



THE *Defined* DISH

Quarantine Meal Plan 2

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From My Kitchen to Yours



Hey again! If you are needing a little inspiration for simple, delicious dinners this week I hope this meal plan helps provide just that! Again, you may not be able to find all of these ingredients during these hard times, however, it might just spark some ideas in you to get creative using what you have in your pantry and freezer!

XO,
Alex



Menu

Monday

Fish Puttanesca en Papillote

Tuesday

Crunchy Baked Turkey Tacos

Wednesday

Whole Roasted Greek Chicken and Potatoes

Thursday

One-Pot Cajun Chicken Pasta

Friday

Sichuan Beef Stir Fry



Grocery List

PRODUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> 1 Head Iceberg Lettuce | <input type="checkbox"/> 4 Lemons | <input type="checkbox"/> 1 Bunch Green Onion |
| <input type="checkbox"/> 1 Medium Carrot | <input type="checkbox"/> 1 Lime | <input type="checkbox"/> 1 White Onion |
| <input type="checkbox"/> 1 Celery Bunch | <input type="checkbox"/> 1 Knob of Ginger | <input type="checkbox"/> 1 Yellow Onion |
| <input type="checkbox"/> 8 oz Haricot Verts | <input type="checkbox"/> 1 Bunch of Fresh Basil | <input type="checkbox"/> 1 Head of Garlic |
| <input type="checkbox"/> 2 Roma Tomatos | <input type="checkbox"/> 1 Bunch Fresh Cilantro | |
| <input type="checkbox"/> 1.5 lbs Yellow Potatoes (4 Medium-Sized) | <input type="checkbox"/> 1 Bunch of Fresh Oregano | |

PANTRY ITEMS

- | | | |
|---|---|--|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Rice Vinegar |
| <input type="checkbox"/> Avocado Oil (Optional) | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Fish Sauce (I use Red Boat) |
| <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> Ground Cumin | <input type="checkbox"/> 1 Jar of Capers |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> 1 Jar of Kalamata Olives |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Ground Sichuan Peppercorn
(Sub Chinese Five Spice Powder) | <input type="checkbox"/> 1 Can Tomato Paste |
| <input type="checkbox"/> Crushed Red Pepper | <input type="checkbox"/> Tapioca Flour (Sub Arrowroot Powder or
Cornstarch if not Whole30) | <input type="checkbox"/> 1 Jar of Marinara (I use Rao's) |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> 8 Tortillas (I use Siete Grain-Free
Cassava) | <input type="checkbox"/> 1 32 oz Chicken Broth |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> 1 Jar Cashew Queso (I use Siete Foods
Nacho; Sub Shredded Cheese) | <input type="checkbox"/> 12 oz Penne Pasta (I use Jovial Brown
Rice Pasta) |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Your Favorite Hot Sauce | <input type="checkbox"/> Your Choice of Milk (Almond Milk Fine if
Dairy-Free) |
| <input type="checkbox"/> Dried Thyme | <input type="checkbox"/> 1 4-oz Can Diced Green Chiles (Mild or
Hot, Your Preference) | <input type="checkbox"/> Shredded Parmesan (Optional) |
| <input type="checkbox"/> Dried Rosemary | <input type="checkbox"/> Coconut Aminos (I use Big Tree Farms) | |

PROTEINS

- | | |
|---|--|
| <input type="checkbox"/> 1.5 lb Sirloin Steak | <input type="checkbox"/> 1 lb Boneless, Skinless Chicken Breasts |
| <input type="checkbox"/> 1 lb Ground Turkey | <input type="checkbox"/> 1 3.5-4 lb. Whole Chicken |
| <input type="checkbox"/> 2 6-8 oz Filets White Flakey Fish (Petrol Sole, Tilapia, Halibut...) | |





Monday

FISH PUTTANESCA EN PAPILOTE



MONDAY

Fish Puttanesca en Papillote

Serves 2

Ingredients

- 2 6-8 oz filets white flakey fish (petrol sole, tilapia or halibut work best)
 - 8 oz haricot verts
 - 2 cloves garlic, minced
 - 2 tablespoons extra virgin olive oil
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon black pepper
- 4 tablespoons store bought marinara (I like Rao's)
 - 1 lemon
 - 2 teaspoons capers, drained
 - 2 tablespoons kalamata olives, halved
 - 1 heaping teaspoon fresh oregano leaves
- 1/4 teaspoon crushed red pepper flakes (optional)
- 2 tablespoons fresh basil, cut into thin ribbons

Instructions

1. Preheat the oven to 400 degrees.
2. Line a baking sheet with two 14-inch sheets of parchment paper.
3. Evenly divide the haricot verts among the two pieces of parchment paper. Placing the ingredients in the center of the parchment. Place the fish on top of the haricot verts. Top with minced garlic, olive oil, salt, pepper and marinara sauce. Slice half the lemon into 4 1-inch thin slices and lay 2 slices of lemon on top of each filet (Reserve the other half for serving) Evenly distribute the capers and kalamata olives. Garnish with oregano and crushed red pepper flakes, if using.
4. Fold both ends of the parchment paper over the fish, making a long rectangle. Then, grab the open ends and roll towards the fish, so that no liquids can escape and creating a package.
5. Transfer the baking sheet to the preheated oven and bake until fish is cooked through and flakes easily with a fork. Cook time will depend on how thick your white fish is – tilapia and petrol sole will take 15-18 minutes, halibut will take closer to 20-22 minutes.
6. Garnish with freshly chopped basil and a squeeze of lemon juice.
7. Serve and enjoy!



THE *Defined* DISH



Tuesday

CRUNCHY BAKED TURKEY TACOS



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T U E S D A Y

Crunchy Baked Turkey Tacos

Serves 4

Ingredients

- avocado oil (you'll use about 3-4 tablespoons total)
 - 1/4 cup very finely diced white onion
 - 1 lb ground turkey (preferably dark meat)
 - 1 tsp kosher salt
 - 1/2 tsp black pepper
 - 1/2 tsp chili powder
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/2 tsp ground cumin
 - 1/2 tsp dried oregano
 - 1 4-ounce can diced green chiles (mild or hot, your preference)
 - 1 tbsp tomato paste
 - 1/4 cup chicken broth (sub beef broth, veggie broth, or even water here)
 - 8 tortillas (I use Siete Foods Grain-Free Cassava Tortillas)
 - 1/4 cup cashew queso (I use Siete Foods Nacho Flavor; sub shredded cheese)
 - 1/2 cup finely shredded iceberg lettuce (about 1/4 head of lettuce)
 - 1 roma tomato, seeded and diced small
 - 2 tbsp finely chopped cilantro
 - your favorite hot sauce
 - 1 lime, cut into wedges

Instructions

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper.
2. Heat a large skillet over medium high heat with 1 tablespoon of avocado oil. Add the onions, ground turkey, salt and pepper and cook, breaking up the meat with the edge of a spoon, until it is cooked through and no longer pink, about 7 minutes. You want to really break up the meat so it's super small and there are no large chunks.
3. Add the chili powder, garlic powder, onion powder, cumin, and oregano and cook, stirring, until spices are fragrant and incorporated into the meat, 1 to 2 minutes.
4. Pour in the diced green chiles (undrained) and the tomato paste into the meat and toss until well combined with the meat.
5. Pour in the broth and cook, stirring, until well combined and there are no longer clumps of the tomato paste in the meat. Remove from heat, cover, and keep the meat mixture warm while you prepare the tortillas.
6. In a small, separate non-stick skillet, heat 1/2 tsp of avocado oil over medium-high heat and quickly fry 1 tortilla (about 30 seconds on each side) until flexible and easy to fold. Set the tortilla on the prepared baking sheet and scoop about 2 tablespoons onto one side of the tortilla. Spread 1 tablespoon of the cashew queso across the other side of the tortilla and gently fold the tortilla in half, forming a taco. Continue frying, filling, and folding the tacos (adding more oil to the skillet as needed) until you've used all the filling.
7. Transfer the baking sheet to the preheated oven and cook until the tacos are crispy and golden browned on the edges, about 10 minutes. If for some reason the tops of your tortillas look dry, either brush or spray with avocado oil to ensure they will crisp up in the oven.
8. Remove from oven and let cool just until you can handle the tacos. Using your hands, gently open the tacos to fill with the sliced lettuce, diced tomatoes, and chopped cilantro.
9. Serve with lime wedges and your favorite hot sauce. Enjoy!





Wednesday

WHOLE ROASTED GREEK CHICKEN
AND POTATOES



THE *Defined* DISH

W E D N E S D A Y

Whole Roasted Greek Chicken and Potatoes

Serves 4

Ingredients

- 1.5 lbs. yellow potatoes (or 4 medium sized yellow potatoes), cut into 2" chunks
 - 1/2 yellow onion, sliced thin
- 2 tbsp + 1/4 cup extra virgin olive oil
 - kosher salt
 - cracked black pepper
- 1.5 tablespoons dried oregano
- 1/4 cup lemon juice (about 2 lemons)
 - 1 3.5-4 lb. whole chicken

Instructions

1. Preheat the oven to 450 degrees.
2. Lay the potatoes and yellow onion on a large cast iron skillet or sheet pan. Drizzle with olive oil and season with 1 teaspoon kosher salt, 1/2 teaspoon black pepper, 1/2 teaspoon dried oregano. Top mixture with 2 tablespoons of lemon juice and toss to coat evenly.
3. Next, spatchcock the chicken by using kitchen shears to remove the backbone. Rinse chicken (inside and out) and pat dry.
4. Place the chicken cavity side up over the potato and onion mixture.
5. In a bowl, combine 1 tablespoon dried oregano and 1/4 cup extra virgin olive oil and brush the back of chicken with 1/4 of the mixture. Season lightly with kosher salt and pepper.
6. Flip the chicken over and brush remaining oil mixture on top of chicken and drizzle with 2 tablespoons more of lemon juice. Season the top generously with kosher salt and pepper.
7. Roast in the oven for 30 minutes, remove from oven, toss the potatoes and place back into the oven and continue to roast for another 10 to 15 minutes, or until a meat thermometer inserted into the thickest part of the breast registers 155 to 160 degrees.
8. Remove the chicken from the oven and cover the skillet tightly with aluminum foil and allow to rest for 10 to 15 minutes.
9. Cut the chicken into quarters, sprinkle with kosher salt and serve hot with pan juices and potatoes.





Thursday

ONE-POT CAJUN CHICKEN PASTA



THE *Defined* DISH

THURSDAY

One-Pot Cajun Chicken Pasta

Serves 2

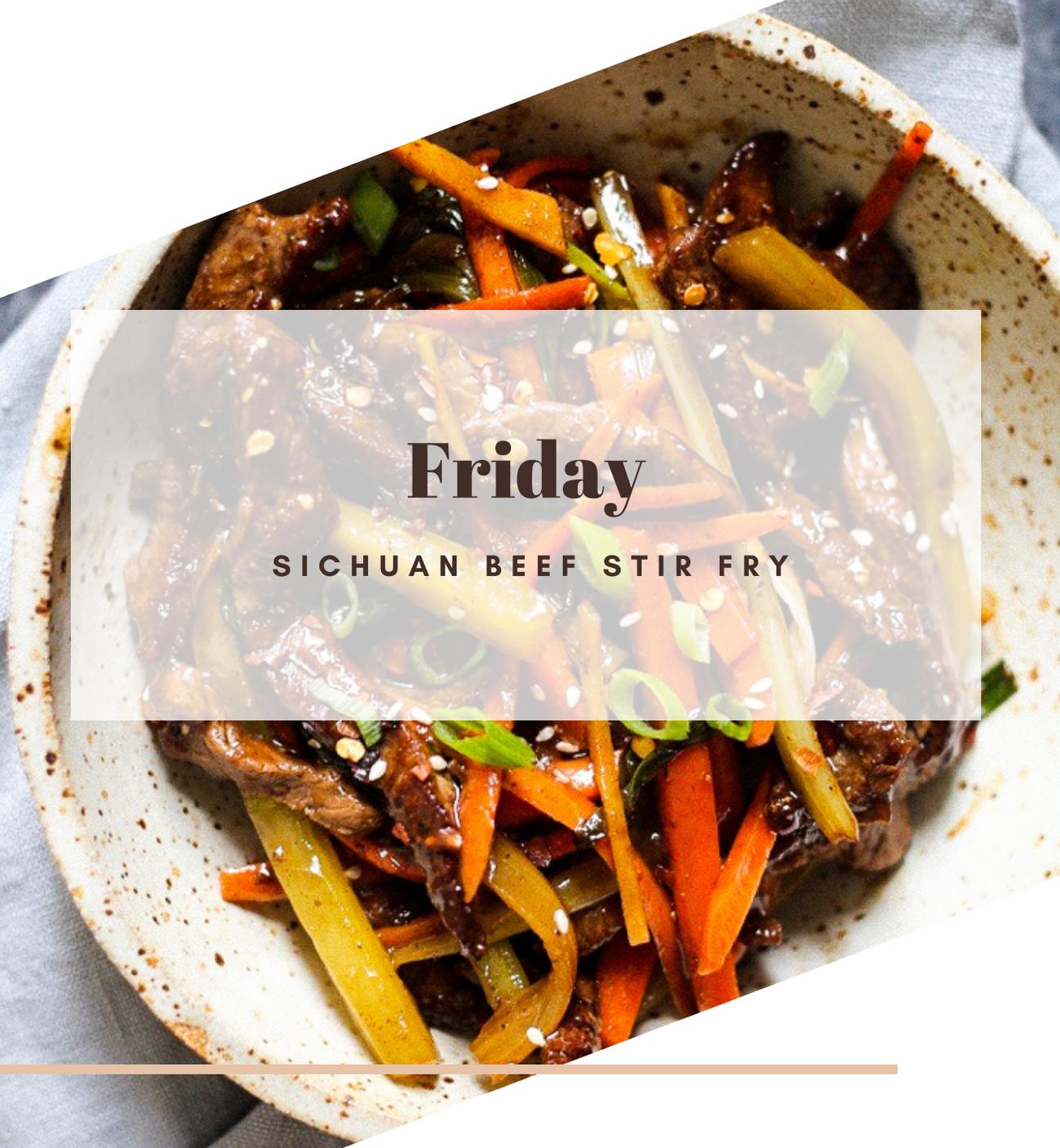
Ingredients

- 1 lb boneless, skinless chicken breasts
 - 1.5 tsp kosher salt
 - 1/2 tsp black pepper
 - 1 tsp paprika
- 1/2 tsp cayenne (If you want mild, go for 1/4 tsp. If you are serving kids omit the cayenne)
 - 1/2 tsp dried thyme
 - 1/2 tsp dried rosemary
 - 1/2 tsp dried oregano
- 2 tbsp extra virgin olive oil
- 1/2 cup white onion, diced
 - 2 cloves garlic, minced
- 12 ounces penne pasta (I use Jovial Brown Rice Pasta)
 - 2 cups low-sodium chicken broth
- 2 cups milk (almond milk is okay for dairy-free option)
 - 1 tsp kosher salt
 - 2 tbsp lemon juice (about 1/2 lemon)
- 1 roma tomato, seeds scooped out and diced fine
 - 2 green onions, thinly sliced, green parts only
 - 2 tbsp shredded parmesan cheese (optional)

Instructions

1. In a small bowl, combine the paprika, cayenne, thyme, rosemary, oregano and 1 tsp kosher salt. Stir until well combined and set aside.
2. Place chicken breasts on a cutting board and cover with parchment or saran wrap. Using a meat mallet or the bottom of a skillet, pound chicken until it is a uniform 1/4 inch thickness. Season both of the chicken breasts all over with 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Now, take about 1 teaspoon of the prepared spice mixture and evenly sprinkle on both sides of the chicken breasts (reserving the remaining mixture for later).
3. Heat oil in a large skillet with sides (I use a 3 qt. Saucier) over medium-high heat. When hot, but not smoking, sear the chicken until golden brown on both sides and cooked through, 3 to 4 minutes a side. Transfer cooked chicken to a cutting board and let rest while you make the pasta.
4. Reduce heat to medium. Add onion and garlic to the same skillet and saute, stirring, until tender, about 3 minutes. If your skillet is dry, add an extra tsp of oil.
5. Add the pasta, broth and milk. Season with salt and the remaining seasoning blend. Bring the contents in the pot to a gentle simmering (you don't want it to be boiling). Cook, simmering and stirring often until pasta is al dente and liquid is absorbed and creamy, 12 to 15 minutes.
6. Finish with lemon juice and taste, adjust salt and pepper, as desired.
7. Serve in a bowl topped with sliced chicken, roma tomatoes, green onion and shredded parmesan. Enjoy!





Friday
SICHUAN BEEF STIR FRY



THE *Defined* DISH

FRIDAY

Sichuan Beef Stir Fry

Serves 4

Ingredients

- 1.5 lbs sirloin steak
- 1 tablespoon tapioca flour*
- 1/2 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons + 1 teaspoon avocado oil
- 1 teaspoon toasted sesame oil
- 1/4 - 1/2 teaspoon crushed red pepper flakes (or to taste)
- 1.5 inch knob of ginger, peeled and julienned
- 2 cups green onions, julienned (about 5 green onions)
- 2 cups carrots, julienned (or 1 medium carrot)
- 2 cups celery, julienned (or 2 stalks celery)
- 1/4 cup coconut aminos (I like Big Tree Farms brand)
- 1 tablespoon rice vinegar
- 1 teaspoon fish sauce (I like Red Boat brand)
- 1/4 teaspoon ground sichuan peppercorn (or sub Chinese Five Spice Powder)

Instructions

1. Slice the steak into about 1/4 inch thick slices. Then, take each slice and cut them in half lengthwise, into thin strips.
2. Place the sliced steak and season with the tapioca starch, garlic powder, kosher salt, pepper and toss to coat evenly.
3. Heat a large skillet or wok over high heat with 2 tablespoons avocado oil and 1 teaspoon toasted sesame oil. When the oil is shimmering, fry the beef, in small batches being careful not to overcrowd the skillet so that they crisp up nicely, until the beef is golden brown on both sides, about 1-2 minutes per side. Transfer cooked beef to a plate and set aside and continue until all of the beef is browned. If your skillet starts to smoke excessively, turn the heat down to medium-high or medium during this process.
4. Reduce the heat to medium-high and add the remaining teaspoon of the avocado oil along with the crushed pepper, ginger, carrots, celery, and onions and saute, stirring, until the veggies are tender, about 4 minutes.
5. Add the coconut aminos, rice vinegar, and fish sauce and stir to combine and bring to a simmer.
6. Add back in the seared beef (and any of its juices) and cook, stirring occasionally, until the sauce has thickened, about 2-3 more minutes.
7. Sprinkle with sichuan peppercorn.
8. Serve alone, over steamed rice, or over prepared cauliflower rice. Enjoy!

Notes

*Tapioca flour is a Whole30 compliant flour that acts as a thickener. You can also substitute Arrowroot powder and, if not Whole30, you can use corn starch.

