

Spring Meal Planner

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

Week 1 Menu

Monday	Edamame and chickpea salad
Tuesday	Seared fish fillet with sweet and sour sauce
Wednesday	Thai style beef salad
Thursday	One pot zesty chicken and rice
Friday	Friday night saucy noodles

Week 1 Shopping List

Produce

- ☐ 1 Iceberg lettuce
- ☐ 8 Carrots
- ☐ 2 Red onions
- ☐ 2 Capsicums
- ☐ 3 Onions
- ☐ 120g (1 pack) Mesclun salad
- ☐ 4 Lemons
- ☐ 150g Mushrooms
- ☐ 1 pack Shanghai bok choy
- ☐ 200g (1 pack) Mung bean sprouts

Butchery and seafood

- ☐ 400g Firm white fish fillets
- ☐ 400g Beef schnitzel
- ☐ 400g Skinless chicken breast

Chilled

- ☐ 450g Firm tofu

Grocery

- ☐ 400g Hokkien noodles
- ☐ 6 Eggs
- ☐ 400g Can chickpeas
- ☐ 1kg Medium grain brown rice
- ☐ 500ml Salt reduced chicken stock

Frozen

- ☐ 454g Shelled edamame beans
- ☐ 650g Broccoli & cauliflower mixed veges
- ☐ 750g Peas

Pantry Staples*

- | | |
|--|--|
| <input type="checkbox"/> Oil | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Dried mixed herbs |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Curry powder |
| <input type="checkbox"/> Smoked paprika | <input type="checkbox"/> Tomato sauce, ketchup or tomato passata |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed | <input type="checkbox"/> Your favourite dressing |
| <input type="checkbox"/> Ginger – fresh or crushed | <input type="checkbox"/> Wholemeal pita bread (optional) |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Crispy noodles (optional) |
| <input type="checkbox"/> Sweet chilli sauce | <input type="checkbox"/> Fresh mint (optional) |
| <input type="checkbox"/> Fish sauce | |

Introduction

The recipes in this meal planner are designed for spring 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

- The meals can be cooked in any order you like, if you're cooking the fish later in the week put the fillets in the freezer when you get home and defrost before cooking to maintain freshness.
- There will be leftover uncooked rice this week, store this in an airtight container in a cool place and use in another meal.
- To keep bean sprouts 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 1-2 days.
- For children, limit the amount of salt added during cooking. Choose reduced salt sauces where possible.
- For keeping leftovers safe to eat, remember the 2-2-2 rule. Two hours to get the leftovers in the fridge, two days to eat them, and they can last two months in the freezer.
- When freezing leftovers be sure to label the container or storage bag with a date and name of the item to avoid any UFOs (unidentifiable frozen objects).



LOVE FOOD
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NEW ZEALAND

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Edamame and chickpea salad

A quick and easy, protein packed vegetarian meal. With crunchy, smoky chickpeas, this tasty super salad is ideal for a packed lunch or fast weeknight dinner.



Prep time: 15 minutes

Cooking time: 15 minutes



Serves:
4



Skill level:
Easy as

Ingredients

6 eggs
400g can chickpeas, drained and rinsed
2 teaspoons smoked paprika
1 teaspoon oil
Salt and pepper, to taste
254g shelled edamame beans*, steamed
1 iceberg lettuce, shredded
2 large carrots, cut into thin matchsticks or grated
1 red onion, thinly sliced
1 large capsicum, sliced
Your favourite dressing

OPTIONAL

Serve with wholemeal pita bread

Method

1. Boil eggs for around 6 minutes, or longer for a firmer yolk. Remove from hot water and place in an ice bath for about 10-15 minutes to cool.
2. Heat oven to 180°C bake or 160°C fan bake and prepare a tray or baking dish by greasing it.
3. Mix the chickpeas, smoked paprika, oil, and salt and pepper in a bowl and place on the prepared tray or dish. Bake for 10 minutes or until slightly golden and crisp.
4. Prepare the rest of the salad ingredients as the chickpeas bake and peel the eggs.
5. To serve, place salad ingredients, baked chickpeas, and deshelled eggs on the table and get everyone involved in making their own salad. Finish with a drizzle of your favourite dressing, if desired.

Cooking tips:

- The eggs can be hardboiled ahead of time, leave them in the shells once they have cooled in the ice bath and store them in the fridge.
- The chickpeas can be seasoned with your favourite spice mix instead of smoked paprika.

Adapt it:

- Swap the eggs for tuna, salmon, cooked chicken, tempeh, or tofu if you prefer, or you can add these as well as the eggs.
- The iceberg lettuce can be swapped for baby spinach or other salad leaves.
- Add a handful of nuts and/or seeds to the salad or chunks of avocado if you like.

Tips for kids:

- Avoid over baking the chickpeas or leave them unbaked in you have smaller children who might find them too hard.

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Sweet and sour seared fish

Inspired by the flavourful, Spanish-style fish recipe escabeche, this colourful dish is brought together by the deliciously tangy sweet and sour sauce.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

300g medium grain brown rice
2 tablespoons oil
400g firm white fish fillets e.g. warehou
Salt and pepper, to taste

STEAMED VEGES

325g frozen broccoli & cauliflower mixed veges*

2 large carrots, cut into thin matchsticks or thinly sliced

225g (1 ½ cups) frozen peas*

SWEET AND SOUR SAUCE

2 teaspoons oil

1 onion, finely diced or sliced

3cm piece ginger, cut into thin matchsticks

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

¼ cup vinegar

¼ cup sweet chilli sauce

1 capsicum, thinly sliced

Method

1. Cook rice according to packet instructions.
2. Meanwhile prepare the sauce. Heat oil in a saucepan over medium heat, sauté the onion until softened. Add ginger and garlic and gently fry for 1-2 minutes until it becomes fragrant.
3. Carefully pour in the vinegar and sweet chilli sauce, bring to a simmer while stirring occasionally. Add sliced capsicum and simmer for about 3-5 minutes or until slightly thickened. Set aside.
4. Place the veges in a steamer basket and steam the veges until cooked to your liking.
5. Heat oil in a frying pan over high heat, season fish fillets with salt and pepper if desired. Cook fish for 3-4 minutes on each side or until lightly golden and cooked through.
6. Serve seared fish with rice and steamed veges, with the sweet and sour sauce poured over the fish or served on the side.

Cooking tips:

- The veges can also be boiled or stir fried if preferred.

Adapt it:

- Swap the fish for chicken, pork, beef, tofu or tempeh if preferred. Adapt your cooking times accordingly.
- You can use any fresh or frozen veges you like in this dish.

Tips for kids:

- Avoid adding salt to their fish.

Leftovers:

- Eat for lunch the next day.

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Thai-style beef salad

Zesty, slightly sweet, with a hint of heat. The perfect salad for spring, especially when fresh local lemons are still available in stores at a good price.



Prep time: 15 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

250g medium grain brown rice*
1 tablespoon oil
400g beef schnitzel, sliced
Salt and pepper, to taste
200g shelled edamame beans*, steamed
1 small red onion, thinly sliced
2 large carrots*, cut into matchsticks
120g mesclun salad or your favourite salad mix
15g fresh mint, roughly chopped (optional)
140g crispy noodles (optional)

DRESSING

Zest and juice of 2 lemons
¼ cup sweet chilli sauce
1 teaspoon fish sauce or soy sauce
1 clove garlic, grated or ½ teaspoon crushed garlic

Method

1. Cook rice according to packet instructions.
2. Combine dressing ingredients together and set aside.
3. Heat oil in a frying pan on the stove over high heat, mix beef with salt and pepper and sear in batches until cooked. Set aside.
4. Combine steamed edamame beans, sliced red onion, carrots, and mesclun salad together in a large bowl. Pour half of the dressing over the salad and mix through.
5. In another bowl combine the remaining dressing with the cooked beef.
6. Serve beef salad topped with fresh mint and crispy noodles (if using) and rice on the side.

Cooking tip:

- If preferred, use a steak cut of beef, cook to your liking and cut into thin slices before serving.

Adapt it:

- Swap beef for pork, chicken, salmon, tofu or tempeh if preferred.
- Any salad veges will work so adapt to suit the tastes of your family.
- The rice can be swapped for noodles if you like.
- Use 300g of rice if you have a family with bigger appetites.

Tips for kids:

- Add minimal salt to the beef, if any.

Leftovers:

- Eat for lunch the next day.

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One pot zesty chicken and rice

Elevate a humble chicken and rice dish with the addition of tasty herbs, spices and veges. Prepped in just 10 mins, this recipe is suitable for the whole family – especially when it's easy to substitute your favourite ingredients.



Prep time: 10 minutes

Cooking time: 50 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 onion, diced
- 3 garlic cloves, grated or minced or 1 ½ teaspoons crushed garlic
- 400g skinless chicken breast, cubed or sliced
- 1 teaspoon dried mixed herbs
- 300g medium grain brown rice
- 500ml (2 cups) salt reduced chicken stock
- 2 large carrots, grated
- Pepper, to taste
- 325g frozen broccoli & cauliflower mixed veges*
- 300g (2 cups) frozen peas*
- 1 lemon, zest and juice

Method

1. Heat oil in a large pot or deep-frying pan on the stove over medium high heat. Sauté onions until softened. Turn heat to high, add garlic and chicken stir fry until fragrant and the chicken is seared.
2. Stir through dried mixed herbs, rice, chicken stock, and carrots, add pepper to taste. Cover with a lid and bring to a boil, then reduce heat to low and leave to simmer for 20 minutes.
3. Place frozen broccoli & cauliflower, and peas over the rice. Place the lid back on and leave to cook for another 10 minutes.
4. Turn off heat and leave to rest for another 10 minutes. Fluff rice and gently fold through veges, add lemon zest and squeeze juice over the top or cut lemon into wedges and serve.

Cooking tips:

- Chicken thighs can also be used here instead of chicken breast, if preferred.

Adapt it:

- To make this vegetarian, use vegetable stock and leave out the chicken. Serve with pan fried tofu or tempeh instead.
- If you prefer fish to chicken, leave out the chicken and serve with pan fried fish instead.

Leftovers:

- Can be frozen or eaten for lunch the next day.

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Friday night saucy noodles

This quick and easy vegetarian recipe is inspired by the Indonesian style stir-fried noodle dish Mee goreng, a flavourful, veggie packed street food classic.



Prep time: 10 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

2 tablespoons oil, used in 1 tablespoon amounts throughout the recipe
 450g firm tofu, cut into cubes or slices
 400g hokkien noodles
 1 onion*, sliced thinly or finely diced
 2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
 150g mushrooms, thinly sliced
 225g (1 ½ cups or the remaining) frozen peas*
 ¼ cup tomato sauce, ketchup, or tomato passata
 2 tablespoons soy sauce
 2 teaspoons curry powder
 1 lemon, halved
 1 pack Shanghai bok choy, cut into chunks with the green and white parts separated
 200g bean sprouts or other sprouts

Method

1. Heat one tablespoon of oil in a non-stick frying pan on the stove over high heat. Cook the tofu until it is golden brown and crispy on all sides. Set aside.
2. Cook noodles according to packet instructions. Set aside.
3. Heat a wok or large and deep frying pan with the remaining oil on the stove over medium high heat, add the onions and cook until they are soft. Add garlic and mushrooms and stir fry until the mushrooms are cooked to your liking.
4. Turn the heat to high. Add frozen peas, tomato sauce (ketchup or passata), soy sauce, curry powder, juice of half the lemon and the white part of the bok choy. Stir until the sauce gets hot.
5. Add noodles, and the green part of the bok choy to the wok or pan. Test taste, add pepper as desired. Briefly stir the bean sprouts and tofu through the noodles, turn off heat.
6. Cut the remaining half of the lemon into wedges and serve the saucy veges with the noodles.

Cooking tip:

- If you have enough space on the stove you can cook the tofu at the same time as cooking the main dish to cut down on cooking time.
- Switch out the bok choy with other leafy greens that you like more or may already have in the fridge such as cabbage, spinach, won bok or silverbeet.

Adapt it:

- You can switch tofu for another plant-based alternative or chicken, pork or beef.
- Top with chopped peanuts if you like for added crunch and healthy fats.
- To make this gluten free you can use rice noodles and gluten free soy sauce.

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Spring Meal Planner

5 FAMILY DINNERS
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Week 2 Menu

Monday	Vietnamese style noodle salad with peppered chicken
Tuesday	Korean style rice bowl
Wednesday	Soft tacos with crispy fish
Thursday	Paprika spiced tomato and lentil pasta
Friday	Friday night egg fried rice

Week 2 shopping list

Produce

- ☐ 2 Red onions
- ☐ 1 Cucumber
- ☐ 200g Mung bean sprouts
- ☐ 8 Carrots
- ☐ 4 Capsicums
- ☐ 300g Mesclun salad
- ☐ 2 Lemons
- ☐ 550g Mushrooms
- ☐ 1 Bunch spring onions
- ☐ 2 Onions
- ☐ 1 Leek

Butchery

- ☐ 400g Skinless chicken breast
- ☐ 400g Beef schnitzel

Grocery

- ☐ 250g Vermicelli noodles
- ☐ 1kg Medium grain rice
- ☐ 8 Pack wholemeal wrap
- ☐ 500g Dry pasta
- ☐ 400g Can chopped tomatoes
- ☐ 400g Can lentils
- ☐ 6 Eggs

Frozen

- ☐ 500g Crumbed fish fillets
- ☐ 750g Peas
- ☐ 1kg Spinach

Pantry Staples*

- | | |
|--|---|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Oil | <input type="checkbox"/> Your favourite sauce or spread |
| <input type="checkbox"/> Sweet chilli sauce | <input type="checkbox"/> Fish sauce (optional) |
| <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Sesame oil (optional) |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed | <input type="checkbox"/> Butter (optional) |
| <input type="checkbox"/> Vinegar | |

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

- We recommend cooking the Korean style rice bowl before the fried rice as cooled leftover rice is best for making the fried rice. Other than that, you can cook the recipes in any order you like.
- It is best to cool the rice down quickly by spreading it out on a clean tray or wide plate to stop the steaming then transfer into a container and place in the fridge or freezer.
- The bean sprouts used in these recipes can be substituted with your favourite sprouts or omit them if your family doesn't like them. To keep bean sprouts 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 1-2 days.
- You can also use your favourite salad greens or any salad ingredients you already have instead of mesclun salad.
- There will be some leftover dry pasta at the end of this week, store this in a sealed container in a cool place and cook another day.



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Vietnamese style noodle salad with peppered chicken

Fresh and light, this easy chicken salad is elevated by combining seared peppered chicken with seasonal veges and topping with a zesty Vietnamese-style dressing.



Prep time: 15 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

Peppered chicken

400g skinless chicken breast, sliced into strips

2 teaspoons cracked pepper

1 tablespoon oil

NOODLE SALAD

250g vermicelli noodles

1 red onion, thinly sliced

½ cucumber*, sliced into sticks

100g bean sprouts* or other sprouts

2 large carrots, cut into thin matchsticks

1 large capsicum, sliced

150g (½ packet) mesclun salad*

DRESSING

Juice and rind of 1 ½ lemons*

2 teaspoons sweet chilli sauce

1 teaspoon fish sauce or ½ teaspoon soy sauce

1 clove garlic, grated or ½ teaspoon crushed garlic

Method

1. Mix the chicken and pepper in a bowl. Heat a frying pan on the stove over high heat, add oil to the pan and fry chicken in batches. Set aside.
2. Cook noodles according to package instructions and portion into bowls or wide plates.
3. Evenly distribute the fresh salad ingredients over the cooked noodles.
4. Mix all the dressing ingredients in a bowl, test taste adding more sweet chilli or fish sauce if needed. Drizzle sauce evenly over the noodle salad.
5. Top salad with cooked chicken and serve.

Cooking tips:

- Try using different seasonings such as lemongrass or honey soy to flavour your choice of protein.

Adapt it:

- You can switch the chicken for pork, beef, lamb, white fish, salmon, tofu, tempeh, or another protein alternative.

Kid-friendly alternatives:

- For younger children, vermicelli noodles can be a choking hazard, so swap for thicker rice or egg noodles and chop after cooking if needed.
- Use reduced salt soy sauce.
- Adapt the salad veges based on what your kids will eat.

Leftovers:

- Eat for lunch the next day.

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Korean-style rice bowl

Korean inspired, a Bibimbap-style rice bowl is traditionally served in a hot stone bowl and topped with seasoned meat and a combination of fresh and cooked veges.



Prep time: 15 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

Note that this recipe cooks double the amount of rice as half is used in the Friday meal, cook 300g rice if only cooking this dish.

400g beef schnitzel, sliced

1 tablespoon soy sauce

1 teaspoon vinegar

2 teaspoons sugar

2 cloves garlic, grated or 1 teaspoon crushed garlic

½ teaspoon ground pepper or a generous amount of cracked pepper

600g medium grain rice *see note in the cooking tips below

1 tablespoon oil

250g mushrooms*

100g bean sprouts* or other sprouts

2 large carrots*, sliced into matchsticks

400g frozen spinach*, defrosted

150g (1 cup) frozen green peas*

½ bunch spring onions*, sliced thinly with the green and white part separated

½ teaspoon sesame oil (optional)

Salt, to taste

Method

1. Combine beef with soy sauce, vinegar, sugar, garlic, and pepper in a bowl and let it sit for at least 5 minutes.
2. Cook rice according to package instructions.
3. Heat oil in a frying pan on the stove over high heat, fry beef in batches and set aside.
4. Cook mushrooms, bean sprouts, carrots, spinach, peas, and the white part of the spring onion in the same pan. Once cooked add sesame oil if using and salt, to taste. Set aside.
5. To serve, scoop half the rice into bowls and top with cooked beef and veges, ending with a generous sprinkle of the remaining green parts of the spring onions.

Cooking tips:

- This recipe cooks double the amount of rice needed for this meal, cool the rice you don't eat and place in the fridge and use the remaining rice to make the Friday night egg fried rice.
- Bibimbap is also commonly served with a fried egg on top – if desired you can add this to your meal.

Adapt it:

- Use brown rice instead of white to add more fibre to this meal.
- The beef can be swapped for chicken, pork, lamb, fish, tofu, tempeh or another plant-based protein alternative.
- Mix up the veges if you like based on whatever you enjoy the most.

Kid-friendly alternatives:

- Avoid adding extra salt and use reduced salt soy sauce

Leftovers:

- Eat for lunch the next day.

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Soft tacos with crispy fish

Looking for a quick and easy meal to feed the whānau? Our crumbed fish tacos hit the spot for a nutritious, simple and delicious lunch or dinner.



Prep time: 15 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

500g crumbed frozen fish fillets
150g (½ packet) mesclun salad*
2 large carrots*, grated
½ cucumber*, sliced thinly
1 red onion, thinly sliced
1 large capsicum, thinly sliced
Zest and juice of ½ lemon*
4-6 wholemeal wraps
Your favourite sauce, spread, or dip (optional)

Method

1. Cook fish fillets according to packet instructions.
2. Prepare salad ingredients while the fish cooks by combining the mesclun salad, grated carrot, sliced cucumber, red onion, and capsicum in a large bowl. Add lemon zest and squeeze the juice over the salad, toss to coat and set aside.
3. Heat wraps according to packet instructions, if desired.

To assemble

- Place wrap on a plate and in any order add salad, fish, and sauce. Or place all the elements in the middle of the table for everyone to make their own taco.

Cooking tips:

- For extra crunch, roti can also be used for this dish instead of wraps.
- Wraps most commonly come in packets of 8, so if you have any left over, keep them for another meal or freeze.

Adapt it:

- The fish can be swapped for chicken, beef, lamb, pork, fish, tofu, tempeh, or another plant-based protein alternative.
- Use whatever salad veges you enjoy.

Leftovers:

- Eat for lunch the next day.

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Paprika spiced tomato and lentil pasta

A vegetarian take on Hungarian paprikash, a great comfort food highlighting the sweet, peppery and subtle earthy flavours of paprika.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

300g pasta of choice
1 tablespoon oil, divided
1 large onion*, diced
2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
300g mushrooms*, sliced
1 tablespoon paprika
400g can chopped tomatoes
250ml (1 cup) water
400g can lentils, drained and rinsed
2 large carrots, grated
1 teaspoon sugar (optional)
300g (2 cups) frozen peas*
300g frozen spinach* defrosted
Salt and pepper, to taste

Method

1. Cook pasta according to packet instructions.
2. Heat oil in a deep frying pan or skillet on the stove over medium-high heat, sauté onions until they become soft. Add garlic and mushrooms and cook until fragrant and the mushrooms are cooked. Add paprika, mix and cook for about a minute.
3. Turn the heat to high and carefully pour canned tomatoes, water, lentils, carrots, and sugar (if using) into the pan, bring to a simmer.
4. Add peas and spinach to the pan once the sauce has slightly thickened, simmer for another 2 minutes. Test taste, adding salt and pepper to taste.
5. Portion pasta into bowls and top with paprika spiced tomato and lentil sauce.

Cooking tips:

- There will be extra dry pasta, store this in an airtight container in a cool place.

Adapt it:

- Use frozen corn instead of peas if you prefer.
- Paprika can be swapped for mixed herbs.
- Serve with grated cheese.

Kid-friendly alternatives:

- Use minimal salt when cooking.
- Add extra peas, corn or frozen mixed veg instead of spinach if preferred.

Leftovers:

- The cooked pasta and sauce can be frozen separately. Or can also be eaten for lunch the next day.

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Friday night egg fried rice

Inspired by Yakimeshi, a Japanese style fried rice, our vegetarian dish is loaded with veges and easy to whip up for a Friday night in!



Prep time: 10 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

2 tablespoons butter or oil, divided
6 eggs, beaten
1 large onion*, finely diced
1 leek, thinly sliced, white and green parts included
2 cloves garlic, grated or 1 teaspoon minced garlic
2 capsicums, cubed or thinly sliced
300g (2 cups) frozen green peas*
2 tablespoons soy sauce
Pepper, to taste
4 cups cooked medium grain rice* (or remaining rice from the Korean rice bowl meal)
300g frozen spinach*, defrosted
½ bunch spring onions*, green and white parts thinly sliced
1 teaspoon sesame oil (optional)

Method

1. Heat a deep frying pan, a skillet or a wok on the stove over high heat, add 1 tablespoon butter or oil and cook the eggs. As they begin to set break it up into smaller pieces or cook as one large pancake and cut into slices. Set aside.
2. Reduce heat to medium high, add remaining butter or oil and sauté onions until they become soft. Add leek and garlic, then fry for about 5 minutes.
3. Turn up the heat to high, add capsicums, peas, soy sauce, and pepper, stir fry for 1-2 minutes.
4. Add rice and heat through, mix in spinach and spring onions, mix to combine, and test taste. Add a little more soy sauce and/or pepper as desired. Stir through cooked eggs.
5. Finish with a drizzle of sesame oil (if using), briefly stir through and serve.

Cooking tips:

- This recipe works best with cooled rice. If you have not cooked the rice already, cook 300g of medium grain rice.
- You can add any leftover cooked meat and veges to this dish if you have any.

Adapt it:

- Use brown rice to boost the fibre of this meal.
- You can add an extra onion instead of the leek if preferred.
- Use 8 eggs in total if you have larger appetites.
- You can add cooked chicken, leftover meat or pan fried tofu or tempeh to boost the protein.
- Sprinkle with chopped peanuts or sesame seeds.

Kid-friendly alternatives:

- Swap spinach for extra frozen peas or corn if preferred.

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Spring Meal Planner

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Week 3 Menu

Monday	Spicy pork lettuce cups
Tuesday	Creamy salmon spaghetti with lemon and garlic
Wednesday	Red lentil falafel wrap
Thursday	Beef and basil stir fried noodles
Friday	Spinach rice with coconut lentil curry

Week 3 shopping list

Produce

- ☐ 1 Iceberg lettuce
- ☐ 6 Onions
- ☐ 550g Mushrooms
- ☐ 9 Carrots
- ☐ 250g Round green beans
- ☐ 1 Capsicum
- ☐ 2 Lemons
- ☐ 1 Beetroot
- ☐ 15g Basil

Butchery

- ☐ 400g Pork mince
- ☐ 400g Beef mince

Chilled

- ☐ 250g Lite sour cream

Grocery

- ☐ 500g Dry spaghetti
- ☐ 415g Can salmon
- ☐ 500g Red split lentils
- ☐ 8 Pack wholemeal wraps
- ☐ 1kg Basmati rice
- ☐ 400g Can chopped tomatoes
- ☐ 400g Can coconut milk

Frozen

- ☐ 750g Peas
- ☐ 1kg Spinach

Pantry Staples*

- | | |
|--|--|
| <input type="checkbox"/> Oil | <input type="checkbox"/> Baking powder |
| <input type="checkbox"/> Ginger – fresh or crushed | <input type="checkbox"/> Curry powder |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed | <input type="checkbox"/> Garam masala |
| <input type="checkbox"/> Hoisin sauce | <input type="checkbox"/> Bay leaf |
| <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Hummus, tzatziki, or your favourite spread or dip |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Cardamom pods (optional) |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Star anise (optional) |
| <input type="checkbox"/> Cumin, ground | <input type="checkbox"/> Chilli – fresh or dried flakes (optional) |
| <input type="checkbox"/> Coriander, ground | |
| <input type="checkbox"/> Flour, plain | |

Introduction

The recipes in this meal planner are designed for spring 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

- The Monday and Wednesday meal include salad veges, so we recommend cooking those earlier in the week to make sure the salad is fresh when it is served.
- This week's recipes only use 600g of rice so there will be leftover uncooked rice this week. Store this in an airtight container in a cool place and use in another meal.
- Hoisin sauce can be substituted to oyster sauce, teriyaki sauce, or a plum sauce. When using alternative sauces add in a smaller amount as listed in the ingredient list first and test taste.
- For keeping leftovers safe to eat, remember the 2-2-2 rule. Two hours to get the leftovers in the fridge, two days to eat them, and they can last two months in the freezer.

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





Spicy pork lettuce cups

Stir fried pork mince and mushrooms with subtle Chinese-inspired flavours. Serve in lettuce cups for a fun, affordable and nutritious family meal.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

300g basmati rice*
½ large iceberg lettuce*
2 tablespoons oil
1 onion*, finely diced
2cm fresh ginger, grated or 1 teaspoon minced ginger
2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
250g mushrooms*, sliced
400g pork mince
2 large carrots, grated or finely diced
150g round green beans*, sliced
300g (2 cups) frozen green peas*
¼ cup hoisin sauce
1 teaspoon soy sauce
pepper, to taste

Method

1. Cook rice according to packet instructions.
2. Prepare the lettuce by separating the leaves, rinsing, then pat drying them or use a salad spinner. Place on a serving plate.
3. Heat oil in a large frying pan on the stove over medium-high heat, add onion and sauté until it becomes translucent and soft. Add in ginger and garlic and fry until fragrant, mix through mushrooms, pork mince, and carrots, stir fry until cooked.
4. Add green beans, peas, hoisin sauce, soy sauce, and pepper. Let it simmer and reduce for 5 minutes. Test taste and add additional seasoning ingredients, if needed.
5. To serve, spoon mince mixture into lettuce cups and serve with rice.

Cooking tips:

- You can also shred the lettuce and serve as a side salad with the spicy pork and rice.

Adapt it:

- Use brown rice instead of white to boost the fibre.
- Use beef, lamb, chicken or a plant based mince instead of pork if preferred.
- Use frozen green beans instead of fresh if you prefer.

Kid-friendly alternatives:

- Use reduced salt soy sauce.

Leftovers:

- Keep the mince, rice and lettuce separate when storing in the fridge. Mince and rice can be frozen, or eaten for lunch the next day with the remaining lettuce and rice.

* 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.



Creamy salmon spaghetti with lemon and garlic

Whip up a nutritious and filling meal for the whānau with some pantry staples and fresh veges. Topped with a zesty sauce made from sour cream, this salmon pasta dish is packed with flavour!



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 250g dry spaghetti*
- 2 teaspoons oil
- 1 large onion, finely diced
- 3 cloves garlic, grated or finely chopped or 1 ½ teaspoons crushed garlic
- 1 large capsicum, sliced
- 150g (1 cup) frozen peas*, defrosted
- 2 large carrots, grated
- 400g frozen spinach*, defrosted
- 250g lite sour cream
- 1 lemon, zest and juice
- 415g can pink salmon, drained and roughly flaked
- Salt and pepper, to taste

Method

1. Cook spaghetti according to packet instructions. Set aside 1 cup pasta cooking water as you are draining the pasta.
2. Heat oil in a large pot or deep frying pan on the stove over medium high heat. Sauté onions until softened. Add garlic and capsicums and stir fry until the garlic is fragrant and the capsicum is slightly softened.
3. Add peas, carrots, and spinach, stir to heat through. Mix in sour cream and lemon zest to coat the veges, add ½ cup of the pasta cooking water and mix through. If the sauce is too thick add more of the remaining water, to your liking. Heat the sauce through while stirring occasionally.
4. Add flaked salmon, and lemon juice, gently stir through. Test taste and add salt and pepper if desired.
5. Stir cooked pasta to coat in the creamy sauce. Serve.

Cooking tip:

- If you have enough space on the stove, you can cook the pasta and sauce at the same time to cook the meal faster.

Adapt it:

- Use canned tuna or cooked chicken if preferred.
- Serve with grated cheese if you like.
- Use 300g of pasta for larger appetites

Kid-friendly alternatives:

- Use minimal amounts of added salt.
- Swap spinach for extra frozen peas or corn for fussier little ones.

Leftovers:

- Eat for lunch the next day.

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Red lentil falafel wraps

Make your own falafel using soaked lentils for a protein packed vegetarian meal. Let the fussy eaters fill their own wraps with their favourite salad and condiments and they'll all be wanting more!



Prep time: 15 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

350g (just under 2 cups) red split lentils*, soaked overnight

1 onion*, roughly chopped or grated (if not using a food processor)

3 cloves garlic, grated or 1 ½ teaspoons crushed garlic

2 tablespoons oil

1 teaspoon ground cumin

1 teaspoon ground coriander

¼ teaspoon salt

5 tablespoons plain flour

1 teaspoon baking powder

4-6 wholemeal wraps

½ large iceberg lettuce*, sliced

1 beetroot*, grated

1 large carrot*, grated

Zest and juice of 1 lemon*

Hummus, tzatziki sauce, or your favourite sauce

Method

- Heat oven to 200°C bake or 180°C fan bake and prepare a baking tray by greasing it with oil or use a baking mat.
- If using a food processor, pulse lentils until they begin to break down. Add onion, garlic, oil, cumin, coriander, salt, flour, and baking powder. Blend until the mixture comes together and it is almost smooth, taking care not to over blend. Note: Use a potato masher if you don't have a food processor and follow the same steps as above.
- Roll into golf ball sized balls and place on the baking tray. Bake for 20 minutes or until brown and crisp on the outside, turning after about 15 minutes.
- Heat the wraps according to package instructions, if desired. Combine lettuce, beetroot and carrot in a bowl, toss with zest and lemon juice. Spread wrap with hummus or tzatziki sauce, add salad filling, and falafel. Serve.

Cooking tip:

- The lentil falafel can be made ahead, stored in the freezer and reheated when you are ready to use them.
- For extra crunch add kale into the salad.
- Wraps most commonly come in packets of 8, so if you have any left over, keep them for another meal or freeze.

Adapt it:

- Use ready-made falafel mix to save time if needed.
- You can use wholemeal pita bread instead of wraps
- Use canned beetroot slices or chunks instead of fresh.
- Use gluten free flour, baking powder and wraps if needed.

Kid-friendly alternatives:

- Adapt spice levels to suit their tastes.

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Beef and basil stir fried noodles

Put a twist on your next noodle dish with our Thai-inspired beef and basil recipe. With a mix of pantry staples and fresh and frozen veges, this is an easy and affordable family dinner.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 250g dry spaghetti*
- 1 tablespoon oil
- 1 onion, diced
- 4 garlic cloves, grated or 2 teaspoons crushed garlic
- 300g mushrooms*, sliced
- 400g lean beef mince
- 1 fresh chilli, finely sliced or 1 teaspoon chilli flakes (optional)
- 100g round green beans*, sliced
- 400g frozen spinach*, defrosted
- 2 large carrots, grated
- ¼ cup hoisin sauce
- 1 teaspoon soy sauce
- 15g fresh cut basil, roughly chopped

Method

1. Cook spaghetti according to packet instructions. Set aside one cup of pasta water before draining.
2. Heat oil in a large wok or pot on the stove over medium-high heat. Sauté onions until softened. Add garlic and fry for a few seconds until it becomes fragrant and starts to become golden, then mix in the mushrooms and mince. Stir fry until the mince is cooked.
3. Turn the heat to high, add chilli or chilli flakes (if using), green beans and spinach. Mix through. Add carrots, hoisin sauce, and soy sauce, heat through.
4. Add cooked spaghetti and coat in the sauce, add pasta water in small amounts until you get a creamy sauce consistency. To finish, mix in chopped basil leaves and serve.

Cooking tip:

- This recipe will also work well using other types of mince or plant-based mince alternatives.

Adapt it:

- Use noodles instead of spaghetti if you prefer.
- For larger appetites use 300g of spaghetti or noodles.
- You can use frozen green beans instead of fresh.

Kid-friendly alternatives:

- Swap frozen spinach for peas if preferred.
- Use reduced salt soy sauce and avoid adding extra salt.

Leftovers:

- Can be frozen or reheated for lunch the next day.

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Spinach rice with coconut lentil curry

Loaded with mouthwatering flavours, our biryani-style rice topped with creamy vegetarian curry is a filling and moreish meal to fill hungry tum.



Prep time: 15 minutes

Cooking time: 35 minutes



Serves:
4-6



Skill level:
Easy as

Ingredients

SPINACH RICE

- 1 tablespoon oil
- 1 onion, finely diced
- 2 cloves garlic, finely chopped or 1 teaspoon minced garlic
- 2cm fresh ginger, grated or 1 teaspoon minced ginger
- Salt, to taste
- ½ teaspoon curry powder
- 2 teaspoons garam masala
- 1 bay leaf
- 2 cardamom pods (optional)
- 1 star anise (optional)
- 200g frozen spinach*, defrosted
- 300g basmati rice*
- 1 ¾ cups water

COCONUT LENTIL CURRY

- 1 tablespoon oil
- 1 onion, finely diced
- 2 teaspoons curry powder
- 400g can chopped tomatoes
- 150g red split lentils*, soaked overnight
- 2 large carrots*, grated
- 300g (2 cups) frozen green peas*
- 400g can coconut milk
- Salt and pepper, to taste

Method

1. Heat oil in a large pot on the stove over medium-high heat. Sauté onions for around 5 minutes until they become soft and translucent. Add garlic and ginger and stir fry for a minute until fragrant. Mix through salt, spices, and bay leaf, fry for about 30 seconds.
2. Turn the heat to high and stir fry spinach. Add rice and mix to coat in the spices, pour water over the top, gently mix around and cover with a lid.
3. Bring to boil, then turn the heat down to low and leave to cook for 15 minutes. Turn off heat, remove from stove and let it rest for 5-10 minutes before serving.

Coconut lentil curry

- Prepare the curry as the rice cooks. Heat oil in a medium sized pot on the stove over medium-high heat. Sauté onions for around 5 minutes until they become soft and translucent.
- Add curry powder and fry until fragrant. Add the remaining ingredients into the pot, rinse each can with ½ cup water and pour liquid into the pot, bring to boil, and let it simmer for 5-10 minutes. Test taste and add more pepper or spices as desired.
- Serve with the curry spooned over the rice.

Cooking tips:

- The curry is a great make-ahead recipe and can also be cooked in a slow cooker.

Adapt it:

- Swap spinach for frozen peas if you prefer.
- You can use 2-3 tsp of a curry paste instead of the spices.

Kid-friendly alternatives:

- Adapt spice level to suit your family.

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Spring Meal Planner

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

Week 4 Menu

Monday	Samoan-inspired chop suey
Tuesday	Spring vege crustless quiche
Wednesday	Thai-style salad
Thursday	Chickpea curry
Friday	Friday night smoky chicken sub

Week 4 shopping list

Produce

- ☐ 3 Onions
- ☐ 2 Broccoli
- ☐ 8 Carrots
- ☐ 3 Capsicums
- ☐ 1 Bunch spring onions
- ☐ 1 Leek
- ☐ 1 Iceberg lettuce
- ☐ 1 Cucumber
- ☐ 2 Red onions
- ☐ 1 Lemon

Butchery

- ☐ 800g Beef mince
- ☐ 400g Skinless chicken breast

Grocery

- ☐ 250g Vermicelli noodles
- ☐ 10 Eggs
- ☐ 1kg Long grain brown rice
- ☐ 2 x 400g Can chickpeas
- ☐ 400g Can chopped tomatoes
- ☐ 6 Pack long rolls/short baguettes

Frozen

- ☐ 750g peas
- ☐ 1kg spinach

Pantry Staples*

- | | |
|--|---|
| <input type="checkbox"/> Oil | <input type="checkbox"/> Smoked paprika |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed | <input type="checkbox"/> Garam masala |
| <input type="checkbox"/> Ginger – fresh or crushed | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Mayonnaise, aioli, or your favourite sauce |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Fish sauce (optional) |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Chilli – fresh or dried flakes (optional) |
| <input type="checkbox"/> Milk or non-dairy milk | <input type="checkbox"/> Fresh mint (optional) |
| <input type="checkbox"/> Curry powder | |

Introduction

The recipes in this meal planner are designed for spring 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

- This week's recipes can be cooked in any order you like.
- Store the bread rolls in the freezer to maintain freshness and move into the fridge the night before to begin defrosting.
- Broccoli stalks are nutritious and are included in the week's recipes. Some broccoli stalks can have a woody outer layer, remove this tough outer layer as you prepare the broccoli.
- There will be leftover uncooked rice this week, store this in an airtight container in a cool place and use in another meal.
- For keeping leftovers safe to eat, remember the 2-2-2 rule. Two hours to get the leftovers in the fridge, two days to eat them, and they'll last can last two months in the freezer.
- When freezing leftovers be sure to label the container or storage bag with a date and name of the item to avoid any UFOs (unidentifiable frozen objects).



**LOVE
FOOD**
hate waste
NEW ZEALAND

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



Samoan-inspired chop suey

Our chop suey, inspired by the Samoan dish sapaui, is a tasty recipe and super quick to make. With noodles and added veges, it makes a quick and easy family feast.



Prep time: 10 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

250g vermicelli noodles
 1 tablespoon oil
 1 onion*, finely diced
 2 cloves garlic, grated or 1 teaspoon minced garlic
 3cm piece ginger, grated or 1 ½ teaspoon minced ginger
 400g lean beef mince*
 2 tablespoons soy sauce
 1 head broccoli, chopped, florets and stalks included
 2 large carrots, cut into thin matchsticks
 150g (1 cup) frozen peas*
 300g frozen spinach*, defrosted
 1 large capsicum, sliced
 Pepper, to taste
 ½ bunch spring onions*, green and white parts finely sliced

Method

- Soak vermicelli in a large bowl or pot with enough hot water to cover it for 5-10 minutes or until softened, then drain. Set aside.
- Heat oil in a large and deep frying pan, skillet, or wok on the stove over medium-high heat. Sauté onion for around 5 minutes until soft, add garlic and ginger and stir fry for a minute or until fragrant.
- Add mince to the pan and fry until cooked. Turn the heat to high, add soy sauce, broccoli, carrots, peas, and capsicum, stir fry until veges are heated through. Place noodles into the pan and mix through until the noodles are coated in the soy sauce.
- Test taste, adding pepper or more soy if desired. Sprinkle sliced spring onions and briefly stir through. Serve

Cooking tip:

- You can add other veges to this dish if you have some already in your fridge – leafy veges like cabbage and bok choy work really well.

Adapt it:

- Swap beef mince for chicken, lamb, pork or a plant based alternative if preferred.
- Any noodles can be used in this dish, so use whatever you enjoy most.

Kid-friendly alternatives:

- For younger children, vermicelli noodles can be a choking hazard, so swap for thicker rice or egg noodles and chop after cooking if needed.
- Use reduced salt soy sauce and avoid adding extra salt when cooking.

Leftovers:

- Can be frozen or reheated for lunch the next day.

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Spring vege crustless quiche

Our vege quiche is the ideal go-to recipe for throwing together a nutritious vegetarian meal and giving any leftovers a makeover. Use seasonal veges or leftover veges that you may already have in your fridge or freezer.



Prep time: 15 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 onion, thinly sliced
- ½ leek*, green and white parts thinly sliced
- 300g (2 cups) frozen peas*
- 10 eggs
- 1 cup milk or non-dairy milk
- Salt and pepper, to taste
- 300g frozen spinach, defrosted*
- ½ head broccoli*, chopped, florets and stalks included

OPTIONAL

Salad and sauce or chutney of your choice to serve

Method

- Lightly grease a large baking dish with oil. Set aside.
- Heat oil in a large frying pan on the stove over high heat, sauté onion and leek and cook for a few minutes until softened. Stir through frozen peas. Remove from heat and set aside to cool slightly.
- Heat oven to 180°C bake or 160°C fan bake. Beat eggs and milk with salt and pepper in a large bowl, add in cooled leek, peas, spinach, and broccoli, and mix.
- Pour into the greased baking dish and bake for 25-30 minutes, or until set.
- Once cooked, cut into slices and serve with salad on the side and your favourite sauce, chutney or other condiment.

Cooking tips:

- You can also cook this quiche with a pastry crust – blind bake the pastry before adding the egg mixture to make sure the pastry is crisp and cooked all the way through.

Adapt it:

- Use extra onion instead of the leek if you like.
- You can replace frozen spinach with frozen corn.

Kid-friendly alternatives:

- Add minimal added salt.

Leftovers:

- Can be frozen or eaten for lunch the next day.

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Ingredients

300g long grain brown rice*
 ½ large iceberg lettuce*, shredded
 2 large carrots, cut into thin matchsticks or grated
 ½ cucumber*, thinly sliced
 1 medium red onion, finely sliced
 1 capsicum, sliced
 15g fresh cut mint leaves, roughly chopped (optional)
 ½ bunch spring onions*, thinly sliced with white and green parts separated
 1 lemon, zest and juice
 1 tablespoon oil
 2 cloves garlic, grated or 1 teaspoon minced garlic
 1 fresh red chilli, thinly sliced or ½ teaspoon chilli flakes (optional)
 400g lean beef mince*
 1 tablespoon fish sauce or 2 teaspoons soy sauce
 Pepper, to taste

Thai-style salad

For a fresh yet hearty dinner, try our larb-style salad served with rice for a fuller meal. With a hint of chilli, fresh mint and zingy lemon, this recipe will be your new favourite salad combo!



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Method

1. Cook rice according to packet instructions.
2. Combine lettuce, carrot, cucumber, red onion, capsicum, mint (if using), the green part of the spring onion, and lemon zest in a large bowl. Set aside.
3. Heat oil in a frying pan on the stove over high heat, fry garlic, chilli (if using), and white part of the spring onion for a few seconds until the garlic begins to turn golden. Add mince and stir fry until cooked. Add fish sauce or soy sauce, and pepper according to taste.
4. To serve, portion rice and salad into bowls or deep plates and top with mince. Finish with a squeeze of lemon juice over each serving.

Cooking tips:

- For a light meal serve as a salad without rice.

Adapt it:

- Swap beef mince for chicken, lamb, pork or a plant based alternative if preferred.

Kid-friendly alternatives:

- Serve salad veges separately if preferred.
- Used reduced salt soy sauce.

Leftovers:

- Store the lettuce separately to keep crisp. Eat for lunch the next day.

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Chickpea curry

The whole family will love tucking into this flavorful Indian curry! Simple to make, with subtle spices and hidden veges, this makes a hearty plant-based dinner.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 300g long grain brown rice*
- 2 tablespoons oil
- 1 onion*, finely diced
- ½ leek*, finely sliced green and white parts included
- 2 teaspoons curry powder
- 1 teaspoon smoked paprika
- 1 teaspoon garam masala (optional)
- 2x400g cans chickpeas, drained and rinsed
- 2 carrots*, cut into cubes similar size to a chickpea or grated
- 400g can chopped tomatoes
- ½ head broccoli*, florets and stalks roughly chopped
- Salt, to taste
- 1 teaspoon sugar (optional)
- 300g (2 cups) frozen peas*
- 400g frozen spinach, defrosted*

Method

1. Cook rice according to packet instructions.
2. Heat oil in a pot on the stove over medium-high heat, add onion and leek, stir fry until they become soft. Mix in curry powder, smoked paprika, and garam masala (if using) and heat until fragrant.
3. Add chickpeas, carrots, tomatoes, broccoli, salt, and sugar (if using) to the pot. Rinse canned tomato with ½ cup water and pour liquid into the pot. Let it simmer for about 10 minutes while stirring occasionally. Stir through peas and spinach, test taste, adding more spices as desired.
4. Serve curry with rice.

Cooking tips:

- Serve dish with roti or naan if desired.

Adapt it:

- Use normal brown rice instead of long grain if preferred.
- You can swap the leek for an extra onion if you like.

Kid-friendly alternatives:

- Use minimal added salt.
- Frozen spinach can be swapped for any other veges – frozen mixed veg or corn works well.

Leftovers:

- Reheat for lunch the next day. The curry and rice can be stored in separate containers and frozen.

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Friday night smoky chicken sub

A Louisiana style bread roll inspired by the po'boy sandwich. We've filled ours with smoky grilled chicken and fresh salad.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

400g skinless chicken breast, sliced
 2 teaspoons oil
 ¼ teaspoon salt (optional)
 1 tablespoon smoked paprika
 1 teaspoon ground pepper or freshly cracked pepper
 ½ teaspoon chilli powder or 1 teaspoon chilli flakes (optional)
 ½ large iceberg lettuce*, shredded
 ½ cucumber*, thinly sliced into rounds or batons
 1 red onion, thinly sliced
 1 large capsicum, sliced
 2 large carrots, cut into thin matchsticks or grated
 4-6 hot dog rolls or short baguettes
 Mayonnaise, aioli or your favourite sauce (optional)

Method

1. Heat oven to 200°C bake or 180°C fan bake. Combine chicken, oil, salt, smoked paprika, pepper, and chilli powder (if using) in a bowl. Let it sit for 5-10 minutes, until the oven gets hot. Prepare a baking tray or large baking dish by greasing it with oil. Lay out the chicken pieces on a baking dish or tray in a single layer and bake the chicken pieces for 15-25 minutes or until cooked, turning halfway through.
2. Prepare the salad ingredients as the chicken cooks.
3. Heat the hot dog rolls or short baguettes in the oven if desired.
4. To assemble the sub, spread some mayonnaise or aioli (if using) on the inside of the bun, fill with salad ingredients then top with chicken. Drizzle extra mayonnaise or aioli on top, repeat this process for the rest of the rolls and serve.

Cooking tips:

- Serve any extra salad ingredients on the side dressed with your favourite dressing or a mixture of olive oil and lemon juice or balsamic vinegar.
- The chicken can also be cooked in batches on the stove, bbq, or grill if preferred.
- If you have any leftover barbecued or roast meats, use those instead to fill the sub.
- Hot dog buns normally come in packets of 6 so if you have any left, use for another meal or freeze.

Adapt it:

- Swap chicken for fish or tofu if preferred, adjust cooking times accordingly.
- Serve in wholegrain buns to boost the fibre.

Kid-friendly alternatives:

- Adjust spice level to suit their tastes.

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