



**New World** Everyday Value

# Autumn Favourites






..... *meal plan*





# Autumn Favourites Meal Plan



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sri Lankan dhal</b>	<b>Bacon and corn baked potatoes</b>	<b>Go-To easy beef lasagne</b>	<b>Chicken &amp; vegetable pie</b>	<b>Mexican empanadas</b>
				
<b>Serves 4-6</b> <b>Prep time: 15 mins</b> <b>Cooking time: 10 mins</b>	<b>Serves 3-4</b> <b>Prep time: 30 mins</b> <b>Cooking time: 35 mins</b>	<b>Serves 6</b> <b>Prep time: 40 mins</b> <b>Cooking time: 50 mins</b>	<b>Serves 4</b> <b>Prep time: 10 mins</b> <b>Cooking time: 40 mins</b>	<b>Serves 6</b> <b>Prep time: 40 mins</b> <b>Cooking time: 20 mins</b>
<b>A mild and nutritious lentil curry, loaded with aromatic herbs and spices. It's easy to make, and can easily be refrigerated or frozen for another meal.</b>	<b>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.</b>	<b>When it comes to comfort food, there's nothing like a hearty lasagne. Made with three types of cheese, our version is absolutely packed with flavour. It's also super-quick and easy to prepare, then leave in the oven to bubble to perfection!</b>	<b>There's nothing like a home-cooked pie straight from the oven. Pies are always a great meal to feed a family, and this budget-friendly recipe is loaded with vegetables, and simple to put together.</b>	<b>A delicious and lightly spicy pastry filled with chilli beans. Serve with a side of garlic green beans or a simple salad and it's a recipe the whole family will enjoy.</b>





## Ingredients

2 cups Value Long Grain Brown Rice
1 tablespoon Pams Olive Oil
2 onions, finely chopped
3 garlic cloves, finely chopped or 1 ½ teaspoons Pams Crushed Garlic
2 tablespoons fresh ginger, grated or 2 teaspoons Pams Crushed Ginger
1 teaspoon turmeric
1 teaspoon Pams Curry Powder
½ teaspoon chilli powder (optional)
1 ½ cup red lentils, washed and drained
2 cups Pams Chicken or Vegetable Stock
1 can Pams Lite Coconut Milk
½ cup water
2 cups Pams Frozen Peas
½ packet frozen spinach, thawed with the water squeezed out

### To taste

salt and pepper

# Sri Lankan dhal

## Monday

Serves 6 | Prep time: 20 mins | Cooking time: 20 mins

## Method

1. Cook rice according instructions on the packet.
2. While the rice is cooking, heat oil in a large frying pan over a medium heat. Add onion and cook until soft and clear.
3. Add garlic, ginger, turmeric, curry powder and chilli powder to the onion and stir fry for two minutes.
4. Add the rinsed lentils to the frying pan and mix well. Pour over the chicken stock, coconut milk and water. Add the frozen peas and stir well.
5. Bring the mixture to the boil and then reduce the heat to a simmer. Allow the lentils to cook until they are tender and the mixture has thickened — this should take about 20 minutes. Stir regularly.
6. Once the lentils are cooked and the dhal has thickened, stir through the spinach and season well with salt and pepper.
7. Serve on top of the rice.



## 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
<i>Coleslaw</i>
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

# Bacon & corn baked potatoes

## Tuesday

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

## 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.

Look out for

Value Creamed Sweetcorn  
Pams Classic Mayonnaise  
Frozen Mixed Vegetables

Everyday Value Item

Tuesday





## Ingredients

¼ cup olive oil
1 medium onion, diced
1 carrot, grated
1kg beef mince
400g can crushed or chopped tomatoes
400g can tomato purée
1 tablespoon dried oregano
750g ricotta
3 cups (300g) mozzarella, plus extra ½ cup (50g) for topping
1 cup (100g) grated parmesan
¼ teaspoon freshly ground nutmeg
400g fresh lasagne pasta sheets

### To serve

Allow the lasagne to cool slightly before cutting into slices to serve. Serve with basil leaves or your favourite salad.

# Go-To easy beef mince lasagne

## Wednesday

Look out for

Value Chopped Tomatoes

Everyday Value Item

Serves 6 | Prep time: 30 mins | Cooking time: 30 mins

## Method

- Heat the oil in a large pan over medium heat. Add the onion and carrot and cook, stirring, for 3 minutes. Add the beef mince and cook until browned. Pour in the canned tomatoes and purée, then add the oregano and season with salt and pepper to taste. Allow to simmer for 20 minutes, stirring occasionally.
- Meanwhile, preheat the oven to 180°C (160°C fan forced). Mix together the ricotta, mozzarella, parmesan and nutmeg. Season to taste.
- Place half the mince mixture in the bottom of a 28x16cm baking dish. Top with a layer of pasta. Spoon over half the ricotta mixture, then top with another layer of pasta. Add another layer of the remaining mince and top with a layer of the remaining ricotta. Sprinkle with the extra mozzarella.
- Bake in the oven for 30 minutes, until pasta is tender and top is bubbling and golden.

**Stock the freezer: Lasagne is excellent cooked in advance and reheated for a quick lunch or dinner later in the week. Make it on a Sunday and freeze the portions.**

Tip

**Allow the lasagne to cool slightly before cutting into slices to serve.**

Wednesday





## Ingredients

2 sheets puff pastry
2 tablespoons oil, divided
500g chicken breast, diced
2 onions, finely chopped
3 cloves garlic, finely chopped or
1 ½ teaspoons crushed garlic
2 carrots, grated
2 cups frozen mixed vegetables
1 cup frozen green beans
1 teaspoon dried mixed herbs
1 cup chicken stock
2 tablespoons cornflour
1/2 cup milk
1 teaspoon salt
pepper, to taste
1 egg, beaten

# Chicken and vegetable pie

## Thursday

**Serves 6** | **Prep time: 30 mins** | **Cooking time: 40 mins**

## Method

1. Thaw pastry according to instructions on the packet. Preheat oven to 180°C.
2. Heat one tablespoon of oil in a frying pan and fry the chicken until it is cooked. Transfer the chicken into a bowl and set aside.
3. Add one tablespoon of oil to the same frying pan and cook the onion and garlic until soft and clear. Add carrots, mixed vegetables, green beans and mixed herbs and cook for approximately 5 minutes or until the vegetables are beginning to soften.
4. Add the chicken and the chicken stock to the frying pan and mix well. Mix the cornflour with the milk and then add to the frying pan. Season with salt and pepper.
5. Once the mixture is boiling, turn down the heat and allow it to simmer until the sauce has thickened. Stir often. This may take 5 or 10 minutes. Once thickened remove from heat and allow to cool slightly.
6. Grease a pie plate or oven proof dish with oil and place a layer of pastry in the bottom. You may need to cut your pastry in some places and add it to other places to make it fit. Pour the chicken and vegetable mixture on top of the pastry and top with the second sheet of pastry.
7. Press the edges of the pastry together and trim off excess pastry. Seal the edges by pressing them together with a fork. Poke a few holes on the top to let steam escape. Brush the top of the pie with the beaten egg.
8. Cook for 30-40 minutes or until the pie is puffed and golden. Let the pie cool for 5 to 10 minutes before serving.

Tip

**Leftovers can be  
portioned and frozen,  
or kept in the fridge for  
lunch the next day.**

Thursday



## Ingredients

4 sheets Pams Ready Rolled Puff Pastry Sheets
1 tablespoon olive oil
2 onions, finely chopped
3 cloves garlic, finely chopped or 1 ½ teaspoons crushed garlic
1 teaspoon ground cumin
1 tablespoon paprika
1 teaspoon cayenne pepper or chilli powder (optional)
2 cans red kidney beans, drained
1 can diced plain tomatoes
1 teaspoon salt
1 teaspoon pepper
1 ½ teaspoons dried oregano
2 cups frozen mixed vegetables
2 tablespoons flour
Warm water
1 egg, beaten

# Mexican empanadas

## Friday

Serves 6 | Prep time: 40 mins | Cooking time: 20 mins

## Method

1. Thaw pastry according to instructions on the packet.
2. Preheat oven to 180°C.
3. Heat oil in a large pan over medium heat and cook onions and garlic until soft and golden, about 5 minutes. Add cumin, paprika and cayenne pepper. Mix well and allow to fry for approximately 2 minutes.
4. Add in the kidney beans, chopped tomatoes, salt, pepper and oregano and cook for about 5 minutes.
5. Add the mixed vegetables to the pan and allow to cook for another 5 minutes. Remove pan from heat and let mixture cool a little.
6. Sprinkle the flour over a clean surface and lay a sheet of pastry on top of the flour (the flour stops the pastry from sticking to the surface). Cut the sheet of pastry into four squares.
7. Fold each pastry square in half diagonally, like two triangles. Place 2 tablespoons of filling in the top half. Dip a finger into a cup with warm water and moisten the edges of the top half of each square.
8. Fold the bottom half of the pastry over to meet the edges of the top half, to form a triangle. Use a fork to pinch and seal the edges and to poke a few holes on top to let steam escape. Place on a lined baking tray. Repeat until you have made 12 empanadas.
9. Lightly brush the tops of the empanadas with the beaten egg. Bake for 10–15 minutes until the pastry is golden and puffed.