tablespoons water. Cook for another minute or so and remove from the heat. Taste and season with salt.

5. When the base is brown, top with the cooked meat mixture. Sprinkle over the pine nuts. Pop back in the oven for another 5 minutes or until everything is hot and the pine nuts are toasted.

6. To serve scatter over parsley and slice into wedges. Serve with lemon for squeezing over the top.

QUICK RAW BROWNIES

Enough for 6-8
Takes 15 minutes
+ 30 minutes cooling

*100g (3.5oz) pitted dates
100g (3.5oz) almond meal
50g (1.75oz) melted butter
20g (0.75oz) cocoa powder (1.5tablespoons)*

1. Place dates in a heat proof bowl and cover with boiling water. Stand for 5 minutes.

2. While the dates are standing, weigh out your remaining ingredients into your food processor.

3. Drain dates and add to the food processor. Whizz for a few minutes or until you have a smooth mixture that clumps together.

4. Dump your mixture into a loaf pan lined with baking paper and use your hands to smooth out until it's the height you prefer. Don't spread the mixture over the whole base. Only use half or less.

5. Refrigerate for 30 minutes or longer. Then chop into tiny squares.

To access the meal plans & recipes online go to:

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