



# Meal Prep Monday

Cauliflower Hash Browns ● Chicken Piccata ● Sweet Potato & Black Bean Brownies  
Kale & Tofu Salad with Peanut Butter Dressing ●●●● Sesame Crusted Miso Tuna

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## Grocery List

Shredded Hash Browns	Chicken Breast	Sweet Potato	Natural Tofu
Frozen Riced Cauliflower	Butter	Black Beans	Kale
Frozen Chopped Onions,	Capers	Walnuts	Purple Cabbage
Peppers, Celery	Lemons	Coconut Sugar	Bell Pepper
Olive Oil	Parsley	Dark Chocolate Bar	Carrot
Eggs	White Miso	Soy Sauce	Coconut Oil
	Tuna Steaks	Lime	Peanut Butter
	Sesame Seeds	Chili Flakes	Coconut Milk
	Spring Onions	Honey	Rice Vinegar
	Green Beans		

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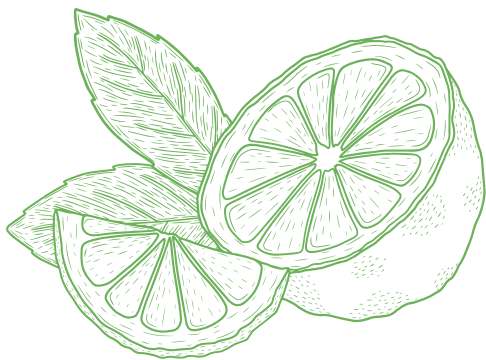
## Sesame Crusted Miso Tuna

1 tbsp. white miso  
2 tuna steaks (5 oz.)  
4 tbsp. sesame seeds  
1 bunch of spring onions, trimmed and sliced  
7 oz. green beans, halved  
1 tbsp. olive oil

- 1.Heat 1 tablespoon of olive oil in a large pan over medium-high heat.
- 2.Rub the tuna steaks with miso paste and coat with sesame seeds on each side. Cook the steaks in the pan for 1 ½ minute each side, then place them aside to rest.
- 3.In the same pan cook the spring onions and green beans for 3-4 minutes, or until beans are tender.
- 4.Season to taste with salt and pepper, then divide between two serving plates.
- 5.Slice the steaks and place on top of the vegetables. Serve.

# Chicken Piccata

1 lb. (450g) chicken breast  
3.5 oz. (100g) butter  
¼ cup (50g) capers, drained  
3 lemons, zested, juiced  
½ cup (30g) parsley, chopped  
salt & pepper



1. Place a chicken breast between 2 sheets of cling film. Use a meat mallet, or rolling pin, to gently pound the chicken until it is approximately 1.5cm thick. Season well with salt and pepper.
2. Heat ¼ of the butter in a large pan over a medium-high heat and cook the chicken. Cook for 4 minutes each side or until golden brown. Transfer to a plate and set aside.
3. Add the remaining butter to the pan. Cook, stirring, for 2-3 minutes or until the butter melts and turns a golden brown color.
4. Add the capers to the butter and cook for 1 minute. Add the lemon juice and half the lemon zest, and mix. Now place the chicken and any juices back in the pan. Cook, turning occasionally, for 2-3 minutes or until chicken is cooked through and the sauce has thickened slightly.
5. To serve, sprinkle with parsley and remaining lemon zest.

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# Sweet Potato & Black Bean Brownies

9 oz. (250g) sweet potato  
1 14oz. (400g) can black beans, drained  
½ cup (60g) walnuts  
3.5 oz. (100g) coconut sugar  
1 bar dark chocolate, chopped  
3 tbsp. olive oil



1. Peel, chop and boil the sweet potatoes until they are soft. Set aside to cool.
2. Heat the oven to 360°F and prepare an 11x7-inches baking tin lined with baking paper.
3. Place the cooled sweet potatoes, black beans, walnuts, sugar and chocolate into a food processor and blitz until smooth. Add in the olive oil and blitz again.
4. Transfer the batter into the baking tin and bake for 50 minutes. Remove from the oven and allow to cool completely on a wire rack, before cutting into 12 squares. Store in an airtight container.

# Kale & Tofu Salad with Peanut Butter Dressing

For the salad:

14 oz. (400g) natural tofu  
3 cups (90g) kale, chopped  
1 cup (100g) purple cabbage, shredded  
1 red bell pepper, chopped  
2/3 cup (30g) carrot, grated  
1 tbsp. coconut oil

For the dressing:

3 tbsp. peanut butter  
2 tbsp. coconut milk  
1 tbsp. rice vinegar  
1 tbsp. honey  
1 tbsp. soy sauce  
1/2 lime, juiced  
1/2 tsp. chili flakes  
1-2 tbsp. water

1. Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.
2. In the meantime, prepare your vegetables. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.
3. In a small bowl, mix all the dressing ingredients.
4. Heat the coconut oil in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes each side, or until golden brown.
5. Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.



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## Cauliflower Hash Browns

- 3 cups frozen shredded hash browns
- 1 (10 ounce) package frozen riced cauliflower
- 1 cup frozen chopped seasoning blend (onions, bell peppers, celery) or stir-fry blend (onions, bell pepper)
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons canola or vegetable oil, divided
- 4 large eggs



1. Combine hash browns, cauliflower, seasoning (or stir-fry) blend, salt, and pepper in a large bowl. Add 2 Tbsp. oil and toss to coat.
2. Heat 1 tsp. oil in a large nonstick skillet over medium-high heat. Add the potato mixture; cook, stirring with a spatula, until the vegetables begin to soften and hold together a little, about 2 minutes. Continue cooking, undisturbed, until beginning to brown on the bottom, about 5 minutes. Gently lift portions with the spatula and flip, so that browned sides are on top. Break up a little with the spatula and continue cooking, undisturbed, until the underside is lightly browned, another 4 to 5 minutes. Continue cooking, breaking up and flipping, until most of the mixture is browned and crisped, 8 to 10 minutes more.
3. Divide the mixture among 4 plates and keep warm.
4. Add the remaining 2 tsp. oil to the skillet and return to medium heat. Crack the eggs into the pan and fry to desired doneness. Top each hash brown portion with a fried egg and serve.