

MACHEESMO

- MEALS -

CHILL IT DOWN

Last year at this time I was majorly regretting renting an apartment without air conditioning. We couldn't even put a window unit in our apartment because the windows were old and small. It was a hot, uncomfortable summer.

I remember wanting to eat nothing but cold things. Actually, even though I have A/C this time around, I still love eating cold meals on hot days.

This meal plan is a collection of some of my favorites!

Helpful Equipment:

- Grill
- Small food processor
- Melon baller



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

MEAL 1

- Chilled Hoisin Chicken Soba

MEAL 2

- Cold Marinated Sirloin Bowl

MEAL 3

- Melon Pasta Salad

CHILL OATS!

- Summer Muesli

#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 | Hoisin Chicken Soba

This meal is actually fine at room temperature or even warm, but I just prefer it when it's chilled. Don't skimp on the scallions either!

Chicken Soba

Yield: Serves 4 | **Time:** 45 min

Ingredients:

1 pound chicken breasts
6 ounces soba noodles
8 ounces edamame
2 tablespoons rice wine vinegar
2 tablespoons sesame oil
1 teaspoon sriracha chili sauce
Pinch of salt
Fresh scallions, garnish

Hoisin Marinade:

2 tablespoons hoisin sauce
1 tablespoon balsamic vinegar
2 teaspoons worcestershire sauce
1 teaspoon five spice powder

Directions:

- 1) Whisk together all ingredients for marinade and add chicken. Coat chicken well in marinade and let sit for at least 15 minutes, but you could make this well in advance.
- 2) Heat grill (or grill pan or skillet) to medium-high heat. Add marinated chicken and let grill for about 7-8 minutes per side until it's cooked through. If your chicken is really thick, it might need another few minutes. Ideally, use a meat thermometer and cook it until it hits 165 degrees in the thickest part of the chicken.
- 3) Let chicken rest for a few minutes after it comes off the grill and the slice into big chunks.
- 4) Cook soba according to directions. When the soba has 2 minutes left to cook, add edamame to the same pot to thaw them.
- 5) Drain soba and edamame and toss with rice wine vinegar, sesame oil, and chili sauce. Season with a pinch of salt or a dash of soy sauce.
- 6) Toss soba and edamame with chicken and garnish with scallions. Serve while warm or chill and serve later.



No Grill? No Problem.

The nice thing about grilling the chicken here is that it's one less pan you have to heat up in your kitchen, but you can definitely pan sear the chicken.

If you're cooking them on the stove, I would butterfly the chicken in half before marinating it and then cook it over medium-high heat in a skillet until it's cooked through, probably 6 minutes per side depending on the thickness of your chicken.

Vegetarian Version



Instead of chicken, pick up about a pound of extra firm tofu. Cut it in half horizontally and press it between a few paper towels for 10 minutes to remove most of the water in the tofu. Marinate it in the hoisin marinade and grill or pan sear it.

Tofu does a great job of absorbing marinades like this one.



MEAL 2 | Cold-Marinated Sirloin Bowl

This was a crazy experiment the first time I tried it but it turns out to work perfectly. Cooking steak first and then marinating it makes it way easier for the steak to really absorb the flavors. That's good news if you have a good sauce like this one.

Sirloin Bowl

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

Ingredients:

Peanut Sauce:

1 clove garlic, minced
1 inch fresh ginger, minced
4 limes, juice only
3 tablespoons creamy peanut butter
3 tablespoons fish sauce
3 tablespoons rice wine vinegar
2 tablespoons brown sugar
1 tablespoon soy sauce
1 teaspoon sesame oil

Bowl Ingredients:

1 pound Sirloin steak
Salt and pepper
Olive oil
8 ounces rice noodles, cooked
1 tablespoon sesame oil
1 large cucumber, sliced
1 large carrot, grated
1 stalk broccoli, grated (opt.)
Fresh Cilantro
Scallions
Sprouts
Lime wedges

Directions:

For sauce, mince garlic and ginger and juice limes. Combine all ingredients in a small food processor and pulse until smooth. You can also mince the garlic and ginger very finely and whisk together ingredients. Taste the sauce and adjust to your liking.

- 1) For steak, season well with salt and pepper. Heat a grill or cast iron skillet over medium high heat and once hot, sear steak for about 4-5 minutes per side until it's cooked through medium rare. Time may vary a bit depending on the thickness of your steak. It should hit an internal temperature of about 130 degrees F. for medium rare.
- 2) Once steak is cooked, remove from the pan and add steak to a bowl. Drizzle a few tablespoons of the peanut sauce in with the steak, cover, and let marinate for 20-30 minutes.
- 3) Cook your rice noodles according to the package. When they are done, rinse with cold water to stop the cooking and toss with a tablespoon of sesame oil.
- 4) Slice up cucumber into half coins, grate carrot and broccoli stalk.
- 5) When you're ready to make the bowls, divide noodles between four bowls and drizzle in some of the reserved peanut sauce (not the sauce with the steak). Slice steak into thin strips (it should be room temperature or slightly cold).
- 6) Top each bowl with sliced cucumbers, grated veggies, and other toppings. Serve extra sauce on the side.



Vegetarian Version

This bowl is really about the sauce. It's tasty and you can put almost anything in the bowl because of it.

If you leave out the steak, I would just go heavy on the veggies and maybe add some grilled onions and peppers and use more of the cucumber, carrot, and broccoli stalk as well.



MEAL 3 | Melon Pasta Salad

This pasta salad just screams summer to me. It may sound strange to mix pasta with melon, but it works perfectly. I can easily make a meal out of a bowl of this but it's also great as a picnic side dish if you are in need of one.

Melon Pasta Salad

Yield: Serves 4-6 | **Time:** 30 min.

Ingredients:

1 pound orecchiette pasta, cooked al dente
6-8 ounces pancetta, crispy (opt.)
1 med. cantaloupe, balled (5-6 cups)
1/2 cup olive oil
1/3 cup white wine vinegar
1 cup fresh mint, chopped
5-6 scallions, chopped
4-5 ounces ricotta salata, shaved
Salt and pepper
Red pepper flakes

Directions:

- 1) Lay pancetta out on a baking sheet lined with parchment paper and bake at 350 degrees Fahrenheit until pancetta is crispy, about 12-14 minutes. Then let pancetta cool and crumble it into bits.
- 2) Cook pasta according to package. You can use any small tubular or round pasta.
- 3) Use a melon baller or small spoon to scoop melon flesh into small balls. Mince mint and chop scallions.
- 4) Whisk together olive oil and vinegar in a large bowl until combined. When pasta is done, drain pasta and add it to the oil and vinegar. Stir well and let cool slightly.
- 5) Stir in crispy pancetta and melon along with half the mint and scallions.
- 6) Season well with salt and pepper and a pinch of red pepper flakes. Top finished pasta salad with extra mint, scallions, and shaved ricotta salata.

Salad is best slightly warm or cold and keeps okay for a day or two.



Pancetta or Bacon?

Pancetta and bacon are very similar. Pancetta is just rolled and cured and then sliced thin so each slice is a cross-section of sorts.

You can use pancetta or bacon in this recipe (or just leave it out for a veggie version) without any issue.



Summer Breakfast |

Not that oatmeal could get much easier, but muesli really is somehow easier than oatmeal. After all, you don't have to really watch the oatmeal cook or anything. You can walk away!

Berry Muesli

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

Ingredients:

1 1/2 cups rolled oats
2 2/3 cups boiling water
1 apple, shredded
1 lemon, juice only
1 banana, mashed
1 cup Greek yogurt
1/2 cup slivered almonds,
toasted
Honey
Fresh mint

Fresh berry syrup:

1/2 cup raspberries
1/2 cup blackberries
1/2 cup blueberries
3 tablespoons water
2 tablespoons brown sugar

Directions:

- 1) Start oats the night before by heating water and stirring it into oats. Let sit overnight, covered.
- 2) The next morning, drain oats of any extra water. Peel and grate apple and squeeze lemon juice into grated apple. Then stir apple into oats along with mashed banana.
- 3) To make the syrup, combine ingredients in a small pot over medium heat and cook until sugar is dissolved and berries are just starting to break down, just a few minutes. Kill the heat and let cool slightly.
- 4) Divide muesli between four bowls. Top with greek yogurt.
- 5) Spoon berry syrup over the muesli and top with toasted almonds and a drizzle of honey. Garnish with mint.

Can be made 30 minutes in advance.

For almonds, add slivered almonds to a dry pan and toast over medium-low heat until they are fragrant, about five minutes.





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.

Note: Included in the list is ingredients for one batch of normal pesto and one batch of watercress pesto.

Fresh Produce

- Apples (1)
- Banana (1)
- Blackberries (1/2 cup)
- Blueberries (1/2 cup)
- Broccoli, stalk (1) (opt.)
- Cantaloupe (1 med.)
- Carrots (1)
- Cilantro (garnish)
- Cucumber (1)
- Garlic (1 cloves)
- Ginger (1 inch)
- Lemon (1)
- Limes (5)
- Mint (1 cup + garnish)
- Raspberries (1/2 cup)
- Scallions (2 bunches)
- Sprouts (garnish)

Meat, Poultry, Seafood

- Chicken, breasts (1 lb.)
- Pancetta (6-8 oz.)
SUB: Bacon
- Sirloin steak (1 lb.)

Dairy

- Greek yogurt (1 cup)
- Ricotta salata (5 oz.)

Spices and Pantry Items

- Almonds, slivered (1/2 cup)
- Balsamic vinegar (1 Tbsp.)
- Black pepper
- Brown sugar (4 Tbsp.)
- Edamame, frozen (8 oz.)
- Fish sauce (3 Tbsp.)
- Five spice powder (1 teas.)
- Hoisin sauce (2 Tbsp.)
- Honey (drizzle)
- Kosher salt
- Olive oil (1/2 cup + drizzle)
- Orecchiette pasta (1 lb.)
- Peanut butter, creamy (3 Tbsp.)
- Red pepper flakes
- Rice noodles (8 oz.)
- Rice wine vinegar (5 Tbsp.)
- Rolled oats (1 1/2 cups)
- Sesame oil (4 Tbsp.)
- Soba noodles (6 oz.)
- Soy sauce (1 Tbsp.)
- Sriracha (1 teas.)
- White wine vinegar (1/3 cup)
- Worcestershire sauce (2 teas.)