

Spring Meal Planner

5 FAMILY DINNERS
for under \$100

Week 1 Menu

Monday	Vietnamese-style noodle salad with pepper chicken
Tuesday	Bibimbap (Korean-style rice bowl)
Wednesday	Roti fish tacos
Thursday	Beef paprikash
Friday	Yakimeshi (Japanese-style fried rice)

Week one tips

- We recommend cooking the bibimbap before the fried rice, as cooled leftover rice is best for making fried rice. Other than that you can cook the recipes in any order you like.
- To cool the rice down quickly, it is best done by spreading it out on a clean tray or wide plate to stop the steaming then transfer into a container and place in the fridge.
- Shopping list ingredients you will be sharing between meals this week are: cucumber, mesclun salad, bean sprouts, lemons, beef, onion, mushrooms, round green beans, carrots, baby spinach, spring onions, and medium grain rice.
- The bean sprouts used in these recipes can be substituted with your favourite sprouts or omit them if you or your family don't like them.
- You can also use your favourite salad greens or any salad ingredients you already have at home instead of mesclun salad.
- Once fresh asparagus is available in stores you can swap the green beans used in the recipes and use asparagus instead.
- Beef is shared over two recipes. Any cuts such as stir fry, schnitzel, rump steak or other steak cuts will work perfectly in this week's recipes.

Monday



Vietnamese-style noodle salad with pepper chicken

Fresh and light, this is a Vietnamese signature flavour-inspired salad recipe paired with seared pepper chicken.



Prep time: 15 minutes

Cooking time: 20 minutes

Ingredients

PEPPER CHICKEN

500g chicken breast or thigh fillets, sliced into strips
½ teaspoon salt
2 teaspoons cracked pepper
1 tablespoon oil

NOODLE SALAD

200g rice vermicelli
½ cucumber*, sliced into sticks
100g bean sprouts* or other sprouts
½ packet mesclun salad*

DRESSING

Juice and rind of 1 ½ lemons*
2 teaspoons sweet chilli sauce
1 teaspoon fish sauce or ½ teaspoon soy sauce
1 clove garlic, grated or ½ teaspoon crushed garlic

Method:

1. Mix the chicken with salt and pepper in a bowl.
2. Heat a frying pan on the stove over high heat, add oil to the pan and fry chicken in batches. Set aside.
3. Cook noodles according to package instructions or cook in boiling water and portion into 4-6 bowls or wide plates.
4. Evenly distribute the fresh salad ingredients over the cooked noodles.
5. Mix all the dressing ingredients in a bowl and test taste, adding more sweet chilli or fish sauce if needed. Drizzle sauce evenly over the noodle salad.
6. Top salad with cooked chicken and serve.

Tip:

You can switch the protein for another type of meat or your favourite vegetarian or vegan alternative. Try using different seasonings such as lemongrass or honey soy to flavour your choice of protein.

Leftovers:

Eat for lunch the next day.



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Bibimbap

A Korean-inspired rice bowl traditionally served in a hot stone bowl and topped with seasoned meat and a combination of fresh and cooked vegetables.



Prep time: 15 minutes

Cooking time: 25 minutes

Ingredients

- 500g beef* (stir fry, rump steak, schnitzel etc.)
- 2 tablespoons soy sauce
- 1 teaspoon vinegar
- 2 teaspoons sugar
- 2 cloves garlic, grated or 1 teaspoon crushed garlic
- ½ teaspoon ground pepper or a generous amount of cracked pepper
- 1kg medium grain rice*
- 1 tablespoon oil
- 100g mushrooms*
- 100g bean sprouts* or other sprouts
- ½ bunch spring onions*, sliced thinly with the green and white part separated
- ½ teaspoon sesame oil (optional)
- Pinch salt
- 1 large carrot*, sliced into matchsticks
- ½ bag baby spinach*

Method

1. Combine beef with soy sauce, vinegar, sugar, garlic and pepper in a bowl and let it sit for at least 5 minutes.
2. Cook rice according to package instructions.
3. Heat oil in a frying pan on the stove over high heat, fry beef in batches and set aside.
4. Cook mushrooms, bean sprouts and the white part of the spring onion in the same pan. Once cooked, add sesame oil if using and a pinch of salt. Set aside.
5. The carrots and spinach can be served cooked or fresh depending on your preference. Repeat the same process as with cooking the mushrooms if you are wanting to heat through the carrots and spinach.
6. To serve, scoop rice into bowls and top with cooked beef and vegetables, ending with a generous sprinkle of the remaining green parts of the spring onions.

Tips:

This recipe cooks the full amount of rice needed for this week's meal plan, meaning you will have leftover rice. Cool the rice you don't eat and place in the fridge. Use the remaining rice to make the Yakimeshi (Japanese-inspired fried rice). If you don't want to cook the full amount of rice, cook 600g of medium grain rice for this dish instead. Bibimbap is also commonly served with a fried egg on top – if desired you can add this to your meal.

Leftovers:

Eat for lunch the next day.



Roti fish tacos

Roti is a flatbread originating from South Asia with variations such as roti canai used widely in Malaysian cuisine. Using roti for these tacos brings an additional layer of texture and flavour – a great taco shell alternative.



Prep time: 15 minutes

Cooking time: 20 minutes

Ingredients

- 500g frozen fish fillets
- ½ packet mesclun salad*
- 1 carrot*, grated
- ½ cucumber*, sliced thinly
- Juice of ½ lemon*
- 200g of your favourite sauce, spread, or dip
- 8-10 pack roti or roti canai
- ½ bag baby spinach*

Method:

1. Cook fish fillets according to packet instructions. Once cooked, cut into nugget sized chunks.
2. Prepare salad ingredients while the fish cooks by combining the mesclun salad, grated carrot and sliced cucumber in a large bowl. Squeeze the lemon over the salad, mix to coat and set aside.
3. Heat roti according to packet instructions.

To assemble:

4. Place roti on a plate and in any order, add salad, fish and sauce. Or place all the elements in the middle of the table and everyone can make their own taco.

Tips:

Roti canai can be found in the freezer section and roti is usually found alongside the wraps in the grocery section. Tortillas or small wraps are also great to use.

For a vegan fish alternative use banana blossom, seasoned, battered, and fried.

Leftovers:

Eat for lunch the next day.



Beef paprikash

Hungarian-inspired comfort food highlighting the sweet, peppery and subtle earthy flavours of paprika.



Prep time: 10 minutes

Cooking time: 30 minutes

Ingredients

250g pasta of choice
3 tablespoons oil, divided
500g beef* (stir fry, rump steak, schnitzel etc.)
1 medium onion*, diced
2 cloves garlic, finely chopped or
1 teaspoon crushed garlic
150g mushrooms*, sliced
1 tablespoon paprika
2 tablespoons plain flour
1 can chopped tomatoes or
tomato puree
250ml beef stock
1 teaspoon salt
1 teaspoon sugar
100g round green beans*,
cut into thirds
Pepper, to taste

Method:

1. Cook pasta according to package instructions.
2. Heat one tablespoon of oil in a deep frying pan or skillet on the stove over high heat, cook beef in batches for 1-2 minutes until browned. Set aside.
3. Reduce heat to medium and in the same pan add remaining oil and saute onions until they become soft. Add garlic and mushrooms. Cook until the mushrooms are cooked and fragrant.
4. Add paprika and plain flour to the pan, mix and cook for about a minute.
5. Turn the heat to high and carefully pour canned tomato, beef stock, salt and sugar into the pan, bring to a simmer. As it heats up it will thicken so it is important to stir regularly to make sure it stays smooth.
6. Add round green beans and the cooked beef back to the pan once the sauce has thickened. Simmer for another 2 minutes.
7. Test taste, adding salt and pepper accordingly.
8. Portion pasta into bowls and top with beef paprikash.

Tip:

Beef paprikash is commonly cooked using a long and slow method with casserole cuts of beef. You can also cook it this way by not setting aside the beef and simmering on a low heat for around 3 hours on the stove or 6-8 hours on high in a slow cooker. Then add the beans in the last 10 minutes before serving.

Leftovers:

Can be frozen.



Yakimeshi

A Japanese-style fried rice commonly cooked on a teppanyaki grill using short or medium grain rice with additional butter for creaminess.



Prep time: 10 minutes

Cooking time: 20 minutes

Ingredients

- 2 tablespoons butter or oil
- 1 medium onion*, finely diced
- 1 leek, thinly sliced, white and green parts included
- 2 cloves garlic, grated or 1 teaspoon minced garlic
- 150g round green beans*, cut into thin slices
- 3 tablespoons soy sauce
- Pinch salt
- Pepper, to taste
- 6-8 cups cooked medium grain rice* (or remaining rice from bibimbap)
- ½ bag baby spinach*
- ½ bunch spring onions*, finely sliced
- 1 teaspoon sesame oil (optional)

Method:

1. Heat a deep frying pan, a skillet or a wok on the stove over medium high heat, add oil and saute onions until they become soft.
2. Add leek and garlic, then fry for about 5 minutes.
3. Turn up the heat to high and add beans, soy sauce, salt and pepper. Stir fry for 1-2 minutes.
4. Add rice and heat through. Add in spinach and spring onions, mix to combine and test taste. Add more soy sauce, salt and pepper as desired.
5. Finish with a drizzle of sesame oil, briefly stir through and serve.

Tip:

This recipe works best with cooled rice. If you have not cooked the rice already, cook 1 ½ cups or 400g of medium grain rice.

You can add any leftover bits of meat and vegetables to this dish if you have any.

Leftovers:

Eat for lunch the next day.