

Spring Meal Plans!



Week 3 Menu

- Monday** Spicy pork lettuce cups
Tuesday Creamy salmon spaghetti with lemon and garlic
Wednesday Red lentil falafel wrap
Thursday Beef and basil stir fried noodles
Friday Spinach rice with coconut lentil curry

Week 3 shopping list

Produce

- 1 Iceberg lettuce
- 6 Onions
- 550g Mushrooms
- 9 Carrots
- 250g Round green beans
- 1 Capsicum
- 2 Lemons
- 1 Beetroot
- 15g Basil

Butchery

- 400g Pork mince
- 400g Beef mince

Chilled

- 250g Lite sour cream

Grocery

- 500g Dry spaghetti
- 415g Can salmon
- 500g Red split lentils
- 8 Pack wholemeal wraps
- 1kg Basmati rice
- 400g Can chopped tomatoes
- 400g Can coconut milk

Frozen

- 750g Peas
- 1kg Spinach

Pantry Staples*

- | | |
|--|--|
| <input type="checkbox"/> Oil | <input type="checkbox"/> Baking powder |
| <input type="checkbox"/> Ginger – fresh or crushed | <input type="checkbox"/> Curry powder |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed | <input type="checkbox"/> Garam masala |
| <input type="checkbox"/> Hoisin sauce | <input type="checkbox"/> Bay leaf |
| <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Hummus, tzatziki, or your favourite spread or dip |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Cardamom pods (optional) |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Star anise (optional) |
| <input type="checkbox"/> Cumin, ground | <input type="checkbox"/> Chilli – fresh or dried flakes (optional) |
| <input type="checkbox"/> Coriander, ground | |
| <input type="checkbox"/> Flour, plain | |

Introduction

The recipes in this meal plan are designed for spring 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.

Week three tips

- The Monday and Wednesday meal include salad veges, so we recommend cooking those earlier in the week to make sure the salad is fresh when it is served.
- This week's recipes only use 600g of rice so there will be leftover uncooked rice this week. Store this in an airtight container in a cool place and use in another meal.
- Hoisin sauce can be substituted to oyster sauce, teriyaki sauce, or a plum sauce. When using alternative sauces add in a smaller amount as listed in the ingredient list first and test taste.

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





Spicy pork lettuce cups

Stir fried pork mince and mushrooms with subtle Chinese-inspired flavours. Serve in lettuce cups for a fun, affordable and nutritious family meal.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

300g basmati rice*
 ½ large iceberg lettuce*
 2 tablespoons oil
 1 onion*, finely diced
 2cm fresh ginger, grated or 1 teaspoon minced ginger
 2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
 250g mushrooms*, sliced
 400g pork mince
 2 large carrots, grated or finely diced
 150g round green beans*, sliced
 300g (2 cups) frozen green peas*
 ¼ cup hoisin sauce
 1 teaspoon soy sauce
 pepper, to taste

Method

1. Cook rice according to packet instructions.
2. Prepare the lettuce by separating the leaves, rinsing, then pat drying them or use a salad spinner. Place on a serving plate.
3. Heat oil in a large frying pan on the stove over medium-high heat, add onion and sauté until it becomes translucent and soft. Add in ginger and garlic and fry until fragrant, mix through mushrooms, pork mince, and carrots, stir fry until cooked.
4. Add green beans, peas, hoisin sauce, soy sauce, and pepper. Let it simmer and reduce for 5 minutes. Test taste and add additional seasoning ingredients, if needed.
5. To serve, spoon mince mixture into lettuce cups and serve with rice.

Cooking tips:

- You can also shred the lettuce and serve as a side salad with the spicy pork and rice.

Adapt it:

- Use brown rice instead of white to boost the fibre.
- Use beef, lamb, chicken or a plant based mince instead of pork if preferred.
- Use frozen green beans instead of fresh if you prefer.

Kid-friendly alternatives:

- Use reduced salt soy sauce.

Leftovers:

- Keep the mince, rice and lettuce separate when storing in the fridge. Mince and rice can be frozen, or eaten for lunch the next day with the remaining lettuce and rice.

* 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.



Creamy salmon spaghetti with lemon and garlic

Whip up a nutritious and filling meal for the whānau with some pantry staples and fresh veges. Topped with a zesty sauce made from sour cream, this salmon pasta dish is packed with flavour!



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 250g dry spaghetti*
- 2 teaspoons oil
- 1 large onion, finely diced
- 3 cloves garlic, grated or finely chopped or 1 ½ teaspoons crushed garlic
- 1 large capsicum, sliced
- 150g (1 cup) frozen peas*, defrosted
- 2 large carrots, grated
- 400g frozen spinach*, defrosted
- 250g lite sour cream
- 1 lemon, zest and juice
- 415g can pink salmon, drained and roughly flaked
- Salt and pepper, to taste

Method

1. Cook spaghetti according to packet instructions. Set aside 1 cup pasta cooking water as you are draining the pasta.
2. Heat oil in a large pot or deep frying pan on the stove over medium high heat. Sauté onions until softened. Add garlic and capsicums and stir fry until the garlic is fragrant and the capsicum is slightly softened.
3. Add peas, carrots, and spinach, stir to heat through. Mix in sour cream and lemon zest to coat the veges, add ½ cup of the pasta cooking water and mix through. If the sauce is too thick add more of the remaining water, to your liking. Heat the sauce through while stirring occasionally.
4. Add flaked salmon, and lemon juice, gently stir through. Test taste and add salt and pepper if desired.
5. Stir cooked pasta to coat in the creamy sauce. Serve.

Cooking tip:

- If you have enough space on the stove, you can cook the pasta and sauce at the same time to cook the meal faster.

Adapt it:

- Use canned tuna or cooked chicken if preferred.
- Serve with grated cheese if you like.
- Use 300g of pasta for larger appetites

Kid-friendly alternatives:

- Use minimal amounts of added salt.
- Swap spinach for extra frozen peas or corn for fussier little ones.

Leftovers:

- Eat for lunch the next day.

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Red lentil falafel wraps

Make your own falafel using soaked lentils for a protein packed vegetarian meal. Let the fussy eaters fill their own wraps with their favourite salad and condiments and they'll all be wanting more!



Prep time: 15 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

350g (just under 2 cups) red split lentils*, soaked overnight

1 onion*, roughly chopped or grated (if not using a food processor)

3 cloves garlic, grated or 1 ½ teaspoons crushed garlic

2 tablespoons oil

1 teaspoon ground cumin

1 teaspoon ground coriander

¼ teaspoon salt

5 tablespoons plain flour

1 teaspoon baking powder

4-6 wholemeal wraps

½ large iceberg lettuce*, sliced

1 beetroot*, grated

1 large carrot*, grated

Zest and juice of 1 lemon*

Hummus, tzatziki sauce, or your favourite sauce

Method

- Heat oven to 200°C bake or 180°C fan bake and prepare a baking tray by greasing it with oil or use a baking mat.
- If using a food processor, pulse lentils until they begin to break down. Add onion, garlic, oil, cumin, coriander, salt, flour, and baking powder. Blend until the mixture comes together and it is almost smooth, taking care not to over blend. Note: Use a potato masher if you don't have a food processor and follow the same steps as above.
- Roll into golf ball sized balls and place on the baking tray. Bake for 20 minutes or until brown and crisp on the outside, turning after about 15 minutes.
- Heat the wraps according to package instructions, if desired. Combine lettuce, beetroot and carrot in a bowl, toss with zest and lemon juice. Spread wrap with hummus or tzatziki sauce, add salad filling, and falafel. Serve.

Cooking tip:

- The lentil falafel can be made ahead, stored in the freezer and reheated when you are ready to use them.
- For extra crunch add kale into the salad.
- Wraps most commonly come in packets of 8, so if you have any left over, keep them for another meal or freeze.

Adapt it:

- Use ready-made falafel mix to save time if needed.
- You can use wholemeal pita bread instead of wraps
- Use canned beetroot slices or chunks instead of fresh.
- Use gluten free flour, baking powder and wraps if needed.

Kid-friendly alternatives:

- Adapt spice levels to suit their tastes.

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Beef and basil stir fried noodles

Put a twist on your next noodle dish with our Thai-inspired beef and basil recipe. With a mix of pantry staples and fresh and frozen veges, this is an easy and affordable family dinner.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 250g dry spaghetti*
- 1 tablespoon oil
- 1 onion, diced
- 4 garlic cloves, grated or 2 teaspoons crushed garlic
- 300g mushrooms*, sliced
- 400g lean beef mince
- 1 fresh chilli, finely sliced or 1 teaspoon chilli flakes (optional)
- 100g round green beans*, sliced
- 400g frozen spinach*, defrosted
- 2 large carrots, grated
- ¼ cup hoisin sauce
- 1 teaspoon soy sauce
- 15g fresh cut basil, roughly chopped

Method

1. Cook spaghetti according to packet instructions. Set aside one cup of pasta water before draining.
2. Heat oil in a large wok or pot on the stove over medium-high heat. Sauté onions until softened. Add garlic and fry for a few seconds until it becomes fragrant and starts to become golden, then mix in the mushrooms and mince. Stir fry until the mince is cooked.
3. Turn the heat to high, add chilli or chilli flakes (if using), green beans and spinach. Mix through. Add carrots, hoisin sauce, and soy sauce, heat through.
4. Add cooked spaghetti and coat in the sauce, add pasta water in small amounts until you get a creamy sauce consistency. To finish, mix in chopped basil leaves and serve.

Cooking tip:

- This recipe will also work well using other types of mince or plant-based mince alternatives.

Adapt it:

- Use noodles instead of spaghetti if you prefer.
- For larger appetites use 300g of spaghetti or noodles.
- You can use frozen green beans instead of fresh.

Kid-friendly alternatives:

- Swap frozen spinach for peas if preferred.
- Use reduced salt soy sauce and avoid adding extra salt.

Leftovers:

- Can be frozen or reheated for lunch the next day.

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Spinach rice with coconut lentil curry

Loaded with mouthwatering flavours, our biryani-style rice topped with creamy vegetarian curry is a filling and moreish meal to fill hungry tumms.



Prep time: 15 minutes

Cooking time: 35 minutes



Serves:
4-6



Skill level:
Easy as

Ingredients

SPINACH RICE

- 1 tablespoon oil
- 1 onion, finely diced
- 2 cloves garlic, finely chopped or 1 teaspoon minced garlic
- 2cm fresh ginger, grated or 1 teaspoon minced ginger
- Salt, to taste
- ½ teaspoon curry powder
- 2 teaspoons garam masala
- 1 bay leaf
- 2 cardamom pods (optional)
- 1 star anise (optional)
- 200g frozen spinach*, defrosted
- 300g basmati rice*
- 1 ¾ cups water

COCONUT LENTIL CURRY

- 1 tablespoon oil
- 1 onion, finely diced
- 2 teaspoons curry powder
- 400g can chopped tomatoes
- 150g red split lentils*, soaked overnight
- 2 large carrots*, grated
- 300g (2 cups) frozen green peas*
- 400g can coconut milk
- Salt and pepper, to taste

Method

1. Heat oil in a large pot on the stove over medium-high heat. Sauté onions for around 5 minutes until they become soft and translucent. Add garlic and ginger and stir fry for a minute until fragrant. Mix through salt, spices, and bay leaf, fry for about 30 seconds.
2. Turn the heat to high and stir fry spinach. Add rice and mix to coat in the spices, pour water over the top, gently mix around and cover with a lid.
3. Bring to boil, then turn the heat down to low and leave to cook for 15 minutes. Turn off heat, remove from stove and let it rest for 5-10 minutes before serving.

Coconut lentil curry

- Prepare the curry as the rice cooks. Heat oil in a medium sized pot on the stove over medium-high heat. Sauté onions for around 5 minutes until they become soft and translucent.
- Add curry powder and fry until fragrant. Add the remaining ingredients into the pot, rinse each can with ½ cup water and pour liquid into the pot, bring to boil, and let it simmer for 5-10 minutes. Test taste and add more pepper or spices as desired.
- Serve with the curry spooned over the rice.

Cooking tips:

- The curry is a great make-ahead recipe and can also be cooked in a slow cooker.

Adapt it:

- Swap spinach for frozen peas if you prefer.
- You can use 2-3 tsp of a curry paste instead of the spices.

Kid-friendly alternatives:

- Adapt spice level to suit your family.

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