

Spring Meal Planner

5 FAMILY
DINNERS
for \$100
under

Week 4 Menu

Monday	Sapasui with mince
Tuesday	Smokey chicken po' boy
Wednesday	Lao-inspired larb
Thursday	Chana masala
Friday	Spring vege quiche

Week 4 tips

- We recommend cooking the po' boy earlier on the week to make sure the bread is still fresh and cooking the quiche last as you can add any vegetables that didn't get used up in the other recipes into the quiche. Other than that, you can cook the recipes in any order you like.
- Shopping list ingredients you will be sharing between meals this week are: onions, mince, broccoli, spring onions, lettuce, carrots, cucumber, leek, fresh spinach and round green beans.
- Mince is shared over two recipes – you can use your favourite meat or meat substitute in these recipes.

Monday



Sapasui with mince

A Pacific Island chop suey and a party favourite – a great dish to bring people together.



Prep time: 10 minutes

Cooking time: 20 minutes

Ingredients

200g vermicelli noodles
2 tablespoons oil
1 onion*, finely diced
2 cloves garlic, grated or
1 teaspoon minced garlic
3cm piece ginger, grated or
1 ½ teaspoon minced ginger
500g mince* (beef, chicken, or pork)
½ cup soy sauce
½ head broccoli*, chopped, florets
and stalks included
150g round green beans*, sliced
Salt and pepper, to taste
½ bunch spring onions*, green and
white parts finely sliced

Method:

1. Soak vermicelli in a large bowl or pot with enough hot water to cover it for 5-10 minutes or until softened, then drain. Set aside.
2. Heat oil in a large and deep frying pan, skillet or wok on the stove over medium-high heat. Sauté onion for around 5 minutes until soft, add garlic and ginger and stir fry for a minute or until fragrant.
3. Add mince to the pan and fry until cooked. Turn the heat to high, add soy sauce, broccoli and green beans, stir fry until vegetables are heated through. Place noodles into the pan and mix through until the noodles are coated in the soy sauce.
4. Test taste, adding salt and pepper or more soy sauce if desired. Sprinkle sliced spring onions and briefly stir through. Then serve.

Tip:

You can add other vegetables to this dish if you have some already in your fridge such as carrots or leafy vegetables.

Leftovers:

Can be frozen or eaten for lunch the next day.



**LOVE
FOOD**
hate waste
NEW ZEALAND



Smoky chicken 'po boy

A Southern American-style bread roll sandwich filled with meat or seafood.



Prep time: 10 minutes

Cooking time: 25 minutes

Ingredients

500g chicken breast,
sliced into strips

2 teaspoons oil

½ teaspoon salt

1 tablespoon smoked paprika

1 teaspoon ground pepper or
freshly cracked pepper

½ teaspoon chilli powder or
1 teaspoon chilli flakes (optional)

½ lettuce*, sliced into strips

½ cucumber*, thinly sliced into
rounds or batons

6 pack hot dog rolls or short
baguettes

½ cup mayonnaise, aioli or
your favourite sauce

Method

1. Heat oven to 200°C bake or 180°C fan bake.
2. Combine chicken, oil, salt, smoked paprika, pepper and chilli powder (if using) in a bowl. Let it sit for 5-10 minutes, until the oven gets hot. Prepare a baking tray or large baking dish by greasing it with oil. Lay out the chicken pieces on a baking dish or tray in a single layer and bake the chicken pieces for 15-25 minutes or until cooked, turning halfway through.
3. Prepare the salad ingredients as the chicken cooks.
4. Heat the hot dog rolls or short baguettes in the oven if desired.
5. To assemble the po' boy, spread some mayonnaise or aioli on the inside of the bun, fill with salad ingredients then top with chicken. Drizzle extra mayonnaise or aioli on top – repeat this process for the rest of the rolls and serve.

Note: any additional salad ingredients can be served on the side, dressed with your favourite dressing or a mixture of olive oil and lemon juice or balsamic vinegar.

Tips:

The chicken can also be cooked in batches on the stove if preferred. If you have any leftover barbecued or roast meats, you can use that instead to fill the po' boy sandwich.

Leftovers:

Eat for lunch the next day.



Lao-inspired larb

Larb, also known as laab among other names, is a type of meat salad and a national dish of Laos. A flavourful mince stir fry served with a fresh lettuce salad or in lettuce cups.



Prep time: 15 minutes

Cooking time: 10 minutes

Ingredients

½ iceberg lettuce*, sliced
1 carrot*, cut into thin match sticks or grated
½ cucumber*, thinly sliced
1 small red onion, finely sliced
15g fresh cut mint leaves, roughly chopped
½ bunch spring onions*, thinly sliced with white and green parts separated
1 lemon, zest and juice
1 tablespoon oil
2 cloves garlic, grated or 1 teaspoon minced garlic
1 fresh red chilli, thinly sliced or ½ teaspoon chilli flakes (optional)
500g mince* (beef, chicken, or pork)
2 tablespoons fish sauce or 1 tablespoon soy sauce
Salt and pepper, to taste

Method:

1. Combine lettuce, carrot, cucumber, red onion, mint, the green part of the spring onion and lemon zest in a large bowl. Set aside.
2. Heat oil in a frying pan on the stove over high heat, fry garlic, chilli (if using) and white part of the spring onion for a few seconds until the garlic begins to turn golden. Add mince and stir fry until cooked. Add fish sauce or soy sauce and salt and pepper according to taste.
3. To serve, portion salad into bowls or deep plates and top with mince.
4. Finish with a squeeze of lemon juice over each serving.



Chana masala

A spiced chickpea tomato curry, full of texture and vibrant flavours. Serve with roti or naan bread and add rice for a fuller meal.



Prep time: 10 minutes

Cooking time: 30 minutes

Ingredients

2 tablespoons oil
1 onion*, finely diced
½ leek*, finely sliced green and white parts included
2 teaspoons curry powder
1 teaspoon smoked paprika
1 teaspoon garam masala (optional)
2x 400g cans chickpeas, drained
2 carrots*, cut into cubes similar size to a chickpea
1x 400g can chopped tomatoes
1 teaspoon salt
1 teaspoon sugar
½ bag fresh spinach*
4-6 pack roti or naan bread

Method:

1. Heat oil in a pot on the stove over medium-high heat, add onion and leek, stir fry until they become soft. Mix in curry powder, smoked paprika and garam masala (if using) and heat until fragrant.
2. Add chickpeas, carrots, tomatoes, salt and sugar to the pot. Rinse canned tomatoes with about ½ cup water and pour liquid into the pot. Let it simmer for about 10 minutes while stirring occasionally. Stir through spinach, test taste, adding more salt, sugar or spices as desired.
3. Prepare the roti or naan bread while the chickpeas simmer and heat according to packet instructions.
4. Serve in bowls with slices of roti or naan bread.

Tip:

This meal can be light – for a fuller meal add rice.

Leftovers:

Eat for lunch the next day. Curry can be frozen.



Spring vege quiche

A versatile dish, quiche is a great to combine leftover bits and vegetable ends that you may already have in your fridge. Perfect for making leftovers.



Prep time: 15 minutes

Cooking time: 35 minutes

Ingredients

400g short or flaky pastry block
3 tablespoons oil
½ leek*, thinly sliced
100g round green beans*, sliced
½ head broccoli*, chopped, florets and stalks included
12 eggs
1 cup milk or non-dairy milk
½ teaspoon salt
Pepper, to taste
½ bag fresh spinach*

Method:

1. Heat oil in a large frying pan on the stove over high heat, add leek and cook for a few minutes until softened. Set aside to cool slightly.
2. Prepare pastry: roll out and fit into tart tin, pie dish or baking dish and blind bake (see note below for instructions on how to do this).
3. Heat oven to 180°C bake or 160°C fan bake.
4. Beat eggs and milk with salt and pepper in a large bowl. Add in cooled leek, round green beans and broccoli then mix.
5. Pour into the pastry cases and bake for 25-30 minutes, until pastry is cooked and egg is set.
6. Once cooked, cut into slices and serve with fresh spinach on the side and your favourite sauce, chutney or other condiment.

Note: Baking pastry blind ensures that the pastry is cooked all the way through. To blind bake pastry, heat oven to 210°C bake or 190°C fan bake. Prick the bottom of the pastry a few times with a fork and place a piece of baking paper on the pastry. Pour enough dried rice or beans on top to come at least halfway up the tin or dish. Bake for 15 minutes, then remove baking paper with rice or beans (set aside the rice or beans to cool and store in a container to use again for blind baking). Bake pastry for a further 5-10 minutes until the bottom becomes golden. Set aside to cool slightly then pour egg mixture over top.

Tips:

If you have any leftover vege from this week's recipes or other vege or herbs you want to use, add them to the egg mixture and cook in this quiche. You can also cook this as a frittata without the pastry – pour the beaten egg over the vegetables in the frying pan and transfer into the oven to cook for 15 minutes. If you don't have an oven-safe frying pan, cook in a greased baking dish instead.

Leftovers:

Can be frozen or eaten for lunch the next day.