

# Summer Meal Planner

**5 FAMILY DINNERS**  
for under **\$100**

## Week 1 Menu

<b>Monday</b>	Spiced chicken couscous
<b>Tuesday</b>	Summer fritters
<b>Wednesday</b>	Black pepper beef
<b>Thursday</b>	Poké bowl
<b>Friday</b>	Friday night souvlaki

## Week 1 Shopping List

### Produce

- 2 Onions
- 5 Capsicums
- 4 Carrots
- 2 Courgettes
- 5 Corn cobs
- 1 Red onion
- 3 Avocados
- 2 Lemons
- 250g Mushrooms
- 250g Mung bean sprouts
- 2 Beetroot
- 1 Cucumber
- 120g Salad leaves
- 3 Tomatoes

### Grocery

- 500g Couscous
- 1kg Medium grain rice
- 8 pack Pita bread

### Butchery

- 1kg Skinless chicken breast
- 500g Beef, stir fry or rump steak

### Chilled

- 250g Tzatziki or hummus

### Frozen

- 500g Shelled edamame beans

## Pantry Staples\*

- Oil, for frying
- Paprika – sweet or smoked
- Salt
- Pepper
- Flour
- Baking powder
- Cornflour
- 3 Eggs
- Garlic – fresh bulb or crushed
- Soy sauce, coconut aminos / other alternative
- Sugar or honey
- Vinegar – apple cider
- Sweet chilli sauce
- Ground cumin
- Ground coriander
- Dried mixed herbs
- Sesame oil (optional)
- Bamboo or metal skewers (optional)
- Fresh parsley or mint (optional)

\* These items are usually found in your pantry and not included in the budget.

## Introduction

The recipes in this meal planner are designed for summer as they use seasonal produce, but can be made at any time of the year with seasonal substitutions.

The meals are designed to be zero food waste. All the shopping list ingredients you buy should be used by the end of the week. For some meals you may have leftovers and the recipe will tell you whether they're suitable for freezing or are best eaten the next day.

The shopping list tells you the ingredients to buy for the week. The pantry staples list has other ingredients you will need but are likely to have in your fridge or pantry already. Before going shopping check you have the staple ingredients and check your fridge, freezer and pantry as you may already have some of the ingredients on the list.

If there is an ingredient you or your family doesn't like, swap it with one you'll all enjoy and avoid waste.

These meals are budgeted to cost under \$100 (not including the staple items), and any substitutions or alterations may affect the overall cost.

## Weekly tips

- Cook the poké and souvlaki in order, so the seasonal salad leaves are used up over the two days. Other than that, you can cook the meals in any order you like.
- To stop your salad leaves going soggy, open the bag when you get home and pop a piece of paper towel on each side of the bag, then fold it closed. This will absorb excess moisture and keep the leaves fresh.
- You can use salad ingredients you already have at home instead of buying a bag of seasonal salad leaves.
- Skinless chicken breast can be substituted with skinless thigh fillets if preferred.
- Instead of fresh corn cob kernels you can use frozen corn kernels and defrost when needed.
- Eggs are listed as a staple ingredient – you'll need three for the summer fritters.



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## Spiced chicken couscous

A quick and tasty one-pot meal loaded with fresh ingredients. This recipe is easy to make your own by using your favourite spices and seasoning, plus you can add more greens with peas or spinach.



**Prep time:** 10 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 1 tablespoon oil
- 1 onion\*, finely diced
- 2 large capsicums\*, finely diced
- 2 cloves garlic, finely chopped, grated or 1 teaspoon crushed garlic
- 2 carrots\*, cubed or grated
- 2 tablespoons sweet or smoked paprika or your favourite spice mix
- 500g skinless chicken breast\*, cubed
- 2 courgettes, cubed or grated
- 1 cob fresh corn kernels\*, or 1 cup corn kernels
- 2 cups water
- 1/4 teaspoon salt
- Pepper, to taste
- 400g couscous\*

### Method

1. Heat oil in a deep skillet or pot on the stove over medium high heat. Add onions, capsicum, and garlic, sauté for around 5 minutes until it becomes fragrant, and the onions and capsicum have softened.
2. Turn up heat to high, stir in carrots and paprika, add chicken and stir fry until the chicken is almost cooked.
3. Add courgettes, corn, water, salt, and pepper. Stir, cover with a lid and bring to a rolling simmer. Turn off heat, add couscous, leave to sit for 10 minutes for the couscous to absorb the liquid.
4. Fluff couscous with a fork and serve.

### Cooking tips:

- If you already have spice mixes at home or have a preferred spice and herb flavour combination use that in this recipe.
- Adding peas or spinach works well in this dish.
- If using grated vegetables add them in towards the end of the cook to avoid them from getting too soft.

### Adapt it:

- Use quinoa instead of couscous to boost the protein and make this meal gluten free.
- For protein substitutions use firm tofu, quorn, chickpeas, and sliced/chopped almonds sprinkled on top.

### Leftovers

- Heat thoroughly and eat for lunch the next day.

\* Some ingredients will be used across more than one meal in a week. These ingredients are all marked with a \* so you know not to use all of the ingredient in one meal.



## Summer fritters

Make the most of the abundance of fresh corn in summer to create these corn fritters. They are great for brunch or dinner and are perfectly paired with a fresh, zesty avocado and edamame salsa.



**Prep time:** 10 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### FRITTERS

4 cobs fresh corn kernels\* or 4 cups frozen corn kernels, defrosted

½ cup flour

1 ½ teaspoons baking powder

¼ cup cornflour

3 eggs

¼ teaspoon salt

Pepper, to taste

Oil, for frying

#### AVOCADO AND EDAMAME SALSA

2 avocados\*, cubed

100g shelled edamame beans\*, steamed and cooled

½ red onion\*, finely diced

1 lemon\*, juice and rind

Handful fresh parsley or mint, chopped (optional)

Salt and pepper, to taste

### Method

1. Combine all the salsa ingredients in a bowl and toss. Season according to taste and set aside.
2. Combine the fritter ingredients in a large bowl.
3. Heat enough oil to thinly coat the bottom of a large non-stick frying pan on the stove over medium high heat.
4. Ladle tablespoonfuls of the fritter batter onto the frying pan and cook in batches for about 3 minutes on each side, or until golden brown. Place on a plate once cooked and repeat the process until all the batter is cooked.
5. To serve, portion fritters and salad onto plates.

### Cooking tips:

- If desired you can add grated cheese into the batter.

### Adapt it:

- Use gluten free flour and baking powder if needed. You can also use frozen corn and/or peas which have been defrosted if you like.

### Leftovers

- Freeze any remaining fritters in containers or reusable bags and reheat on the stove or in the oven or keep in the fridge and eat for lunch the next day along with any remaining salsa.

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## Black pepper beef

Also known as pepper steak, this Chinese-inspired recipe is a mildly spiced stir-fry dish that the whole family will enjoy any day of the week. Leftovers can easily be stored and reheated for lunch the next day.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- Half packet or 500g medium grain rice\*
- 2 tablespoons oil
- 1 onion\*, finely diced or thinly sliced
- 3 cloves garlic, finely chopped or 1 ½ teaspoons crushed garlic
- 500g beef rump steak, sliced or stir fry beef
- 2 capsicums\*, thinly sliced
- 250g mushrooms, sliced or quartered
- 1 carrot\*, cut into thin matchsticks or batons
- 250g mung bean sprouts

### SAUCE

- 1 cup water
- 1 tablespoon soy sauce or soy sauce alternative
- 1 teaspoon sugar, honey, or preferred sweetener
- 1 tablespoon cornflour
- ½ teaspoon ground or 1 teaspoon freshly cracked pepper, to taste

### Method

1. Cook rice according to packet instructions.
2. Combine the sauce ingredients in a large cup or bowl and set aside.
3. Heat oil in a wok or large frying pan on the stove over medium high heat.
4. Sauté onions until they become soft, add garlic and cook until it begins to turn golden brown.
5. Turn heat to high, add beef, capsicums, mushrooms, and carrots. Stir fry until the beef is cooked to your liking.
6. Pour the sauce ingredients and mix, when it thickens remove from heat. Lastly, stir through mung bean sprouts and serve with rice.

### Cooking tips:

- As the sauce ingredients sit the ingredients may separate, before adding it into the pan make sure to stir it first.
- If you cannot find any mung bean sprouts or they are not a family favourite swap them with another vegetable.
- If you know the rice quantities suggested will be too much for your family, only cook what you think will get eaten and save the remaining uncooked rice for another meal.

### Adapt it:

- To reduce the salt, use low salt soy sauce. You can also use brown rice to boost the fibre of this dish.
- For protein substitutions use tofu, tempeh, quorn, plant-based meat alternatives or prawns. If using tofu or tempeh, pan fry these separately then add it into the stir fry towards the end.

### Leftovers

- Store in containers and freeze or heat thoroughly and eat for lunch the next day.

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## Poké bowl

Inspired by a Hawaiian and Japanese fusion rice salad, poké bowls are packed with fresh veggies. Make it how you like with added protein, like chicken or tofu, and for extra crunch, top with a sprinkle of seeds or nuts.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### SALAD

- Half packet or 500g medium grain rice\*
- 2 large beetroots, cubed
- ½ cucumber\*, sliced
- ½ bag seasonal salad leaves\*
- 400g shelled edamame beans\*
- 1 large carrot\*, cut into thin matchsticks
- 1 avocado\*, sliced or cubed
- ½ red onion\*, finely diced

#### MARINADE/SAUCE

- 2 teaspoons soy sauce
- 1 teaspoon apple cider vinegar or lemon or orange juice
- 1 teaspoon sweet chilli sauce
- ½ teaspoon sesame oil (optional)

### Method

1. Cook rice according to packet instructions.
2. Boil beetroot in a pot of water for about 15-20 minutes or until tender, drain. Combine the marinade ingredients together in a large bowl, mix in the hot beetroot and stir occasionally as it cools to make sure the flavours get distributed and absorbed evenly.
3. Boil or steam edamame beans to heat through.
4. Prepare the remaining fresh salad ingredients and set aside.
5. To serve, portion cooked rice into bowls or deep plates. Top with fresh salad in any order you like, finish with edamame beans and the seasoned beetroot.
6. Drizzle remaining marinade sauce over each bowl to finish.

### Cooking tips:

- The beetroot can also be steamed to cook if desired.
- You can also add seeds and chopped nuts as additional toppings or furikake if you have them handy.
- If you know the rice quantities suggested will be too much for your family, only cook what you think will get eaten and save the remaining uncooked rice for another meal.

### Adapt it:

- You can use canned beetroot to save time.
- You can also serve this with cooked chicken, salmon, canned tuna, prawns, tofu, tempeh or a fried egg to boost the protein.

### Leftovers

- Make sure any extra rice is cooled quickly and goes in the fridge as soon as possible, then heated thoroughly before eating.

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## Friday night souvlaki

Add a touch of the Mediterranean with these Greek-inspired kebabs served with pita bread, salad and tzatziki or hummus.



**Prep time:** 15 minutes

**Cooking time:** 20 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### KEBABS

500g skinless chicken breast\*, sliced or cut into chunks

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon dried mixed herbs

2 cloves garlic, grated or 1 teaspoon crushed garlic

1 lemon\*, juice and rind

1/4 teaspoon salt

pepper, to taste

Bamboo or metal skewers (optional)

#### COUSCOUS SALAD

100g couscous\*

1/3 cup water, just boiled

1/2 cucumber\*, sliced or diced

1 capsicum\*, diced

#### TO SERVE

8 pita breads, ideally wholemeal

1/2 packet seasonal salad leaves\*

3 tomatoes, sliced

250g tzatziki or hummus

### Method

1. Combine the chicken and seasoning ingredients together in a bowl and leave to sit for at least 5 minutes. Prepare your choice of cooking element as the chicken marinades by preheating the barbecue, oven, or frying pan on the stove.
2. If using, put the chicken pieces through the skewers. Cook on your chosen element until the chicken is cooked through and caramelised.
3. As the chicken is cooking, prepare the couscous salad by placing the dry couscous in a heat proof bowl, pour the just boiled water over top and cover the bowl with a plate. Leave to sit for 5-10 minutes before fluffing with a fork. Add cucumber and capsicum, season to taste with salt and pepper and your favourite fresh herbs if desired. Set aside.
4. Heat the pita bread according to packet instructions.
5. To serve, spread tzatziki or hummus on the pita bread, place a good handful of salad leaves over top, slices of tomato, spoonfuls of the couscous salad and the chicken removed from the skewer.

### Cooking tips:

- If using the stove or barbecue to cook the chicken add oil to grease the pan or hot plate.
- You can also use bottled lemon juice, or use 2 tablespoons vinegar instead.

### Adapt it:

- Use quinoa instead of couscous to boost the protein.
- For protein substitutions use falafel, quorn, fish, or plant-based meat alternatives.

### Leftovers

- Eat for lunch the next day.

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# Summer Meal Planner

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## Week 2 Menu

<b>Monday</b>	Red curry stir fried noodles
<b>Tuesday</b>	Lamb kofta
<b>Wednesday</b>	Satay salad
<b>Thursday</b>	Tuna empanadas
<b>Friday</b>	Friday night sliders

## Week 2 Shopping List

### Produce

- 3 Onions
- 250g Mushrooms
- 4 Courgettes
- 3 Carrots
- ½ Cabbage
- 5 Capsicums
- 1 Lettuce
- 1 Cucumber
- 200g Radishes
- 1 Eggplant
- 3 Corn cobs
- 2 Nectarines

### Grocery

- 250g Rice noodles
- 160g Red curry paste

- 170g Tomato paste
- 425g Canned tuna
- 6 Eggs
- 400ml Coconut milk
- 8 pack Pita bread
- 8 pack Sliders/buns

### Butchery

- 500g Beef, stir fry or rump steak
- 500g Lamb mince
- 400g Skinless chicken breast

### Chilled

- 250g Firm tofu

### Frozen

- 780g Flaky puff pastry sheets

## Pantry Staples\*

- Oil, for frying
- Olive oil
- Salt
- Pepper
- Garlic – fresh cloves or crushed
- Paprika – smoked or sweet
- Soy sauce, coconut aminos / other alternative
- Peanut butter
- Ground coriander
- Garam masala
- Barbecue sauce
- Sour cream, mayonnaise, or yoghurt
- Mustard – Dijon or wholegrain
- Your favourite sauce – hummus, tzatziki, chutney
- Nuts and seeds (optional)
- Egg (optional addition)

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The shopping list tells you the ingredients to buy for the week. The pantry staples list has other ingredients you will need but are likely to have in your fridge or pantry already. Before going shopping check you have the staple ingredients and check your fridge, freezer and pantry as you may already have some of the ingredients on the list.

If there is an ingredient you or your family doesn't like, swap it with one you'll all enjoy and avoid waste.

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## Weekly tips

- The recipes for this week can be cooked in whatever order you prefer. To keep the sliders or buns fresh, store them in the freezer and bring them out that morning to defrost.
- Beef cuts such as rump steak, stir fry, schnitzel, or other steak cuts will all work perfectly – check the weekly specials to get the best deal.
- Coconut milk is a shared ingredient. Keep it fresh by storing the remaining milk in a sealed container in the fridge.
- Red curry paste is shared between two recipes. If your family doesn't like red curry, use any tomato-based sauce to flavour the noodle stir fry, such as a pad Thai sauce. You can make a mild coconut satay sauce for the satay salad by leaving out the red curry paste.
- Nectarines are used as part of the corn slaw with the sliders – you can use another stone fruit or swap to an apple or pear instead.



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# Monday



## Red curry stir-fried noodles

Everyone will love this fragrant noodle recipe! Packed with flavour and easy to make, this beef and mushroom stir-fry dish is also easy to re-heat for lunch the next day.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

250g rice noodles

2 tablespoons oil, divided

500g beef rump steak,  
sliced or stir fry beef

1 onion\*, finely diced or sliced

½ jar red curry paste\*

250g mushrooms

2 courgettes\*, sliced

200ml coconut milk\*

1 carrot\*, sliced thinly  
or into match sticks

1/3 cabbage\*, sliced thinly

Pepper, to taste

### Method

1. Cook noodles according to packet instructions. Set aside.
2. Heat oil in a wok, deep frying pan or skillet on the stove over high heat.
3. Sear the beef for 1-2 minutes in batches and transfer onto a plate, set aside.
4. Reduce heat to medium high adding more oil to the pan if needed, sauté onions until softened. Add half the jar of red curry paste and fry for around 2 minutes while stirring occasionally until it is very fragrant.
5. Add mushrooms and courgettes, stir fry until cooked to your liking. Mix in coconut milk and bring to a simmer.
6. Stir through cooked noodles, carrots, cabbage, and beef, cover with a lid and heat through to cook while mixing occasionally. Add small amounts of water if it is getting too dry. Test taste, season with salt and pepper if needed.

### Cooking tips:

- If omitting the red curry paste from this recipe you can make a tomato-based pad thai sauce instead.

### Adapt it:

- You can use egg noodles if you prefer.
- For protein substitutions use chicken, tofu, tempeh, prawns, fish, quorn, plant-based meat alternatives.

### Leftovers

- Eat for lunch the next day.

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## Lamb koftas with roasted veggies

A spiced mince dish inspired by Middle Eastern cuisine, serve these lamb koftas with a side of delicious roast vegetables and a big dollop of hummus or tzatziki.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### KOFTAS

- 500g lamb mince
- 1 onion\*, finely diced
- 2 cloves garlic, grated or 1 teaspoon crushed garlic
- 1 teaspoon ground coriander
- 2 teaspoons garam masala
- ¼ teaspoon salt
- Pepper, to taste
- 2 tablespoons oil, for frying

#### ROASTED VEGGIES

- 2 courgettes\*, cut into chunks
- 1 eggplant, cut into chunks
- 2 capsicums\*, cut into chunks or slices
- 1 tablespoon oil
- 2 cloves garlic, grated or 1 teaspoon crushed garlic
- ½ teaspoon salt
- Pepper, to taste

#### TO SERVE

- 8 pack pita bread, ideally wholemeal
- 1/3 cup your choice of sauce or spread e.g. hummus, tzatziki, chutney

### Method

1. Combine the first seven ingredients in a bowl and set aside.
2. Heat oven to 180°C bake or 160°C fan bake.
3. Toss the vegetables, oil, and seasoning ingredients together in a roasting tray or large baking dish. Bake for 20-30 minutes or until cooked.
4. Heat oil in a large frying pan on the stove over medium high heat.
5. Roll mince mixture into patties, balls or logs as the oil is heating up. Cook in batches until all the mince is cooked.
6. Heat the pita bread if desired, cut in half.
7. To serve, spread your choice of sauce or spread inside the pita bread, fill with roasted veggies and kofta. Or cut the pita bread into quarters and portion the veggies and kofta onto plates or wide bowls and top with your choice of sauce or spread.

### Cooking tips:

- This recipe can be cooked on a barbecue, follow the same preparation steps explained in the method and cook on a preheated barbecue.

### Adapt it:

- Add red onion into the roasted veggie mix if you like.
- Fresh finely chopped coriander or parsley added into the kofta mix is also a nice addition.
- For protein substitutions use chicken or beef mince, swap the kofta mix for falafels (most veggie minces are unlikely to stick together enough).

### Leftovers

- Eat for lunch the next day. Any leftover kofta can be frozen.

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## Satay salad

Our quick and easy take on gado-gado, an Indonesian salad with peanut sauce. With a flavour-packed, creamy peanut sauce and topped with eggs and crispy tofu, the whole whānau will love it!



**Prep time:** 15 minutes

**Cooking time:** 15 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 6 eggs
- 2 tablespoons oil
- 250g firm tofu, cut into squares or rectangles
- 2/3 head lettuce\*, roughly chopped
- 1 capsicum\*, sliced
- ½ cucumber\*, sliced
- ½ pack or bunch radish\*, thinly sliced or cut into matchsticks
- 1 large carrot\*, sliced into ribbons or thin match sticks

### SAUCE

- ½ jar red curry paste\*
- 200ml coconut milk\*
- 2 teaspoons peanut butter, smooth or crunchy

### Method

1. Cook eggs whole in boiling water to your liking. About 3mins for soft-boiled or 6mins or longer for a firmer yolk. Set aside to cool then peel.
2. Heat oil in a non-stick pan over stove on high heat, cook tofu until golden brown. Remove from pan and set aside.
3. Lower heat to medium, add additional tablespoon of oil and fry curry paste in the same pan for about 1-2mins, until fragrant. Carefully pour in the coconut milk and stir.
4. Add peanut butter and bring to a simmer at reduced heat for about 5mins to thicken, stir occasionally. Test taste, adding more peanut butter, soy sauce or seasoning as needed. Transfer into a bowl.
5. Toss veggies in a large bowl. Cut eggs into halves or quarters.
6. To serve, portion fresh salad into wide bowls or plates, top with egg, tofu, and drizzle the sauce over top or serve on the side.

### Cooking tips:

- Substitute peanut butter with 2 tablespoons tahini for a nut free alternative.
- For a fuller meal you can add rice noodles.
- To save time on the day the eggs can be hardboiled beforehand and stored in the fridge.

### Adapt it:

- To reduce the salt, opt for no added salt peanut butter.
- To make a mild coconut satay sauce omit the red curry paste and increase the peanut butter quantity to ¼ cup.
- Use chicken as a protein substitution.

### Leftover tips:

- Eat for lunch the next day.

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## Tuna empanadas

Our simple take on a classic Spanish recipe – our empanadas use seasonal veggies and tuna. Ideal for lunch boxes, or serve with a seasonal salad for tasty family dinner.



**Prep time:** 15 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### TUNA EMPANADAS

- 1 tablespoon oil
- 1 onion\*, finely diced
- 2 capsicums\*, thinly sliced or cut into small cubes
- 3 cloves garlic, grated or 1 ½ teaspoons crushed garlic
- 1 tablespoon paprika
- 1 cob fresh corn kernels\* or 1 cup frozen corn kernels
- 170g tomato paste
- 425g canned tuna in Springwater, drained
- Salt and pepper, to taste
- 780g flaky puff pastry sheets, defrosted
- 1 egg, beaten (optional)

#### SUMMER SALAD

- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard or 2 teaspoons wholegrain mustard
- Salt and pepper, to taste
- 1/3 head lettuce\*, sliced
- ½ cucumber\*, sliced
- ½ pack or bunch radish\*, sliced

### Method

1. Heat oil in a frying pan on the stove over medium high heat. Sauté onions and capsicum for 5-10 minutes until softened. Add garlic and fry for 1-2 minutes until fragrant, mix in paprika and corn.
2. Stir in the tomato paste and heat through. Remove from heat, gently mix in the tuna, test taste and season with salt and pepper.
3. Heat oven to 210°C bake or 190°C fan bake and grease a baking tray.
4. Prepare a small bowl of cool water, set aside.
5. Cut pastry sheets into quarters, place tablespoonfuls of mixture evenly into middle of the pastry squares, lightly brush edges with water using pastry brush or your fingers. Fold diagonally to form a triangle, seal edges with a fork, place on the baking tray. Repeat process until all mixture and pastry have been used up. Brush tops with egg, if desired.
6. Bake for 25-30 minutes, or until the pastry is golden brown and cooked through.
7. Prepare salad as the empanadas bake. Mix olive oil, mustard, salt and pepper in a bowl, add remaining salad ingredients and toss to coat in the dressing.

### Cooking tips:

- If you prefer another dressing, or have an existing dressing in your fridge or pantry, use that in the salad instead.

### Adapt it:

- Swap paprika with your favourite spices or sauce mix.
- For protein substitutions use minced chicken, beef or pork, prawns, salmon fresh or canned, or plant-based mince.

### Leftover tips:

- Eat for lunch the next day or freeze the empanadas.

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## Friday night BBQ sliders

For a Friday night treat, gather the whānau to devour these pulled chicken sliders! The BBQ chicken pairs perfectly with a zesty corn and stone fruit slaw.



**Prep time:** 15 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### PULLED CHICKEN

- 2 teaspoons oil
- 2 teaspoons smoked paprika
- 300g-400g chicken breast
- 2 tablespoons barbecue sauce

#### CORN AND STONE FRUIT SLAW

- 2 cobs fresh corn kernels\* or 2 cups frozen corn kernels
- 1/8 cabbage\* or remaining cabbage, sliced thinly
- 1 carrot\*, grated
- 2 large nectarines, cut into small cubes or thin slices
- 1 tablespoon sour cream, yoghurt, or mayonnaise
- 1 teaspoon mustard
- Salt and pepper, to taste
- 1/2 cup nuts and seeds (if desired)

#### TO SERVE

- 8 pack sliders or buns

### Method

1. Poach chicken breast for about 10 minutes or until cooked, leave to cool slightly and shred using two forks or your fingers if it is cool enough to handle.
2. Boil corn in a pot to heat through and cook, drain. Combine the slaw ingredients in a large bowl, set aside.
3. Heat oil in a frying pan on the stove over medium heat. Add smoked paprika and shredded chicken and stir.
4. Add the barbecue sauce and mix to evenly coat the chicken. Test taste, adding more spice, salt, and pepper, or teaspoonfuls of barbecue sauce.
5. Toast the buns or heat them in the oven.
6. To serve, scoop generous spoonful of the slaw onto the bottom half of the bun, top with the BBQ chicken and the top half of the bun. Serve any additional slaw on the side.

### Cooking tips:

- To save time poach the chicken a day or two before hand, store in a sealed container in the fridge and shred just before cooking. You can substitute the smoked paprika with any of your favourite spice mixes. You can also use any sauce you like instead of BBQ sauce.

### Adapt it:

- As a vegetarian option swap out the chicken for two cans of young green jackfruit. For protein substitutions use shredded beef, lamb, or pork, grilled or pan-fried fish.

### Leftover tips:

- Eat for lunch the next day.

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# Summer Meal Planner

**5 FAMILY DINNERS**  
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## Week 3 Menu

<b>Monday</b>	Sweet chilli chicken with cheesy corn
<b>Tuesday</b>	Spicy noodle salad
<b>Wednesday</b>	Summer veggie enchiladas
<b>Thursday</b>	Creamy coconut laksa
<b>Friday</b>	Friday night pizza

## Week 3 Shopping List

### Produce

- 4 Onions
- 7 Courgettes
- 6 Corn cobs
- 8 Capsicums
- 2 Tomatoes
- 2 Avocados
- 1 Lemon
- 1 Stalk of fresh cut lemongrass or a tube of lemongrass paste
- 2 Bok choy
- 1 pack (250g) Mung bean sprouts
- 1 Cucumber
- 3 Carrots
- 200g Radishes

### Grocery

- 800g canned black beans
- 10 pack tortilla
- 400g canned diced or chopped tomatoes
- 500g dry spaghetti
- 400ml coconut milk
- 500ml chicken stock

### Butchery

- 900g Skinless chicken breast
- 500g Beef mince
- 200g Fresh salmon

### Chilled

- 700g Cheese
- 3-4 pack Pizza bases

## Pantry Staples\*

- Oil
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Salt
- Pepper
- Cornflour
- Sweet chilli sauce
- Vinegar or vinaigrette
- Peanut butter, smooth or crunchy
- Soy sauce, coconut aminos / other alternative
- Sriracha sauce or marinade
- Mayonnaise
- Chilli flakes (optional)

## Introduction

The recipes in this meal planner are designed for summer as they use seasonal produce, but can be made at any time of the year with seasonal substitutions.

The meals are designed to be zero food waste. All the shopping list ingredients you buy should be used by the end of the week. For some meals you may have leftovers and the recipe will tell you whether they're suitable for freezing or are best eaten the next day.

The shopping list tells you the ingredients to buy for the week. The pantry staples list has other ingredients you will need but are likely to have in your fridge or pantry already. Before going shopping check you have the staple ingredients and check your fridge, freezer and pantry as you may already have some of the ingredients on the list.

If there is an ingredient you or your family doesn't like, swap it with one you'll all enjoy and avoid waste.

These meals are budgeted to cost under \$100 (not including the staple items), and any substitutions or alterations may affect the overall cost.

## Weekly tips

- You can cook the dishes in this week's meal plan in any order you like. Cooking the pizza at the end is a great way to add any remaining veggies that haven't been used up earlier in the week.
- Spaghetti is a shared ingredient used in the creamy coconut laksa and spicy noodle salad. If preferred use rice noodles or egg noodles instead.
- Bok choy is another shared ingredient. This can be substituted with broccoli, peas, snow peas, or green beans if desired.



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NEW ZEALAND

\* These items are usually found in your pantry and not included in the budget.



## Sweet chilli chicken with cheesy corn

This Korean-inspired fried chicken recipe is a tasty dinner for any night of the week. Perfect for sharing, serve the crispy chicken with a side of cheesy corn and an easy homemade pickle.



**Prep time:** 10 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### SWEET CHILLI CHICKEN

500g skinless chicken breast\*, cubed

3 tablespoons cornflour

Pepper, to taste

Oil, for frying

1/3 cup sweet chilli sauce, to coat

#### CHEESY CORN

4 cobs corn\*, kernels removed

2 courgettes\*, grated

2 capsicums\*, diced

200g cheese\*, grated

#### QUICK PICKLE

1/3 cucumber\*, sliced or cubed

Half packet or 100g radish\*, thinly sliced

2 teaspoon vinegar or vinaigrette

### Method

1. Combine all the quick pickle ingredients in a bowl, set aside.
2. Heat oven to 200°C bake or 180°C fan. Grease a wide baking dish.
3. Combine corn, courgettes, capsicums and half of the cheese in a bowl, transfer into the baking dish and top with remaining cheese.
4. Bake for 10-15 minutes until the cheese has melted and begins to turn golden brown.
5. Combine chicken, cornflour and pepper in a bowl.
6. Heat a frying pan on the stove over high heat, add enough oil to form a coating on the bottom of the pan.
7. Fry the chicken in batches until it is crisp, golden brown, and cooked through. Set aside. Once all the chicken is cooked transfer into a bowl and gently mix or toss to coat in the sweet chilli sauce.
8. Place each element in the middle of the table and serve.

### Cooking tips:

- For a spicier chicken add hot sauce, sriracha sauce or marinade, or use a yangnyeom Korean fried chicken sauce. Or use honey mustard, barbecue sauce, or Korean style honey butter for different sauce coatings.

### Adapt it:

- For protein substitutions use tempeh, tofu, firm fish fillets or prawns, they all work well!

### Leftovers

- Heat the chicken and corn thoroughly and eat for lunch the next day.

\* Some ingredients will be used across more than one meal in a week.

These ingredients are all marked with a \* so you know not to use all of the ingredient in one meal.



## Spicy noodle salad

Inspired by Sichuan-style dandan noodles, this recipe can be made with any kind of mince with a satay-style sauce topped with crisp fresh veggies.



**Prep time:** 10 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### NOODLE SALAD

- 250g spaghetti\*
- 2 tablespoons oil
- 1 onion\*, finely diced
- 3 cloves garlic, grated  
or 1 ½ teaspoons crushed garlic
- 500g beef mince
- 1 pack bok choy\*, halved lengthwise
- 125g mung bean sprouts\*
- 1 carrot\*, grated or sliced into thin matchsticks
- 2 capsicums\*, sliced
- 1/3 cucumber\*, cut into thin batons (to finish)

#### SAUCE

- 2 tablespoons peanut butter, smooth or crunchy
- ½ cup water
- 2 tablespoons soy sauce, coconut aminos, or other soy sauce alternatives
- 2 tablespoons sweet chilli sauce
- 2 tablespoons vinegar
- 1 teaspoon chilli flakes (optional)

### Method

1. Cook spaghetti according to packet instructions, set aside.
2. Heat oil in a frying pan on the stove over medium high heat, sauté onions until they become soft and translucent. Add garlic and stir fry for a minute. Stir through mince and cook.
3. Add sauce ingredients into the mince, mix to combine and heat through. Test taste, adding more seasoning ingredients as desired.
4. Add vegetables and heat through.
5. To serve, portion cooked spaghetti into bowls and top with the mince and vegetables and cut cucumber.

### Cooking tips:

- You can use any type of mince you like; we recommend choosing the leaner option.
- You can also top this dish with other fresh vegetables you may already have.

### Adapt it:

- Use no added salt peanut butter and low sodium soy sauce.
- For protein substitutions use chicken mince, quorn or another plant-based mince, fresh salmon, grilled or poached chicken, seasoned tofu or tempeh.
- You can swap the bok choy with any green veggies that you like! Green beans, broccoli and peas all work well.
- You can use rice or egg noodles instead of spaghetti if you prefer.

### Leftovers:

- Freeze mince and cooked pasta in separate containers or eat for lunch the next day.

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## Summer veggie enchiladas

Wanting a meal full of colour and texture? These black bean enchiladas will soon become a family favourite, plus kids will love to help make them!



**Prep time:** 15 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### ENCHILADAS

- 2 cans black beans, rinsed and drained
- 1 onion\*, finely diced and divided
- 1 courgette\*, grated or thinly chopped
- 1 carrot\*, grated
- 2 cobs corn \*, kernels removed
- 2 capsicums\*, diced or sliced
- 10 pack tortillas
- 400g canned diced tomatoes
- 300g cheese\*, grated

#### TOMATO AND AVOCADO SALSA

- 2 tomatoes, diced
- 2 avocados, diced
- Juice and zest of one lemon
- Salt and pepper, to taste

### Method

1. Heat oven to 210°C bake or 190°C fan bake. Grease a large baking dish.
2. Combine black beans, half the diced onions, courgette, carrot, corn kernels, and capsicums in a large bowl.
3. Fill the middle of each tortilla with the bean and veggie mixture and roll into a log, place in the baking dish with the folded side down. Continue this process until all the tortillas are filled.
4. Pour the diced tomatoes over the rolled tortillas and spread around using the back of a spoon. Evenly scatter grated cheese and bake for 15-25 minutes until cooked through and the cheese has completely melted.
5. While the enchiladas are baking, combine diced tomatoes, avocados, remaining onion, and lemon juice and zest in a bowl. Mix, test taste and add salt and pepper as desired.
6. Place baking dish at the middle of the table and serve with the tomato and avocado salsa.

### Cooking tips:

- Add the fresh tomatoes into the bean and veggie mix to cook if your family does not like raw tomatoes.
- Turn the avocado into guacamole instead by roughly mashing the avocado and mixing through the diced onion and lemon.
- This is nice with a dollop of sour cream too!

### Adapt it:

- Swap out the black beans for cooked firm tofu chunks, chickpeas, cooked chicken, leftover roast or BBQ meat.
- Add diced red onions and fresh coriander into the salsa.

### Leftovers:

- Heat thoroughly and eat for lunch the next day.

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## Creamy laksa

Served in a fragrant coconut broth, this Southeast Asian-inspired laksa is light, creamy and a great meal for a summer night.



**Prep time:** 15 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 250g spaghetti\*
- 1 tablespoon oil
- 1 onion\*, finely diced
- 1 clove garlic, finely chopped  
or ½ teaspoon crushed garlic
- 3cm piece ginger, sliced thinly  
or 1½ teaspoons crushed ginger
- 1 stalk lemongrass, sliced thinly  
or 2 tablespoons lemongrass paste
- 400g skinless chicken breast\*,  
sliced or cubed.
- 400ml coconut milk
- 500ml chicken stock
- 2 courgettes\*, sliced
- Pepper, to taste
- 1 capsicum\*, sliced into strips
- 1 pack bok choy\* or Asian greens,  
sliced lengthwise
- 125g mung bean sprouts\*

### Method

1. Cook spaghetti according to package instructions, set aside.
2. Heat oil in a pot on the stove over medium high heat, sauté onions for about two minutes until softened.
3. Add garlic, ginger, lemongrass and stir fry for a few minutes to bring out the fragrance. Stir through chicken and cook for about a minute.
4. Pour coconut milk and chicken stock into the pot, add courgettes. Cover with a lid and bring to a gentle boil, stirring occasionally for about 5-10 minutes or until the chicken is cooked.
5. Test taste and season with pepper if needed.
6. Stir through capsicum and bok choy to heat through.
7. To serve, portion cooked spaghetti into bowls, ladle the curry over the noodles and top with bean sprouts.

### Cooking tips:

- The mung bean sprouts can be stirred through the curry along with the capsicum and bok choy for a softer texture.

### Adapt it:

- Swap the Asian greens with any green veggies you like, fresh or frozen. Green beans, sugar snap peas and broccoli work well.
- Use rice or egg noodles instead of spaghetti if you prefer.
- For protein substitutions use firm tofu, tempeh, prawns or fish.
- Choose a reduced salt stock if you are looking to reduce the amount of salt you are having.

### Leftovers:

- Eat for lunch the next day or freeze the curry and cooked spaghetti separately then defrost and heat to eat.

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## Friday night pizza

Perfect for a Friday night fakeaway, our lighter take on pizza has fresh, light toppings inspired by the Vietnamese Bahn Mi sandwich.



**Prep time:** 15 minutes

**Cooking time:** 15 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### PIZZA

- 3-4 pack pizza bases
- 200g cheese\*, grated
- 1 onion\*, thinly sliced
- 1 capsicum\*, thinly sliced
- 2 courgettes\*, sliced or cubed
- 200g fresh salmon, sliced thinly or cooked and flaked
- 1 carrot\*, cut into thin matchsticks
- 100g radish\*, cut into thin rounds
- 1/3 cucumber\*, cut thinly

#### SAUCE

- ¼ cup mayonnaise
- 2 tablespoons sriracha sauce or marinade

### Method

1. Heat oven to 190°C bake or 170°C fan bake. Prepare baking tray or pizza pans.
2. Scatter grated cheese, onion, capsicum, courgettes and salmon over the pizza bases.
3. Bake for 10-15 minutes until the cheese has melted and the toppings start to caramelize. Remove from the oven.
4. Mix the sauce ingredients together.
5. Top pizza with remaining fresh vegetables and dollop or pipe the sauce over top.
6. Slice and serve.

### Cooking tips:

- You can also add a thin layer of sriracha sauce or marinade on the base of the pizza before adding the topping if desired.
- The salmon can also be precooked, pan fried on the stove or baked in the oven beforehand and stored in the fridge for up to two days, then flaked over top of the pizza before baking.

### Adapt it:

- Instead of salmon, you can use shredded chicken, cooked prawns or any leftover cooked red meat.
- If you are keen to have more veggie in this meal, serve with a green salad.

### Leftovers:

- Eat for lunch the next day.

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# Summer Meal Planner

**5 FAMILY DINNERS**  
for under **\$100**

## Week 4 Menu

<b>Monday</b>	Quinoa and chickpea salad
<b>Tuesday</b>	Chicken rice
<b>Wednesday</b>	Fish cakes
<b>Thursday</b>	Summer quinoa tabbouleh and lamb chops
<b>Friday</b>	Friday night curry

## Week 4 Shopping List

### Produce

- 5 Courgettes
- 6 Tomatoes
- 1 Red onion
- 5 Carrots
- 120g Seasonal salad leaves
- 2 Cucumber
- 4 Capsicums
- 500g Potatoes
- 1 Bunch of curly parsley
- 2 Onions
- 4 Apricots

### Grocery

- 450g Quinoa
- 800g Chickpeas
- 1kg Jasmine rice
- 425g Tuna in spring water
- 170g Tomato paste
- 400ml Coconut milk

### Butchery

- 1 - 1.5kg Bone in chicken thighs or drumsticks
- 500g Lamb chops

### Chilled

- 600g Firm tofu

### Frozen

- 1kg Peas

## Pantry Staples\*

- |  |  |
|--|--|
| <input type="checkbox"/> Oil                             | <input type="checkbox"/> Sugar                         |
| <input type="checkbox"/> Paprika                         | <input type="checkbox"/> Mustard – wholegrain or Dijon |
| <input type="checkbox"/> Ground coriander                | <input type="checkbox"/> Flour                         |
| <input type="checkbox"/> Salt                            | <input type="checkbox"/> 2 Eggs                        |
| <input type="checkbox"/> Pepper                          | <input type="checkbox"/> Cornflour                     |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed | <input type="checkbox"/> Curry powder                  |
| <input type="checkbox"/> Ginger – fresh or crushed       | <input type="checkbox"/> Garam masala                  |
| <input type="checkbox"/> Vinegar                         | <input type="checkbox"/> Breadcrumbs (optional)        |

## Introduction

The recipes in this meal planner are designed for summer as they use seasonal produce, but can be made at any time of the year with seasonal substitutions.

The meals are designed to be zero food waste. All the shopping list ingredients you buy should be used by the end of the week. For some meals you may have leftovers and the recipe will tell you whether they're suitable for freezing or are best eaten the next day.

The shopping list tells you the ingredients to buy for the week. The pantry staples list has other ingredients you will need but are likely to have in your fridge or pantry already. Before going shopping check you have the staple ingredients and check your fridge, freezer and pantry as you may already have some of the ingredients on the list.

If there is an ingredient you or your family doesn't like, swap it with one you'll all enjoy and avoid waste.

These meals are budgeted to cost under \$100 (not including the staple items), and any substitutions or alterations may affect the overall cost.

## Weekly tips

- The dishes this week can be cooked in any order you like.
- Quinoa is a shared ingredient this week. If preferred, bulghur wheat, pearl barley, or brown rice can be used instead.
- Store the cut red onion in a container in the fridge between making the two meals.
- You can use salad ingredients you already have at home instead of buying a bag of seasonal salad leaves.
- To stop your salad leaves going soggy, open the bag when you get home and pop a piece of paper towel on each side of the bag, then fold it closed. This will absorb excess moisture and keep the leaves fresh.



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Recipe made using bulghur wheat as an alternative

## Ingredients

- 250g quinoa\*
- 2 courgettes\*, sliced or cut into chunks
- 2 cans chickpeas, drained
- 1 tablespoon oil
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- ¼ teaspoon salt
- Pepper, to taste
- 2 tomatoes\*, cut into chunks
- ½ red onion\*, finely diced
- 1 carrot\*, grated
- ½ cucumber\*, diced
- ½ bag seasonal salad leaves\*

## Quinoa and chickpea salad

Hearty, high in protein and gluten free, quinoa paired with chickpeas and roasted courgette makes a delicious summer salad.



**Prep time:** 10 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

## Method

1. Cook quinoa according to package instructions.
2. Heat oven to 200°C bake or 180°C fan bake.
3. Combine courgettes, chickpeas, oil, paprika, ground coriander, salt, and pepper in a roasting tray or large baking dish and toss to coat. Bake for 15 -20 minutes or until cooked to your liking.
4. Gently toss cooked quinoa, roasted courgette and chickpeas, and the remaining fresh ingredients in a bowl. Test taste, season with more pepper if you like or your favourite spices.
5. Serve in bowls or plates.

## Cooking tips:

- You can save the chickpea brine/aquafaba and turn it into mayonnaise, meringues, or use it in mousse. See link: <https://www.clairreturnbull.co.nz/recipes-news/vegan-chocolate-mousse>

## Adapt it:

- A punnet of cherry tomatoes also works well here.
- Bulghur wheat, pearl barley, and brown rice make tasty substitutions for this dish.

## Leftovers:

- Eat for lunch the next day.

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## Chicken rice

Inspired by the aromatic and bright flavours of Hainanese chicken, this simple chicken and rice recipe will be enjoyed by everyone.



**Prep time:** 10 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### CHICKEN RICE

- 2 tablespoons oil
- 4 cloves garlic, finely chopped or 2 teaspoons crushed garlic
- 4cm piece ginger, grated or thinly sliced or 1½ teaspoons crushed ginger
- 1-1.5kg bone-in chicken thighs or drumsticks, skin removed
- 2¼ cups water
- ½ teaspoon salt
- 400g jasmine rice\*

#### QUICK PICKLE

- 2 tablespoons vinegar
- 1 teaspoon sugar
- ½ cucumber\*, sliced

#### STIR FRIED VEGETABLES

- 1 tablespoon oil
- 1 clove garlic, grated or ½ teaspoon crushed garlic
- 2 carrots\*, thinly sliced
- 2 capsicums\*, thinly sliced
- 2 cups frozen peas\*
- Salt and pepper, to taste

### Method

1. Mix the quick pickle ingredients together in a bowl and leave to sit.
2. Heat oil in a large pot over stove on high heat, add garlic and ginger then sauté for 1-2 minutes or until golden brown and fragrant.
3. Turn heat to high, add chicken and stir through, heat for about 5 minutes while stirring occasionally. Pour in water and salt, mix, cover with a lid and bring to a boil. Leave to simmer for about 15 minutes.
4. Add rice, gently mix around to spread evenly. Cover with lid and bring to a boil, once boiling reduce the heat to low and leave to cook for 15 minutes.
5. Turn off heat, remove from the stove and leave to rest for 10 minutes.
6. Heat oil in a pan or wok over stove on high heat, add garlic and fry for a few seconds. Add all the vegetables and stir fry until cooked. Test taste adding salt and pepper as needed.
7. Bring all the elements to the centre of the table and serve.

### Cooking tips:

- Adjust the quantity of rice to suit how much you and your family can eat and adjust the amount of water to suit.
- The chicken or protein substitute can be pan seared or cooked in the oven, then cook the rice with your choice of stock instead.

### Adapt it:

- Chicken can be substituted for firm fish fillets, prawns, tofu, tempeh, quorn and other plant-based meat alternatives.
- To add more fibre choose brown rice instead of white.

### Leftovers:

- Heat thoroughly and eat for lunch the next day.

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## Fish cakes with grilled veggie salad

*Crispy on the outside, savoury and fluffy on the inside, these potato fish cakes are a tasty mid-week meal.*



**Prep time:** 15 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### FISH CAKES

500g agria potatoes, boiled and mashed

1½ cups frozen peas\*, defrosted

2 teaspoons wholegrain mustard or 1  
teaspoon Dijon mustard

½ bunch curly parsley\*, stems and leaves  
roughly chopped

425g tuna in spring water, drained

Salt and pepper, to taste

Oil, for frying

½ cup flour or 1 cup breadcrumbs

2 eggs, beaten

#### GRILLED VEGETABLE SALAD

2 courgettes\*, sliced or cut into chunks

2 capsicums\*, sliced or cut into chunks

1 clove garlic, grated or ½ teaspoon  
crushed garlic

1 onion\*, sliced or cut into chunks

1 tablespoon oil

Salt and pepper, to taste

½ packet seasonal salad leaves\*

### Method

1. Gently mix all fish cake ingredients in a large bowl to combine. Form into patties and place on plates or a tray. Set aside for now, storing in your fridge if you have space.
2. Heat oven to 210°C bake or 190°C fan bake.
3. Combine courgettes, capsicums, garlic, onion, oil, salt and pepper in roasting tray or large baking dish, toss to coat.
4. Bake for 15-20 minutes until vegetables are cooked to your liking. Once done gently toss through the fresh salad leaves.
5. As vegetables bake, heat a large frying pan over stove on high heat, add enough oil to lightly coat the bottom of pan.
6. Dip patty in egg and lightly coat in the flour, fry each side for 3-5 minutes or until golden crisp. Repeat until all fish cakes are cooked.
7. To serve, portion fish cakes and grilled salad on plates.

### Cooking tips:

- Pre-cooking and mashing the potatoes can be done in advance up to three days earlier, storing them in the fridge.
- The fish cakes can also be cooked in an oven at 200°C or on a barbecue hot plate, bake for 10-15 minutes on each side.
- Flour and egg used to coat the fish cakes can be omitted.

### Adapt it:

- Canned salmon or any cooked fish also works well here.
- You can substitute tuna for 1½ cups of frozen corn or a can of rinsed and mashed cannellini beans if you are vegetarian.
- Cornflour can be used to make these fish cakes gluten free.
- Swap potatoes for kumara if you prefer.

### Leftovers:

- Eat for lunch the next day, or freeze for later.

\* Some ingredients will be used across more than one meal in a week.

These ingredients are all marked with a \* so you know not to use all of the ingredient in one meal.



Recipe made using bulghur wheat as an alternative

## Ingredients

200g quinoa\*  
 500g-600g or 4-6 pieces lamb chops  
 Oil, for frying  
 Salt and pepper, to taste  
 2 cups peas\*, steamed or boiled and cooled  
 ½ cucumber\*, diced  
 2 tomatoes\*, diced  
 2 carrots\*, grated  
 ½ red onion\*, finely diced  
 4 apricots, halved and diced or sliced  
 ½ bunch curly parsley\*, stems and leaves roughly chopped

## Lamb chops with quinoa tabbouleh

*With flavours inspired by the Middle East, these simple barbecued lamb chops make a fresh and satisfying family dinner when served with tasty tabbouleh.*



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

## Method

1. Cook quinoa according to packet instructions.
2. Season lamb with a pinch of salt and pepper, you can also add your favourite spices and fresh or dried herbs.
3. Prepare your choice of cooking method for the lamb by heating a frying pan with oil on the stove on high heat, preheating the oven to 220°C bake or 200°C fan bake, or preheating the barbecue.
4. Cook lamb until cooked to your liking, set aside to rest.
5. While the lamb rests, combine the remaining ingredients with the cooked quinoa, test taste and season with salt and pepper.
6. To serve, portion quinoa tabbouleh onto plates or wide bowls and top with a whole or sliced lamb chop.

## Cooking tips:

- To cook the lamb faster you can cut it into smaller portions.

## Adapt it:

- Bulghur wheat, pearl barley, and brown rice also make tasty substitutions to quinoa for this dish.
- For protein substitutions try beef steak, venison, salmon, white fish, prawns, tempeh or other plant-based protein alternatives.
- Peach can be used instead of apricots, or dried apricots or other dried fruits such as cranberries make a great substitution to fresh apricots, use about 2/3 cup chopped dried fruits.

## Leftovers:

- Eat for lunch the next day.

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## Friday night curry

A vegetarian twist on a classic butter chicken made with tofu and served with a simple homemade kachumber (cucumber) salad.



**Prep time:** 10 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### CURRY

- 300g jasmine rice\*
- 600g firm tofu, cut into chunks or cubes
- 1/3 cup cornflour
- 1/4 teaspoon salt
- Pepper, to taste
- 1 tablespoon oil
- 1 onion\*, finely diced
- 1 courgette\*, diced
- 1 clove garlic, finely chopped or 1/2 teaspoon crushed garlic
- 1 1/2 teaspoons curry powder
- 1 teaspoon garam masala
- 170g tomato paste
- 400ml coconut milk
- 2 cups frozen peas\*

#### KACHUMBER SALAD

- 1/2 cucumber\*, cut into chunks
- 2 tomatoes\*, cut into chunks or slices
- 1 tablespoon vinegar
- Salt and pepper, to taste

### Method

1. Cook rice according to package instructions.
2. Combine ingredients for the kachumber salad and set aside.
3. Heat oven to 220°C bake or 200°C fan bake and prepare a baking tray.
4. Combine tofu, cornflour, salt and pepper in a bowl then toss gently to coat. Transfer to baking tray, spread a single layer.
5. Bake for 15-25 minutes until it is golden crisp, turn halfway.
6. As the tofu bakes prepare the curry sauce.
7. Heat oil in a wide pot or sauté pan over stove on medium-high heat. Add onions and cook until they begin to soften, mix in garlic and cook until it becomes fragrant. Add curry powder and garam masala, stir and heat the spices.
8. Add tomato paste and stir to heat through, pour in coconut milk and gently mix. Fill the coconut milk can about 1/3 of the way with water and pour into pan with the sauce. Add courgettes, simmer for about 5-10 minutes while stirring occasionally to thicken.
9. Stir through tofu and frozen peas bringing to a simmer. Test taste, adding salt and pepper to season.
10. Place all elements on centre of the table to serve, or portion the rice, curry, and salad into bowls and plates.

### Cooking tips:

- For more spice add chilli powder, flakes or cayenne pepper along, with the other spices.

### Adapt it:

- To boost the fibre, use brown rice instead of white.

### Leftovers:

- Eat for lunch the next day.

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