

MACHEESMO

- MEALS -

LIFE'S A BOWL

The bowl is a pretty universal serving tool, but it's mostly used for soups in the US. Anything else gets a plate. But there's something lovely about bowl foods. The flavors stack and build and everything is somehow more inviting.

I've been eating a lot of bowl foods recently: noodles, soups, etc. They tend to be fast meals and make for easy cleanup. What's not to love?

Here are three of my favorite bowl dinners plus a breakfast!

Helpful Equipment:

- Baking Sheet
- Cast Iron Skillet
- Food Processor



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

MEAL 1

- Coconut Salmon Soba

MEAL 2

- Lemon Chicken Pasta

MEAL 3

- Sweet Potato Cashew Soup

BREAKFAST!

- Spicy Maple Granola

#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 | Salmon and Soba in a Coconut Broth

I dream of the broth in this bowl. It's warming but has a nice fresh flavor to it. You'll be slurping it, no doubt.

Salmon Coconut Soba

Yield: Serves 4 | Time: 40 minutes

Ingredients:

10 oz. soba noodles
2 tablespoons olive oil
3 cloves garlic, minced
2 inches fresh ginger, minced
2 cups vegetable stock
1 15 oz. can lite coconut milk
Dash of fish sauce
1 lb. salmon (either one large filet or 4 smaller cuts)
Neutral oil
Salt and pepper
1 cup shredded carrots
1 cup frozen sweet peas, thawed
Red chiles, garnish (optional)
Cilantro, garnish

Directions:

1) Cook soba according to package. You can cook soba in advance, drain it, rinse the noodles with cold water, and toss with one tablespoon oil to keep the noodles from sticking. Then blanch noodles in hot water to reheat before serving.

2) For broth, add olive oil to a medium pot over medium heat. Add garlic and ginger and cook for two minutes until fragrant. Add vegetable stock, coconut milk, and a dash of fish sauce and simmer for about five minutes, stirring occasionally, to let flavors combine. Keep warm over low heat.

3) For salmon, drizzle filets with oil and season with salt and pepper. Preheat oven to 350 degrees F. Heat a large, oven-safe skillet over medium-high heat. Once hot, add salmon, skin-side up and sear for 3 minutes. Flip filets. Transfer skillet to oven and bake salmon for 5-6 minutes until it's just cooked through.

4) To serve, divide soba noodles between four bowls. Top with thawed peas and grated carrots. Top each bowl with a salmon filet and ladle coconut broth over the salmon and noodles. Garnish bowls with minced red chiles and cilantro and serve immediately!



Veggie Version

If salmon isn't your thing, any sturdy fish would work in this dish, but also you could just sear a thin slice of tofu and top the noodles with that!



MEAL 2 | Lemon Chicken Pasta Toss

The lemon in this dish completely takes it from average to outstanding. Without it, the dish would be bland by far. Whatever you do, don't skimp on the lemon... use a heavy hand with it.

Lemon Chicken Pasta Toss

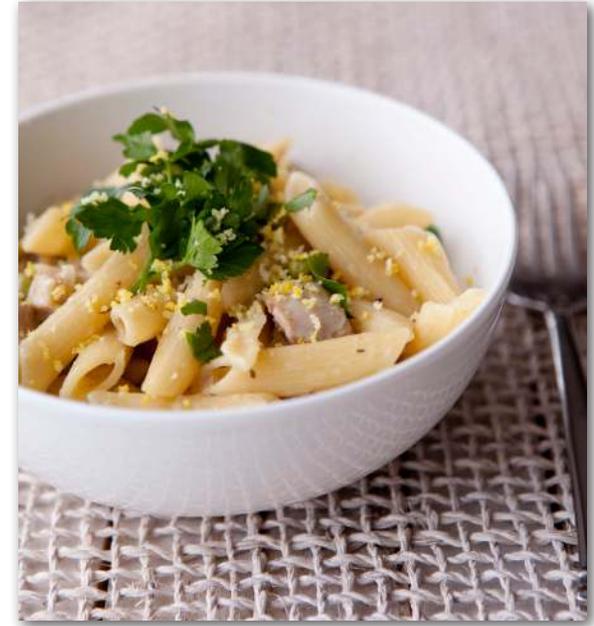
Yield: Serves 4-6 | **Time:** 40 min.

Ingredients:

- 1 lb. penne pasta, cooked
- 3 Tbsp. olive oil
- 1 lb. chicken (thighs or breasts)
- 2 shallots, minced
- 1 teas. herbs de provence
- 2 cups vegetable broth
- 1 cup heavy cream or whole milk
- 1 lemon, zest and juice
- Pinch of cayenne pepper
- 1 cup frozen sweet peas
- Fresh parsley, garnish
- Salt and pepper

Directions:

- 1) Cook pasta in a large pot of heavily salted water until it's tender, but still has a slight bite to it, about 9-10 minutes.
- 2) Cube your chicken into 1-inch pieces and season them with salt, pepper, and herbs de provence. Heat olive oil in a large, heavy skillet or Dutch oven over medium heat. Then add chicken and cook until it's lightly browned and cooked through, about 8 minutes.
- 3) Remove chicken from the pan and add veggie stock. Use the liquid or scrape up any bits stuck to the pan. Add in cream (or milk), lemon zest and juice, and a pinch of cayenne. Simmer the sauce for 6-7 minutes until it starts to thicken.
- 4) Stir in pasta and chicken and season the mixture with salt and pepper. Stir in peas and let heat through. Serve the pasta garnished with extra lemon zest and fresh parsley.



Vegetarian Option

The chicken adds some protein to this dish, but it's far from necessary. Feel free to leave it out or fold in some wilted spinach or kale to the dish.

I would probably add some sort of green to it if I didn't include the poached chicken.



MEAL 3 | Sweet Potatoes and Cashews

This is one of those surprising soups that looks standard but will smack you in the mouth with flavor. It's got a lot going on and is easily a meal with some good garlic bread on the side.

Sweet Potato Soup

Yield: 4-6 servings | Time: 45 min.

Ingredients:

3 medium sweet potatoes, cooked
1 tablespoon olive oil
1 small yellow onion, diced
1 clove garlic, minced
1 (15 oz. can) tomato sauce
1 (4 oz.) can green chiles
2 teaspoons fresh ginger, minced
1 teaspoon ground allspice
1 teaspoon chili powder
3 cups vegetable stock
2/3 cup cashews, ground
Salt and pepper
Cream, garnish
Za'atar seasoning, garnish (opt.)
Cilantro, garnish

Directions:

- 1) Prick the sweet potatoes with a fork and microwave them on high for 2 minute intervals until they are soft and cooked through, probably 7-8 minutes will do it. Let potatoes cool.
- 2) In a large pot, add oil and onion over medium heat. Cook for a few minutes until onions soften, then add garlic.
- 3) Use a spoon to scoop out sweet potato flesh and add to pot along with tomato sauce. Add chiles, spices, and vegetable stock.
- 4) In a small food processor, pulse cashews until they are ground finely. Add ground cashews to the soup along with a cup of water. Season soup with salt and pepper.
- 5) Blend soup in batches until smooth. Some texture is okay though.
- 6) Serve soup garnished with a drizzle of cream, a pinch of za'atar seasoning, and fresh cilantro.



Simple Garlic Bread

Yield: 6 servings | Time: 30 min.

Ingredients:

1 loaf french bread, sliced
3 tablespoons olive oil
3 tablespoons butter
2 cloves garlic, minced
Salt and pepper

Directions:

- 1) Preheat oven to 375 degrees F. Combine oil, butter, and garlic in a small bowl and microwave for 30 seconds to melt butter.
- 2) Spoon garlic mixture into the slices of the bread and season bread with salt and pepper. Cover with foil and bake for 15 minutes.
- 3) Remove foil and bake for another 10 minutes.

Serve bread on the side with the soup.

What the Za'atar?

Za'atar is a common spice mix that is used a lot in African and Middle Eastern cooking. It has many variations but generally has sesame seeds, coriander, cumin, and other spices. You can usually find some version of it in the spice aisle. I love it as a garnish on hearty soups like this.



Spicy Granola

Granola tends to have a sweeter note to it and that's all fine and good, but this variety is a nice change. While it is laced with sweet maple, it also packs a spicy punch. It's a wake up call!

Spicy Maple Granola

Yield: 6 cups | Time: 1 hr (not active)

Ingredients:

2/3 cup pure maple syrup
1/3 cup coconut oil
1 teaspoon vanilla extract
1 teaspoon cayenne pepper
4 cups rolled oats
1 cup cashews, roasted and chopped
1/4 cup walnuts, chopped
1/4 cup sesame seeds
1 1/2 - 2 cups dried apples, chopped

Directions:

- 1) Preheat oven to 300 degrees F. In a small microwave safe bowl, combine syrup, coconut oil, vanilla, and cayenne. If coconut oil is solid, microwave on high in 20 second bursts to melt coconut oil. Stir mixture together well.
- 2) Chop nuts roughly and toss with rolled oats in a large bowl. Pour syrup mixture over the oats and stir to combine completely.
- 3) Spread granola out on a large baking sheet. Bake granola at 300 degrees F. for 35-45 minutes, stirring it every 15 minutes or so to ensure it's cooking evenly and not burning.
- 4) When granola is baked, it should be mostly dry and browned slightly. Then add dried apples and let it cool completely.

Stir granola in an airtight container for 3-4 weeks. Serve with milk or yogurt and fruit!





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

- Carrots, shredded (1 cup)
- Cilantro (garnish)
- Garlic, cloves (5)
- Ginger (3 inch piece)
- Lemon (1)
- Parsley (garnish)
- Red chiles (garnish)
- Shallots (2)
- Sweet potatoes (3)
- Yellow onion (1)

Meat, Poultry, Seafood

- Chicken Breasts (1 lb.)
- Salmon (1 lb filet or 4 4-oz. pieces)

Dairy

- Butter, unsalted (3 Tbsp.)
- Cream (1 cup + garnish)

Spices and Pantry Items

- Allspice, ground (1 teas.)
- Apples, dried (1 1/2 -2 cups)
- Black pepper
- Cashews (1 2/3 cup)
- Cayenne pepper (1 teas. + pinch)
- Chili powder (1 teas.)
- Coconut milk (1 15 oz. can)
- Coconut oil (1/3 cup)
- Fish sauce
- French bread (1 loaf)
- Green chiles (1 4-oz. can)
- Herbs de provence (1 teas.)
- Kosher salt
- Maple syrup (2/3 cup)
- Olive oil (9 Tbsp.)
- Peas, frozen (2 cups)
- Penne pasta (1 lb.)
- Rolled oats (4 cups)
- Sesame seeds (1/4 cup)
- Soba noodles (10 oz.)
- Tomato sauce (1 15 oz. can)
- Vanilla extract (1 teas.)
- Vegetable oil
- Vegetable stock (2 qt.)
- Walnuts (1/4 cup)
- Za'atar seasoning (opt.)