

# Spring Meal Plans



## Week 2 Menu

<b>Monday</b>	Vietnamese style noodle salad with peppered chicken
<b>Tuesday</b>	Korean style rice bowl
<b>Wednesday</b>	Soft tacos with crispy fish
<b>Thursday</b>	Paprika spiced tomato and lentil pasta
<b>Friday</b>	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

The recipes in this meal plan are designed for spring 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.

## 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 sprout. 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.

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



Monday



## 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.

\* 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.



## 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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