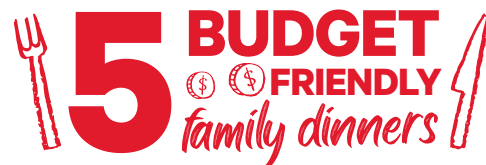


Autumn Meal Plans



Week 4 Menu

Monday	Crumbed fish with roasted vege salad
Tuesday	Chicken and mushroom noodle soup
Wednesday	Ham and egg pie
Thursday	Spanish-style meatballs
Friday	Friday night stir fried tofu noodles

Week 4 shopping list

Produce

- ½ Pumpkin
- 12 Carrots
- 4 Onions
- 4 Broccoli
- 120g Baby spinach
- 1 Celery
- 200g Bean sprouts
- 800g Kūmara
- 500g White button mushrooms
- 800g Potatoes

Butchery

- 500g Chicken breast, skinless
- 500g Beef mince

Chilled

- 150g Shaved leg ham
- 450g Firm tofu

Grocery

- 2x 280g Egg noodles
- 1 litre Reduced salt chicken stock
- 12 Pack eggs
- 400g Canned chopped tomatoes

Frozen

- 500g Crumbed fish fillets
- 350g Ready rolled flaky puff pastry

Pantry Staples*

- Oil, for frying
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Soy sauce or other soy sauce alternative
- Salt
- Pepper
- Paprika – sweet or smoked
- Cumin, ground
- Cornflour
- Your favourite sauce, chutney, preserve, or pickle

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

- We recommend cooking the crumbed fish meal before the ham and egg pie as the roasted veges are in the pie. Other than that, you can cook the meals in any order you like.
- Bean sprouts is a shared ingredient this week - to keep them fresh and crisp, rinse them and transfer into a container, fill with cold water, cover with a lid, and keep in the fridge. Change this water every 1 to 2 days.
- Egg noodles are used in two meals this week, if preferred use rice noodles and spaghetti will also work well.
- Broccoli stalks can be eaten and are loaded with nutrients.

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





Crumbed fish with roasted vege salad

Roasted seasonal vegetables can be served with almost any meal and are an easy way to boost your vege intake. Our top tip is to roast a big batch, like in this recipe, so the leftovers can be eaten with another recipe, like the ham and egg pie.



Prep time: 15 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

500g frozen crumbed fish fillets
 ½ pumpkin, cut into 2cm chunks
 6 large carrots, cut into small cubes
 1 large onion, sliced
 800g kūmara, cut into 1cm chunks
 2 broccoli, stalk and florets cut into chunks
 120g baby spinach
 3 tablespoons oil
 Salt and pepper, to taste
 1 tablespoon of your favourite spice or spice/herb mix

TO SERVE (OPTIONAL)

Your favourite sauce, chutney, preserve, or pickle

Method

1. Heat oven to the temperature suggested on the frozen fish fillet packet. Prepare a large roasting tray for the vegetables and another one for the fish.
2. Combine the pumpkin, carrots, onion, kūmara, oil, and seasoning ingredients in a large bowl and toss to coat the vegetables. Transfer into the roasting tray.
3. Place the vegetables and fish in the oven at the same time. Cook the fish fillets according to the timing suggested on the packet instructions.
4. Check the tenderness of the vegetables as the fish is cooking, add the broccoli when the other vegetables are almost cooked, bake for 5 minutes. Remove from oven and stir through baby spinach.
5. Serve the fish fillet with half of the roasted vege salad and top with your favourite sauce, chutney, preserve or pickle if desired.

Cooking tips:

- Keep the remaining roasted vege salad in a sealed container in the fridge for the pie. If you won't be cooking the a ham and egg pie halve the vegetable and seasoning quantities.
- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli.
- If the spice mix you use includes salt in the ingredient list, avoid adding extra salt too.

Adapt it:

- For protein substitutions use chicken, beef, lamb, pork, tofu or tempeh. These can be grilled, pan fried, or barbecued.
- Other veges which roast well are cauliflower and parsnips, so mix things up to suit your family'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.



Chicken and mushroom noodle soup

A light and mildly spiced chicken soup served with noodles.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 280g dried egg noodles*
- 1 tablespoon oil
- 1 onion, sliced thinly
- 80g (4cm) piece ginger, thinly sliced or 2 teaspoons crushed ginger
- ¼ celery*, cut into small chunks
- 500g skinless chicken breast, sliced or cubed
- 1 litre (4 cups) reduced salt chicken stock
- 2 cups water
- 250g white button mushrooms*
- 1 broccoli, stalk and florets chopped
- 2 carrots, cut into matchsticks
- 100g (½ pack) bean sprouts*
- Pepper

Method

1. Cook noodles according to the packet instructions, portion into bowls and set aside any extra noodles.
2. Meanwhile heat oil in a large saucepan or pot on the stove over medium-high heat. Add onions and sauté until softened, add ginger and fry until fragrant. Add celery and stir fry until slightly softened.
3. Add chicken, stock, water, and mushrooms. Turn heat to high, cover with a lid and bring to a boil.
4. Once chicken is cooked, add remaining vegetables. Test taste adding pepper, or other seasoning of choice if needed. Ladle hot soup over the noodles, top with bean sprouts and serve.

Cooking tips:

- Some broccoli stalks can have a woody outer layer, peel off this tough outer layer as you prepare the broccoli.
- Cook the soup while the noodles are cooking to save time.

Adapt it:

- For protein substitutions use tofu, tempeh, firm fish fillets, prawns or thinly sliced beef or lamb. Adjust cooking times.

For kids:

- Swap the veges out to suit the taste of your family. If your kids don't like ginger, use garlic instead.
- It is really important to use salt reduced stock with kids or the sodium in this dish will be too high for littler kids.

Leftovers:

- If kept separate any remaining soup and noodles can be kept in a sealed container and frozen and reheated another day. Or can be eaten for lunch the next day.
- Leftover noodles can also be added into the Friday night noodles recipe.

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Ham and egg pie

Perfect for a no-fuss family dinner, this ham and egg pie is an easy go-to recipe packed with roasted veges, and leftovers make a tasty lunch the next day! Best served with a dollop of your favourite relish.



Prep time: 10 minutes

Cooking time: 45 minutes



Serves:
4



Skill level:
Easy as

Ingredients

350g ready rolled flaky puff pastry, defrosted

8 cups or remaining roasted veges from the crumbed fish dinner

150g shaved leg ham, sliced

8 large eggs*

Method

1. Heat oven to 200°C bake or 180°C fan bake.
2. Prepare a rectangular baking or pie dish or roasting tray by greasing it thoroughly.
3. Place all the roasted veges in the lined dish or tray, scatter the sliced ham, then crack the eggs over the top.
4. Cover with the pastry and crimp the edges with your fingers or a fork. Cut a few holes on the top for the steam. If desired, brush the pastry with milk to give a glossy look.
5. Bake for 35-45 minutes, or until golden brown on top and cooked through. Remove from the oven and leave to cool slightly before serving.

Cooking tips:

- Check the pastry packet instructions for tips on the best way to defrost it.
- Boil or steam any additional veges to add to the pie if desired.

Adapt it:

- For additional veges, serve with a green seasonal salad.
- Use reduced fat pastry if you prefer.

Leftovers:

- Eat for lunch the next day or freeze and reheat another day.

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Spanish-style meatballs

Inspired by Spanish-style tapas, our meatballs coated in a rich, hidden vege tomato sauce are a treat. Serve with crispy golden wedges for a value friendly and kid friendly meal that's sure to impress even the fussiest eaters.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

MEATBALLS

- 500g lean beef mince
- 3 garlic cloves, grated or 1 ½ teaspoons crushed garlic
- 1 teaspoon ground cumin
- ¼ teaspoon salt (optional)
- Pepper, to taste

TOMATO SAUCE

- 2 teaspoons oil
- 1 large onion, finely diced
- ½ celery*, sliced thinly or cut into small cubes
- 1 tablespoon sweet or smoked paprika
- 2 x 400g cans chopped tomatoes
- 1 ½ cups water
- 2 large carrots, cubed or grated
- Salt and pepper, to taste

POTATO WEDGES

- 800g potatoes, cut into thick slices
- 2 tablespoons oil
- Salt and pepper, to taste
- Your favourite herbs and spices (optional)

Method

1. Heat oven to 190°C bake or 170°C fan bake and prepare a large roasting tray or baking dish.
2. Toss the potato wedges ingredients together in a bowl until coated. Transfer onto the roasting tray or baking dish, spread onto a single layer and bake for 25-30 minutes or until cooked to your liking.
3. Meanwhile combine the meatball ingredients in a bowl. Roll mince into golf ball sized rounds and place onto a board or plate. Set aside.
4. Heat oil in a non-stick frying pan with deep sides on the stove over medium high heat. Sauté onions until softened, add celery and stir fry for another 5 minutes to soften. Add paprika and fry for a minute.
5. Pour in chopped tomatoes carefully, fill each can with ¾ cup water, swirl around to get the remaining sauce and add to the pan. Add carrots, cover with a lid, and bring to a simmer while stirring occasionally.
6. Add meatballs and lightly stir until coated in the tomato sauce. Cover with a lid and simmer until the meatballs are cooked, stir gently occasionally to make sure the bottom doesn't catch.
7. Test taste and season with salt, pepper, or other spices if needed. Serve tomato meatballs with wedges on the side.

Adapt it:

- Use chicken, lamb, or pork mince if you prefer. Make vegetarian meat balls using plant-based proteins.
- Add extra veg by mixing very finely chopped mushrooms to the mince before rolling into meatballs.
- For kids, you can cook the celery and carrots in the tomato sauce until soft, then blend the sauce until smooth before adding the meatballs.

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Friday night stir fried tofu noodles

Delicious, takeaway-style noodles loaded with fresh veges, and super easy to whip up for a family dinner.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 280g dried egg noodles*
- 450g firm tofu, sliced
- 1 tablespoon oil
- 1 large onion, finely diced or thinly sliced
- 3 garlic cloves, finely chopped or 1½ teaspoons crushed garlic
- ¼ celery*, or remaining celery, sliced thinly
- 250g white button mushrooms*
- 2 tablespoons soy sauce or soy sauce alternative
- 1 cup water
- 2 large carrots, cut into thin match sticks
- 1 broccoli, stalk and florets chopped
- 3 tablespoons cornflour mixed with ¼ cup water
- Pepper, to taste
- 100g (½ pack) bean sprouts*
- 4 large eggs*, fried

Method

1. Cook noodles according to packet instructions, set aside.
2. Cook tofu in a non-stick frying pan with a small amount of oil until golden.
3. Heat oil in a large frying pan or wok on the stove over high heat. Fry onions until softened, add garlic and stir fry until fragrant. Add celery and cook until slightly softened, stir through mushrooms.
4. Add soy sauce, water, carrots, and broccoli, and heat through. Add cornflour mixture into the pan or wok, mix until thickened.
5. Add cooked noodles and tofu, toss to coat in the thickened sauce and heat through. Test taste, add pepper or more seasoning if needed.
6. Add bean sprouts and toss until slightly softened or cooked to your liking. Serve on plates or bowls topped with the fried egg.

Cooking tips:

- If preferred the eggs can be beaten and cooked like scrambled eggs, then stirred through the noodles.

Adapt it:

- For protein substitutions use chicken, tempeh, sliced beef or pork, prawns.
- This can also be made with rice noodles.

For kids:

- Ideally use reduced salt soy sauce to manage the amount of sodium.

Leftovers:

- Eat for lunch the next day.

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