



Meal Prep Monday

Green Pea, Potato & Goat's Cheese Frittata ●● Curried Chicken Salad with Red Peppers
Salmon Avocado Wrap ● Hearty Italian Meatballs ● Fiery Garlic Chicken & Broccoli



Grocery List

Baby Potatoes

Frozen Peas

Eggs

Goat's Cheese

Rocket

Olive Oil

Chicken

Mayonnaise

Curry Powder

Red Bell Peppers

Walnuts

Canned Pink Salmon

Celery

Avocado

Pecans

Fresh Dill

Lettuce

Ground Beef

Ground Pork

Parsley

Oregano

Thyme

Basil

Garlic

Broccoli

Shallots

Balsamic Vinegar

Hot Sauce

Green Pea, Potato & Goat's Cheese Frittata

4 baby potatoes, thinly sliced
1 cup frozen peas
8 eggs
3 oz. goat's cheese, crumbled
4 oz. rocket
1 tbsp. olive oil
salt & pepper

- 1.Heat an ovenproof non-stick frying pan over medium heat, greased with the olive oil. Cook the sliced potato 5-6 minutes on each side or until lightly golden and tender. Transfer to a plate and set aside.
- 2.Meanwhile, place the frozen peas in a bowl of hot water and allow to defrost until tender. Drain well.
- 3.Lightly whisk the eggs in a medium bowl. Season to taste with salt and pepper.
- 4.Preheat the grill on medium. Arrange half the potato at the base of the frying pan. Top with half the peas and half the goat's cheese. Repeat the layering process once more and then pour over the eggs to cover the potato. Cook over a low-medium heat for 10 minutes or until the egg is almost set.
- 5.Place under the grill for 5 minutes, until the egg is just set on top. Cut the frittata into wedges, and serve with a handful of rocket.

Curried Chicken Salad with Red Peppers

1 cup chopped, cooked chicken
4 tablespoons mayonnaise
2 teaspoons curry powder
1/4 cup sliced red bell peppers
2 tablespoons walnuts
1 tablespoon olive oil
Salt and pepper

- 1.Chop chicken, peppers and walnuts and place in a medium sized bowl. In a small bowl, combine mayo, olive oil and curry powder, mix well. Add mayo mixture to chicken mixture and stir until all ingredients are incorporated. Season with salt and pepper to taste. Serve.

Salmon Avocado Wrap

1/4 (16 oz) canned pink salmon
1 tablespoon mayonnaise
1/4 cup chopped celery
1/4 cup diced avocado
1 tablespoon chopped pecans
1 teaspoon chopped fresh dill
1 large lettuce leaf, in tact
Salt and pepper

1. Combine all ingredients except the lettuce leaf in a bowl. Mix well and season with salt and pepper. Serve the salmon salad in the lettuce leaf.

Hearty Italian Meatballs

1/4 lb. grass fed ground beef
1/4 lb. ground pork
2 tbsp dried parsley
1 tbsp dried oregano
1 tbsp dried thyme
1 tbsp dried basil
1 clove garlic; minced
1 egg

1. Combine all ingredients in a large bowl and mix well. Roll into balls and place on a cookie sheet or baking dish. Bake in a preheated oven at 375.

Fiery Garlic Chicken & Broccoli

2 chicken thighs
1/4 cup chopped broccoli florets
1 teaspoon olive oil
1 tablespoons chopped shallots
1 clove garlic, minced
1 tablespoon balsamic vinegar
1 teaspoon hot sauce

1. Preheat oven to 400 degrees F. Toss the chicken and broccoli with the olive oil, shallots, garlic, vinegar and hot sauce. Lay on a parchment lined sheet pan and bake for 20-25 minutes until chicken is cooked through and broccoli is tender.