

MACHEESMO

- MEALS -

HERB-ACIOUS

Using big flavor herbs to your advantage is one great way to put delicious meals on the table during the week. It's amazing what a handful of fresh mint, cilantro, or basil can do to a plate of otherwise fairly normal food.

This meal plan is a trip through herb town featuring big herb flavors and also one of my favorite tricks: using 1 rotisserie chicken for two meals!

Helpful Equipment:

- Cast Iron Skillet
- Griddle



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

MEAL 1

- Vietnamese Noodle Salad

MEAL 2

- Chicken Mexican Skillet

MEAL 3

- Quick Chicken Rice Noodle Bowl

BREAKFAST!

- Breakfast Scallion Cakes

#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 | Vietnamese Noodle Salads

When it comes to herb-packed meals, this is one of my absolute favorite. I've made with any variety of proteins from flank steak to pork to seared chicken or a vegetarian version with crispy tofu. It's always an amazing meal and you'll most likely have leftovers for lunch.

Noodle Salad

Yield: Serves 4-6 | Time: 1 hr.

Ingredients:

Pork Tenderloin: (You could leave this out if you wanted, but it's really good.)

1 pound pork tenderloin, trimmed and sliced into 1/8 inch medallions.

1/4 Cup vegetable oil

1/4 Cup fish sauce

2 Tablespoons brown sugar

Salad Dressing:

1/4 Cup fish sauce

1/4 Cup warm water

1 lime, juice only

2 Tbsp. sugar

1 bird or Serrano chili

1 clove garlic, minced

Salad stuff:

1 large carrots, grated

1/2 large cucumber, peeled seeds and cut into match sticks

1/4 Cup unsalted peanuts,

8 ounces dried rice noodles, vermicelli style (the smallest kind)

2 Cups red lettuce, sliced thin

1/4 Cup fresh basil

1/4 Cup fresh cilantro

1/4 Cup fresh mint

Directions:

1) For dressing, dice peppers and garlic and whisk with other dressing ingredients. Set aside for later.

2) To prep pork, freeze pork loin for 15 minutes or so and then slice it 1/8 inch thin. Add medallions to marinade and let sit for at least 30 minutes.

3) Peel carrots and cucumbers and remove seeds from cucumbers. Run them both through a box grater. Add chopped peanuts, and 1/2 cup of dressing and let it marinate.

4) Chop lettuce and herbs and set aside.

5) Cook rice noodles according to package.

6) To cook pork, lay medallions out on a baking sheet lined with foil. Cook under the broiler on high for 6-10 minutes until the pork is caramelized on the edges and cooked through. Be careful not to overcook it.

7) Finish salad by layering noodles, then carrot slaw, then lettuce and herbs. Add pork to the top and pour on dressing.

8) Before serving, toss salad together to combine ingredients and dressing well.





MEAL 2 | Chicken Skillet Meal

The key to making this meal work is to use a rotisserie chicken from the deli and use half of it for this meal and half of it for meal 3 in this meal plan! It works out great. This is a fast tex-mex skillet that benefits from lots of fresh cilantro!

Chicken Skillet

Yield: Serves 4 | Time: 35 min.

Ingredients:

2 cups sweet corn
2 cups chopped cooked chicken
1-2 jalapenos, diced
1/2 onion, diced
2 cloves garlic, minced
1/2 lime, juice only
Cotija cheese
Fresh cilantro
Hot sauce
Olive oil
Red pepper flakes (optional)
8 Medium flour tortillas
Cumin Crema:
1 cup Mexican crema
1 teaspoon ground cumin
1/2 lime, juice only
Pinch of salt

Directions:

- 1) Add a good drizzle of olive oil (2 tablespoons) to a cast iron skillet over medium heat. Add corn kernels and cook until kernels are starting to char lightly, about 5 minutes. Stir occasionally.
- 2) Add onions, jalapenos, and minced garlic to the skillet and continue to stir until veggies soften, about 5 more minutes. Season with a pinch of salt.
- 3) Add chopped chicken, lime juice, and continue to cook until skillet is warmed through.
- 4) For crema, stir in ground cumin and season with lime and salt and set aside until needed.
- 5) In a small skillet over medium heat, add a tiny drizzle of olive oil (1/2 teas) and one flour tortilla. Cook flour tortilla until it's lightly charred on one side. Don't cook it on both sides so it is still soft on one side but crispy on the other side.
- 6) Serve skillet, topped with cotija cheese, cilantro, and served with charred tortillas and cumin crema. Let people add hot sauce on their own.



Veggie Version!

If chicken isn't your thing, you could use black beans (drained and rinsed) in this skillet and toss in some red and green sliced peppers also!



MEAL 3 | Chicken Noodle Bowls

It's almost not fair how good this soup is for how little work is involved. Use the rest of your rotisserie chicken and it's on the table in minutes. Pile on the mint and cilantro!

Chicken Noodle Bowls

Yield: Serves 4 | **Time:** 30 minutes

Ingredients:

6-8 oz. rice noodles
1 tablespoon sesame oil

1 tablespoon olive oil
1 carrot, sliced thin
1/2 red pepper, sliced thin
2 cloves garlic, minced
1 quart chicken broth
1 cup water
2 cups rotisserie chicken (1/2 of one)
2 teaspoons Sriracha
2 teaspoons soy sauce
1 teaspoon red curry paste

Fresh mint, garnish
Fresh cilantro, garnish
Scallions, garnish

Directions:

- 1) Cook rice noodles according to instructions. Drain, but don't rinse and toss with sesame oil.
- 2) In a large pot over medium heat, add a drizzle of oil along with chopped carrots, red peppers, and garlic. Cook for a few minutes to soften veggies.
- 3) Add broth, water, chicken, and seasonings and bring soup to a light simmer. Cook for a few minutes and adjust seasonings to your liking.
- 4) Divide noodles between bowls and ladle in soup. Garnish well with herbs.





Savory Breakfast Cakes

These are simple pancakes to make and have a nice savory/sweet quality to them. They are jam-packed with scallions which really makes them pop.

Semolina Breakfast Cakes

Yield: Serves 4 | Time: 1 hr (not active)

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 cup semolina flour
- 4 teaspoons sugar
- 1/2 teaspoon salt
- 10 tablespoons unsalted butter, melted
- 1 cup water
- 4 scallions, greens only minced
- Vegetable oil, for cooking
- Maple syrup, for eating

Directions:

- 1) Stir together flours, salt, and sugar in a medium bowl.
- 2) Add melted butter to mix and use fingers to grind the butter into the flour until it is a rough sand consistency.
- 3) Add half cup of water and stir to combine. Add another half cup of water and start kneading the dough lightly. Knead the dough for 3-4 minutes until it's nice and smooth.
- 4) Rough dough out on a clean surface and add scallions. Fold dough over and continue to knead dough, distributing scallions throughout.
- 5) Let dough rest for 25-30 minutes.
- 6) Cut dough into 12 even pieces. Working with one piece at a time, roll it out into a roughly five inch circle.
- 7) In a large heavy skillet or griddle heat a few tablespoons of oil over medium high heat. Once hot, add as many cakes as can fit in the pan and let them lightly fry for about four minutes per side until they are almost charred around the edges.
- 8) Serve cakes immediately with maple syrup!

If you want to cook all the cakes before serving them, keep cooked cakes warm in a 250 degree F. oven as you cook the next batch.





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

- Basil (1/4 cup)
- Carrot (1)
- Cilantro (2 bunches)
- Cucumber (1/2)
- Garlic, cloves (5)
- Jalapenos (1-2)
- Limes (2)
- Mint (1/4 cup)
- Onion (1/2)
- Red lettuce (2 cups)
- Red pepper (1/2)
- Scallions (1 bunch)
- Serrano pepper (1)

Meat, Poultry, Seafood

- Pork loin (1 lb.)
- Rotisserie chicken (1)

Dairy

- Butter, unsalted (10 Tbsp.)
- Cotija cheese, garnish
- Crema (1 cup)
- SUB: sour cream

Spices and Pantry Items

- All-purpose flour (1 1/2 cups)
- Black pepper
- Brown sugar (2 Tbsp.)
- Chicken stock (1 qt.)
- Corn, frozen (2 cups)
- Cumin (1 teas.)
- Fish sauce (1/2 cup)
- Flour tortillas, medium (8)
- Hot sauce
- Kosher salt
- Maple syrup
- Olive Oil (3 Tbsp.)
- Peanuts, salted (1/4 cup)
- Red curry paste (1 teas.)
- Red pepper flakes (opt.)
- Rice noodles (2 8 oz. packages)
- Semolina flour (1 cup)
- Sesame oil (1 Tbsp.)
- Soy sauce (2 teas.)
- Sriracha (2 teas.)
- Sugar (1/4 cup)
- Vegetable Oil (1/3 cup)