

Spring Meal Planner

5 FAMILY
DINNERS
for \$100
under

Week 3 Menu

Monday	Sung choi bao
Tuesday	Red lentil falafel wrap
Wednesday	Adobo with zesty tumeric rice
Thursday	Mince and basil spaghetti
Friday	Spinach biryani with coconut lentil curry

Week 3 tips

- The first three dishes for this week include a raw salad component so we recommend cooking those first to make sure the salad is fresh when it is served.
- Shopping list ingredients you will be sharing between meals this week are: mince, round green beans, frozen spinach, hoisin sauce, onions, shitake (shiitake) mushrooms, lettuce, lemons, carrots, beetroot, kale, red split lentils and basmati rice.
- Pork mince is the listed ingredient in the recipes, but you can use your favourite mince instead.
- This week's recipes only use 500g of rice but if you are only able to get a 1kg bag of basmati you will have some rice leftover. Another recipe where you can use the additional rice is the sung choi bao as it is a light dish and is a great way to bulk up the meal.
- Hoisin sauce is listed as a shopping list ingredient this week – some alternative substitutes that can be used include oyster sauce, teriyaki sauce or a plum sauce. When using alternative sauces add in a smaller amount as listed in the ingredient list first and test taste.
- The red lentil falafel wrap and adobo recipes use similar salad ingredients – to save time you can combine the salad ingredients and use it over two days.

Monday



Sung choi bao

Chinese-inspired stir fried shiitake mushrooms with flavoured mince served in lettuce cups.



Prep time: 10 minutes

Cooking time: 15 minutes

Method:

1. Place shiitake mushrooms in a bowl and add just enough boiling water from a kettle to cover it and leave to soak for 5 minutes.
2. As the mushrooms soak, prepare the lettuce by separating the leaves, rinse, then pat them dry. Place on a serving plate.
3. Carefully remove the hot mushrooms and place on a plate and once cooled, cut into small pieces. Save the mushroom broth.
4. Heat oil in a large frying pan on the stove over medium-high heat, add onion and sauté until it becomes translucent and soft.
5. Add in ginger and garlic and fry until fragrant. Mix through pork mince, mushrooms and carrots and stir fry until cooked.
6. Add ¼ cup of the mushroom broth, green beans, hoisin sauce, soy sauce, and pepper. Let it simmer and reduce for 5 minutes. Test taste and add additional seasoning ingredients or salt, if needed.
7. To serve, spoon mince mixture into lettuce cups, drizzle with any remaining hoisin sauce from the bottle.

Tips:

To stretch the meal further we recommend cooking rice to serve with this meal. If you have any remaining mushroom broth and a small amount of hoisin sauce left, pour broth into the sauce bottle, cover and shake, then pour into a small saucepan, heat and reduce. Then use as additional sauce before serving.

Leftovers:

Keep the mince and lettuce separate. Mince can be frozen. Or eat for lunch the next day with the remaining lettuce and/or rice.

Ingredients

20g (half packet) dried sliced shiitake mushrooms*
½ cos lettuce or fresh cut lettuce*
2 tablespoons oil
1 onion*, finely diced
2cm fresh ginger, grated or 1 teaspoon minced ginger
2 cloves garlic, finely chopped or 1 teaspoon minced garlic
500g pork mince*
2 carrots*, grated or finely diced
150g round green beans*, sliced
½ cup hoisin sauce*
2 tablespoons soy sauce
Pepper, to taste
Salt, to taste



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NEW ZEALAND



Ingredients

350g (just under 2 cups) red split lentils*, soaked overnight

1 onion*, roughly chopped or grated (if not using a food processor)

3 cloves garlic, grated or 1 ½ teaspoons minced garlic

3 tablespoons oil

1 teaspoon ground cumin

1 teaspoon ground coriander

1 ¼ teaspoon salt

5 tablespoons plain flour

1 teaspoon baking powder

6 pack wraps

½ cos lettuce or fresh cut lettuce*, sliced

½ bunch curly kale*, washed and cut into smaller pieces

1 beetroot*, grated

1 carrot*, grated

Zest and juice of 1 lemon*

150g-200g Hummus or tzatziki sauce

Red lentil falafel wrap

Red lentils, a softer variety of lentils, are perfect for making into falafels.



Prep time: 15 minutes

Cooking time: 20 minutes

Method

1. Heat oven to 200°C bake or 180°C fan bake and prepare a baking tray by greasing it with oil or use a baking mat.
2. If using a food processor, pulse lentils until it begins to break down. Add onion, garlic, oil, cumin, coriander, salt, flour and baking powder. Blend until it comes together and it is almost smooth, taking care not to over blend. Note: Use a potato masher if you don't have a food processor and follow the same steps as above.
3. Roll into golf ball sized balls and place on the baking tray. Bake for 20 minutes or until brown and crisp on the outside, turning after about 15 minutes.
4. Heat the wrap or pita according to package instructions. Combine lettuce, kale, beetroot and carrot in a bowl, toss with zest and lemon juice. Spread wrap with hummus or tzatziki sauce, add salad filling and falafel. Serve.

Tip:

The lentil falafel can be made ahead, stored in the freezer and reheated when you are ready to use them.

Leftovers:

Eat for lunch the next day.

Wednesday



Adobo with zesty turmeric rice

Adobo is a popular Filipino dish that can be cooked with any meat, commonly chicken or pork, with a distinct soy flavour and bursts of sweetness and tanginess. Best served with rice.



Prep time: 15 minutes

Cooking time: 40 minutes

Ingredients

CHICKEN ADOBO

- 20g sliced dried shiitake mushrooms*
- 1 ½ cups hot water
- 1.5-2kgs chicken drumsticks or thighs
- 1 onion*, diced
- 4 cloves of garlic, crushed or 2 teaspoons minced garlic
- 3cm piece ginger, sliced or 1 ½ teaspoons minced ginger
- 2 bay leaves
- 2 star anise (optional)
- ⅔ cup soy sauce
- ¼ cup vinegar (white, apple cider or coconut)
- ⅓ cup packed brown sugar

ZESTY TURMERIC RICE

- 250g basmati rice*, rinsed
- 1 ½ cups water
- Zest and juice of 1 lemon
- 2 teaspoons turmeric powder

RAW KALE & BEETROOT SALAD

- 1 ½ tablespoons olive oil
- Zest and juice of 1 lemon
- Pinch salt and pepper
- ½ bunch curly kale* washed and cut into smaller pieces
- 1 beetroot*, grated

Method:

CHICKEN ADOBO

1. In a bowl, soak dried mushrooms in hot water and cover with a plate – leave for 5 minutes.
2. Place the remaining ingredients into a pot, then pour in the soaked mushrooms with the mushroom broth.
3. Cover pot with a lid and place on the stove over high heat. Once boiling, turn the heat to low and let it simmer for around 30 minutes until the chicken is cooked, stirring occasionally. Test taste, adding more soy, vinegar or sugar according to taste.

ZESTY TURMERIC RICE

4. Cook the rice while the adobo is cooking.
5. Combine all the ingredients in a pot, stir briefly, cover with a lid and place on the stove over high heat. Once boiling, turn the heat down to low and let it simmer and cook for 15 minutes. Turn off heat and remove from the stove, leave to rest for 5-10 minutes before serving.
6. Alternatively, combine all the ingredients together in a rice cooker and cook until ready.

RAW KALE & BEETROOT SALAD

7. Combine olive oil, lemon juice and zest, with salt and pepper in a large bowl and mix together. Add kale and beetroot, toss to coat in dressing.

Tip:

Estimate how much chicken your household will eat and buy enough according to that. If you have more time, you can try making adobo with a different meat, such as pork or casserole cuts of beef are great. Braise them in the adobo sauce over a slower heat and longer time until tender.

Leftovers:

Eat for lunch the next day.
The chicken adobo by itself can be frozen.



Pork mince and basil spaghetti

Spaghetti with flavours inspired by Asian cuisine for a twist on a dinner classic.



Prep time: 10 minutes

Cooking time: 20 minutes

Ingredients

500g spaghetti
3 tablespoons oil
4 garlic cloves, grated or
2 teaspoons minced garlic
500g pork mince*
1 fresh chilli, finely sliced or
1 teaspoon chilli flakes (optional)
100g round green beans*, sliced
100g frozen spinach*, defrosted
½ cup hoisin sauce*
2 tablespoons fish sauce or
1 tablespoon soy sauce
2 tablespoons soy sauce
15g fresh cut basil, roughly
chopped

Method:

1. Cook spaghetti according to packet instructions. Set aside one cup of pasta water before draining.
2. Heat oil in a large wok or pot on the stove over medium-high heat. Add garlic and fry for a few seconds until it becomes fragrant and starts to become golden, then mix in the mince. Stir fry until the mince is cooked.
3. Turn the heat to high, add chilli or chilli flakes (if using), green beans and spinach. Mix through.
4. Add hoisin sauce, fish sauce and soy sauce, heat through.
5. Add cooked spaghetti and coat in the sauce, add pasta water in small amounts until you get a creamy sauce consistency. To finish, mix in chopped basil leaves and serve.

Tip:

This recipe will also work well using other types of mince or vegan mince alternatives.

Leftovers:

Can be frozen or eaten for lunch the next day.

Friday



Spinach biryani with coconut lentil curry

Biryani is a rice dish made with a variety of spices, meats and vegetables representing the specialties from different regions.



Prep time: 10 minutes

Cooking time: 35 minutes

Ingredients

SPINACH BIRYANI

- 2 tablespoons oil
- 1 onion*, finely diced
- 2 cloves garlic, finely chopped or 1 teaspoon minced garlic
- 2cm fresh ginger, grated or 1 teaspoon minced ginger
- 1 teaspoon salt
- ½ teaspoon curry powder
- 2 teaspoons garam masala
- 1 bay leaf
- 2 cardamom pods (optional)
- 1 star anise (optional)
- 200g frozen spinach*, defrosted
- 250g basmati rice*
- 1 ½ cups water

COCONUT LENTIL CURRY

- 1 tablespoon oil
- 1 onion*, finely diced
- 2 teaspoons curry powder
- 1x 400g can chopped tomatoes
- 150g red split lentils*, soaked overnight
- 2 carrots*, grated
- 1x 400g can coconut cream
- 1 ½ teaspoons salt
- Pepper, to taste

Method:

SPINACH BIRYANI

1. Heat oil in a large pot on the stove over medium-high heat. Sauté onions for around 5 minutes until they become soft and translucent.
2. Add garlic and ginger and stir fry for a minute until fragrant. Mix through salt, spices and bay leaf, fry for about 30 seconds.
3. Turn the heat to high and stir fry spinach. Add rice and mix to coat in the spices, pour water over the top, gently mix around and cover with a lid.
4. Bring to boil, then turn the heat down to low and leave to cook for 15 minutes. Turn off heat, remove from stove and let it rest for 5-10 minutes before serving.

COCONUT LENTIL CURRY

5. Prepare the curry as the rice cooks.
6. Heat oil in a medium sized pot on the stove over medium-high heat. Sauté onions for around 5 minutes until they become soft and translucent.
7. Add curry powder and fry until fragrant. Add the remaining ingredients into the pot, rinse can with ½ cup water each and pour liquid into the pot, bring to boil, and let it simmer for 5-10 minutes. Test taste and add more salt and pepper or spices as desired.

Tip:

The curry is a great make-ahead recipe and can also be cooked in a slow cooker.

Leftovers:

Eat for lunch the next day. The curry by itself can be frozen.