

Soupstones

MEAL PLANS

to Eat Well & Be Well



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]
lge handful roast eggplant [1]+
lge handful grilled red peppers [1]#
2 medium zucchini [2]
1 jar grilled eggplant (280g / 9oz) [3]+
1 small bunch parsley [3]
500g (1lb) frozen peas [4]
1 bag salad leaves [5]
4 roasted red peppers [5]#
2 bananas [6]

PROTEIN

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

DAIRY

200g (7oz) ricotta [5]

PANTRY

extra virgin olive oil
salt & pepper
100g (3.5oz) quinoa [1]
handful brazil nuts or almonds [1]
8T pesto [2]*
200g (7oz) hokkien noodles or long pasta [3]
1 can tuna in oil (185g / 6oz) [3]
4T pesto [4]*
1 teaspoon vanilla extract [6]
handful dark chocolate [6]

OTHER

[add your other items here]

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.

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

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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