

Winter Meal Plans



Week 2 Menu

Monday	Chicken tagine with lemon couscous
Tuesday	Vegetarian meatloaf
Wednesday	Orange soy glazed beef
Thursday	Vege and egg fajitas
Friday	Homemade crispy fish and chips

Week 2 shopping list

Produce

- 5 Onions
- 8 Carrots
- 1 Celery
- 1 Silverbeet
- 1 Cauliflower
- 1 Lemon
- 1 Orange
- 800g Agria potatoes
- 2 Leeks

Butchery

- 400g Skinless chicken breast
- 500g Rump steak

Fish

- 500g Fresh firm fish fillets, eg. red cod, hoki, warehou

Grocery

- 400g Can chopped tomatoes
- 400g Can tomato puree
- 2 x 400g Can chickpeas
- 410g Can black beans
- 410g Can beetroot slices
- 500g Couscous
- 8 Pack wholemeal wrap
- 10 Pack eggs

Frozen

- 1kg Frozen corn kernels

Pantry Staples*

- | | |
|---|--|
| <input type="checkbox"/> Paprika, sweet or smoked | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Moroccan spice mix | <input type="checkbox"/> Worcestershire sauce |
| <input type="checkbox"/> Dried mixed herbs | <input type="checkbox"/> Flour, plain |
| <input type="checkbox"/> Oil, for frying | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed garlic | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Ginger – fresh or crushed ginger | <input type="checkbox"/> Cornflour |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Baking powder |
| | <input type="checkbox"/> Dried apricots, 200g (optional) |

Introduction

The recipes in this meal plan are designed for winter 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

- This week's recipes can be cooked in any order. If following the cooking order, freeze the fish when you get home and place in the fridge on Thursday to begin defrosting.
- Store any leftover dry couscous in an airtight container in a cool place.
- To keep a whole bunch of celery fresh, wrap the root end in a paper towel, place the whole celery in a ziplock bag and squeeze out excess air. If you have chopped celery, place it in an airtight container lined with a paper towel.
- There will be extra frozen corn kernels at the end of the week. Keep them in the freezer and use in other meals such as chowders, stir fries, and fritters.

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





Chicken tagine with lemon couscous

Loaded with fragrant Moroccan-inspired flavours, this simple chicken recipe is a hearty winter meal. Served with a zesty lemon couscous, this nutritious tagine is mild enough for the whole family to enjoy.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 large onion, diced
- 4 garlic cloves, finely chopped or grated or 2 teaspoons crushed garlic
- 2 teaspoons paprika
- 2 tablespoons Moroccan spice mix
- 1 teaspoon dried mixed herbs
- 400g skinless chicken breast, cut into 3cm chunks
- 2 large carrots, cut into small cubes
- ¼ celery*, sliced
- ½ pack silverbeet*, stalk thinly cut and leafy green roughly chopped
- ¼ head cauliflower*, florets and stalk roughly chopped
- 400g can chopped tomatoes
- 250ml (1 cup) water
- Salt and pepper, to taste

LEMON COUSCOUS

- 150g couscous*
- ½ lemon*, rind and juice
- 100g dried apricots, chopped (optional)
- Salt and pepper, to taste

Method

1. Heat oil in a large tagine pan, deep frying pan or large pot on the stove over medium high heat. Add diced onion and sauté for around 5 minutes or until it has begun to soften. Add garlic, smoked paprika, Moroccan spice mix and dried mixed herbs and stir fry for a minute until fragrant.
2. Turn heat to high, add chicken and stir through. Once the chicken is seared, add carrots, celery, and silverbeet stalk. Mix to heat through.
3. Add cauliflower and chopped tomatoes. Fill the can with 1 cup water and gently swirl around to get any remaining sauce and pour into the pan or pot. Stir to combine and cover with a lid.
4. Bring to the boil and reduce the heat to medium and leave to simmer for 10-15 minutes or until the chicken and vegetables are cooked, stirring occasionally. Stir through the leafy tops of the silverbeet. Test taste and season with salt and pepper.
5. As the tagine is simmering, prepare the lemon couscous. Cook couscous according to packet instructions. Grate lemon rind over the couscous, add the lemon juice, and chopped apricots (if using) and gently toss to mix through. Test taste, and season if desired. Serve chicken tagine with lemon couscous.

Cooking tips:

- For a hint of sweetness, add raisins or chopped dates.
- Use chicken stock instead of water if preferred.
- For larger appetites cook 250g couscous.
- To make this meat free, add chickpeas or other pulses instead of the chicken. Cook the spices with the onion and garlic, then add the pulses in at the same time as the other vegetables.
- Use spinach instead of silverbeet if you prefer.

* 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.



Vegetarian meatloaf

A treat for the vegetarians, this hearty 'meatloaf' is completely meat free! Perfect for a shared lunch, this dish also makes a nutritious meal that the whole whānau can enjoy.



Prep time: 25 minutes

Cooking time: 50 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 large onion, diced
- ½ leek*, white and green parts thinly sliced and washed thoroughly
- 2 garlic cloves, grated or minced or 1 teaspoon crushed garlic
- ¼ celery*, sliced
- ½ cauliflower*, florets chopped into small chunks and stalk, grated
- 225g (1 ½ cups) frozen corn kernels*
- 2 large carrots, grated
- 2 x 400g cans chickpeas, rinsed and drained
- 2 eggs*, beaten
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dried mixed herbs
- 1 teaspoon ground cumin
- ½ cup flour
- Salt and pepper, to taste
- 150g tomato purée*

Method

1. Heat oil in a frying pan on the stove over medium high heat. Sauté onions, leek, garlic, celery and cauliflower florets until slightly softened. Add corn, cauliflower stalk and carrots and mix through. Turn off element and remove from heat.
2. Heat oven to 190°C bake or 170°C fan bake and prepare a loaf tin by greasing it or line it with baking paper.
3. Place chickpeas in a large bowl and mash using a potato masher. Add the cooked vegetables, beaten eggs, Worcestershire sauce, dried mixed herbs, and ground cumin and mix. Add flour, salt and pepper and stir through.
4. Transfer mixture into the loaf tin, press down using the back of a spoon so the top is flat and even.
5. Bake for 35 minutes, remove from oven and spread the tomato puree over top. Return to the oven and bake for another 15-20 minutes.
6. Remove from oven and leave to cool for around 10 minutes before removing from the tin and serving.

Cooking tips:

- The meatloaf can be cooked in a baking dish or cake tin.

Adapt it:

- Add more corn or use a combination of frozen peas and corn if you like.
- Add gluten free soy sauce in place of Worcestershire sauce and gluten free flour to make this gluten free.
- You can swap the leek for an extra onion.
- Chop the veggies very finely or blitz together in a food processor if preferred.
- A leftover slice makes a great quick after school snack!

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Orange soy glazed beef

The stir-fried steak has a deliciously sticky orange soy glaze that brings the dish together. This is a light and speedy dinner to feed hungry mouths.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

500g rump steak, fat trimmed and cut into 4-6 portions

Pepper, to taste

1 tablespoon oil

ORANGE SOY GLAZE

2 garlic cloves, finely chopped or grated or 1 teaspoon crushed garlic

20g ginger, grated or 2 teaspoons crushed ginger

1 large orange, juice and rind

2 tablespoons soy sauce

2 teaspoons sugar

1 teaspoon cornflour mixed with 1 tablespoon water

COUSCOUS SALAD

2 teaspoons oil

1 onion, finely diced

½ leek*, white and green parts thinly sliced and washed thoroughly

¼ celery*, sliced

¼ head cauliflower*, florets and stalk chopped into small chunks

150g (1 cup) frozen corn kernels*, defrosted

200ml water

2 large carrots, grated

Salt and pepper, to taste

150g couscous*

100g dried apricots, chopped (optional)

Method

1. Prepare the couscous salad. Heat oil in a large pot on the stove over medium high heat, sauté onion, leek and celery until softened. Add cauliflower, corn, and water, cover with a lid and bring to the boil. Once cauliflower is tender, add the carrots, season with salt and pepper as desired and bring to a simmer. Turn off heat and add couscous, briefly stir through, cover with a lid and leave for 10 minutes for the couscous to cook.
2. Season steak with pepper. Heat oil in a frying pan on the stove over medium high heat. Sear beef and cook to your liking. Set aside to rest.
3. In the same pan as you cooked the beef, add the ginger and garlic and gently fry until fragrant, adding a little more oil if needed. Carefully pour in orange juice with the zest, soy sauce and sugar. Simmer for 3-5 minutes until the sugar dissolves and the sauce has thickened slightly. While stirring pour cornflour mixture and continue stirring until the sauce has thickened.
4. Coat the cooked steak in the sauce or drizzle over top just before serving. To serve, fluff the couscous and gently mix through chopped apricots (if using). Portion onto plates and top with saucy beef.

Cooking tips:

- The steak can also be sliced before serving with the sauce drizzled over top.
- For larger appetites cook 250g couscous.
- Swap the beef for lamb, chicken, tofu, tempeh or a plant protein alternative.
- Peas can be used instead of corn.

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Vege and egg fajitas

These tasty, vege packed fajitas, loaded with seasonal veges, are great for dinner or breakfast.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 3 teaspoons oil, divided
- 1 large onion, thinly sliced
- ½ leek*, white and green parts thinly sliced and washed thoroughly
- ¼ celery*, sliced
- ½ packet silverbeet stalks, thinly sliced (the leaves are used in the Friday night fish and chips - if not cooking that dish add the leaves to this dish)
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- 1 tablespoon smoked paprika
- 250g tomato purée *
- 150g (1 cup) frozen corn kernels*
- 410g can black beans, rinsed and drained
- Salt and pepper, to taste
- 8 eggs*, beaten
- 8 pack wholemeal wraps

Method

1. Heat 2 teaspoons oil in a large frying pan on the stove over medium high heat. Sauté onion, leek, celery, cauliflower and silverbeet stalks for a few minutes, until softened. Add garlic and smoked paprika, stir fry until fragrant.
2. Add tomato purée, corn kernels and black beans and cook until heated through. Test taste and season with salt and pepper, as desired. Remove from heat and set aside or transfer into a large plate or bowl.
3. Heat remaining oil in another frying pan or the same pan used to cook the veges over a high heat. Cook the eggs in two batches like scrambled eggs or large pancakes and slice the pancake once cooked.
4. Heat wraps according to packet instructions if desired. To serve, place egg on the wrap and top with vege mixture.

Cooking tips:

- Cook the eggs sunny side up if preferred.

Adapt it:

- Swap the silverbeet for spinach if preferred.
- You can serve this with rice instead of wraps.
- Use gluten free wraps if required.

Kid friendly alternatives:

- Adjust the spices to suit your kids tastes.
- Ideally use tomato purée with no added salt.
- Use less eggs and wraps in total if you have younger kids with smaller appetites.

Leftover tips:

- Eat for lunch the next day. Any remaining wraps can be placed in a storage bag and frozen.

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Homemade crispy fish and chips

Treat the whānau to this classic Kiwi Friday night favourite for dinner tonight! Home baked oven chips with a side of silverbeet salad is the perfect accompaniment to the wonderfully crispy battered fish.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

Chips

800g agria potatoes, cut into chips or wedges

1 tablespoon oil

Salt and pepper, to taste

WARM SILVERBEET SALAD

2 teaspoons oil

1 onion, thinly sliced

½ leek*, white and green parts thinly sliced and washed thoroughly

½ pack silverbeet*, greens roughly chopped

2 large carrots, thinly sliced

CRISPY FISH

Oil, for frying

½ cup + 3 tablespoons flour

½ teaspoon baking powder

½ cup water

Pinch salt

Pepper, to taste

500g fresh firm fish fillets such as red cod, hoki, warehou, sliced if needed

TO SERVE

450g can beetroot slices, drained

½ lemon*

Method

1. Heat oven to 200°C bake or 180°C fan bake, prepare a baking tray by greasing it. Toss the potatoes, oil, and salt and pepper in a large bowl and spread on the baking tray on a single layer. Bake for 35 minutes or until golden and cooked, turning halfway through.
2. Prepare the beet and silverbeet salad. Heat oil in a large frying pan or wok on the stove over high heat. Sauté onion until cooked to your liking, add silverbeet and carrots and cook until heated through. Add lemon juice and zest and mix through. Turn off element and gently toss through beetroot slices. Set aside.
3. Add enough oil to a frying pan for a shallow fry and heat on the stove over high heat.
4. Place the 3 tablespoons of flour onto a plate and coat fish fillets, shaking of any excess flour.
5. Combine the remaining flour, baking powder, water, salt and pepper in a large bowl and mix until it forms a smooth batter. Coat the floured hoki in the batter.
6. Fry in batches in the frying pan and cook until golden.
7. Serve crispy fish with chips, salad, and beetroot slices. Squeeze lemon over the fish and salad.

Cooking tips:

- For a lighter meal omit the batter and pan fry the fish seasoned with salt and pepper or your favourite spices and herbs.

Adapt it:

- Use gluten free flour and baking powder if required.
- You can swap silverbeet for spinach.
- Add an extra onion instead of the leek if needed.
- Add nuts/seeds to the salad to add healthy fat.

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