WINTER COLLECTION

# WEEKLY MEAL PLANNER



BROUGHT TO YOU BY el gusto

26.02.24 -05.03.24

#### MAIN: RED THAI CHICKEN CURRY

APPROX. 40 MIN



### SIDE: THE BEST HOMEMADE NAAN

APPROX. 1 HR 55 MIN



MAIN: DELECTABLE & SUCCULENT PORK FILLET

APPROX. 1 HR



MAIN: LEMON BUTTER CHICKEN PICCATA

APPROX. 45 MIN



MAIN: ONE-POT LASAGNA SOUP

APPROX. 1 HR

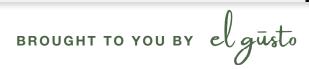




MAIN: SMASH BURGER WITH LOADED FRIES

APPROX. 25 MIN



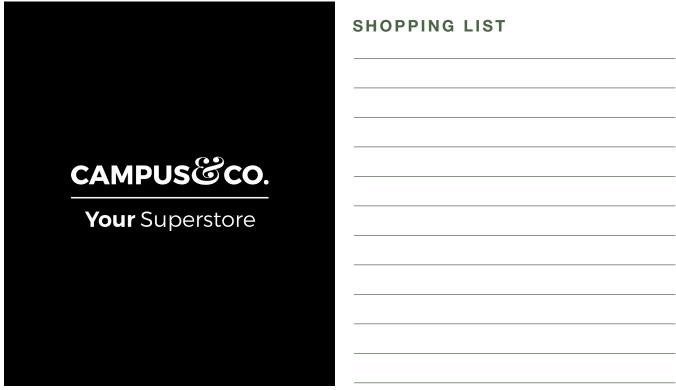


26.02.24 -05.03.24

BAKED FETA WITH HONEY & DUKKAH
APPROX. 35 MIN







"I've been using the El Gusto Meal Planners and adjusting the quantity feature on the recipes on the website to suit our family size and our overall grocery bill has dropped because I only needed to buy exactly what I required!"

Housewife NZ

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## **INGREDIENTS:**

RED THAI CHICKEN CURRY

□ red Thai curry paste □ garlic cloves □ fresh ginger □ lemongrass paste □ vegetable oil □ chicken stock □ coconut milk □ brown sugar □ fish sauce	□ chicken thighs □ brown onion □ zucchini/courgette □ orange sweet potato □ red chilli □ fresh coriander/cilantro □ lime □ cooked rice
THE BEST HOMEMADE NAAN  dried yeast white/granulated sugar tepid water milk egg plain flour salt	<ul> <li>melted butter</li> <li>tasty/cheddar cheese</li> <li>cream cheese spread</li> <li>butter</li> <li>nigella seeds</li> <li>fresh coriander/cilantro</li> </ul>
DELECTABLE & SUCCULENT PORK FILLET  pork fillet salt pepper plain flour vegetable oil Caesar salad dressing horseradish sauce	<ul> <li>tomato ketchup</li> <li>Red Hot Buffalo Wings sauce</li> <li>honey</li> <li>chicken or onion soup mix</li> </ul>
LEMON BUTTER CHICKEN PICCATA  head cauliflower zucchini/courgette lemon olive oil chicken thigh fillets salted butter sage leaves haloumi cheese	☐ fresh thyme ☐ capers ☐ garlic clove ☐ plain flour ☐ parmesan cheese ☐ salt ☐ pepper



MONDAY

**LUESDA** 

26.02.24 -05.03.24

## **INGREDIENTS:**

ONE-POT LASGANA SOUP    lean ground beef	
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### SMASH BURGER WITH LOADED FRIES

- □ beef shoulder/shin
- □ Monterey Jack cheese/melting cheese
- cooked fries
- □ maple-basted streaky bacon
- □ grated cheese
- □ hot sauce of choice

## BAKED FETA WITH HONEY & DUKKAH

- □ rice bran oil
- □ dukkah
- □ feta cheese
- mixed olives
- cherry tomatoes
- □ runny honey
- □ fresh rosemary
- □ fresh thyme

VEEKEND

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