

WINTER COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

22.01.24 - 26.01.24

MONDAY

MAIN: MUSTARD & THYME GRILLED CHICKEN THIGHS

APPROX. 55 MIN



SIDE: VEGGIE MAC

APPROX. 45 MIN



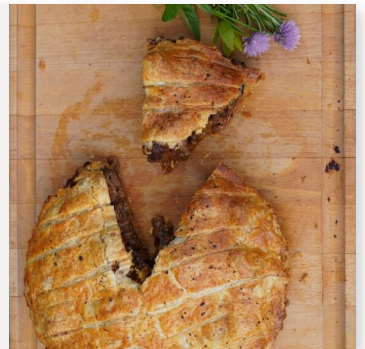
TUESDAY

MAIN: STEAK, STOUT & CHEDDAR PIE

APPROX. 5 HRS

SIDE: CHARRED COTIJA CORN SALAD

APPROX. 30 MIN



WEDNESDAY

MAIN: GREEK GYROS CHICKEN KEBABS

APPROX. 45 MIN



THURSDAY

MAIN: FISH IN BEER BATTER

APPROX. 25 MIN

SIDE: SPICY RED PESTO

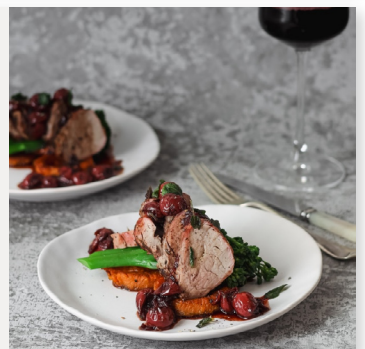
APPROX. 15 MIN



FRIDAY

MAIN: PORK FILLET DINNER WITH RED WINE CHERRY SAUCE

APPROX. 1 HR 15 MIN



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WEEKEND INSPIRATION

POMEGRANATE LAMB ON HUMMUS & PITA

APPROX. 30 MIN



CAMPUS&CO.

Your Superstore

SHOPPING LIST

[illegible]

"Great flavours; served with falafel and a selection of fresh vegetables, this is a brilliant supper option."

Pomegranate Lamb on Hummus & Pita

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INGREDIENTS:

MONDAY

MUSTARD & THYME GRILLED CHICKEN THIGHS

- ☐ bone-in chicken thighs
- ☐ Dijon mustard
- ☐ honey
- ☐ thyme leaves
- ☐ shallot/eschalot
- ☐ salt & pepper

VEGGIE MAC

- ☐ carrots
- ☐ white onion
- ☐ celery
- ☐ garlic
- ☐ olive oil
- ☐ butter
- ☐ gluten-free flour blend
- ☐ milk
- ☐ cavatappi noodles
- ☐ gruyère cheese
- ☐ parmesan
- ☐ gluten-free bread
- ☐ salt & black pepper
- ☐ dried oregano
- ☐ smoked paprika
- ☐ gluten-free panko breadcrumbs

TUESDAY

STEAK, STOUT & CHEDDAR PIE

- ☐ butter
- ☐ plain flour
- ☐ eggs
- ☐ milk
- ☐ onions
- ☐ carrots
- ☐ celery
- ☐ leek
- ☐ garlic cloves
- ☐ oil
- ☐ Bouquet garni
- ☐ beef shin/beef stewing steak
- ☐ salt & black pepper
- ☐ stout or dark beer
- ☐ chicken or vegetable stock
- ☐ Worcestershire sauce
- ☐ chilli flakes
- ☐ cheddar/tasty cheese

CHARRED COTIJA CORN SALAD

- ☐ fresh ears of corn
- ☐ extra virgin olive oil
- ☐ Kosher salt
- ☐ black pepper
- ☐ cherry tomatoes
- ☐ arugula/rocket
- ☐ small red bell pepper
- ☐ onions
- ☐ fresh cilantro
- ☐ avocado
- ☐ Cotija cheese

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INGREDIENTS:

WEDNESDAY

GREEK GYROS CHICKEN KEBABS

- | | | |
|---|--|--|
| <input type="checkbox"/> dried oregano & mint | <input type="checkbox"/> garlic cloves | <input type="checkbox"/> Greek yoghurt |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> salt & pepper | <input type="checkbox"/> fresh mint |
| <input type="checkbox"/> ground coriander seeds | <input type="checkbox"/> bread flour | <input type="checkbox"/> iceberg lettuce |
| <input type="checkbox"/> sweet/regular paprika | <input type="checkbox"/> dried yeast | <input type="checkbox"/> tomatoes |
| <input type="checkbox"/> ground cinnamon | <input type="checkbox"/> caster sugar | <input type="checkbox"/> red onion |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> water | |
| <input type="checkbox"/> lemon | <input type="checkbox"/> cucumber | |

THURSDAY

FISH IN BEER BATTER

- | | |
|--|--|
| <input type="checkbox"/> fillets of fish | <input type="checkbox"/> light beer |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> baking powder |
| <input type="checkbox"/> salt & pepper | |

SPICY RED PESTO

- | | |
|---|--|
| <input type="checkbox"/> chargilled capsicum in oil | <input type="checkbox"/> basil leaves |
| <input type="checkbox"/> sundried tomatoes in oil | <input type="checkbox"/> red chilli flakes |
| <input type="checkbox"/> beetroot leaves | <input type="checkbox"/> garlic clove |
| <input type="checkbox"/> Parmesan cheese | |

FRIDAY

PORK FILLET DINNER WITH RED WINE CHERRY SAUCE

- | | |
|---|---|
| <input type="checkbox"/> pork fillets | <input type="checkbox"/> garlic clove |
| <input type="checkbox"/> fresh sage leaves | <input type="checkbox"/> fresh rosemary |
| <input type="checkbox"/> salt & pepper | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> broccolini | <input type="checkbox"/> mixed spice |
| <input type="checkbox"/> orange sweet potatoes/kumara | <input type="checkbox"/> balsamic vinegar |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> red wine |
| <input type="checkbox"/> butter | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> red onion | <input type="checkbox"/> morello cherries |

WEEKEND

POMEGRANATE LAMB ON HUMMUS & PITA

- | | |
|---|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> salt & pepper |
| <input type="checkbox"/> minced/ground lamb | <input type="checkbox"/> hummus |
| <input type="checkbox"/> garlic clove | <input type="checkbox"/> pomegranate arils |
| <input type="checkbox"/> brown onion | <input type="checkbox"/> feta |
| <input type="checkbox"/> allspice | <input type="checkbox"/> dukkah |
| <input type="checkbox"/> chilli powder | <input type="checkbox"/> fresh mint or microherbs |
| <input type="checkbox"/> pomegranate molasses | <input type="checkbox"/> pita chips |
| <input type="checkbox"/> barbeque sauce | <input type="checkbox"/> fresh vegetables to dip, carrot, celery, radish |