

YOUR FIVE DAY BREEZEY SUMMER MEAL PLAN



five nutritious dinner ideas for your week and the shopping list





Carine Claudepierre of sweetashoney.co and author of My Clean Bakery has created this eBook, full of tasty recipes, on behalf of Almond Breeze Australia

For more recipe inspo visit www.almondbreeze.co.nz and follow us on social [@almondbreezenz](https://www.instagram.com/almondbreezenz)

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MENU

MONDAY

Crustless Zucchini Quiche

TUESDAY

Thai Chicken Skewers with
Peanut Sauce

WEDNESDAY

Mexican Salad with Creamy
Avocado Dressing

THURSDAY

Eggplant Tofu Curry

FRIDAY

Avocado, Egg and Tuna Salad
Sandwich

YOUR SHOPPING LIST



SHOPPING LIST



PANTRY ESSENTIALS

Olive Oil
Salt
Pepper
Dried oregano
Lime juice
Lemon juice
Tahini paste
Maple syrup
Ground ginger
Ground cumin
Peanut butter
Soy sauce
Sriracha sauce
Chilli flakes
Coconut oil
Garam masala
Turmeric

VEGETABLES

3 ripe avocados
1 box of cherry tomatoes
1 red onion
1 packet fresh coriander
2 small brown onion
10 garlic cloves
2 large courgettes
2 red capsicum
2 corn cob
1 spring onion
1 tomato
1 iceberg lettuce
2 eggplants
Fresh ginger root about 2cm

FRESH

1 bag grated cheese (350g)
500 g chicken breast
8 eggs
1 block firm tofu (400g)

OTHERS

1 can tuna in spring water
1 can black beans
1 can tomato paste concentrate
125 ml vegetable stock
6 sandwich bread slices
1 packet ground almond, 70g
1 litre Unsweetened Almond Breeze
1 litre Original Almond Breeze

CRUSTLESS ZUCCHINI QUICHE

GLUTEN FREE, VEGETARIAN



SERVES 6



30 MINUTES

This crustless courgette quiche is the most breezey and delicious dinner recipe to use your garden summer herbs and vegetables. A nutrient-dense dinner recipe and any leftovers makes a protein loaded breakfast.

INGREDIENTS

- 1 1/2 tablespoon olive oil
- 1 small brown onion, finely diced
- 2 garlic cloves crushed
- 2 large courgettes, thinly sliced (roughly 5 cups)
- 1 red capsicum, cored, sliced (1 cup)
- 1 corn cob, cooked, cut off kernels from cob (3/4 cup)
- 1/2 teaspoon salt
- Pinch of pepper
- 1 tablespoon dried oregano
- 4 eggs
- 3/4 cup Almond Breeze Unsweetened
- 1/2 cup grated cheese (mix parmesan & mozzarella)



METHOD

1. Preheat oven to 200C.
2. Grease a 26 cm flan dish with 1 teaspoon olive oil. Set aside.
3. Heat a large skillet, on medium heat and add olive oil.
4. Add the diced brown onion, crushed garlic, sliced courgette and capsicum. Sauté the vegetables for about 10 minutes or until the vegetables are tender.
5. Add corn kernel, salt, pepper and dried oregano. Sauté for an additional 1-2 minutes.
6. Remove from heat. Transfer the vegetables into the prepared flan dish.
7. In a small mixing bowl, beat eggs, Unsweetened Almond Breeze and 1/2 cup grated cheese.
8. Pour the egg mixture onto the vegetables. Top with 1/4 cup grated cheese if desired.
9. Bake at 200C for 25 minutes or until the egg mixture is set.
10. Remove from the oven and wait 5 minutes before serving.



CRUSTLESS ZUCCHINI QUICHE

THAI CHICKEN SKEWERS WITH PEANUT SAUCE

GLUTEN FREE, DAIRY FREE



SERVES 6



30 MINUTES

These Thai Chicken Skewers make a breezy low carb dinner. Delicious grilled on the bbq or skillet, they create a fabulous party food dipped in its dairy free creamy peanut butter sauce.

INGREDIENTS

Chicken

- 500 g chicken breast (or tenderloin), cut into strips
- 2 tablespoons lime juice
- 2 tablespoons maple syrup
- 1 tablespoon Almond Breeze Original
- 2 garlic cloves crushed
- 1 teaspoon ground ginger
- 1/4 teaspoon salt

Peanut sauce

- 1/2 cup Almond Breeze Original
- 1/2 cup peanut butter, smooth, unsalted
- 1 tablespoon maple syrup
- 2 tablespoons soy sauce (or tamari sauce if gf)
- 2 garlic cloves, crushed
- 2 teaspoon sriracha sauce
- 1/4 teaspoon ground ginger
- 1 tablespoon lime juice



METHOD

1. In a medium mixing bowl, combine lime juice, maple syrup, Original Almond Breeze, garlic, ginger and salt.
2. Add the chicken strips and marinate the mixture for 1-2 minutes.
3. Place each chicken strip on a wooden stick.
4. Heat a skillet, grilling pan or BBQ to a medium heat. Grease the skillet with 1 teaspoon olive oil, add the chicken skewers and grill for about 5 minutes on both sides until chicken is cooked.
5. Meanwhile, prepare the peanut sauce. In a blender, add all the peanut sauce ingredients: Almond Breeze Original, peanut butter, maple syrup, soy sauce, sriracha sauce, ginger and lime juice. Blend on high speed for 30 seconds or until all the ingredients come together into a creamy sauce.
6. Pour the sauce into a medium saucepan. Simmer for 3-5 minutes on medium heat to thicken.
7. Serve the hot chicken skewers with the peanut sauce on the side with a green salad.



THAI CHICKEN SKEWERS
WITH PEANUT SAUCE

MEXICAN SALAD WITH CREAMY AVOCADO DRESSING

GLUTEN FREE, DAIRY FREE, VEGAN, VEGETARIAN



SERVES 2



20 MINUTES

Say hola to your mid-week dinner with this fresh and crunchy rainbow salad full of delicious Mexican flavours and creamy topped with avocado dressing.

INGREDIENTS

Mexican Salad

- 1 cup canned black beans, rinsed and drained
- 1 corn cob, cooked, cut off kernels from cob (1/4 cup)
- 1 ripe avocado, diced
- 1 cup cherry tomatoes, halved
- 1 red capsicum, cored, seeded and cubed
- 1/2 red onion, finely chopped
- 1/4 cup fresh coriander leaves finely chopped

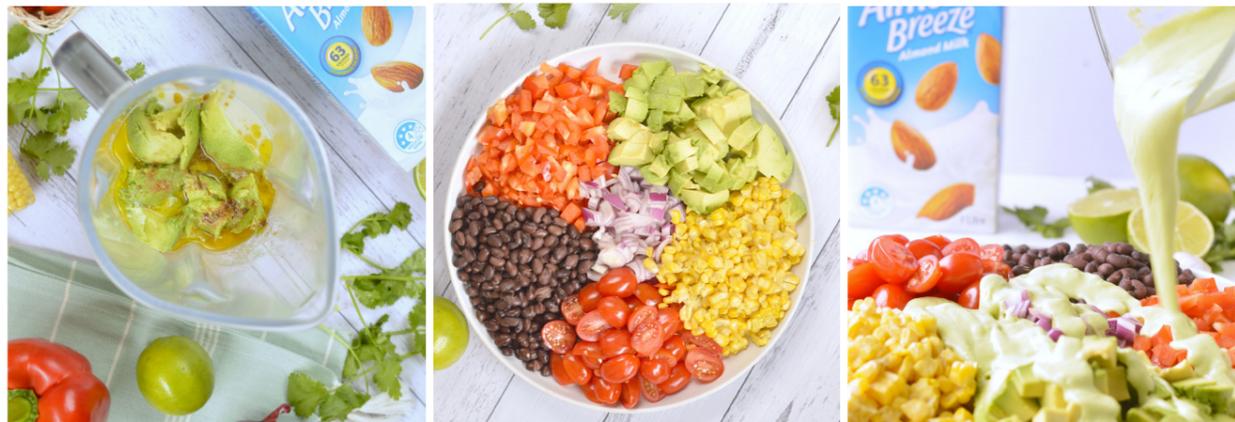
Avocado Lime dressing

- 1 ripe avocado
- 3/4 cup, Unsweetened Almond Breeze
- 2 tablespoon olive oil
- 1 tablespoon lime juice
- 1/4 teaspoon ground cumin
- 2 garlic cloves crushed
- 1/4 teaspoon salt
- Pinch of chilli flakes



METHOD

1. In a large salad bowl, add all the Mexican salad ingredients. Set aside.
2. In a blender, add the ripe avocado, Unsweetened Almond Breeze, olive oil, lime juice, ground cumin, garlic, salt, chilli flakes. Blend on high speed for 30- 60 seconds, or until the dressing is smooth and there is no lumps of avocado. If the dressing is too thick, add more almond milk, 1 tablespoon at a time until it reaches your desired consistency.
3. Pour the avocado lime dressing onto the prepared salad. Combine with a serving spoon.
4. Refrigerate for 1 hour to enhance the flavour. Serve with extra chilli flakes and fresh coriander on top.



MEXICAN SALAD WITH CREAMY
AVOCADO DRESSING

EGGPLANT TOFU CURRY

GLUTEN FREE, DAIRY FREE, VEGAN, VEGETARIAN



SERVES 4



30 MINUTES

A delicious summer vegetable curry for a comforting weeknight dinner that all the family loves.

INGREDIENTS

- 2 tablespoons coconut oil
- 1 block firm tofu, towel dried, cubed
- 2 eggplants, unpeeled, trimmed and roughly cubed
- 1/2 teaspoon salt
- 1 brown onion, finely diced
- 1/3 cup tomato paste
- 2 garlic cloves, crushed
- 1 cm fresh grated ginger
- 1 tablespoon garam masala
- 1 teaspoon turmeric
- 1/2 cup vegetable stock
- 1 1/4 cup Original Almond Breeze
- 2 tablespoon ground almond, to thicken the sauce



METHOD

1. In a large frying pan, on medium heat, add 1 tablespoon of coconut oil. Fry tofu for 1-2 minutes on each sides.
 2. Add cubed eggplants, salt and stir fry for 5-7 minutes until the vegetables soften and are evenly browned on all sides. Remove from the pan. Set aside in a bowl.
 3. Bring the frying pan back to medium heat, heat the remaining tablespoon of coconut oil, cook the diced onion for 1-2 minutes or until golden and fragrant.
 4. Stir in tomato paste and spices: grated ginger, garam masala, turmeric. Cook for 1 minute, stirring constantly until it form a fragrant tomato paste.
 5. Add the vegetables and tofu back to the pan. Combine with the tomato paste. Add in the vegetable stock, Original Almond Breeze. Cover and bring to the boil.
 6. Reduce to low heat, uncover and stir in the almond meal.
 7. Simmer for 10-15 minutes, stirring often until the sauce thickens.
- Serve with fresh coriander, sliced almonds and chili flakes for a spicy flavour.



EGGPLANT TOFU CURRY

AVOCADO, EGG AND TUNA SALAD SANDWICH

GLUTEN FREE (USE GLUTEN FREE BREAD SLICES), DAIRY FREE, PALEO (USE PALEO BREAD SLICES)



SERVES 4



20 MINUTES

This simple avocado egg and tuna sandwich is a fun and healthy Friday night dinner. Everyone loves a casual dinner before the weekend on a warm summers evening! This salad sandwich is packed with healthy fat, protein and can be adapted to any diet using your favourite bread base.

INGREDIENTS

- 1 avocado, ripe, soft
- 1 tablespoon lemon juice
- 1/4 cup tahini paste
- 1/4 cup Original Almond Breeze
- 1 can of tuna, in spring water, drained, shredded
- 4 hard-boiled eggs, finely diced
- 1 spring onion thinly sliced
- 1/4 teaspoon salt
- Pinch of pepper
- 6 slices sandwich bread - gf or paleo if needed, 2 slices per sandwich
- 1/2 red onion, sliced



METHOD

1. In a large mixing bowl, add ripe avocado, lemon juice, tahini paste and Almond Breeze Original.
2. Using a fork or potato masher, mash the ripe avocado with the other ingredients to form a creamy, chunky sauce.
3. Add in shredded tuna, diced eggs, sliced spring onion, salt and pepper. Set aside.
4. Place one slice of bread on a plate. Place on top a baby cos lettuce leaf, generously spoon out some avocado, egg and tuna salad, add sliced red onion, tomato slices and extra baby cos lettuce leaves.
5. Close with another slice of bread.
6. Serve immediately or store in the fridge in a sandwich box up to 24 hours.

Store the salad in the fridge and make the sandwich just before serving for better flavours.



AVOCADO, EGG AND TUNA
SALAD SANDWICH