

MACHEESMO

- MEALS -

EASY FLAVOR

Some of my favorite recipes are all about taking time to develop flavor. Braised dishes, homemade breads, and similar dishes take hours and sometimes days, but leave you with really delicious meals.

These dishes are very NOT doable on a Tuesday! So save those for a lazy Saturday when you have the time and energy to devote to them.

But, that doesn't mean that a weeknight meal can't have delicious flavors. There are a few trick ingredients to boost the flavor in dishes. The meals in this plan lean heavily on those secret flavor boosting ingredients!

Helpful Equipment:

- Food Processor



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

MEAL 1

- Sun-dried Tomato Penne with Arugula

MEAL 2

- Quick Soba Hot Pot

MEAL 3

- Greek Chicken Salad

BREAKFAST!

- Mango Chutney Breakfast Sandwich

#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 | Sun-Dried Tomato Penne

There are two surprises to this dish. First, it's amazing how much flavor is packed into this simple sauce. Sun-dried tomatoes are SO good. Second, serving pasta on a bed of arugula gives the bowl a nice peppery crunch.

Salmon Coconut Soba

Yield: Serves 4 | Time: 40 minutes

Ingredients:

4 slices bacon, chopped
1 tablespoon olive oil
1 medium onion, diced
1/2 red pepper, diced
3 cloves garlic, minced
1/2 cup sun-dried tomatoes, minced
2/3 cup heavy cream
4 oz. baby arugula
1 pound penne, cooked
Salt and pepper
Parmesan, garnish

Directions:

- 1) In a large skillet, add olive oil over medium-low heat. Add chopped bacon and cook until fat is rendered out of bacon and it's crispy. Remove bacon from pan. Pour off any fat more than 2-3 tablespoons.
- 2) Add onions and red pepper to the skillet and turn heat up to medium. Cook until veggies are softened, 2-3 minutes.
- 3) Mince sun-dried tomatoes and garlic finely. If you have a food processor, just pulse them a few times until they are finely minced.
- 4) Add garlic and sun-dried tomato to the skillet and stir to combine. Add heavy cream and turn heat down to low.
- 5) Cook pasta according to package. Reserve 1 1/2 cups cooking water from pasta.
- 6) Add about a cup of pasta water to the skillet and stir into a sauce. Drain penne and add to skillet. Stir crispy bacon back in and toss to combine. If the sauce is really tight and dry, add more pasta water. If it looks watery then cook it for another few minutes over medium heat.
- 7) Season penne with salt and pepper and serve over big heaps of arugula garnished with Parmesan cheese.



Veggie Version

A small amount of bacon adds some good fat and flavor to this dish, but it's optional. You can just leave it out and add a bit more olive oil.



MEAL 2 | Quick Soba and Tofu Hot Pot

Believe it or not this is actually a pasta dish and a really good one. In fact, it's one of my favorite pasta dishes. Normally, hot pot can take days to prepare because it relies on making a really delicious stock from scratch. I cheat a bit in this version by enhancing a store-bought stock. It works great.

Soba and Tofu Hot Pot

Yield: Serves 4 | Time: 45 minutes

Ingredients:

1 (15-ounce) pack extra firm tofu
1 quart vegetable stock
1 quart water
2 inches fresh ginger, chopped
6 cloves garlic, smashed
4 dried small red chilis (like arbol)
9-10 ounces soba noodles
1 tablespoon sesame oil
2 bulbs baby bok choy
1/2 red pepper, sliced thin
2 tablespoons olive oil
2 tablespoons soy sauce
Fresh cilantro
Sriracha chili sauce

Directions:

- 1) Drain tofu and cut it in half horizontally. Place the tofu between two pieces of paper towel. Press the tofu with some weight to press out liquid. Let press for 10 minutes.
- 2) Add stock and water to a large pot with chopped ginger, smashed garlic cloves, and dried chilis. Bring to a simmer and simmer, uncovered for 15 minutes.
- 3) In a separate pot, cook soba noodles according to package. When done, drain soba, rinse with cold water, and toss with a tablespoon of sesame oil.
- 4) When tofu is pressed, add olive oil to a large skillet over medium-high heat. Add tofu to the pan and cook for 4 minutes per side until tofu is lightly browned on both sides.
- 5) When tofu is crispy on the outside, remove it from the pan and chop tofu into 1/2-inch cubes.
- 6) Cut bok choy in half down the middle and place it in large skillet that you cooked the tofu in. Place it cut-side down in the pan and add an extra drizzle of oil if the pan is dry. Cook bok choy for about 3 minutes until it's charred on the cut side. Remove and chop.
- 7) Build bowls by dividing soba, tofu, bok choy, and raw sliced red peppers between each bowl. Spoon in simmering stock (without add-ins) and a dash of soy sauce in each bowl. Garnish each bowl with cilantro, sesame oil, and Sriracha chili sauce.



Soba Hot Pot



The Leftover Hot Pot

I make hot pots like this a lot because they are incredibly flexible. If you have any leftover veggies (raw or cooked) or any meat, you can probably get away with adding it to a bowl.

Just some ideas:

- Shredded chicken or pork
- Wilted spinach or leafy green
- Sauteed mushrooms
- Roasted salmon or any sturdy fish, flaked
- A hard boiled, soft boiled, or fried egg
- Any raw pepper, sliced thin



MEAL 3 | Good Greek Chicken Salad

This is a meal of a salad. It is not a side salad at all. While you can buy similar salad dressings in the store, I highly recommend trying this homemade version. It's worth the five minutes of work. That plus flavorful add-ins makes this a super tasty dinner/salad.

Greek Chicken Salad

Yield: Serves 4 | Time: 25 min

Ingredients:

5 ounces baby spinach or other green
4 small chicken breasts
2 small tomatoes, quartered
1 small cucumber, sliced
1/2 small red onion, sliced thin
6-8 radishes, quartered
1 cup kalamata olives, chopped
1 cup marinated artichokes
4 ounces crumbled feta
Olive oil
Salt and pepper

Directions:

- 1) Drizzle chicken breasts with olive oil and season well with salt and pepper.
- 2) Cook chicken over a hot grill for 8-10 minutes per side until cooked through. Alternatively, you can sear chicken breasts in a skillet or grill pan and finish them in a 350 degree F. oven until they reach an internal temperature of 165 degrees F.
- 3) Let chicken rest briefly and then chop into big chunks.
- 4) Divide spinach or other greens between four plates. Top with chicken and other salad toppings.
- 5) Drizzle with Greek salad dressing and serve immediately!

Greek Salad Dressing

Yield: 1 cup | Time: 5 min

Ingredients:

1/2 cup olive oil
1/2 cup red wine vinegar
1 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon black pepper
1 teaspoon kosher salt
1 teaspoon mustard

Directions:

- 1) Shake all ingredients together vigorously in a jar or salad dressing container or whisk together in a bowl.



Vegetarian Version



This salad is really filling without the chicken, but if I were to leave it out, I would drain and rinse a can of white northern beans or chick-peas and add those to the salad!

Chutney Breakfast | Breakfast Mango Chutney Sandwich

These hearty breakfast sandwiches use one of my hidden kitchen weapons: mango chutney. It's such a flavorful condiment and very under-used in America. You should be able to find it near the Asian foods in your grocery store. Use it liberally!

Breakfast Sandwiches

Yield: 4 Servings | Time: 3 min.

Ingredients:

4 english muffins, toasted
4 eggs, scrambled
6 ounces ham
1 cup shredded cheese
1/2 cup spicy mango chutney
Baby arugula
Salt and pepper
Neutral oil, for cooking

Directions:

- 1) Preheat broiler to high heat. Cut muffins in half and broil for 2-3 minutes until they are toasty brown.
- 2) Add a drizzle of oil to a medium skillet over medium heat. Sear ham for 4-5 minutes per side until it's nicely browned and warmed through.
- 3) Remove ham from the skillet and wipe it out to clean off any burned on stuff. Then add a fresh drizzle of oil and the scrambled eggs. Turn heat down to low and cook eggs until they are softly scrambled. It's okay if they are slightly undercooked.
- 4) Build a sandwich by smearing one side of muffin with mango chutney. Top with ham, eggs, cheese, and a pinch of salt and pepper.
- 5) Broil sandwiches for 1 minute until cheese is melted.
- 6) Top sandwiches with fresh arugula and the other muffin half. 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

- Arugula, baby (5 oz.)
- Baby bok choy (2 bulbs)
- Baby spinach (5 oz.)
- Cilantro (garnish)
- Cucumber (1)
- Garlic, cloves (1 head)
- Ginger (2 inches)
- Radishes (6-8)
- Red onion, small (1)
- Red pepper (1)
- Tomatoes (2)
- Yellow onion (1)

Meat, Poultry, Seafood

- Bacon (4 slices)
- Chicken, small breasts (4)
- Ham (6 oz.)

Dairy

- Cheddar cheese (1 cup)
- Cream (2/3 cup)
- Eggs (4)
- Feta (4 oz.)
- Parmesan (garnish)

Spices and Pantry Items

- Artichokes, marinated (1 cup)
- Basil, dried (1 teas.)
- Dried chili peppers, arbol (4-5)
- English Muffins (4)
- Garlic powder (1 teas.)
- Kalamata olives (1 cup)
- Kosher salt
- Mango chutney (1/2 cup)
- Mustard (1 teas.)
- Olive oil (1 cup)
- Oregano, dried (1 teas.)
- Penne pasta (1 lb.)
- Red wine vinegar (1/2 cup)
- Sesame oil (1 Tbsp.)
- Soba noodles (9-10 oz.)
- Soy sauce (2 Tbsp.)
- Sriracha chili sauce (garnish)
- Sun-dried tomatoes, in oil (1/2 cup)
- Tofu, extra-firm (15 oz.)
- Vegetable Oil (2 Tbsp.)
- Vegetable stock (1 qt.)