

# Autumn Meal Planner

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

## Week 1 Menu

<b>Monday</b>	Salmon kedgeree
<b>Tuesday</b>	Lamb roti rolls
<b>Wednesday</b>	Easy chicken curry
<b>Thursday</b>	Cheesy quesadillas with broccoli salad
<b>Friday</b>	Friday night black bean burgers 'n chips

## Week 1 Shopping List

### Produce

- 3 Onions
- 1 Celery
- 6 Carrots
- 2 Broccoli
- 1 Parsley
- 1 Cucumber
- 120g Seasonal salad leaves
- 1 Red onion
- 800g Kūmara
- 1 Iceberg lettuce

### Butchery

- 100g Salmon fillet
- 400g Lamb mince
- 400g Skinless chicken breast

### Chilled

- 500g Sour cream
- 250g Cheese

### Grocery

- 6 Eggs
- 1kg Basmati rice
- 400g Canned chopped tomatoes
- 5 Pack roti
- 2x 400g Canned lentils
- 8 Pack wholemeal wrap
- 400ml Light coconut milk
- 2x 410g Canned black beans
- 450g Canned sliced beetroot

### Frozen

- 750g Peas

## Pantry Staples\*

- Garlic – fresh bulbs or crushed
- Curry powder
- Salt
- Pepper
- Oil, for frying
- Cumin, ground
- Garam masala
- Flour, plain
- Smoked paprika

## Introduction

The recipes in this meal planner are designed for autumn 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

- We recommend cooking the kedgeree first as this meal uses fresh salmon, otherwise you can cook the meals in any order you like.
- Lettuce is for the Friday meal. To keep it fresh, wrap in a paper towel and store in a resealable plastic bag. If leaves get limp, soak in cold water up to 20 minutes in the fridge to revive.
- Seasonal salad leaves are shared between two meals. Store fresh leaves in an airtight container or resealable plastic bag with a paper towel.
- You will have extra basmati rice this week, store it in an airtight container and use in other dishes.
- Broccoli stalks can be eaten and are loaded with nutrients.
- Adapt ingredients and portions to suit your family's needs.



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## Salmon kedgerree

Kedgerree is a lightly spiced rice, eggs and fish recipe typically made with smoked fish. Our easy version uses fresh salmon with added nutrients from some extra veges.



**Prep time:** 15 minutes

**Cooking time:** 40 minutes



**Serves:**  
4



**Skill level:**  
Easy as

- 6 large eggs
- 1 teaspoon oil
- 100g salmon fillet
- 1 large onion, finely diced
- 2 garlic cloves, grated or 1 teaspoon crushed garlic
- 2 tablespoons curry powder
- ¼ celery\*, cut into small cubes or sliced
- 1 large carrot, cubed or grated
- Salt and pepper to taste
- ½ broccoli\*, florets and stalks chopped
- 300g basmati rice\*
- 2 ¼ cups water
- 300g (2 cups) frozen peas\*
- 100g sour cream\*
- ½ bunch parsley\*, rinsed and dried. Leaves and stalks roughly chopped

### Method

1. Boil eggs for 8-10 minutes, place in icy water to cool down.
2. Heat oil in skillet or non-stick pan over stove on medium high heat and cook the salmon, searing on each side. Transfer onto a plate and set aside to cool slightly.
3. In same pan, add onions, sauté until soft. Add garlic and curry powder, stir fry until fragrant.
4. Add celery and carrot, and heat through. Add salt (if using), pepper, broccoli, rice, water, and stir. Cover with lid, turn heat to high, bring to a gentle boil. Once boiling, top with peas, turn heat to low and cook for 15 minutes.
5. Turn off heat, remove the rice from the stove and leave to rest for 5-10 minutes. Meanwhile, prepare the toppings.
6. Mix sour cream and half of the chopped parsley. Peel eggs and cut into quarters. Gently flake the cooked salmon.
7. Fluff rice gently, top with eggs, salmon, sour cream/parsley mixture, remaining fresh parsley and serve.

### Cooking tips:

- Peel off the woody outer layer of the broccoli as you prepare it. If preferred, the stalk can be grated.
- Add walnuts, sliced almonds, pumpkin seeds, sunflower seeds or dried fruit as a topping on the rice if desired.

### Adapt it:

- In place of the water and salt/pepper you can use stock.
- Use white fish, prawns, chicken or a plant-based protein alternative instead of salmon. Adjust times accordingly.
- Lite sour cream can be used if you prefer.
- Use brown rice to boost the amount of fibre in this dish.
- Use mild curry powder instead of hot and adjust the level of spice to suit children's tastes.

\* 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.



## Lamb roti rolls

These mildly spiced lamb mince roti rolls are perfect for lunch or dinner. Serve the roti rolled with fresh crunchy salad or with roti on the side.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### ROTI ROLLS

- 2 teaspoons oil
- 1 large onion, finely diced
- 3 garlic cloves, grated or 1 ½ teaspoons crushed garlic
- 1 teaspoon ground cumin
- ¼ celery\*, cut into small cubes or thinly sliced
- 400g lamb mince
- 200g (½ can) chopped tomatoes\*
- Salt and pepper, to taste
- 5 roti or wholemeal wraps
- 100g sour cream\*

#### SALAD

- 2 large carrots, grated
- ½ cucumber\*, sliced
- 60g (½ packet) seasonal salad leaves\*
- ½ bunch parsley\*, rinsed and dried. Leaves and stalks chopped.

### Method

1. Combine salad ingredients in a bowl, set aside.
2. Heat oil in a large frying pan on the stove over medium-high heat. Add onions and sauté until softened. Add garlic and cumin and stir fry until fragrant.
3. Add celery and cook for around 5 minutes or until slightly softened.
4. Add lamb mince and mix until cooked. Stir through chopped tomatoes, salt and pepper. Bring to a simmer, test taste adding more pepper if needed.
5. To serve, heat roti as suggested on the packet instructions and place the mince, salad and sour cream on the table for everyone to make their own. Or place a piece of roti on a plate, spread with sour cream, add handfuls of salad topped with spiced mince and roll or fold over.

### Cooking tips:

- Jazz up the salad with walnuts, sliced almonds, pumpkin seeds, sunflower seeds, or your favourite dried fruit mixed through.

### Adapt it:

- Beef, pork, chicken or a plant-based mince can also be used.
- To make this gluten free, simply use gluten free wraps or serve the mince and salad with rice.
- Use lite sour cream if you prefer.

### Kid friendly alternatives:

- If your kids prefer their veges not mixed, keep them separate so they can add to suit their taste.
- Avoid adding salt when cooking.

### Leftovers:

- Can be eaten for lunch the next day.

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## Easy chicken curry

*This quick and easy classic chicken curry recipe is bound to become a weeknight go-to family meal! This is a great recipe to eat the next day too - you'll want to make extra so you have enough for tomorrow's lunch or dinner!*



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 300g (1½ cups) basmati rice\*
- 1 tablespoon oil
- 1 large onion, finely diced
- 2 garlic cloves, grated or 1 teaspoon crushed garlic
- 1 tablespoon curry powder
- 2 teaspoons garam masala
- 1 teaspoon ground cumin
- ¼ celery\* thinly sliced
- 2 large carrots, cut into ½ cm chunks
- 400g skinless chicken breast, cut into 3cm chunks
- 400ml can light coconut milk
- Salt and pepper, to taste
- 1 ½ cups water
- ½ broccoli\*, florets and stalk chopped
- 300g (2 cups) frozen peas\*

### Method

1. Cook rice according to packet instructions.
2. Heat oil in a pot or deep skillet on the stove over medium high heat. Add onions and sauté until softened. Add garlic and spices, stir fry until fragrant.
3. Stir through celery and carrots and cook until slightly softened.
4. Add chicken, coconut milk, salt and pepper, fill coconut milk can with 1 cup water, swirl around to get any remaining coconut milk and add to the pot, add remaining ½ cup water. Stir and cover with a lid. Bring to a simmer while stirring occasionally.
5. Simmer for around 5 minutes or until the chicken is cooked, stir in broccoli and peas, and bring to a simmer again.
6. Test taste adding more spices or pepper as desired and serve the curry with rice.

### Cooking tips:

- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli.

### Adapt it:

- Use reduced salt chicken stock in place of the water, salt, and pepper
- The chicken can be replaced with red meat, firm fish fillets, tofu, tempeh, prawns, pulses, or plant-based protein alternatives. Adjust cooking times accordingly.
- Boost the fibre in the dish by using brown rice. Use 1-2 tablespoons of a curry paste instead of the spices.
- Use regular coconut milk if you prefer.

### Leftovers:

- Eat for lunch the next day or freeze curry and rice separately in portions. Heat thoroughly before eating.

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## Cheesy quesadillas with broccoli salad

The whole whānau will love our vegetarian take on a classic quesadilla. For a nutritionally balanced meal, serve with this deliciously crunchy and creamy broccoli salad.



**Prep time:** 15 minutes

**Cooking time:** 20 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### QUESADILLAS

2 x 400g canned lentils, rinsed and drained

200g (½ can) chopped tomatoes\*

8 wholemeal/wheat meal wraps

150g cheese\*, grated

#### RAW BROCCOLI SALAD

1 broccoli, florets chopped into small chunks and stalk grated or finely chopped

½ red onion\*, finely diced

¼ celery\*, thinly sliced

1 large carrot, grated

¼ cucumber\*, cubed

200g sour cream\*

Salt and pepper, to taste

### Method

1. Combine the raw broccoli salad ingredients together in a bowl, set aside.
2. Heat oven to 180 °C bake or 160 °C fan bake. Prepare enough baking trays to fit four wraps.
3. Mix lentils and chopped tomatoes in a bowl.
4. Place four wraps on the baking tray and evenly spread the lentil and tomato mixture, scatter cheese, and top with the remaining wrap. Bake in the oven for 10-15 minutes or until the cheese has melted and the wrap begins to get crisp.
5. Remove from oven and leave to cool slightly before slicing. Serve with the broccoli salad.

### Cooking tips:

- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli.
- If preferred, the broccoli florets and chopped stalks can be blanched and cooled.
- Add some flair to the salad with walnuts, sliced almonds, pumpkin seeds, sunflower seeds, or your favourite dried fruit

### Adapt it:

- Use gluten free wraps if needed.
- Lite sour cream can be used if you prefer.

### Kid friendly alternatives:

- Swap for a simpler salad such as lettuce, cucumber and grated carrot or serve with steamed broccoli and carrots instead.

### Leftovers:

- Wrap the quesadillas in foil or reusable food wrap and portion out the leftover salad into containers for lunch the next day.

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## Friday night black bean burgers 'n chips

Vegetarian black bean and beetroot patties sandwiched in lettuce leaves are our healthier take on greasy takeaways. Add your favourite burger toppings and serve with kumara chips for a delicious Friday night feast.



**Prep time:** 15 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### BLACK BEAN PATTY

2x 410g canned black beans, rinsed and drained

450g can beetroot slices, drained and divided

150g (1 cup, or remaining) frozen peas\*, defrosted

70g (½ cup) flour

Salt and pepper, to taste

#### SALAD

1 iceberg lettuce, separated into individual leaves

100g sour cream\*

100g cheese\*, sliced

60g (½ packet) seasonal salad leaves\*

¼ cucumber\*, thinly sliced

½ red onion\*, thinly sliced

#### KŪMARA CHIPS

800g kumara, cut into about 1cm thick chips or wedges

2 teaspoons oil

¼ teaspoon salt

Pepper, to taste

2 teaspoons smoked paprika (optional)

### Method

1. Heat oven to 200 °C bake or 190 °C fan bake. Grease two large baking trays.
2. Combine the kumara chips ingredients in a bowl and spread evenly on a baking tray, bake in the oven for 25-30 minutes or until cooked to your liking
3. Combine the black beans, half the beetroot slices, peas, flour, salt (if using) and pepper in a bowl and roughly mash together using a potato masher, a strong spoon, or whizz through a food processor.
4. Divide into 4-6 portions, place on the baking tray and flatten into circles about 2cm thick. Bake in the oven for around 20 minutes with the kumara or until it becomes crisp and slightly golden on the outside.
5. Prepare the lettuce and combine the fresh salad ingredients as the chips and patties are cooking.
6. To assemble, grab a few lettuce leaves, spread sour cream on the inside of the lettuce and fill with salad, remaining beetroot slices, cheese and a patty. Serve with kumara chips.

### Cooking tips:

- The black bean patties can be cooked on the stovetop if desired or there is not enough space in the oven.
- Add more zing by spreading your favourite sauce, chutney or preserves on top of the patty.

### Adapt it:

- Use gluten free flour if desired.
- Go for lite sour cream if you prefer.
- Serve your burgers in buns instead of the kumara chips.

### Kid friendly alternatives:

- Minimise the amount of salt you add when you are cooking.

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# Autumn Meal Planner

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## Week 2 Menu

<b>Monday</b>	Hearty minestrone
<b>Tuesday</b>	Beef schnitzel with pear and walnut salad
<b>Wednesday</b>	One pot creamy tuna pasta
<b>Thursday</b>	Mexican-inspired baked eggs
<b>Friday</b>	Friday night crispy chicken with smoky roast veges

## Week 2 shopping list

### Produce

- 2 Onions
- 11 Carrots
- 5 Potatoes
- 1 Pumpkin
- 120g Seasonal salad leaves
- 2 Pears
- 2 Red onions
- 2 Broccoli

### Butchery

- 500g Beef schnitzel
- 500g Skinless chicken thighs

### Chilled

- 125g Sour cream
- 250g Cheese

### Grocery

- 1 litre Reduced salt chicken stock
- 3x 400g Canned chopped tomato
- 500g Pasta
- 2x 400g Canned cannellini beans
- 400g Canned black beans
- 6 Eggs
- 220g Panko breadcrumbs
- 425g Canned tuna
- 8 Pack wholemeal pita bread
- 70g Walnuts (optional)

### Frozen

- 500g Chopped leaf spinach
- 750g Peas

## Pantry Staples\*

- Oil, for frying
- Garlic – fresh bulbs or crushed
- Dried mixed herbs
- Flour, plain
- Salt
- Pepper
- Paprika – sweet or smoked
- Your favourite salad dressing

## Introduction

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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

- Fresh seasonal salad leaves are used in the beef schnitzel meal, so we recommend cooking this earlier in the week. Other than that, this week's recipes can be cooked in any order.
- Wholemeal pita bread is an optional shared ingredient. You can choose to have half with the beef schnitzel or all of it with the Mexican-inspired baked eggs.
- Broccoli stalks can be eaten and are loaded with nutrients.
- A whole pumpkin is used across the recipes. If you find it difficult to cut raw pumpkin, try roasting it whole in the oven to soften before cutting.
- Storing fresh salad leaves in an airtight container can keep them fresher for longer, or put your them in a resealable plastic bag with a paper towel to help extend their life.



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## Hearty minestrone

An Italian inspired soup with chunky vegetables and pasta, perfect to feed a crowd on cooler autumn evenings. Loaded with veges, you can also add leftover chicken or beef.



**Prep time:** 15 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

1 tablespoon oil

1 onion, finely diced

2 garlic cloves, grated or 1 teaspoon crushed garlic

1 teaspoon dried mixed herbs

750ml (3 cups) reduced salt chicken stock\*

500ml (2 cups) water

400g can chopped tomatoes

2 large carrots, cut into 1cm cubes

2 medium potatoes, cut into 1cm cubes

200g dry pasta\*

1/3 pumpkin\*, cut into 1cm cubes

2 x 400g cans cannellini beans, drained and rinsed

150g (1 cups) frozen peas\*

Salt and pepper, to taste

150g frozen chopped leaf spinach\*

### Method

1. Heat oil in a large pot on the stove over medium high heat. Sauté onions until softened and stir through garlic, fry until fragrant. Mix in the dried mixed herbs.
2. Carefully pour in the stock, water, and chopped tomatoes. Stir through the carrots, cover with a lid and turn the heat to high to bring to a boil.
3. Add potatoes, stir and bring to a boil. Add pasta, cook for about 5 minutes while stirring occasionally.
4. Add pumpkin, cannellini beans, and peas, bring to a boil and test taste, adding salt and pepper if needed. Stir through the frozen spinach, once simmering and pasta and vegetables are tender it is ready to serve.

### Cooking tips:

- For extra flavour add your favourite spices.
- Add any leftover roast beef, roast chicken or deli meat – stir it in with the cannellini beans.
- The pasta can be cooked separately and added in portions to maintain the texture.

### Adapt it:

- You can swap the cannellini beans for chickpeas, kidney beans, lentils, or other pulses. Alternatively, swap them for shredded chicken.
- Use vegetable stock instead of chicken stock for a vegetarian version.
- Use gluten free pasta if required. It can go soft very easily, so it's better to cook separately and add as you serve.
- Swap out the spinach for extra frozen peas or corn if you prefer.
- Try using fun pasta shapes for kids such as the animal ones and call it zoo soup!

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## Beef schnitzel with pear and walnut salad

For an easy, tasty dinner tonight, try our golden panko crumb coated beef served with a light, crisp and mildly sweet salad.



**Prep time:** 15 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### BEEF SCHNITZEL

Oil, for frying  
500g beef schnitzel  
70g (½ cup) flour  
2 eggs\*, beaten in a wide bowl  
110g panko breadcrumbs\*  
1 teaspoon dried herbs (optional)  
½ teaspoon of your favourite spices (optional)

### PEAR AND WALNUT SALAD

120g seasonal salad leaves  
2 pears, thinly sliced  
3 medium carrots, thinly sliced or cut into matchsticks  
1 red onion\*, thinly sliced  
70g (¾ cup) walnuts (optional)

### TO SERVE

2 tablespoons of your favourite salad dressing (optional)

### OPTIONAL

4 small wholemeal pita bread\*

### Method

1. Combine the salad ingredients together in a large bowl, set aside.
2. Heat enough oil to lightly cover the bottom of a frying pan on the stove over medium-high heat.
3. Prepare the schnitzel ingredients by placing each ingredient on a plate or wide bowl.
4. Coat each piece of beef lightly with flour, egg, then breadcrumbs and fry for 3-5 minutes on each side or until golden brown and cooked through. Continue this step until all the beef is cooked.
5. Serve the schnitzel with the salad. If using the pita bread serve this alongside or fill with salad, schnitzel and your favourite sauce, chutney or pickle.

### Cooking tips:

- To cook the beef in the oven: heat oven to 210 °C bake or 190 °C fan bake, grease a large tray, coat each piece of beef as per step 4 and place on the tray in a single layer. To make it extra crisp spray lightly with oil. Bake for 15-20 minutes or until cooked through and lightly golden, turning halfway.
- If there's no beef schnitzel available, use another steak cut and cut horizontally into thin steaks or pound with a meat tenderiser or back of a frying pan to flatten.

### Adapt it:

- You can swap the beef for fish, chicken, pork, tofu, tempeh or prawns. Adjust cooking times accordingly.
- Use homemade breadcrumbs or a gluten free variety instead of panko if you prefer.
- For additional crunch and flavour in the salad, add thinly sliced fresh fennel.
- Serve the salad veges pick and mix style if your kids don't like salads mixed together.

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## One pot creamy tuna pasta

The whānau will love this cheesy one pot pasta. Perfect for a midweek meal, it's packed with veges and super easy to make.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 1 tablespoon oil
- 1 onion, finely diced
- 2 garlic cloves, finely diced or grated or 1 teaspoon minced garlic
- 300g dry pasta\*
- 250ml (1 cup) reduced salt chicken stock\*
- 3 cups water
- 1/3 pumpkin\*, grated
- 1 broccoli, stalk and florets roughly chopped
- 300g (2 cups) frozen peas\*
- 150g frozen spinach\*
- 425g canned tuna in spring water, drained
- Pepper, to taste
- 125g sour cream
- 100g cheese\*, grated

### Method

1. Heat oil in a large pot on the stove over medium-high heat.
2. Sauté onions until softened, add garlic and fry until fragrant.
3. Add pasta, stock, and water. Place a lid on the pot, turn the heat to high and bring to a simmer, stirring occasionally. Adjust heat if it is getting too hot.
4. After simmering for about 5 minutes, add the remaining vegetables and tuna and stir through. Heat for another 5 minutes or until the vegetables and pasta are cooked to your liking.
5. Add pepper, sour cream, and stir through cheese, test taste.

### Cooking tips:

- For a dairy free meal, swap sour cream with non-dairy milk and add 2 tablespoons tomato paste and use dairy free cheese.
- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli.
- Top with fresh parsley if desired.

### Adapt it:

- You can swap out the tuna for salmon, chicken, quorn or another plant-based protein substitute.

### Kid friendly alternatives:

- Use animal shaped pasta for the fun factor.
- Frozen vege mixes can work well too.

### Leftovers:

- Eat for lunch the next day or freeze in portions to re-heat another day.

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## Mexican-inspired baked eggs

The perfect combination of cheesy tomato sauce and perfectly cooked eggs, this Mexican inspired dish can be enjoyed for brunch or dinner.



**Prep time:** 10 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 1 tablespoon oil
- 1 red onion, finely diced
- 2 garlic cloves, grated or 1 teaspoon minced garlic
- 2 teaspoons sweet or smoked paprika
- 410g can black beans, rinsed and drained
- 2 large carrots, grated
- 1/3 pumpkin\*, grated
- 300g (2 cups or remaining) frozen peas\*
- 200g frozen spinach\*
- 2 x 400g cans chopped tomatoes
- ½ cup water
- Salt and pepper, to taste
- 4 eggs\*
- 150g cheese\*, grated
- 4 small wholemeal pita bread\*, to serve

### Method

1. Heat oil in a large oven proof frying pan or skillet on the stove over medium-high heat.
2. Sauté onions until softened, add garlic and smoked paprika, and stir fry until fragrant.
3. Add the remaining ingredients except the eggs and cheese. Fill each chopped tomato can with ¼ cup water, swirl around to get the remaining sauce and add to the frying pan, heat through and bring to simmer. Simmer for 5-10 minutes, until slightly thickened. Test taste, adding more seasoning ingredients if preferred.
4. Heat oven to 200 °C bake or 180 °C fan bake as the tomato mixture is simmering.
5. Turn off the stove top heat, make four slight indentations on the tomato mix using the back of a spoon, crack an egg in each one and sprinkle with cheese. Bake in the oven for 5-10 minutes or until the egg begins to set and the cheese has melted.
6. Be careful removing the pan from the oven as it will be very hot. Let it cool slightly before serving. Warm the pita bread if desired and serve alongside.

### Cooking tips:

- To cook this without an oven proof pan, use a large baking or casserole dish. Cook the tomato mixture as stated in step 1-5 in the method. Transfer mixture into the baking or casserole dish and continue following the method from step 6 and bake until the eggs are cooked to your liking.

### Adapt it:

- Instead of eggs, you can serve the black bean mix with cooked chicken, tofu, tempeh, Quorn, firm fish fillets, prawns or any leftover cooked red meat.
- Choose the size of pita bread that suit you family best, or you can leave out if you prefer a lighter meal.

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## Friday night crispy chicken with smoky roast veges

Craving fried chicken? Try our healthier alternative for a Friday night treat. This oven baked crispy chicken pairs perfectly with smoky roasted veges.



**Prep time:** 15 minutes

**Cooking time:** 40 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### CRISPY CHICKEN

- 70g (½ cup) flour
- 1 teaspoon dried mixed herbs
- 2 garlic cloves, grated or 1 teaspoon minced garlic or 1 teaspoon garlic powder
- Pepper, to taste
- 1 cup water
- 500g skinless chicken thighs
- 110g panko breadcrumbs\*
- Oil (optional)

#### SMOKY ROASTED VEGES

- 1 tablespoon oil
- 1 tablespoon sweet or smoked paprika
- Salt and pepper, to taste
- 3 medium potatoes, cut into chunks
- 4 large carrots, sliced
- 1 broccoli, stalk and florets chopped

### Method

1. Heat oven to 200 °C bake or 180 °C fan bake. Get two roasting trays large enough to cook the chicken and vegetables ready, lightly grease with oil.
2. Combine the first five chicken ingredients in a large bowl (except the chicken, breadcrumbs and oil). Mix until it forms a batter, adding more water if needed, add the chicken and toss to coat.
3. Place the breadcrumbs in a wide bowl or large plate and generously coat each piece of chicken, transfer onto the roasting tray and arrange in a single layer. If desired spray with oil. Place in the oven.
4. Combine all of the smoky roasted vege ingredients in a large bowl and toss to coat. Transfer the potatoes and carrots into the roasting tray, leaving the broccoli in the bowl as it cooks much quicker so will be added later.
5. Bake the chicken and veges for around 30-35 minutes or until golden and cooked through. Add the broccoli into the veges in the last 5 minutes of cooking time. Serve as it is or with any of your favourite sauces, chutneys or preserves.

### Cooking tips:

- If you have a smaller oven, boil or steam the vegetables instead and season with your favourite salad dressing once cooked.
- Use 1-1.5kg drumsticks, nibbles, or chicken thighs with skin on if preferred.

### Adapt it:

- Swap the chicken for firm fish fillets, tofu or tempeh. Adjust the cooking times accordingly.

### Kid friendly alternatives:

- Steam the broccoli if preferred and adjust the spices to suit the taste of your family.

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# Autumn Meal Planner

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

## Week 3 Menu

<b>Monday</b>	Salmon wraps with crunchy slaw
<b>Tuesday</b>	Teriyaki tofu
<b>Wednesday</b>	Chicken casserole with smashed potatoes
<b>Thursday</b>	Nom nom nachos
<b>Friday</b>	Friday night satay chicken skewers

## Week 3 shopping list

### Produce

- 1 Cucumber
- 11 Carrots
- 1 Red onion
- ½ Cabbage
- 2 Lettuce
- 2 Onions
- 800g Mushrooms
- 2 Broccoli
- 1 Parsley
- 800g Agria Potato
- 800g Kūmara

### Butchery

- 1kg skinless chicken breast

### Chilled

- 250g Sour cream
- 250g Cheese
- 450g Tofu

### Grocery

- 8 Pack wholemeal wrap
- 415g Canned salmon,
- 1kg Brown rice
- 2x 400g Canned chopped tomatoes
- 2x 410g Canned corn kernels
- 410g Canned black beans
- 400g Canned lentils
- 400ml Light coconut milk

## Pantry Staples\*

- Garlic – fresh bulbs or crushed
- Salt
- Pepper
- Oil, for frying
- Soy sauce or other soy sauce alternatives
- Sugar – white or brown
- Cornflour
- Paprika – sweet or smoked
- Butter (optional)
- Milk (optional)
- Peanut butter, no added salt
- Sweet chilli sauce
- Skewers – wooden or metal (optional)
- Ground cumin (optional)

## Introduction

The recipes in this meal planner are designed for autumn 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

- This week's meals can be cooked in any order.
- Red onion is a shared ingredient - store the cut onion in an airtight container in the fridge.
- Broccoli stalks can be eaten and are loaded with nutrients.
- Brown rice is a shared ingredient. You can buy only 500g of brown rice and use 250g in each meal to avoid leftover uncooked rice.
- To keep lettuce fresh wrap it in a paper towel and place it in a resealable plastic bag. If the leaves become limp, revive them by soaking in cold water for up to 20 minutes in the fridge.
- If you have a slow cooker, the chicken casserole can be prepared ahead, and cook the smashed potatoes just before serving dinner.
- Adapt the ingredients and portions to suit the needs of your family.



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## Salmon wraps with crunchy slaw

Gather the family round the table and tuck in to these light and tasty salmon wraps. Serve with a side of deliciously crunchy homemade slaw.



**Prep time:** 20 minutes

**Cooking time:** 10 minutes



**Serves:**  
4



**Skill level:**  
Easy as

8 wholemeal wraps

125g sour cream\*

1 garlic clove, grated or ½ teaspoon  
crushed garlic

Pepper, to taste

½ cucumber\*, sliced

2 large carrots, grated

½ red onion\*, thinly sliced

1/8 cabbage\*, thinly sliced

¾ lettuce\*, shredded

415g canned pink salmon, drained

100g cheese\*, sliced or grated

### Method

1. Mix sour cream, garlic, and pepper together in a bowl. Set aside.
2. Combine all the salad vegetables in a large bowl.
3. Transfer salmon into another bowl, remove the bones if you prefer, then lightly flake with a fork.
4. Remove the wraps from the packet and if desired, warm them up slightly.
5. Place all the ingredients, including the cheese in the middle of the table and everyone can make their own wraps. Or assemble by placing a wrap on a plate, spread some of the sour cream sauce on, top with handfuls of salad, a large spoonful of flaked salmon, finishing with cheese. Fold the bottom upwards and bring the sides into the middle to make the wrap. Serve any remaining salad on the side.

### Cooking tips:

- The salad ingredients can be mixed with the sour cream mixture to make a creamy slaw filling.
- Sprinkle with your favourite nuts and seeds for additional healthy fat and fibre.

### Adapt it:

- Swap the salmon for canned tuna, cooked fish, shredded chicken, stir fried meat or tofu, pan fried tempeh, cooked prawns or falafels.
- To reduce the sodium per serve, opt for canned salmon in spring water.
- Use lite sour cream if you prefer.
- Use gluten free wraps if required or for a lighter meal, use lettuce or cabbage leaves instead of wraps.
- Adapt the salad veges to children's tastes.

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## Teriyaki tofu

Tuck into this crispy tofu coated in a savoury and mildly sweet teriyaki sauce. Serve over rice and stir-fried veges for a moreish, filling dinner.



**Prep time:** 10 minutes

**Cooking time:** 40 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### TOFU

- 300g (1½ cups) brown rice\*
- 2 tablespoons oil, divided
- 450g firm tofu, sliced or cubed
- 1 large onion, finely diced or sliced
- 2 garlic cloves, minced or 1 teaspoon crushed garlic
- 400g mushrooms\*, sliced
- 1 broccoli, florets and stalks chopped
- 2 large carrots, cut into match sticks

### TERIYAKI SAUCE

- 2 tablespoons soy sauce or soy sauce alternative
- 2 teaspoons brown or white sugar
- ½ cup water
- 2 teaspoons cornflour, mixed separately with extra 2 tablespoons water

### Method

1. Cook rice according to packet instructions. Meanwhile heat a large non-stick frying pan with 1 tablespoon oil on the stove over high heat. Fry tofu until golden and crispy on the outside. Set aside.
2. As the tofu cooks prepare the teriyaki sauce. In a saucepan combine soy sauce, sugar and water. Heat on the stove until it begins to simmer and the sugar has dissolved. Remove from heat and pour in cornflour mixture while stirring. Return to heat and continue stirring until thickened.
3. Heat the remaining oil in a large frying pan or wok on the stove over high heat, sauté onions and cook until softened. Add garlic and stir fry until fragrant.
4. Add mushrooms and broccoli and stir fry until cooked to your liking. Lastly stir through the carrots.
5. Mix the tofu into the teriyaki sauce. Serve in bowls with rice, stir fried veges, and teriyaki coated tofu.

### Cooking tips:

- The tofu can also be cooked in the oven at 210 °C bake or 190 °C fan bake. Coat sliced or cubed tofu in 2 tablespoons cornflour and place on a baking tray in a single layer. Bake for 15 minutes or until crisp, turning halfway through.

### Adapt it:

- Swap the tofu for chicken, sliced beef, lamb, pork, prawns or tempeh. You can also use meat or plant-based mince. You can use egg or udon noodles instead of rice.
- For family members with bigger appetites use more tofu or add some edamame beans.
- Use gluten free soy sauce if required.
- Use white rice if you prefer.
- Ideally use reduced salt soy sauce if you have younger children to reduce the sodium per serving.

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## Chicken casserole with smashed potatoes

Warming and comforting, this easy chicken casserole is great to warm yourself on cooler weeknights. Loaded with vegetables, serve this hot with a side of creamy smashed potatoes.



**Prep time:** 10 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### CHICKEN CASSEROLE

- 1 tablespoon oil
- 1 large onion, finely diced
- 3 garlic cloves, minced or 1 ½ teaspoons crushed garlic
- 1 tablespoon smoked paprika
- 2 large carrots, cut into 1cm cubes
- 400g mushrooms\*, sliced or quartered
- 500g skinless chicken breast\*, cut into 3cm chunks
- 2 cans chopped tomatoes
- 1 ½ cups water
- 1 broccoli, florets and stalks chopped
- ¼ cabbage\*, chopped
- Salt and pepper, to taste
- ½ bunch parsley\*, leaves and stalks roughly chopped

#### SMASHED POTATOES

- 800g agria potatoes, cut into 2cm chunks
- 1 tablespoon butter or olive oil
- ¼ cup milk (optional)
- Salt and pepper, to taste

### Method

1. Heat oil in a casserole pan or large pot on the stove over medium heat. Add onion and sauté until softened. Add garlic and paprika, stir fry until fragrant.
2. Add carrots, mushrooms, chicken and chopped tomatoes. Fill each can with ¾ cup water, swirl around to get the remaining sauce and add to the pot and stir. Cover with a lid, bring to a simmer while stirring occasionally.
3. As the casserole simmers boil potatoes in another pot to start making the smash. Boil for around 10 minutes or until a knife easily pierces the potato.
4. When the carrots are tender and the chicken is cooked, add broccoli, cabbage, salt if using, and pepper. Stir through and bring to a simmer. Top with chopped parsley.
5. Drain the water from the potatoes, add butter, milk (if using), salt and pepper. Smash until it is the consistency you like, adding more milk if needed. Serve casserole with smashed potatoes.

### Cooking tips:

- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli. They can also be grated.
- For additional flavour add dried spices and herbs such as bay leaf, cinnamon quills, dried mixed herbs, chilli powder etc.

### Adapt it:

- Skinless chicken thighs can be used if preferred or you can make with red meat or a plant-based meat substitute such as Quorn. Pulses can also be used like chickpeas, butter beans or mixed beans.
- This dish can be served with rice if preferred.

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## Nom nom nachos

*Nachos with a twist! With nutritious kūmara instead of corn chips, this nacho-style vegetarian friendly dish will be a winner for kids and adults alike.*



**Prep time:** 10 minutes

**Cooking time:** 40 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 800g kūmara, sliced into ½ cm rounds
- 3 large carrots, cut into thin slices
- 2 tablespoons oil
- Pepper, to taste
- 1 tablespoon paprika (optional)
- 1 teaspoon cumin (optional)
- 2 x 410g cans corn kernels, rinsed and drained
- 1 x 410g can black beans, rinsed and drained
- 1 x 400g can lentils, rinsed and drained
- 1 large onion, finely diced
- 150g cheese\*, grated
- 125g sour cream\*
- ½ bunch parsley\*, leaves and stalks roughly chopped
- ½ lettuce\*, shredded

### Method

1. Heat oven to 190 °C bake or 170 °C fan bake. Prepare a large roasting tray or baking dish. Combine sliced kūmara, carrots, oil, pepper, and spices (if using) in a large bowl and toss to coat. Transfer onto the roasting tray or baking dish. Bake for 20-30 minutes, or until tender, turning halfway through.
2. Remove from oven, top with corn, black beans, lentils, diced onion, and cheese. Return to the oven and cook for a further 10 minutes or until the cheese has melted.
3. Place on the table to serve, dollop with sour cream and sprinkle with parsley. Serve with shredded lettuce.

### Cooking tips:

- If desired, sprinkle with your favourite nuts and seeds before serving for extra crunch and additional nutrients.

### Adapt it:

- You can swap the black beans to kidney beans.
- Use frozen corn instead of canned, just defrost before using.
- You could make a mince with meat or a plant-based mince and veges to top the kūmara with if you prefer.
- Use low fat sour cream if you like.

### Leftovers:

- Eat for lunch the next day.

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## Friday night satay chicken skewers

Inspired by Southeast Asian hawker style skewered meat, this is a deliciously rich satay chicken dish served with rice and a fresh seasonal salad.



**Prep time:** 10 minutes

**Cooking time:** 40 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### SKEWERS

- 300g (1½ cups) brown rice\*
- 1 can light coconut milk, divided
- 3 tablespoons peanut butter or tahini, ideally no added salt
- 1 teaspoon soy sauce or soy sauce alternative
- 1 teaspoon sweet chilli sauce
- 1 tablespoon oil
- 500g skinless chicken breast\*, sliced
- Pepper, to taste
- Metal or bamboo skewers (optional)

#### SALAD

- 2 large carrots\*, grated
- ½ large cucumber\*, sliced
- 1/8 cabbage\*, thinly sliced
- ¾ lettuce\*, shredded
- ½ red onion\*, finely sliced or diced

### Method

1. Cook rice according to packet instructions but replace ½ cup water with ½ can coconut milk.
2. Combine salad ingredients together in a bowl, set aside.
3. Pour in remaining coconut milk in a small saucepan, with peanut butter, soy sauce, and sweet chilli sauce. Place on the stove over medium heat, bring to a gentle boil then reduce the heat and let it simmer for around 5 minutes or until thickened, while stirring occasionally. Set aside once ready.
4. Season chicken with pepper and put through skewers if desired.
5. Heat oil in a large frying pan on the stove over medium high heat. Cook chicken in batches until golden brown on the outside and cooked through.
6. Coat the chicken in the satay sauce or drizzle over top once on the plate.
7. Serve on a plate with coconut rice, salad, and chicken. Use any remaining sauce over the salad.

### Cooking tips:

- The satay sauce can be cooked at the same time as the chicken.

### Adapt it:

- Swap the chicken for tofu, beef, tempeh, prawns, or firm fish fillets. Skinless chicken thighs can be used if preferred.
- Use gluten free or reduced salt soy sauce if required.
- Use white rice if you prefer or already have that in your pantry.
- Use regular coconut milk if you prefer.

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# Autumn Meal Planner

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## Week 4 Menu

<b>Monday</b>	Crumbed fish with roasted vege salad
<b>Tuesday</b>	Chicken and mushroom noodle soup
<b>Wednesday</b>	Ham and egg pie
<b>Thursday</b>	Spanish-style meatballs
<b>Friday</b>	Friday night stir fried tofu noodles

## Week 4 shopping list

### Produce

- ½ Pumpkin
- 12 Carrots
- 4 Onions
- 4 Broccoli
- 120g Baby spinach
- 1 Celery
- 200g Bean sprouts
- 800g Kūmara
- 500g White button mushrooms
- 800g Potatoes

### Butchery

- 500g Chicken breast, skinless
- 500g Beef mince

### Chilled

- 150g Shaved leg ham
- 450g Firm tofu

### Grocery

- 2x 280g Egg noodles
- 1 litre Reduced salt chicken stock
- 12 Pack eggs
- 400g Canned chopped tomatoes

### Frozen

- 500g Crumbed fish fillets
- 350g Ready rolled flaky puff pastry

## Pantry Staples\*

- Oil, for frying
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Soy sauce or other soy sauce alternative
- Salt
- Pepper
- Paprika – sweet or smoked
- Cumin, ground
- Cornflour
- Your favourite sauce, chutney, preserve, or pickle

## Introduction

The recipes in this meal planner are designed for autumn 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

- We recommend cooking the crumbed fish meal before the ham and egg pie as the roasted veges are in the pie. Other than that, you can cook the meals in any order you like.
- Bean sprouts is a shared ingredient this week - to keep them fresh and crisp, rinse them and transfer into a container, fill with cold water, cover with a lid, and keep in the fridge. Change this water every 1 to 2 days.
- Egg noodles are used in two meals this week, if preferred use rice noodles and spaghetti will also work well.
- Broccoli stalks can be eaten and are loaded with nutrients.
- Adapt the ingredients and portions to suit the needs of your family.



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## Crumbed fish with roasted vege salad

Roasted seasonal vegetables can be served with almost any meal and are an easy way to boost your vege intake. Our top tip is to roast a big batch, like in this recipe, so the leftovers can be eaten with another recipe, like the ham and egg pie.



**Prep time:** 15 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

500g frozen crumbed fish fillets  
 ½ pumpkin, cut into 2cm chunks  
 6 large carrots, cut into small cubes  
 1 large onion, sliced  
 800g kūmara, cut into 1cm chunks  
 2 broccoli, stalk and florets cut into chunks  
 120g baby spinach  
 3 tablespoons oil  
 Salt and pepper, to taste  
 1 tablespoon of your favourite spice or spice/herb mix

### TO SERVE (OPTIONAL)

Your favourite sauce, chutney, preserve, or pickle

### Method

1. Heat oven to the temperature suggested on the frozen fish fillet packet. Prepare a large roasting tray for the vegetables and another one for the fish.
2. Combine the pumpkin, carrots, onion, kūmara, oil, and seasoning ingredients in a large bowl and toss to coat the vegetables. Transfer into the roasting tray.
3. Place the vegetables and fish in the oven at the same time. Cook the fish fillets according to the timing suggested on the packet instructions.
4. Check the tenderness of the vegetables as the fish is cooking, add the broccoli when the other vegetables are almost cooked, bake for 5 minutes. Remove from oven and stir through baby spinach.
5. Serve the fish fillet with half of the roasted vege salad and top with your favourite sauce, chutney, preserve or pickle if desired.

### Cooking tips:

- Keep the remaining roasted vege salad in a sealed container in the fridge for the pie. If you won't be cooking the a ham and egg pie halve the vegetable and seasoning quantities.
- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli.
- If the spice mix you use includes salt in the ingredient list, avoid adding extra salt too.

### Adapt it:

- For protein substitutions use chicken, beef, lamb, pork, tofu or tempeh. These can be grilled, pan fried, or barbecued.
- Other veges which roast well are cauliflower and parsnips, so mix things up to suit your family's tastes!



## Chicken and mushroom noodle soup

*A light and mildly spiced chicken soup served with noodles.*



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 280g dried egg noodles\*
- 1 tablespoon oil
- 1 onion, sliced thinly
- 80g (4cm) piece ginger, thinly sliced or 2 teaspoons crushed ginger
- ¼ celery\*, cut into small chunks
- 500g skinless chicken breast, sliced or cubed
- 1 litre (4 cups) reduced salt chicken stock
- 2 cups water
- 250g white button mushrooms\*
- 1 broccoli, stalk and florets chopped
- 2 carrots, cut into matchsticks
- 100g (½ pack) bean sprouts\*
- Pepper

### Method

1. Cook noodles according to the packet instructions, portion into bowls and set aside any extra noodles.
2. Meanwhile heat oil in a large saucepan or pot on the stove over medium-high heat. Add onions and sauté until softened, add ginger and fry until fragrant. Add celery and stir fry until slightly softened.
3. Add chicken, stock, water, and mushrooms. Turn heat to high, cover with a lid and bring to a boil.
4. Once chicken is cooked, add remaining vegetables. Test taste adding pepper, or other seasoning of choice if needed. Ladle hot soup over the noodles, top with bean sprouts and serve.

### Cooking tips:

- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli.
- Cook the soup while the noodles are cooking to save time.

### Adapt it:

- For protein substitutions use tofu, tempeh, firm fish fillets, prawns or thinly sliced beef or lamb. Adjust cooking times.

### For kids:

- Swap the veges out to suit the taste of your family. If your kids don't like ginger, use garlic instead.
- It is really important to use salt reduced stock with kids or the sodium in this dish will be too high for littler kids.

### Leftovers:

- If kept separate any remaining soup and noodles can be kept in a sealed container and frozen and reheated another day. Or can be eaten for lunch the next day.
- Leftover noodles can also be added into the Friday night noodles recipe.

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## Ham and egg pie

Perfect for a no-fuss family dinner, this ham and egg pie is an easy go-to recipe packed with roasted veges, and leftovers make a tasty lunch the next day! Best served with a dollop of your favourite relish.



**Prep time:** 10 minutes

**Cooking time:** 45 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

350g ready rolled flaky puff pastry, defrosted

8 cups or remaining roasted veges from the crumbed fish dinner

150g shaved leg ham, sliced

8 large eggs\*

### Method

1. Heat oven to 200 °C bake or 180 °C fan bake.
2. Prepare a rectangular baking or pie dish or roasting tray by greasing it thoroughly.
3. Place all the roasted veges in the lined dish or tray, scatter the sliced ham, then crack the eggs over the top.
4. Cover with the pastry and crimp the edges with your fingers or a fork. Cut a few holes on the top for the steam. If desired, brush the pastry with milk to give a glossy look.
5. Bake for 35-45 minutes, or until golden brown on top and cooked through. Remove from the oven and leave to cool slightly before serving.

### Cooking tips:

- Check the pastry packet instructions for tips on the best way to defrost it.
- Boil or steam any additional veges to add to the pie if desired.

### Adapt it:

- For additional veges, serve with a green seasonal salad.
- Use reduced fat pastry if you prefer.

### Leftovers:

- Eat for lunch the next day or freeze and reheat another day.

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## Spanish-style meatballs

Inspired by Spanish-style tapas, our meatballs coated in a rich, hidden vege tomato sauce are a treat. Serve with crispy golden wedges for a value friendly and kid friendly meal that's sure to impress even the fussiest eaters.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### MEATBALLS

- 500g lean beef mince
- 3 garlic cloves, grated or 1 ½ teaspoons crushed garlic
- 1 teaspoon ground cumin
- ¼ teaspoon salt (optional)
- Pepper, to taste

#### TOMATO SAUCE

- 2 teaspoons oil
- 1 large onion, finely diced
- ½ celery\*, sliced thinly or cut into small cubes
- 1 tablespoon sweet or smoked paprika
- 2 x 400g cans chopped tomatoes
- 1 ½ cups water
- 2 large carrots, cubed or grated
- Salt and pepper, to taste

#### POTATO WEDGES

- 800g potatoes, cut into thick slices
- 2 tablespoons oil
- Salt and pepper, to taste
- Your favourite herbs and spices (optional)

### Method

1. Heat oven to 190 °C bake or 170 °C fan bake and prepare a large roasting tray or baking dish.
2. Toss the potato wedges ingredients together in a bowl until coated. Transfer onto the roasting tray or baking dish, spread onto a single layer and bake for 25-30 minutes or until cooked to your liking.
3. Meanwhile combine the meatball ingredients in a bowl. Roll mince into golf ball sized rounds and place onto a board or plate. Set aside.
4. Heat oil in a non-stick frying pan with deep sides on the stove over medium high heat. Sauté onions until softened, add celery and stir fry for another 5 minutes to soften. Add paprika and fry for a minute.
5. Pour in chopped tomatoes carefully, fill each can with ¾ cup water, swirl around to get the remaining sauce and add to the pan. Add carrots, cover with a lid, and bring to a simmer while stirring occasionally.
6. Add meatballs and lightly stir until coated in the tomato sauce. Cover with a lid and simmer until the meatballs are cooked, stir gently occasionally to make sure the bottom doesn't catch.
7. Test taste and season with salt, pepper, or other spices if needed. Serve tomato meatballs with wedges on the side.

### Adapt it:

- Use chicken, lamb, or pork mince if you prefer. Make vegetarian meat balls using plant-based proteins.
- Add extra veg by mixing very finely chopped mushrooms to the mince before rolling into meatballs.
- For kids, you can cook the celery and carrots in the tomato sauce until soft, then blend the sauce until smooth before adding the meatballs.

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## Friday night stir fried tofu noodles

Delicious, takeaway-style noodles loaded with fresh veges, and super easy to whip up for a family dinner.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 280g dried egg noodles\*
- 450g firm tofu, sliced
- 1 tablespoon oil
- 1 large onion, finely diced or thinly sliced
- 3 garlic cloves, finely chopped or 1½ teaspoons crushed garlic
- ¼ celery\*, or remaining celery, sliced thinly
- 250g white button mushrooms\*
- 2 tablespoons soy sauce or soy sauce alternative
- 1 cup water
- 2 large carrots, cut into thin match sticks
- 1 broccoli, stalk and florets chopped
- 3 tablespoons cornflour mixed with ¼ cup water
- Pepper, to taste
- 100g (½ pack) bean sprouts\*
- 4 large eggs\*, fried

### Method

1. Cook noodles according to packet instructions, set aside.
2. Cook tofu in a non-stick frying pan with a small amount of oil until golden.
3. Heat oil in a large frying pan or wok on the stove over high heat. Fry onions until softened, add garlic and stir fry until fragrant. Add celery and cook until slightly softened, stir through mushrooms.
4. Add soy sauce, water, carrots, and broccoli, and heat through. Add cornflour mixture into the pan or wok, mix until thickened.
5. Add cooked noodles and tofu, toss to coat in the thickened sauce and heat through. Test taste, add pepper or more seasoning if needed.
6. Add bean sprouts and toss until slightly softened or cooked to your liking. Serve on plates or bowls topped with the fried egg.

### Cooking tips:

- If preferred the eggs can be beaten and cooked like scrambled eggs, then stirred through the noodles.

### Adapt it:

- For protein substitutions use chicken, tempeh, sliced beef or pork, prawns.
- This can also be made with rice noodles.

### For kids:

- Ideally use reduced salt soy sauce to manage the amount of sodium.

### Leftovers:

- Eat for lunch the next day.

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