

Autumn Meal Plans



Week 3 Menu

Monday	Salmon wraps with crunchy slaw
Tuesday	Teriyaki tofu
Wednesday	Chicken casserole with smashed potatoes
Thursday	Nom nom nachos
Friday	Friday night satay chicken skewers

Week 3 shopping list

Produce

- 1 Cucumber
- 11 Carrots
- 1 Red onion
- ½ Cabbage
- 2 Lettuce
- 2 Onions
- 800g Mushrooms
- 2 Broccoli
- 1 Parsley
- 800g Agria Potato
- 800g Kūmara

Butchery

- 1kg skinless chicken breast

Chilled

- 250g Sour cream
- 250g Cheese
- 450g Tofu

Grocery

- 8 Pack wholemeal wrap
- 415g Canned salmon,
- 1kg Brown rice
- 2x 400g Canned chopped tomatoes
- 2x 410g Canned corn kernels
- 410g Canned black beans
- 400g Canned lentils
- 400ml Light coconut milk

Pantry Staples*

- Garlic – fresh bulbs or crushed
- Salt
- Pepper
- Oil, for frying
- Soy sauce or other soy sauce alternatives
- Sugar – white or brown
- Cornflour
- Paprika – sweet or smoked
- Butter (optional)
- Milk (optional)
- Peanut butter, no added salt
- Sweet chilli sauce
- Skewers – wooden or metal (optional)
- Ground cumin (optional)

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

- This week's meals can be cooked in any order.
- Red onion is a shared ingredient - store the cut onion in an airtight container in the fridge.
- Broccoli stalks can be eaten and are loaded with nutrients.
- Brown rice is a shared ingredient. You can buy only 500g of brown rice and use 250g in each meal to avoid leftover uncooked rice.
- To keep lettuce fresh wrap it in a paper towel and place it in a resealable plastic bag. If the leaves become limp, revive them by soaking in cold water for up to 20 minutes in the fridge.

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



Monday



Salmon wraps with crunchy slaw

Gather the family round the table and tuck in to these light and tasty salmon wraps. Serve with a side of deliciously crunchy homemade slaw.



Prep time: 20 minutes

Cooking time: 10 minutes



Serves:
4



Skill level:
Easy as

- 8 wholemeal wraps
- 125g sour cream*
- 1 garlic clove, grated or ½ teaspoon crushed garlic
- Pepper, to taste
- ½ cucumber*, sliced
- 2 large carrots, grated
- ½ red onion*, thinly sliced
- 1/8 cabbage*, thinly sliced
- ¾ lettuce*, shredded
- 415g canned pink salmon, drained
- 100g cheese*, sliced or grated

Method

1. Mix sour cream, garlic, and pepper together in a bowl. Set aside.
2. Combine all the salad vegetables in a large bowl.
3. Transfer salmon into another bowl, remove the bones if you prefer, then lightly flake with a fork.
4. Remove the wraps from the packet and if desired, warm them up slightly.
5. Place all the ingredients, including the cheese in the middle of the table and everyone can make their own wraps. Or assemble by placing a wrap on a plate, spread some of the sour cream sauce on, top with handfuls of salad, a large spoonful of flaked salmon, finishing with cheese. Fold the bottom upwards and bring the sides into the middle to make the wrap. Serve any remaining salad on the side.

Cooking tips:

- The salad ingredients can be mixed with the sour cream mixture to make a creamy slaw filling.
- Sprinkle with your favourite nuts and seeds for additional healthy fat and fibre.

Adapt it:

- Swap the salmon for canned tuna, cooked fish, shredded chicken, stir fried meat or tofu, pan fried tempeh, cooked prawns or falafels.
- To reduce the sodium per serve, opt for canned salmon in spring water.
- Use lite sour cream if you prefer.
- Use gluten free wraps if required or for a lighter meal, use lettuce or cabbage leaves instead of wraps.
- Adapt the salad veges to children's tastes.

* 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.



Teriyaki tofu

Tuck into this crispy tofu coated in a savoury and mildly sweet teriyaki sauce. Serve over rice and stir-fried veges for a moreish, filling dinner.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

TOFU

- 300g (1½ cups) brown rice*
- 2 tablespoons oil, divided
- 450g firm tofu, sliced or cubed
- 1 large onion, finely diced or sliced
- 2 garlic cloves, minced or 1 teaspoon crushed garlic
- 400g mushrooms*, sliced
- 1 broccoli, florets and stalks chopped
- 2 large carrots, cut into match sticks

TERIYAKI SAUCE

- 2 tablespoons soy sauce or soy sauce alternative
- 2 teaspoons brown or white sugar
- ½ cup water
- 2 teaspoons cornflour, mixed separately with extra 2 tablespoons water

Method

1. Cook rice according to packet instructions. Meanwhile heat a large non-stick frying pan with 1 tablespoon oil on the stove over high heat. Fry tofu until golden and crispy on the outside. Set aside.
2. As the tofu cooks prepare the teriyaki sauce. In a saucepan combine soy sauce, sugar and water. Heat on the stove until it begins to simmer and the sugar has dissolved. Remove from heat and pour in cornflour mixture while stirring. Return to heat and continue stirring until thickened.
3. Heat the remaining oil in a large frying pan or wok on the stove over high heat, sauté onions and cook until softened. Add garlic and stir fry until fragrant.
4. Add mushrooms and broccoli and stir fry until cooked to your liking. Lastly stir through the carrots.
5. Mix the tofu into the teriyaki sauce. Serve in bowls with rice, stir fried veges, and teriyaki coated tofu.

Cooking tips:

- The tofu can also be cooked in the oven at 210 °C bake or 190 °C fan bake. Coat sliced or cubed tofu in 2 tablespoons cornflour and place on a baking tray in a single layer. Bake for 15 minutes or until crisp, turning halfway through.

Adapt it:

- Swap the tofu for chicken, sliced beef, lamb, pork, prawns or tempeh. You can also use meat or plant-based mince. You can use egg or udon noodles instead of rice.
- For family members with bigger appetites use more tofu or add some edamame beans.
- Use gluten free soy sauce if required.
- Use white rice if you prefer.
- Ideally use reduced salt soy sauce if you have younger children to reduce the sodium per serving.

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Chicken casserole with smashed potatoes

Warming and comforting, this easy chicken casserole is great to warm yourself on cooler weeknights. Loaded with vegetables, serve this hot with a side of creamy smashed potatoes.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

CHICKEN CASSEROLE

- 1 tablespoon oil
- 1 large onion, finely diced
- 3 garlic cloves, minced or 1 ½ teaspoons crushed garlic
- 1 tablespoon smoked paprika
- 2 large carrots, cut into 1cm cubes
- 400g mushrooms*, sliced or quartered
- 500g skinless chicken breast*, cut into 3cm chunks
- 2 cans chopped tomatoes
- 1 ½ cups water
- 1 broccoli, florets and stalks chopped
- ¼ cabbage*, chopped
- Salt and pepper, to taste
- ½ bunch parsley*, leaves and stalks roughly chopped

SMASHED POTATOES

- 800g agria potatoes, cut into 2cm chunks
- 1 tablespoon butter or olive oil
- ¼ cup milk (optional)
- Salt and pepper, to taste

Method

1. Heat oil in a casserole pan or large pot on the stove over medium heat. Add onion and sauté until softened. Add garlic and paprika, stir fry until fragrant.
2. Add carrots, mushrooms, chicken and chopped tomatoes. Fill each can with ¾ cup water, swirl around to get the remaining sauce and add to the pot and stir. Cover with a lid, bring to a simmer while stirring occasionally.
3. As the casserole simmers boil potatoes in another pot to start making the smash. Boil for around 10 minutes or until a knife easily pierces the potato.
4. When the carrots are tender and the chicken is cooked, add broccoli, cabbage, salt if using, and pepper. Stir through and bring to a simmer. Top with chopped parsley.
5. Drain the water from the potatoes, add butter, milk (if using), salt and pepper. Smash until it is the consistency you like, adding more milk if needed. Serve casserole with smashed potatoes.

Cooking tips:

- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli. They can also be grated.
- For additional flavour add dried spices and herbs such as bay leaf, cinnamon quills, dried mixed herbs, chilli powder etc.

Adapt it:

- Skinless chicken thighs can be used if preferred or you can make with red meat or a plant-based meat substitute such as Quorn. Pulses can also be used like chickpeas, butter beans or mixed beans.
- This dish can be served with rice if preferred.

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Nom nom nachos

Nachos with a twist! With nutritious kūmara instead of corn chips, this nacho-style vegetarian friendly dish will be a winner for kids and adults alike.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 800g kūmara, sliced into ½ cm rounds
- 3 large carrots, cut into thin slices
- 2 tablespoons oil
- Pepper, to taste
- 1 tablespoon paprika (optional)
- 1 teaspoon cumin (optional)
- 2 x 410g cans corn kernels, rinsed and drained
- 1 x 410g can black beans, rinsed and drained
- 1 x 400g can lentils, rinsed and drained
- 1 large onion, finely diced
- 150g cheese*, grated
- 125g sour cream*
- ½ bunch parsley*, leaves and stalks roughly chopped
- ½ lettuce*, shredded

Method

1. Heat oven to 190°C bake or 170°C fan bake. Prepare a large roasting tray or baking dish. Combine sliced kūmara, carrots, oil, pepper, and spices (if using) in a large bowl and toss to coat. Transfer onto the roasting tray or baking dish. Bake for 20-30 minutes, or until tender, turning halfway through.
2. Remove from oven, top with corn, black beans, lentils, diced onion, and cheese. Return to the oven and cook for a further 10 minutes or until the cheese has melted.
3. Place on the table to serve, dollop with sour cream and sprinkle with parsley. Serve with shredded lettuce.

Cooking tips:

- If desired, sprinkle with your favourite nuts and seeds before serving for extra crunch and additional nutrients.

Adapt it:

- You can swap the black beans to kidney beans.
- Use frozen corn instead of canned, just defrost before using.
- You could make a mince with meat or a plant-based mince and veges to top the kūmara with if you prefer.
- Use low fat sour cream if you like.

Leftovers:

- Eat for lunch the next day.

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Friday night satay chicken skewers

Inspired by Southeast Asian hawker style skewered meat, this is a deliciously rich satay chicken dish served with rice and a fresh seasonal salad.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

SKEWERS

- 300g (1½ cups) brown rice*
- 1 can light coconut milk, divided
- 3 tablespoons peanut butter or tahini, ideally no added salt
- 1 teaspoon soy sauce or soy sauce alternative
- 1 teaspoon sweet chilli sauce
- 1 tablespoon oil
- 500g skinless chicken breast*, sliced
- Pepper, to taste
- Metal or bamboo skewers (optional)

SALAD

- 2 large carrots*, grated
- ½ large cucumber*, sliced
- 1/8 cabbage*, thinly sliced
- ¾ lettuce*, shredded
- ½ red onion*, finely sliced or diced

Method

1. Cook rice according to packet instructions but replace ½ cup water with ½ can coconut milk.
2. Combine salad ingredients together in a bowl, set aside.
3. Pour in remaining coconut milk in a small saucepan, with peanut butter, soy sauce, and sweet chilli sauce. Place on the stove over medium heat, bring to a gentle boil then reduce the heat and let it simmer for around 5 minutes or until thickened, while stirring occasionally. Set aside once ready.
4. Season chicken with pepper and put through skewers if desired.
5. Heat oil in a large frying pan on the stove over medium high heat. Cook chicken in batches until golden brown on the outside and cooked through.
6. Coat the chicken in the satay sauce or drizzle over top once on the plate.
7. Serve on a plate with coconut rice, salad, and chicken. Use any remaining sauce over the salad.

Cooking tips:

- The satay sauce can be cooked at the same time as the chicken.

Adapt it:

- Swap the chicken for tofu, beef, tempeh, prawns, or firm fish fillets. Skinless chicken thighs can be used if preferred.
- Use gluten free or reduced salt soy sauce if required.
- Use white rice if you prefer or already have that in your pantry.
- Use regular coconut milk if you prefer.

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