AUTUMN COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY el gusto

WEEKLY MEAL PLANNER

30.10.23 - 03.11.23

MAIN: CHICKEN & WILD RICE SOUP

APPROX. 1 HOUR 35 MIN



MAIN: LAMB KOFTA FLATBREADS WITH SMASHED CUCUMBER

APPROX. 1 HOUR 45 MIN



MAIN: CRISPY SESAME CHICKEN WITH STICK ASIAN SAUCE

APPROX. 40 MIN

SIDE: CARROT & CUMIN FRITTERS

APPROX. 30 MIN



MAIN: OSSO BUCO RAGÙ WITH PAPPARDELLE

APPROX. 3 HOURS 30 MIN



MAIN: HONEY GLAZED CHICKEN PIECES

APPROX. 1 HOUR 25 MIN

SIDE: SWEET POTATO & BACON SALAD

APPROX. 1 HOUR



BROUGHT TO YOU BY el gusto

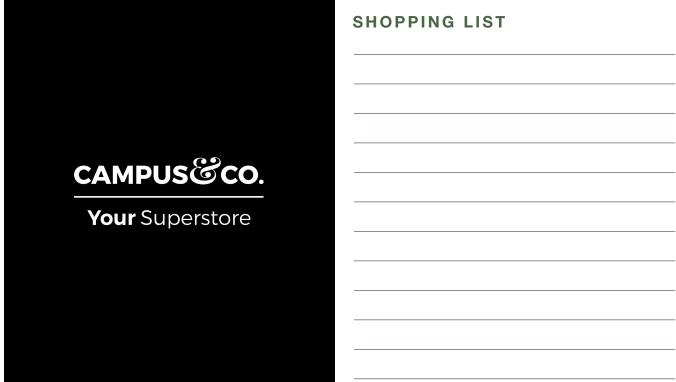
WEEKLY MEAL PLANNER

30.10.23 - 03.11.23

SESAME CHICKEN POTSTICKERS WITH POMEGRANATE CHILLI DIPPING SAUCE

APPROX. 45 MIN





"I've been using the El Gusto Meal Planners and adjusting the quantity feature on the recipes on the website to suit our family size and our overall grocery bill has dropped because I only needed to buy exactly what I required!"

Housewife NZ

