

Summer Meal Plans



Week 3 Menu

Monday	Sweet chilli chicken with cheesy corn
Tuesday	Spicy noodle salad
Wednesday	Summer veggie enchiladas
Thursday	Creamy coconut laksa
Friday	Friday night pizza

Week 3 Shopping List

Produce

- 4 Onions
- 7 Courgettes
- 6 Corn cobs
- 8 Capsicums
- 2 Tomatoes
- 2 Avocados
- 1 Lemon
- 1 Stalk of fresh cut lemongrass or a tube of lemongrass paste
- 2 Bok choy
- 1 pack (250g) Mung bean sprouts
- 1 Cucumber
- 3 Carrots
- 200g Radishes

Grocery

- 800g canned black beans
- 10 pack tortilla
- 400g canned diced or chopped tomatoes
- 500g dry spaghetti
- 400ml coconut milk
- 500ml chicken stock

Butchery

- 900g Skinless chicken breast
- 500g Beef mince
- 200g Fresh salmon

Chilled

- 700g Cheese
- 3-4 pack Pizza bases

Pantry Staples*

- Oil
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Salt
- Pepper
- Cornflour
- Sweet chilli sauce
- Vinegar or vinaigrette
- Peanut butter, smooth or crunchy
- Soy sauce, coconut aminos / other alternative
- Sriracha sauce or marinade
- Mayonnaise
- Chilli flakes (optional)

Introduction

The recipes in this meal plan are designed for summer 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

- You can cook the dishes in this week's meal plan in any order you like. Cooking the pizza at the end is a great way to add any remaining veggies that haven't been used up earlier in the week.
- Spaghetti is a shared ingredient used in the creamy coconut laksa and spicy noodle salad. If preferred use rice noodles or egg noodles instead.
- Bok choy is another shared ingredient. This can be substituted with broccoli, peas, snow peas, or green beans if desired.



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

Monday



Sweet chilli chicken with cheesy corn

This Korean-inspired fried chicken recipe is a tasty dinner for any night of the week. Perfect for sharing, serve the crispy chicken with a side of cheesy corn and an easy homemade pickle.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

SWEET CHILLI CHICKEN

500g skinless chicken breast*, cubed

3 tablespoons cornflour

Pepper, to taste

Oil, for frying

1/3 cup sweet chilli sauce, to coat

CHEESY CORN

4 cobs corn*, kernels removed

2 courgettes*, grated

2 capsicums*, diced

200g cheese*, grated

QUICK PICKLE

1/3 cucumber*, sliced or cubed

Half packet or 100g radish*, thinly sliced

2 teaspoon vinegar or vinaigrette

Method

1. Combine all the quick pickle ingredients in a bowl, set aside.
2. Heat oven to 200°C bake or 180°C fan. Grease a wide baking dish.
3. Combine corn, courgettes, capsicums and half of the cheese in a bowl, transfer into the baking dish and top with remaining cheese.
4. Bake for 10-15 minutes until the cheese has melted and begins to turn golden brown.
5. Combine chicken, cornflour and pepper in a bowl.
6. Heat a frying pan on the stove over high heat, add enough oil to form a coating on the bottom of the pan.
7. Fry the chicken in batches until it is crisp, golden brown, and cooked through. Set aside. Once all the chicken is cooked transfer into a bowl and gently mix or toss to coat in the sweet chilli sauce.
8. Place each element in the middle of the table and serve.

Cooking tips:

- For a spicier chicken add hot sauce, sriracha sauce or marinade, or use a yangnyeom Korean fried chicken sauce. Or use honey mustard, barbecue sauce, or Korean style honey butter for different sauce coatings.

Adapt it:

- For protein substitutions use tempeh, tofu, firm fish fillets or prawns, they all work well!

Leftovers

- Heat the chicken and corn thoroughly and eat for lunch the next day.

* 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.



Spicy noodle salad

Inspired by Sichuan-style dandan noodles, this recipe can be made with any kind of mince with a satay-style sauce topped with crisp fresh veggies.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

NOODLE SALAD

- 250g spaghetti*
- 2 tablespoons oil
- 1 onion*, finely diced
- 3 cloves garlic, grated
or 1 ½ teaspoons crushed garlic
- 500g beef mince
- 1 pack bok choy*, halved lengthwise
- 125g mung bean sprouts*
- 1 carrot*, grated or sliced into thin matchsticks
- 2 capsicums*, sliced
- 1/3 cucumber*, cut into thin batons (to finish)

SAUCE

- 2 tablespoons peanut butter, smooth or crunchy
- ½ cup water
- 2 tablespoons soy sauce, coconut aminos, or other soy sauce alternatives
- 2 tablespoons sweet chilli sauce
- 2 tablespoons vinegar
- 1 teaspoon chilli flakes (optional)

Method

1. Cook spaghetti according to packet instructions, set aside.
2. Heat oil in a frying pan on the stove over medium high heat, sauté onions until they become soft and translucent. Add garlic and stir fry for a minute. Stir through mince and cook.
3. Add sauce ingredients into the mince, mix to combine and heat through. Test taste, adding more seasoning ingredients as desired.
4. Add vegetables and heat through.
5. To serve, portion cooked spaghetti into bowls and top with the mince and vegetables and cut cucumber.

Cooking tips:

- You can use any type of mince you like; we recommend choosing the leaner option.
- You can also top this dish with other fresh vegetables you may already have.

Adapt it:

- Use no added salt peanut butter and low sodium soy sauce.
- For protein substitutions use chicken mince, quorn or another plant-based mince, fresh salmon, grilled or poached chicken, seasoned tofu or tempeh.
- You can swap the bok choy with any green veggies that you like! Green beans, broccoli and peas all work well.
- You can use rice or egg noodles instead of spaghetti if you prefer.

Leftovers:

- Freeze mince and cooked pasta in separate containers or eat for lunch the next day.

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Summer veggie enchiladas

Wanting a meal full of colour and texture? These black bean enchiladas will soon become a family favourite, plus kids will love to help make them!



Prep time: 15 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

ENCHILADAS

- 2 cans black beans, rinsed and drained
- 1 onion*, finely diced and divided
- 1 courgette*, grated or thinly chopped
- 1 carrot*, grated
- 2 cobs corn *, kernels removed
- 2 capsicums*, diced or sliced
- 10 pack tortillas
- 400g canned diced tomatoes
- 300g cheese*, grated

TOMATO AND AVOCADO SALSA

- 2 tomatoes, diced
- 2 avocados, diced
- Juice and zest of one lemon
- Salt and pepper, to taste

Method

1. Heat oven to 210°C bake or 190°C fan bake. Grease a large baking dish.
2. Combine black beans, half the diced onions, courgette, carrot, corn kernels, and capsicums in a large bowl.
3. Fill the middle of each tortilla with the bean and veggie mixture and roll into a log, place in the baking dish with the folded side down. Continue this process until all the tortillas are filled.
4. Pour the diced tomatoes over the rolled tortillas and spread around using the back of a spoon. Evenly scatter grated cheese and bake for 15-25 minutes until cooked through and the cheese has completely melted.
5. While the enchiladas are baking, combine diced tomatoes, avocados, remaining onion, and lemon juice and zest in a bowl. Mix, test taste and add salt and pepper as desired.
6. Place baking dish at the middle of the table and serve with the tomato and avocado salsa.

Cooking tips:

- Add the fresh tomatoes into the bean and veggie mix to cook if your family does not like raw tomatoes.
- Turn the avocado into guacamole instead by roughly mashing the avocado and mixing through the diced onion and lemon.
- This is nice with a dollop of sour cream too!

Adapt it:

- Swap out the black beans for cooked firm tofu chunks, chickpeas, cooked chicken, leftover roast or BBQ meat.
- Add diced red onions and fresh coriander into the salsa.

Leftovers:

- Heat thoroughly and eat for lunch the next day.

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Creamy laksa

Served in a fragrant coconut broth, this Southeast Asian-inspired laksa is light, creamy and a great meal for a summer night.



Prep time: 15 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 250g spaghetti*
- 1 tablespoon oil
- 1 onion*, finely diced
- 1 clove garlic, finely chopped
or ½ teaspoon crushed garlic
- 3cm piece ginger, sliced thinly
or 1½ teaspoons crushed ginger
- 1 stalk lemongrass, sliced thinly
or 2 tablespoons lemongrass paste
- 400g skinless chicken breast*,
sliced or cubed.
- 400ml coconut milk
- 500ml chicken stock
- 2 courgettes*, sliced
- Pepper, to taste
- 1 capsicum*, sliced into strips
- 1 pack bok choy* or Asian greens,
sliced lengthwise
- 125g mung bean sprouts*

Method

1. Cook spaghetti according to package instructions, set aside.
2. Heat oil in a pot on the stove over medium high heat, sauté onions for about two minutes until softened.
3. Add garlic, ginger, lemongrass and stir fry for a few minutes to bring out the fragrance. Stir through chicken and cook for about a minute.
4. Pour coconut milk and chicken stock into the pot, add courgettes. Cover with a lid and bring to a gentle boil, stirring occasionally for about 5-10 minutes or until the chicken is cooked.
5. Test taste and season with pepper if needed.
6. Stir through capsicum and bok choy to heat through.
7. To serve, portion cooked spaghetti into bowls, ladle the curry over the noodles and top with bean sprouts.

Cooking tips:

- The mung bean sprouts can be stirred through the curry along with the capsicum and bok choy for a softer texture.
- For a richer flavour and extra spice add some red curry paste after sautéing the onions.

Adapt it:

- Swap the Asian greens with any green veggies you like, fresh or frozen. Green beans, sugar snap peas and broccoli work well.
- Use rice or egg noodles instead of spaghetti if you prefer.
- For protein substitutions use firm tofu, tempeh, prawns or fish.

Leftovers:

- Eat for lunch the next day or freeze the curry and cooked spaghetti separately then defrost and heat to eat.

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Friday



Friday night pizza

Perfect for a Friday night fakeaway, our lighter take on pizza has fresh, light toppings inspired by the Vietnamese Bahn Mi sandwich.



Prep time: 15 minutes

Cooking time: 15 minutes



Serves:
4



Skill level:
Easy as

Ingredients

PIZZA

- 3-4 pack pizza bases
- 200g cheese*, grated
- 1 onion*, thinly sliced
- 1 capsicum*, thinly sliced
- 2 courgettes*, sliced or cubed
- 200g fresh salmon, sliced thinly or cooked and flaked
- 1 carrot*, cut into thin matchsticks
- 100g radish*, cut into thin rounds
- 1/3 cucumber*, cut thinly

SAUCE

- ¼ cup mayonnaise
- 2 tablespoons sriracha sauce or marinade

Method

1. Heat oven to 190°C bake or 170°C fan bake. Prepare baking tray or pizza pans.
2. Scatter grated cheese, onion, capsicum, courgettes and salmon over the pizza bases.
3. Bake for 10-15 minutes until the cheese has melted and the toppings start to caramelize. Remove from the oven.
4. Mix the sauce ingredients together.
5. Top pizza with remaining fresh vegetables and dollop or pipe the sauce over top.
6. Slice and serve.

Cooking tips:

- You can also add a thin layer of sriracha sauce or marinade on the base of the pizza before adding the topping if desired.
- The salmon can also be precooked, pan fried on the stove or baked in the oven beforehand and stored in the fridge for up to two days, then flaked over top of the pizza before baking.

Adapt it:

- Instead of salmon, you can use shredded chicken, cooked prawns or any leftover cooked red meat.
- If you are keen to have more veggie in this meal, serve with a green salad.

Leftovers:

- Eat for lunch the next day.

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