

WEEKLY MEAL PLANNER

14.07.25 - 18.07.25

MAIN: CHICKEN NOODLE STIR-FRY

APPROX. 45 MINS



MAIN: SEAFOOD LASAGNA
APPROX. 50 MIN





MAIN: TERIYAKI PORK FILLET BURGERS

APPROX. 2HR 50 MINS



MAIN: AIR FRYER BASICS - ROAST BEEF

APPROX. 1 HR 40 MINS

SIDE: GRILLED FETA CORN

APPROX. 35 MINS





MAIN: MEXICAN CHICKEN & MANGO SALSA TACO

CUPS WITH BASIL AIOLI

APPROX. 30 MINS





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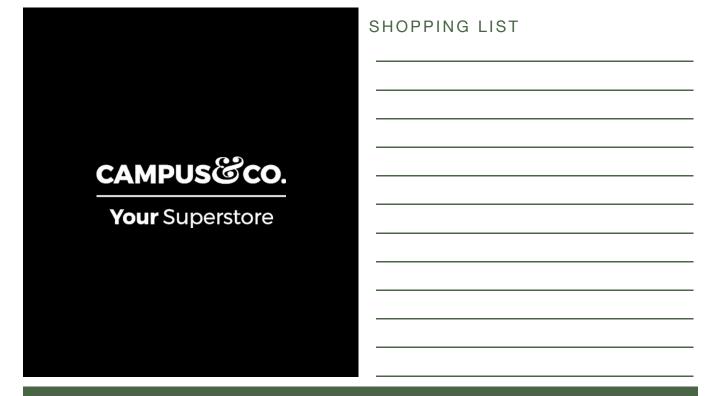
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MAIN: SHORT-ORDER PANCAKE
GRANOLA BREAKFAST CUPS

APPROX. 25 MINS







"We were very impressed with the air fry beef! Full marks! The spicy coating we used seemed to get inside and flavour the meat very nicely."

AIR FRYER BASICS - ROAST BEEF

BROUGHT TO YOU BY elgusto

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INGREDIENTS:

MONDAY	CHICKEN NOODLE STIR-FRY 2-minute noodles chicken thigh fillets cornflour oil grated ginger garlic	mixed frozen vegetables soy sauce curry powder
TUESDAY	SEAFOOD LASAGNA lasagne sheets butter plain flour milk parmesan salt/pepper cottage or ricotta cheese egg minced garlic mozzarella parsley cooked prawns/shrimp lump crabmeat	
WEDNESDAY	TERIYAKI PORK FILLET BURGERS pork fillet	

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INGREDIENTS:

THURSDAY	BOAST BEEF beef blade roast olive oil beef seasoning (Tuscan/Montreal/smoky Texan/French onion, etc) GRILLED FETA CORN unsalted butter coriander/cilantro parsley garlic powder smoked paprika whole fresh corn cobs feta cheese lime parmesan
FRIDAY	MEXICAN CHICKEN & MANGO SALSA TACO CUPS WITH BASIL AIOLI chicken breast oil crushed garlic paprika powder chilli paste salt/pepper tortillas grated cheese basil egg yolks lemon juice mango red capsicum/pepper
WEEKEND	SHORT-ORDER PANCAKE GRANOLA BREAKFAST CUPS pancakes granola/muesli fruit yoghurt berries white/granulated sugar brown sugar cornflour/cornstarch vanilla bean paste