

SUMMER COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

12.02.24 - 16.02.24

MONDAY

MAIN: CHEESY STEAK GARLIC BREAD

APPROX. 30 MIN



TUESDAY

MAIN: EASY ONE-PAN LAMB PASTITSIO

APPROX. 1 HR 20 MIN



WEDNESDAY

MAIN: KOREAN FRIED CHICKEN BURGER

APPROX. 1 HR



THURSDAY

MAIN: LEMON TURMERIC CHICKEN & POTATO TRAY BAKE

APPROX. 55 MIN



FRIDAY

MAIN: BUTTER-BASTED STEAK WITH WHISKEY PEPPER SAUCE

APPROX. 40 MIN

SIDE: MANGO & POMEGRANATE RICE SALAD

APPROX. 12 MIN



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WEEKEND INSPIRATION

LEMON POPPY SEED PANCAKE TACOS

APPROX. 35 MIN



CAMPUS&CO.

Your Superstore

SHOPPING LIST

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

Lemon Poppy Seed Pancake Tacos

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INGREDIENTS:

MONDAY

CHEESY STEAK GARLIC BREAD

- ☐ onion dip
- ☐ butter
- ☐ fresh chives
- ☐ fresh thyme
- ☐ garlic clove
- ☐ cheddar/tasty cheese
- ☐ sourdough or crusty Vienna loaf
- ☐ rare roast beef

TUESDAY

EASY ONE-PAN LAMB PASTITSIO

- ☐ olive oil
- ☐ onion
- ☐ garlic cloves
- ☐ cinnamon
- ☐ nutmeg
- ☐ lamb mince/ground lamb
- ☐ dry red wine
- ☐ tinned chopped tomatoes
- ☐ dried oregano
- ☐ white/granulated sugar
- ☐ chicken stock
- ☐ dried macaroni
- ☐ smooth ricotta
- ☐ eggs
- ☐ plain flour
- ☐ unsweetened Greek-style yoghurt
- ☐ tasty/cheddar cheese
- ☐ feta
- ☐ fresh parsley

WEDNESDAY

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

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INGREDIENTS:

THURSDAY

LEMON TURMERIC CHICKEN & POTATO TRAY BAKE

- ☐ potatoes
- ☐ chicken breasts
- ☐ turmeric
- ☐ ground cumin
- ☐ fresh coriander/cilantro
- ☐ lemons
- ☐ crushed ginger
- ☐ red capsicum/pepper
- ☐ olive oil
- ☐ salt
- ☐ pepper
- ☐ Greek yoghurt
- ☐ mango chutney

FRIDAY

BUTTER-BASTED STEAK WITH WHISKEY PEPPER SAUCE

- ☐ 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

LEMON POPPY SEED PANCAKE TACOS

- ☐ self-raising flour
- ☐ salt
- ☐ bicarb soda
- ☐ poppy seeds
- ☐ egg
- ☐ buttermilk
- ☐ sugar
- ☐ butter
- ☐ lemon
- ☐ mascarpone cheese/Greek yoghurt
- ☐ fruit compote
- ☐ honey