

Summer Meal Plans



Week 1 Menu

Monday	Spiced chicken couscous
Tuesday	Summer fritters
Wednesday	Black pepper beef
Thursday	Poké bowl
Friday	Friday night souvlaki

Week 1 Shopping List

Produce

- 2 Onions
- 5 Capsicums
- 4 Carrots
- 2 Courgettes
- 5 Corn cobs
- 1 Red onion
- 3 Avocados
- 2 Lemons
- 250g Mushrooms
- 250g Mung bean sprouts
- 2 Beetroot
- 1 Cucumber
- 120g Salad leaves
- 3 Tomatoes

Grocery

- 500g Couscous
- 1kg Medium grain rice
- 8 pack Pita bread

Butchery

- 1kg Skinless chicken breast
- 500g Beef, stir fry or rump steak

Chilled

- 250g Tzatziki or hummus

Frozen

- 500g Shelled edamame beans

Pantry Staples*

- Oil, for frying
- Paprika – sweet or smoked
- Salt
- Pepper
- Flour
- Baking powder
- Cornflour
- 3 Eggs
- Garlic – fresh bulb or crushed
- Soy sauce, coconut aminos / other alternative
- Sugar or honey
- Vinegar – apple cider
- Sweet chilli sauce
- Ground cumin
- Ground coriander
- Dried mixed herbs
- Sesame oil (optional)
- Bamboo or metal skewers (optional)
- Fresh parsley or mint (optional)

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

Introduction

The recipes in this meal plan are designed for summer 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

- Cook the poké and souvlaki in order, so the seasonal salad leaves are used up over the two days. Other than that, you can cook the meals in any order you like.
- To stop your salad leaves going soggy, open the bag when you get home and pop a piece of paper towel on each side of the bag, then fold it closed. This will absorb excess moisture and keep the leaves fresh.
- Skinless chicken breast can be substituted with skinless thigh fillets if preferred.
- Instead of fresh corn cob kernels you can use frozen corn kernels and defrost when needed.
- Eggs are listed as a staple ingredient – you'll need three for the summer fritters.





Spiced chicken couscous

A quick and tasty one-pot meal loaded with fresh ingredients. This recipe is easy to make your own by using your favourite spices and seasoning, plus you can add more greens with peas or spinach.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 onion*, finely diced
- 2 large capsicums*, finely diced
- 2 cloves garlic, finely chopped, grated or 1 teaspoon crushed garlic
- 2 carrots*, cubed or grated
- 2 tablespoons sweet or smoked paprika or your favourite spice mix
- 500g skinless chicken breast*, cubed
- 2 courgettes, cubed or grated
- 1 cob fresh corn kernels*, or 1 cup corn kernels
- 2 cups water
- 1/4 teaspoon salt
- Pepper, to taste
- 400g couscous*

Method

1. Heat oil in a deep skillet or pot on the stove over medium high heat. Add onions, capsicum, and garlic, sauté for around 5 minutes until it becomes fragrant, and the onions and capsicum have softened.
2. Turn up heat to high, stir in carrots and paprika, add chicken and stir fry until the chicken is almost cooked.
3. Add courgettes, corn, water, salt, and pepper. Stir, cover with a lid and bring to a rolling simmer. Turn off heat, add couscous, leave to sit for 10 minutes for the couscous to absorb the liquid.
4. Fluff couscous with a fork and serve.

Cooking tips:

- If you already have spice mixes at home or have a preferred spice and herb flavour combination use that in this recipe.
- Adding peas or spinach works well in this dish.
- If using grated vegetables add them in towards the end of the cook to avoid them from getting too soft.

Adapt it:

- Use quinoa instead of couscous to boost the protein and make this meal gluten free.
- For protein substitutions use firm tofu, quorn, chickpeas, and sliced/chopped almonds sprinkled on top.

Leftovers

- Heat thoroughly and 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.



Summer fritters

Make the most of the abundance of fresh corn in summer to create these corn fritters. They are great for brunch or dinner and are perfectly paired with a fresh, zesty avocado and edamame salsa.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

FRITTERS

4 cobs fresh corn kernels* or 4 cups frozen corn kernels, defrosted

½ cup flour

1 ½ teaspoons baking powder

¼ cup cornflour

3 eggs

¼ teaspoon salt

Pepper, to taste

Oil, for frying

AVOCADO AND EDAMAME SALSA

2 avocados*, cubed

100g shelled edamame beans*, steamed and cooled

½ red onion*, finely diced

1 lemon*, juice and rind

Handful fresh parsley or mint, chopped (optional)

Salt and pepper, to taste

Method

1. Combine all the salsa ingredients in a bowl and toss. Season according to taste and set aside.
2. Combine the fritter ingredients in a large bowl.
3. Heat enough oil to thinly coat the bottom of a large non-stick frying pan on the stove over medium high heat.
4. Ladle tablespoonfuls of the fritter batter onto the frying pan and cook in batches for about 3 minutes on each side, or until golden brown. Place on a plate once cooked and repeat the process until all the batter is cooked.
5. To serve, portion fritters and salad onto plates.

Cooking tips:

- If desired you can add grated cheese into the batter.

Adapt it:

- Use gluten free flour and baking powder if needed. You can also use frozen corn and/or peas which have been defrosted if you like.

Leftovers

- Freeze any remaining fritters in containers or reusable bags and reheat on the stove or in the oven or keep in the fridge and eat for lunch the next day along with any remaining salsa.

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Black pepper beef

Also known as pepper steak, this Chinese-inspired recipe is a mildly spiced stir-fry dish that the whole family will enjoy any day of the week. Leftovers can easily be stored and reheated for lunch the next day.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- Half packet or 500g medium grain rice*
- 2 tablespoons oil
- 1 onion*, finely diced or thinly sliced
- 3 cloves garlic, finely chopped or 1 ½ teaspoons crushed garlic
- 500g beef rump steak, sliced or stir fry beef
- 2 capsicums*, thinly sliced
- 250g mushrooms, sliced or quartered
- 1 carrot*, cut into thin matchsticks or batons
- 250g mung bean sprouts

SAUCE

- 1 cup water
- 1 tablespoon soy sauce or soy sauce alternative
- 1 teaspoon sugar, honey, or preferred sweetener
- 1 tablespoon cornflour
- ½ teaspoon ground or 1 teaspoon freshly cracked pepper, to taste

Method

1. Cook rice according to packet instructions.
2. Combine the sauce ingredients in a large cup or bowl and set aside.
3. Heat oil in a wok or large frying pan on the stove over medium high heat.
4. Sauté onions until they become soft, add garlic and cook until it begins to turn golden brown.
5. Turn heat to high, add beef, capsicums, mushrooms, and carrots. Stir fry until the beef is cooked to your liking.
6. Pour the sauce ingredients and mix, when it thickens remove from heat. Lastly, stir through mung bean sprouts and serve with rice.

Cooking tips:

- As the sauce ingredients sit the ingredients may separate, before adding it into the pan make sure to stir it first.
- If you cannot find any mung bean sprouts or they are not a family favourite swap them with another vegetable.
- If you know the rice quantities suggested will be too much for your family, only cook what you think will get eaten and save the remaining uncooked rice for another meal.

Adapt it:

- To reduce the salt, use low salt soy sauce. You can also use brown rice to boost the fibre of this dish.
- For protein substitutions use tofu, tempeh, quorn, plant-based meat alternatives or prawns. If using tofu or tempeh, pan fry these separately then add it into the stir fry towards the end.

Leftovers

- Store in containers and freeze or heat thoroughly and eat for lunch the next day.

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Poké bowl

Inspired by a Hawaiian and Japanese fusion rice salad, poké bowls are packed with fresh veggies. Make it how you like with added protein, like chicken or tofu, and for extra crunch, top with a sprinkle of seeds or nuts.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

SALAD

- Half packet or 500g medium grain rice*
- 2 large beetroots, cubed
- ½ cucumber*, sliced
- ½ bag seasonal salad leaves*
- 400g shelled edamame beans*
- 1 large carrot*, cut into thin matchsticks
- 1 avocado*, sliced or cubed
- ½ red onion*, finely diced

MARINADE/SAUCE

- 2 teaspoons soy sauce
- 1 teaspoon apple cider vinegar or lemon or orange juice
- 1 teaspoon sweet chilli sauce
- ½ teaspoon sesame oil (optional)

Method

1. Cook rice according to packet instructions.
2. Boil beetroot in a pot of water for about 15-20 minutes or until tender, drain. Combine the marinade ingredients together in a large bowl, mix in the hot beetroot and stir occasionally as it cools to make sure the flavours get distributed and absorbed evenly.
3. Boil or steam edamame beans to heat through.
4. Prepare the remaining fresh salad ingredients and set aside.
5. To serve, portion cooked rice into bowls or deep plates. Top with fresh salad in any order you like, finish with edamame beans and the seasoned beetroot.
6. Drizzle remaining marinade sauce over each bowl to finish.

Cooking tips:

- The beetroot can also be steamed to cook if desired.
- You can also add seeds and chopped nuts as additional toppings or furikake if you have them handy.
- If you know the rice quantities suggested will be too much for your family, only cook what you think will get eaten and save the remaining uncooked rice for another meal.

Adapt it:

- You can use canned beetroot to save time.
- You can also serve this with cooked chicken, salmon, canned tuna, prawns, tofu, tempeh or a fried egg to boost the protein.

Leftovers

- Make sure any extra rice is cooled quickly and goes in the fridge as soon as possible, then heated thoroughly before eating.

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Friday night souvlaki

Add a touch of the Mediterranean with these Greek-inspired kebabs served with pita bread, salad and tzatziki or hummus.



Prep time: 15 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

KEBABS

500g skinless chicken breast*, sliced or cut into chunks

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon dried mixed herbs

2 cloves garlic, grated or 1 teaspoon crushed garlic

1 lemon*, juice and rind

1/4 teaspoon salt

pepper, to taste

Bamboo or metal skewers (optional)

COUSCOUS SALAD

100g couscous*

1/3 cup water, just boiled

1/2 cucumber*, sliced or diced

1 capsicum*, diced

TO SERVE

8 pita breads, ideally wholemeal

1/2 packet seasonal salad leaves*

3 tomatoes, sliced

250g tzatziki or hummus

Method

1. Combine the chicken and seasoning ingredients together in a bowl and leave to sit for at least 5 minutes. Prepare your choice of cooking element as the chicken marinades by preheating the barbecue, oven, or frying pan on the stove.
2. If using, put the chicken pieces through the skewers. Cook on your chosen element until the chicken is cooked through and caramelised.
3. As the chicken is cooking, prepare the couscous salad by placing the dry couscous in a heat proof bowl, pour the just boiled water over top and cover the bowl with a plate. Leave to sit for 5-10 minutes before fluffing with a fork. Add cucumber and capsicum, season to taste with salt and pepper and your favourite fresh herbs if desired. Set aside.
4. Heat the pita bread according to packet instructions.
5. To serve, spread tzatziki or hummus on the pita bread, place a good handful of salad leaves over top, slices of tomato, spoonfuls of the couscous salad and the chicken removed from the skewer.

Cooking tips:

- If using the stove or barbecue to cook the chicken add oil to grease the pan or hot plate.
- You can also use bottled lemon juice, or use 2 tablespoons vinegar instead.

Adapt it:

- Use quinoa instead of couscous to boost the protein.
- For protein substitutions use falafel, quorn, fish, or plant-based meat alternatives.

Leftovers

- Eat for lunch the next day.

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