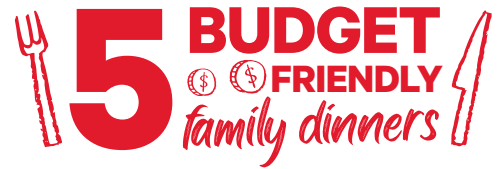


# Autumn Meal Plans



## Week 1 Menu

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

## Week 1 Shopping List

### Produce

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

### Butchery

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

### Chilled

- 500g Sour cream
- 250g Cheese

### Grocery

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

### Frozen

- 750g Peas

## Pantry Staples\*

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

## Introduction

The recipes in this meal plan are designed for autumn as they use seasonal produce.

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

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

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

These 5 meals are designed to use in-season fruit and veges. Fruit and vege growing conditions and pricing vary throughout each season, so choose cheaper in season fresh, or frozen substitutes if a particular item is unseasonably expensive.

## Weekly tips

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

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



# Monday



## Salmon kedgeree

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



**Prep time:** 15 minutes

**Cooking time:** 40 minutes



**Serves:**  
4



**Skill level:**  
Easy as

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

### Method

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

### Cooking tips:

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

### Adapt it:

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

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



## Lamb roti rolls

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



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### ROTI ROLLS

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

#### SALAD

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

### Method

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

### Cooking tips:

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

### Adapt it:

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

### Kid friendly alternatives:

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

### Leftovers:

- Can be eaten for lunch the next day.

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## Easy chicken curry

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



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

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

### Method

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

### Cooking tips:

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

### Adapt it:

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

### Leftovers:

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

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## Cheesy quesadillas with broccoli salad

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



**Prep time:** 15 minutes

**Cooking time:** 20 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### QUESADILLAS

2 x 400g canned lentils, rinsed and drained

200g (½ can) chopped tomatoes\*

8 wholemeal/wheat meal wraps

150g cheese\*, grated

#### RAW BROCCOLI SALAD

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

½ red onion\*, finely diced

¼ celery\*, thinly sliced

1 large carrot, grated

¼ cucumber\*, cubed

200g sour cream\*

Salt and pepper, to taste

### Method

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

### Cooking tips:

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

### Adapt it:

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

### Kid friendly alternatives:

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

### Leftovers:

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

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## Friday night black bean burgers 'n chips

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



**Prep time:** 15 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### BLACK BEAN PATTY

2x 410g canned black beans, rinsed and drained

450g can beetroot slices, drained and divided

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

70g (½ cup) flour

Salt and pepper, to taste

#### SALAD

1 iceberg lettuce, separated into individual leaves

100g sour cream\*

100g cheese\*, sliced

60g (½ packet) seasonal salad leaves\*

¼ cucumber\*, thinly sliced

½ red onion\*, thinly sliced

#### KŪMARA CHIPS

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

2 teaspoons oil

¼ teaspoon salt

Pepper, to taste

2 teaspoons smoked paprika (optional)

### Method

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

### Cooking tips:

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

### Adapt it:

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

### Kid friendly alternatives:

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

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