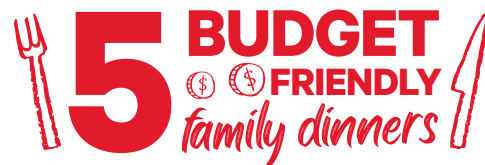


Autumn Meal Plans



Week 2 Menu

Monday	Hearty minestrone
Tuesday	Beef schnitzel with pear and walnut salad
Wednesday	One pot creamy tuna pasta
Thursday	Mexican-inspired baked eggs
Friday	Friday night crispy chicken with smoky roast veges

Week 2 shopping list

Produce

- 2 Onions
- 11 Carrots
- 5 Potatoes
- 1 Pumpkin
- 120g Seasonal salad leaves
- 2 Pears
- 2 Red onions
- 2 Broccoli

Butchery

- 500g Beef schnitzel
- 500g Skinless chicken thighs

Chilled

- 125g Sour cream
- 250g Cheese

Grocery

- 1 litre Reduced salt chicken stock
- 3x 400g Canned chopped tomato
- 500g Pasta
- 2x 400g Canned cannellini beans
- 400g Canned black beans
- 6 Eggs
- 220g Panko breadcrumbs
- 425g Canned tuna
- 8 Pack wholemeal pita bread
- 70g Walnuts (optional)

Frozen

- 500g Chopped leaf spinach
- 750g Peas

Pantry Staples*

- Oil, for frying
- Garlic – fresh bulbs or crushed
- Dried mixed herbs
- Flour, plain
- Salt
- Pepper
- Paprika – sweet or smoked
- Your favourite salad dressing

Introduction

The recipes in this meal plan are designed for autumn as they use seasonal produce.

The meals are designed to be zero food waste. All the shopping list ingredients you buy should be used by the end of the week. For some meals you may have leftovers and the recipe will tell you whether they're suitable for freezing or are best eaten the next day.

The shopping list tells you the ingredients to buy for the week. The pantry staples list has other ingredients you will need but are likely to have in your fridge or pantry already. Before going shopping check you have the staple ingredients and check your fridge, freezer and pantry as you may already have some of the ingredients on the list.

If there is an ingredient you or your family doesn't like, swap it with one you'll all enjoy and avoid waste.

These 5 meals are designed to use in-season fruit and veges. Fruit and vege growing conditions and pricing vary throughout each season, so choose cheaper in season fresh, or frozen substitutes if a particular item is unseasonably expensive.

Weekly tips

- Fresh seasonal salad leaves are used in the beef schnitzel meal, so we recommend cooking this earlier in the week. Other than that, this week's recipes can be cooked in any order.
- Wholemeal pita bread is an optional shared ingredient. You can choose to have half with the beef schnitzel or all of it with the Mexican-inspired baked eggs.
- Broccoli stalks can be eaten and are loaded with nutrients.
- A whole pumpkin is used across the recipes. If you find it difficult to cut raw pumpkin, try roasting it whole in the oven to soften before cutting.



* These items are usually found in your pantry and not included in the budget.

Monday



Hearty minestrone

An Italian inspired soup with chunky vegetables and pasta, perfect to feed a crowd on cooler autumn evenings. Loaded with veges, you can also add leftover chicken or beef.



Prep time: 15 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

1 tablespoon oil

1 onion, finely diced

2 garlic cloves, grated or 1 teaspoon crushed garlic

1 teaspoon dried mixed herbs

750ml (3 cups) reduced salt chicken stock*

500ml (2 cups) water

400g can chopped tomatoes

2 large carrots, cut into 1cm cubes

2 medium potatoes, cut into 1cm cubes

200g dry pasta*

1/3 pumpkin*, cut into 1cm cubes

2 x 400g cans cannellini beans, drained and rinsed

150g (1 cups) frozen peas*

Salt and pepper, to taste

150g frozen chopped leaf spinach*

Method

1. Heat oil in a large pot on the stove over medium high heat. Sauté onions until softened and stir through garlic, fry until fragrant. Mix in the dried mixed herbs.
2. Carefully pour in the stock, water, and chopped tomatoes. Stir through the carrots, cover with a lid and turn the heat to high to bring to a boil.
3. Add potatoes, stir and bring to a boil. Add pasta, cook for about 5 minutes while stirring occasionally.
4. Add pumpkin, cannellini beans, and peas, bring to a boil and test taste, adding salt and pepper if needed. Stir through the frozen spinach, once simmering and pasta and vegetables are tender it is ready to serve.

Cooking tips:

- For extra flavour add your favourite spices.
- Add any leftover roast beef, roast chicken or deli meat – stir it in with the cannellini beans.
- The pasta can be cooked separately and added in portions to maintain the texture.

Adapt it:

- You can swap the cannellini beans for chickpeas, kidney beans, lentils, or other pulses. Alternatively, swap them for shredded chicken.
- Use vegetable stock instead of chicken stock for a vegetarian version.
- Use gluten free pasta if required. It can go soft very easily, so it's better to cook separately and add as you serve.
- Swap out the spinach for extra frozen peas or corn if you prefer.
- Try using fun pasta shapes for kids such as the animal ones and call it zoo soup!

* Some ingredients will be used across more than one meal in a week.

These ingredients are all marked with a * so you know not to use all of the ingredient in one meal.



Beef schnitzel with pear and walnut salad

For an easy, tasty dinner tonight, try our golden panko crumb coated beef served with a light, crisp and mildly sweet salad.



Prep time: 15 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

BEEF SCHNITZEL

Oil, for frying
500g beef schnitzel
70g (½ cup) flour
2 eggs*, beaten in a wide bowl
110g panko breadcrumbs*
1 teaspoon dried herbs (optional)
½ teaspoon of your favourite spices (optional)

PEAR AND WALNUT SALAD

120g seasonal salad leaves
2 pears, thinly sliced
3 medium carrots, thinly sliced or cut into matchsticks
1 red onion*, thinly sliced
70g (¾ cup) walnuts (optional)

TO SERVE

2 tablespoons of your favourite salad dressing (optional)

OPTIONAL

4 small wholemeal pita bread*

Method

1. Combine the salad ingredients together in a large bowl, set aside.
2. Heat enough oil to lightly cover the bottom of a frying pan on the stove over medium-high heat.
3. Prepare the schnitzel ingredients by placing each ingredient on a plate or wide bowl.
4. Coat each piece of beef lightly with flour, egg, then breadcrumbs and fry for 3-5 minutes on each side or until golden brown and cooked through. Continue this step until all the beef is cooked.
5. Serve the schnitzel with the salad. If using the pita bread serve this alongside or fill with salad, schnitzel and your favourite sauce, chutney or pickle.

Cooking tips:

- To cook the beef in the oven: heat oven to 210 °C bake or 190 °C fan bake, grease a large tray, coat each piece of beef as per step 4 and place on the tray in a single layer. To make it extra crisp spray lightly with oil. Bake for 15-20 minutes or until cooked through and lightly golden, turning halfway.
- If there's no beef schnitzel available, use another steak cut and cut horizontally into thin steaks or pound with a meat tenderiser or back of a frying pan to flatten.

Adapt it:

- You can swap the beef for fish, chicken, pork, tofu, tempeh or prawns. Adjust cooking times accordingly.
- Use homemade breadcrumbs or a gluten free variety instead of panko if you prefer.
- For additional crunch and flavour in the salad, add thinly sliced fresh fennel.
- Serve the salad veges pick and mix style if your kids don't like salads mixed together.

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One pot creamy tuna pasta

The whānau will love this cheesy one pot pasta. Perfect for a midweek meal, it's packed with veges and super easy to make.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 onion, finely diced
- 2 garlic cloves, finely diced or grated or 1 teaspoon minced garlic
- 300g dry pasta*
- 250ml (1 cup) reduced salt chicken stock*
- 3 cups water
- 1/3 pumpkin*, grated
- 1 broccoli, stalk and florets roughly chopped
- 300g (2 cups) frozen peas*
- 150g frozen spinach*
- 425g canned tuna in spring water, drained
- Pepper, to taste
- 125g sour cream
- 100g cheese*, grated

Method

1. Heat oil in a large pot on the stove over medium-high heat.
2. Sauté onions until softened, add garlic and fry until fragrant.
3. Add pasta, stock, and water. Place a lid on the pot, turn the heat to high and bring to a simmer, stirring occasionally. Adjust heat if it is getting too hot.
4. After simmering for about 5 minutes, add the remaining vegetables and tuna and stir through. Heat for another 5 minutes or until the vegetables and pasta are cooked to your liking.
5. Add pepper, sour cream, and stir through cheese, test taste.

Cooking tips:

- For a dairy free meal, swap sour cream with non-dairy milk and add 2 tablespoons tomato paste and use dairy free cheese.
- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli.
- Top with fresh parsley if desired.

Adapt it:

- You can swap out the tuna for salmon, chicken, quorn or another plant-based protein substitute.

Kid friendly alternatives:

- Use animal shaped pasta for the fun factor.
- Frozen vege mixes can work well too.

Leftovers:

- Eat for lunch the next day or freeze in portions to re-heat another day.

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Mexican-inspired baked eggs

The perfect combination of cheesy tomato sauce and perfectly cooked eggs, this Mexican inspired dish can be enjoyed for brunch or dinner.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 red onion, finely diced
- 2 garlic cloves, grated or 1 teaspoon minced garlic
- 2 teaspoons sweet or smoked paprika
- 410g can black beans, rinsed and drained
- 2 large carrots, grated
- 1/3 pumpkin*, grated
- 300g (2 cups or remaining) frozen peas*
- 200g frozen spinach*
- 2 x 400g cans chopped tomatoes
- ½ cup water
- Salt and pepper, to taste
- 4 eggs*
- 150g cheese*, grated
- 4 small wholemeal pita bread*, to serve

Method

1. Heat oil in a large oven proof frying pan or skillet on the stove over medium-high heat.
2. Sauté onions until softened, add garlic and smoked paprika, and stir fry until fragrant.
3. Add the remaining ingredients except the eggs and cheese. Fill each chopped tomato can with ¼ cup water, swirl around to get the remaining sauce and add to the frying pan, heat through and bring to simmer. Simmer for 5-10 minutes, until slightly thickened. Test taste, adding more seasoning ingredients if preferred.
4. Heat oven to 200°C bake or 180°C fan bake as the tomato mixture is simmering.
5. Turn off the stove top heat, make four slight indentations on the tomato mix using the back of a spoon, crack an egg in each one and sprinkle with cheese. Bake in the oven for 5-10 minutes or until the egg begins to set and the cheese has melted.
6. Be careful removing the pan from the oven as it will be very hot. Let it cool slightly before serving. Warm the pita bread if desired and serve alongside.

Cooking tips:

- To cook this without an oven proof pan, use a large baking or casserole dish. Cook the tomato mixture as stated in step 1-5 in the method. Transfer mixture into the baking or casserole dish and continue following the method from step 6 and bake until the eggs are cooked to your liking.

Adapt it:

- Instead of eggs, you can serve the black bean mix with cooked chicken, tofu, tempeh, Quorn, firm fish fillets, prawns or any leftover cooked red meat.
- Choose the size of pita bread that suit you family best, or you can leave out if you prefer a lighter meal.

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Friday night crispy chicken with smoky roast veges

Craving fried chicken? Try our healthier alternative for a Friday night treat. This oven baked crispy chicken pairs perfectly with smoky roasted veges.



Prep time: 15 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

CRISPY CHICKEN

- 70g (½ cup) flour
- 1 teaspoon dried mixed herbs
- 2 garlic cloves, grated or 1 teaspoon minced garlic or 1 teaspoon garlic powder
- Pepper, to taste
- 1 cup water
- 500g skinless chicken thighs
- 110g panko breadcrumbs*
- Oil (optional)

SMOKY ROASTED VEGES

- 1 tablespoon oil
- 1 tablespoon sweet or smoked paprika
- Salt and pepper, to taste
- 3 medium potatoes, cut into chunks
- 4 large carrots, sliced
- 1 broccoli, stalk and florets chopped

Method

1. Heat oven to 200°C bake or 180°C fan bake. Get two roasting trays large enough to cook the chicken and vegetables ready, lightly grease with oil.
2. Combine the first five chicken ingredients in a large bowl (except the chicken, breadcrumbs and oil). Mix until it forms a batter, adding more water if needed, add the chicken and toss to coat.
3. Place the breadcrumbs in a wide bowl or large plate and generously coat each piece of chicken, transfer onto the roasting tray and arrange in a single layer. If desired spray with oil. Place in the oven.
4. Combine all of the smoky roasted vege ingredients in a large bowl and toss to coat. Transfer the potatoes and carrots into the roasting tray, leaving the broccoli in the bowl as it cooks much quicker so will be added later.
5. Bake the chicken and veges for around 30-35 minutes or until golden and cooked through. Add the broccoli into the veges in the last 5 minutes of cooking time. Serve as it is or with any of your favourite sauces, chutneys or preserves.

Cooking tips:

- If you have a smaller oven, boil or steam the vegetables instead and season with your favourite salad dressing once cooked.
- Use 1-1.5kg drumsticks, nibbles, or chicken thighs with skin on if preferred.

Adapt it:

- Swap the chicken for firm fish fillets, tofu or tempeh. Adjust the cooking times accordingly.

Kid friendly alternatives:

- Steam the broccoli if preferred and adjust the spices to suit the taste of your family.

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