



THE *Defined* DISH

Quarantine Meal Plan 4

WWW.THEDEFINEDDISH.COM

Menu

Monday

Herbed Crab Cakes with Tarragon Green Goddess

Tuesday

Easy Rotisserie Chicken Tostadas with Quick Pickled Onions

Wednesday

Whole30 Zuppa Toscana

Thursday

Crockpot Chicken Tikka Masala

Friday

Perfect Whole30 Italian Meatballs



Grocery List

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 Small Red Onion | <input type="checkbox"/> Pre-Made Guacamole (Or <u>Homemade</u>) | <input type="checkbox"/> Fresh Tarragon Leaves |
| <input type="checkbox"/> 3 Large Yellow Onions | <input type="checkbox"/> 1 Bunch of Lacinato Kale | <input type="checkbox"/> Fresh Dill |
| <input type="checkbox"/> 1 Bunch of Green Onions | <input type="checkbox"/> 1 Small Head Romaine Lettuce | <input type="checkbox"/> 1 Lime |
| <input type="checkbox"/> 1-2 Heads of Garlic (16 Cloves in Total Needed) | <input type="checkbox"/> Fresh Cilantro | <input type="checkbox"/> 3 Lemons |
| <input type="checkbox"/> Ginger (Pre-Minced or 1 Knob) | <input type="checkbox"/> Fresh Parsley | <input type="checkbox"/> Riced Cauliflower |
| <input type="checkbox"/> 1 lb. Russet Potatoes | <input type="checkbox"/> Fresh Basil Leaves | |

PANTRY ITEMS

- | | | |
|---|---|--|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Curry Powder (Sub Garam Masala) | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Avocado Oil (Optional) | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Pasta of Your Choice |
| <input type="checkbox"/> Ghee | <input type="checkbox"/> Italian Seasoning | <input type="checkbox"/> 2 6 oz. Can Tomato Paste |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Paprika | <input type="checkbox"/> 28 oz. Whole, Peeled Tomatoes (Preferably San Marzano) |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Crushed Red Pepper Flakes (Optional) | <input type="checkbox"/> 15 oz. Can Tomato Sauce |
| <input type="checkbox"/> Whole Peppercorns | <input type="checkbox"/> Turmeric | <input type="checkbox"/> 4 oz. Can Chopped Green Chiles |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Nutritional Yeast | <input type="checkbox"/> 2 32 oz. Low-Sodium Chicken Broth |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Arrowroot Flour | <input type="checkbox"/> 32 oz. Beef Broth |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Almond Flour | <input type="checkbox"/> 6 Grain-Free Tortillas (I Prefer Siete Cassava Flour Tortillas) |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Cassava Flour | <input type="checkbox"/> Nut Pods Original Dairy-Free Creamer |
| <input type="checkbox"/> Coriander Seeds | <input type="checkbox"/> Gluten-Free Panko | <input type="checkbox"/> 12 oz. Can Unsweetened, Full Fat Coconut Milk |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Apple Cider Vinegar | |

PROTEINS

- | | | |
|--|--|--|
| <input type="checkbox"/> 1 Rotisserie Chicken | <input type="checkbox"/> 2 lbs. Ground Beef | <input type="checkbox"/> 1 lb. Hot Italian Sausage (If You Buy it in the Links, Remove from Casing; Sub Chicken or Turkey Sausage) |
| <input type="checkbox"/> 2 lbs. Boneless, Skinless Chicken Breasts | <input type="checkbox"/> 16 oz. Lump Crabmeat | |
| <input type="checkbox"/> 2 Strips of Bacon | <input type="checkbox"/> 3 Eggs (More if Poaching with Crab Cakes) | |





Monday

HERBED CRAB CAKES WITH TARRAGON
GREEN GODDESS



THE *Defined* DISH

MONDAY

Herbed Crab Cakes with Tarragon Green Goddess

Serves 4

Ingredients

For the Crab Cakes

- 16 oz. lump crabmeat
- 1.5 tbsp cassava flour (sub arrowroot)
 - 4 tbsp mayo
- 1/3 cup very thinly sliced green onions white and green parts
 - 1 tbsp finely chopped tarragon leaves
 - 1 tbsp finely chopped parsley leaves
 - 1 tbsp finely chopped dill
- 1/2 tsp lemon zest, finely grated (or 1/2 lemon)
 - 2 cloves garlic, minced
 - 1 tsp kosher salt
- 1/2 tsp freshly cracked black pepper
- pinch of crushed red pepper flakes (optional)
- 1 cup gluten free panko (I like ALEIA's; sub almond flour for Whole30 option)
 - 2 tbsp avocado or olive oil, for frying
 - eggs, for poaching (optional)

For the Tarragon Green Goddess

- 1 cup avocado or safflower oil
 - 1 egg
- 3/4 cup green onions, roughly chopped (about 4-5 green onions)
 - 2 tbsp tarragon leaves, packed
 - 2 cloves garlic
- 1 tbsp lemon juice (about 1/2 lemon)
- 1/2 tsp kosher salt or more to taste
- 1/4 tsp black pepper or more to taste

Instructions

For the Crab Cakes

1. In a large bowl, combine the crabmeat, mayo, cassava, green onions, tarragon leaves, parsley leaves, dill, lemon zest, garlic, salt and pepper. Mix until just combined.
2. Line a baking sheet with parchment paper. Using 1/2 cup measuring cup, scoop out crab mixture and form into uniform patties. Set on the parchment-lined baking sheet and refrigerate for about 30 minutes so they firm up.
3. Place panko on a plate. Take firm crab cakes, carefully cover the top and side of each crab cakes so they are just coated with the panko. Set back on the parchment paper until all of the crab cakes are lightly coated.
4. Heat 2 tbsp. oil in a non-stick skillet. When very hot, but not smoking, carefully set the crab cakes and sear until golden brown and slightly crispy, about 3-4 minutes per side. Using a sturdy spatula, carefully flip and continue to cook on the other side for 3 more minutes. As they are complete, I recommend setting them on a wire rack so that they don't get soggy before serving.
5. Serve with Tarragon Green Goddess and a poached egg.

For the Tarragon Green Goddess

1. Pour oil into a wide mouth jar (just slightly larger than the mouth of an immersion blender). Crack the egg into the oil and let sink to the bottom of the jar.
2. Insert the immersion blender into the jar and rest the blade on top of the yolk. Do not move the head until a white, creamy, thick mayo forms at the bottom by the head, about 10 seconds at least. Now, slowly raise the immersion blender up and down until the entire jar has emulsified into a mayo*.
3. Once you've made your mayo base, add the green onions, tarragon leaves, garlic and lemon juice. Blend until well combined. Season with kosher salt and pepper, to taste. Drizzle over the crab cakes. Serve and enjoy!

*Alternatively, you can use a cup of store bought mayo. I just recommend using one that is very light in flavor.





Tuesday

EASY ROTISSERIE CHICKEN TOSTADAS
WITH QUICK PICKLED ONIONS



T U E S D A Y

Easy Rotisserie Chicken Tostadas with Quick Pickled Onions

Serves 4

Ingredients

For the Quick Pickled Onions

- 1 small red onion, sliced thin
- 3/4 cup apple cider vinegar
 - 1/2 tsp kosher salt
 - 1/2 tsp peppercorns
 - 1/2 tsp coriander seeds

For the Chicken

- 4 cups shredded rotisserie chicken or any cooked, shredded chicken
 - 2 tbsp ghee
 - 1/2 tsp paprika
 - 1 tsp chili powder
 - 1/2 tsp cumin
 - 1/2 tsp dried oregano
 - 2 tbsp tomato paste
- 4 oz chopped green chiles from a can
 - 1/3 cup low-sodium chicken broth
 - kosher salt, to taste
 - black pepper, to taste

For the Tostadas

- 8 tsp olive oil
- 8 grain-free tortillas (I prefer Siete Cassava flour tortillas)
 - 1 cup store-bought or [homemade guacamole](#)
- 3 cups romaine lettuce, thinly sliced (about 1 small head)
 - 1 tbsp cilantro, chopped
 - 1 lime, sliced into wedges

Instructions

For the Quick Pickled Onions

1. Place sliced onions in a large bowl and cover in hot water for 5 minutes (this takes out the bite in the onions).
2. Meanwhile, in a jar or bowl large enough for all the onions, whisk together the apple cider vinegar, kosher salt, peppercorns and coriander seeds until all the salt has dissolved.
3. When the onions are done soaking, drain the onions and combine the brine with onions. Cover and refrigerate for at least 30 minutes before serving. These can keep in the fridge for at least two weeks but I prefer to use mine within a week.

For the Chicken

1. Heat a skillet over medium high heat and melt ghee.
2. When ghee is melted, add the spices. Gently toast, stirring occasionally, until fragrant, about 2 minutes. Add tomato paste and cook, stirring, until well combined, about 1 minute. Add the shredded chicken and toss to combine.
3. Add the chopped green chiles and chicken broth. Bring mixture to a simmer and let cook until broth is absorbed into the chicken.
4. Taste and add more salt and pepper if desired.

For the Tostadas

1. Heat a skillet over medium heat and add 1 tsp of oil per tortilla. Add tortilla to skillet and cook, flipping every 2 minutes, until tortilla is crisp all over, 5 to 6 minutes total. Place each crispy tortilla on a wire rack and set aside. Continue until all tostadas are crisp.
2. To assemble, spread guacamole on the bottom of each tostada. Top with romaine, shredded chicken, cilantro and the quick pickled onions.
3. Serve with a wedge of lime. Enjoy!



A top-down view of a white ceramic bowl filled with a hearty soup. The soup has a yellowish, creamy base and is topped with chunks of cooked chicken, sliced potatoes, and pieces of crispy bacon. There are also some green leafy vegetables visible. The bowl is placed on a light-colored, textured cloth napkin. The background is a dark, textured surface. A semi-transparent white box is overlaid on the top half of the bowl, containing the text.

Wednesday

WHOLE30 ZUPPA TOSCANA



THE *Defined* DISH

W E D N E S D A Y

Whole30 Zuppa Toscana

Serves 4

Ingredients

- 2 strips bacon, diced medium
- 1 cup yellow onion, finely diced
- 1 lb hot Italian sausage (if you buy it in the links, remove from casing; sub chicken or turkey sausage)
 - 4 cloves garlic, minced
 - 1/2 tsp kosher salt
 - 1/2 tsp black pepper
 - 2 tbsp arrowroot flour
- 32 oz. carton of chicken broth
 - 1 tsp Italian seasoning
- 2 cups peeled russet potatoes, cut into 1/2-inch cubes
- 4 cups chopped lacinato kale, ripped from stem (or one bunch)
 - 1 cup Nut Pods Original Dairy-Free Creamer
 - 1 tbsp nutritional yeast
- 2 tbsp lemon juice (or the juice of 1 lemon)

Instructions

1. Heat a large pot or dutch oven over medium heat. Add bacon pieces and cook, stirring occasionally, until bacon is just crispy. Using a slotted spoon, transfer cooked bacon to a paper towel-lined plate and set aside while reserving the bacon fat in the the pot.
2. Add onion, garlic, salt, pepper and sausage into the pot. Cook, breaking up meat with back of spoon, until cooked through, or no longer pink. About 4-5 minutes.
3. Add arrowroot into the sausage mixture and stir until well incorporated into the meat mixture. While stirring, slowly pour in chicken broth. Bring the soup to a boil.
4. Reduce heat to simmer, add the Italian seasoning, chopped kale and potatoes. Cook, covered, until potatoes are tender, 10 to 15 minutes.
5. When the potatoes are tender, remove the lid from the pot and stir in the creamer, nutritional yeast and lemon. Cook for 5 more minutes, simmering uncovered, just to mend the flavors and the cream.
6. Serve in bowls topped with the cooked bacon bits. Enjoy!





Thursday

CROCKPOT CHICKEN TIKKA MASALA



THE *Defined* DISH

THURSDAY

Crockpot Chicken Tikka Masala

Serves 4

Ingredients

- 2 pounds boneless, skinless chicken breasts
 - 1 large onion, diced
 - 1 tbsp minced ginger
 - 4 cloves of garlic, minced
 - 6 oz. can of tomato paste
 - 2 tbsp olive oil
 - 3/4 cup organic, free-range chicken broth
 - 1 tbsp curry powder (sub garam masala)
 - 1 tsp turmeric
- 1/2 tsp cayenne pepper (adjust according to your heat preference)
 - 1 tsp cumin
 - 1 tsp paprika
 - 1/2 tsp cinnamon
 - 2 tsp salt
 - 1 tsp black pepper
 - 1 bay leaf
- 12 oz. can unsweetened, full fat coconut milk (blended so that it is well combined)
 - 2 tbsp arrowroot powder
 - juice of 1/2 a lemon
 - cilantro, for garnish
- prepared cauliflower rice for serving

Instructions

Crockpot Method

1. Cut chicken into 1.5 inch cubes. Place in the crockpot with the diced onion, minced garlic, olive oil, minced ginger, tomato paste, chicken broth and all of the spices (except bay leaf for now). Stir well to combine.
2. Place bay leaf on top and cover and cook on low for 8 hours, or on high for 4.
3. When cooking time is done, in a bowl whisk together the arrowroot and the coconut milk. Gently pour and stir into the crockpot with the cooked chicken. Let cook an additional 20 minutes to thicken up.
4. Immediately before serving, stir in the juice of 1/2 a lemon. Serve with prepared cauliflower rice and top with some freshly chopped cilantro or cilantro microgreens.

Instant Pot Method

1. Combine the chicken, broth, onion, tomato paste, olive oil, garlic, ginger, curry powder, salt, black pepper, turmeric, cumin, paprika, cayenne pepper and cinnamon. Stir well. Place the bay leaf on top, cover and seal.
2. Press the 'poultry' button and increase time to 20 minutes.
3. When cook time is complete, release pressure manually by turning the valve to "venting." When the pressure is finished releasing, carefully open the Instant Pot and turn on the 'saute' function.
4. In a medium bowl, whisk together the coconut milk and arrowroot starch. Add the mixture to the Instant Pot with the cooked chicken and let simmer until sauce has thickened, about 10 more minutes.
5. Serve and enjoy!





Friday

PERFECT WHOLE30 ITALIAN MEATBALLS



THE *Defined* DISH

FRIDAY

Perfect Whole30 Italian Meatballs

Serves 4

Ingredients

For the Marinara

- 2 tbsp. olive oil
- 1/4 yellow onion, finely diced
- 2 cloves garlic, minced
- 1/2 tsp. crushed red pepper flakes (optional)
- 1 tbsp. tomato paste
- salt and pepper, to taste
- 28 oz. whole, peeled tomatoes (preferably San Marzano)
- 15 oz can tomato sauce
- 1 tsp. dried oregano
- 1/4 cup freshly chopped parsley
- 2 large basil leaves, chiffonade
- 1/4 cup beef broth

For the Meatballs

- 2 lbs. ground beef
- 2 eggs, whisked
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1/2 tsp. dried oregano
- 1 tbsp. freshly chopped parsley
- 2 cloves garlic, minced
- 1/2 cup almond flour
- 1 tbsp. cassava flour
- 2 tbsp. olive oil, for frying

Instructions

For the Marinara

1. Heat 2 tbsp. of olive oil in a pot over medium heat. Add onions, garlic, crushed red pepper and season with a little salt and pepper. Saute until onions are tender, about 5 minutes.
2. Add the tomato paste and saute 1-2 more minutes.
3. Add the whole peeled tomatoes and using a wooden spoon break up the whole tomatoes by mashing them up. They will continue to fall apart while cooking so they don't have to be perfect. Just break them up as well as you can.
4. Add in the tomato sauce, oregano, parsley, basil, beef broth and a little more salt and pepper.
5. Once the sauce reaches a boil, reduce it to a slight simmer and let cook.
6. Meanwhile, cook the meatballs (method below) and once the meatballs are browned, add them to the sauce (with the excess oil from the frying pan or baking sheet for extra flavor) and simmer, uncovered, for 15-20 minutes with the meatballs in the sauce.

For the Meatballs

1. In a large bowl, combine all of the meatball ingredients EXCEPT for the olive oil. Using your hands, mix the meat until it is well combined.
2. Scoop out 2 tbsp. of meat and roll into meatballs. Set aside on parchment paper and continue to roll meatballs until all are done.
3. Heat a large skillet over medium high heat. Set meatballs in the skillet (you may need to do this in 2 batches depending on the size of your skillet, don't overcrowd the pan) and fry meatballs on 2 sides until golden brown, about 3-4 minutes per side. The meatballs don't have to be cooked through, they will continue to cook in the sauce.
4. Add browned meatballs to the sauce and let simmer until fully cooked through, another 15-20 minutes.

Notes:

You can bake the meatballs on a parchment paper lined baking sheet for 20 minutes at 375 degrees F. They should be almost, but not completely, cooked through. Add meatballs to the sauce (and any fat in the baking sheet) and let simmer for 20 minutes, or until cooked through and tender.

