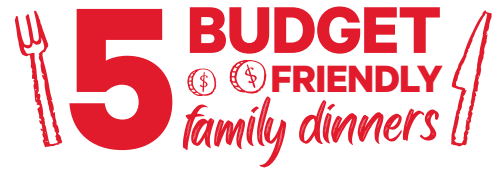


Spring Meal Plans



Week 4 Menu

Monday	Samoa-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*

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

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 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.

* 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.

* 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.



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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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

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

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



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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