

Spring Meal Planner

5 FAMILY
DINNERS
for under \$100

Week 2 Menu

Monday	Herby chicken tray bake
Tuesday	Salmon and leek parcels
Wednesday	Thai-style beef salad with crispy noodles
Thursday	Chicken and filo pie
Friday	Mee goreng

Week 2 tips

- We recommend cooking the herby chicken tray bake before the chicken filo pie as the leftovers from the tray bake can be added into the pie. Other than that, you can cook the meals in any order you like.
- Shopping list ingredients you will be sharing between meals this week are: chicken stock cubes, carrots, frozen peas, filo pastry, onions, mushrooms, lemons.
- White sauce is used in both chicken recipes – the full amount you need to make for both meals is in the tray bake recipe. Use the sauce that you need for the tray bake and keep the leftovers in the fridge to mix into the filo pie filling.
- Chicken stock cubes are one of the shopping list ingredients used in a few recipes this week, but you can also use your favourite spice mix or seasoning instead.

Monday



Herby chicken tray bake

Great for nights when you want the oven to take care of most of the cooking. You can easily switch up the herbs with your favourite ones or other seasoning and spice mixes to make this recipe your very own.



Prep time: 10 minutes

Cooking time: 40 minutes

Ingredients

WHITE SAUCE

- 3 tablespoons oil or butter
- ¼ cup flour
- 4 cups milk
- 4 cubes chicken stock*
- Salt and pepper, to taste
- Pinch of nutmeg (optional)

TRAY BAKE

- 1-1.5kg chicken thighs or drumsticks (or 2 thighs/drumsticks per person)
- 600g potatoes, washed and cut into about 2cm wide chunks
- 2 large carrots*, cut into 1cm slices
- 2 tablespoons oil
- 2 teaspoons dried mixed herbs
- 1 teaspoon salt
- Pepper, to taste

Method:

WHITE SAUCE

1. Heat oil or butter in a medium sized saucepan or pot on the stove over medium heat, add flour and cook for about a minute until it forms a paste.
2. Carefully add in milk while mixing using a whisk, turn the heat to high and continue stirring until it thickens. Add chicken stock cubes and nutmeg if using, test taste adding salt and pepper as needed. Set aside.

TRAY BAKE

3. Heat oven to 180°C bake or 160°C fan bake.
4. Prepare a large baking tray or two medium baking dishes. Place chicken, potatoes, and carrots in the tray or dish. Drizzle with oil, sprinkle herbs, salt and pepper and mix to coat.
5. Bake for about 35-40 minutes, or until the chicken and vegetables are cooked.

Tips:

Halve the white sauce quantity in this recipe if you are only making this dish. You can change up the vegetables, use what you have already at home or if you want something different (cauliflower and beetroot are great roasted).

Leftovers:

Can be added into the chicken filo pie filling or can be frozen.



**LOVE
FOOD**
hate waste
NEW ZEALAND



Salmon and leek parcels with grilled broccoli

Filo (phyllo) pastry is a thin dough commonly used in Turkish and other Mediterranean and Middle Eastern cooking that produces a light and crisp pastry when cooked. A great ingredient for this spring-inspired individual pie.



Prep time: 20 minutes

Cooking time: 35 minutes

Ingredients

SALMON AND LEEK PARCEL

- 1 tablespoon oil
- 3 cloves garlic, grated or
1 ½ teaspoons crushed garlic
- 1 large or two small leeks, sliced
thinly, green and white parts included
- 1 cube chicken stock*, crushed
- Pinch salt
- Pepper, to taste
- 1 ½ cups frozen peas*
- 415g tinned salmon, drained
- 12 sheets filo pastry*
- ½ cup melted butter or oil, for
layering the filo sheets

GRILLED BROCCOLI

- 2 tablespoons oil
- 2 cloves garlic, grated or
1 teaspoon minced garlic
- 1 head broccoli, florets and stalks
chopped
- Salt and pepper, to taste

Method

1. Heat oil in a large frying pan on the stove over high heat, add garlic and leek. Fry for 5-10 minutes until the leek is soft and cooked.
2. Remove pan from heat, mix through crushed chicken stock cube, salt and pepper, and frozen peas. Add salmon, making sure there are no bones and gently mix into the leek and peas. Split into 4-6 portions and set aside.
3. Prepare a baking tray by greasing it or using a baking mat, set aside.
4. Heat oven to 200°C bake or 180°C fan bake.
5. To make the parcels, lay out one sheet of filo pastry, brush it with melted butter or oil and place another sheet over the top. Brush this layer with melted butter or oil. Fold in half and brush edges with butter.
6. Turn the filo sheet so that the short edge of the pastry is closest to you, scoop a portion of the filling and place it at the centre towards the bottom third of the pastry edge closest to you. Fold from the bottom to cover the filling, do another fold upwards then fold the sides in. Brush the dry edges with butter or oil and continue folding upwards until it is sealed. Transfer to the baking tray.
7. Continue this process for the remaining parcels. Brush the outside with butter or oil just before putting it into the oven.
8. Bake for 20-30 minutes until golden brown.
9. While the parcels bake, combine the grilled broccoli ingredients in a baking dish and mix to coat the broccoli in the oil and garlic. Cook in the oven with the parcels in the last 10 minutes of its cooking time.

Tips:

Flaky pastry is a great substitute if filo pastry is hard to find or you want to cut down on prep time. For protein variations, swap tinned salmon with smoked salmon or other fish fillets, smoked chicken or leftover roast chicken. You can swap leek with onions, shallots, spring onions, or a combination of these.

Leftovers:

Eat for lunch the next day.

Wednesday



Thai-style beef salad with crispy noodles

Zesty, slightly sweet, with a hint of heat. The perfect salad for spring especially when fresh local lemons are still available in stores at a good price.



Prep time: 15 minutes

Cooking time: 15 minutes

Ingredients

SALAD

2 tablespoons oil

500g beef (stir fry, rump steak or your favourite beef cut)

½ teaspoon salt

Pepper, to taste

1 small red onion, thinly sliced

1 large carrot*, cut into matchsticks

15g fresh mint, roughly chopped

120g mesclun salad or your favourite salad mix

140g crispy noodles

DRESSING

Zest and juice of 2 lemons*

¼ cup sweet chilli sauce

2 teaspoons fish sauce or

1 teaspoon soy sauce

1 clove garlic, grated or

½ teaspoon crushed garlic

Method:

1. Combine dressing ingredients together and set aside.
2. Heat oil in a frying pan on the stove over high heat, mix beef with salt and pepper and sear in batches until cooked. Set aside.
3. Combine sliced red onion, carrots, mint, and mesclun salad together in a large bowl. Pour half of the dressing over the salad and mix through.
4. In another bowl, combine the remaining dressing with the cooked beef.
5. To serve, place salad on a wide dish or bowl, add beef, then top with crispy noodles.

Tips:

If using a steak cut of beef, cut into thin slices before searing on the pan. Any mix of salad ingredients will work in this recipe – you want to aim for about 2 loose cups of salad per person.

Leftovers:

Eat for lunch the next day.



Filo topped chicken pie

Hot creamy filling with a crisp fillo topping. A comfort food recipe that you can also make when you have any leftover casseroles or stews.



Prep time: 15 minutes

Cooking time: 40-45 minutes

Ingredients

- 2 tablespoons oil
- 1 onion*, finely diced
- 2 cloves garlic, grated or
1 teaspoon crushed garlic
- 150g mushrooms*, sliced thinly
- Salt and pepper, to taste
- 500g chicken breast, cubed
- 2 cups white sauce or remaining
white sauce from tray bake
- 1 cup peas*
- 4 sheets fillo pastry*
(or the remaining sheets from
salmon and leek parcels)
- ¼ cup melted butter or oil

Method:

1. Heat oil in a deep frying pan or skillet on the stove over medium high heat, sauté onions until they become translucent.
2. Add garlic and mushrooms and stir fry until the mushrooms soften.
3. Add chicken and cook for 5-10 minutes. Lastly add in peas and white sauce, stir through and remove from heat. Transfer filling into a baking dish.
4. Heat oven to 200°C bake or 180°C fan bake.
5. To prepare the fillo topping, brush each layer with melted butter or oil. Then place on top of the pie, folding it as needed to fit the baking dish.
6. Using a sharp knife, cut a few slits on top to let the steam through as the filling heats up.
7. Bake for 30-40 minutes until the filling is hot and the fillo is golden brown.

Tips:

The filling can be made in advance and stored in the fridge to save time on the day. If you have any chicken or roast vege leftover from the tray bake, mix them in when making the filling.

Leftovers:

Can be frozen or eaten for lunch the next day.



Mee goreng

A flavour-filled street food classic fried noodle dish originating from Malaysia, Indonesia and Singapore.



Prep time: 10 minutes

Cooking time: 20 minutes

Ingredients

3 tablespoons oil, used in 1 tablespoon amounts throughout the recipe

300g firm tofu, cut into cubes or slices

400g Hokkien noodles

1 onion*, sliced thinly or finely diced

2 cloves garlic, finely chopped or
1 teaspoon crushed garlic

150g mushrooms*, thinly sliced

1 cup frozen peas*
(or the remaining peas)

¼ cup tomato sauce, ketchup, or
tomato passata

3 tablespoons soy sauce

2 teaspoons curry powder

1 lemon*, cut into half

1 pack Shanghai bok choy, cut into chunks
with the green and white parts separated

200g bean sprouts or other sprouts

Method:

1. Heat one tablespoon of oil in a non-stick frying pan on the stove over high heat. Cook the tofu until it is golden brown and crispy on all sides. Set aside.
2. Check if noodles require any specific preparation based on package instructions and get the noodles ready.
3. Heat a wok or large, deep frying pan with the remaining oil on the stove over medium high heat, add the onions and cook until they are soft.
4. Add garlic and mushrooms and stir fry until the mushrooms are cooked to your liking.
5. Turn the heat to high. Add frozen peas, tomato sauce (ketchup or passata), soy sauce, curry powder, juice of half the lemon and the white part of the bok choy. Stir until the sauce gets hot.
6. Add noodles and the green part of the bok choy to the wok or pan. Test taste, add salt and pepper or sauce ingredients as desired.
7. Briefly stir the bean sprouts and tofu through the noodles, turn off heat.
8. Cut the remaining half of the lemon into wedges and serve with the noodles.

Tips:

If you have enough space on the stove you can cook the tofu at the same time as cooking the main dish to cut down on cooking time. Switch out the bok choy with other leafy greens that you like more or may already have in the fridge such as cabbage, spinach, won bok, or silverbeet. You can swap out tofu with a different protein of choice.

Leftovers:

Can be frozen or eaten for lunch the next day.