



Soupstones

MEAL PLANS

to Eat Well & Be Well



Module 4: A WINTER MEAL PLAN

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Module 4. A WINTER MEAL PLAN

- [1] Balsamic Onion Soup
- [2] Warming Onion & White Bean Bake*
- [3] Quick Sausages & Lentils
- [4] Bean Bowl with a Poached Egg
- [5] Burgers with Mashy Peas
- [6] Vanilla Pears with Ice Cream*

* Takes more than 1/2 hour. See short on time guide for alternatives.

VARIATIONS

Vegetarian: [3] Skip the sausages and double everything else. [5] Serve [lentil burgers](#) with mashy peas and onion.

Carb Lovers / More Substantial: [1] Serve with crusty bread & butter [2] Toss in cooked pasta with the beans [3] Increase the lentils [4] Serve on hot buttered toast. [5] Serve in burger buns.

Budget: See vegetarian and carb lovers suggestions.

Carnivore: [1] Simmer chopped chicken thighs in the soup until cooked. [2] Brown bacon or chorizo and add to the onion. [4] Serve with finely sliced prosciutto draped over.

Short on time: [1] Use commercial caramelized onions. [2] Use canned beans. [3] Use canned lentils [4] Use canned beans [5] Use commercial caramelized onions. [6] Serve fresh berries with ice cream instead.

Soupstones SHOPPING LIST*

VEGGIES

750g (1.5lb) onions [1]
1.5kg (3lb) onions [2]+
4 sprigs thyme [2]+
1 bag salad leaves [2]+
1 bunch flat leaf parsley [3]
1 onion [4]
sm bunch cavalo nero, kale or greens [4]
1 lemon [5]
750g (1.5lb) onions [5]
4-6 pears [6]

COOKS NOTES

't' = teaspoon 'T' = tablespoon. Unless otherwise stated all cans are 400g (14oz)
+ [2] serves 4
* [6] serves 4-6.

PROTEIN

4 pork sausages [3]
4 eggs [4]
400g (14oz) ground (minced) beef [5]

DAIRY

large handful cheddar cheese [1]
150g (5oz) cheddar cheese [2]+
2 hunks butter [5]
3 hunks butter [6]*
vanilla ice cream [6]*

PANTRY

extra virgin olive oil
salt & pepper
3T cheap balsamic vinegar [1]
2C chicken or veg stock [1]
6T cheap balsamic vinegar [2]+
400g (14oz) dried beans or 3 cans [2]+
1/2C chicken or veg stock [2]+
125g (5oz) dried lentils or 1 can [3]
1T sherry or wine vinegar [3]
1T soy sauce [3]
125g (5oz) dried beans or 1 can [4]
1/2C chicken or veg stock [4]
2T vinegar [4]
2 large handfuls frozen peas [5]
3T cheap balsamic vinegar [5]
1 vanilla bean or 1t vanilla extract [6]*

OTHER

[add your other items here]

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

INGREDIENT STORAGE

Best Practices*

VEGGIES

onions – in a dark pantry.

thyme – 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.

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

cavalo nero, kale or greens – in the fridge wrapped in a plastic bag.

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.

pears - in the fridge wrapped in a plastic bag.

PROTEIN

pork sausages – in the fridge in the packaging they were 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 – in the fridge in the packaging it was 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.

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

ice cream - in the freezer 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.

MISE-EN-PLACE POSSIBILITIES*



*"Mise en place" is the French term for the way chefs pre-prepare their ingredients as much as possible before food service. I've included suggestions here 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.

Caramelized Onion **[Can be used in recipes 1, 2 and 5]** **(70 minutes)**

Cook the onion and balsamic vinegar as per the [recipe over here](#). Can be done up to a month ahead and stored in the fridge or frozen.

Home Cooked Beans **[Can be used for recipes 2 & 4]** **(6 hours soaking + 90 minutes cooking)**

Soak beans over night and cook as per the [recipe over here](#).

Onion Bake **[Recipe 2]** **(60 minutes)**

Make bake as per the recipe. Cool and store in the fridge for up to 2 weeks. See reheating guide before serving.

Home Cooked Lentils **[Can be used in recipe 3]** **(30 Minutes)**

Cook the lentils as per the [recipe HERE](#). Will keep in the fridge for 2 weeks or so.



Balsamic Onion Soup

Balsamic Onion Soup



Onion soup can be such a wonderfully hearty vegetarian meal. Traditionally it's served with melted cheese on toast, but I've kept things lighter and quicker here by just throwing on a handful of grated cheese and letting it melt into the soup on its own.

takes: 10 minutes

makes: enough for 2

2 cups caramelized onions

(1/2 quantity of the [recipe over here](#))

2 cups chicken or vegetable stock

large handful cheddar cheese, grated

1. Bring onions and stock to the boil. Simmer for 2 minutes. Taste. Season.

2. Divide soup between 2 bowls. Top with cheese.

VARIATIONS

healthier – add in a few handfuls of sliced kale or baby spinach. Simmer until just wilted.

vegan – skip the cheese and add a can of white beans or chickpeas in to simmer with the stock.

more substantial – serve with crusty bread and butter. Or toast some sourdough and rub with garlic and place in the bottom of the bowl before pouring soup over.

freshly made onions – finely slice 750g (1.5lb) onions. Cook in oil, covered until super soft. Add 3 tablespoons cheap balsamic vinegar and cook lid off until thickened and reduced.

carnivore – simmer chopped chicken thighs in the soup until cooked.

short on time – use commercial caramelized onions.



Balsamic Onion Soup...

REHEATING GUIDELINES

Warm in a saucepan over a medium heat.

SERVING SUGGESTIONS

Best in shallow bowls so there is lots of surface area for the cheese.
For a more substantial meal serve with crusty bread and butter or hot buttered toast.

STORAGE BEST PRACTICES

Store in an airtight container or ziplock bag. Will keep in the fridge for 2 weeks or so.
Easy freeze meal? Can be frozen for up to 12 months.

WASTE AVOIDANCE STRATEGY

onions, cheese - will keep in the fridge for weeks. Can be frozen.

balsamic vinegar – pantry.

chicken or vegetable stock – packaged stock will keep in the pantry. Fresh stock can be frozen.

PROBLEM SOLVING GUIDE

too sweet – that's the onions, remember to season with salt or try a splash of soy sauce.

onions crunchy – that means your balsamic onions weren't cooked enough. Simmering for longer will help soften them now.

bland – be generous with the seasoning and try a splash of soy sauce.

 [view recipe online](#)



Warming Onion & White Bean Bake

Warming Onion & White Bean Bake



This is wonderful reheated the next day so feel free to make it in advance and keep it in the fridge. I've used an aged cheddar here because it has a nice balance of cheesy flavour and good melting qualities but you could use your favourite melting cheese. Or even some parmesan would do the trick.

takes: 60 minutes

makes: enough for 4

5 onions or 1 quantity [caramelized onions](#)
4 sprigs thyme, leaves picked
750g (3/4lb) [home cooked beans](#) or 3 cans, drained
1/2 cup chicken or vegetable stock
150g (5oz) grated cheddar cheese
1 bag salad leaves, to serve

1. Preheat oven to 200C (400F).
2. If using raw onions, heat a generous glug of olive oil and a large frying pan or skillet. Peel and slice onion and cook onion, stirring occasionally over a medium heat until onion is melting and deep golden. Add more oil as you need it. Will take about 25 minutes. If using caramelized onions skip this step.
3. Add thyme to onion and season.
4. In a medium heatproof dish layer about a third of the onions. Add half the beans and a little cheese. Repeat until all the ingredients have been used, finishing with the cheese. Pour the stock over and season.
5. Bake uncovered for 25-30 minutes or until golden and bubbling. Serve with salad leaves on the side.

VARIATIONS

home cooked beans – use this recipe. As a rule of thumb, 1 drained can = 250g (9oz) cooked beans.

vegan / dairy-free – replace the cheese with breadcrumbs, almond meal or finely sliced almonds.

carnivore – crumble some sausages or slice some chorizo or bacon. Brown in a pan and add to the onions.

bean-free – replace beans with cooked pasta such as penne or macaroni.

carb lovers / more substantial – toss in cooked pasta with the beans.

short on time – use canned beans.



Warming Onion & White Bean Bake...

REHEATING GUIDELINES

Pop covered in the oven 180C / 350F for 20 minutes or until hot.

SERVING SUGGESTIONS

Serve in shallow bowls with salad leaves on the side. OR dress your leaves in your favourite salad dressing.

STORAGE BEST PRACTICES

Store in an airtight container or ziplock bag. Will keep in the fridge for 2 weeks or so.

Easy freeze meal? Can be frozen for up to 12 months.

WASTE AVOIDANCE STRATEGY

onions, canned beans – pantry.

thyme, home cooked beans, cheese – will keep in the fridge for weeks. Can be frozen.

stock – freeze.

salad leaves – best to use for another meal.

PROBLEM SOLVING GUIDE

watery – pop back in the oven for another 10 minutes or so. Next time use a wider dish to allow more evaporation or reduce the amount of stock.

bland – for now be more generous with the seasoning. Next time use home made stock or a better brand.

dry – serve with extra virgin olive oil drizzled over. Or a little mayo. Next time use more stock.



Quick Sausage & Lentils



Quick Sausages & Lentils

In our house we LOVE a good sausage. And over the years I've learned that there is a massive difference in quality between a sausage made with excellent ingredients and love and your super cheap supermarket sausage. So if you think you aren't a sausage fan, I challenge you to take the time to find a butcher who makes their own and takes pride in their bangers. Trust me, it will be like discovering a whole new ingredient. And the best thing, even super fancy bangers are reasonably priced compared to most meats.

takes: 15 minutes

makes: enough for 2

3-4 good quality pork sausages

250g (9oz) home cooked lentils or 1 can, drained

1 tablespoon sherry or wine vinegar

1 tablespoon soy sauce

1 bunch flat leaf parsley, chopped

1. Heat a little oil in your frying pan. Remove sausage from their casings and crumble the meat into the pan.
2. Cook on a highish heat, stirring every now and then for a few minutes or until sausages are well browned.
3. Add lentils, vinegar and soy. Stir and keep cooking until everything is hot and the sausages are cooked through.
4. Remove from heat. Taste and season with extra soy or vinegar if needed. Sprinkle over parsley.

VARIATIONS

not a sausage fan? – replace sausages with ground (minced) meat. Pork, veal, beef or lamb would all be fine.

different lentils – I've used home cooked French-style or Puy lentils, but you could use canned lentils. Red or brown lentils will also work, just be careful you don't overcook them as they like to turn into a mush. The best way to cook lentils is to add to a big pot of cold water then simmer until they're tender, about 15 minutes for red or green lentils, longer for brown).

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

vegetarian / vegan – skip the sausages and double everything else. Warm the lentils and season with the soy and vinegar. Serve with a generous handful of roasted nuts for extra protein and crunch.

carb lovers / more substantial – increase the lentils.

short on time – use canned lentils.

video

Quick Sausages & Lentils...

REHEATING GUIDELINES

Warm the sausages and lentils in a saucepan over a medium heat. Keep parsley separate and sprinkle over just before serving.

SERVING SUGGESTIONS

On it's own as a quick meal.

STORAGE BEST PRACTICES

Store parsley separately. Keep sausages and lentils in an airtight container or ziplock bag. Will keep in the fridge for 2 weeks or so. Easy freeze meal? Can be frozen for up to 12 months.

WASTE AVOIDANCE STRATEGY

sausages – freeze them.

lentils – dried or canned will keep in the pantry. Cooked lentils can be frozen.

vinegar, soy sauce – pantry.

parsley - make parsley oil by covering with olive oil or freeze (will wilt when defrosted).

PROBLEM SOLVING GUIDE

bland – season with more soy and / or vinegar.

too acidic - next time use a better quality vinegar. Cheaper vinegars tend to have harsher flavours. For now drizzle over some extra virgin olive oil to soften the acidity.

mushy - lentils can fall apart if overcooked. Not much you can do now but next time ensure your lentils aren't cooked for as long.

 [view recipe online](#)

Bean Bowls *with a* Poached Egg



Bean Bowl with a Poached Egg

Don't you love the idea of a 'bean bowl'? I think it just sounds so comforting and warming. I wish I could say I thought up the idea on my own but it was inspired by a photo on [Instagram](#) by the lovely Sarah from [My New Roots](#). This is one of those recipes you could take in any direction depending on your mood and what you happen to have in the house. So please just use this as a springboard for ideas.

takes: 25 minutes

makes: enough for 2

1 onion, peeled & diced

250g (9oz) [home cooked beans](#) or 1 can, drained

1/2 cup chicken or vegetable stock or bean cooking liquid

1 small bunch cavalo nero, kale or other greens, sliced crosswise

[poached eggs](#), to serve

1. Heat a little oil in a saucepan. Add onions and cook over a medium heat until soft.
2. Add beans and liquid or stock and cavalo nero or greens.
3. Simmer uncovered for 15 minutes or until the greens are cooked and everything is hot.
4. Taste. Season and serve with a poached egg on top.

VARIATIONS

paleo – replace cooked beans with a head of cauliflower or 2 heads broccoli cut into florettes and change the name to 'veg bowl'. Serve with extra poached eggs to make it more substantial.

vegan – replace poached eggs with a few good handfuls of cashew or other nuts.

carnivore – after the onion has cooked, fry some pancetta or bacon or crumble some sausages in and cook until browned then continue as per the recipe, OR serve with finely sliced prosciutto draped over.

egg-free – if poached eggs aren't your thing replace them with some cheese. Shaved parmesan is lovely or you could use any soft cheese like buffalo mozzarella, goats cheese, ricotta or even blue.

other greens – collards, spinach, silver beet, chard, kale, baby spinach.

different legumes – feel free to use any cooked bean or lentil here. You could also use 'non-legumes' like brown rice or quinoa or millet.

carb lovers / more substantial – serve on hot buttered toast.

short on time – use canned beans.



Bean Bowl with a Poached Egg...

REHEATING GUIDELINES

Warm the beans in a saucepan over a medium heat. Poached eggs can be warmed by popping in boiling water for a minute or so.

SERVING SUGGESTIONS

In a bowl! Also nice with some grated parmesan on top.

STORAGE BEST PRACTICES

Store beans and egg separately in an airtight container or ziplock bag. Will keep in the fridge for 2 weeks or so.
Easy freeze meal? Can be frozen for up to 12 months.

WASTE AVOIDANCE STRATEGY

onion - pantry.

beans – pantry if canned. If home cooked will keep for weeks in the fridge or can be frozen.

stock – freeze.

greens – will keep in a plastic bag in the fridge for a few weeks. Can be frozen.

eggs – will keep in the fridge for weeks.

PROBLEM SOLVING GUIDE

too bland? – add in a little more salt. A splash of lemon juice can help. Or sprinkle over some grated parmesan.

watery – next time use less stock but for now you can simmer uncovered for a while to reduce the sauce.

 [view recipe online](#)

Burgers *with* Mashy Peas



Burgers with Mashy Peas

Everyone loves a good burger and the thing is they're one of the most affordable meat based dishes. So perfect for cooks on a budget. If you can't be bothered with the onion, the burgers are lovely with just the peas for both sauce and side.

takes: 20 minutes

makes: enough for 2

400g (14oz) ground beef

2 large handfuls frozen peas

2 knobs (hunks) butter

squeeze lemon juice

caramelized onion, to serve [recipe HERE](#)

1. Heat a frying pan or skillet on a super high heat for at least 3 minutes. You want it smoking hot.
2. Meanwhile divide beef into two and shape into burger patties.
3. Sprinkle a fine layer of fine salt onto the pan and slide the burgers on top. Cook for 4 minutes then turn, adding a little more salt.
4. Meanwhile, heat a little oil in a medium pan and add the peas. Cook covered on a high heat for about 4 minutes or until peas are hot.
5. Once the burgers are turned, cook for another 4 minutes or until burgers are how you like them.
6. When the peas are hot, add the butter then roughly puree with a stick blender or mash with a fork. Season with salt, pepper and lemon juice.
7. Serve burgers on a bed of mashy peas with caramelized onion, if using.

VARIATIONS

vegan / vegetarian – make lentil burgers by draining a can of lentils and roughly mashing with a fork. Mix with 2 large handfuls soft bread crumbs and form into 2 patties, using more bread if the burgers feel too wet. Fry in oil until golden on both sides (about 3 minutes a side).

chicken burgers – use good quality chicken mince instead of the beef. Serve with a dollop of mayo or aioli instead of the onion.

traditional burgers/more substantial – cook salt crusted burgers as above but serve on a burger bun with ketchup and a little mayo and some crisp lettuce.

chilli burgers – serve with chilli oil or your favourite hot sauce instead of the onion.

short on time – use commercial caramelized onions.

video

Burgers with Mashy Peas...

REHEATING GUIDELINES

I find burgers taste best when freshly cooked. Although you could warm gently in a frying pan over a medium heat if necessary.

SERVING SUGGESTIONS

quick dinner – A quick dinner in one. Although I'd be tempted to serve a green salad on the side as well.

more traditional burger – serve onion and meat inside a bun with some ketchup and mayonnaise and serve mashy peas on the side.

STORAGE BEST PRACTICES

Store burgers, onion and peas separately in airtight containers. Will keep in the fridge for 2 weeks or so.
Easy freeze meal? Can be frozen for up to 12 months.

WASTE AVOIDANCE STRATEGY

beef, peas – freeze.

butter, onion, lemon – will keep in the fridge for months.

PROBLEM SOLVING GUIDE

bland? - give it a touch more salt & pepper.

burgers dry – if your minced beef is too lean, you'll get dry burgers. Fatty beef tends to be cheaper, so next time choose the best value.

burgers too rare – next time flatten the burgers more so they cook in the allotted time. Or pop them back in the pan until you're happy. Always a good idea to cut into a burger to check. It's the best way to learn.

too salty – be careful with the salt in the pan for the salt crust, it can be sary to overdo it. For now, wipe the burgers with a damp cloth, ot just cut off the salt outsides. Next time be more sparing with the salt.





Vanilla Pears with Ice Cream

Vanilla Pears with Ice Cream

Roasting fruit like this is brilliant for enhancing the natural sweetness without having to rely on adding processed sugar. Fergal just loves these pears and will happily gobble up 4 or 5 quarters in one sitting. But they make a super lovely dessert for adults too. The quantities are totally a guideline, you can totally double or halve the recipe depending on how much fruit you need to have on hand.

takes: about an hour

makes: enough for 4-6

4-6 pears

2-3 hunks of butter

1 vanilla bean, finely sliced or 1 teaspoon vanilla extract

vanilla ice cream, to serve

1. Preheat your oven to 180C (350F). Quarter your pears and remove core.
2. Layer pears in a baking dish. Top with butter and vanilla. Cover with foil and baked for 30 minutes.
3. Remove foil and stir. Return to the oven uncovered this time and bake for another 20-30 minutes or until the pears are soft and slightly browned.
4. Serve warm with big scoops of ice cream.

VARIATIONS

no vanilla? - just skip it or replace with a cinnamon stick.

dairy-free – replace butter with coconut oil or just skip it.

vanilla 'essence' – this is basically fake vanilla flavour. I prefer to use real vanilla beans or real vanilla extract. But if 'essence' is all you can get a little will be OK.

different flavourings – replace the vanilla with lemon zest, a cinnamon stick, a very small piece of star anise.

more 'saucy' – add 1/2 cup dessert wine to the pears before covering with foil.

short on time – serve fresh berries with ice cream.



Vanilla Pears with Ice Cream...

USAGE SUGGESTIONS

roast fruit 'ice cream' – freeze cooked fruit then when you're ready to serve whizz it in the food processor with a little cream or coconut milk until you have a lovely icecreamy texture. Eat ASAP.

breakfast – serve cold with natural yoghurt and granola or roasted nuts.

as a side – works as a wonderful dessert accompaniment to things like panna cotta or my favourite fudgy chocolate cake.

pear & chocolate tart – see recipe over here.

almost instant crumble – use your roast fruit in place of the canned apples in this recipe.

STORAGE BEST PRACTICES

Store in an airtight container or ziplock bag. Will keep in the fridge for 2 weeks or so. Can be frozen for up to 12 months.

WASTE AVOIDANCE STRATEGY

pears, apples, peaches, nectarines, apricots or plums – will keep for a few weeks (depending on how ripe they are) in a plastic bag in the fridge. For longer storage just pop them in the freezer to defrost and cook later.

butter – keeps in the fridge for months.

vanilla bean – pantry.

PROBLEM SOLVING GUIDE

too dry – next time make sure your foil is well sealed around the edges. For now serve with a little extra butter or cream.

burning – oven temp too hot or in there for too long!

bland – it's all about the quality and ripeness of your fruit. Next time use riper fruit. For now serve with ice cream can hide a multitude of sins. Adding a little sugar can help as well.

not sweet enough – add a little sugar, stevia, maple syrup or honey. Better to sweeten before baking so the flavour goes through the fruit but can be done at the end.

don't like vanilla chunks – you could scrape the seeds from the vanilla bean and discard the pods but you'll be missing out on the extra flavour!

 [view recipe online](#)

Balsamic Onion Soup

takes: 10 minutes

makes: enough for 2

2 cups caramelized onions
(1/2 quantity of the [recipe over here](#))
2 cups chicken or vegetable stock
large handful cheddar cheese, grated

1. Bring onions and stock to the boil. Simmer for 2 minutes. Taste. Season.
2. Divide soup between 2 bowls. Top with cheese.

Warming Onion & White Bean Bake

takes: 60 minutes

makes: enough for 4

5 onions or 1 quantity [caramelized onions](#)
4 sprigs thyme, leaves picked
750g (3/4lb) [home cooked beans](#) or 3 cans, drained
1/2 cup chicken or vegetable stock
150g (5oz) grated cheddar cheese
1 bag salad leaves, to serve

1. Preheat oven to 200C (400F).
2. If using raw onions, heat a generous glug of olive oil and a large frying pan or skillet. Peel and slice onion and cook onion, stirring occasionally over a medium heat until onion is melting and deep golden. Add more oil as you need it. Will take about 25 minutes. If using caramelized onions skip this step.
3. Add thyme to onion and season.
4. In a medium heatproof dish layer about a third of the onions. Add half the beans and a little cheese. Repeat until all the ingredients have been used, finishing with the cheese. Pour the stock over and season.
5. Bake uncovered for 25-30 minutes or until golden and bubbling. Serve with salad leaves on the side.

Quick Sausages & Lentils

takes: 15 minutes

makes: enough for 2

3-4 good quality pork sausages
250g (9oz) [home cooked lentils](#) or 1 can, drained
1 tablespoon sherry or wine vinegar
1 tablespoon soy sauce
1 bunch flat leaf parsley, chopped

1. Heat a little oil in your frying pan. Remove sausage from their casings and crumble the meat into the pan.
2. Cook on a highish heat, stirring every now and then for a few minutes or until sausages are well browned.
3. Add lentils, vinegar and soy. Stir and keep cooking until everything is hot and the sausages are cooked through.
4. Remove from heat. Taste and season with extra soy or vinegar if needed. Sprinkle over parsley.

Bean Bowl with a Poached Egg

takes: 25 minutes

makes: enough for 2

1 onion, peeled & diced

250g (9oz) [home cooked beans](#) or 1 can, drained

1/2 cup chicken or vegetable stock or bean cooking liquid

1 small bunch cavalo nero, kale or other greens, sliced crosswise

[poached eggs](#), to serve

1. Heat a little oil in a saucepan. Add onions and cook over a medium heat until soft.
2. Add beans and liquid or stock and cavalo nero or greens.
3. Simmer uncovered for 15 minutes or until the greens are cooked and everything is hot.
4. Taste. Season and serve with a poached egg on top.

Burgers with Mashy Peas

takes: 20 minutes

makes: enough for 2

400g (14oz) ground beef

2 large handfuls frozen peas

2 knobs (hunks) butter

squeeze lemon juice

caramelized onion, to serve [recipe HERE](#)

1. Heat a frying pan or skillet on a super high heat for at least 3 minutes. You want it smoking hot.
2. Meanwhile divide beef into two and shape into burger patties.
3. Sprinkle a fine layer of fine salt onto the pan and slide the burgers on top. Cook for 4 minutes then turn, adding a little more salt.
4. Meanwhile, heat a little oil in a medium pan and add the peas. Cook covered on a high heat for about 4 minutes or until peas are hot.
5. Once the burgers are turned, cook for another 4 minutes or until burgers are how you like them.
6. When the peas are hot, add the butter then roughly puree with a stick blender or mash with a fork. Season with salt, pepper and lemon juice.
7. Serve burgers on a bed of mashy peas with caramelized onion, if using.

Vanilla Pears with Ice Cream

takes: about an hour

makes: enough for 4-6

4-6 pears

2-3 hunks of butter

1 vanilla bean, finely sliced or

1 teaspoon vanilla extract

vanilla ice cream, to serve

1. Preheat your oven to 180C (350F). Quarter your pears and remove core.
2. Layer pears in a baking dish. Top with butter and vanilla. Cover with foil and baked for 30 minutes.
3. Remove foil and stir. Return to the oven uncovered this time and bake for another 20-30 minutes or until the pears are soft and slightly browned.
4. Serve warm with big scoops of ice cream.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

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