

Winter Meal Plans



Week 4 Menu

Monday	Karaage chicken rice bowl
Tuesday	Chickpea and lentil pilaf
Wednesday	Grilled beef with potato salad
Thursday	Egg foo young
Friday	Friday night pad thai

Week 4 shopping list

Produce

- ½ Cabbage
- 3 Beetroot
- 10 Carrots
- 1 Red onion
- 4 Onions
- 1 Celery
- 800g Potatoes
- 3 Lemons
- 1 Apple
- 1 Bunch silverbeet

Butchery

- 400g Skinless chicken breast
- 500g Rump steak

Chilled

- 125g Lite sour cream

Grocery

- 1kg Medium grain brown rice
- 400g Can lentils
- 400g Can chickpeas
- 410g Can whole kernel corn
- 10 Pack eggs
- 200g Pad Thai rice noodles

Frozen

- 300g Raw peeled prawns
- 454g Shelled edamame beans
- 1kg Frozen green beans
- 750g Frozen baby peas

Pantry Staples*

- Soy sauce (gluten free or salt reduced if preferred)
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Pepper
- Salt
- Cornflour
- Oil
- Garam masala
- Ground coriander
- Ground cumin
- Cinnamon
- Tomato sauce

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 four tips

- We recommend cooking the karaage chicken before the chickpea and lentil pilaf, as cooked rice is shared between the meals. Otherwise cook the meals in any order you like.
- To keep a whole bunch of celery fresher for longer, is to wrap the root end of the celery in a paper towel, place the whole celery in a ziplock bag and squeeze out the excess air. If you have chopped celery, place it in an airtight container lined with a paper towel.
- There will be leftover uncooked rice this week, store this in an airtight container in a cool place and use in another meal.
- There will be some leftover frozen green beans this week, you can add more into the recipes or use in other dishes another day.

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



Monday



Karaage chicken rice bowl

Everyone's favourite crispy, fried chicken served as a Japanese-style donburi bowl with a fresh, zesty slaw on rice.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

500g medium grain brown rice

KAARAGE CHICKEN

400g skinless chicken breast, sliced

2 teaspoons soy sauce

2 garlic cloves, grated or minced or 1
teaspoon crushed garlic

10g (2cm chunk) ginger, grated or 1
teaspoon crushed ginger

Pepper, to taste

6 tablespoons cornflour

Oil, for frying

ZESTY SLAW

254g shelled edamame beans*, steamed

1/8 cabbage*, thinly sliced

1 ½ large beetroot*, grated or cut into
thin matchsticks

2 large carrots, cut into matchsticks or
thinly sliced

1 large apple, cut into batons

1 red onion, thinly sliced

1 lemon, juice and rind

Method

1. Cook rice according to packet instructions. Set aside at least 2 cups of the cooked rice and place in a container in the fridge to use in the chickpea and lentil pilaf meal.
2. Place chicken, soy sauce, garlic, ginger, and pepper in a bowl, mix to coat. Cover and leave to marinate for 5-10 minutes.
3. As the chicken marinates, prepare the salad by tossing the salad ingredients in a bowl.
4. Add enough oil to a frying pan to lightly coat the bottom of the pan, heat on medium high heat on the stove.
5. Place cornflour on a plate and coat the sliced chicken, dust off any excess flour and fry. Cook for 3-6 minutes, turning halfway, or until the chicken is golden and cooked through.
6. To serve, place a portion of rice in a bowl, top with salad, karaage chicken and Japanese mayo or your favourite sauces.

Cooking tips:

- Note that a larger amount of rice is cooked in this recipe as some cooked rice is shared with the lentil and chickpea pilaf dish. If only making this dish cook just 300g rice.

Adapt it:

- Use firm tofu or tempeh in place of chicken to make this a vegetarian dish, adjust cooking times accordingly.
- Use gluten free soy sauce if needed. Choose reduced salt soy sauce for children.

Kid friendly alternatives:

- Leave onion out of the salad and serve on the side.

Leftover tips:

- Eat for lunch the next day, and any remaining rice can be frozen for another 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.



Chickpea and lentil pilaf

Also known as pilau, this spiced rice dish is full of beautifully subtle spices and texture. With plenty of veges and pulses, it's an easy and nutritious recipe to whip up for dinner.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 2 teaspoons oil
- 1 onion*, finely diced
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- 1 teaspoon garam masala
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- 1 teaspoon cinnamon
- 2 large carrots*, cut into small cubes or grated
- ¼ celery*, sliced
- ¼ bunch silverbeet*, leafy part roughly chopped and stalks thinly sliced
- 250g frozen green beans*
- 300g (2 cups) frozen peas*
- 2 cups cooked medium grain brown rice*
- 400g can lentils, rinsed and drained
- 400g can chickpeas, rinsed and drained
- 1 ½ large beetroot*, grated or cut into thin matchsticks
- Salt and pepper, to taste

Method

1. Heat oil in a large frying pan or skillet on the stove over medium high heat. Add onions and sauté for 5 minutes or until softened. Add garlic and spices, stir fry for 1-2 minutes or until fragrant.
2. Add carrots, celery, silverbeet, and green beans and stir fry until cooked to your liking.
3. Add remaining ingredients and heat through. Test taste and season with salt and pepper, or additional spices as desired.

Cooking tips:

- Save the chickpea brine and use as aquafaba to make vegan meringues, mousse, and mayonnaise.

Adapt it:

- Use 1-2 tsp of a curry paste in place of the spices if you prefer.
- You can swap silverbeet for spinach or just more green beans or peas.
- Swap the peas for frozen corn if you prefer.
- Swap the beetroot for grated carrot or add the extra carrot when cooking the other vege.
- Kid friendly alternatives:
- Adapt the veges used and level of spice to suit their taste.

Leftover tips:

- Eat for lunch the next day or freeze in portions and heat thoroughly before serving.
- This recipe is a good way to use up any leftover rice or vegetables.

* 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.



Grilled beef with potato salad

Jazz up meat and potatoes with our recipe for sizzling rump steak, a zesty potato salad and a delectable garlicky, green side salad.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

GRILLED STEAK

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

1 teaspoon oil

ZESTY POTATO SALAD

800g potatoes, cut into 3cm chunks

125g lite sour cream

1 lemon, rind and juice

GARLIC GREENS

2 teaspoons oil

1 onion, thinly sliced

4 garlic cloves, grated or finely chopped or 2 teaspoons crushed garlic

250g frozen green beans*

200g shelled edamame beans*

¼ celery*, sliced

½ bunch silverbeet*, leafy part roughly chopped and stalks thinly sliced

Salt and pepper, to taste

Method

1. Boil or steam the potatoes until a knife can go through the potato chunk, drain water, and leave to cool slightly. Mix sour cream, lemon rind and juice in a large bowl until smooth, season with salt and pepper if desired. Add potatoes into the bowl and gently mix to coat in the zesty sour cream. Set aside.
2. Heat 1 tablespoon oil in a large frying pan on the stove over high heat. Season the beef if desired with salt and pepper or your favourite seasoning mix. Cook for 3-5 minutes on each side or until caramelised and cooked to your liking. Transfer onto a plate, cover loosely and leave to rest.
3. Heat remaining oil, in the same frying pan the beef was cooked in, on high heat, sauté onions and garlic until softened and fragrant. Add green beans, edamame beans, celery, and carrots and stir fry until cooked to your liking. Test taste adding salt and pepper if desired. Serve beef with zesty potato salad and garlic vege stir fry.

Cooking tips:

- The potatoes can be served mashed, just change the potatoes to a mashing type such as agria.

Adapt it:

- Swap the silverbeet for spinach if preferred.
- Instead of beef you can use lamb, pork, chicken or pan fry tofu or tempeh.
- Serve with mashed kumara instead.

Kid friendly alternatives:

- Swap green beans for peas if preferred.

Leftover tips:

- 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.



Egg foo young

This Chinese-style fried egg dish is a deliciously simple and tasty meal for any time of day, plus a great way to makeover leftover vegetables or rice.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 300g medium grain brown rice*
- 1 tablespoon oil
- 1 onion, sliced thinly or finely diced
- ¼ celery*, sliced
- ¼ bunch silverbeet*, leafy part roughly chopped and stalks thinly sliced
- 250g (1 ½ cups) frozen peas*, defrosted
- 1 x 410g can whole kernel corn, drained
- 2 large carrots, cut into thin matchsticks
- 1/8 cabbage* thinly sliced
- 8 eggs*
- Salt and pepper, to taste

Method

1. Cook rice according to packet instructions. Meanwhile, heat the oil in a large frying pan or wok on the stove over high heat. Add onion, celery and silverbeet, sauté until slightly softened. Add remaining vegetables and heat through.
2. Beat eggs in a large bowl and season with salt and pepper if desired.
3. Pour eggs over the hot vegetables, tilt and rotate the pan if needed to spread the egg evenly. Cover with a lid to help set the egg if needed. Break the egg into chunks and flip over to cook the other side.
4. Serve hot with the rice.

Cooking tips:

- Cook in two batches if your frying pan or wok is not large enough. To do this, stir fry the vegetables in one cook and transfer half onto a plate. Beat four eggs together, season to taste and pour over the vegetables, cook and move onto a plate. Then repeat this process to cook the second batch.

Adapt it:

- Swap silverbeet for spinach or frozen peas if you prefer.
- You can use frozen rather than canned corn.
- Kid friendly alternatives:
- Adapt the veges used to suit their tastes.

Leftover tips:

- Perfect 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.



Friday night pad thai

One of the most popular Thai takeaway dishes, our cheats version is easy enough to whip up at home using common pantry ingredients. With a tasty blend of sweet and savoury, you'll be wanting seconds!



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

200g Pad Thai rice noodles
 1 tablespoon oil, divided
 2 eggs*, beaten
 1 onion, thinly sliced
 2 garlic cloves, grated or minced or 1 teaspoon crushed garlic
 ¼ celery*, sliced
 300g raw peeled prawns
 250g frozen green beans*
 2 tablespoons tomato sauce
 1 tablespoon soy sauce
 2 large carrots, cut into thin matchsticks
 200g (1¼ cups or remaining) frozen green peas*
 ¼ cabbage*, thinly sliced
 1 lemon, rind and juice

Method

1. Cook noodles according to packet instructions. Set aside.
2. Heat oil in a large frying pan or wok on the stove over high heat, add eggs and as they begin to set break into chunks. Transfer into a bowl or plate once cooked and set aside.
3. Heat remaining oil in the same pan, still at high heat. Add onion, garlic, and celery and stir fry until the onion softens. Add prawns and green beans and stir fry until it is almost fully cooked. Mix in tomato sauce, soy sauce, carrots, and green peas, and heat through.
4. Add noodles, cabbage, lemon zest, and cooked egg and stir through to heat. Test taste, adding more seasoning ingredients if desired. Squeeze lemon juice over the noodles just before serving.

Cooking tips:

- You can precook the prawns by boiling them or stir frying them and adding at the end with the noodles.
- You can use your favourite stir fry noodle sauce instead of the sauce ingredients listed.

Adapt it:

- Replace prawns with beef, lamb, chicken, tofu, tempeh, Quorn or a plant-based alternative if preferred.
- Use gluten free soy sauce if needed. Choose reduced salt soy sauce for children.

Kid friendly alternatives:

- Break up noodles before cooking to make them easier for smaller kids to eat.

Leftover tips:

- Reheat for lunch the next day or freeze and portion, and heat thoroughly before eating.

* 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.