

# MACHEESMO

## - MEALS -

## FAST FRESH ASIAN

I've been on a serious Asian food kick lately. I'm not talking about cheap Chinese take-out (although that has its place and time for sure). I'm talking about really fresh meals with loads of veggies and spices and mixes of savory, spicy, and sweet sauces.

The nice thing about all these meals? They are super fast and light enough to eat on a hot spring day. The noodle salad for meal one, for example, is one of my favorite picnic noodle salads!

Skip the Asian take-out this week and try these out!

### MEAL 1

- Rice Noodle Salad with Grilled Chicken

### MEAL 2

- Chicken Noodle Bowls

### MEAL 3

- Quick Chickpea Curry

### LUNCHES!

- Asian Quinoa Salad

**#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 | Chicken Rice Noodle Salad

This salad is so fresh and light. The dressing is perfectly sweet and spicy and the herbs make the whole thing pop. Leftovers are maybe better because everything has a chance to mingle.

### Chicken Noodle Salad

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

#### Ingredients:

1 lb. chicken breast  
2 tablespoons chili garlic sauce  
2 tablespoons fish sauce  
1 lime, juice only  
1 Tablespoon brown sugar

#### Salad Dressing:

1/4 Cup fish sauce  
1/4 Cup warm water  
1 lime, juice only  
2 Tbsp. sugar  
1 teaspoon chili garlic sauce  
1 clove garlic, minced

#### Salad stuff:

1 large carrot, grated  
1/2 large cucumber, peeled seeds and cut into match sticks  
8 ounces dried rice noodles  
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, mince garlic and whisk with other dressing ingredients. Set aside for later.
- 2) To prep chicken, whisk together sauces, lime, and brown sugar. Marinate chicken for at least 10 minutes, but in advance is best. Grill chicken over medium-high heat until cooked through. You can also sear the chicken in a skillet over medium high heat for 6-7 minutes per side and finish cooking in a 350 degree F. oven.
- 3) Peel carrots and cucumbers and remove seeds from cucumbers. Run them both through a box grater.
- 4) Chop lettuce and herbs and set aside.
- 5) Cook rice noodles according to package.
- 6) Finish salad by layering noodles, then carrot slaw, then lettuce and herbs. Add pork to the top and pour on 1/2 of the dressing.
- 8) Before serving, toss salad together to combine ingredients and dressing well. Serve extra dressing on side.



#### Vegetarian Version



If you want to skip the chicken here, sear some tofu in a pan with a drizzle of oil. Serve the tofu over the salad with dressing.

#### Planning Ahead!

Make meal two so easy by marinating and cooking an extra pound of chicken breasts. Shred them the next day or two and use it for the noodles bowls!



## MEAL 2 | Chicken Noodle Bowls

It's almost not fair how good this soup is for how little work is involved. Use leftover chicken from meal one or snag a 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 shredded chicken (1 lb.)  
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.





## MEAL 3 | Quick Chickpea Curry

Curry gets a bad rep of being hard to prepare. These days you can get great curry pastes and then you only have to chop a few things, simmer a big pot of good smelling curry, and dinner is served in under 30 minutes. This version has lots of fresh spring spinach. Thank me later!

### Quick Chickpea Curry

Yield: 4 Servings | Time: 30 minutes

#### Ingredients:

2 tablespoons olive oil  
1 large yellow onion, diced  
2 cloves garlic, minced  
2 inches fresh ginger, minced or grated  
2 tablespoons red curry paste  
2 (15 ounce) cans chickpeas, drained  
1 (14 ounce) can lite coconut milk  
1 bunch large spinach, rinsed  
1 lemon, juice only  
Kosher salt, to taste  
Fresh cilantro, garnish  
Rice, for serving

#### Directions:

- 1) Add oil to a medium-large pot over medium heat. Once hot, add the onions, garlic, and ginger. Cook until the veggies are slightly soft and fragrant, about 4 minutes.
- 2) Add curry paste to the veggies and sautee for 2 minutes.
- 3) Add chickpeas, coconut milk, and lemon.
- 4) Simmer curry for 5 minutes to heat through. At the last minute, add spinach and cook until wilted. Finally, taste for salt.
- 5) Serve curry garnished with fresh cilantro.

### Buttered Na'an

Yield: 6 na'an | Time: 10 min.

#### Ingredients:

6 na'an breads  
2 tablespoons unsalted butter, melted  
2 tablespoons fresh chives

#### Directions:

- 1) Preheat oven to 400 degrees F. Lay out na'an breads on a few baking sheets.
- 2) Bake na'an breads for a few minutes. Then brush with butter and return to the oven.
- 3) After another minute or two the na'an should be slightly crispy around the edges but still soft on the inside.
- 4) Serve the bread sprinkled with fresh chopped chives.



### Curry Paste or Powder

Curry powder is a dried spice and generally has a more mild flavor than the paste. For a dish like this, you want the paste which is packed with flavor. My favorite brands are Mae Ploy and Thai Kitchen.

### Homemade Na'an

Na'an is one of the most perfect sides for a dish like this. You can find prepared na'an bread in the bakery section of most supermarkets these days, but if you are feeling ambitious, I made a really delicious homemade onion na'an earlier in the year that would be perfect for this dish. [Check it out here.](#)

I use the prepared stuff all the time though and just jazz it up if I'm crunched for time.

# Quinoa Lunch | Asian Quinoa Salad

**Lunches** can be tough to master. It's so easy to just grab something from a fast food spot. I think this salad can change your lunch game for at least a few days during the week though. It has lots of interesting flavors and is really filling.

## Quinoa Salad

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

### Ingredients:

2 cups quinoa, cooked  
1 cup sweet corn  
1 cup peas, or snap peas  
1 carrot, grated  
1 handful baby kale  
1/4 cup cilantro  
2 scallions, diced  
1 tablespoon sesame seeds (opt.)

### Dressing:

3 tablespoons sesame oil  
3 tablespoons soy sauce  
1 tablespoon olive oil  
1 tablespoon rice vinegar  
1 teaspoon honey  
1/2 teaspoon ginger, grated  
1 glove garlic, minced

### Directions:

- 1) Whisk together ingredients for dressing and set aside.
- 2) Cook quinoa according to instructions. Generally, this involves two cups of water per cup of uncooked quinoa. Bring water to a simmer and add quinoa. Turn heat down to medium-low and simmer, covered, for 18-20 minutes until water is absorbed. Remove from heat and let steam for 10 minutes. Fluff quinoa with a fork.
- 3) Meanwhile, prep all the veggies for the salad and toss them in a large bowl.
- 4) Pour dressing over veggies and stir to combine. Add quinoa very last and toss to combine. Serve warm or chill for 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

- Basil (1/4 cup)
- Carrots (3)
- Chives (2 Tbsp.)
- Cilantro (1/2 cup + Garnish)
- Cucumber (1/2)
- Garlic (6 clove)
- Ginger (3 inch)
- Kale, baby (1-2 cups)
- Lemon (1)
- Lime (2)
- Mint (1/4 cup + garnish)
- Red lettuce (2 cups)
- Red pepper (1/2)
- Scallions (4)
- Snap Peas (1 cup)
- Spinach (1 bunch)
- Yellow onion (1)

### Meat, Poultry, Seafood

- Chicken breast (2 lb.)

### Dairy

- Butter (2 Tbsp.)

### Spices and Pantry Items

- Black pepper
- Brown sugar (1 Tbsp.)
- Chicken broth (1 qt.)
- Chickpeas (2 15-oz. cans)
- Chili garlic sauce (3Tbsp.)
- Coconut milk, lite (1 14-oz. can)
- Corn, frozen (1 cup)
- Fish sauce (6 Tbsp.)
- Honey (1 teas.)
- Kosher salt
- Na'an Bread (6)
- Quinoa (1 cup)
- Olive oil (4 Tbsp.)
- Red curry paste (3 Tbsp.)
- Rice (2 cups , for curry)
- Rice noodles (16 oz.)
- Rice vinegar (1 Tbsp.)
- Sesame oil (4 Tbsp.)
- Sesame seed (1 Tbsp.) (opt.)
- Soy sauce (4 Tbsp.)
- Sriracha (2 teas.)
- Sugar (2 Tbsp.)