

SUMMER COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

15.01.24 - 19.01.24

MONDAY

MAIN: PULLED LAMB TACOS WITH CORN SALAD & TOMATO SALSA

APPROX. 7 HRS 30 MIN



TUESDAY

MAIN: SEAFOOD & CHILLI MORNAY

APPROX. 50 MIN



WEDNESDAY

MAIN: COCONUT SAMBAL CHICKEN

APPROX. 1 HR 15 MIN

SIDE: BROCCOLI CROQUETTES WITH BLUE CHEESE DIP

APPROX. 50 MIN



THURSDAY

MAIN: SALMON BAGUETTE

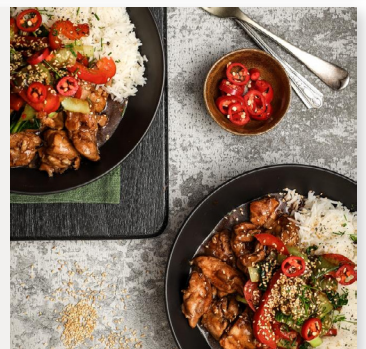
APPROX. 1 HR



FRIDAY

MAIN: SESAME FIVE SPICE CHICKEN WITH VEGGIES

APPROX. 50 MIN



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WEEKEND INSPIRATION

CLEAN & GREEN SMOOTHIE

APPROX. 15 MIN



APPROX. 45 MIN



SHOPPING LIST

[illegible]

Layered Fruit & Yoghurt Pots

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INGREDIENTS:

MONDAY

PULLED LAMB TACOS WITH CORN SALAD & TOMATO SALSA

- | | |
|--|--|
| <input type="checkbox"/> canned crushed tomatoes | <input type="checkbox"/> cucumber |
| <input type="checkbox"/> brown onion | <input type="checkbox"/> avocado |
| <input type="checkbox"/> lamb leg(s) | <input type="checkbox"/> red onion |
| <input type="checkbox"/> chipotle chillis in adobo | <input type="checkbox"/> fresh coriander |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> red chilli |
| <input type="checkbox"/> red wine vinegar | <input type="checkbox"/> red or green charred capsicum |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> lime juice |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> jalapeno pepper |
| <input type="checkbox"/> dried rosemary | <input type="checkbox"/> white onion |
| <input type="checkbox"/> dried oregano | <input type="checkbox"/> sugar |
| <input type="checkbox"/> corn cobs | <input type="checkbox"/> pepper |
| <input type="checkbox"/> tomatoes | <input type="checkbox"/> salt |

TUESDAY

SEAFOOD & CHILLI MORNAY

- | | |
|---|--|
| <input type="checkbox"/> prawns/shrimp | <input type="checkbox"/> heavy/thickened cream |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> parmesan |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> dried chilli flakes |
| <input type="checkbox"/> black pepper | <input type="checkbox"/> cornflour |
| <input type="checkbox"/> salt | <input type="checkbox"/> pasta |
| <input type="checkbox"/> unsalted butter | <input type="checkbox"/> parsley |
| <input type="checkbox"/> dry white wine | |
| <input type="checkbox"/> chicken or vegetable stock | |

WEDNESDAY

COCONUT SAMBAL CHICKEN

- | | |
|--|---|
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> salt |
| <input type="checkbox"/> Sambal Oelek | <input type="checkbox"/> dark soy sauce |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> chicken thigh cutlets |
| <input type="checkbox"/> lime juice | <input type="checkbox"/> cornflour |
| <input type="checkbox"/> coconut cream | <input type="checkbox"/> lime wedges |

BROCCOLI CROQUETTES WITH BLUE CHEESE DIP

- | | |
|--|--|
| <input type="checkbox"/> potatoes | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> egg |
| <input type="checkbox"/> smoked bacon rashers | <input type="checkbox"/> fresh breadcrumbs |
| <input type="checkbox"/> shallots | <input type="checkbox"/> sour cream |
| <input type="checkbox"/> strong Cheddar cheese | <input type="checkbox"/> firm blue cheese |
| <input type="checkbox"/> egg yolk | <input type="checkbox"/> buttermilk |

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INGREDIENTS:

THURSDAY

SALMON BAGUETTE

- ☐ French baguettes
- ☐ lemon thyme
- ☐ salmon belly fillets
- ☐ dukkha
- ☐ watercress
- ☐ radishes
- ☐ avocados
- ☐ spring onions
- ☐ butter
- ☐ garlic cloves
- ☐ fresh parsley
- ☐ cream cheese
- ☐ whole egg mayonnaise
- ☐ lemon
- ☐ capers
- ☐ Dijon mustard
- ☐ salt
- ☐ pepper

FRIDAY

SESAME FIVE SPICE CHICKEN WITH VEGGIES

- ☐ soy sauce
- ☐ honey
- ☐ cornflour/cornstarch
- ☐ water
- ☐ tomato paste
- ☐ rice wine or white vinegar
- ☐ chicken stock
- ☐ Chinese five-spice
- ☐ chilli flakes
- ☐ sesame seeds
- ☐ skinless chicken thigh fillets
- ☐ cracked black pepper
- ☐ oil
- ☐ large onion
- ☐ garlic cloves
- ☐ ginger
- ☐ salt

WEEKEND

CLEAN & GREEN SMOOTHIE

- ☐ banana
- ☐ frozen pineapple chunks
- ☐ fresh spinach leaves
- ☐ milk
- ☐ ice cubes
- ☐ lemon

LAYERED FRUIT & YOGHURT POTS

- ☐ eggs
- ☐ white/granulated sugar
- ☐ lemons
- ☐ lemon juice
- ☐ butter
- ☐ coconut yoghurt
- ☐ lemon curd
- ☐ granola/muesli
- ☐ slivered or flaked almonds
- ☐ shredded coconut
- ☐ strawberries
- ☐ Greek yoghurt
- ☐ strawberry purée