

SUMMER COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

22.01.24 - 26.01.24

MONDAY

MAIN: CHICKEN SATAY SKEWERS

APPROX. 3 HR

SIDE: BUTTERNUT PASTA WITH RED PEPPER PESTO DRESSING

APPROX. 20 MIN



TUESDAY

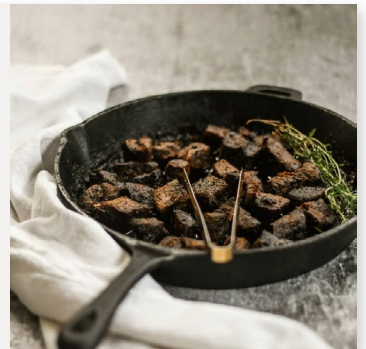
MAIN: CAJUN GARLIC BUTTER STEAK BITES

APPROX. 15 MIN



SIDE: PARSIP CROQUETTES

APPROX. 1 HR 45 MIN



WEDNESDAY

MAIN: CHICKEN COCONUT & KORMA SKEWERS WITH MANGO SALSA

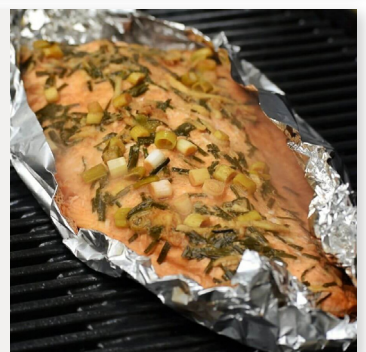
APPROX. 35 MIN



THURSDAY

MAIN: SALMON INFUSED WITH ROOT GINGER & CORIANDER

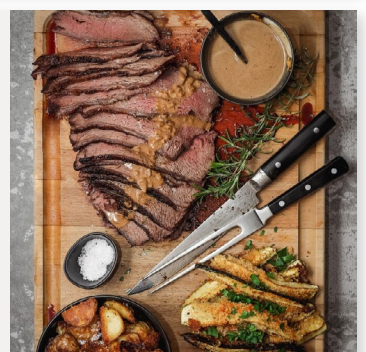
APPROX. 45 MIN



FRIDAY

MAIN: REVERSE-SEARED RUMP CAP WITH CRUNCHY SIDES

APPROX. 1 HR 30 MIN



BROUGHT TO YOU BY *el gusto*

22.01.24 - 26.01.24

22.01.24 - 26.01.24

APPROX. 32 MIN



WEEKLY MEAL PLANNER

22.01.24 - 26.01.24

INGREDIENTS:

MONDAY

CHICKEN SATAY SKEWERS

- ☐ boneless, skinless chicken thigh
- ☐ red pepper/capsicum
- ☐ red onion
- ☐ salt & pepper
- ☐ olive oil spray
- ☐ coconut oil
- ☐ soy sauce
- ☐ yellow curry powder
- ☐ turmeric
- ☐ garlic cloves
- ☐ ginger
- ☐ brown sugar
- ☐ fish sauce
- ☐ peanut oil
- ☐ shallots
- ☐ red chilli pepper
- ☐ smooth peanut butter
- ☐ coconut milk
- ☐ kecap minis/sweet soy sauce
- ☐ Worcestershire sauce
- ☐ unsalted, roasted peanuts
- ☐ lime juice
- ☐ water

BUTTERNUT PASTA WITH RED PEPPER PESTO DRESSING

- ☐ butternut pumpkin/squash
- ☐ capsicums/peppers
- ☐ olive oil
- ☐ garlic cloves
- ☐ pine nuts
- ☐ water
- ☐ salt
- ☐ coarse ground black pepper
- ☐ sun-dried tomatoes
- ☐ rocket leaves

TUESDAY

CAJUN GARLIC BUTTER STEAK BITES

- ☐ smoked paprika
- ☐ salt
- ☐ garlic powder
- ☐ onion powder
- ☐ chilli powder
- ☐ dried thyme
- ☐ dried oregano
- ☐ cayenne pepper
- ☐ black pepper
- ☐ steak, ribeye or similar
- ☐ olive oil
- ☐ butter
- ☐ garlic cloves

PARSNIP CROQUETTES

- ☐ parsnips
- ☐ olive oil
- ☐ butter
- ☐ shallots/eschalots
- ☐ horseradish
- ☐ plain flour
- ☐ eggs
- ☐ panko breadcrumbs
- ☐ oil
- ☐ milk
- ☐ cheddar/tasty cheese
- ☐ Dijon mustard
- ☐ salt & pepper

WEEKLY MEAL PLANNER

22.01.24 - 26.01.24

INGREDIENTS:

WEDNESDAY

CHICKEN COCONUT & KORMA SKEWERS WITH MANGO SALSA

- ☐ Korma curry paste
- ☐ light coconut milk
- ☐ chicken thighs or breast
- ☐ sea salt & cracked black pepper
- ☐ fresh mangoes
- ☐ cucumber
- ☐ red capsicum/pepper
- ☐ red onion
- ☐ spring onions
- ☐ fresh coriander
- ☐ olive oil
- ☐ naan bread
- ☐ natural Greek style yoghurt

THURSDAY

SALMON INFUSED WITH ROOT GINGER & CORIANDER

- ☐ sherry vinegar
- ☐ light soy sauce
- ☐ sesame oil
- ☐ fresh chives
- ☐ spring onions
- ☐ root ginger
- ☐ coriander
- ☐ large salmon steaks or a side of salmon
- ☐ olive oil

FRIDAY

REVERSE-SEARED RUMP CAP WITH CRUNCHY SIDES

- ☐ rump cap
- ☐ salt & pepper
- ☐ meat rub
- ☐ wash white potatoes
- ☐ fresh rosemary
- ☐ oil
- ☐ zucchinis/courgettes
- ☐ olive oil
- ☐ fine breadcrumbs
- ☐ parmesan cheese
- ☐ shallot/eschalots
- ☐ garlic clove
- ☐ black pepper
- ☐ brandy
- ☐ single cream
- ☐ Dijon mustard
- ☐ Worcestershire sauce
- ☐ meat juices from the rump (or beef stock)

WEEKEND

COCONUT SHRIMP WITH PINEAPPLE CHILLI DIPPING SAUCE

- ☐ eggs
- ☐ large prawns/shrimp
- ☐ sweetened coconut
- ☐ panko breadcrumbs
- ☐ plain flour
- ☐ paprika
- ☐ salt
- ☐ olive oil
- ☐ sweet chilli sauce
- ☐ ketchup
- ☐ fresh pineapple
- ☐ lime
- ☐ fresh coriander/cilantro