

# MACHEESMO

## - MEALS -

### FULL O' VEG!

I've had some requests for a new vegetarian meal plan so here it is! These are quick vegetarian meals that are so delicious you won't miss the meat (if you're a meat eater). Plus, they use lots of fresh springtime vegetables that are at their best this time of year.

Dig in and enjoy these and remember that veggies can be way more exciting than meat if you give them a chance!

#### Helpful Equipment:

- Baking Sheet
- High-walled Skillet



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

#### MEAL 1

- Spring Pasta with Blistered Broccoli and Tomatoes

#### MEAL 2

- Baked Tofu Bibimbap

#### MEAL 3

- Spring Primavera

#### SANDWICH!

- Tomato Chutney Sandwiches

**#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 | Spring Pasta with Blistered Veg

This is a cheater's lasagna of sorts. While making an actual lasagna isn't really prudent on a weeknight, you can still use the noodles! I like lasagna noodles because they are thick and sturdy and still stack nicely. This is a simple dish with fresh flavors. The key to it is to go heavy on the Parm, scallions, and parsley. The toppings make the dish.

### Blistered Veggie Pasta

**Yield:** Serves 4 | **Time:** 35 min

#### Ingredients:

1 bunch broccolini  
2 pints cherry tomatoes  
2 cloves garlic  
3 tablespoons olive oil  
1/2 teaspoon red pepper flakes  
12 ounces lasagna noodles, boiled  
3-4 scallions, minced  
3-4 ounces Parmesan, shaved  
Salt and pepper  
Fresh parsley, garnish  
Extra olive oil, garnish

#### Directions:

- 1) Preheat oven to 425 degrees F. Cut off tough ends from broccolini and toss with cherry tomatoes, garlic, olive oil, red pepper flakes, and a good pinch of salt and pepper. Spread out veggies on a baking sheet or two.
- 2) Roast veggies for 20-25 minutes until the tomatoes are blistered.
- 3) Meanwhile, cook noodles in salted water until *al dente*, about 13-15 minutes (check package).
- 3) When veggies are done remove from oven. Drain pasta and reserve one cup of pasta water. Add blistered veggies to pot with noodles and stir 1/2 cup of pasta water back in. Feel free to add more pasta water if it's dry.
- 4) Divide pasta and veggies between four plates. Garnish with minced scallions, lots of shaved Parmesan cheese, a drizzle of olive oil, fresh parsley, and a sprinkle of salt and pepper.

Serve immediately!



#### Pasta Selection

I really like using lasagna noodles for this dish. They are thick and it kind of ends up being a free-form lasagna dish. That said, you could use a wide range of pastas. Penne would work well or any other sturdy noodles. I would stay away from super-thin noodles. Save those for the primavera in meal three!



## MEAL 2 | Baked Tofu Bibimbap

This is a classic rice bowl style dish that is really common in Korean cooking. It takes a bit longer to make than most dishes I like to include in meal plans, but most of the time is unattended while the tofu bakes. It's totally worth it for a healthy dinner.

### Bibimbap

**Yield:** Serves 4 | **Time:** 1 hour

### Ingredients:

#### *Bibimbap Sauce:*

- 4 tablespoons Gochujang
- 2 tablespoons sesame oil
- 2 tablespoons sugar
- 2 tablespoons water
- 2 teaspoons rice wine vinegar
- 1 clove minced garlic

#### *Other Fixings:*

- 3-4 cups cooked white rice
- 1 large carrot, shredded
- 1 red pepper, sliced
- 1/2 cucumber, sliced thin
- 8 oz. Shiitake mushrooms, sliced
- Bird chilis (opt.)
- 4 large eggs, fried
- 16 ounces tofu, pressed
- 2 Tbsp. vegetable oil, divided
- Soy sauce

### Directions:

1) For sauce, mince garlic very fine and stir together with other ingredients. You can make the sauce well in advance and store it in the fridge if you want.

2) For tofu, preheat oven to 350 degrees F. Lay out a few paper towels on a flat surface and place tofu on paper towels. Cover tofu with paper towels and add some weight to the tofu to press out the liquid. Let the tofu press for at least 20 minutes.

3) Add a drizzle of vegetable oil to a baking dish and add pressed tofu. Top each piece of tofu with a small drizzle of the bibimbap sauce.

4) Bake tofu for 40 minutes, turning once halfway through.

5) Meanwhile, cook rice according to instructions. I like to use a short grain white rice, but any rice will work.

6) When you are about ready to serve, saute grated carrots and peppers with a drizzle of oil in a large skillet. Just cook until the veggies start to soften, but still have a tiny crunch, maybe a minute or two.

7) Add another drizzle of oil to the pan and toss in the sliced shiitake mushrooms and cook over high heat for 3-4 minutes. You can toss in some bird chilis as well if you want to add some additional heat to the dish. Don't eat the bird chilis though. They will be too hot!

8) Finally, you can wipe out the skillet, add a fresh drizzle of oil, and crack in a few eggs. Cook the eggs for 60 seconds until the whites are just set. Then you can either flip the eggs or cover the skillet and let the eggs steam for 30 seconds. Try not to overcook the yolk though.

Make the bowls by scooping a big spoon of rice into each bowl and stirring in some of the sauce. Top with carrots, peppers, mushrooms, sliced fresh cucumber, sliced tofu, the egg, and extra sauce on the side.



### Ingredient Spotlight: Gochujang



This is a spicy, and slightly sweet chili paste that's in a ton of Korean food. It's sort of the secret ingredient that can take your rice bowl from blah to BOOM.

It's easy to find in any Asian market, but you might get lucky and find it in your supermarket as well.



## MEAL 3 | Spring Primavera

I think this dish wins the award for most veggies you can possibly pack into a pasta dish. I make some version of this dish regularly during the spring. It's quick and perfect. If you want to healthify it a bit, you can leave out the cream, but you might need to add some extra stock or pasta water to keep the sauce loose.

### Spring Veg Primavera

Yield: Serves 4 | Time: 35 minutes

#### Ingredients:

1 pound thin spaghetti pasta  
2 cups broccoli florets, blanched  
8 asparagus spears, blanched  
1/4 pound green beans, blanched  
1/2 zucchini, sliced  
1/2 red pepper, sliced thin  
3 scallions, diced  
3 cloves garlic, minced  
1 teaspoon red pepper flakes  
3 tablespoons olive oil  
1 cup vegetable stock  
1/2 cup cream  
1/2 cup Parmesan cheese  
Chopped basil (garnish)  
Parmesan cheese (garnish)

#### Directions:

- 1) Chop broccoli, asparagus, and green beans into large pieces. Blanch in heavily salted water for 60-90 seconds. You can use the same water to cook the pasta later.
- 2) Remove veggies from water with a slotted spoon and rinse with cold water to stop the cooking.
- 3) In a large high-walled pan or skillet, add olive oil, crushed garlic, and red pepper flakes over low heat. Cook for a few minutes to let the garlic flavors infuse into the oil. Be careful not to burn the garlic.
- 4) Turn heat up to medium and add the zucchini, red pepper slices, and scallions. Cook for another minute or two.
- 5) Add blanched veggies to the pan along with stock, cream, and parmesan.
- 6) Add pasta to boiling water to cook. The pasta should take only a few minutes to cook assuming you are using thin pasta.
- 7) When pasta is done, transfer straight to pan with veggies. Toss to coat the pasta with the sauce and mix with veggies.
- 8) Serve immediately with chopped basil and extra Parmesan.



## Tomato Chutney! | Brie Sandwich

Tomatoes aren't exactly at their peak in April, but the tiny little cherry or grape tomatoes are pretty good this time of year and when you cook them down like this, you really intensify their flavor. Even if you skip the sandwich, the chutney is awesome on all sorts of things.

### Tomato/Brie Sandwich

Yield: 4 Sandies | Time: 45 min.

#### Ingredients:

##### Tomato Chutney:

2 pints cherry or grape tomatoes, roasted  
1/2 cup sugar  
1 cup apple cider vinegar  
1/2 cup water  
2 tablespoons fresh grated ginger  
1 teaspoon kosher salt  
1 teaspoon ground coriander  
1/2 cup raisins  
1/2 lemon, juice only  
Pinch of cayenne pepper (optional)

4 Sandwich rolls, like ciabatta rolls  
8-10 ounces brie, rind removed  
1 cup fresh basil leaves

#### Directions:

To make the chutney:

1) Wash tomatoes well and spread out on a baking sheet. Roast at 450 degrees Fahrenheit for 30 minutes until the tomatoes are blistered.

2) Meanwhile, in a medium pot, combine vinegar, water, sugar, ginger, salt, and coriander and bring to a simmer. Add a pinch of cayenne optionally and stir until sugar is dissolved. Continue to simmer so the mixture begins to reduce.

3) When tomatoes are done roasting add them to the simmering pot and continue to cook over medium heat. Use a spoon or sturdy spatula to press on the tomatoes gently so they mash up.

4) After 5 minutes of simmering add raisins and continue to cook until mixture is very thick. Remove from heat and let cool slightly.

5) Cut rind off of brie wheel and cut into strips. Half bread rolls and slather the bottom half of rolls with tomato chutney. Top with brie.

6) Bake the rolls at 450 degrees for 2-3 minutes until brie is just starting to melt. Be careful not to overmelt the cheese or it will break down.

7) Top each sandwich with a handful of fresh basil and the top of the roll and serve immediately!





## 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

- Asparagus (8 spears)
- Basil (1 cup + garnish)
- Bird chilis (opt.)
- Broccoli, florets (2 cups)
- Broccolini (1 bunch)
- Carrots (1 large)
- Cherry tomatoes (4 pints)
- Cucumber (1/2)
- Garlic (6 cloves)
- Ginger (2 Tbsp.)
- Green beans (4 oz.)
- Lemon (1/2)
- Parsley
- Red pepper (1 1/2)
- Scallions (6)
- Shiitake Mushrooms (8 oz.)
- SUB: Cremini mushrooms
- Zucchini (1/2)

### Meat, Poultry, Seafood

Vegetarian plan!

### Dairy

- Brie cheese (8-10 oz.)
- Cream (1/2 cup)
- Eggs, large (4)
- Parmesan cheese (7 oz.)

### Spices and Pantry Items

- Apple cider vinegar (1 cup)
- Black pepper
- Cayenne pepper (opt.)
- Coriander, ground (1 teas.)
- Gochujang Paste (4 Tbsp.)
- Kosher salt
- Lasagna noodles (12 oz.)
- Olive oil (6 Tbsp. + garnish)
- Raisins (1/2 cup)
- Red pepper flakes (1 1/2 teas.)
- Rice wine vinegar (2 teas.)
- Sandwich rolls, soft (4)
- Sesame oil (2 Tbsp.)
- Soy sauce
- Spaghetti, thin (1 lb.)
- Sugar (1/2 cup + 2 Tbsp.)
- Firm tofu (16 oz.)
- White rice (2 cups uncooked)
- SUB: Brown rice
- Vegetable oil (2 Tbsp.)
- Vegetable stock (1 cup)