WINTER COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY el gusto

05.02.24 - 09.02.24

MAIN: BROCCOLI & SPINACH SOUP WITH LEMON CREAM APPROX. 40 MIN



SIDE: MINI PIZZAS BIANCA

APPROX. 45 MIN



MAIN: CHICKEN & BACON CASSEROLE

APPROX. 1 HR 10 MIN



MAIN: SEARED HARISSA STEAK FLATBREAD WITH SWEET POTATO FRIES

APPROX. 35 MIN



MAIN: BEEF STEW WITH PARSLEY DUMPLINGS

APPROX. 2 HRS 30 MIN

SIDE: ROASTED CARROTS WITH HERBY SAUCE

APPROX. 40 MIN





MAIN: CRISPY CHICKEN WINGS WITH TWO SAUCES

APPROX. 1 HR 35 MIN

SIDE: RAG PASTA WITH MUSHROOMS & BACON CRUMB

APPROX. 50 MIN



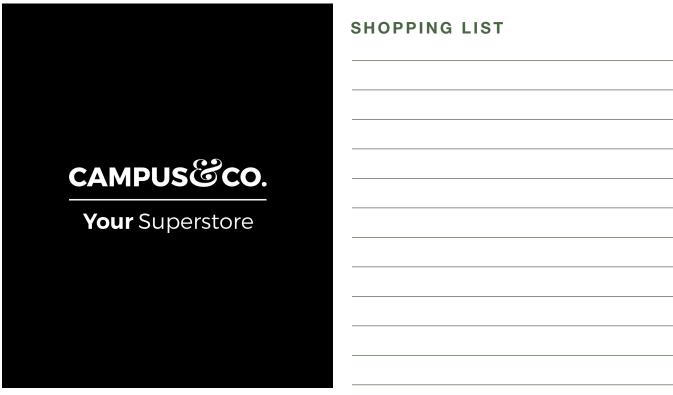


05.02.24 - 09.02.24

LAMB & POPPY SEED SAUSAGE ROLLS

APPROX. 50 MIN





"Recipes by the Community for the Community, now that is just amazing! Tried and tested, and the recipes are appropriate for our way of life, plus all the ingredients are easy to come by."

Housewife AU

05.02.24 - 09.02.24

INGREDIENTS:

	BROCCOLI & SPINACH SOUP WITH LEMON CREAM				
	□ olive oil □ baby spinad □ brown onion □ crème fraicl □ garlic cloves □ lemon rind				
	□ vegetable stock □ salt				
>	□ potatoes □ pepper				
DAY	☐ Tuscan seasoning ☐ broccoli				
MOND	MINI PIZZAS BIANCA				
_	□ basil leaves □ pepper				
	□ garlic cloves □ ready-made □ mozzarella	e pizza dough			
	□ parmesan cheese □ black olives				
	□ olive oil □ fresh rosem □ salt	ary			
	CHICKEN & BACON CASSEROLE				
		ciabatta/baguette			
ΑY	□ milk □ shredded o □ parmesan □ bacon or ha	r diced chicken			
SD	v □ sea salt □ roast vegeta	ables			
UE	1 State pepper	ese			
—	☐ dried mixed herbs ☐ parsley ☐ smoked paprika/red pepper flakes				
	□ spinach, fresh or frozen				
	SEARED HARISSA STEAK FLATBREAD WITH SWEET POTATO FF	SEARED HARISSA STEAK FLATBREAD WITH SWEET POTATO FRIES			
	□ olive oil □ mayonnaise				
DAY	□ sirloin steaks □ lime □ harissa paste □ avocados				
SD	n □ smoked sea salt flakes □ cherry toma	itoes/grape tomatoes			

□ frozen sweet potato fries

□ salt□ pepper

paprikaflatbreadsdouble cream



□ homemade chimichurri

□ pea shoots

□ feta

05.02.24 - 09.02.24

INGREDIENTS:

	BEEF STEW WITH PARSLEY DUMPLINGS			
IHURSDAY	□ beef chuck steak □ plain flour □ olive oil □ butter □ onions □ garlic ROASTED CARROTS WITH HER □ carrots with tops □ extra virgin olive oil □ sea salt	□ carrots □ dry red wine □ beef stock □ fresh thyme □ self-raising flour □ milk RBY SAUCE □ fresh parsley leaves □ lemon □ garlic clove	□ eggs □ parmesan cheese □ fresh parsley □ sundried tomatoes □ crumbled feta □ pistachios □ black pepper	
	i sea sait	u game clove	а віаск рерреі	
FRIDAY	CRISPY CHICKEN WINGS WITH chicken wings salt pepper chilli sauce butter soy sauce RAG PASTA WITH MUSHROOM extra virgin olive oil sourdough bread bacon butter shallots/eschalots garlic cloves fresh thyme	sriraci sesam blue o mayo crème fresh IS & BACON CRUMB lemon porto white pouri parm	cheese nnaise e fraiche/sour cream coriander/cilantro n rind bello mushrooms	
	LAMB & POPPY SEED SAUSAG	<u>E ROLLS</u>		
WEEKEND	 □ panko breadcrumbs □ milk □ olive oil □ onion □ garlic □ lamb mince/ground lamb □ sea salt □ black pepper 	□ mint j □ egg □ frozer □ popp	flakes rosemary jelly or sauce n puff pastry y seeds jam or relish	