#### AUTUMN COLLECTION

# WEEKLY MEAL PLANNER

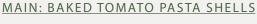


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### WEEKLY MEAL PLANNER

06.03.23 - 10.03.23

date needs to be 2024



APPROX. 50 MIN



MAIN: CHANA DHAL WIH CHUTNEY YOGHURT

APPROX. 30 MIN



SIDE: MALAYSIAN NET CREPES (ROTI JALA)

APPROX. 40 MIN



MAIN: PORK BANH MI BURGER
APPROX. 45 MIN



MAIN: SLOW COOKER CHICKEN CHOWDER

APPROX. 8 HR 30 MIN

SIDE: SPINACH & CHEESE BAGUETTE

APPROX. 50 MIN



MAIN: CHEESY CRUMBED SALMON

APPROX. 40 MIN



SIDE: SQUASH & FETA SALAD JAR

APPROX. 45 MIN





### WEEKLY MEAL PLANNER

SPICY TOMATO POACHED EGGS WITH BACON APPROX. 20 MIN





"So easy and delicious! Made with leftover chicken instead of bacon and served as an evening meal, delicious!"

Spicy Tomato Poached Eggs with Bacon

elgūsto

#### INGREDIENTS:

□ salt

□ pepper ☐ mayonnaise □ honey

06.03.23 - 10.03.23 24 not 23

WEEKLY MEAL

**PLANNER** 

MONDAY	BAKED TOMATO PASTA SHELLS  □ conchiglie pasta □ ricotta cheese □ spreadable cream cheese □ parmesan cheese □ mozzarella cheese □ basil pesto □ egg □ crushed tomatoes □ tomato salsa	☐ cherry tomatoes ☐ garlic ☐ chicken stock ☐ olive oil ☐ caster sugar ☐ Italian herbs ☐ salt ☐ pepper ☐ fresh basil
TUESDAY	CHANA DHAL WITH CHUTNEY YOGHURT  oil onion grated ginger brown sugar korma curry sugar: this is no such thing when i googled it is there another name?  male diced tomatoes  MALAYSIAN NET CREPES (ROTI JALA)  plain flour turmeric large eggs	□ cherry tomatoes □ water □ coconut milk □ browned lentils □ chickpeas □ fresh coriander/cilantro □ natural yoghurt □ mango chutney □ semi-skimmed milk □ vegetable oil
WEDNESDAY	PORK BANH MI BURGER  □ pork mince/ground pork □ fresh basil leaves □ garlic cloves □ spring onions/scallions □ fish sauce □ sriracha chilli sauce □ white/granulated sugar □ cornflour/cornstarch	□ soy sauce □ water □ white vinegar □ carrot □ radishes □ brioche buns □ coriander/cilantro □ cucumber

BROUGHT TO YOU BY

☐ fresh jalapeño

## WEEKLY MEAL PLANNER

06.03.23 - 10.03.23

#### INGREDIENTS:

THURSDAY	SLOW COOKER CHICKEN CHOWDER  Olive oil
	SPINACH & CHEESE BAGUETTE  □ crusty baguette □ baby spinach □ double cream □ eggs □ garlic □ garlic
FRIDAY	CHEESY CRUMBED SALMON    salmon fillet
WEEKEND	SPICY TOMATO POACHED EGGS WITH BACON  □ bacon rashers □ olive oil □ diced tomato with herbs □ dried oregano □ brown sugar □ salt □ dried onion flakes □ pepper □ chilli flakes □ eggs

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