



# WINTER ASIAN FUSION!



**D**uring these cold months, I really love exploring warming Asian meals. Things like curries, stir fries, and noodle bowls are just perfect on a cold night.

So that's what this meal plan features! While you could spend a lifetime trying to perfect just one of these meals (noodle bowl for example), these are easier versions of the classics that are makeable on a weekday night without compromising flavor.

If you do anything, make enough rice to try out the congee on the weekend. It's a very under-rated breakfast!

### Helpful Equipment:

- Tongs
- Blender
- Whisk



You can click on these to zap you to Amazon and see my recommendation for each.

## MEAL 1

- Quick Mushroom Udon Noodle Bowl

## MEAL 2

- Chickpea and Cashew Curry

## MEAL 3

- Beef and Broccoli Stir Fry

## BRUNCH!

- Veggie Congee

**#macheesmomeals:** If you make anything in the meal plan, I would love it if you snapped a quick photo and shared it on Instagram or Twitter with the hashtag #macheesmomeals ! Thanks!

## MEAL 1 | Mushroom Tofu Noodle Bowl

Most supermarkets these days will have fresh udon noodles for sell in the refrigerated section. If you just can't find them then feel free to substitute dried Ramen noodles. Whatever you do, cook the noodles separately so your broth doesn't get too thick.

### Mushroom and Tofu Noodle Bowl

**Yield:** Serves 4 | **Time:** 30 min.

#### Ingredients:

- 1 quart beef stock
- 4 dried shiitake mushrooms
- 2 pieces dried black fungus (opt.)
- 4-6 dried red chilis
- 3-4 cloves garlic, crushed
- 6 slices of fresh ginger
- 8-10 ounces fresh Udon noodles
- 8 ounces extra firm tofu, cubed
- Soy sauce

#### Toppings:

- Scallions, minced
- Chili garlic sauce
- Sesame oil

#### Directions:

- 1) Add dried mushrooms, crushed garlic cloves, sliced ginger, and dried chilis to the broth in a medium pot and bring to a simmer. Let simmer for at least 10 minutes to infuse flavors.
- 2) Discard all the add-ins except the mushrooms and fungus. Slice that stuff thinly.
- 3) Cook noodles separately in rapidly boiling water. Add cubed tofu to broth along. Let simmer for 5 minutes while noodles cook. Season with a dash of soy sauce.
- 4) Divide noodles between bowls and ladle in broth and tofu. Top with sliced mushrooms and any toppings you like. I like scallions, sesame oil, and chili garlic sauce.

Serve immediately!



#### Plan This Meal!

**30 min out** - Start simmering broth with add-ins.

**25 min out** - Prepare other ingredients.

**15 min out** - Remove add-ins from broth and slice mushrooms and fungus.

**10 min out** - Start cooking noodles and add tofu to the broth.

**5 min out** - Divide noodles between bowls and finish with broth and toppings.

#### INGREDIENT SPOTLIGHT:

##### Black Fungus

While you can find dried mushrooms at most supermarkets, dried black fungus is harder to find. It looks like shriveled pieces of leather when you buy it but after it simmers in stock for a bit, it expands into these soft, savory strands. They almost resemble noodles.



They give a lot of umami flavor to a stock like this and then you can slice them thinly and add them into the finished bowls.

If you just can't find it then double the dried mushrooms



## MEAL 2 | Chickpea and Cashew Curry

This might sound like a strange flavor combo, but it's one of my absolute favorite curries. Many traditional curries are vegetarian and trust me, you won't miss the meat here. The flavors are excellent.

### Chickpea and Cashew Curry

Yield: Serves 4 | Time: 30 min.

#### Ingredients:

- 1/4 cup unsalted butter
- 1 medium white onion, diced
- 4 cloves garlic, minced
- 2 tablespoons fresh ginger, minced
- 1-2 Thai chilis, minced
- 2 tablespoons yellow curry paste or to taste
- 1/4 teaspoon cayenne pepper (opt.)
- 1/2 cup roasted cashews
- 1 14-ounce can coconut milk
- 2 14-ounce cans chickpeas, drained and rinsed
- 1 large bunch spinach
- 1 lime, juice only
- 1/4 cup fresh cilantro, garnish
- Rice, for serving

#### Directions:

1) In a large pot, melt butter over medium heat. Then add diced onions, peppers, garlic, and ginger. Cook until veggies are soft, about 5-6 minutes.

2) Add curry paste and cayenne (opt.) to pot along with cashews and stir together. Cook for about a minute to heat through.

3) Add coconut milk and remove from heat. Add mixture to blender and blend until smooth.

NOTE: You'll probably want to blend this in batches so your blender doesn't overflow!

4) Return curry to the pot and bring to a simmer. Add chickpeas and spinach and simmer for a few minutes to combine flavors. Feel free to add extra curry paste if you want it spicier.

5) Season with lime juice and a pinch of salt if necessary and serve over rice garnished with cilantro.



#### Plan This Meal!

30 min out - Start rice and mince veggies.

20 min out - Start cooking curry.

10 min out - Blend curry and return to pan.

Serve curry with rice!

#### Rice in Bulk

I recommend NOT following the directions when you are making rice (unless it's instant rice). Instead, just boil the rice in plenty of water like you would pasta. Taste it regularly and when it is almost cooked through, drain off all the water, cover it, and let it steam for five minutes from the residual heat. You'll be left with perfect rice without the worry of overcooking!

Since you need rice for Meal 3 and for the bonus brunch meal, don't feel bad about just cooking a pound or 1 1/2 pounds of it at once. You'll need a big pot but you can make it in a large batch and then it will keep fine in the fridge for a few days.

## MEAL 3 | Beef and Broccoli Stir Fry



This is a classic stir-fry dish and the only meat in this meal plan. Buy a nice sirloin steak for the stir fry and slice it as thin as you can for best results.

### Beef and Broccoli Stir Fry

Yield: Serves 4 | Time: 30 min.

#### Ingredients:

- 1 lb. sirloin steak, sliced thin
- 1 Tbsp. sesame oil
- 1 Tbsp. corn starch
- 1 Tbsp. hoisin sauce
- 2 Tbsp. soy sauce
- 1 Tbsp. chili garlic sauce (opt.)
- 1 cup chicken or beef stock
- 1/4 cup vegetable oil
- 1 inch fresh ginger, sliced thin
- 2 cups broccoli florets
- 1/2 sweet onion, sliced thin
- 1 cup cherry tomatoes
- 2 garlic cloves, sliced thin
- Salt and pepper
- Rice, for serving (leftover is good)

#### Directions:

- 1) Slice beef thin and toss with sesame oil and a big pinch of salt and pepper.
- 2) If you have leftover rice, great. Otherwise cook rice using the boiling method described under meal 2.
- 3) Whisk together corn starch, hoisin sauce, soy sauce, chili garlic sauce (opt.) and stock until smooth.
- 4) Heat a large skillet, or wok, over medium-high heat. Once hot, add 2 Tbsp. of vegetable oil along with ginger and broccoli. Stir fry for 3-4 minutes until broccoli starts to brown around the edges and turns a deep green color.
- 5) Remove broccoli and ginger from the pan and add another tablespoon of oil if the pan is dry. Add onions, tomatoes, and garlic and cook for 1-2 minutes, stirring constantly, until onions are soft.
- 6) Remove onions and tomatoes from pan, add another drizzle of oil and add the beef. Sear the beef until it's browned (2-3 minutes assuming your pan is nice and hot).
- 7) Add sauce mixture to the beef and let thicken for a minute. Then add broccoli, onions, and tomatoes. You can add the garlic and ginger if you want or leave them out at this point.
- 8) Let stir fry cook for a minute or two to reheat veggies and let the sauce thicken.

Serve stir fry over cooked or reheated rice.



#### A Veggie Alternative

If you don't want to use the beef in this stir fry, you could easily sear tofu or tempeh in its place and it would work beautifully.

If you use tofu, be sure to slice the tofu into a few thick slices and press it between some paper towels for 20 minutes to press out as much liquid as possible.

You might also need a little more oil in your pan for the tofu as it tends to really soak up the oil. Either will work great though and be very delicious.





## Brunch! | New Year's Brunch - Congee

make this brunch for New Year's a lot because it's easy to make and easily multiplied if you are feeding a crowd. The egg is a must have topping. Don't be intimidated by it!

### Vegetable Congee

Yield: serves 4 | Time: 45 min.

#### Ingredients:

- 2 cups cooked rice
- 5 cups water
- 2 cups stock
- 2-3 dried arbol chilis (optional)
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 lb. cremini mushrooms, sliced thin
- 2 tablespoon olive oil
- 2 teaspoon soy sauce
- 4 soft-boiled eggs
- Chili Garlic Sauce
- Fresh chives
- Fresh cilantro

#### Directions:

- 1) Bring the water and stock to a simmer in a large pot. Reduce heat to medium and stir in rice. Let simmer, covered, stirring occasionally, until rice thickens, about 30-40 minutes. If at any point the rice looks too thick, add more water.
- 2) When the rice is a porridge consistency season it well with salt and pepper. Keep the porridge warm over low heat until you're ready to serve.
- 3) For mushrooms, slice thin. Add a drizzle of oil to a large skillet over medium high heat. Add shrooms and cook until the mushrooms lose their liquid and soften, about five minutes. At the end of cooking, hit the shrooms with a small drizzle of soy sauce.
- 4) Spoon congee into a bowl and top with mushrooms, soft-boiled egg, herbs, chili sauce and mushrooms.



### Perfect Soft Boiled Eggs

A perfect soft-boiled egg is my favorite topping for this breakfast porridge. I struggled for years trying to master the soft-boiled egg. Here's how you do it:

- 1) Bring about 1/2 inch of water to a boil over medium high heat in a pot big enough to hold your eggs in one layer.
- 2) When water is boiling, add eggs straight from the fridge.
- 3) Cover pot and let cook for 6 1/2 minutes exactly.
- 4) Uncover pot and run cold water over eggs for 30 seconds.
- 5) Peel eggs starting with the larger end of the egg and slowly working up the egg.
- 6) Eat eggs immediately on whatever you want or store them for later!



## SHOPPING LIST

This is a full list of all the ingredients used in every meal in this week's plan. I recommend reviewing it for stuff you probably already have on hand before rushing out to the store and buying everything! If items on the list don't have amounts, it is most likely because the recipe uses a very small amount of that ingredient or it is used as a garnish.

### Fresh Produce

- Broccoli (2 cups florets, about 1 lb. on the stalk)
- Cherry tomatoes (1 cup)
- Chives, garnish
- Cilantro, (1/4 cup + garnish)
- Cremini mushrooms (1 lb.)
- Garlic (10 cloves)
- Ginger (2 3-inch pieces)
- Lime (1)
- Red chilis (4)
- Scallions, Garnish
- Spinach (1 bunch)
- Thai bird chilis (1-2)  
SUB: Serrano peppers
- Sweet onion (1/2)
- White onion (1)

### Meat, Poultry, Seafood

- Sirloin steak (1 lb.)

### Dairy

- Butter, unsalted (1/4 cup)
- Eggs (4)

### Spices and Pantry Items

- Arbol chiles, dried (2-3)  
SUB: 1/2 teaspoon red pepper flakes
- Beef stock (1 qt.)  
SUB: Vegetable stock
- Black fungus (2 strips) (opt.)  
SUB: Double shiitake mushrooms
- Black pepper (1 teas. + extra)
- Cashews, roasted (1/2 cup)
- Cayenne pepper (1/4 teas.)
- Chicken stock (3 cups)  
SUB: Beef or vegetable stock
- Chickpeas (2 14-oz. cans)
- Chili garlic sauce (1 Tbsp. + extra) (opt.)
- Coconut milk (1 14-oz. can)
- Corn starch (1 Tbsp.)
- Hoisin sauce (1 Tbsp.)
- Kosher salt (1 teas. + extra)
- Olive oil (2 Tbsp.)
- Rice, long grained brown or white (1 lb.)
- Sesame oil (1 Tbsp. + garnish)
- Shiitake mushrooms, dried (4)
- Soy sauce (1/4 cup)
- Tofu, extra firm (8 oz.)
- Udon noodles (10 oz.)
- Vegetable oil (1/4 cup)
- Yellow curry paste (2 Tbsp. at least)