



Soupstones

MEAL PLANS

to Eat Well & Be Well



Module 5. A SUMMERY MEAL PLAN

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Module 5. A SUMMERY MEAL PLAN

- [1] Quinoa & Grilled Veg Salad
- [2] Pesto Chicken with Zucchini
- [3] Noodles with Hot Tuna & Eggplant
- [4] Pea & Pesto Soup
- [5] Steak with Ricotta & Red Peppers
- [6] Chocolate Chip Banana 'Ice Cream'*

* Takes 6 hours to freeze. If short on time just serve fresh banana with chocolate chunks.

VARIATIONS

Vegetarian: [2] Replace chicken with sliced halloumi cheese. [3] Replace tuna with brazil nuts. [5] Replace the steaks with large field mushrooms or these [chickpea burgers](#).

Carb Lovers / More Substantial: [1] Double the quinoa and dressing. [2] Serve with steamed or mashed potato. [3] Double the noodles or pasta. [4] Serve with crusty bread and butter. [5] Serve steak with potato crisps or [home made fries](#).

Budget: See vegetarian and carb lovers suggestions.

Carnivore: [1] Toss cooked chicken or sausages in with the salad. [3] Replace tuna with minced (ground) beef, cook in a little oil until well browned. [4] Simmer sliced chicken thighs or sliced chorizo in the soup until cooked.

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] Use commercial frozen berries.

Paleo / Gluten-free: [1] Replace quinoa with 1/4 head raw cauliflower finely grated. [2] Use [dairy-free pesto](#). [3] Use [zucchini noodles](#) and increase the tuna to make it more substantial. [4] Use [dairy-free pesto](#). [5] Use [hummus](#) instead of the ricotta.

Soupstones SHOPPING LIST*

VEGGIES

4 lemons [1&2&3&5]
2 medium zucchini [2]
1 small bunch parsley [3]
500g (1lb) frozen peas [4]
1 bag salad leaves [5]
2 bananas [6]

PROTEIN

450g (1lb) chicken thigh fillets [2]
2 steaks [5]

DAIRY

200g (7oz) ricotta [5]

COOKS NOTES

't' = teaspoon 'T' = tablespoon. Unless otherwise stated all cans are 400g (14oz)
+ [1&3] You could cook your own eggplant.
[1&5] Or cook your own peppers.
* [2&4] To make your own pesto you'll need a bunch basil, handful grated parmesan, handful pine nuts and 1 clove garlic.

PANTRY

extra virgin olive oil
salt & pepper
100g (3.5oz) quinoa [1]
1ge handful roast eggplant from the deli or 1 jar[1]+
1ge handful grilled red peppers from the deli or 1 jar[1]#
handful brazil nuts or almonds [1]
8T pesto [2]*
1 jar grilled eggplant (280g / 9oz) [3]+
200g (7oz) hokkien noodles or long pasta [3]
1 can tuna in oil (185g / 6oz) [3]
4T pesto [4]*
4 roasted red peppers from the deli or 1 jar [5]#
1 teaspoon vanilla extract [6]
handful dark chocolate [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

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.

zucchini (courgettes) – in the fridge wrapped in a plastic bag.

parsley – in the fridge wrapped in a plastic bag.

frozen peas - keep in the freezer.

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.

banana - keep at room temperature or peel , chop and freeze.

PROTEIN

chicken thigh fillets – in the fridge in the packaging they were purchased in.

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

DAIRY

ricotta – 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.

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.

[1&3] Roast Eggplant

(60 minutes)

If you prefer to cook your own eggplant, rather than using eggplant from the deli, follow the recipe over here. Store in a container in the fridge for up to 3-4 weeks before using.

[1&5] Smoky Peppers

(30 minutes)

If you prefer to cook your own peppers, rather than using grilled peppers from the deli, follow the recipe over here. Store in a container in the fridge for up to 2 weeks before using.

[2&4] Pesto

(15 minutes)

For home made pesto follow the recipe over here. Keep in the fridge for up to a few weeks before using.

[1] Quinoa Salad

QUINOA (15 minutes)

Simmer quinoa for 10-12 minutes then drain and store in an airtight container. Can be made up to 2 weeks ahead. Let come to room temperature before using.

WHOLE SALAD (15 minutes)

Alternatively you could make the whole salad except for adding the nuts. Store in an airtight container. Can be made up to 2 weeks ahead. Let come to room temperature before serving with nuts sprinkled over.

[6] Banana 'Ice Cream'

BANANA (6 hours freezing)

Peel banana and chop into chunks. Freeze. Can be done up to a few months ahead of time.

CHOCOLATE (5 minutes)

Chop chocolate into chunks and store in an airtight container or wrap in foil. Can be done weeks ahead.



Quinoa & Grilled Veg Salad

Quinoa & Grilled Veg Salad

I just love quinoa in salads as it has the most wonderful chewy texture. This is one of those salad which improves with a little time to 'marinate' in the dressing which makes it perfect as a do ahead lunch.

takes: 15 minutes

makes: enough for 2

100g (3.5oz) quinoa, any colour

2 tablespoons lemon juice

large handful roast eggplant from the deli OR

use a jar, sliced & drained on paper towel

large handful grilled red capsicum (bell peppers) from

the deli OR use a jar, sliced & drained on paper towel

handful brazil nuts or almonds, to serve

1. Bring a medium pot of water to the boil. Rinse quinoa well then simmer for 10-12 minutes or until al dente like pasta. Drain.

2. Combine lemon juice with 2 tablespoons extra virgin olive oil. Season.

3. Toss warm quinoa in the dressing. Add eggplant and red capsicum and serve with nuts sprinkled over.

VARIATIONS

roast veg – let your imagination run wild here, roast pumpkin or sweet potato, roast beets, roast parsnip are all lovely.

other grilled veg – feel free to use home grilled veg. In summer zucchini are a favourite. Fennel or grilled asparagus are good too.

home cooked eggplant – try [this recipe](#).

home cooked red capsicum – try [this recipe](#).

carnivore – replace nuts with finely sliced salami or cooked chicken.

nut-free – skip the nuts and use a soft goats cheese or blue cheese instead.

warm salad – either serve while still warm or reheat in the microwave or a saucepan.

leafy – toss in some flat leaf parsley leaves or a handful of baby spinach.

carb lovers / more substantial – double the quinoa and dressing.

short on time – use commercial eggplant and peppers.

paleo / gluten-free – replace quinoa with 1/4 head raw cauliflower finely grated.



Quinoa & Grilled Veg Salad...

WASTE AVOIDANCE STRATEGY

quinoa, brazil nuts, almonds – pantry.

lemons – will keep in the fridge for months.

eggplant, capsicum (bell peppers) – unopened jars will keep in the pantry. Opened will keep in the fridge for a few weeks. Can be frozen.

PROBLEM SOLVING GUIDE

can't find quinoa? – use brown rice cooked according to the packet directions.

bland – season with a little salt and possible more lemon juice.

dry – drizzle in a little more olive oil.

DO AHEAD POTENTIAL

Great! Will keep in the fridge for 1-2 weeks. The nuts will lose their crunch over time so best if added at the last minute.

SERVING SUGGESTIONS

A wonderful lunchbox salad. OR for a healthier option serve over a handful of baby spinach leaves.





Pesto Chicken with Zucchini

Pesto Chicken with Zucchini

Bashing the chicken like this sounds a bit harsh but it makes a big difference. First, it makes the thigh fillets roughly even in thickness so they cook evenly AND more quickly. Plus it tenderises the chicken. Win. Win.

takes: 15 minutes

makes: enough for 2

450g (1lb) chicken thigh fillets

2 tablespoons lemon juice

2 medium zucchinis

6-8 tablespoons [pesto](#), to serve

1. Heat a pan on a medium high heat. Remove excess fat from the chicken. Using the palm of your hand or a meat cleaver, bash the chicken so you have an even thickness all the way though.
2. Rub chicken with a little oil and season. Sear in the pan for 3-4 minutes on each side or until chicken is well browned and cooked through.
3. While the chicken is cooking, mix lemon with 4 tablespoons extra virgin olive oil in a bowl. Season.
4. Finely slice the zucchini crosswise into 'coins' and toss in the dressing.
5. When the chicken is cooked, serve with zucchini salad on the side and pesto on top.

VARIATIONS

paleo / dairy-free – use a dairy-free pesto like this [sicilian nut pesto](#).

vegetarian – replace chicken with sliced halloumi (no need to bash the halloumi!).

vegan – replace chicken with sliced firm tofu or seitan. Or try field mushrooms instead. OR Replace chicken with drained canned butter beans – just pan fry in a little oil until golden. And use a dairy-free pesto like this [sicilian nut pesto](#).

nut-free – make your own nut-free pesto replacing the pine nuts with extra parmesan.

different meat – replace chicken with other tender cuts of meat like steak, lamb cutlets, lamb fillet, pork chops, pork fillet. Fish is good here too – any fish fillets will work especially tuna steaks or salmon.

different sauce – try hummus, aioli, mayonnaise or olive tapenade.

more wintery – make a winter pesto with flat leaf parsley instead of basil and serve steaks with [cauliflower mash](#) instead of the zucchini & salad.

carb lovers / more substantial - serve with steamed or mashed potato.

short on time – use commercial pesto.



video

Pesto Chicken with Zucchini...

WASTE AVOIDANCE STRATEGY

chicken thighs or steak – pop them in the freezer.

zucchini – will keep for 2 weeks or longer in a plastic bag in the fridge. To keep it even longer, cook sliced zucchini in a little butter until just soft then store in an airtight container in the fridge.

lemons – will keep for a few weeks at room temp or for much longer in the fridge.

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.



Noodles with *Hot Tuna* & Eggplant



Noodles with Hot Tuna & Eggplant



One of the things I've discovered in my quest for quick, simple recipes is that Asian noodles can taste delicious with Italian style sauces. For the purists out there, I know this sounds alarm bells. So by all means keep your ingredients culturally correct. This dish would be just as delicious with spaghetti or linguine.

takes: 10 minutes

makes: enough for 2

200g (7oz) hokkien noodles or long pasta

1 medium can tuna with chilli oil (185g / 6oz)

1 jar grilled aubergine (eggplant) (280g / 9oz), drained

1 bunch flat leaf parsley, leaves picked, optional
lemon juice

1. Cover noodles in boiling water and allow to stand. Or cook pasta as per the packet.
2. Heat a large frying pan over medium high. Add tuna, the oil from the can, and eggplant. Stir fry for a few minutes or until tuna is hot.
3. Break noodles up with a fork and drain. Add the drained noodles or cooked pasta to the sauce with 2 tablespoons extra virgin olive oil. Stir to combine.
4. Taste and season with a little lemon juice as well as salt and pepper.
5. Toss in parsley, if using. Serve hot.

VARIATIONS

dried pasta – cook pasta as per the directions on the packet then drain and add to the tuna at step 3.

vegan / vegetarian – replace tuna with an equal amount of crumbled tofu OR with a can of tomatoes, OR replace tuna with brazil nuts.

gluten free – replace noodles with cooked gluten free pasta OR use [zucchini noodles](#) and increase the tuna to make it more substantial.

carnivores – replace the tuna with 200g (7oz) ground beef and cook until well browned.

home cooked aubergine – try [this recipe](#).

carb lovers / more substantial – double the noodles or pasta.



Noodles with Hot Tuna & Eggplant...

WASTE AVOIDANCE STRATEGY

noodles or long pasta, tuna, eggplant – pantry.

parsley – keeps in a plastic bag in the fridge for weeks. Or make a parsley oil by packing leaves into a clean jar and covering with extra virgin olive oil.

lemon – keeps for months in a plastic bag in the fridge.

PROBLEM SOLVING GUIDE

tuna sticking to the pan / burning – an indication that the heat is too high or it's been cooking for too long. Remove from the heat immediately. Add the lemon juice and stir well if it's just brown bits. If burnt, try and scoop off the top layer of unburnt noodles, if they still seem edible.

noodles sticking together – soak for a few more minutes in boiling water, then get persuasive with a fork or chopsticks in manually separating the strands. I find this work better before you drain the noodles.

noodles falling apart – this means you've soaked them for too long OR overcooked them in the pan OR been too aggressive with your stirring. Not much can be done this time, but in the future look at addressing these points or trying another brand.

too oily – different commercial grilled eggplants vary in their oil content. Try a piece before you add to the pan. If it seems too oily, blot each slice well using paper towel before cooking. You can also refrain from adding the extra olive oil in step 3.

can't find fresh hokkien noodles? – substitute in dried egg noodles, rice noodles or pasta – cook according to the packet directions than add in at step 3.

eggplant not cooked through – unfortunately I have had the odd jar with one or two pieces of more crunchy eggplant, bleh. It's a good idea to test the eggplant first and if it's not quite cooked through, allow extra cooking time to finish it off, there are few things I hate more than undercooked eggplant.

 [view recipe online](#)

Pea & Pesto Soup



Pea & Pesto Soup



Frozen peas are seriously one of the best pantry (or freezer) ingredients. I love that they don't require any prep and can actually taste better than fresh peas. This is a great 'pantry' recipe to have up your sleeve. It's perfect for nights when you need dinner to be on the table in 10 minutes or less.

takes: 10 minutes

makes: enough for 2

500g (1lb) frozen peas

2-4 tablespoons [pesto](#)

1. Bring 2 1/2 cups water to the boil in a medium pot.
2. Add peas and cook for 5 minutes, or until the peas are hot and tender.
3. Puree with a stick blender. Stir in a little pesto, taste and add more if desired. Season.

VARIATIONS

vegan / dairy-free – either replace the pesto with a large handful of torn basil leaves or use a vegan pesto like this [Sicilian nut pesto](#).

no pesto? – the peas on their own make a really lovely pure soup. Or add in a few handfuls of grated parmesan.

pesto-lovers – if you are using good quality home made pesto, you might like to serve with a big dollop of pesto on top.

richer – add in a few tablespoon of butter when pureeing the soup.

carnivore – simmer sliced chicken breast, sliced chorizo or pork fillet in the soup until just cooked. Fish will also work.

carb lovers / more substantial – serve with crusty bread and butter.



Pea & Pesto Soup...

WASTE AVOIDANCE STRATEGY

frozen peas will keep for months.

pesto - unsealed jar will keep in the pantry for months. opened jars will keep in the fridge for weeks or longer but can be frozen.

PROBLEM SOLVING GUIDE

too watery – This isn't a super thick soup. Feel free to decrease the amount of water to 2 cups and serve in smaller bowls. If the deed is already done, try stirring in some more almond meal or some grated parmesan or even a handful of couscous.

too bland – Season more generously with salt & lemon. A little parmesan can help too.

DO AHEAD POTENTIAL

Brilliant. Will keep for a week in the fridge.

SERVING SUGGESTIONS

Wonderful on it's own. Or with crusty bread & butter.

 [view recipe online](#)

Steak with *Ricotta* and Red Peppers



Steak with Ricotta and Red Peppers



The best trick for cooking steaks in a hurry is to flatten them with the base of a saucepan until they are about 5mm thick. This not only allows them to cook in a minute on each side, it also tenderises the steak, so the cheaper, more flavoursome cuts like rump are ideal. I love this with sirloin steaks as well, but my favourite would have to be rib-eye off the bone. I've written the instructions below for cooking in a pan, but feel free to use your barbecue or a griddle pan.

takes: 10 minutes

makes: enough for 2

2 steaks, about 1cm thick

4 roasted red peppers from the deli OR
use a jar, cut into ribbons

200g (7oz) ricotta

1 tablespoon lemon juice

1 bag salad leaves

1. Using the base of a saucepan, bash steaks out until they are half the thickness. Rub with olive oil. Season.
2. Preheat a frying pan on very high heat.
3. Sear steaks for a minute on each side, or until cooked to your liking. Remove from the pan and rest on warm dinner plates.
4. Cook peppers for a minute or until heated through.
5. Place a dollop of ricotta on each steak and top with warm peppers.
6. Mix lemon juice with 2 tablespoons extra virgin olive oil and dress salad leaves. Serve as a side.

VARIATIONS

vegetarian – replace the steaks with large field mushrooms or tofu. They'll need about 5 minutes on each side.

vegan – use mushrooms instead of the steaks and hummus instead of the ricotta.

hot! – serve with a drizzle of chilli oil or add 1-2 finely chopped red chillies to cook with the peppers.

budget – use smaller steaks or try beef sausages instead.

carb lovers / more substantial – serve steak with potato crisps or home made fries.

home cooked red peppers – try [this recipe](#).



Steak with Ricotta and Red Peppers...

WASTE AVOIDANCE STRATEGY

steaks – freeze.

roasted red peppers – in an unopened jar will last in the pantry for months.

ricotta – unopened ricotta in a tub usually has a shelf life of a few weeks. Can be frozen.

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

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

 [view recipe online](#)



chocolate chip banana ice cream

Chocolate Chip Banana 'Ice Cream'

This is easily the healthiest 'ice cream' recipe I know. I've made it a little more decadent here with the addition of dark chocolate chunks. But really it tastes far more indulgent than it actually is.

takes: 6 hours to freeze

makes: enough for 2

2 bananas

1 teaspoon vanilla extract

handful dark chocolate

1. Peel and chop bananas and freeze overnight or for at least 6 hours.
2. When you're ready to eat, pop the bananas in your food processor with vanilla and a few tablespoons water.
3. Chop chocolate into chunks or shavings – whatever you feel like.
4. Whizz banana until smooth and 'ice creamy'.
5. Pulse in the chocolate and serve ASAP.

VARIATIONS

vegan – make sure you're using a chocolate without any milk solids.

double choc – add a few tablespoons cocoa powder with the bananas.

honey – skip the chocolate and serve ice cream drizzled with a little honey instead.

budget – skip the chocolate and vanilla and serve the banana straight up.

short on time – serve fresh banana with chocolate chunks.

 video

Chocolate Chip Banana 'Ice Cream'...

WASTE AVOIDANCE STRATEGY

banana – freeze them . Its much easier if you peel them first.

vanilla & chocolate – pantry.

PROBLEM SOLVING GUIDE

banana not whizzing – it can take a little while for the banana to melt enough to puree. Add a little more water and be patient.

bland – we're relying on the bananas here. Next time use ripe bananas. For now a little more chocolate and vanilla can help.

short on time? – don't be tempted to freeze the bananas without peeling them first – it's far more difficult to chop and peel a frozen banana (although not impossible, I've learned form experience).

LEFTOVER POTENTIAL?

Freeze leftovers in a small container. Pop back in the food processor to whizz again and get rid of any ice crystals before serving again.

SERVING SUGGESTIONS

Best in individual bowls served with teaspoons.

 [view recipe online](#)

Quinoa & Grilled Veg Salad

takes: 15 minutes

makes: enough for 2

100g (3.5oz) quinoa, any colour
2 tablespoons lemon juice
large handful roast eggplant from the deli
OR use a jar, sliced & drained on paper towel
large handful grilled red capsicum (bell peppers) from the deli OR use a jar, sliced & drained on paper towel
handful brazil nuts or almonds, to serve

1. Bring a medium pot of water to the boil. Rinse quinoa well then simmer for 10-12 minutes or until al dente like pasta. Drain.
2. Combine lemon juice with 2 tablespoons extra virgin olive oil. Season.
3. Toss warm quinoa in the dressing. Add eggplant and red capsicum and serve with nuts sprinkled over.

Pesto Chicken with Zucchini

takes: 15 minutes

makes: enough for 2

450g (1lb) chicken thigh fillets
2 tablespoons lemon juice
2 medium zucchini
6-8 tablespoons pesto, to serve

1. Heat a pan on a medium high heat. Remove excess fat from the chicken. Using the palm of your hand or a meat cleaver, bash the chicken so you have an even thickness all the way though.
2. Rub chicken with a little oil and season. Sear in the pan for 3-4 minutes on each side or until chicken is well browned and cooked through.
3. While the chicken is cooking, mix lemon with 4 tablespoons extra virgin olive oil in a bowl. Season.
4. Finely slice the zucchini crosswise into 'coins' and toss in the dressing.
5. When the chicken is cooked, serve with zucchini salad on the side and pesto on top.

Noodles with Hot Tuna & Eggplant

takes: 10 minutes

makes: enough for 2

200g (7oz) hokkien noodles or long pasta
1 medium can tuna with chilli oil (185g / 6oz)
1 jar grilled aubergine (eggplant) (280g / 9oz), drained
1 bunch flat leaf parsley, leaves picked, optional
lemon juice

1. Cover noodles in boiling water and allow to stand. Or cook pasta as per the packet.
2. Heat a large frying pan over medium high. Add tuna, the oil from the can, and eggplant. Stir fry for a few minutes or until tuna is hot.
3. Break noodles up with a fork and drain. Add the drained noodles or cooked pasta to the sauce with 2 tablespoons extra virgin olive oil. Stir to combine.
4. Taste and season with a little lemon juice as well as salt and pepper.
5. Toss in parsley, if using. Serve hot.

Pea & Pesto Soup

takes: 10 minutes

makes: enough for 2

500g (1lb) frozen peas

2-4 tablespoons [pesto](#)

1. Bring 2 1/2 cups water to the boil in a medium pot.
2. Add peas and cook for 5 minutes, or until the peas are hot and tender.
3. Puree with a stick blender. Stir in a little pesto, taste and add more if desired. Season.

Steak with Ricotta and Red Peppers

takes: 10 minutes

makes: enough for 2

2 steaks, about 1cm thick

4 roasted red peppers from the deli

OR use a jar, cut into ribbons

200g (7oz) ricotta

1 tablespoon lemon juice

1 bag salad leaves

1. Using the base of a saucepan, bash steaks out until they are half the thickness. Rub with olive oil. Season.
2. Preheat a frying pan on very high heat.
3. Sear steaks for a minute on each side, or until cooked to your liking. Remove from the pan and rest on warm dinner plates.
4. Cook peppers for a minute or until heated through.
5. Place a dollop of ricotta on each steak and top with warm peppers.
6. Mix lemon juice with 2 tablespoons extra virgin olive oil and dress salad leaves. Serve as a side.

Chocolate Chip Banana 'Ice Cream'

takes: 6 hours to freeze

makes: enough for 2

2 bananas

1 teaspoon vanilla extract

handful dark chocolate

1. Peel and chop bananas and freeze overnight or for at least 6 hours.
2. When you're ready to eat, pop the bananas in your food processor with vanilla and a few tablespoons water.
3. Chop chocolate into chunks or shavings – whatever you feel like.
4. Whizz banana until smooth and 'ice creamy'.
5. Pulse in the chocolate and serve ASAP.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

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