

WINTER COLLECTION

# WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

15.01.24 - 19.01.24

MONDAY

MAIN: LAMB & SHIRAZ PIE

APPROX. 1 HR 29 MIN



TUESDAY

MAIN: ITALIAN CHICKEN STEW

APPROX. 5 HR 30 MIN



WEDNESDAY

MAIN: SIMPLE SAUSAGE RISOTTO

APPROX. 35 MIN



THURSDAY

MAIN: CREAMY BEEF STROGANOFF

APPROX. 30 MIN

SIDE: SPICED ROASTED CAULIFLOWER

APPROX. 1 HR



FRIDAY

MAIN: HEARTY CHICKEN & BACON HOT POT

APPROX. 8 HR 35 MIN



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## WEEKEND INSPIRATION

[illegible]

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## INGREDIENTS:

MONDAY

### LAMB & SHIRAZ PIE

- ☐ olive oil
- ☐ onion
- ☐ carrot
- ☐ celery
- ☐ mushrooms
- ☐ fresh rosemary
- ☐ salt & pepper
- ☐ flour
- ☐ beef stock
- ☐ shiraz red wine
- ☐ leftover lamb
- ☐ puff pastry egg
- ☐ milk

TUESDAY

### ITALIAN CHICKEN STEW

- ☐ chicken pieces
- ☐ salt & pepper
- ☐ garlic cloves
- ☐ red wine
- ☐ celery
- ☐ brown onion
- ☐ carrot
- ☐ olive oil
- ☐ garlic cloves
- ☐ pancetta and bacon
- ☐ fresh hard herbs
- ☐ canned tomatoes
- ☐ dried oregano
- ☐ green pitted olives
- ☐ capers
- ☐ parmesan or pecorino cheese

WEDNESDAY

### SIMPLE SAUSAGE RISOTTO

- ☐ vegetable stock pots
- ☐ tomato purée
- ☐ tasty sausages
- ☐ risotto rice
- ☐ salad tomatoes
- ☐ garlic paste
- ☐ salted butter
- ☐ parmesan
- ☐ pesto
- ☐ extra virgin olive oil

THURSDAY

### CREAMY BEEF STROGANOFF

- ☐ egg fettucine
- ☐ butter
- ☐ onion
- ☐ garlic
- ☐ mushrooms
- ☐ paprika
- ☐ white wine
- ☐ beef stock
- ☐ cooked beef
- ☐ salt
- ☐ pepper
- ☐ sour cream
- ☐ fresh chives

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## INGREDIENTS:

THURSDAY

### SPICED ROASTED CAULIFLOWER

- ☐ butter
- ☐ chilli flakes
- ☐ allspice
- ☐ ground cumin
- ☐ ground coriander
- ☐ cauliflower
- ☐ canned chickpeas
- ☐ parsley, mint, coriander leaves
- ☐ red onion
- ☐ cherry tomatoes
- ☐ feta cheese
- ☐ Greek yoghurt
- ☐ lemon

FRIDAY

### HEARTY CHICKEN & BACON HOT POT

- ☐ butter
- ☐ large onion
- ☐ streaky bacon rashers
- ☐ garlic cloves
- ☐ smoked paprika
- ☐ tomato paste
- ☐ carrots
- ☐ celery
- ☐ kumara/sweet potato
- ☐ large potatoes
- ☐ chicken breast
- ☐ tinned crushed tomatoes
- ☐ dried oregano
- ☐ chicken stock
- ☐ vegetable stock cube
- ☐ salt & pepper
- ☐ brown sugar
- ☐ fresh parsley
- ☐ single cream
- ☐ cornflour/cornstarch
- ☐ water

WEEKEND

### BLUEBERRY & MINT SMOOTHIE

- ☐ ripe pear
- ☐ frozen blueberries
- ☐ mint leaves
- ☐ apple juice

### QUICK FRY PAN GRANOLA

- ☐ rolled oats
- ☐ brown sugar
- ☐ butter
- ☐ honey
- ☐ vanilla extra
- ☐ sliced or slivered almonds
- ☐ raisins
- ☐ shredded coconut