

Spring Meal Planner



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 1 Shopping List

Produce

- ☐ 1 leek
- ☐ 1 bunch spring onions
- ☐ 120g baby spinach bag
- ☐ 120g mesclun salad
- ☐ 250g round green beans
- ☐ 2 brown onions
- ☐ 2 lemons
- ☐ 250g mushrooms
- ☐ 1 cucumber
- ☐ 200g mung bean sprouts
- ☐ 2 carrots

Butchery

- ☐ 1kg beef (stir fry, rump steak, schnitzel etc.)
- ☐ 500g chicken breast

Grocery

- ☐ 1kg medium grain rice
- ☐ 250g pasta
- ☐ 200g rice vermicelli
- ☐ 400g chopped tomatoes, canned
- ☐ 250ml beef stock
- ☐ 8-10 pack roti or roti canai*

*Roti canai can be found in the freezer section, and roti is usually found alongside the wraps in the grocery section.

Frozen

- ☐ 500g crumbed or plain fish fillets

Pantry Staples*

- | | |
|--|---|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Plain flour |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Oil | <input type="checkbox"/> Sugar, brown or white |
| <input type="checkbox"/> Sweet chilli sauce | <input type="checkbox"/> Butter |
| <input type="checkbox"/> Fish sauce | <input type="checkbox"/> Sauce, spread, or dip (for roti tacos) |
| <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Sesame oil (optional) |
| <input type="checkbox"/> Garlic, cloves or crushed | |
| <input type="checkbox"/> Paprika | |



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

About

The recipes in the meal planner are designed for spring as they use seasonal spring produce – but they can be made at any time of the year with produce substitutions.

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

The shopping list tells you the main ingredients you will need to buy for that week. The staples for the week lists other ingredients that you will need to make your meals, but you are likely to have these in your fridge or pantry already. Before going shopping, check that you do have the staple ingredients just in case you don't have something.

Some ingredients will be used across more than one meal in a week. These ingredients are all marked with an asterisk (*) so you know not to use all of the ingredient in one meal.

Tips

These meals are designed to cost under \$100 (not including the staple items). Here are some tips to help you keep cost down:

- Buying supermarket branded products such as the Pams range is a great way to save you money.
- Buying in bulk can be a great way to reduce costs overall while it might be more expensive upfront. We recommend only buying in bulk if you will use all of the produce.
- Stock up on specials, particularly on meat as some can be expensive. If you have room in your freezer and you see meat on special that you will be needing to make one of the recipes in the meal plan, buy it during your shop.
- Make substitutions if you or someone in your household doesn't like a key ingredient in the recipe – switch it with something else and avoid waste. Or if one type of meat is on special, substitute the one in your recipe with it.
- Always check your fridge, freezer and pantry before you go shopping as you may already have some of the ingredients that are on the shopping list.



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5 FAMILY
DINNERS
for under **\$100**

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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.

Spring Meal Planner



Week 2 Menu

Monday	Herby chicken tray bake
Tuesday	Salmon and leek parcels
Wednesday	Thai-style beef salad with crispy noodles
Thursday	Chicken and filo pie
Friday	Mee goreng

Week 2 Shopping List

Produce

- ☐ 1 leek
- ☐ 120g mesclun salad
- ☐ 1 pack Shanghai bok choy
- ☐ 600g potatoes (about 4-6)
- ☐ 2 brown onions
- ☐ 1 small red onion
- ☐ 3 lemons
- ☐ 300g mushrooms
- ☐ 15g cut mint
- ☐ 200g mung bean sprouts
- ☐ 3 large carrots
- ☐ 1 broccoli

Grocery

- ☐ 140g crispy noodles
- ☐ 71g chicken stock cubes
- ☐ 415g tinned salmon

Butchery

- ☐ 500g beef (stir fry, rump steak or other steak cuts)
- ☐ 500g chicken breast
- ☐ 1-1.5kgs chicken drumsticks or thighs

Chilled & Frozen

- ☐ 375g filo pastry
- ☐ 1L milk
- ☐ 300g firm tofu
- ☐ 400g Hokkien noodles
- ☐ 500g peas

Pantry Staples*

- | | |
|--|---|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Nutmeg (optional) |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Butter |
| <input type="checkbox"/> Oil | <input type="checkbox"/> Flour, plain |
| <input type="checkbox"/> Sweet chilli sauce | <input type="checkbox"/> Tomato sauce, ketchup, or tomato passata |
| <input type="checkbox"/> Fish sauce | <input type="checkbox"/> Dried mixed herbs |
| <input type="checkbox"/> Soy sauce | |
| <input type="checkbox"/> Garlic, cloves or crushed | |
| <input type="checkbox"/> Curry powder | |

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About

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The shopping list tells you the main ingredients you will need to buy for that week. The staples for the week lists other ingredients that you will need to make your meals, but you are likely to have these in your fridge or pantry already. Before going shopping, check that you do have the staple ingredients just in case you don't have something.

Some ingredients will be used across more than one meal in a week. These ingredients are all marked with an asterisk (*) so you know not to use all of the ingredient in one meal.

Tips

These meals are designed to cost under \$100 (not including the staple items). Here are some tips to help you keep cost down:

- Buying supermarket branded products such as the Pams range is a great way to save you money.
- Buying in bulk can be a great way to reduce costs overall while it might be more expensive upfront. We recommend only buying in bulk if you will use all of the produce.
- Stock up on specials, particularly on meat as some can be expensive. If you have room in your freezer and you see meat on special that you will be needing to make one of the recipes in the meal plan, buy it during your shop.
- Make substitutions if you or someone in your household doesn't like a key ingredient in the recipe – switch it with something else and avoid waste. Or if one type of meat is on special, substitute the one in your recipe with it.
- Always check your fridge, freezer and pantry before you go shopping as you may already have some of the ingredients that are on the shopping list.



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Week 2 Menu

Monday	Herby chicken tray bake
Tuesday	Salmon and leek parcels
Wednesday	Thai-style beef salad with crispy noodles
Thursday	Chicken and filo pie
Friday	Mee goreng

Week 2 tips

- We recommend cooking the herby chicken tray bake before the chicken filo pie as the leftovers from the tray bake can be added into the pie. Other than that, you can cook the meals in any order you like.
- Shopping list ingredients you will be sharing between meals this week are: chicken stock cubes, carrots, frozen peas, filo pastry, onions, mushrooms, lemons.
- White sauce is used in both chicken recipes – the full amount you need to make for both meals is in the tray bake recipe. Use the sauce that you need for the tray bake and keep the leftovers in the fridge to mix into the filo pie filling.
- Chicken stock cubes are one of the shopping list ingredients used in a few recipes this week, but you can also use your favourite spice mix or seasoning instead.

Monday



Herby chicken tray bake

Great for nights when you want the oven to take care of most of the cooking. You can easily switch up the herbs with your favourite ones or other seasoning and spice mixes to make this recipe your very own.



Prep time: 10 minutes

Cooking time: 40 minutes

Ingredients

WHITE SAUCE

3 tablespoons oil or butter
¼ cup flour
4 cups milk
4 cubes chicken stock*
Salt and pepper, to taste
Pinch of nutmeg (optional)

TRAY BAKE

1-1.5kg chicken thighs or drumsticks
(or 2 thighs/drumsticks per person)
600g potatoes, washed and cut into
about 2cm wide chunks
2 large carrots*, cut into 1cm slices
2 tablespoons oil
2 teaspoons dried mixed herbs
1 teaspoon salt
Pepper, to taste

Method:

WHITE SAUCE

1. Heat oil or butter in a medium sized saucepan or pot on the stove over medium heat, add flour and cook for about a minute until it forms a paste.
2. Carefully add in milk while mixing using a whisk, turn the heat to high and continue stirring until it thickens. Add chicken stock cubes and nutmeg if using, test taste adding salt and pepper as needed. Set aside.

TRAY BAKE

3. Heat oven to 180°C bake or 160°C fan bake.
4. Prepare a large baking tray or two medium baking dishes. Place chicken, potatoes, and carrots in the tray or dish. Drizzle with oil, sprinkle herbs, salt and pepper and mix to coat.
5. Bake for about 35-40 minutes, or until the chicken and vegetables are cooked.

Tips:

Halve the white sauce quantity in this recipe if you are only making this dish. You can change up the vegetables, use what you have already at home or if you want something different (cauliflower and beetroot are great roasted).

Leftovers:

Can be added into the chicken filo pie filling or can be frozen.



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Salmon and leek parcels with grilled broccoli

Filo (phyllo) pastry is a thin dough commonly used in Turkish and other Mediterranean and Middle Eastern cooking that produces a light and crisp pastry when cooked. A great ingredient for this spring-inspired individual pie.



Prep time: 20 minutes

Cooking time: 35 minutes

Ingredients

SALMON AND LEEK PARCEL

1 tablespoon oil
3 cloves garlic, grated or
1 ½ teaspoons crushed garlic
1 large or two small leeks, sliced
thinly, green and white parts included
1 cube chicken stock*, crushed
Pinch salt
Pepper, to taste
1 ½ cups frozen peas*
415g tinned salmon, drained
12 sheets filo pastry*
½ cup melted butter or oil, for
layering the filo sheets

GRILLED BROCCOLI

2 tablespoons oil
2 cloves garlic, grated or
1 teaspoon minced garlic
1 head broccoli, florets and stalks
chopped
Salt and pepper, to taste

Method

1. Heat oil in a large frying pan on the stove over high heat, add garlic and leek. Fry for 5-10 minutes until the leek is soft and cooked.
2. Remove pan from heat, mix through crushed chicken stock cube, salt and pepper, and frozen peas. Add salmon, making sure there are no bones and gently mix into the leek and peas. Split into 4-6 portions and set aside.
3. Prepare a baking tray by greasing it or using a baking mat, set aside.
4. Heat oven to 200°C bake or 180°C fan bake.
5. To make the parcels, lay out one sheet of filo pastry, brush it with melted butter or oil and place another sheet over the top. Brush this layer with melted butter or oil. Fold in half and brush edges with butter.
6. Turn the filo sheet so that the short edge of the pastry is closest to you, scoop a portion of the filling and place it at the centre towards the bottom third of the pastry edge closest to you. Fold from the bottom to cover the filling, do another fold upwards then fold the sides in. Brush the dry edges with butter or oil and continue folding upwards until it is sealed. Transfer to the baking tray.
7. Continue this process for the remaining parcels. Brush the outside with butter or oil just before putting it into the oven.
8. Bake for 20-30 minutes until golden brown.
9. While the parcels bake, combine the grilled broccoli ingredients in a baking dish and mix to coat the broccoli in the oil and garlic. Cook in the oven with the parcels in the last 10 minutes of its cooking time.

Tips:

Flaky pastry is a great substitute if filo pastry is hard to find or you want to cut down on prep time. For protein variations, swap tinned salmon with smoked salmon or other fish fillets, smoked chicken or leftover roast chicken. You can swap leek with onions, shallots, spring onions, or a combination of these.

Leftovers:

Eat for lunch the next day.



Thai-style beef salad with crispy noodles

Zesty, slightly sweet, with a hint of heat. The perfect salad for spring especially when fresh local lemons are still available in stores at a good price.



Prep time: 15 minutes

Cooking time: 15 minutes

Ingredients

SALAD

2 tablespoons oil

500g beef (stir fry, rump steak or your favourite beef cut)

½ teaspoon salt

Pepper, to taste

1 small red onion, thinly sliced

1 large carrot*, cut into matchsticks

15g fresh mint, roughly chopped

120g mesclun salad or your favourite salad mix

140g crispy noodles

DRESSING

Zest and juice of 2 lemons*

¼ cup sweet chilli sauce

2 teaspoons fish sauce or

1 teaspoon soy sauce

1 clove garlic, grated or

½ teaspoon crushed garlic

Method:

1. Combine dressing ingredients together and set aside.
2. Heat oil in a frying pan on the stove over high heat, mix beef with salt and pepper and sear in batches until cooked. Set aside.
3. Combine sliced red onion, carrots, mint, and mesclun salad together in a large bowl. Pour half of the dressing over the salad and mix through.
4. In another bowl, combine the remaining dressing with the cooked beef.
5. To serve, place salad on a wide dish or bowl, add beef, then top with crispy noodles.

Tips:

If using a steak cut of beef, cut into thin slices before searing on the pan. Any mix of salad ingredients will work in this recipe – you want to aim for about 2 loose cups of salad per person.

Leftovers:

Eat for lunch the next day.



Filo topped chicken pie

Hot creamy filling with a crisp fillo topping. A comfort food recipe that you can also make when you have any leftover casseroles or stews.



Prep time: 15 minutes

Cooking time: 40-45 minutes

Ingredients

2 tablespoons oil
1 onion*, finely diced
2 cloves garlic, grated or
1 teaspoon crushed garlic
150g mushrooms*, sliced thinly
Salt and pepper, to taste
500g chicken breast, cubed
2 cups white sauce or remaining
white sauce from tray bake
1 cup peas*
4 sheets fillo pastry*
(or the remaining sheets from
salmon and leek parcels)
¼ cup melted butter or oil

Method:

1. Heat oil in a deep frying pan or skillet on the stove over medium high heat, sauté onions until they become translucent.
2. Add garlic and mushrooms and stir fry until the mushrooms soften.
3. Add chicken and cook for 5-10 minutes. Lastly add in peas and white sauce, stir through and remove from heat. Transfer filling into a baking dish.
4. Heat oven to 200°C bake or 180°C fan bake.
5. To prepare the fillo topping, brush each layer with melted butter or oil. Then place on top of the pie, folding it as needed to fit the baking dish.
6. Using a sharp knife, cut a few slits on top to let the steam through as the filling heats up.
7. Bake for 30-40 minutes until the filling is hot and the fillo is golden brown.

Tips:

The filling can be made in advance and stored in the fridge to save time on the day. If you have any chicken or roast vege leftover from the tray bake, mix them in when making the filling.

Leftovers:

Can be frozen or eaten for lunch the next day.



Mee goreng

A flavour-filled street food classic fried noodle dish originating from Malaysia, Indonesia and Singapore.



Prep time: 10 minutes

Cooking time: 20 minutes

Ingredients

3 tablespoons oil, used in 1 tablespoon amounts throughout the recipe
300g firm tofu, cut into cubes or slices
400g Hokkien noodles
1 onion*, sliced thinly or finely diced
2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
150g mushrooms*, thinly sliced
1 cup frozen peas*
(or the remaining peas)
¼ cup tomato sauce, ketchup, or tomato passata
3 tablespoons soy sauce
2 teaspoons curry powder
1 lemon*, cut into half
1 pack Shanghai bok choy, cut into chunks with the green and white parts separated
200g bean sprouts or other sprouts

Method:

1. Heat one tablespoon of oil in a non-stick frying pan on the stove over high heat. Cook the tofu until it is golden brown and crispy on all sides. Set aside.
2. Check if noodles require any specific preparation based on package instructions and get the noodles ready.
3. Heat a wok or large, deep frying pan with the remaining oil on the stove over medium high heat, add the onions and cook until they are soft.
4. Add garlic and mushrooms and stir fry until the mushrooms are cooked to your liking.
5. Turn the heat to high. Add frozen peas, tomato sauce (ketchup or passata), soy sauce, curry powder, juice of half the lemon and the white part of the bok choy. Stir until the sauce gets hot.
6. Add noodles and the green part of the bok choy to the wok or pan. Test taste, add salt and pepper or sauce ingredients as desired.
7. Briefly stir the bean sprouts and tofu through the noodles, turn off heat.
8. Cut the remaining half of the lemon into wedges and serve with the noodles.

Tips:

If you have enough space on the stove you can cook the tofu at the same time as cooking the main dish to cut down on cooking time. Switch out the bok choy with other leafy greens that you like more or may already have in the fridge such as cabbage, spinach, won bok, or silverbeet. You can swap out tofu with a different protein of choice.

Leftovers:

Can be frozen or eaten for lunch the next day.

Spring Meal Planner

Week 3 Menu

Monday	Sung choy bao
Tuesday	Red lentil falafel wrap
Wednesday	Adobo with zesty tumeric rice
Thursday	Mince and basil spaghetti
Friday	Spinach biryani with coconut lentil curry

Week 3 Shopping List

Produce

- ☐ 2 beetroot
- ☐ 250g fresh round green beans
- ☐ 5 onions
- ☐ 1 bag green curly kale
- ☐ 3 lemons
- ☐ 1 lettuce, whole
- ☐ 15g fresh cut basil
- ☐ 5 carrots
- ☐ 1 chilli, fresh (optional)

Butchery

- ☐ 1kg mince
- ☐ 1.5-2kgs chicken drumsticks or thighs

Chilled & Frozen

- ☐ 150g-200g hummus or tzatziki
- ☐ 300g chopped leaf spinach, frozen

Grocery

- ☐ 6 pack wraps
- ☐ 1x 400ml can coconut cream
- ☐ 1x 400g can chopped tomatoes
- ☐ 500g split red lentils
- ☐ 1 bag dried shitake (shiitake) mushrooms, sliced (40g)
- ☐ 500g basmati rice (if available or 1kg, will have extra rice)
- ☐ 500g spaghetti
- ☐ 227g hoisin sauce

Pantry Staples*

- | | |
|--|--|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Bay leaf |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Cardamom pods (optional) |
| <input type="checkbox"/> Oil, for frying | <input type="checkbox"/> Star anise (optional) |
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Chilli flakes (optional) |
| <input type="checkbox"/> Fish sauce | <input type="checkbox"/> Flour, plain |
| <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Baking powder |
| <input type="checkbox"/> Garlic, cloves or crushed | <input type="checkbox"/> Vinegar (white, apple cider or coconut) |
| <input type="checkbox"/> Ginger, fresh or crushed | <input type="checkbox"/> Sugar, brown |
| <input type="checkbox"/> Turmeric powder | |
| <input type="checkbox"/> Cumin powder | |
| <input type="checkbox"/> Coriander powder | |
| <input type="checkbox"/> Curry powder | |
| <input type="checkbox"/> Garam masala | |

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The shopping list tells you the main ingredients you will need to buy for that week. The staples for the week lists other ingredients that you will need to make your meals, but you are likely to have these in your fridge or pantry already. Before going shopping, check that you do have the staple ingredients just in case you don't have something.

Some ingredients will be used across more than one meal in a week. These ingredients are all marked with an asterisk (*) so you know not to use all of the ingredient in one meal.

Tips

These meals are designed to cost under \$100 (not including the staple items). Here are some tips to help you keep cost down:

- Buying supermarket branded products such as the Pams range is a great way to save you money.
- Buying in bulk can be a great way to reduce costs overall while it might be more expensive upfront. We recommend only buying in bulk if you will use all of the produce.
- Stock up on specials, particularly on meat as some can be expensive. If you have room in your freezer and you see meat on special that you will be needing to make one of the recipes in the meal plan, buy it during your shop.
- Make substitutions if you or someone in your household doesn't like a key ingredient in the recipe – switch it with something else and avoid waste. Or if one type of meat is on special, substitute the one in your recipe with it.
- Always check your fridge, freezer and pantry before you go shopping as you may already have some of the ingredients that are on the shopping list.



Spring Meal Planner

5 FAMILY
DINNERS
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Week 3 Menu

Monday	Sung choy bao
Tuesday	Red lentil falafel wrap
Wednesday	Adobo with zesty tumeric rice
Thursday	Mince and basil spaghetti
Friday	Spinach biryani with coconut lentil curry

Week 3 tips

- The first three dishes for this week include a raw salad component so we recommend cooking those first to make sure the salad is fresh when it is served.
- Shopping list ingredients you will be sharing between meals this week are: mince, round green beans, frozen spinach, hoisin sauce, onions, shitake (shiitake) mushrooms, lettuce, lemons, carrots, beetroot, kale, red split lentils and basmati rice.
- Pork mince is the listed ingredient in the recipes, but you can use your favourite mince instead.
- This week's recipes only use 500g of rice but if you are only able to get a 1kg bag of basmati you will have some rice leftover. Another recipe where you can use the additional rice is the sung choy bao as it is a light dish and is a great way to bulk up the meal.
- Hoisin sauce is listed as a shopping list ingredient this week – some alternative substitutes that can be used include 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.
- The red lentil falafel wrap and adobo recipes use similar salad ingredients – to save time you can combine the salad ingredients and use it over two days.

Monday



Sung choy bao

Chinese-inspired stir fried shiitake mushrooms with flavoured mince served in lettuce cups.



Prep time: 10 minutes

Cooking time: 15 minutes

Method:

1. Place shiitake mushrooms in a bowl and add just enough boiling water from a kettle to cover it and leave to soak for 5 minutes.
2. As the mushrooms soak, prepare the lettuce by separating the leaves, rinse, then pat them dry. Place on a serving plate.
3. Carefully remove the hot mushrooms and place on a plate and once cooled, cut into small pieces. Save the mushroom broth.
4. Heat oil in a large frying pan on the stove over medium-high heat, add onion and sauté until it becomes translucent and soft.
5. Add in ginger and garlic and fry until fragrant. Mix through pork mince, mushrooms and carrots and stir fry until cooked.
6. Add $\frac{1}{4}$ cup of the mushroom broth, green beans, hoisin sauce, soy sauce, and pepper. Let it simmer and reduce for 5 minutes. Test taste and add additional seasoning ingredients or salt, if needed.
7. To serve, spoon mince mixture into lettuce cups, drizzle with any remaining hoisin sauce from the bottle.

Tips:

To stretch the meal further we recommend cooking rice to serve with this meal. If you have any remaining mushroom broth and a small amount of hoisin sauce left, pour broth into the sauce bottle, cover and shake, then pour into a small saucepan, heat and reduce. Then use as additional sauce before serving.

Leftovers:

Keep the mince and lettuce separate. Mince can be frozen. Or eat for lunch the next day with the remaining lettuce and/or rice.

Ingredients

20g (half packet) dried sliced shiitake mushrooms*
 $\frac{1}{2}$ cos lettuce or fresh cut 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 minced garlic
500g pork mince*
2 carrots*, grated or finely diced
150g round green beans*, sliced
 $\frac{1}{2}$ cup hoisin sauce*
2 tablespoons soy sauce
Pepper, to taste
Salt, to taste



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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 minced garlic

3 tablespoons oil

1 teaspoon ground cumin

1 teaspoon ground coriander

1 ¼ teaspoon salt

5 tablespoons plain flour

1 teaspoon baking powder

6 pack wraps

½ cos lettuce or fresh cut lettuce*, sliced

½ bunch curly kale*, washed and cut into smaller pieces

1 beetroot*, grated

1 carrot*, grated

Zest and juice of 1 lemon*

150g-200g Hummus or tzatziki sauce

Red lentil falafel wrap

Red lentils, a softer variety of lentils, are perfect for making into falafels.



Prep time: 15 minutes

Cooking time: 20 minutes

Method

1. 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.
2. If using a food processor, pulse lentils until it begins to break down. Add onion, garlic, oil, cumin, coriander, salt, flour and baking powder. Blend until it 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.
3. 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.
4. Heat the wrap or pita according to package instructions. Combine lettuce, kale, 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.

Tip:

The lentil falafel can be made ahead, stored in the freezer and reheated when you are ready to use them.

Leftovers:

Eat for lunch the next day.



Adobo with zesty tumeric rice

Adobo is a popular Filipino dish that can be cooked with any meat, commonly chicken or pork, with a distinct soy flavour and bursts of sweetness and tanginess. Best served with rice.



Prep time: 15 minutes

Cooking time: 40 minutes

Ingredients

CHICKEN ADOBO

- 20g sliced dried shiitake mushrooms*
- 1 ½ cups hot water
- 1.5-2kgs chicken drumsticks or thighs
- 1 onion*, diced
- 4 cloves of garlic, crushed or 2 teaspoons minced garlic
- 3cm piece ginger, sliced or 1 ½ teaspoons minced ginger
- 2 bay leaves
- 2 star anise (optional)
- ¾ cup soy sauce
- ¼ cup vinegar (white, apple cider or coconut)
- ½ cup packed brown sugar

ZESTY TUMERIC RICE

- 250g basmati rice*, rinsed
- 1 ½ cups water
- Zest and juice of 1 lemon
- 2 teaspoons turmeric powder

RAW KALE & BEETROOT SALAD

- 1 ½ tablespoons olive oil
- Zest and juice of 1 lemon
- Pinch salt and pepper
- ½ bunch curly kale* washed and cut into smaller pieces
- 1 beetroot*, grated

Method:

CHICKEN ADOBO

1. In a bowl, soak dried mushrooms in hot water and cover with a plate – leave for 5 minutes.
2. Place the remaining ingredients into a pot, then pour in the soaked mushrooms with the mushroom broth.
3. Cover pot with a lid and place on the stove over high heat. Once boiling, turn the heat to low and let it simmer for around 30 minutes until the chicken is cooked, stirring occasionally. Test taste, adding more soy, vinegar or sugar according to taste.

ZESTY TUMERIC RICE

4. Cook the rice while the adobo is cooking.
5. Combine all the ingredients in a pot, stir briefly, cover with a lid and place on the stove over high heat. Once boiling, turn the heat down to low and let it simmer and cook for 15 minutes. Turn off heat and remove from the stove, leave to rest for 5-10 minutes before serving.
6. Alternatively, combine all the ingredients together in a rice cooker and cook until ready.

RAW KALE & BEETROOT SALAD

7. Combine olive oil, lemon juice and zest, with salt and pepper in a large bowl and mix together. Add kale and beetroot, toss to coat in dressing.

Tip:

Estimate how much chicken your household will eat and buy enough according to that. If you have more time, you can try making adobo with a different meat, such as pork or casserole cuts of beef are great. Braise them in the adobo sauce over a slower heat and longer time until tender.

Leftovers:

Eat for lunch the next day.
The chicken adobo by itself can be frozen.



Pork mince and basil spaghetti

Spaghetti with flavours inspired by Asian cuisine for a twist on a dinner classic.



Prep time: 10 minutes

Cooking time: 20 minutes

Ingredients

500g spaghetti
3 tablespoons oil
4 garlic cloves, grated or
2 teaspoons minced garlic
500g pork mince*
1 fresh chilli, finely sliced or
1 teaspoon chilli flakes (optional)
100g round green beans*, sliced
100g frozen spinach*, defrosted
½ cup hoisin sauce*
2 tablespoons fish sauce or
1 tablespoon soy sauce
2 tablespoons 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. Add garlic and fry for a few seconds until it becomes fragrant and starts to become golden, then mix in the 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.
4. Add hoisin sauce, fish sauce and soy sauce, heat through.
5. 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.

Tip:

This recipe will also work well using other types of mince or vegan mince alternatives.

Leftovers:

Can be frozen or eaten for lunch the next day.



Spinach biryani with coconut lentil curry

Biryani is a rice dish made with a variety of spices, meats and vegetables representing the specialties from different regions.



Prep time: 10 minutes

Cooking time: 35 minutes

Ingredients

SPINACH BIRYANI

- 2 tablespoons oil
- 1 onion*, finely diced
- 2 cloves garlic, finely chopped or 1 teaspoon minced garlic
- 2cm fresh ginger, grated or 1 teaspoon minced ginger
- 1 teaspoon salt
- ½ teaspoon curry powder
- 2 teaspoons garam masala
- 1 bay leaf
- 2 cardamom pods (optional)
- 1 star anise (optional)
- 200g frozen spinach*, defrosted
- 250g basmati rice*
- 1 ½ cups water

COCONUT LENTIL CURRY

- 1 tablespoon oil
- 1 onion*, finely diced
- 2 teaspoons curry powder
- 1x 400g can chopped tomatoes
- 150g red split lentils*, soaked overnight
- 2 carrots*, grated
- 1x 400g can coconut cream
- 1 ½ teaspoons salt
- Pepper, to taste

Method:

SPINACH BIRYANI

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.
2. Add garlic and ginger and stir fry for a minute until fragrant. Mix through salt, spices and bay leaf, fry for about 30 seconds.
3. 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.
4. 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

5. Prepare the curry as the rice cooks.
6. 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.
7. Add curry powder and fry until fragrant. Add the remaining ingredients into the pot, rinse can with ½ cup water each and pour liquid into the pot, bring to boil, and let it simmer for 5-10 minutes. Test taste and add more salt and pepper or spices as desired.

Tip:

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

Leftovers:

Eat for lunch the next day. The curry by itself can be frozen.

Spring Meal Planner



Week 4 Menu

Monday	Sapsui with mince
Tuesday	Smokey chicken po' boy
Wednesday	Lao-inspired larb
Thursday	Chana masala
Friday	Spring vege quiche

Week 4 Shopping List

Produce

- ☐ 1 cucumber
- ☐ 1 broccoli
- ☐ 1 leek
- ☐ 1 bunch spring onion
- ☐ 120g spinach, fresh
- ☐ 250g round green beans, fresh
- ☐ 1 red onion
- ☐ 2 brown onions
- ☐ 1 lemon
- ☐ 1 lettuce, whole
- ☐ 15g fresh cut mint
- ☐ 3 carrots
- ☐ 1 chilli, fresh (optional)

Butchery

- ☐ 1kg mince
- ☐ 500g chicken breast, skinless

Grocery

- ☐ 6 pack hot dog rolls
- ☐ 4-6 pack naan bread or roti
- ☐ 12 eggs
- ☐ 1x 400g can chopped tomatoes
- ☐ 2x 400g cans chickpeas
- ☐ 200g vermicelli noodles

Frozen

- ☐ 400g savoury short or flaky pastry block

Pantry Staples*

- | | |
|--|---|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Garam masala |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Smoked paprika |
| <input type="checkbox"/> Oil, for frying | <input type="checkbox"/> Chilli flakes or powder (optional) |
| <input type="checkbox"/> Fish sauce | <input type="checkbox"/> Milk or non-dairy milk |
| <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Sugar, brown or white |
| <input type="checkbox"/> Garlic, cloves or crushed | <input type="checkbox"/> Mayonnaise or aioli |
| <input type="checkbox"/> Ginger, fresh or crushed | |
| <input type="checkbox"/> Curry powder | |

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

About

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Spring Meal Planner

5 FAMILY
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Week 4 Menu

Monday	Sapasui with mince
Tuesday	Smokey chicken po' boy
Wednesday	Lao-inspired larb
Thursday	Chana masala
Friday	Spring vege quiche

Week 4 tips

- We recommend cooking the po' boy earlier on the week to make sure the bread is still fresh and cooking the quiche last as you can add any vegetables that didn't get used up in the other recipes into the quiche. Other than that, you can cook the recipes in any order you like.
- Shopping list ingredients you will be sharing between meals this week are: onions, mince, broccoli, spring onions, lettuce, carrots, cucumber, leek, fresh spinach and round green beans.
- Mince is shared over two recipes – you can use your favourite meat or meat substitute in these recipes.

Monday



Sapasui with mince

A Pacific Island chop suey and a party favourite – a great dish to bring people together.



Prep time: 10 minutes

Cooking time: 20 minutes

Ingredients

200g vermicelli noodles
2 tablespoons oil
1 onion*, finely diced
2 cloves garlic, grated or
1 teaspoon minced garlic
3cm piece ginger, grated or
1 ½ teaspoon minced ginger
500g mince* (beef, chicken, or pork)
½ cup soy sauce
½ head broccoli*, chopped, florets
and stalks included
150g round green beans*, sliced
Salt and pepper, to taste
½ bunch spring onions*, green and
white parts finely sliced

Method:

1. Soak vermicelli in a large bowl or pot with enough hot water to cover it for 5-10 minutes or until softened, then drain. Set aside.
2. Heat oil in a large and deep frying pan, skillet or wok on the stove over medium-high heat. Sauté onion for around 5 minutes until soft, add garlic and ginger and stir fry for a minute or until fragrant.
3. Add mince to the pan and fry until cooked. Turn the heat to high, add soy sauce, broccoli and green beans, stir fry until vegetables are heated through. Place noodles into the pan and mix through until the noodles are coated in the soy sauce.
4. Test taste, adding salt and pepper or more soy sauce if desired. Sprinkle sliced spring onions and briefly stir through. Then serve.

Tip:

You can add other vegetables to this dish if you have some already in your fridge such as carrots or leafy vegetables.

Leftovers:

Can be frozen or eaten for lunch the next day.



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Smoky chicken 'po boy

A Southern American-style bread roll sandwich filled with meat or seafood.



Prep time: 10 minutes

Cooking time: 25 minutes

Ingredients

500g chicken breast,
sliced into strips

2 teaspoons oil

½ teaspoon salt

1 tablespoon smoked paprika

1 teaspoon ground pepper or
freshly cracked pepper

½ teaspoon chilli powder or
1 teaspoon chilli flakes (optional)

½ lettuce*, sliced into strips

½ cucumber*, thinly sliced into
rounds or batons

6 pack hot dog rolls or short
baguettes

½ cup mayonnaise, aioli or
your favourite sauce

Method

1. Heat oven to 200°C bake or 180°C fan bake.
2. Combine chicken, oil, salt, smoked paprika, pepper and chilli powder (if using) in a bowl. Let it sit for 5-10 minutes, until the oven gets hot. Prepare a baking tray or large baking dish by greasing it with oil. Lay out the chicken pieces on a baking dish or tray in a single layer and bake the chicken pieces for 15-25 minutes or until cooked, turning halfway through.
3. Prepare the salad ingredients as the chicken cooks.
4. Heat the hot dog rolls or short baguettes in the oven if desired.
5. To assemble the po' boy, spread some mayonnaise or aioli on the inside of the bun, fill with salad ingredients then top with chicken. Drizzle extra mayonnaise or aioli on top – repeat this process for the rest of the rolls and serve.

Note: any additional salad ingredients can be served on the side, dressed with your favourite dressing or a mixture of olive oil and lemon juice or balsamic vinegar.

Tips:

The chicken can also be cooked in batches on the stove if preferred. If you have any leftover barbecued or roast meats, you can use that instead to fill the po' boy sandwich.

Leftovers:

Eat for lunch the next day.



Lao-inspired larb

Larb, also known as laab among other names, is a type of meat salad and a national dish of Laos. A flavourful mince stir fry served with a fresh lettuce salad or in lettuce cups.



Prep time: 15 minutes

Cooking time: 10 minutes

Ingredients

½ iceberg lettuce*, sliced
1 carrot*, cut into thin match sticks or grated
½ cucumber*, thinly sliced
1 small red onion, finely sliced
15g fresh cut mint leaves, roughly chopped
½ bunch spring onions*, thinly sliced with white and green parts separated
1 lemon, zest and juice
1 tablespoon oil
2 cloves garlic, grated or
1 teaspoon minced garlic
1 fresh red chilli, thinly sliced or
½ teaspoon chilli flakes (optional)
500g mince* (beef, chicken, or pork)
2 tablespoons fish sauce or
1 tablespoon soy sauce
Salt and pepper, to taste

Method:

1. Combine lettuce, carrot, cucumber, red onion, mint, the green part of the spring onion and lemon zest in a large bowl. Set aside.
2. Heat oil in a frying pan on the stove over high heat, fry garlic, chilli (if using) and white part of the spring onion for a few seconds until the garlic begins to turn golden. Add mince and stir fry until cooked. Add fish sauce or soy sauce and salt and pepper according to taste.
3. To serve, portion salad into bowls or deep plates and top with mince.
4. Finish with a squeeze of lemon juice over each serving.



Chana masala

A spiced chickpea tomato curry, full of texture and vibrant flavours. Serve with roti or naan bread and add rice for a fuller meal.



Prep time: 10 minutes

Cooking time: 30 minutes

Ingredients

- 2 tablespoons oil
- 1 onion*, finely diced
- ½ leek*, finely sliced green and white parts included
- 2 teaspoons curry powder
- 1 teaspoon smoked paprika
- 1 teaspoon garam masala (optional)
- 2x 400g cans chickpeas, drained
- 2 carrots*, cut into cubes similar size to a chickpea
- 1x 400g can chopped tomatoes
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ bag fresh spinach*
- 4-6 pack roti or naan bread

Method:

1. Heat oil in a pot on the stove over medium-high heat, add onion and leek, stir fry until they become soft. Mix in curry powder, smoked paprika and garam masala (if using) and heat until fragrant.
2. Add chickpeas, carrots, tomatoes, salt and sugar to the pot. Rinse canned tomatoes with about ½ cup water and pour liquid into the pot. Let it simmer for about 10 minutes while stirring occasionally. Stir through spinach, test taste, adding more salt, sugar or spices as desired.
3. Prepare the roti or naan bread while the chickpeas simmer and heat according to packet instructions.
4. Serve in bowls with slices of roti or naan bread.

Tip:

This meal can be light – for a fuller meal add rice.

Leftovers:

Eat for lunch the next day. Curry can be frozen.



Spring vege quiche

A versatile dish, quiche is a great to combine leftover bits and vegetable ends that you may already have in your fridge. Perfect for making leftovers.



Prep time: 15 minutes

Cooking time: 35 minutes

Ingredients

400g short or flaky pastry block
3 tablespoons oil
½ leek*, thinly sliced
100g round green beans*, sliced
½ head broccoli*, chopped, florets and stalks included
12 eggs
1 cup milk or non-dairy milk
½ teaspoon salt
Pepper, to taste
½ bag fresh spinach*

Method:

1. Heat oil in a large frying pan on the stove over high heat, add leek and cook for a few minutes until softened. Set aside to cool slightly.
2. Prepare pastry: roll out and fit into tart tin, pie dish or baking dish and blind bake (see note below for instructions on how to do this).
3. Heat oven to 180°C bake or 160°C fan bake.
4. Beat eggs and milk with salt and pepper in a large bowl. Add in cooled leek, round green beans and broccoli then mix.
5. Pour into the pastry cases and bake for 25-30 minutes, until pastry is cooked and egg is set.
6. Once cooked, cut into slices and serve with fresh spinach on the side and your favourite sauce, chutney or other condiment.

Note: Baking pastry blind ensures that the pastry is cooked all the way through. To blind bake pastry, heat oven to 210°C bake or 190°C fan bake. Prick the bottom of the pastry a few times with a fork and place a piece of baking paper on the pastry. Pour enough dried rice or beans on top to come at least halfway up the tin or dish. Bake for 15 minutes, then remove baking paper with rice or beans (set aside the rice or beans to cool and store in a container to use again for blind baking). Bake pastry for a further 5-10 minutes until the bottom becomes golden. Set aside to cool slightly then pour egg mixture over top.

Tips:

If you have any leftover vege from this week's recipes or other vege or herbs you want to use, add them to the egg mixture and cook in this quiche. You can also cook this as a frittata without the pastry – pour the beaten egg over the vegetables in the frying pan and transfer into the oven to cook for 15 minutes. If you don't have an oven-safe frying pan, cook in a greased baking dish instead.

Leftovers:

Can be frozen or eaten for lunch the next day.