

WINTER COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

26.02.24 -05.03.24

MONDAY

MAIN: RED THAI CHICKEN CURRY

APPROX. 40 MIN



SIDE: THE BEST HOMEMADE NAAN

APPROX. 1 HR 55 MIN



TUESDAY

MAIN: DELECTABLE & SUCCULENT PORK FILLET

APPROX. 1 HR



WEDNESDAY

MAIN: LEMON BUTTER CHICKEN PICCATA

APPROX. 45 MIN



THURSDAY

MAIN: ONE-POT LASAGNA SOUP

APPROX. 1 HR



FRIDAY

MAIN: SMASH BURGER WITH LOADED FRIES

APPROX. 25 MIN



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WEEKEND INSPIRATION

BAKED FETA WITH HONEY & DUKKAH

APPROX. 35 MIN



Your Superstore

[illegible]

Housewife NZ

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INGREDIENTS:

MONDAY

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
- ☐ melted butter
- ☐ tasty/cheddar cheese
- ☐ cream cheese spread
- ☐ butter
- ☐ nigella seeds
- ☐ fresh coriander/cilantro

TUESDAY

DELECTABLE & SUCCULENT PORK FILLET

- ☐ pork fillet
- ☐ salt
- ☐ pepper
- ☐ plain flour
- ☐ vegetable oil
- ☐ Caesar salad dressing
- ☐ horseradish sauce
- ☐ tomato ketchup
- ☐ Red Hot Buffalo Wings sauce
- ☐ honey
- ☐ chicken or onion soup mix

WEDNESDAY

LEMON BUTTER CHICKEN PICCATA

- ☐ head cauliflower
- ☐ zucchini/courgette
- ☐ lemon
- ☐ olive oil
- ☐ chicken thigh fillets
- ☐ salted butter
- ☐ sage leaves
- ☐ haloumi cheese
- ☐ chicken stock cube
- ☐ fresh thyme
- ☐ capers
- ☐ garlic clove
- ☐ plain flour
- ☐ parmesan cheese
- ☐ salt
- ☐ pepper

WEEKLY MEAL PLANNER

26.02.24 -05.03.24

INGREDIENTS:

THURSDAY

ONE-POT LASAGNA SOUP

- ☐ lean ground beef
- ☐ onion
- ☐ garlic cloves
- ☐ red pepper flakes
- ☐ tomato sauce
- ☐ chicken stock
- ☐ tinned crushed tomatoes
- ☐ tomato paste
- ☐ balsamic vinegar
- ☐ granulated sugar
- ☐ Italian seasoning/mixed herbs
- ☐ salt
- ☐ pepper
- ☐ chilli powder
- ☐ lasagna noodles
- ☐ cream
- ☐ mozzarella cheese
- ☐ parmesan cheese
- ☐ ricotta cheese

FRIDAY

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

WEEKEND

BAKED FETA WITH HONEY & DUKKAH

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