

Winter Meal Planner!

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

Week 1 Menu

Monday	Sloppy joe
Tuesday	Fish chowder
Wednesday	Vietnamese-style omelette
Thursday	Shepherd's pie
Friday	Friday night sticky lemon chicken

Week 1 Shopping List

Produce

- 5 Onions
- 2 Leeks
- 9 Carrots
- 1 Iceberg lettuce
- 600g Potatoes
- 600g Mushrooms
- 2 Lemons
- 800g Kumara
- 1 Red onion
- 1 Apple
- 1 Broccoli

Butchery

- 800g Beef mince
- 400g Skinless chicken breast

Chilled

- 1L Milk

Grocery

- 170g Can tomato paste
- 410g Can whole corn kernels
- 410g Can creamed corn
- 400g Can baby corn
- 425g Can tuna in springwater
- 1kg Jasmine rice
- 10 Pack eggs
- 6 Pack hamburger buns

Frozen

- 1kg Frozen peas
- 1kg Frozen green beans

Pantry Staples*

- Garlic – fresh bulbs or crushed garlic
- Ginger – fresh or crushed ginger
- Paprika
- Worcestershire sauce
- Salt
- Pepper
- Flour, plain
- Dried mixed herbs
- Oil, for frying
- Sweet chilli sauce
- Butter
- Soy sauce
- Cornflour
- Honey
- Your favourite nuts, seeds, dried fruits
- Your favourite salad dressing
- Fish sauce (optional)

Introduction

The recipes in this meal planner are designed for winter 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 lists 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 items on the list.

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

Week one tips

- We recommend cooking the sloppy joe before the shepherd's pie as the mince mixture is shared between the two meals. Other than that you can cook the meals in any order you like.
- If cooking the sloppy joe later, store the buns in the freezer to maintain freshness and move into the fridge the night before to begin defrosting.
- Broccoli stalks can be eaten and are loaded with nutrients. We've used them this week's recipes, just be sure to peel off the outer layer which can be tough and woody. If preferred, the broccoli stalk can be grated.
- When freezing leftovers label the container or storage bag with a date and name of the item.
- There will be some leftover frozen green beans and peas this week, you can add more into the recipes or use in other dishes.



**LOVE
FOOD**
hate waste
NEW ZEALAND

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



Sloppy joe

A simple and budget friendly American inspired take on classic mince on toast. Our deliciously hearty mince is packed with hidden veges for a nutritious meal suitable for the whole family.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

MINCE

- 1 tablespoon oil
- 2 large onions, finely diced
- 6 garlic cloves, grated or finely chopped or 3 teaspoons crushed garlic
- 1 tablespoon paprika
- 170g can tomato paste
- 800g beef mince
- 1 leek, white and green parts thinly sliced and washed thoroughly
- 2 tablespoons Worcestershire sauce
- 2 cups water
- 410g can whole kernel corn, drained
- 5 large carrots, grated
- 600g (4 cups) frozen peas*
- Salt and pepper, to taste

TO SERVE

- 4 hamburger buns
- ½ head lettuce*, shredded

Method

1. Heat oil in a large frying pan or pot on the stove over medium high heat. Sauté onions until softened, add garlic and paprika and stir fry until fragrant. Add tomato paste, stir, and heat through.
2. Turn heat to high and add beef mince and leek. Cook until the beef has browned, stirring occasionally.
3. Add the Worcestershire sauce and pour in the water, stir, and cover with a lid. Bring to a boil, remove the lid and simmer for 5-10 minutes or until the mixture has thickened slightly, stirring occasionally.
4. Mix through corn, carrots, and frozen peas. Season as desired.
5. Set aside half of the mince mixture to use in the shepherd's pie later in the week. Keep in a sealed container in the fridge.
6. Heat buns if desired. Serve sloppy joe with lettuce on the buns and topped with the mince or with lettuce on the side.

Cooking tips:

- Mince quantities here are doubled to use in the shepherd's pie. If you're not making the shepherd's pie, halve the quantities for the mince mixture.
- Add your favourite spices and herbs for extra flavour. If you like it spicy, add chilli powder or flakes for extra heat.

Adapt it:

- You can use lamb mince, Quorn or another plant-based mince if you prefer.
- Choose canned corn with no added salt to reduce the sodium or use frozen corn.
- For a light meal, swap the bread buns for an additional iceberg lettuce. Cut it in half and use the leaves as 'cups' for the mince mixture.

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



Fish chowder

Creamy and comforting, this fish chowder is perfect to feed the whānau or a cool winter evening. Using canned tuna and seasonal veges, this hearty and flavourful recipe is easy and affordable too!



Prep time: 15 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 2 teaspoons oil
- 1 large onion
- 3 garlic cloves, minced or grated or 1 ½ teaspoons crushed garlic
- 1 leek, white and green parts finely sliced and thoroughly washed
- 2 large carrots, cut into small cubes
- 1 teaspoon dried mixed herbs
- 750ml (3 cups) water
- 875ml (3 ½ cups) milk*
- 600g potatoes, cut into 2cm chunks
- 410g can creamed corn
- 425g can tuna in spring water, drained and flaked
- 225g (1 ½ cups) frozen peas*
- Salt and pepper, to taste
- 3 tablespoons cornflour mixed with ¼ cup water

Method

1. Heat oil in a large pot on the stove over medium high heat. Add onions and sauté for around 5 minutes or until softened. Add garlic and stir fry for a minute or until fragrant. Add leek and carrots and cook for around 5 minutes or until the leek has softened.
2. Carefully pour water and milk and mix. Turn heat to high, add potatoes and creamed corn, stir and cover with a lid.
3. Bring to a boil while stirring occasionally to make sure it doesn't catch at the bottom of the pot, reduce the heat to a simmer. Simmer for 10-15 minutes or until the carrots and potatoes are cooked, continuing to stir occasionally.
4. Stir through tuna, and frozen peas to heat through. Bring to a simmer, add salt and pepper to taste.
5. Add cornflour and water mix into the pot while stirring, continue stirring until the chowder has thickened.

Cooking tips:

- If desired replace the water for your choice of fish or chicken stock and reduce the salt added.

Adapt it:

- Use your favourite fresh white fish, smoked fish, or canned salmon instead of tuna if you prefer.
- For a vegetarian option, use Quorn chunks, firm tofu, tempeh, or pulses such as butter beans or chickpeas.

Kid friendly alternatives:

- Use creamed corn with no added salt.
- Swap the leek for extra onion if preferred.

Leftover tips:

- Reheat for lunch the next day or freeze in portions and heat thoroughly before serving.

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Vietnamese-style omelette

This recipe is inspired by the Vietnamese bánh xèo, a savoury rice pancake stuffed with prawns and salad. Our vegetarian version is made with an egg crêpe, filled stir fried vegetables, served over rice and top with a lemon chilli sauce.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

300g jasmine rice*
2 tablespoons oil, divided
1 large onion, thinly sliced
300g mushrooms, sliced
300g frozen green beans*, defrosted
400g can baby corn, drained
9 large eggs*

125ml (½ cup) milk*

Salt and pepper, to taste

LEMON CHILLI SAUCE

1 lemon, juice and rind

2 teaspoons sweet chilli sauce

1 garlic clove, grated or ½ teaspoon crushed garlic

1 teaspoon fish sauce (optional) or soy sauce

Method

1. Cook rice according to packet instructions. Combine the sauce ingredients in a bowl and set aside.
2. Heat 1 tablespoon oil in a large frying pan on the stove over high heat. Stir fry onion, mushrooms, green beans and baby corn until the vegetables are cooked to your liking. Set the vegetables aside.
3. Return the empty frying pan to the stove, add ¼ of the remaining oil and turn heat to high.
4. Beat eggs with milk and season with salt and pepper. Divide into four to six portions. Once the pan is hot pour in one portion of the egg and cook for 1-2 minutes or until it has set, then flip over to cook the other side. Transfer cooked egg onto a serving plate. Continue this process with the rest of it oil and egg mixture until all the egg is cooked.
5. Fill each egg crêpe with the stir-fried vegetables, drizzle with the lemon sauce, fold over, and serve with rice.

Cooking tips:

- The egg mix can be divided into your choice of portions to suit your family's needs, making some larger and some smaller, or to fit the frying pan size you have.
- This recipe is a great way to use up leftover vegetables or whatever is in your vege drawer.

Adapt it:

- Use your favourite frozen stir fry vege mix instead of mushrooms and canned corn if you prefer.
- Kid friendly alternatives:
- Use frozen mixed veges or a mixture of frozen peas and corn for kids who don't like mushrooms.

Leftover tips:

- Eat for lunch the next day. Any leftover cooked rice can be frozen and heated thoroughly before eating.

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Shepherd's pie

A classic family favourite with a kiwi-style twist, this super easy recipe is topped with a tasty kumara mash instead of mashed potato. The nutritious mince filling is packed with hidden veges that even the fussiest of eaters will love.



Prep time: 5 minutes

Cooking time: 45 minutes



Serves:
4



Skill level:
Easy as

Ingredients

800g kumara, washed and peeled if desired, cut into 1cm chunks

15g (1 tablespoon) butter

Salt and pepper, to taste

Oil, for greasing

½ (or remaining) sloppy joe mince mix

SIDE SALAD

½ head lettuce*, shredded

1 medium red onion, thinly sliced

1 apple, thinly sliced

1 cup, any combination of your favourite nuts, seeds, and dried fruits (optional)

OPTIONAL

Your favourite salad dressing

1. Boil kumara until softened, drain water. Add butter and season with salt and pepper, to taste. Mash until smooth. Add a splash of milk if you prefer a creamier mash.
2. Heat oven to 200°C bake or 180°C fan bake.
3. Grease a large baking dish with oil. Transfer the cooked mince mixture into the dish and spread out evenly. Top the mince mix with the kumara mash using a spoon and spread out evenly. Bake for 30 minutes or until the filling is hot and the kumara mash is slightly golden.
4. As the pie bakes, combine the salad ingredients and toss with your favourite dressing. Set aside.
5. Remove the pie from the oven and leave to sit for 5 minutes before serving with the side salad.

Cooking tips:

- The pie can be cooked in an oven proof pan, ceramic pie dish, or casserole dish if you don't have a baking dish.

Adapt it:

- Use potato instead of kumara if preferred.
- Swap butter for olive oil or a dollop of sour cream for the kumara mash.
- Top with grated cheese if you like.

Leftover tips:

- Reheat for lunch the next day or freeze in portions and heat thoroughly before serving.
- Store any leftover salad in an airtight container to eat the following day.

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Friday night sticky lemon chicken

A quick and easy baked chicken dish inspired by Chinese takeaway style lemon chicken. The tender chicken is coated in a deliciously finger-licking sticky lemon sauce and served with ginger stir fried veges.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 300g jasmine rice*
- 1 large egg*
- 2 teaspoons soy sauce
- 400g skinless chicken breast, cut into strips or chunks
- ¼ cup cornflour

STICKY LEMON SAUCE

- 1 juicy lemon, juice and rind
- ½ cup water
- 2 teaspoons soy sauce
- 2 tablespoons honey
- 2 teaspoons oil
- 3 garlic cloves, finely chopped or 1 ½ teaspoons crushed garlic
- 2 teaspoons cornflour mixed with 2 tablespoons water

GINGER STIR FRIED VEGES

- 1 tablespoon oil
- 20g ginger, thinly sliced or grated or 1 tablespoon crushed ginger
- 1 large onion, thinly sliced
- 300g frozen green beans*, defrosted
- 2 large carrots, thinly sliced
- 1 broccoli, florets and stalks roughly chopped
- 300g mushrooms, sliced

Method

1. Cook rice according to packet instructions. Beat egg and soy sauce together in a large bowl, add chicken, gently mix to coat. Cover and set aside to marinate.
2. Heat oven to 200 °C bake or 180 °C fan bake and prepare a baking tray by greasing it with oil.
3. Once the oven is hot, dip and coat chicken pieces in cornflour, shake off any excess flour and place on the baking tray in a single layer. Bake for 10-15 minutes or until cooked through and slightly browned.

Sticky lemon sauce

4. Combine the lemon juice, water, soy sauce and honey in a bowl. Heat oil in a saucepan on the stove over medium high heat, add garlic and fry for a few seconds until golden. Carefully pour the lemon mixture into the saucepan and bring to a gentle simmer. Test taste, adding more seasoning ingredients if needed. While stirring, gradually pour the cornflour mix and continue stirring until thickened. Turn off heat and set aside.

Ginger stir fried veges

5. Heat oil in a large frying pan or wok over high heat, sauté onion and cook until slightly softened, add ginger and fry for 1-2 minutes or until fragrant. Add remaining veges and stir fry until cooked to your liking.
6. To serve place cooked chicken in a large bowl and pour the sauce over top, toss to coat. Serve sticky lemon chicken with rice and ginger stir fried veges.

Adapt it:

- You can use chicken thighs, or firm tofu, or tempeh as protein alternatives.
- A frozen stir fry vege mix can be used to replace the mushrooms, carrots and broccoli if preferred.

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Winter Meal Planner

5 FAMILY DINNERS
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Week 2 Menu

Monday	Chicken tagine with lemon couscous
Tuesday	Vegetarian meatloaf
Wednesday	Orange soy glazed beef
Thursday	Vege and egg fajitas
Friday	Homemade crispy fish and chips

Week 2 shopping list

Produce

- 5 Onions
- 8 Carrots
- 1 Celery
- 1 Silverbeet
- 1 Cauliflower
- 1 Lemon
- 1 Orange
- 800g Agria potatoes
- 2 Leeks

Butchery

- 400g Skinless chicken breast
- 500g Rump steak

Fish

- 500g Fresh firm fish fillets, eg. red cod, hoki, warehou

Grocery

- 400g Can chopped tomatoes
- 400g Can tomato puree
- 2 x 400g Can chickpeas
- 410g Can black beans
- 410g Can beetroot slices
- 500g Couscous
- 8 Pack wholemeal wrap
- 10 Pack eggs

Frozen

- 1kg Frozen corn kernels

Pantry Staples*

- Paprika, sweet or smoked
- Moroccan spice mix
- Dried mixed herbs
- Oil, for frying
- Garlic – fresh bulbs or crushed garlic
- Ginger – fresh or crushed ginger
- Salt
- Pepper
- Worcestershire sauce
- Flour, plain
- Soy sauce
- Sugar
- Cornflour
- Baking powder
- Dried apricots, 200g (optional)

Introduction

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The shopping list tells you the ingredients to buy for the week. The pantry staples lists 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 items on the list.

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

Week two tips

- This week's recipes can be cooked in any order you like.
- If following the cooking order, freeze the fish when you get home to make sure it stays fresh and place in the fridge on Thursday to begin defrosting.
- Store any leftover dry couscous in an airtight container in a cool place.
- To keep a whole bunch of celery fresher for longer, is to wrap the root end of the celery in a paper towel, place the whole celery in a ziplock bag and squeeze out the excess air. If you have chopped celery, place it in an airtight container lined with a paper towel.
- Celery leaves are edible, use them like parsley.
- Revive any limp celery stalks by cutting in half and placing the cut side in a jar of water and leave for a few hours or overnight.
- There will be extra frozen corn kernels at the end of the week. Keep them in the freezer and use in other meals such as chowders, stir fries, and fritters.

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





Chicken tagine with lemon couscous

Loaded with fragrant Moroccan-inspired flavours, this simple chicken recipe is a hearty winter meal. Served with a zesty lemon couscous, this nutritious tagine is mild enough for the whole family to enjoy.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 large onion, diced
- 4 garlic cloves, finely chopped or grated or 2 teaspoons crushed garlic
- 2 teaspoons paprika
- 2 tablespoons Moroccan spice mix
- 1 teaspoon dried mixed herbs
- 400g skinless chicken breast, cut into 3cm chunks
- 2 large carrots, cut into small cubes
- ¼ celery*, sliced
- ½ pack silverbeet*, stalk thinly cut and leafy green roughly chopped
- ¼ head cauliflower*, florets and stalk roughly chopped
- 400g can chopped tomatoes
- 250ml (1 cup) water
- Salt and pepper, to taste

LEMON COUSCOUS

- 150g couscous*
- ½ lemon*, rind and juice
- 100g dried apricots, chopped (optional)
- Salt and pepper, to taste

Method

1. Heat oil in a large tagine pan, deep frying pan or large pot on the stove over medium high heat. Add diced onion and sauté for around 5 minutes or until it has begun to soften. Add garlic, smoked paprika, Moroccan spice mix and dried mixed herbs and stir fry for a minute until fragrant.
2. Turn heat to high, add chicken and stir through. Once the chicken is seared, add carrots, celery, and silverbeet stalk. Mix to heat through.
3. Add cauliflower and chopped tomatoes. Fill the can with 1 cup water and gently swirl around to get any remaining sauce and pour into the pan or pot. Stir to combine and cover with a lid.
4. Bring to the boil and reduce the heat to medium and leave to simmer for 10-15 minutes or until the chicken and vegetables are cooked, stirring occasionally. Stir through the leafy tops of the silverbeet. Test taste and season with salt and pepper.
5. As the tagine is simmering, prepare the lemon couscous. Cook couscous according to packet instructions. Grate lemon rind over the couscous, add the lemon juice, and chopped apricots (if using) and gently toss to mix through. Test taste, and season if desired. Serve chicken tagine with lemon couscous.

Cooking tips:

- For a hint of sweetness, add raisins or chopped dates.
- Use chicken stock instead of water if preferred.
- For larger appetites cook 250g couscous.
- To make this meat free, add chickpeas or other pulses instead of the chicken. Cook the spices with the onion and garlic, then add the pulses in at the same time as the other vegetables.
- Use spinach instead of silverbeet if you prefer.

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Vegetarian meatloaf

A treat for the vegetarians, this hearty 'meatloaf' is completely meat free! Perfect for a shared lunch, this dish also makes a nutritious meal that the whole whānau can enjoy.



Prep time: 25 minutes

Cooking time: 50 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 large onion, diced
- ½ leek*, white and green parts thinly sliced and washed thoroughly
- 2 garlic cloves, grated or minced or 1 teaspoon crushed garlic
- ¼ celery*, sliced
- ½ cauliflower*, florets chopped into small chunks and stalk, grated
- 225g (1 ½ cups) frozen corn kernels*
- 2 large carrots, grated
- 2 x 400g cans chickpeas, rinsed and drained
- 2 eggs*, beaten
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dried mixed herbs
- 1 teaspoon ground cumin
- ½ cup flour
- Salt and pepper, to taste
- 150g tomato purée*

Method

1. Heat oil in a frying pan on the stove over medium high heat. Sauté onions, leek, garlic, celery and cauliflower florets until slightly softened. Add corn, cauliflower stalk and carrots and mix through. Turn off element and remove from heat.
2. Heat oven to 190°C bake or 170°C fan bake and prepare a loaf tin by greasing it or line it with baking paper.
3. Place chickpeas in a large bowl and mash using a potato masher. Add the cooked vegetables, beaten eggs, Worcestershire sauce, dried mixed herbs, and ground cumin and mix. Add flour, salt and pepper and stir through.
4. Transfer mixture into the loaf tin, press down using the back of a spoon so the top is flat and even.
5. Bake for 35 minutes, remove from oven and spread the tomato puree over top. Return to the oven and bake for another 15-20 minutes.
6. Remove from oven and leave to cool for around 10 minutes before removing from the tin and serving.

Cooking tips:

- The meatloaf can be cooked in a baking dish or cake tin.

Adapt it:

- Add more corn or use a combination of frozen peas and corn if you like.
- Add gluten free soy sauce in place of Worcestershire sauce and gluten free flour to make this gluten free.
- You can swap the leek for an extra onion.
- Chop the veggies very finely or blitz together in a food processor if preferred.
- A leftover slice makes a great quick after school snack!

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Orange soy glazed beef

The stir-fried steak has a deliciously sticky orange soy glaze that brings the dish together. This is a light and speedy dinner to feed hungry mouths.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

500g rump steak, fat trimmed and cut into 4-6 portions

Pepper, to taste

1 tablespoon oil

ORANGE SOY GLAZE

2 garlic cloves, finely chopped or grated or 1 teaspoon crushed garlic

20g ginger, grated or 2 teaspoons crushed ginger

1 large orange, juice and rind

2 tablespoons soy sauce

2 teaspoons sugar

1 teaspoon cornflour mixed with 1 tablespoon water

COUSCOUS SALAD

2 teaspoons oil

1 onion, finely diced

½ leek*, white and green parts thinly sliced and washed thoroughly

¼ celery*, sliced

¼ head cauliflower*, florets and stalk chopped into small chunks

150g (1 cup) frozen corn kernels*, defrosted

200ml water

2 large carrots, grated

Salt and pepper, to taste

150g couscous*

100g dried apricots, chopped (optional)

Method

1. Prepare the couscous salad. Heat oil in a large pot on the stove over medium high heat, sauté onion, leek and celery until softened. Add cauliflower, corn, and water, cover with a lid and bring to the boil. Once cauliflower is tender, add the carrots, season with salt and pepper as desired and bring to a simmer. Turn off heat and add couscous, briefly stir through, cover with a lid and leave for 10 minutes for the couscous to cook.
2. Season steak with pepper. Heat oil in a frying pan on the stove over medium high heat. Sear beef and cook to your liking. Set aside to rest.
3. In the same pan as you cooked the beef, add the ginger and garlic and gently fry until fragrant, adding a little more oil if needed. Carefully pour in orange juice with the zest, soy sauce and sugar. Simmer for 3-5 minutes until the sugar dissolves and the sauce has thickened slightly. While stirring pour cornflour mixture and continue stirring until the sauce has thickened.
4. Coat the cooked steak in the sauce or drizzle over top just before serving. To serve, fluff the couscous and gently mix through chopped apricots (if using). Portion onto plates and top with saucy beef.

Cooking tips:

- The steak can also be sliced before serving with the sauce drizzled over top.
- For larger appetites cook 250g couscous.
- Swap the beef for lamb, chicken, tofu, tempeh or a plant protein alternative.
- Peas can be used instead of corn.

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Vege and egg fajitas

These tasty, vege packed fajitas, loaded with seasonal veges, are great for dinner or breakfast.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 3 teaspoons oil, divided
- 1 large onion, thinly sliced
- ½ leek*, white and green parts thinly sliced and washed thoroughly
- ¼ celery*, sliced
- ½ packet silverbeet stalks, thinly sliced (the leaves are used in the Friday night fish and chips - if not cooking that dish add the leaves to this dish)
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- 1 tablespoon smoked paprika
- 250g tomato purée *
- 150g (1 cup) frozen corn kernels*
- 410g can black beans, rinsed and drained
- Salt and pepper, to taste
- 8 eggs*, beaten
- 8 pack wholemeal wraps

Method

1. Heat 2 teaspoons oil in a large frying pan on the stove over medium high heat. Sauté onion, leek, celery, cauliflower and silverbeet stalks for a few minutes, until softened. Add garlic and smoked paprika, stir fry until fragrant.
2. Add tomato purée, corn kernels and black beans and cook until heated through. Test taste and season with salt and pepper, as desired. Remove from heat and set aside or transfer into a large plate or bowl.
3. Heat remaining oil in another frying pan or the same pan used to cook the veges over a high heat. Cook the eggs in two batches like scrambled eggs or large pancakes and slice the pancake once cooked.
4. Heat wraps according to packet instructions if desired. To serve, place egg on the wrap and top with vege mixture.

Cooking tips:

- Cook the eggs sunny side up if preferred.

Adapt it:

- Swap the silverbeet for spinach if preferred.
- You can serve this with rice instead of wraps.
- Use gluten free wraps if required.

Kid friendly alternatives:

- Adjust the spices to suit your kids tastes.
- Ideally use tomato purée with no added salt.
- Use less eggs and wraps in total if you have younger kids with smaller appetites.

Leftover tips:

- Eat for lunch the next day. Any remaining wraps can be placed in a storage bag and frozen.

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Homemade crispy fish and chips

Treat the whānau to this classic Kiwi Friday night favourite for dinner tonight! Home baked oven chips with a side of silverbeet salad is the perfect accompaniment to the wonderfully crispy battered fish.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

Chips

800g agria potatoes, cut into chips or wedges

1 tablespoon oil

Salt and pepper, to taste

WARM SILVERBEET SALAD

2 teaspoons oil

1 onion, thinly sliced

½ leek*, white and green parts thinly sliced and washed thoroughly

½ pack silverbeet*, greens roughly chopped

2 large carrots, thinly sliced

CRISPY FISH

Oil, for frying

½ cup + 3 tablespoons flour

½ teaspoon baking powder

½ cup water

Pinch salt

Pepper, to taste

500g fresh firm fish fillets such as red cod, hoki, warehou, sliced if needed

TO SERVE

450g can beetroot slices, drained

½ lemon*

Method

1. Heat oven to 200°C bake or 180°C fan bake, prepare a baking tray by greasing it. Toss the potatoes, oil, and salt and pepper in a large bowl and spread on the baking tray on a single layer. Bake for 35 minutes or until golden and cooked, turning halfway through.
2. Prepare the beet and silverbeet salad. Heat oil in a large frying pan or wok on the stove over high heat. Sauté onion until cooked to your liking, add silverbeet and carrots and cook until heated through. Add lemon juice and zest and mix through. Turn off element and gently toss through beetroot slices. Set aside.
3. Add enough oil to a frying pan for a shallow fry and heat on the stove over high heat.
4. Place the 3 tablespoons of flour onto a plate and coat fish fillets, shaking of any excess flour.
5. Combine the remaining flour, baking powder, water, salt and pepper in a large bowl and mix until it forms a smooth batter. Coat the floured hoki in the batter.
6. Fry in batches in the frying pan and cook until golden.
7. Serve crispy fish with chips, salad, and beetroot slices. Squeeze lemon over the fish and salad.

Cooking tips:

- For a lighter meal omit the batter and pan fry the fish seasoned with salt and pepper or your favourite spices and herbs.

Adapt it:

- Use gluten free flour and baking powder if required.
- You can swap silverbeet for spinach.
- Add an extra onion instead of the leek if needed.
- Add nuts/seeds to the salad to add healthy fat.

* 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.

Winter Meal Planner

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

Week 3 Menu

Monday	Salmon frittata
Tuesday	Pasta Bolognese
Wednesday	Tortilla stack with crisp orange salad
Thursday	Mac and cheese
Friday	Friday night beef burgers

Week 3 shopping list

Produce

- 5 Onions
- 2 Leeks
- 1 Cauliflower
- 700g Mushrooms
- ½ Pumpkin
- 1 Iceberg lettuce
- 3 Red onions
- 5 Carrots
- 1 Orange
- 120g (1 pack) Seasonal salad leaves
- 1 Apple

Butchery

- 500g Beef mince
- 400g Skinless chicken breast

Chilled

- 500g Cheese

Grocery

- 415g Can pink salmon
- 10 Pack eggs
- 500g Pasta
- 170g Can tomato paste
- 2 x 400g Can chopped tomatoes
- 450g Can beetroot slices
- 410g Can red kidney beans
- 70g Walnuts
- 6 Pack wholemeal wraps
- 6 Pack hamburger buns

Frozen

- 1kg Frozen mixed vege
- 500g Frozen spinach

Pantry Staples*

- Oil, for frying
- Garlic, fresh bulbs or crushed
- Salt
- Pepper
- Dried herbs
- Flour
- Milk
- Worcestershire sauce

Introduction

The recipes in this meal planner are designed for winter 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 lists 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 items on the list.

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

Week three tips

- Cook this week's meals in any order you like.
- The green part of a leek is edible, it just takes longer to cook so we recommend slicing it thinner than the white part of the leek, so they cook at similar times.
- Hamburgers are cooked at the end of the week. Store the buns in the freezer to maintain freshness and move into the fridge the night before to begin defrosting.
- Finely chopped mushrooms are included twice this week, you can either chop these by hand, or to save time, you can use a food processor.
- Save time by cooking the full packet of pasta when making the Bolognese, keeping half to use in the mac and cheese later in the week. Stop pasta from sticking together by drizzling 1 teaspoon of oil over it and toss to coat, then place in a sealed container in the fridge.

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





Salmon frittata

An easy, tasty meal that's suitable for brunch, lunch or dinner! Perfect for giving any leftover meats and vegetables a makeover, the whole family is going to love this go-to recipe.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 large onion, finely diced
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- ½ leek*, white and green parts thinly sliced and washed thoroughly
- ¼ head cauliflower*, florets, stalks and any nice leaves chopped into small chunks
- 300g (2 cups) frozen mixed veges*
- 200g mushrooms*, sliced
- 415g can pink salmon
- 8 eggs*, beaten
- Salt and pepper, to taste
- 50g cheese*, grated

Method

1. Heat oven to 180°C bake or 160°C fan bake. Heat oil in a large oven proof frying pan on the stove over medium high heat. Sauté onions until slightly softened, add garlic and stir fry for a minute or until fragrant.
2. Add leek and cauliflower, turn heat to high and cook until the leek is softened, and the cauliflower starts to become tender. Add frozen mixed veges and mushrooms and cook until heated through.
3. Add the pink salmon to the pan and gently stir through.
4. Season beaten egg with salt and pepper if desired, then pour over the veges and salmon. Scatter with cheese over the top and transfer the pan into the oven.
5. Bake for 15 minutes or until set. Remove from oven and leave to cool slightly before slicing and serving.

Cooking tips:

- If you don't have an oven proof frying pan, cook this frittata in a large baking dish. Grease the baking dish and follow the method above for cooking the vegetables and salmon, transfer into the baking dish then pour the beaten egg over the top. Bake until set.

Adapt it:

- Swap salmon for tuna if preferred.
- For a vegetarian option, add another couple of eggs in place of the salmon or a 250g pot of cottage cheese.
- If you have left over veges from another meal, you can add them into this recipe in place of the veges listed.

Kid friendly alternatives:

- Swap leek for onion if preferred.
- Remove the mushrooms and add more mixed vege if needed.

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Pasta Bolognese

For the ultimate comfort food, look no further than our deliciously rich pasta Bolognese. With plenty of hidden veges in the sauce, this recipe is a winner for a quick and easy family dinner.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 250g dry pasta*
- 1 cup pasta cooking water
- 1 tablespoon oil
- 1 onion, finely diced
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- 1 leek, white and green parts thinly sliced and thoroughly washed
- 70g tomato paste*
- 250g beef mince*
- 250g mushrooms*, finely chopped to resemble mince
- 2 x 400g cans chopped tomatoes
- ¼ head cauliflower*, florets, stalks and any nice leaves roughly chopped
- 1 teaspoon dried mixed herbs
- 300g (2 cups) frozen mixed veges*
- 250g frozen spinach*
- Salt and pepper, to taste
- 50g cheese*, grated

Method

1. Cook pasta according to packet instructions. Set aside 1 cup of the pasta cooking water before draining.
2. Heat oil in a large frying pan or pot on the stove over medium high heat, add onions and sauté until softened. Add garlic and stir fry for a minute or until fragrant. Stir through leek and tomato paste, cook for 2 minutes stirring occasionally.
3. Turn the heat to high and add mince and mushrooms into the pan and cook until the mince has browned.
4. Pour chopped tomatoes into the pan or pot, fill each can with ½ cup of the pasta cooking water and swirl around to get any remaining sauce and add to the mixture.
5. Add in cauliflower and dried mixed herbs, stir through and cover with a lid. Bring to a simmer, while stirring occasionally. Reduce heat to a gentle simmer and leave to simmer until the cauliflower is tender.
6. Stir through frozen mixed veges and spinach, bring to a simmer. Test taste, adding salt and pepper as desired. Portion pasta into serving bowls and top with the mince and vege sauce and cheese.

Cooking tips:

- The cauliflower stalks can be grated into the sauce if desired.

Adapt it:

- For larger appetites you can increase the amount of pasta, mince and mushrooms.
- You can swap the beef mince for lamb, pork or a plant-based mince.

Kid friendly alternatives:

- Replace leek with more onion and swap spinach with frozen peas if preferred.

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Tortilla stack with crisp orange salad

Gather the whānau to share this towering tortilla stack, layered with veges, beans and tender, shredded chicken. Serve it with a zesty orange and walnut salad.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 400g skinless chicken breast
- 2 teaspoons oil
- 1 large onion, finely diced
- 2 garlic cloves, grated or minced or 1 teaspoon crushed garlic
- 100g tomato paste*
- ½ leek*, white and green parts thinly sliced and washed thoroughly
- ¼ pumpkin*, grated
- ½ cup water
- 410g can red kidney beans, rinsed and drained
- 250g (1 ½ cups) frozen mixed vege*, defrosted
- 250g frozen spinach*, defrosted
- Salt and pepper, to taste
- 6 wholemeal wraps
- 150g cheese*, grated

CRISP ORANGE SALAD

- ½ head iceberg lettuce*, shredded
- 1 red onion, thinly sliced
- 1 large carrot, thinly sliced or grated
- Zest of 1 orange
- 1 orange, peeled and cut into segments
- 70g (¾ cup) walnuts

Method

- Add chicken to a medium pot, cover with water and a lid. Place the pot on the stove over high heat, bring to a simmer and reduce heat to low. Cook for 10-15 minutes, or until cooked. Remove chicken from water and set aside to cool. Once cooled use two forks or your fingers to pull the chicken pieces apart creating shredded pieces.
- Heat oven to 180°C bake or 160°C fan bake, prepare a baking tray by greasing it.
- Heat oil in a frying pan on the stove over medium high heat, sauté onion until softened. Add garlic and stir fry for a minute or until fragrant, stir through tomato paste.
- Add leek, pumpkin, and water, cook until softened. Stir through red kidney beans, mixed vege, spinach and shredded chicken. Test taste, adding salt and pepper if desired. Turn off heat and remove pan from element.
- Place a wrap on the baking tray, add a couple spoonfuls of the filling, scatter a small amount of cheese and top with another wrap. Continue this process, finishing with a wrap on top and a final sprinkle of cheese.
- Bake for 15 minutes or until the filling is hot and the cheese has melted. Leave to cool slightly on the tray before transferring or cutting.
- Prepare the salad as the tortilla stack bakes - combine all the salad ingredients together and toss with your favourite dressing. Set aside.
- Slice stack into wedges and serve with the crisp orange salad.

Cooking tips:

- To save time, you can poach the chicken up to two days ahead of time and keep in a container in the fridge.
- Instead of one tall stack, divide the wrap and filling into two and make two medium sized stacks.

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Mac and cheese

Warm up winter evenings with this easy, cheesy macaroni and cheese. Our budget friendly, family favourite has heaps of hidden veges, making it a nutritious go-to dinner recipe.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

250g dry pasta*
1 tablespoon oil
1 onion, finely diced
2 garlic cloves, grated or minced or 1 teaspoon crushed garlic
½ head cauliflower, florets, stalks and any nice leaves chopped into small chunks
¼ cup flour
500ml (2 cups) milk
¼ pumpkin*, grated
200g cheese, grated*
Salt and pepper, to taste

SALAD

120g (1 pack) seasonal salad leaves
1 red onion, thinly sliced
2 large carrots, thinly sliced, cut into matchsticks, or grated
1 apple, thinly sliced or cut into matchsticks

Method

1. Cook the pasta according to packet instructions.
2. Combine the salad ingredients together, toss with your favourite dressing if desired and set aside.
3. Heat oil in a deep, frying pan or pot on the stove over medium high heat, sauté onion until softened. Add garlic and cauliflower, stir fry for around 5 minutes or until the cauliflower starts to become tender.
4. Add flour, stir through, and cook for about a minute. Carefully pour in milk and add pumpkin. Stir consistently as the milk heats up to make sure it thickens up evenly and doesn't catch at the bottom of the pan.
5. Add cooked pasta and cheese and mix to coat in the sauce. Test taste adding salt and pepper if needed.
6. Serve mac n cheese with the salad.

Cooking tips:

- The mac and cheese can also be baked at 180°C bake for 10-15 minutes before serving if desired. Save ¼ of the cheese before stirring it in the sauce and scatter this over top before baking.

Adapt it:

- Make it gluten free with gluten free pasta and flour.
- You can use a combination of broccoli and cauliflower if preferred.

Kid friendly alternatives:

- Serve with any salad veges your kids enjoy.

Leftover tips:

- Reheat for lunch the next day or freeze mac and cheese in portions and reheat thoroughly before serving.

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Friday night beef burgers

Our mouth-watering beef burgers are bulked up with hidden veges for a guilt-free Friday night treat. This is a great family meal and a versatile recipe; choose your own favourite burger toppings and let the family build their own burgers.



Prep time: 15 minutes

Cooking time: 20 minutes



Serves:
4-6



Skill level:
Easy as

Ingredients

Beef and mushroom patty
 250g beef mince*
 250g mushrooms*, finely chopped to resemble mince
 1 onion, finely diced or grated
 1 large carrot, grated
 2 eggs*, beaten
 2 teaspoons Worcestershire sauce
 Salt and pepper, to taste
 1/3 cup flour
 Oil, for frying

FILLING

½ head iceberg lettuce*, shredded
 1 red onion, thinly sliced
 1 large carrot, grated
 6 pack hamburger buns
 450g can beetroot slices, drained
 50g cheese*, sliced thinly or grated

Method

- Combine the beef and mushroom patty ingredients together, except the oil, in a large bowl and mix using a strong spoon or your hands. Divide into 4-6 balls depending on how many patties you need and flatten to about the same width to the hamburger buns. Set aside.
- Drizzle enough oil to lightly coat the bottom of a frying pan, place on the stove over high heat. Cook the patties for about 3-5 minutes on each side or until caramelised on both sides and cooked to your liking.
- Combine lettuce, red onion, and carrot in a bowl. Set aside.
- Heat or lightly toast hamburger buns if desired.
- Place the cooked patties, salad, buns, beetroot slices, and cheese on the table and get the family involved in making their own burgers.

Cooking tips:

- Breadcrumbs can also be used in place of flour.
- If desired, the patties can also be cooked on a hot plate or barbecue.
- Gherkins and other pickled vege is also a great addition to this burger.

Adapt it:

- To make this gluten free use gluten free flour, swap the Worcestershire sauce for a tablespoon of gluten free tomato sauce or omit all together and serve on a gluten free bun or in lettuce leaf cups for a lighter style meal.
- You can use pork, lamb or a plant-based mince instead.

Kid friendly alternatives:

- Avoid adding salt to the burger patty mixture.

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Winter Meal Planner

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

Week 4 Menu

Monday	Karaage chicken rice bowl
Tuesday	Chickpea and lentil pilaf
Wednesday	Egg foo young
Thursday	Grilled beef with potato salad
Friday	Friday night pad thai

Week 4 shopping list

Produce

- ½ Cabbage
- 3 Beetroot
- 10 Carrots
- 1 Red onion
- 4 Onions
- 1 Celery
- 800g Potatoes
- 3 Lemons
- 1 Apple
- 1 Bunch silverbeet

Butchery

- 400g Skinless chicken breast
- 500g Rump steak

Chilled

- 125g Lite sour cream

Grocery

- 1kg Medium grain brown rice
- 400g Can lentils
- 400g Can chickpeas
- 410g Can whole kernel corn
- 10 Pack eggs
- 200g Pad Thai rice noodles

Frozen

- 300g Raw peeled prawns
- 454g Shelled edamame beans
- 1kg Frozen green beans
- 750g Frozen baby peas

Pantry Staples*

- Soy sauce (gluten free or salt reduced if preferred)
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Pepper
- Salt
- Cornflour
- Oil
- Garam masala
- Ground coriander
- Ground cumin
- Cinnamon
- Tomato sauce

Introduction

The recipes in this meal planner are designed for winter 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 lists 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 items on the list.

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

Week four tips

- We recommend cooking the karaage chicken before the chickpea and lentil pilaf, as cooked rice is shared between the meals. Otherwise cook the meals in any order you like.
- To keep a whole bunch of celery fresher for longer, is to wrap the root end of the celery in a paper towel, place the whole celery in a ziplock bag and squeeze out the excess air. If you have chopped celery, place it in an airtight container lined with a paper towel.
- Celery leaves are edible, use them like parsley.
- There will be leftover uncooked rice this week, store this in an airtight container in a cool place and use in another meal.
- There will be some leftover frozen green beans this week, you can add more into the recipes or use in other dishes another day.
- For children, limit the amount of salt added.

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





Karaage chicken rice bowl

Everyone's favourite crispy, fried chicken served as a Japanese-style donburi bowl with a fresh, zesty slaw on rice.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

500g medium grain brown rice

KAARAGE CHICKEN

400g skinless chicken breast, sliced

2 teaspoons soy sauce

2 garlic cloves, grated or minced or 1
teaspoon crushed garlic

10g (2cm chunk) ginger, grated or 1
teaspoon crushed ginger

Pepper, to taste

6 tablespoons cornflour

Oil, for frying

ZESTY SLAW

254g shelled edamame beans*, steamed

1/8 cabbage*, thinly sliced

1 ½ large beetroot*, grated or cut into
thin matchsticks

2 large carrots, cut into matchsticks or
thinly sliced

1 large apple, cut into batons

1 red onion, thinly sliced

1 lemon, juice and rind

Method

1. Cook rice according to packet instructions. Set aside at least 2 cups of the cooked rice and place in a container in the fridge to use in the chickpea and lentil pilaf meal.
2. Place chicken, soy sauce, garlic, ginger, and pepper in a bowl, mix to coat. Cover and leave to marinate for 5-10 minutes.
3. As the chicken marinates, prepare the salad by tossing the salad ingredients in a bowl.
4. Add enough oil to a frying pan to lightly coat the bottom of the pan, heat on medium high heat on the stove.
5. Place cornflour on a plate and coat the sliced chicken, dust off any excess flour and fry. Cook for 3-6 minutes, turning halfway, or until the chicken is golden and cooked through.
6. To serve, place a portion of rice in a bowl, top with salad, karaage chicken and Japanese mayo or your favourite sauces.

Cooking tips:

- Note that a larger amount of rice is cooked in this recipe as some cooked rice is shared with the lentil and chickpea pilaf dish. If only making this dish cook just 300g rice.

Adapt it:

- Use firm tofu or tempeh in place of chicken to make this a vegetarian dish, adjust cooking times accordingly.
- Use gluten free soy sauce if needed. Choose reduced salt soy sauce for children.

Kid friendly alternatives:

- Leave onion out of the salad and serve on the side.

Leftover tips:

- Eat for lunch the next day, and any remaining rice can be frozen for another day.

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Chickpea and lentil pilaf

Also known as pilau, this spiced rice dish is full of beautifully subtle spices and texture. With plenty of veges and pulses, it's an easy and nutritious recipe to whip up for dinner.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 2 teaspoons oil
- 1 onion*, finely diced
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- 1 teaspoon garam masala
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- 1 teaspoon cinnamon
- 2 large carrots*, cut into small cubes or grated
- ¼ celery*, sliced
- ¼ bunch silverbeet*, leafy part roughly chopped and stalks thinly sliced
- 250g frozen green beans*
- 300g (2 cups) frozen peas*
- 2 cups cooked medium grain brown rice*
- 400g can lentils, rinsed and drained
- 400g can chickpeas, rinsed and drained
- 1 ½ large beetroot*, grated or cut into thin matchsticks
- Salt and pepper, to taste

Method

1. Heat oil in a large frying pan or skillet on the stove over medium high heat. Add onions and sauté for 5 minutes or until softened. Add garlic and spices, stir fry for 1-2 minutes or until fragrant.
2. Add carrots, celery, silverbeet, and green beans and stir fry until cooked to your liking.
3. Add remaining ingredients and heat through. Test taste and season with salt and pepper, or additional spices as desired.

Cooking tips:

- Save the chickpea brine and use as aquafaba to make vegan meringues, mousse, and mayonnaise.

Adapt it:

- Use 1-2 tsp of a curry paste in place of the spices if you prefer.
- You can swap silverbeet for spinach or just more green beans or peas.
- Swap the peas for frozen corn if you prefer.
- Swap the beetroot for grated carrot or add the extra carrot when cooking the other vege.
- Kid friendly alternatives:
- Adapt the veges used and level of spice to suit their taste.

Leftover tips:

- Eat for lunch the next day or freeze in portions and heat thoroughly before serving.
- This recipe is a good way to use up any leftover rice or vegetables.

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Grilled beef with potato salad

Jazz up meat and potatoes with our recipe for sizzling rump steak, a zesty potato salad and a delectable garlicky, green side salad.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

GRILLED STEAK

500g rump steak, fat trimmed and cut into 4-6 portions

1 teaspoon oil

ZESTY POTATO SALAD

800g potatoes, cut into 3cm chunks

125g lite sour cream

1 lemon, rind and juice

GARLIC GREENS

2 teaspoons oil

1 onion, thinly sliced

4 garlic cloves, grated or finely chopped or 2 teaspoons crushed garlic

250g frozen green beans*

200g shelled edamame beans*

¼ celery*, sliced

½ bunch silverbeet*, leafy part roughly chopped and stalks thinly sliced

Salt and pepper, to taste

Method

1. Boil or steam the potatoes until a knife can go through the potato chunk, drain water, and leave to cool slightly. Mix sour cream, lemon rind and juice in a large bowl until smooth, season with salt and pepper if desired. Add potatoes into the bowl and gently mix to coat in the zesty sour cream. Set aside.
2. Heat 1 tablespoon oil in a large frying pan on the stove over high heat. Season the beef if desired with salt and pepper or your favourite seasoning mix. Cook for 3-5 minutes on each side or until caramelised and cooked to your liking. Transfer onto a plate, cover loosely and leave to rest.
3. Heat remaining oil, in the same frying pan the beef was cooked in, on high heat, sauté onions and garlic until softened and fragrant. Add green beans, edamame beans, celery, and carrots and stir fry until cooked to your liking. Test taste adding salt and pepper if desired. Serve beef with zesty potato salad and garlic vege stir fry.

Cooking tips:

- The potatoes can be served mashed, just change the potatoes to a mashing type such as agria.

Adapt it:

- Swap the silverbeet for spinach if preferred.
- Instead of beef you can use lamb, pork, chicken or pan fry tofu or tempeh.
- Serve with mashed kumara instead.

Kid friendly alternatives:

- Swap green beans for peas if preferred.

Leftover tips:

- Eat for lunch the next day.

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Egg foo young

This Chinese-style fried egg dish is a deliciously simple and tasty meal for any time of day, plus a great way to makeover leftover vegetables or rice.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 300g medium grain brown rice*
- 1 tablespoon oil
- 1 onion, sliced thinly or finely diced
- ¼ celery*, sliced
- ¼ bunch silverbeet*, leafy part roughly chopped and stalks thinly sliced
- 250g (1 ½ cups) frozen peas*, defrosted
- 1 x 410g can whole kernel corn, drained
- 2 large carrots, cut into thin matchsticks
- 1/8 cabbage* thinly sliced
- 8 eggs*
- Salt and pepper, to taste

Method

1. Cook rice according to packet instructions. Meanwhile, heat the oil in a large frying pan or wok on the stove over high heat. Add onion, celery and silverbeet, sauté until slightly softened. Add remaining vegetables and heat through.
2. Beat eggs in a large bowl and season with salt and pepper if desired.
3. Pour eggs over the hot vegetables, tilt and rotate the pan if needed to spread the egg evenly. Cover with a lid to help set the egg if needed. Break the egg into chunks and flip over to cook the other side.
4. Serve hot with the rice.

Cooking tips:

- Cook in two batches if your frying pan or wok is not large enough. To do this, stir fry the vegetables in one cook and transfer half onto a plate. Beat four eggs together, season to taste and pour over the vegetables, cook and move onto a plate. Then repeat this process to cook the second batch.

Adapt it:

- Swap silverbeet for spinach or frozen peas if you prefer.
- You can use frozen rather than canned corn.
- Kid friendly alternatives:
- Adapt the veges used to suit their tastes.

Leftover tips:

- Perfect for lunch the next day.

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Friday night pad thai

One of the most popular Thai takeaway dishes, our cheats version is easy enough to whip up at home using common pantry ingredients. With a tasty blend of sweet and savoury, you'll be wanting seconds!



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 200g Pad Thai rice noodles
- 1 tablespoon oil, divided
- 2 eggs*, beaten
- 1 onion, thinly sliced
- 2 garlic cloves, grated or minced or 1 teaspoon crushed garlic
- ¼ celery*, sliced
- 300g raw peeled prawns
- 250g frozen green beans*
- 2 tablespoons tomato sauce
- 1 tablespoon soy sauce
- 2 large carrots, cut into thin matchsticks
- 200g (1¼ cups or remaining) frozen green peas*
- ¼ cabbage*, thinly sliced
- 1 lemon, rind and juice

Method

1. Cook noodles according to packet instructions. Set aside.
2. Heat oil in a large frying pan or wok on the stove over high heat, add eggs and as they begin to set break into chunks. Transfer into a bowl or plate once cooked and set aside.
3. Heat remaining oil in the same pan, still at high heat. Add onion, garlic, and celery and stir fry until the onion softens. Add prawns and green beans and stir fry until it is almost fully cooked. Mix in tomato sauce, soy sauce, carrots, and green peas, and heat through.
4. Add noodles, cabbage, lemon zest, and cooked egg and stir through to heat. Test taste, adding more seasoning ingredients if desired. Squeeze lemon juice over the noodles just before serving.

Cooking tips:

- You can precook the prawns by boiling them or stir frying them and adding at the end with the noodles.
- You can use your favourite stir fry noodle sauce instead of the sauce ingredients listed.

Adapt it:

- Replace prawns with beef, lamb, chicken, tofu, tempeh, Quorn or a plant-based alternative if preferred.
- Use gluten free soy sauce if needed. Choose reduced salt soy sauce for children.

Kid friendly alternatives:

- Break up noodles before cooking to make them easier for smaller kids to eat.

Leftover tips:

- Reheat for lunch the next day or freeze and portion, and heat thoroughly before eating.

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