



**New World** Everyday Value

# Family Favourites

..... *meal plan*



# Family Favourites Meal Plan



Monday

Tuesday

Wednesday

Thursday

Friday

## Mediterranean tuna salad

## Tuna lasagne

## Bacon and corn baked potatoes

## Thai green chicken curry

## 6 Ingredient pumpkin alfredo



**Serves 4-6**  
**Prep time: 15 mins**  
**Cooking time: 10 mins**

**Serves 4-6**  
**Prep time: 30 minutes**  
**Cooking time: 35 minutes**

**Serves 6**  
**Prep time: 40 mins**  
**Cooking time: 50 mins**

**Serves 4**  
**Prep time: 10 mins**  
**Cooking time: 40 mins**

**Serves 3-4**  
**Prep time: 30 mins**  
**Cooking time: 35 mins**

**This crisp salad is packed with fresh vegetables and tuna chunks with a tangy balsamic dressing. Healthy, affordable and delicious!**

**This cheesy lasagne with tuna is a twist on the family classic. A quick, budget-friendly meal to feed a family, serve with a side of greens for a balanced and filling dinner. Portion and freeze any leftovers to reheat for a quick lunch.**

**Baked potatoes are a crowd pleaser and you can easily swap ingredients for family favourites or use up leftover veggies in the fridge. Serve these hearty morsels with a simple salad.**

**Having a good Thai green chicken curry recipe on hand is a must, and this one is perfect. It's packed with bright, fresh flavours that will have you licking your bowl.**

**This quick and simple pasta dish is utterly delicious, with pumpkin acting as a base for this creamy, luxurious sauce! Kids and adults alike will love this recipe, ready in under an hour.**



## Ingredients

300g dried pasta

150g baby spinach

50g black olives, sliced

½ red capsicum, diced

¼ telegraph cucumber, diced

425g Pams Tuna Chunks In Springwater 425g

¼ cup Italian parsley, roughly chopped

50g feta, crumbled

½ cup Pams Balsamic Vinaigrette

Black Pepper

Lemon wedges, to serve

# Mediterranean tuna salad

## Monday

Serves 4-6 | Prep time: 15 mins | Cooking time: 10 mins

## Method

1. Cook pasta as per pack instruction, then drain and leave to cool.
2. Add the pasta to a large bowl. Add the olives, capsicum, cucumber, feta, tuna, parsley and spinach.
3. Lightly toss to combine. Pour over the dressing and season with pepper, then squeeze over lemon wedges and serve.

Look out for

**Pams Tuna 185g**

Everyday Value Item

Monday



# Tuna lasagne

## Tuesday

Look out for

**Pams Tuna 185g  
Value Chopped Tomatoes**

Everyday Value Items

**Serves 4-6 | Prep time: 30 mins | Cooking time: 35 mins**

### Ingredients

50g Mainland Butter

4 tbs flour

450ml milk

200g grated tasty cheese

½ cauliflower, chopped into small florets

2 x 185g Pams Tuna, drained

1 bunch chives, chopped

400g Value Chopped Tomatoes

300g lasagne sheets

1 bunch of fresh spinach

Also need: salt, pepper, olive oil

### Method

1. Heat the oven to 180°C
2. Roast the cauliflower instead of boiling. It can cook while the oven warms up and you make the sauce. Just drizzle a little oil over, season and roast for about 15 minutes or until starting to brown. Remove from the oven.
3. Heat the milk in the microwave until warm.
4. Melt the butter in a pot. Add the flour to the butter. Stir and slowly add the hot milk till smooth. Turn down the heat and add the cheese. Remove from the heat when the cheese has melted. Season with salt and pepper.
5. Mix together the cauliflower, tuna, half of the chives and 4 tbs of cheese sauce. Put half across the bottom of a small oven proof dish.
6. Add a layer of lasagne with half the tomatoes. Add the rest of the tuna mix. Add more lasagne and pour over rest of tomatoes.
7. Add the remaining cheese sauce on top and bake for 35 minutes or the lasagne is cooked and the top is browned.
8. Cook the spinach and serve with a generous amount of lasagne sprinkled with chives.

*Chef's note*

**Add some pitted olives & capers to the tuna mix**

Tuesday



# Bacon & corn baked potatoes

## Wednesday

Look out for

**Value Creamed Sweetcorn**  
**Pams Classic Mayonnaise**  
**Frozen Mixed Vegetables**

Everyday Value Item

**Serves 6** | **Prep time: 40 mins** | **Cooking time: 50 mins**

### Ingredients

6 potatoes

1 tablespoon Pams Olive Oil

1 onion, finely chopped

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

200g Pams Streaky Bacon, chopped into small pieces

1 leek, finely chopped

2 cups frozen mixed vegetables

1 can creamed corn

1 teaspoon salt pepper, to taste

½ cup grated Tasty Cheddar Cheese

### Coleslaw

¼ cabbage, finely shredded

2 carrots, grated

2 tablespoons fresh parsley (optional)

3 tablespoons Pams Real Egg Mayonnaise

1 tablespoon lemon juice, Pams Balsamic or Pams White Vinegar

### Method

1. Preheat oven to 180°C. Pierce the potatoes 2-3 times with a fork, place them on a tray and bake for 50 minutes or until they are soft. Alternatively, you can cook the potatoes in the microwave. Once potatoes are cooked, set aside to cool.
2. While potatoes are baking, heat a large frying pan over medium heat. Add oil and swirl it to coat the pan. Add onion and cook for 5 minutes or until soft and clear.
3. Add garlic, bacon and leek and cook for another 5 minutes or until leek has softened.
4. Add the frozen mixed vegetables and stir fry until they are just cooked.
5. Cut cooled potatoes in half lengthwise and carefully scoop out the flesh of the potato into a bowl. Leave about 1cm of flesh on the skin. Be careful not to break the skin.
6. Mash the potato flesh then mix in the bacon and vegetables and the creamed corn. Season with salt and pepper.
7. Stuff the mixture into the potato skins (you can fill them higher than the sides of the potato skin) and sprinkle the stuffed potatoes with cheese on top. Bake for approximately 10 minutes or until the cheese is melted.
8. To make the coleslaw, toss the cabbage, grated carrots and parsley in a bowl. Mix through the mayonnaise and lemon juice.
9. Serve loaded potatoes with a side of coleslaw.



# Thai green chicken curry

## Thursday

Look out for

**Pams Coconut Cream  
Skinless Chicken Breast Fillets**

Everyday Value Item

**Serves 4** | **Prep time: 10 mins** | **Cooking time: 40 mins**

### Ingredients

Olive oil

Skinless chicken breast fillets, diced

1 large white onion, finely diced

4 cloves garlic, minced

1 Tbsp freshly grated ginger or crushed ginger

4 Tbsp Thai green curry paste (check jar)

1 lime zest and juice

400ml tin coconut cream

225g tin bamboo shoots, drained

### To serve

Cooked rice, sliced chilli, fresh coriander leaves

### Method

1. Heat a tablespoon of olive oil in a large saucepan on a low-medium heat. Add the onion and garlic and sauté for 5 minutes until soft and translucent.
2. Add the ginger, curry paste, lime zest and juice and cook for a further 2-3 minutes.
3. Add the chicken and cook for 6-8 minutes until starting to brown, then pour in the coconut cream, mix well and simmer gently, stirring, for 12-15 minutes until the sauce is slightly thickened.
4. Add the bamboo shoots and stir to heat through, then serve with fluffy rice and garnish with sliced chilli and coriander leaves.



## Ingredients

2 cups cooked pumpkin

300g dried pasta

20g butter

2 cloves garlic, minced

500ml cream

½ cup grated parmesan

Optional: frozen or fresh spinach

# 6 Ingredient pumpkin alfredo

## Friday

Serves 3-4 | Prep time: 30 mins | Cooking time: 35 mins

## Method

1. Cook the pasta in boiling salted water as per pack instruction (reserve ¼ cup of cooking liquid). Place the cooked pumpkin into a bowl, and mash until it reaches a puree consistency. Alternatively, use a food processor and blend to a smooth puree. Set aside.
2. Set a medium sized saucepan over medium heat. Add the butter and garlic, and cook for 2-3 minutes or until the garlic has softened.
3. Add the pumpkin puree to the saucepan, along with the cream and stir well to combine. Leave to simmer for 10-15 minutes or until thickened slightly, then season with salt and pepper to taste.
4. Once thickened, add the cooked pasta to the sauce. Fold through with a spoon, then add the parmesan and stir.
5. Stir through spinach if desired, then serve immediately or freeze in an airtight container.