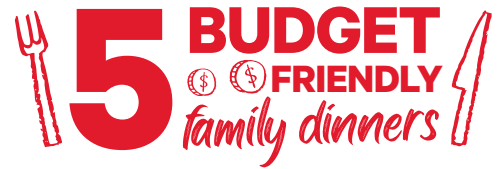


Spring Meal Plans!



Week 1 Menu

Monday	Edamame and chickpea salad
Tuesday	Sweet and sour seared fish
Wednesday	Thai style beef salad
Thursday	One pot zesty chicken and rice
Friday	Friday night saucy noodles

Week 1 Shopping List

Produce

- 1 Iceberg lettuce
- 8 Carrots
- 2 Red onions
- 2 Capsicums
- 3 Onions
- 120g (1 pack) Mesclun salad
- 4 Lemons
- 150g Mushrooms
- 1 pack Shanghai bok choy
- 200g (1 pack) Mung bean sprouts

Butchery and seafood

- 400g Firm white fish fillets
- 400g Beef schnitzel
- 400g Skinless chicken breast

Chilled

- 450g Firm tofu

Grocery

- 400g Hokkien noodles
- 6 Eggs
- 400g Can chickpeas
- 1kg Medium grain brown rice
- 500ml Salt reduced chicken stock

Frozen

- 454g Shelled edamame beans
- 650g Broccoli & cauliflower mixed veges
- 750g Peas

Pantry Staples*

- Oil
- Salt
- Pepper
- Smoked paprika
- Garlic – fresh bulbs or crushed
- Ginger – fresh or crushed
- Vinegar
- Sweet chilli sauce
- Fish sauce
- Soy sauce
- Dried mixed herbs
- Curry powder
- Tomato sauce, ketchup or tomato passata
- Your favourite dressing
- Wholemeal pita bread (optional)
- Crispy noodles (optional)
- Fresh mint (optional)

Introduction

The recipes in this meal plan are designed for spring 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 meals can be cooked in any order you like, if you're cooking the fish later in the week put the fillets in the freezer when you get home and defrost before cooking to maintain freshness.
- There will be leftover uncooked rice this week, store this in an airtight container in a cool place and use in another meal.
- To keep bean sprouts 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 1-2 days.
- For children, limit the amount of salt added during cooking. Choose reduced salt sauces where possible.



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

Monday



Edamame and chickpea salad

A quick and easy, protein packed vegetarian meal. With crunchy, smoky chickpeas, this tasty super salad is ideal for a packed lunch or fast weeknight dinner.



Prep time: 15 minutes

Cooking time: 15 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 6 eggs
- 400g can chickpeas, drained and rinsed
- 2 teaspoons smoked paprika
- 1 teaspoon oil
- Salt and pepper, to taste
- 254g shelled edamame beans*, steamed
- 1 iceberg lettuce, shredded
- 2 large carrots, cut into thin matchsticks or grated
- 1 red onion, thinly sliced
- 1 large capsicum, sliced
- Your favourite dressing

OPTIONAL

Serve with wholemeal pita bread

Method

1. Boil eggs for around 6 minutes, or longer for a firmer yolk. Remove from hot water and place in an ice bath for about 10-15 minutes to cool.
2. Heat oven to 180°C bake or 160°C fan bake and prepare a tray or baking dish by greasing it.
3. Mix the chickpeas, smoked paprika, oil, and salt and pepper in a bowl and place on the prepared tray or dish. Bake for 10 minutes or until slightly golden and crisp.
4. Prepare the rest of the salad ingredients as the chickpeas bake and peel the eggs.
5. To serve, place salad ingredients, baked chickpeas, and deshelled eggs on the table and get everyone involved in making their own salad. Finish with a drizzle of your favourite dressing, if desired.

Cooking tips:

- The eggs can be hardboiled ahead of time, leave them in the shells once they have cooled in the ice bath and store them in the fridge.
- The chickpeas can be seasoned with your favourite spice mix instead of smoked paprika.

Adapt it:

- Swap the eggs for tuna, salmon, cooked chicken, tempeh, or tofu if you prefer, or you can add these as well as the eggs.
- The iceberg lettuce can be swapped for baby spinach or other salad leaves.
- Add a handful of nuts and/or seeds to the salad or chunks of avocado if you like.

Tips for kids:

- Avoid over baking the chickpeas or leave them unbaked in you have smaller children who might find them too hard.

* 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.



Sweet and sour seared fish

Inspired by the flavourful, Spanish-style fish recipe escabeche, this colourful dish is brought together by the deliciously tangy sweet and sour sauce.



Prep time: 10 minutes

Cooking time: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

300g medium grain brown rice
2 tablespoons oil
400g firm white fish fillets e.g. warehou
Salt and pepper, to taste

STEAMED VEGES

325g frozen broccoli & cauliflower mixed veges*
2 large carrots, cut into thin matchsticks or thinly sliced
225g (1 ½ cups) frozen peas*

SWEET AND SOUR SAUCE

2 teaspoons oil
1 onion, finely diced or sliced
3cm piece ginger, cut into thin matchsticks
2 cloves garlic, sliced or grated or 1 teaspoon crushed garlic
¼ cup vinegar
¼ cup sweet chilli sauce
1 capsicum, thinly sliced

Method

1. Cook rice according to packet instructions.
2. Meanwhile prepare the sauce. Heat oil in a saucepan over medium heat, sauté the onion until softened. Add ginger and garlic and gently fry for 1-2 minutes until it becomes fragrant.
3. Carefully pour in the vinegar and sweet chilli sauce, bring to a simmer while stirring occasionally. Add sliced capsicum and simmer for about 3-5 minutes or until slightly thickened. Set aside.
4. Place the veges in a steamer basket and steam the veges until cooked to your liking.
5. Heat oil in a frying pan over high heat, season fish fillets with salt and pepper if desired. Cook fish for 3-4 minutes on each side or until lightly golden and cooked through.
6. Serve seared fish with rice and steamed veges, with the sweet and sour sauce poured over the fish or served on the side.

Cooking tips:

- The veges can also be boiled or stir fried if preferred.

Adapt it:

- Swap the fish for chicken, pork, beef, tofu or tempeh if preferred. Adapt your cooking times accordingly.
- You can use any fresh or frozen veges you like in this dish.

Tips for kids:

- Avoid adding salt to their fish.

Leftovers:

- Eat for lunch the next day.

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Thai-style beef salad

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: 40 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 250g medium grain brown rice*
- 1 tablespoon oil
- 400g beef schnitzel, sliced
- Salt and pepper, to taste
- 200g shelled edamame beans*, steamed
- 1 small red onion, thinly sliced
- 2 large carrots*, cut into matchsticks
- 120g mesclun salad or your favourite salad mix
- 15g fresh mint, roughly chopped (optional)
- 140g crispy noodles (optional)

DRESSING

- Zest and juice of 2 lemons
- ¼ cup sweet chilli sauce
- 1 teaspoon fish sauce or soy sauce
- 1 clove garlic, grated or ½ teaspoon crushed garlic

Method

1. Cook rice according to packet instructions.
2. Combine dressing ingredients together and set aside.
3. 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.
4. Combine steamed edamame beans, sliced red onion, carrots, and mesclun salad together in a large bowl. Pour half of the dressing over the salad and mix through.
5. In another bowl combine the remaining dressing with the cooked beef.
6. Serve beef salad topped with fresh mint and crispy noodles (if using) and rice on the side.

Cooking tip:

- If preferred, use a steak cut of beef, cook to your liking and cut into thin slices before serving.

Adapt it:

- Swap beef for pork, chicken, salmon, tofu or tempeh if preferred.
- Any salad veges will work so adapt to suit the tastes of your family.
- The rice can be swapped for noodles if you like.
- Use 300g of rice if you have a family with bigger appetites.

Tips for kids:

- Add minimal salt to the beef, if any.

Leftovers:

- Eat for lunch the next day.

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One pot zesty chicken and rice

Elevate a humble chicken and rice dish with the addition of tasty herbs, spices and veges. Prepped in just 10 mins, this recipe is suitable for the whole family – especially when it's easy to substitute your favourite ingredients.



Prep time: 10 minutes

Cooking time: 50 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 1 tablespoon oil
- 1 onion, diced
- 3 garlic cloves, grated or minced or 1 ½ teaspoons crushed garlic
- 400g skinless chicken breast, cubed or sliced
- 1 teaspoon dried mixed herbs
- 300g medium grain brown rice
- 500ml (2 cups) salt reduced chicken stock
- 2 large carrots, grated
- Pepper, to taste
- 325g frozen broccoli & cauliflower mixed veges*
- 300g (2 cups) frozen peas*
- 1 lemon, zest and juice

Method

1. Heat oil in a large pot or deep-frying pan on the stove over medium high heat. Sauté onions until softened. Turn heat to high, add garlic and chicken stir fry until fragrant and the chicken is seared.
2. Stir through dried mixed herbs, rice, chicken stock, and carrots, add pepper to taste. Cover with a lid and bring to a boil, then reduce heat to low and leave to simmer for 20 minutes.
3. Place frozen broccoli & cauliflower, and peas over the rice. Place the lid back on and leave to cook for another 10 minutes.
4. Turn off heat and leave to rest for another 10 minutes. Fluff rice and gently fold through veges, add lemon zest and squeeze juice over the top or cut lemon into wedges and serve.

Cooking tips:

- Chicken thighs can also be used here instead of chicken breast, if preferred.

Adapt it:

- To make this vegetarian, use vegetable stock and leave out the chicken. Serve with pan fried tofu or tempeh instead.
- If you prefer fish to chicken, leave out the chicken and serve with pan fried fish instead.

Leftovers:

- Can be frozen or eaten for lunch the next day.

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Friday night saucy noodles

This quick and easy vegetarian recipe is inspired by the Indonesian style stir-fried noodle dish Mee goreng, a flavourful, vege packed street food classic.



Prep time: 10 minutes

Cooking time: 20 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 2 tablespoons oil, used in 1 tablespoon amounts throughout the recipe
- 450g 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
- 225g (1 ½ cups or the remaining) frozen peas*
- ¼ cup tomato sauce, ketchup, or tomato passata
- 2 tablespoons soy sauce
- 2 teaspoons curry powder
- 1 lemon, halved
- 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. Cook noodles according to packet instructions. Set aside.
3. Heat a wok or large and deep frying pan with the remaining oil on the stove over medium high heat, add the onions and cook until they are soft. Add garlic and mushrooms and stir fry until the mushrooms are cooked to your liking.
4. 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.
5. Add noodles, and the green part of the bok choy to the wok or pan. Test taste, add pepper as desired. Briefly stir the bean sprouts and tofu through the noodles, turn off heat.
6. Cut the remaining half of the lemon into wedges and serve the saucy veges with the noodles.

Cooking tip:

- 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.

Adapt it:

- You can switch tofu for another plant-based alternative or chicken, pork or beef.
- Top with chopped peanuts if you like for added crunch and healthy fats.
- To make this gluten free you can use rice noodles and gluten free soy sauce.

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