

MACHEESMO

- MEALS -

FANCY BUT FAST!

Who doesn't love a fancy meal? I'll tell you who. Someone who thinks it takes a long time to make something fancy!

But fancy doesn't necessarily have to mean hard or time consuming. There are some simple tricks and flavors that easily elevate a meal.

These meals all have a fancy twist on a fast dish. I think you'll love them.

Helpful Equipment:

- Baking Dish
- Slow Cooker



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

MEAL 1

- Sesame Chicken Udon

MEAL 2

- Slow Cooker Korean Tacos

MEAL 3

- Spicy Kimchi Stew

B-FAST!

- Crossaint Sandwich
- Pomegranate Parfait

#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 | Sesame Chicken Udon

I know. How fancy could chicken and noodles be right? But trust me, this dish is exceptional thanks to sesame noodles and a light, fresh salsa laced with raw ginger and soy sauce.

Sesame Chicken Udon

Yield: Serves 4 | **Time:** 40 minutes

Ingredients:

1 pound chicken
1/3 cup rice wine vinegar
2 tablespoons honey
1 tablespoon soy sauce
1 teaspoon chili garlic sauce

12 ounces Udon noodles
2 tablespoons sesame oil

Pepper Ginger Salsa:

2 cups chopped spinach
1 1/2 cups sweet peppers, chopped
3 scallions, chopped
1 inch fresh ginger, grated
1 tablespoon fresh cilantro, minced
1 tablespoon olive oil
Pinch salt and pepper

Directions:

- 1) Stir together rice wine vinegar, honey, soy sauce, and chili garlic sauce. Add chicken and let marinate for at least 10 minutes.
- 2) Grill chicken over medium-high heat for 6-8 minutes per side until it's cooked through. If you don't have a grill, you can use a grill pan or sear it in a skillet over medium-high heat and then transfer it to a 350 degree F. oven to finish cooking.
- 3) Stir together ingredients for pepper ginger salsa. Season with salt and pepper and set aside until needed.
- 4) Cook Udon noodles according to package in boiling water. Once they are tender, drain them and toss hot noodles with sesame oil to keep them from sticking.
- 5) Divide noodles between plates and top with a big heap of the pepper salsa and top finally with chopped chicken.

Serve while warm!



Veggie Version

If chicken isn't your thing, use the exact same marinade on tofu. Grill it or pan sear it until browned, chop it up and add it to the noodles and salsa.

Guaranteed good.

MEAL 2 | Slow Cooker Korean Tacos



Straight out of a fancy food truck, these Korean tacos are the perfect smash up of Tex-mex and Asian flavors. The cook time is long, but guess what, it cooks while you are at work!

Spicy Gravy Enchiladas

Yield: Serves 8 | **Time:** 8 hours

Ingredients:

3 pounds beef chuck roast, cubed and browned
1/2 red onion, diced
3 inches fresh ginger, minced
6 cloves garlic, minced
2 tablespoons vegetable oil
1/2 cup gochujang
1/2 cup hoisin sauce
1/4 cup brown sugar
1/4 cup rice wine vinegar
2 tablespoons sesame oil
2 tablespoons soy sauce
1 tablespoon fish sauce
1 cup water
Salt and pepper

Quick Carrot Slaw:

2 large carrots, shredded
1/2 small green cabbage, shredded
2 red chilis, minced
1/4 cup rice wine vinegar
1 teaspoon kosher salt
1 teaspoon sugar

Taco Fixings:

Flour tortillas
Fresh cilantro
Sesame seeds

Directions:

- 1) Cube roast into large 2-inch chunks. Try to cut off any larger pieces of fat. Season beef well with salt and pepper.
- 2) In a large skillet, add a good drizzle of oil over medium-high heat. Add chuck roast cubes and sear well on all sides until browned. Transfer browned beef pieces immediately to a slow cooker.
- 3) When all beef is browned, add onions, ginger, and garlic to the skillet along with some water to scrape up any bits stuck to the pan. Cook for a minute and then transfer liquid and veggies to the slow cooker.
- 4) Add all other beef ingredients to the slow cooker along with one cup of water. Stir together, cover, and let cook for 6 hours on low.
- 5) For slaw, grate carrots and shred cabbage. Remove seeds from chiles and mince finely. Stir together with a big pinch of kosher salt, sugar, and rice wine vinegar. Store in the fridge until needed.
- 6) When beef is done, remove and shred. Pour out liquid from slow cooker, but save it. Add beef back to the slow cooker along with enough liquid to make it moist, but not super-wet. Keep warm until serving.
- 7) To make a taco, heat a flour tortilla in a skillet or in the oven. Top with shredded beef, cabbage slaw, fresh cilantro, and sesame seeds.



No Slow Cooker?

If you don't have a slow cooker, you should probably buy a slow cooker. But in the meantime, you can make this in the oven. Roast the chuck roast in one large piece (rather than cubing it). You'll need to roast it low and slow at 300 degrees F. for probably close to 3-4 hours until the beef shreds easily.

MEAL 3 | Spicy Kimchi Stew

Here's the thing about this recipe. Maybe don't tell people exactly what's in it unless they ask. Some people are weirded out by kimchi (fermented cabbage?!), but seriously it's worth trying. And this recipe has A LOT of it, but once it's all mixed together, it just makes for one really good stew. Again, fancy fresh is our goal. The egg yolk on top is, well, extra fancy.

Spicy Kimchi Soup

Yield: serves 4 | **Time:** 75 min.

Ingredients:

16 ounces tofu, cubed
4 ounces fresh shiitake mushrooms, sliced
1 tablespoon vegetable oil
16 ounces spicy kimchi
2 tablespoons Korean gochujang
8 cups water
2 tablespoons soy sauce
Fresh scallions
Cilantro
Egg yolks
Bean sprouts

Directions:

1) Bring a medium pot of salted water to a light simmer and add the tofu cubes. Simmer for 4-5 minutes until the tofu is slightly puffed. It should firm up a bit as well. Remove the tofu with a slotted spoon and set aside for later.

2) In a medium/large skillet, add a drizzle of oil over medium heat. Add sliced mushrooms and cook until they lose their liquid and brown slightly, about 5-6 minutes.

3) In a large pot, add kimchi and gochujang and cook over medium heat for 5 minutes to combine flavors. Add cooked mushrooms, water, and soy sauce. Bring to a simmer and simmer the stew for 30-40 minutes until the kimchi is translucent and tender.

4) Add the tofu to the stew near the end of cooking and cook for another few minutes. Keep stew warm until you're ready to serve it.

Garnish stew with fresh scallions, bean sprouts, cilantro, and an egg yolk.



Weird Ingredients!

The two ingredients in this stew that might throw people for a loop is kimchi and gochujang. Kimchi is pretty popular these days and most supermarkets will carry it. It's usually in the refrigerated section.

Gochujang will be easy to find in specialty stores or Korean/Asian groceries. In a pinch, you can substitute one tablespoon of chili garlic sauce and one teaspoon of brown sugar in this recipe. The real stuff is worth hunting down though. Especially if you're trying to be all fancy.

Two Fancy Breakfasts | Croissant Sandwich and Parfaits

These breakfasts are simple at their base (and sandwich and some yogurt), but they have a fancy flair to them which is why I love them. Make them for guests (they'll be impressed) or just for your damn self!

Croissant Sandwiches

Yield: 4 sandwiches | Time: 20 min.

Ingredients:

- 4 croissants, from bakery
- 1/2 red onion, sliced thin
- 1 avocado, sliced
- 1 tomato, sliced (opt.)
- 1/2 cup cheddar cheese, grated
- Bean sprouts
- 6 eggs, scrambled
- 2 tablespoon butter
- Salt and pepper



Directions:

- 1) Preheat oven to 400 degrees Fahrenheit.
- 2) Slice croissants in half carefully and lay them on a baking sheet, cut side down. Toast in the oven for 5 minutes at 400 degrees.
- 3) Remove croissants from oven. Top with sliced avocado, red onion, and tomato on bottom half of croissant. Sprinkle grated cheese on top half of croissant.
- 4) Return to oven for 3-4 minutes.
- 5) Add a small dab of butter to a nonstick skillet over medium-high heat. Once melted and bubbling, crack in four eggs. Cook for about 90 seconds while scrambling lightly or you can lightly fry the eggs and not break the yolks for a runny yolk sandwich.
- 6) Remove croissants from oven. Divide the eggs to each croissant bottom. Top with sprouts and a pinch of salt and pepper. Add cheesy top of croissant and serve immediately!

Pomegranate Parfaits

Yield: 2 Parfaits | Time: 10 min.

Ingredients:

- 1 1/3 cup granola
- 1 cup Greek yogurt
- 2 tablespoons honey
- 2 tablespoons pomegranate juice (opt.)
- 1 cup pomegranate seeds (1 large pomegranate)

Directions:

- 1) In a small bowl, stir together Greek yogurt, honey, and pomegranate juice.
- 2) In two small cups, add 1/3 cup granola to each cup.
- 3) Top granola with 1/4 cup of pomegranate yogurt and sprinkle with fresh seeds.
- 4) Repeat layers of granola, yogurt, and seeds.

Serve immediately or chill and serve 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

- Avocado (1)
- Bean sprouts (garnish)
- Cabbage, green (1/2 head)
- Carrots (2)
- Cilantro (garnish)
- Garlic (6 cloves)
- Ginger (4 inch)
- Pomegranate (1)
- Red chiles (2)
- Red onion (1)
- Scallions (3 + garnish)
- Shiitake mushrooms (4 oz.)
- Spinach (2 cups)
- Sweet peppers (1 1/2 cups)
- Tomato (1)

Meat, Poultry, Seafood

- Beef, chuck roast (3 lb)
- Chicken, boneless skinless (1 lb.)

Dairy

- Butter, unsalted (2 Tbsp.)
- Cheddar cheese (1/2 cup)
- Eggs, large (10)
- Greek yogurt (1 cup)

Spices and Pantry Items

- Black pepper
- Brown sugar (1/4 cup)
- Chili garlic sauce (1 teas.)
- Croissants (4)
- Flour tortillas, taco sized (10-12)
- Fish sauce (1 Tbsp.)
- Gochujang (2/3 cup)
SUB: Chili garlic sauce + Pinch of sugar
- Granola (1 1/3 cups)
- Hoisin sauce (1/2 cup)
- Honey (4 Tbsp.)
- Kimchi (16 oz.)
- Kosher salt
- Olive oil (1 Tbsp.)
- Pomegranate juice (2 Tbsp.) (opt.)
- Rice wine vinegar (1 cup)
- Sesame oil (4 Tbsp.)
- Sesame seeds (garnish)
- Soy sauce (5 Tbsp.)
- Sugar (1 teas.)
- Tofu (16 oz.)
- Udon noodles (12 oz.)
- Vegetable oil (3 Tbsp.)