SUMMER COLLECTION

WEEKLY MEAL PLANNER



12.02.24 - 16.02.24

MAIN: CHEESY STEAK GARLIC BREAD

APPROX. 30 MIN



MAIN: EASY ONE-PAN LAMB PASTITSIO

APPROX. 1 HR 20 MIN



MAIN: KOREAN FRIED CHICKEN BURGER

APPROX. 1 HR



MAIN: LEMON TURMERIC CHICKEN & POTATO TRAY BAKE
APPROX. 55 MIN





MAIN: BUTTER-BASTED STEAK WITH WHISKEY PEPPER SAUCE
APPROX. 40 MIN

SIDE: MANGO & POMEGRANATE RICE SALAD

APPROX. 12 MIN





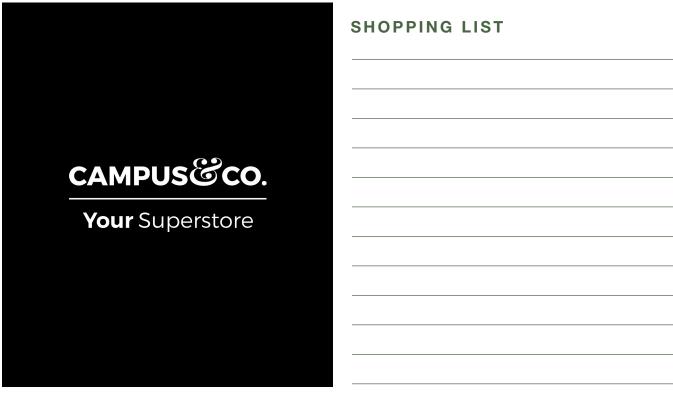


12.02.24 - 16.02.24

LEMON POPPY SEED PANCAKE TACOS

APPROX. 35 MIN





"Absolutely delicious, indulgent breakfast that the whole family loved!"

Lemon Poppy Seed Pancake Tacos

12.02.24 - 16.02.24

INGREDIENTS:

CHEESY STEAK GARLIC BREAD □ onion dip □ butter MONDAY fresh chives fresh thyme □ garlic clove □ cheddar/tasty cheese □ sourdough or crusty Vienna loaf □ rare roast beef EASY ONE-PAN LAMB PASTITSIO □ olive oil □ smooth ricotta □ onion □ eggs □ garlic cloves □ plain flour TUESDAY □ cinnamon □ unsweetened Greek-style yoghurt nutmeg □ tasty/cheddar cheese □ lamb mince/ground lamb □ feta □ dry red wine fresh parsley □ tinned chopped tomatoes □ dried oregano □ white/granulated sugar □ chicken stock dried macaroni

KOREAN FRIED CHICKEN BURGER

□ Sriracha chilli sauce

- □ sour cream □ lime juice □ gochujang/Korean chilli paste mayonnaise □ brown sugar □ fish sauce □ red chilli
- beansprouts □ carrots radishes □ fresh coriander/cilantro □ egg □ milk

□ plain flour □ cornflour/cornstarch □ rice flour □ skinless, boneless chicken thigh fillets brioche burger buns □ iceberg lettuce □ rice bran oil

12.02.24 - 16.02.24

INGREDIENTS:

	LEMON TURMERIC CHICKEN & POTATO TRAY BAKE			
THURSDAY	 potatoes chicken breasts turmeric ground cumin fresh coriander/cilantro lemons crushed ginger red capsicum/pepper 	0	olive oil salt pepper Greek yoghurt mango chutney	
	BUTTER-BASTED STEAK WITH WHISKEY PEPPER SAUCE			
FRIDAY	 beef steak olive oil onion black pepper mushrooms light smooth whisky butter fresh thyme 		garlic cloves double/thickened cream	
	MANGO & POMEGRANATE RICE SALAD □ basmati rice □ ripe mango □ avocado □ shelled pistachios □ pomegranate seeds □ spring onions/scallions □ coconut oil □ balsamic vinegar			
WEEKEND	□ self-raising flour □ salt □ bicarb soda □ poppy seeds □ egg □ buttermilk □ sugar □ butter	0	lemon mascarpone cheese/Greek yoghurt fruit compote honey	

