

# July Meal Prep Guide

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## YUZU DRESSED COLESLAW

This coleslaw is anything but ordinary. Shredded cabbage and carrot are tossed in a punchy yuzu dressing – bright with citrus, deeply savoury from soy and fish sauce, and just sweet enough from palm sugar – then piled high with fresh Thai basil, sliced chilli, and crumbled seaweed for a finish that's genuinely unlike anything else on the table. The fried almonds on top add a golden, salty crunch that makes it completely irresistible. It's the kind of side dish that upstages everything around it, and holds its own just as well next to grilled fish or chicken as it does as part of a larger spread.



## WATERMELON & FETA SALAD

Some recipes are so simple they barely feel like cooking – and this is one of them. Thin slices of cold, sweet watermelon layered with creamy, salty feta, a drizzle of good olive oil, a splash of balsamic, and torn basil: it's the kind of dish that looks effortlessly beautiful on a platter and disappears in minutes. The combination of sweet and salty is a classic for a reason, and this version keeps things minimal so every ingredient can shine. It's the perfect summer salad – no cooking, no fuss, ready in under ten minutes.



## FENNEL & HERB POTATO SALAD

This is the potato salad that quietly steals the show at every summer spread. Tender potatoes are tossed warm in a bright, mustardy lemon dressing that soaks into every piece, then layered with thinly shaved fennel, its feathery fronds, fresh dill, parsley, and green onion. It's herby and vibrant and so much more interesting than the mayonnaise-heavy versions you grew up with – and it travels beautifully, making it an ideal addition to a picnic, potluck, or anything happening outdoors.



## CUCUMBER CRUNCH SALAD WITH CURRY CASHEWS

This is the kind of salad that makes you look like you've put in far more effort than you have. Layers of cool, crisp cucumber, juicy cherry tomatoes, shaved carrot ribbons, and fresh herbs are topped with crunchy curry cashews and finished with two punchy dressings – a tangy tamarind lime and a bright, garlicky mint – that make the whole thing taste vibrant and alive. It's the perfect side for a summer spread, equally at home next to grilled meats as it is the centrepiece of a lighter lunch.



## CHOPPED BROCCOLI SALAD WITH ALMONDS & GOJI DRESSING

This is the kind of salad that earns a permanent spot in your rotation. Finely chopped broccoli, hearty farro, and protein-rich chickpeas form a base that actually satisfies, while salted almonds add crunch and a goji berry dressing – tangy with apple cider vinegar, nutty from almond butter, and fragrant with sumac – pulls everything together into something genuinely exciting. It's the sort of dish that travels well, holds up beautifully in the fridge, and tastes even better the next day.



## SMOKED CHICKEN WITH STONE FRUIT BBQ SAUCE

There's something almost magical about chicken that's been properly smoked – the kind that comes off the grill with a golden, fragrant crust and meat that's stayed impossibly juicy all the way through. This recipe pairs a simple overnight marinade with a short stint over applewood smoke for flavour that tastes like far more effort than it is. What really sets it apart, though, is the stone fruit BBQ sauce: a sweet, tangy, gently spiced sauce built from whatever fruit looks best at the market – peaches, plums, nectarines, apricots, or any combination you like. It's the kind of recipe that earns its place at a summer table and keeps people coming back for seconds.

# Yuzu Dressed Coleslaw

Yield : 6 Servings



## Ingredients

### Salad

- 1 cup neutral oil, good quality
- 1 cup whole almonds
- ½ medium red or white cabbage, or a combination, very thinly shredded (about 6 cups)
- 3 medium carrots, peeled and cut into thin matchsticks
- 2 mild red chillies, thinly sliced
- ¼ cup fresh Thai basil leaves, loosely packed
- 1 package of plain salted seaweed snacks

### Yuzu Dressing

- 1 tablespoon fresh ginger, peeled and finely grated
- 3 tablespoons rice vinegar
- 3 tablespoons soy sauce
- 3 tablespoons yuzu juice
- 2 tablespoons fresh lime juice (from 1 to 2 limes)
- 1 tablespoon fish sauce
- 2 tablespoons brown sugar
- Fine sea salt, to taste

## Method

Heat the neutral oil in a small frying pan over medium heat. Once hot, add the almonds and fry for 4 to 6 minutes, stirring occasionally, until deep golden. Remove with a slotted spoon and drain on a paper towel-lined plate. Scatter over a pinch of salt and set aside to cool, then roughly chop. Reserve the oil in the pan off the heat.

In a large bowl, whisk together all the dressing ingredients along with 1½ tablespoons of the reserved almond oil and a pinch of salt until well combined. Add the cabbage and carrots and toss well to coat.

To assemble, layer one third of the slaw onto a serving platter and scatter over some of the chilli, Thai basil, and chopped almonds. Repeat twice more with the remaining slaw and toppings, then drizzle over a little more of the reserved oil. Just before serving, crumble the seaweed sheets over the top.

### **Recipe Notes:**

*Almonds are our go-to here for their crunch and mild flavour, but peanuts or pumpkin seeds work equally well – pumpkin seeds are a great nut-free option.*

*Fish sauce gives the dressing its savoury depth. For a vegetarian version, swap it for an equal amount of soy sauce or a good vegetarian oyster sauce.*

*This slaw is best assembled just before serving. The dressed cabbage and carrots can be prepared a few hours ahead and kept covered in the refrigerator, with the toppings added at the last minute.*



# Watermelon & Feta Salad

Yield : 4 to 6 Servings



## Ingredients

1 small seedless watermelon (about 2½ lbs),  
thinly sliced into large pieces

2 tablespoons white balsamic vinegar

8 oz block Greek feta, sliced into large, irregular  
pieces

3 tablespoons extra virgin olive oil

½ cup fresh basil leaves, larger leaves torn

Kosher salt and freshly cracked black pepper, to  
taste

## Method

Place the watermelon slices in a large bowl and  
toss with the balsamic vinegar. Season with a  
pinch of kosher salt and arrange on a large  
serving platter.

Lay the feta over the watermelon and drizzle the  
olive oil evenly over the top. Season with freshly  
cracked black pepper. Scatter the torn basil  
leaves over everything and serve immediately.

### **Recipe Notes:**

*This salad is best assembled and served straight away – watermelon releases liquid as it sits, so don't dress it too far in advance. If prepping ahead, keep the watermelon and feta separate and assemble just before serving.*

*Fresh mint makes a lovely swap for the basil – it pairs just as beautifully with the watermelon and feta, and gives the salad a slightly cooler, more refreshing finish.*



# Fennel Herbed Potato Salad

Yield : 4 to 6 Servings



## Ingredients

- 3 lbs baby red or new potatoes
- 3 tablespoons Dijon mustard
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- 1½ teaspoons kosher salt, plus more for the pot
- Freshly cracked black pepper, to taste
- 1 medium fennel bulb, with fronds
- 3 tablespoons fresh flat-leaf parsley, roughly chopped
- 3 tablespoons fresh dill, roughly chopped
- 3 green onions, thinly sliced

## Method

Place the potatoes in a large pot whole – if any are particularly large, halve them so everything cooks evenly. Cover with cold salted water, bring to a boil, and cook until fork-tender, about 15 to 20 minutes. Keep a close eye on the pot as it comes to a boil – it can boil over quickly.

While the potatoes cook, make the dressing. In a large mixing bowl, whisk together the Dijon mustard, lemon juice, olive oil, salt, and a generous grind of black pepper until well combined.

Trim the fennel bulb, reserving the fronds. Halve the bulb, remove and discard the tough core, then slice the fennel as thinly as possible. Roughly chop the fennel fronds. Add the sliced fennel, fennel fronds, parsley, dill, and green onions to the bowl with the dressing and toss to combine.

Drain the potatoes well and add them to the bowl while still warm – they'll absorb the dressing much better this way. Toss everything together until the potatoes are well coated and the herbs are evenly distributed. Taste and adjust seasoning as needed.

Serve warm or at room temperature.

### **Recipe Notes:**

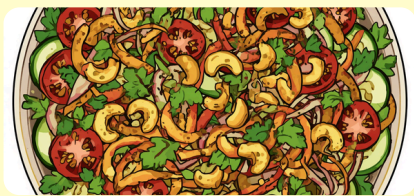
*This salad is best made slightly ahead and allowed to sit for 20 to 30 minutes before serving – the potatoes continue to absorb the dressing as they cool and the flavours come together beautifully.*

*Leftovers keep well in an airtight container in the refrigerator for up to 3 days. Bring to room temperature before serving and add a small drizzle of olive oil and a squeeze of lemon to refresh.*



# Cucumber Crunch Salad with Curry Cashews

Yield : 4 to 6 Servings



## Ingredients

### **Salad**

4 Persian or Japanese cucumbers, halved, deseeded, and cut into ¼-inch slices  
2½ cups cherry tomatoes, halved  
1 red onion, peeled, halved, and thinly sliced into rounds  
1 large carrot, peeled and cut into thin ribbons on a mandoline  
1 Fresno chilli, thinly sliced into rounds, seeds and pith removed  
½ cup flat-leaf parsley leaves, loosely packed, roughly chopped  
½ teaspoon nigella seeds, toasted  
Kosher salt and freshly cracked black pepper, to taste

### **Curried Cashews**

1 cup cashew nuts  
1 teaspoon olive oil  
1½ teaspoons madras curry powder  
Pinch of kosher salt

### **Mint Dressing**

½ cup fresh mint leaves, loosely packed  
1 to 2 garlic cloves, peeled and crushed  
2 tablespoons fresh lemon juice  
⅓ cup olive oil  
½ teaspoon kosher salt

### **Tamarind Dressing**

2 tablespoons tamarind paste  
1½ tablespoons maple syrup  
2½ tablespoons fresh lime juice (from about 1 to 2 limes)

## Method

Preheat the oven to 300°F (150°C). In a small bowl, toss the cashews with the olive oil, curry powder, and a pinch of salt until evenly coated. Spread on a small baking sheet and roast for 15 minutes, until deeply golden and fragrant. Remove from the oven and allow to cool completely on the tray – they will crisp up as they cool.

Place the sliced cucumbers and halved cherry tomatoes in a large bowl and toss with half a teaspoon of kosher salt. Leave to sit for 30 minutes – this draws out excess moisture and keeps the salad from becoming watery.

While the vegetables are salting, make the dressings. For the tamarind dressing, whisk together the tamarind paste, maple syrup, and lime juice in a small bowl until smooth and well combined. For the mint dressing, add the mint leaves, garlic, lemon juice, olive oil, and salt to a small food processor and blitz until you have an almost-smooth, bright green dressing. Taste both dressings and adjust seasoning as needed.

Toast the nigella seeds in a small dry skillet over medium heat for 1 to 2 minutes, stirring frequently, until fragrant. Set aside.

Drain the salted cucumbers and tomatoes, discarding any liquid they've released. To assemble, layer the cucumber, tomatoes, onion, carrot ribbons, and chilli on a large serving platter or in a wide bowl. Drizzle over both dressings and scatter the parsley, curry cashews, and toasted nigella seeds over the top. Serve immediately.

### **Recipe Notes:**

*Tamarind paste varies in intensity between brands – start with 2 tablespoons and taste before adding more. If the dressing tastes very sharp, a little extra maple syrup will balance it out.*

*This salad is best assembled and served straight away. The components – cashews, dressings, and vegetables – can all be prepped ahead, but toss together only when you're ready to eat.*



# Chopped Broccoli Salad with Almonds and Goji Dressing

Yield : 5 Servings



## Ingredients

### Salad

- 1 cup farro
- 3 cups canned chickpeas, drained and rinsed
- 3 medium heads broccoli, finely chopped
- 1 large handful fresh mint leaves, roughly torn
- 1 cup salted roasted almonds, roughly chopped

### Goji Dressing

- ½ cup goji berries
- ⅓ cup olive oil
- 3 tablespoons apple cider vinegar
- 1½ tablespoons maple syrup
- 2 tablespoons sumac
- 4 tablespoons almond butter
- ½ red onion, finely sliced into half moons
- Fine sea salt, to taste

## Method

Rinse the farro and place in a small saucepan with 2 cups of water and ½ teaspoon of salt. Bring to a boil, then reduce the heat to a low simmer, cover, and cook for 15 to 20 minutes until softened. Drain any remaining water and spread out to cool.

Finely chop the broccoli with a sharp knife or pulse in a food processor until broken down into small pieces. Transfer to a large mixing bowl along with the cooled farro, chickpeas, and mint, and toss to combine.

In a separate bowl, whisk together the olive oil, apple cider vinegar, maple syrup, sumac, almond butter, and 1½ teaspoons of salt until smooth. Stir in the red onion and goji berries and set aside for 10 minutes to soften.

Add two thirds of the dressing to the broccoli mixture and toss well to combine. Transfer to a serving platter and drizzle over the remaining dressing. Scatter the chopped almonds over the top and serve.

### **Recipe Notes:**

*Quinoa makes a good swap for farro – reduce the cooking time to about 12 to 15 minutes and use a 1:1¼ ratio of grain to water.*

*This salad keeps well in an airtight container in the refrigerator for up to 3 days. Store the remaining dressing separately and add just before serving.*



# Smoked Chicken with Stone Fruit BBQ Sauce

Yield : 4 Servings



## Ingredients

### Smoked Chicken

- 1 whole chicken (3½ to 4 lbs)
- 2 tablespoons olive oil
- 1 ½ tablespoons kosher salt
- Freshly cracked black pepper, to taste

### Stone Fruit BBQ Sauce

- 3 cups stone fruit of your choice (peaches, plums, nectarines, apricots, or a combination), pitted and roughly chopped
- 1 jalapeño, deseeded and roughly chopped
- ½ small white or yellow onion, roughly chopped
- 1½ tablespoons light brown sugar, packed
- 1 tablespoon honey
- 1 tablespoon tomato sauce
- 1½ tablespoons apple cider vinegar
- ¾ teaspoon Worcestershire sauce
- ¾ teaspoon brown mustard
- ¾ teaspoon garlic powder
- ¾ teaspoon kosher salt, plus more to taste

## Method

Start by spatchcocking the chicken. Place it breast-side down on a sturdy cutting board. Using sharp kitchen scissors or poultry shears, cut firmly along both sides of the backbone from tail to neck and remove it entirely – you can discard it or save it for stock. Flip the chicken breast-side up and press down firmly on the breastbone with the heel of your hand until you feel it crack and the bird flattens out. It should now lie flat in one even layer.

Rub the chicken all over with the olive oil, salt, and a generous grind of black pepper. Place in a large dish or zip-lock bag, cover, and refrigerate overnight, or for at least 4 hours.

While the chicken marinates, make the BBQ sauce. Combine the stone fruit, jalapeño, onion, brown sugar, honey, tomato sauce, apple cider vinegar, Worcestershire sauce, brown mustard, garlic powder, and salt in a medium saucepan. Stir to combine, then bring to a simmer over medium heat. Reduce the heat to low, cover, and cook for 20 to 30 minutes, stirring occasionally, until the fruit has completely broken down and the sauce has thickened and reduced. Remove from the heat and blend until smooth using an immersion blender, or allow to cool slightly before transferring to a blender. Taste and adjust with more salt, sugar, or vinegar as needed. Set aside until ready to use.

When you're ready to cook, soak a large handful of applewood chips in cold water for 30 minutes. Meanwhile, prepare your grill for two-zone cooking – light one side to medium heat and leave the other side unlit. Drain the soaked wood chips and place them in a smoker box, then set the box directly over the lit burners.

Once the chips are smoking, place the chicken skin-side up on the cooler, unlit side of the grill. Close the lid and smoke for 45 to 60 minutes, until the chicken has taken on a deep golden colour and good smoky flavour. Move the chicken skin-side down over to the hot side of the grill and cook for a further 5 to 8 minutes, until the skin is crisp and the internal temperature reads 165°F (75°C) at the thickest part of the thigh. Flip the chicken skin-side up, brush generously with the BBQ sauce, and close the lid for 2 to 3 minutes to allow the glaze to caramelize and set onto the skin. Transfer to a clean board, tent loosely with foil, and allow to rest for 10 minutes before carving.

Carve the rested chicken and arrange on a serving platter. Brush each piece generously with a final layer of BBQ sauce, then serve the remaining sauce alongside for dipping.

### **Recipe Notes:**

*Any combination of stone fruit works beautifully here – use whatever is ripest and most fragrant at the market. The sauce works equally well with all peaches, all plums, or a mix of several varieties.*

*The BBQ sauce keeps well in an airtight jar in the refrigerator for up to 1 week, and freezes well for up to 3 months. It's also wonderful spooned over grilled pork, roasted vegetables, or served as a dipping sauce for halloumi.*

*If you don't have a smoker box, a small foil pouch of soaked wood chips with a few holes poked in the top works just as well – place it directly on the lit burners beneath the grate.*

