

# Summer Meal Plans



## Week 4 Menu

<b>Monday</b>	Quinoa and chickpea salad
<b>Tuesday</b>	Chicken rice
<b>Wednesday</b>	Fish cakes
<b>Thursday</b>	Summer quinoa tabbouleh and lamb chops
<b>Friday</b>	Friday night curry

## Week 4 Shopping List

### Produce

- 5 Courgettes
- 6 Tomatoes
- 1 Red onion
- 5 Carrots
- 120g Seasonal salad leaves
- 2 Cucumber
- 4 Capsicums
- 500g Potatoes
- 1 Bunch of curly parsley
- 2 Onions
- 4 Apricots

### Grocery

- 450g Quinoa
- 800g Chickpeas
- 1kg Jasmine rice
- 425g Tuna in spring water
- 170g Tomato paste
- 400ml Coconut milk

### Butchery

- 1 - 1.5kg Bone in chicken thighs or drumsticks
- 500g Lamb chops

### Chilled

- 600g Firm tofu

### Frozen

- 1kg Peas

## Pantry Staples\*

- |  |  |
|--|--|
| <input type="checkbox"/> Oil                             | <input type="checkbox"/> Sugar                         |
| <input type="checkbox"/> Paprika                         | <input type="checkbox"/> Mustard – wholegrain or Dijon |
| <input type="checkbox"/> Ground coriander                | <input type="checkbox"/> Flour                         |
| <input type="checkbox"/> Salt                            | <input type="checkbox"/> 2 Eggs                        |
| <input type="checkbox"/> Pepper                          | <input type="checkbox"/> Cornflour                     |
| <input type="checkbox"/> Garlic – fresh bulbs or crushed | <input type="checkbox"/> Curry powder                  |
| <input type="checkbox"/> Ginger – fresh or crushed       | <input type="checkbox"/> Garam masala                  |
| <input type="checkbox"/> Vinegar                         | <input type="checkbox"/> Breadcrumbs (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

- The dishes this week can be cooked in any order you like.
- Quinoa is a shared ingredient this week. If preferred, bulghur wheat, pearl barley, or brown rice can be used instead.
- Store the cut red onion in a container in the fridge between making the two meals.
- You can use salad ingredients you already have at home instead of buying a bag of seasonal salad leaves.
- To stop your salad leaves going soggy, open the bag when you get home and pop a piece of paper towel on each side of the bag, then fold it closed. This will absorb excess moisture and keep the leaves fresh.



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

# Monday



Recipe made using bulghur wheat as an alternative

## Ingredients

- 250g quinoa\*
- 2 courgettes\*, sliced or cut into chunks
- 2 cans chickpeas, drained
- 1 tablespoon oil
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- ¼ teaspoon salt
- Pepper, to taste
- 2 tomatoes\*, cut into chunks
- ½ red onion\*, finely diced
- 1 carrot\*, grated
- ½ cucumber\*, diced
- ½ bag seasonal salad leaves\*

## Quinoa and chickpea salad

Hearty, high in protein and gluten free, quinoa paired with chickpeas and roasted courgette makes a delicious summer salad.



**Prep time:** 10 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

## Method

1. Cook quinoa according to package instructions.
2. Heat oven to 200°C bake or 180°C fan bake.
3. Combine courgettes, chickpeas, oil, paprika, ground coriander, salt, and pepper in a roasting tray or large baking dish and toss to coat. Bake for 15 -20 minutes or until cooked to your liking.
4. Gently toss cooked quinoa, roasted courgette and chickpeas, and the remaining fresh ingredients in a bowl. Test taste, season with more pepper if you like or your favourite spices.
5. Serve in bowls or plates.

## Cooking tips:

- You can save the chickpea brine/aquafaba and turn it into mayonnaise, meringues, or use it in mousse. See link: <https://www.clairreturnbull.co.nz/recipes-news/vegan-chocolate-mousse>

## Adapt it:

- A punnet of cherry tomatoes also works well here.
- Bulghur wheat, pearl barley, and brown rice make tasty substitutions for this dish.

## Leftovers:

- 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.



## Chicken rice

Inspired by the aromatic and bright flavours of Hainanese chicken, this simple chicken and rice recipe will be enjoyed by everyone.



**Prep time:** 10 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### CHICKEN RICE

- 2 tablespoons oil
- 4 cloves garlic, finely chopped or 2 teaspoons crushed garlic
- 4cm piece ginger, grated or thinly sliced or 1½ teaspoons crushed ginger
- 1-1.5kg bone-in chicken thighs or drumsticks, skin removed
- 2¼ cups water
- ½ teaspoon salt
- 400g jasmine rice\*

#### QUICK PICKLE

- 2 tablespoons vinegar
- 1 teaspoon sugar
- ½ cucumber\*, sliced

#### STIR FRIED VEGETABLES

- 1 tablespoon oil
- 1 clove garlic, grated or ½ teaspoon crushed garlic
- 2 carrots\*, thinly sliced
- 2 capsicums\*, thinly sliced
- 2 cups frozen peas\*
- Salt and pepper, to taste

### Method

1. Mix the quick pickle ingredients together in a bowl and leave to sit.
2. Heat oil in a large pot over stove on high heat, add garlic and ginger then sauté for 1-2 minutes or until golden brown and fragrant.
3. Turn heat to high, add chicken and stir through, heat for about 5 minutes while stirring occasionally. Pour in water and salt, mix, cover with a lid and bring to a boil. Leave to simmer for about 15 minutes.
4. Add rice, gently mix around to spread evenly. Cover with lid and bring to a boil, once boiling reduce the heat to low and leave to cook for 15 minutes.
5. Turn off heat, remove from the stove and leave to rest for 10 minutes.
6. Heat oil in a pan or wok over stove on high heat, add garlic and fry for a few seconds. Add all the vegetables and stir fry until cooked. Test taste adding salt and pepper as needed.
7. Bring all the elements to the centre of the table and serve.

### Cooking tips:

- Adjust the quantity of rice to suit how much you and your family can eat and adjust the amount of water to suit.
- The chicken or protein substitute can be pan seared or cooked in the oven, then cook the rice with your choice of stock instead.

### Adapt it:

- Chicken can be substituted for firm fish fillets, prawns, tofu, tempeh, quorn and other plant-based meat alternatives.
- To add more fibre choose brown rice instead of white.

### Leftovers:

- Heat thoroughly and eat for lunch the next day.

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## Fish cakes with grilled veggie salad

Crispy on the outside, savoury and fluffy on the inside, these potato fish cakes are a tasty mid-week meal.



**Prep time:** 15 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### FISH CAKES

500g agria potatoes, boiled and mashed

1½ cups frozen peas\*, defrosted

2 teaspoons wholegrain mustard or 1 teaspoon Dijon mustard

½ bunch curly parsley\*, stems and leaves roughly chopped

425g tuna in spring water, drained

Salt and pepper, to taste

Oil, for frying

½ cup flour or 1 cup breadcrumbs

2 eggs, beaten

#### GRILLED VEGETABLE SALAD

2 courgettes\*, sliced or cut into chunks

2 capsicums\*, sliced or cut into chunks

1 clove garlic, grated or ½ teaspoon crushed garlic

1 onion\*, sliced or cut into chunks

1 tablespoon oil

Salt and pepper, to taste

½ packet seasonal salad leaves\*

### Method

1. Gently mix all fish cake ingredients in a large bowl to combine. Form into patties and place on plates or a tray. Set aside for now, storing in your fridge if you have space.
2. Heat oven to 210°C bake or 190°C fan bake.
3. Combine courgettes, capsicums, garlic, onion, oil, salt and pepper in roasting tray or large baking dish, toss to coat.
4. Bake for 15-20 minutes until vegetables are cooked to your liking. Once done gently toss through the fresh salad leaves.
5. As vegetables bake, heat a large frying pan over stove on high heat, add enough oil to lightly coat the bottom of pan.
6. Dip patty in egg and lightly coat in the flour, fry each side for 3-5 minutes or until golden crisp. Repeat until all fish cakes are cooked.
7. To serve, portion fish cakes and grilled salad on plates.

### Cooking tips:

- Pre-cooking and mashing the potatoes can be done in advance up to three days earlier, storing them in the fridge.
- The fish cakes can also be cooked in an oven at 200°C or on a barbecue hot plate, bake for 10-15 minutes on each side.
- Flour and egg used to coat the fish cakes can be omitted.

### Adapt it:

- Canned salmon or any cooked fish also works well here.
- You can substitute tuna for 1½ cups of frozen corn or a can of rinsed and mashed cannellini beans if you are vegetarian.
- Cornflour can be used to make these fish cakes gluten free.
- Swap potatoes for kumara if you prefer.

### Leftovers:

- Eat for lunch the next day, or freeze for later.

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Recipe made using bulghur wheat as an alternative

## Ingredients

- 200g quinoa\*
- 500g-600g or 4-6 pieces lamb chops
- Oil, for frying
- Salt and pepper, to taste
- 2 cups peas\*, steamed or boiled and cooled
- ½ cucumber\*, diced
- 2 tomatoes\*, diced
- 2 carrots\*, grated
- ½ red onion\*, finely diced
- 4 apricots, halved and diced or sliced
- ½ bunch curly parsley\*, stems and leaves roughly chopped

## Lamb chops with quinoa tabbouleh

With flavours inspired by the Middle East, these simple barbecued lamb chops make a fresh and satisfying family dinner when served with tasty tabbouleh.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

## Method

1. Cook quinoa according to packet instructions.
2. Season lamb with a pinch of salt and pepper, you can also add your favourite spices and fresh or dried herbs.
3. Prepare your choice of cooking method for the lamb by heating a frying pan with oil on the stove on high heat, preheating the oven to 220°C bake or 200°C fan bake, or preheating the barbecue.
4. Cook lamb until cooked to your liking, set aside to rest.
5. While the lamb rests, combine the remaining ingredients with the cooked quinoa, test taste and season with salt and pepper.
6. To serve, portion quinoa tabbouleh onto plates or wide bowls and top with a whole or sliced lamb chop.

## Cooking tips:

- To cook the lamb faster you can cut it into smaller portions.

## Adapt it:

- Bulghur wheat, pearl barley, and brown rice also make tasty substitutions to quinoa for this dish.
- For protein substitutions try beef steak, venison, salmon, white fish, prawns, tempeh or other plant-based protein alternatives.
- Peach can be used instead of apricots, or dried apricots or other dried fruits such as cranberries make a great substitution to fresh apricots, use about 2/3 cup chopped dried fruits.

## Leftovers:

- Eat for lunch the next day.

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## Friday night curry

A vegetarian twist on a classic butter chicken made with tofu and served with a simple homemade kachumber (cucumber) salad.



**Prep time:** 10 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### CURRY

- 300g jasmine rice\*
- 600g firm tofu, cut into chunks or cubes
- 1/3 cup cornflour
- 1/4 teaspoon salt
- Pepper, to taste
- 1 tablespoon oil
- 1 onion\*, finely diced
- 1 courgette\*, diced
- 1 clove garlic, finely chopped or 1/2 teaspoon crushed garlic
- 1 1/2 teaspoons curry powder
- 1 teaspoon garam masala
- 170g tomato paste
- 400ml coconut milk
- 2 cups frozen peas\*

#### KACHUMBER SALAD

- 1/2 cucumber\*, cut into chunks
- 2 tomatoes\*, cut into chunks or slices
- 1 tablespoon vinegar
- Salt and pepper, to taste

### Method

1. Cook rice according to package instructions.
2. Combine ingredients for the kachumber salad and set aside.
3. Heat oven to 220°C bake or 200°C fan bake and prepare a baking tray.
4. Combine tofu, cornflour, salt and pepper in a bowl then toss gently to coat. Transfer to baking tray, spread a single layer.
5. Bake for 15-25 minutes until it is golden crisp, turn halfway.
6. As the tofu bakes prepare the curry sauce.
7. Heat oil in a wide pot or sauté pan over stove on medium-high heat. Add onions and cook until they begin to soften, mix in garlic and cook until it becomes fragrant. Add curry powder and garam masala, stir and heat the spices.
8. Add tomato paste and stir to heat through, pour in coconut milk and gently mix. Fill the coconut milk can about 1/3 of the way with water and pour into pan with the sauce. Add courgettes, simmer for about 5-10 minutes while stirring occasionally to thicken.
9. Stir through tofu and frozen peas bringing to a simmer. Test taste, adding salt and pepper to season.
10. Place all elements on centre of the table to serve, or portion the rice, curry, and salad into bowls and plates.

### Cooking tips:

- For more spice add chilli powder, flakes or cayenne pepper along, with the other spices.

### Adapt it:

- To boost the fibre, use brown rice instead of white.

### Leftovers:

- Eat for lunch the next day.

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