

2 BONUS
RECIPES

HANGRY

A COOKBOOK

by Chef Alison Mountford

10-MINUTE RECIPES!

{ 6 INGREDIENTS OR LESS }

HANGRY

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SCRAMBLED EGG TACOS

INGREDIENTS

6 eggs

1/2 cup milk

1 avocado

1/4 cup salsa or tomato

6-8 corn tortillas

4 Tbsp cheese

Crack eggs into a bowl, add milk and lightly whisk. Add ½ teaspoon of salt and some black pepper. Heat a non-stick or cast iron pan over medium high and warm 1 teaspoon of butter or oil. Add the eggs and let it cook for about 60 seconds. Every 10 seconds or so, scrape the eggs to move them around and scramble them all.

Meanwhile, heat tortillas over a gas flame or in the toaster oven. Dice avocado. Shred/Crumble cheese if needed (jack, cheddar, queso fresco). Place tortillas.

Top with eggs, cheese, avocado, and salsa or tomato.



CHICKPEA CURRY + COUSCOUS

INGREDIENTS

- 1 cup couscous
- 1 shallot
- 1 Tbsp curry powder
- 1/2 15oz can coconut milk
- 1 15oz can chickpeas
- 3 cups baby spinach

Bring 1 cup of water to a boil and add ½ teaspoon of salt. Stir in the couscous, turn off the heat and cover tightly. After 6 minutes “fluff” it with a fork and drizzle with olive oil to taste.

Meanwhile, slice the shallot and saute over high with 1 teaspoon of olive oil. After 1 minute, add the curry powder, coconut milk, and let it come to a boil. Pour a bit of the liquid off of the top of the chickpeas, but don’t completely drain it.

Add all to the pot. Boil for about 5-6 minutes. Add a pinch of salt to taste. Stir in the spinach and turn off the heat to let it wilt. Serve in bowls over couscous.



KALE PESTO WITH WALNUTS + SOBA

INGREDIENTS

- 1 bunch kale
- 1/3 cup parmesan
- 1/4 cup walnuts
- 4 cloves garlic
- 1 lemon
- 1 package soba noodles

Bring a large pot of water to a boil. Coarsely chop the kale, except for the very thick ends at the bottom (you can toss those out). Plunge the kale into the water which is coming to a boil. Cook for about 30-60 seconds or until it's bright green. Use tongs or a small strainer to transfer the kale directly into a blender. Let the water continue boiling, then when the water is boiling, cook soba according to the package instructions. To the blender, add the peeled garlic, walnuts, parmesan (all but a few tablespoons which you can reserve for garnish), and the lemon zest. Add 1/2 teaspoon of salt. Add about 1 Tablespoon of olive oil and blend. If needed, scrape down the blender sides and keep blending. While it's running, stream in the juice of the lemon, and another 2-4 Tablespoons of olive oil until it's smooth and you like the consistency. Taste and add a pinch of salt if needed. Toss drained soba generously with kale pesto. Serve garnished with as much more parmesan as you like and maybe some walnuts.



PASTA PRIMAVERA

INGREDIENTS

1lb shaped pasta

(Fusilli and Orecchiette are great)

1 cup frozen corn kernels

(or peas)

1 head broccoli

1 pint cherry tomatoes

1 tsp garlic powder

½ cup parmesan cheese

(or chevre)

Bring a pasta pot of water to a boil and add about 1 Tablespoon of salt. Cook pasta according to the package directions - usually this is about 8-11 minutes. Chop the broccoli into small florets then slice and dice the stems too.

Add the broccoli to the cooking pasta when you have about 4 minutes left to boil. Add the corn (ok to be frozen still) and the tomatoes with 2 minutes left to boil. Reserve ¼ cup of the pasta cooking water. Drain it all then add it back to the hot pot with either 1 Tablespoon of butter or olive oil, the garlic powder, pinch of salt and pepper. Add the reserved pasta water. Toss to coat. Add most of the parmesan and toss. Plate and garnish with the rest of the cheese.



GARLIC SHRIMP VERMICELLI

INGREDIENTS

1lb shrimp

12oz vermicelli
(Rice Noodles)

4 Tbsp butter

Lime

5 cloves garlic

4 cups snap peas

3 Tbsp soy sauce

Pinch of salt

Optional - Herbs like cilantro,
basil, scallions

Bring a large pot of water to a boil. Add the noodles and cook according to package instructions. Drain and set aside. Meanwhile, pat the shrimp dry. Season with a pinch of salt. Melt half of the butter in a saute pan and after it bubbles up, place the shrimp down in 1 layer. Mince the garlic. Trim the snap peas. When the shrimp are pink, flip them. Add the garlic. When shrimp are done, remove them, don't overcook. Leave the garlic in, deglaze with the juice of the lime, the soy sauce, then while boiling, whisk in another Tablespoon of butter (you have 1 left). Scrape this sauce over the noodles. Return pan to the heat, melt the last Tablespoon of butter and saute the snap peas. When done, add to the noodles. Toss. Either plate then arrange the shrimp, or toss the shrimp in too. If using, garnish with herbs.



SMOKED SALMON PIZZETAS

INGREDIENTS

- 1 focaccia
- ¼ cup cream cheese
- ¼ red onion
- 1 Tbsp capers
- 3oz smoked salmon
- 1 bunch asparagus

Trim the ends of the asparagus, drizzle with olive oil and a pinch of salt. Roast or broil them for 6 minutes or until tender. Heat the focaccia in the oven until it's just warm, 2-3 minutes. Meanwhile, very thinly slice the red onion. Spread the cream cheese over the focaccia, sprinkle with red onion.

Layer the salmon on top and finish with capers. Serve asparagus on the side. Or, slice the asparagus on a bias and also layer it on top of the bread.



SAUSAGE VEGGIE SKILLET

INGREDIENTS

- 1lb yam
- 2 zucchinis
- 1 yellow onion
- 1lb loose sausage
- 2 cups baby spinach
- 2 Tbsp sunflower seeds

Heat the oven to 425 degrees. Wash the yam and slice it lengthwise, then again in quarters. Slice very thinly into triangular shaped pieces - this is key for 10 minute cook time. You can also grate it on a box grater instead. Place on baking sheet. Slice the zucchini in rounds or half moons. Thinly slice the onion. Toss all with 2 Tablespoons olive oil and $\frac{3}{4}$ teaspoon of salt. Crumble the sausage over. Place in the oven and roast for 9 minutes, stir it up once. Meanwhile, add the washed baby spinach to a large bowl. When the roast is done, scrape it over top of the spinach and toss to wilt the spinach. Serve in bowl and garnish with sunflower seeds.



SOUTHWEST SMASH PATTY SALAD

INGREDIENTS

- 1lb ground turkey
- 1 head romaine lettuce
- 1 15oz can black beans
- 1 Tbsp chili powder
- 1-2 Avocados
- 2 Tbsp simple vinaigrette of choice

In a medium bowl, place the ground turkey and about 2/3 of the total chili powder. Add 1/2 teaspoon of salt. Combine until evenly mixed - it's easier if the turkey isn't freezing cold. Heat a large saute pan over medium high. Heat 1 Tablespoon olive oil then add the turkey in 4 heaps. Use a spatula to smash it into a flat shape. It's probably a little sticky, do your best to get it flat, but we'll fix it in a minute. Cook for about 3 minutes then flip. Now you can really smash it flat. Cook for 1-2 minutes or until its browned on both sides and cooked through. Meanwhile, open and drain the beans. Toss beans with a drizzle of olive oil, pinch of salt, and the rest of the chili powder. Slice the lettuce and plate. Top with beans. Break up and add the turkey patties. Slice and add avocado. Drizzle with your favorite vinaigrette. (Red Wine vinegar, balsamic, italian, ranch, honey mustard....anything you use here is good)



BERRIES WITH SALTED WHIP

INGREDIENTS

4-6 cups berries

1 cup heavy cream

¼ teaspoon vanilla

1/2 Tbsp powdered sugar

¼-½ tsp sea salt

1 cup granola

Wash and slice berries. Place in a large bowl. Make sure the cream is very cold (you can even chill the bowl and whisk ahead). In a large bowl, whisk the cream and vanilla with the powdered sugar.

Whip whip whip until it's thick and holds some shape - aka soft peaks. Add some of the salt. Whip a little more and taste it.

Add the rest of the salt and whip until you can see stiff peaks.

Serve over berries and topped with granola.



ICE CREAM + CHOCOLATE GANACHE + PRETZELS

INGREDIENTS

Ice cream

(I won't tell you how much)

1 cup dark

chocolate chips

1 cup heavy cream

2 cups pretzels

Place the cream in a glass jar or bowl and put it in the microwave for 45 second or until it's hot and just barely boiling. Add the chips to the cream and move them so they're sitting underneath the layer of cream but don't stir.

Wait 60 seconds. Now whisk until smooth. Meanwhile, scoop out the ice cream. Spoon sauce over top and garnish with crumbled pretzels.



PEANUT NOODLES

INGREDIENTS

- 1 pound Boneless Skinless Chicken Breast
- 1 15-ounce Can Coconut Milk
- 1 Package Rice Noodles
- 4 Tablespoons Peanut Butter
- 2 Tablespoons Chili Sauce
- 3 Cups Shredded Slaw Mix

Bring a pot of water to a boil (or use an electric water kettle). Slice the chicken breast across the grain into very thin slices. Place in a bowl and sprinkle with a pinch of salt. Open the coconut milk and spoon 1 teaspoon over the chicken and toss to coat.

Cook the rice noodles according to the package instructions - some have you boil them like pasta and others prefer a quick soak off the heat of the stove. Drain and drizzle with a few drops of oil to keep it from sticking.

Put the peanut butter in a glass jar or bowl. Microwave it for 20 seconds. Remove and add the chili sauce and about half of the coconut milk. Whisk or stir well. Taste it and if you like, add more coconut milk to thin it out.

Heat a large flat skillet over medium heat, drizzle in some oil and add the chicken in a flat layer. Cook for 2-3 minutes then flip and cook the other side until it's golden and cooked through.

Plate the noodles, top with a big handful of slaw. Drizzle peanut sauce generously over the top.



LENTIL SLOPPY JOES

INGREDIENTS

4 Hamburger Buns

1 15-ounce can Green Lentils

2 cups BBQ Sauce, more or less to taste

1/2 Red Onion

1 Lime

Fruit or Raw Veggies of Choice

Slice the red onion as thinly as you can. Place in a mason jar or narrow bowl. Juice the lime over top and add ½ teaspoon of salt. Cover and shake, or stir it well. Set aside for 10 minutes.

Open and drain the lentils. Place them in a small pot or saute pan over medium heat. Add the BBQ sauce and stir to taste. Sometimes I add a tablespoon or so of water to make a nice sauce consistency. Cook until it's warm.

Slice and perhaps toast the buns. Spoon the lentil filling over the bun. Top with a few pickled red onions to taste. Close the lid.

I serve with cucumber or carrot slices, sometimes watermelon or an orange.

Meal Planning To Save Time + Reduce Food Waste

THIS WEEK'S MEAL PLAN

Week of July 27th, 2020 (Omnivore)



Recipe 1



Tomato + Coconut Curry over
Couscous

Recipe 2



Chicken with Olive Dressing

Recipe 3



Grilled Salmon Skewers with
Succotash