

WINTER COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

29.01.24 - 02.02.24

MONDAY

MAIN: SUPREME MEATLOAF PIZZA

APPROX. 50 MIN



TUESDAY

MAIN: SIMPLE ROAST CHICKEN & GRAVY

APPROX. 1 HR 50 MIN

SIDE: CREAMY CORN

APPROX. 20 MIN



WEDNESDAY

MAIN: CHILLI CON CARNE WITH SPICED BUTTER

APPROX. 2 HRS

SIDE: GARLIC BREAD PLAITS

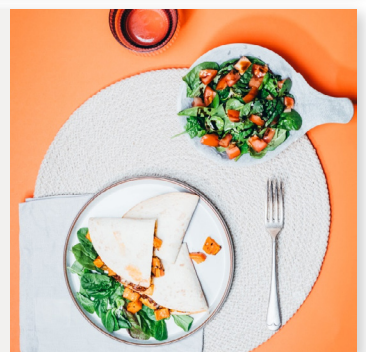
APPROX. 50 MIN



THURSDAY

MAIN: COTTAGE QUESADILLAS

APPROX. 40 MIN



FRIDAY

MAIN: LEMON GARLIC BUTTER SPATCHCOCK CHICKEN

APPROX. 50 MIN

SIDE: PUMPKIN & SPINACH RISONI SALAD

APPROX. 45 MIN



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WEEKEND INSPIRATION

ORANGE & ZUCCHINI CAKE

A round cake, possibly a carrot cake, is presented on a silver platter. The cake is topped with a thick layer of white cream, which is further decorated with several slices of fresh orange. The cake sits on a white paper doily. The background is dark and moody, featuring a grey cloth, some white flowers, and a bunch of green vegetables (like zucchini or cucumber) in the foreground. A small, dark, spiral-shaped object is visible in the upper left corner.

APPROX. 30 MIN



SHOPPING LIST

[illegible]

Housewife NZ

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WEEKLY MEAL PLANNER

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INGREDIENTS:

MONDAY

SUPREME MEATLOAF PIZZA

- ☐ extra lean minced beef
- ☐ brown onion
- ☐ panko breadcrumbs
- ☐ egg
- ☐ tomato pizza sauce
- ☐ cooking spray
- ☐ mozzarella cheese
- ☐ pepperoni
- ☐ button mushrooms
- ☐ kalamata olives
- ☐ basil leaves

TUESDAY

SIMPLE ROAST CHICKEN & GRAVY

- ☐ butter
- ☐ fresh thyme leaves
- ☐ onions
- ☐ carrots
- ☐ celery
- ☐ olive oil
- ☐ whole chicken
- ☐ lemon
- ☐ salt & pepper
- ☐ gravy granules

CREAMY CORN

- ☐ frozen corn kernels
- ☐ thickened/whipping cream
- ☐ milk
- ☐ salt
- ☐ white/granulated sugar
- ☐ plain flour
- ☐ butter

WEDNESDAY

CHILLI CON CARNE WITH SPICED BUTTER

- ☐ olive oil
- ☐ ground cumin
- ☐ chilli powder
- ☐ smoked paprika
- ☐ tomato ketchup
- ☐ Marmite
- ☐ butter
- ☐ prime minced beef
- ☐ onion
- ☐ whole star anise
- ☐ garlic cloves
- ☐ tomato purée
- ☐ green chilli
- ☐ red wine
- ☐ chopped tomatoes
- ☐ beef stock
- ☐ red kidney beans
- ☐ red peppers
- ☐ soured cream
- ☐ lime
- ☐ grated cheese

GARLIC BREAD PLAITS

- ☐ celery salt or all-purpose seasoning
- ☐ fresh thyme
- ☐ garlic cloves
- ☐ parmesan
- ☐ butter
- ☐ yeast
- ☐ caster sugar
- ☐ warm water
- ☐ plain flour
- ☐ sea salt
- ☐ oil

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INGREDIENTS:

THURSDAY

COTTAGE QUESADILLAS

- ☐ orange sweet potato/kumara
- ☐ lamb mince/ground lamb
- ☐ garlic paste
- ☐ tomato purée
- ☐ lamb stock pot
- ☐ herbs de Provence
- ☐ grated cheddar/tasty cheese
- ☐ mini tortilla wraps
- ☐ salad tomatoes
- ☐ baby salad leaves
- ☐ balsamic glaze

FRIDAY

LEMON GARLIC BUTTER SPATCHCOCK CHICKEN

- ☐ chicken
- ☐ salt & pepper
- ☐ olive oil
- ☐ garlic cloves
- ☐ crushed red pepper flakes
- ☐ dry white wine
- ☐ fresh lemon juice
- ☐ unsalted butter
- ☐ parsley
- ☐ fresh rosemary

PUMPKIN & SPINACH RISONI SALAD

- ☐ pumpkin
- ☐ cream cheese
- ☐ olive oil spray
- ☐ balsamic vinegar
- ☐ olive oil
- ☐ garlic clove
- ☐ sugar
- ☐ salt & pepper
- ☐ risoni pasta
- ☐ baby spinach
- ☐ semi-sundried tomatoes

WEEKEND

ORANGE & ZUCCHINI CAKE

- ☐ butter
- ☐ orange
- ☐ caster sugar
- ☐ eggs
- ☐ self-raising flour
- ☐ grated zucchini
- ☐ orange juice
- ☐ icing/powdered sugar

ORANGE POMEGRANATE SANGRIA

- ☐ dry red wine
- ☐ sparkling apple cider (non-alcoholic)
- ☐ vodka
- ☐ pomegranate juice
- ☐ spiced apple cider
- ☐ fresh lime juice
- ☐ oranges
- ☐ limes
- ☐ red apples
- ☐ white/granulated sugar
- ☐ pomegranate arils
- ☐ fresh rosemary