

SUMMER COLLECTION

# WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

29.01.24 - 02.02.24

MONDAY

MAIN: TUNA RICE SLICE

APPROX. 1 HR 20 MIN



TUESDAY

MAIN: BUTTER CHICKEN HANDPIES

APPROX. 40 MIN

SIDE: CARROT BIRYANI

APPROX. 25 MIN



WEDNESDAY

MAIN: SPICY BAKED BEEF TACOS

APPROX. 45 MIN



SIDE: QUINOA CORN SALAD WITH BACON & HAZLENUTS

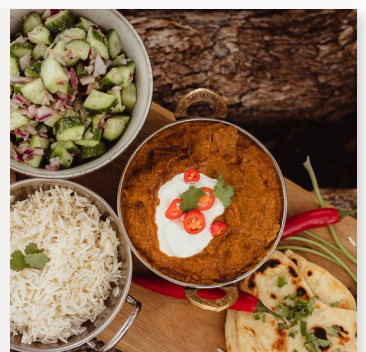
APPROX. 45 MIN



THURSDAY

MAIN: LAMB ROGAN JOSH CURRY

APPROX. 3 HRS



FRIDAY

MAIN: CLASSIC CHEESE BURGER WITH SECRET SAUCE

APPROX. 50 MIN

SIDE: EASY OVEN FRIES 3 WAYS

APPROX. 1 HR 5 MIN



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## WEEKEND INSPIRATION

## FRESH PEACH PIE



## SHOPPING LIST

[illegible]

Housewife NZ

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# WEEKLY MEAL PLANNER

29.01.24 - 02.02.24

## INGREDIENTS:

MONDAY

### TUNA RICE SLICE

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> basmati rice  | <input type="checkbox"/> tinned tuna           | <input type="checkbox"/> mayonnaise     |
| <input type="checkbox"/> butter        | <input type="checkbox"/> cornflour/corn starch | <input type="checkbox"/> lemon juice    |
| <input type="checkbox"/> eggs          | <input type="checkbox"/> curry powder          | <input type="checkbox"/> parsley flakes |
| <input type="checkbox"/> salt & pepper | <input type="checkbox"/> milk                  | <input type="checkbox"/> grated cheese  |

TUESDAY

### BUTTER CHICKEN HANDPIES

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> butter                       | <input type="checkbox"/> butter chicken curry paste | <input type="checkbox"/> black sesame seeds  |
| <input type="checkbox"/> onion                        | <input type="checkbox"/> frozen mixed vegetables    | <input type="checkbox"/> fresh mint leaves   |
| <input type="checkbox"/> chicken mince/ground chicken | <input type="checkbox"/> tomato paste               | <input type="checkbox"/> Greek style yoghurt |
| <input type="checkbox"/> carrot                       | <input type="checkbox"/> puff pastry sheets         |  |
|   | <input type="checkbox"/> egg                        |  |

### CARROT BIRYANI

- |                                       |                                       |  |
|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> olive oil    | <input type="checkbox"/> garam masala | <input type="checkbox"/> frozen peas         |
| <input type="checkbox"/> onion        | <input type="checkbox"/> turmeric     | <input type="checkbox"/> roasted cashew nuts |
| <input type="checkbox"/> green chilli | <input type="checkbox"/> carrots      | <input type="checkbox"/> coriander leaves    |
| <input type="checkbox"/> garlic clove | <input type="checkbox"/> basmati rice | <input type="checkbox"/> natural yoghurt     |

WEDNESDAY

### SPICY BAKED BEEF TACOS

- |  |  |
|--|--|
| <input type="checkbox"/> lean beef mince/ground beef | <input type="checkbox"/> corn tortillas                          |
| <input type="checkbox"/> onion                       | <input type="checkbox"/> olive oil                               |
| <input type="checkbox"/> red capsicum/pepper         | <input type="checkbox"/> poblano pepper/mild green chilli pepper |
| <input type="checkbox"/> chilli powder               | <input type="checkbox"/> garlic clove                            |
| <input type="checkbox"/> smoked paprika              | <input type="checkbox"/> fresh coriander/cilantro                |
| <input type="checkbox"/> ground cumin                | <input type="checkbox"/> avocado                                 |
| <input type="checkbox"/> garlic powder               | <input type="checkbox"/> lime juice                              |
| <input type="checkbox"/> dried oregano               | <input type="checkbox"/> shredded mozzarella cheese              |
| <input type="checkbox"/> red pepper flakes           | <input type="checkbox"/> lime wedges                             |
| <input type="checkbox"/> salt & pepper               |  |

### QUINOA CORN SALAD WITH BACON & HAZLENUTS

- |  |   |
|--|---|
| <input type="checkbox"/> small corn cobs     | <input type="checkbox"/> diced bacon            |
| <input type="checkbox"/> light olive oil     | <input type="checkbox"/> roasted hazlenuts      |
| <input type="checkbox"/> butter              | <input type="checkbox"/> lemon juice            |
| <input type="checkbox"/> quinoa              | <input type="checkbox"/> lemon rind             |
| <input type="checkbox"/> chicken stock cubes | <input type="checkbox"/> salt & pepper          |
| <input type="checkbox"/> water               | <input type="checkbox"/> grated parmesan cheese |

# WEEKLY MEAL PLANNER

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## INGREDIENTS:

THURSDAY

### LAMB ROGAN JOSH CURRY

- |   |   |
|---|---|
| <input type="checkbox"/> butter                   | <input type="checkbox"/> salt & pepper          |
| <input type="checkbox"/> cinnamon sticks          | <input type="checkbox"/> chicken stock          |
| <input type="checkbox"/> cardamom pods            | <input type="checkbox"/> boned lamb shoulder    |
| <input type="checkbox"/> cloves                   | <input type="checkbox"/> Greek yogurt           |
| <input type="checkbox"/> onions                   | <input type="checkbox"/> garam masala           |
| <input type="checkbox"/> red chilli               | <input type="checkbox"/> cucumber               |
| <input type="checkbox"/> garlic cloves            | <input type="checkbox"/> red onion              |
| <input type="checkbox"/> ginger                   | <input type="checkbox"/> red wine vinegar       |
| <input type="checkbox"/> paprika                  | <input type="checkbox"/> olive oil              |
| <input type="checkbox"/> chilli powder            | <input type="checkbox"/> Dijon mustard          |
| <input type="checkbox"/> fresh & ground coriander | <input type="checkbox"/> mixed dried herbs      |
| <input type="checkbox"/> ground cumin             | <input type="checkbox"/> white/granulated sugar |
| <input type="checkbox"/> tomato passata           | <input type="checkbox"/> pappadums              |

FRIDAY

### CLASSIC CHEESE BURGER WITH SECRET SAUCE

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> beef mince/ground beef | <input type="checkbox"/> ketchup/tomato sauce | <input type="checkbox"/> cheese slices              |
| <input type="checkbox"/> eggs                   | <input type="checkbox"/> pickle juice         | <input type="checkbox"/> hamburger buns             |
| <input type="checkbox"/> garlic powder          | <input type="checkbox"/> dried dill           | <input type="checkbox"/> cos/romaine lettuce leaves |
| <input type="checkbox"/> Worcestershire sauce   | <input type="checkbox"/> lime juice           | <input type="checkbox"/> tomato                     |
| <input type="checkbox"/> mustard powder         | <input type="checkbox"/> smoked paprika       | <input type="checkbox"/> pickled cucumber           |
| <input type="checkbox"/> pepper                 | <input type="checkbox"/> cayenne pepper       | <input type="checkbox"/> red onion                  |
| <input type="checkbox"/> mayonnaise             | <input type="checkbox"/> mustard powder       | <input type="checkbox"/> tomato relish              |

### EASY OVEN FRIES 3 WAYS

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> large floury potatoes                | <input type="checkbox"/> sea salt flakes     | <input type="checkbox"/> parsley            |
| <input type="checkbox"/> neutral oil (rice bran or grapeseed) | <input type="checkbox"/> ground black pepper | <input type="checkbox"/> garlic & herb salt |
|   | <input type="checkbox"/> parmesan cheese     |   |

WEEKEND

### FRESH PEACH PIE

- |  |  |
|--|--|
| <input type="checkbox"/> white/granulated sugar          | <input type="checkbox"/> baked pie crust   |
| <input type="checkbox"/> cornflour/cornstarch            | <input type="checkbox"/> ripe peaches      |
| <input type="checkbox"/> water                           | <input type="checkbox"/> fresh raspberries |
| <input type="checkbox"/> peach flavoured gelatine powder |  |

### PEACH SANGRIA

- |   |   |
|---|---|
| <input type="checkbox"/> dry white wine | <input type="checkbox"/> simple syrup                           |
| <input type="checkbox"/> ripe peaches   | <input type="checkbox"/> fresh herbs, mint, basil, lemon, thyme |
| <input type="checkbox"/> peach schnapps |   |