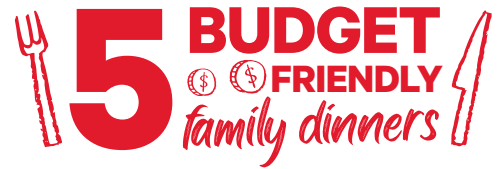


Winter Meal Plans



Week 3 Menu

Monday	Salmon frittata
Tuesday	Pasta Bolognese
Wednesday	Tortilla stack with crisp orange salad
Thursday	Mac and cheese
Friday	Friday night beef burgers

Week 3 shopping list

Produce

- 5 Onions
- 2 Leeks
- 1 Cauliflower
- 700g Mushrooms
- ½ Pumpkin
- 1 Iceberg lettuce
- 3 Red onions
- 5 Carrots
- 1 Orange
- 120g (1 pack) Seasonal salad leaves
- 1 Apple

Butchery

- 500g Beef mince
- 400g Skinless chicken breast

Chilled

- 500g Cheese

Grocery

- 415g Can pink salmon
- 10 Pack eggs
- 500g Pasta
- 170g Can tomato paste
- 2 x 400g Can chopped tomatoes
- 450g Can beetroot slices
- 410g Can red kidney beans
- 70g Walnuts
- 6 Pack wholemeal wraps
- 6 Pack hamburger buns

Frozen

- 1kg Frozen mixed vege
- 500g Frozen spinach

Pantry Staples*

- | | |
|---|---|
| <input type="checkbox"/> Oil, for frying | <input type="checkbox"/> Dried herbs |
| <input type="checkbox"/> Garlic, fresh bulbs or crushed | <input type="checkbox"/> Flour |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Milk |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Worcestershire sauce |

Introduction

The recipes in this meal plan are designed for winter as they use seasonal produce.

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

The shopping list tells you the ingredients to buy for the week. The pantry staples list has other ingredients you will need but are likely to have in your fridge or pantry already. Before going shopping check you have the staple ingredients and check your fridge, freezer and pantry as you may already have some of the ingredients on the list.

If there is an ingredient you or your family doesn't like, swap it with one you'll all enjoy and avoid waste.

These 5 meals are designed to use in-season fruit and veges. Fruit and vege growing conditions and pricing vary throughout each season, so choose cheaper in season fresh, or frozen substitutes if a particular item is unseasonably expensive.

Week three tips

- Cook this week's meals in any order you like.
- The green part of a leek is edible, it just takes longer to cook so slice it thinner than the white part of the leek, so they cook at similar times.
- Hamburgers are cooked at the end of the week. Store the buns in the freezer to maintain freshness and move into the fridge the night before to begin defrosting.
- Save time by cooking the full packet of pasta when making the Bolognese, keeping half to use in the mac and cheese later in the week. Stop pasta from sticking together by drizzling 1 teaspoon of oil over it and toss to coat, then place in a sealed container in the fridge.

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





Salmon frittata

An easy, tasty meal that's suitable for brunch, lunch or dinner! Perfect for giving any leftover meats and vegetables a makeover, the whole family is going to love this go-to recipe.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 large onion, finely diced
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- ½ leek*, white and green parts thinly sliced and washed thoroughly
- ¼ head cauliflower*, florets, stalks and any nice leaves chopped into small chunks
- 300g (2 cups) frozen mixed veges*
- 200g mushrooms*, sliced
- 415g can pink salmon
- 8 eggs*, beaten
- Salt and pepper, to taste
- 50g cheese*, grated

Method

1. Heat oven to 180°C bake or 160°C fan bake. Heat oil in a large oven proof frying pan on the stove over medium high heat. Sauté onions until slightly softened, add garlic and stir fry for a minute or until fragrant.
2. Add leek and cauliflower, turn heat to high and cook until the leek is softened, and the cauliflower starts to become tender. Add frozen mixed veges and mushrooms and cook until heated through.
3. Add the pink salmon to the pan and gently stir through.
4. Season beaten egg with salt and pepper if desired, then pour over the veges and salmon. Scatter with cheese over the top and transfer the pan into the oven.
5. Bake for 15 minutes or until set. Remove from oven and leave to cool slightly before slicing and serving.

Cooking tips:

- If you don't have an oven proof frying pan, cook this frittata in a large baking dish. Grease the baking dish and follow the method above for cooking the vegetables and salmon, transfer into the baking dish then pour the beaten egg over the top. Bake until set.

Adapt it:

- Swap salmon for tuna if preferred.
- For a vegetarian option, add another couple of eggs in place of the salmon or a 250g pot of cottage cheese.
- If you have left over veges from another meal, you can add them into this recipe in place of the veges listed.

Kid friendly alternatives:

- Swap leek for onion if preferred.
- Remove the mushrooms and add more mixed vege if needed.

* 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.



Pasta Bolognese

For the ultimate comfort food, look no further than our deliciously rich pasta Bolognese. With plenty of hidden veges in the sauce, this recipe is a winner for a quick and easy family dinner.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 250g dry pasta*
- 1 cup pasta cooking water
- 1 tablespoon oil
- 1 onion, finely diced
- 2 garlic cloves, grated or finely chopped or 1 teaspoon crushed garlic
- 1 leek, white and green parts thinly sliced and thoroughly washed
- 70g tomato paste*
- 250g beef mince*
- 250g mushrooms*, finely chopped to resemble mince
- 2 x 400g cans chopped tomatoes
- ¼ head cauliflower*, florets, stalks and any nice leaves roughly chopped
- 1 teaspoon dried mixed herbs
- 300g (2 cups) frozen mixed veges*
- 250g frozen spinach*
- Salt and pepper, to taste
- 50g cheese*, grated

Method

1. Cook pasta according to packet instructions. Set aside 1 cup of the pasta cooking water before draining.
2. Heat oil in a large frying pan or pot on the stove over medium high heat, add onions and sauté until softened. Add garlic and stir fry for a minute or until fragrant. Stir through leek and tomato paste, cook for 2 minutes stirring occasionally.
3. Turn the heat to high and add mince and mushrooms into the pan and cook until the mince has browned.
4. Pour chopped tomatoes into the pan or pot, fill each can with ½ cup of the pasta cooking water and swirl around to get any remaining sauce and add to the mixture.
5. Add in cauliflower and dried mixed herbs, stir through and cover with a lid. Bring to a simmer, while stirring occasionally. Reduce heat to a gentle simmer and leave to simmer until the cauliflower is tender.
6. Stir through frozen mixed veges and spinach, bring to a simmer. Test taste, adding salt and pepper as desired. Portion pasta into serving bowls and top with the mince and vege sauce and cheese.

Cooking tips:

- The cauliflower stalks can be grated into the sauce if desired.

Adapt it:

- For larger appetites you can increase the amount of pasta, mince and mushrooms.
- You can swap the beef mince for lamb, pork or a plant-based mince.

Kid friendly alternatives:

- Replace leek with more onion and swap spinach with frozen peas if preferred.

* 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.



Tortilla stack with crisp orange salad

Gather the whānau to share this towering tortilla stack, layered with veges, beans and tender, shredded chicken. Serve it with a zesty orange and walnut salad.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 400g skinless chicken breast
- 2 teaspoons oil
- 1 large onion, finely diced
- 2 garlic cloves, grated or minced or 1 teaspoon crushed garlic
- 100g tomato paste*
- ½ leek*, white and green parts thinly sliced and washed thoroughly
- ¼ pumpkin*, grated
- ½ cup water
- 410g can red kidney beans, rinsed and drained
- 250g (1 ½ cups) frozen mixed vege*, defrosted
- 250g frozen spinach*, defrosted
- Salt and pepper, to taste
- 6 wholemeal wraps
- 150g cheese*, grated

CRISP ORANGE SALAD

- ½ head iceberg lettuce*, shredded
- 1 red onion, thinly sliced
- 1 large carrot, thinly sliced or grated
- Zest of 1 orange
- 1 orange, peeled and cut into segments
- 70g (¾ cup) walnuts

Method

- Add chicken to a medium pot, cover with water and a lid. Place the pot on the stove over high heat, bring to a simmer and reduce heat to low. Cook for 10-15 minutes, or until cooked. Remove chicken from water and set aside to cool. Once cooled use two forks or your fingers to pull the chicken pieces apart creating shredded pieces.
- Heat oven to 180°C bake or 160°C fan bake, prepare a baking tray by greasing it.
- Heat oil in a frying pan on the stove over medium high heat, sauté onion until softened. Add garlic and stir fry for a minute or until fragrant, stir through tomato paste.
- Add leek, pumpkin, and water, cook until softened. Stir through red kidney beans, mixed vege, spinach and shredded chicken. Test taste, adding salt and pepper if desired. Turn off heat and remove pan from element.
- Place a wrap on the baking tray, add a couple spoonfuls of the filling, scatter a small amount of cheese and top with another wrap. Continue this process, finishing with a wrap on top and a final sprinkle of cheese.
- Bake for 15 minutes or until the filling is hot and the cheese has melted. Leave to cool slightly on the tray before transferring or cutting.
- Prepare the salad as the tortilla stack bakes - combine all the salad ingredients together and toss with your favourite dressing. Set aside.
- Slice stack into wedges and serve with the crisp orange salad.

Cooking tips:

- To save time, you can poach the chicken up to two days ahead of time and keep in a container in the fridge.
- Instead of one tall stack, divide the wrap and filling into two and make two medium sized stacks.

* 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.



Mac and cheese

Warm up winter evenings with this easy, cheesy macaroni and cheese. Our budget friendly, family favourite has heaps of hidden veges, making it a nutritious go-to dinner recipe.



Prep time: 10 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

250g dry pasta*

1 tablespoon oil

1 onion, finely diced

2 garlic cloves, grated or minced or 1
teaspoon crushed garlic

½ head cauliflower, florets, stalks and any
nice leaves chopped into small chunks

¼ cup flour

500ml (2 cups) milk

¼ pumpkin*, grated

200g cheese, grated*

Salt and pepper, to taste

SALAD

120g (1 pack) seasonal salad leaves

1 red onion, thinly sliced

2 large carrots, thinly sliced, cut into
matchsticks, or grated

1 apple, thinly sliced or cut into
matchsticks

Method

1. Cook the pasta according to packet instructions.
2. Combine the salad ingredients together, toss with your favourite dressing if desired and set aside.
3. Heat oil in a deep, frying pan or pot on the stove over medium high heat, sauté onion until softened. Add garlic and cauliflower, stir fry for around 5 minutes or until the cauliflower starts to become tender.
4. Add flour, stir through, and cook for about a minute. Carefully pour in milk and add pumpkin. Stir consistently as the milk heats up to make sure it thickens up evenly and doesn't catch at the bottom of the pan.
5. Add cooked pasta and cheese and mix to coat in the sauce. Test taste adding salt and pepper if needed.
6. Serve mac n cheese with the salad.

Cooking tips:

- The mac and cheese can also be baked at 180°C bake for 10-15 minutes before serving if desired. Save ¼ of the cheese before stirring it in the sauce and scatter this over top before baking.

Adapt it:

- Make it gluten free with gluten free pasta and flour.
- You can use a combination of broccoli and cauliflower if preferred.

Kid friendly alternatives:

- Serve with any salad veges your kids enjoy.

Leftover tips:

- Reheat for lunch the next day or freeze mac and cheese in portions and reheat thoroughly before serving.

* 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.

Friday



Friday night beef burgers

Our mouth-watering beef burgers are bulked up with hidden veges for a guilt-free Friday night treat. This is a great family meal and a versatile recipe; choose your own favourite burger toppings and let the family build their own burgers.



Prep time: 15 minutes

Cooking time: 20 minutes



Serves:
4-6



Skill level:
Easy as

Ingredients

Beef and mushroom patty
250g beef mince*
250g mushrooms*, finely chopped to resemble mince
1 onion, finely diced or grated
1 large carrot, grated
2 eggs*, beaten
2 teaspoons Worcestershire sauce
Salt and pepper, to taste
1/3 cup flour
Oil, for frying

FILLING

½ head iceberg lettuce*, shredded
1 red onion, thinly sliced
1 large carrot, grated
6 pack hamburger buns
450g can beetroot slices, drained
50g cheese*, sliced thinly or grated

Method

- Combine the beef and mushroom patty ingredients together, except the oil, in a large bowl and mix using a strong spoon or your hands. Divide into 4-6 balls depending on how many patties you need and flatten to about the same width to the hamburger buns. Set aside.
- Drizzle enough oil to lightly coat the bottom of a frying pan, place on the stove over high heat. Cook the patties for about 3-5 minutes on each side or until caramelised on both sides and cooked to your liking.
- Combine lettuce, red onion, and carrot in a bowl. Set aside.
- Heat or lightly toast hamburger buns if desired.
- Place the cooked patties, salad, buns, beetroot slices, and cheese on the table and get the family involved in making their own burgers.

Cooking tips:

- Breadcrumbs can also be used in place of flour.
- If desired, the patties can also be cooked on a hot plate or barbecue.
- Gherkins and other pickled vege is also a great addition to this burger.

Adapt it:

- To make this gluten free use gluten free flour, swap the Worcestershire sauce for a tablespoon of gluten free tomato sauce or omit all together and serve on a gluten free bun or in lettuce leaf cups for a lighter style meal.
- You can use pork, lamb or a plant-based mince instead.

Kid friendly alternatives:

- Avoid adding salt to the burger patty mixture.

* 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.