

# Summer Meal Plans



## Week 2 Menu

<b>Monday</b>	Red curry stir fried noodles
<b>Tuesday</b>	Lamb kofta
<b>Wednesday</b>	Satay salad
<b>Thursday</b>	Tuna empanadas
<b>Friday</b>	Friday night sliders

## Week 2 Shopping List

### Produce

- 3 Onions
- 250g Mushrooms
- 4 Courgettes
- 3 Carrots
- ½ Cabbage
- 5 Capsicums
- 1 Lettuce
- 1 Cucumber
- 200g Radishes
- 1 Eggplant
- 3 Corn cobs
- 2 Nectarines

### Grocery

- 250g Rice noodles
- 160g Red curry paste

- 170g Tomato paste
- 425g Canned tuna
- 6 Eggs
- 400ml Coconut milk
- 8 pack Pita bread
- 8 pack Sliders/buns

### Butchery

- 500g Beef, stir fry or rump steak
- 500g Lamb mince
- 400g Skinless chicken breast

### Chilled

- 250g Firm tofu

### Frozen

- 780g Flaky puff pastry sheets

## Pantry Staples\*

- Oil, for frying
- Olive oil
- Salt
- Pepper
- Garlic – fresh cloves or crushed
- Paprika – smoked or sweet
- Soy sauce, coconut aminos / other alternative
- Peanut butter
- Ground coriander
- Garam masala
- Barbecue sauce
- Sour cream, mayonnaise, or yoghurt
- Mustard – Dijon or wholegrain
- Your favourite sauce – hummus, tzatziki, chutney
- Nuts and seeds (optional)
- Egg (optional addition)

## 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 recipes for this week can be cooked in whatever order you prefer. To keep the sliders or buns fresh, store them in the freezer and bring them out that morning to defrost.
- Coconut milk is a shared ingredient. Keep it fresh by storing the remaining milk in a sealed container in the fridge.
- Red curry paste is shared between two recipes. If your family doesn't like red curry, use any tomato-based sauce to flavour the noodle stir fry, such as a pad Thai sauce. You can make a mild coconut satay sauce for the satay salad by leaving out the red curry paste.
- You can use another stone fruit instead of nectarines or use an apple or pear instead.



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

# Monday



## Red curry stir-fried noodles

Everyone will love this fragrant noodle recipe! Packed with flavour and easy to make, this beef and mushroom stir-fry dish is also easy to re-heat for lunch the next day.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

250g rice noodles

2 tablespoons oil, divided

500g beef rump steak,  
sliced or stir fry beef

1 onion\*, finely diced or sliced

½ jar red curry paste\*

250g mushrooms

2 courgettes\*, sliced

200ml coconut milk\*

1 carrot\*, sliced thinly  
or into match sticks

1/3 cabbage\*, sliced thinly

Pepper, to taste

### Method

1. Cook noodles according to packet instructions. Set aside.
2. Heat oil in a wok, deep frying pan or skillet on the stove over high heat.
3. Sear the beef for 1-2 minutes in batches and transfer onto a plate, set aside.
4. Reduce heat to medium high adding more oil to the pan if needed, sauté onions until softened. Add half the jar of red curry paste and fry for around 2 minutes while stirring occasionally until it is very fragrant.
5. Add mushrooms and courgettes, stir fry until cooked to your liking. Mix in coconut milk and bring to a simmer.
6. Stir through cooked noodles, carrots, cabbage, and beef, cover with a lid and heat through to cook while mixing occasionally. Add small amounts of water if it is getting too dry. Test taste, season with salt and pepper if needed.

### Cooking tips:

- If omitting the red curry paste from this recipe you can make a tomato-based pad thai sauce instead.

### Adapt it:

- You can use egg noodles if you prefer.
- For protein substitutions use chicken, tofu, tempeh, prawns, fish, quorn, plant-based meat alternatives.

### 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.



## Lamb koftas with roasted veggies

A spiced mince dish inspired by Middle Eastern cuisine, serve these lamb koftas with a side of delicious roast vegetables and a big dollop of hummus or tzatziki.



**Prep time:** 10 minutes

**Cooking time:** 30 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### KOFTAS

- 500g lamb mince
- 1 onion\*, finely diced
- 2 cloves garlic, grated or 1 teaspoon crushed garlic
- 1 teaspoon ground coriander
- 2 teaspoons garam masala
- ¼ teaspoon salt
- Pepper, to taste
- 2 tablespoons oil, for frying

#### ROASTED VEGGIES

- 2 courgettes\*, cut into chunks
- 1 eggplant, cut into chunks
- 2 capsicums\*, cut into chunks or slices
- 1 tablespoon oil
- 2 cloves garlic, grated or 1 teaspoon crushed garlic
- ½ teaspoon salt
- Pepper, to taste

#### TO SERVE

- 8 pack pita bread, ideally wholemeal
- 1/3 cup your choice of sauce or spread e.g. hummus, tzatziki, chutney

### Method

1. Combine the first seven ingredients in a bowl and set aside.
2. Heat oven to 180°C bake or 160°C fan bake.
3. Toss the vegetables, oil, and seasoning ingredients together in a roasting tray or large baking dish. Bake for 20-30 minutes or until cooked.
4. Heat oil in a large frying pan on the stove over medium high heat.
5. Roll mince mixture into patties, balls or logs as the oil is heating up. Cook in batches until all the mince is cooked.
6. Heat the pita bread if desired, cut in half.
7. To serve, spread your choice of sauce or spread inside the pita bread, fill with roasted veggies and kofta. Or cut the pita bread into quarters and portion the veggies and kofta onto plates or wide bowls and top with your choice of sauce or spread.

### Cooking tips:

- This recipe can be cooked on a barbecue, follow the same preparation steps explained in the method and cook on a preheated barbecue.

### Adapt it:

- Add red onion into the roasted veggie mix if you like.
- Fresh finely chopped coriander or parsley added into the kofta mix is also a nice addition.
- For protein substitutions use chicken or beef mince, swap the kofta mix for falafels (most veggie minces are unlikely to stick together enough).

### Leftovers

- Eat for lunch the next day. Any leftover kofta can be frozen.

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## Satay salad

Our quick and easy take on gado-gado, an Indonesian salad with peanut sauce. With a flavour-packed, creamy peanut sauce and topped with eggs and crispy tofu, the whole whānau will love it!



**Prep time:** 15 minutes

**Cooking time:** 15 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

- 6 eggs
- 2 tablespoons oil
- 250g firm tofu, cut into squares or rectangles
- 2/3 head lettuce\*, roughly chopped
- 1 capsicum\*, sliced
- ½ cucumber\*, sliced
- ½ pack or bunch radish\*, thinly sliced or cut into matchsticks
- 1 large carrot\*, sliced into ribbons or thin match sticks

### SAUCE

- ½ jar red curry paste\*
- 200ml coconut milk\*
- 2 teaspoons peanut butter, smooth or crunchy

### Method

1. Cook eggs whole in boiling water to your liking. About 3mins for soft-boiled or 6mins or longer for a firmer yolk. Set aside to cool then peel.
2. Heat oil in a non-stick pan over stove on high heat, cook tofu until golden brown. Remove from pan and set aside.
3. Lower heat to medium, add additional tablespoon of oil and fry curry paste in the same pan for about 1-2mins, until fragrant. Carefully pour in the coconut milk and stir.
4. Add peanut butter and bring to a simmer at reduced heat for about 5mins to thicken, stir occasionally. Test taste, adding more peanut butter, soy sauce or seasoning as needed. Transfer into a bowl.
5. Toss veggies in a large bowl. Cut eggs into halves or quarters.
6. To serve, portion fresh salad into wide bowls or plates, top with egg, tofu, and drizzle the sauce over top or serve on the side.

### Cooking tips:

- Substitute peanut butter with 2 tablespoons tahini for a nut free alternative.
- For a fuller meal you can add rice noodles.
- To save time on the day the eggs can be hardboiled beforehand and stored in the fridge.

### Adapt it:

- To reduce the salt, opt for no added salt peanut butter.
- To make a mild coconut satay sauce omit the red curry paste and increase the peanut butter quantity to ¼ cup.
- Use chicken as a protein substitution.

### Leftover tips:

- Eat for lunch the next day.

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## Tuna empanadas

Our simple take on a classic Spanish recipe – our empanadas use seasonal veggies and tuna. Ideal for lunch boxes, or serve with a seasonal salad for tasty family dinner.



**Prep time:** 15 minutes

**Cooking time:** 35 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### TUNA EMPANADAS

- 1 tablespoon oil
- 1 onion\*, finely diced
- 2 capsicums\*, thinly sliced or cut into small cubes
- 3 cloves garlic, grated or 1 ½ teaspoons crushed garlic
- 1 tablespoon paprika
- 1 cob fresh corn kernels\* or 1 cup frozen corn kernels
- 170g tomato paste
- 425g canned tuna in Springwater, drained
- Salt and pepper, to taste
- 780g flaky puff pastry sheets, defrosted
- 1 egg, beaten (optional)

#### SUMMER SALAD

- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard or 2 teaspoons wholegrain mustard
- Salt and pepper, to taste
- 1/3 head lettuce\*, sliced
- ½ cucumber\*, sliced
- ½ pack or bunch radish\*, sliced

### Method

1. Heat oil in a frying pan on the stove over medium high heat. Sauté onions and capsicum for 5-10 minutes until softened. Add garlic and fry for 1-2 minutes until fragrant, mix in paprika and corn.
2. Stir in the tomato paste and heat through. Remove from heat, gently mix in the tuna, test taste and season with salt and pepper.
3. Heat oven to 210°C bake or 190°C fan bake and grease a baking tray.
4. Prepare a small bowl of cool water, set aside.
5. Cut pastry sheets into quarters, place tablespoonfuls of mixture evenly into middle of the pastry squares, lightly brush edges with water using pastry brush or your fingers. Fold diagonally to form a triangle, seal edges with a fork, place on the baking tray. Repeat process until all mixture and pastry have been used up. Brush tops with egg, if desired.
6. Bake for 25-30 minutes, or until the pastry is golden brown and cooked through.
7. Prepare salad as the empanadas bake. Mix olive oil, mustard, salt and pepper in a bowl, add remaining salad ingredients and toss to coat in the dressing.

### Cooking tips:

- If you prefer another dressing, or have an existing dressing in your fridge or pantry, use that in the salad instead.

### Adapt it:

- Swap paprika with your favourite spices or sauce mix.
- For protein substitutions use minced chicken, beef or pork, prawns, salmon fresh or canned, or plant-based mince.

### Leftover tips:

- Eat for lunch the next day or freeze the empanadas.

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## Friday night BBQ sliders

For a Friday night treat, gather the whānau to devour these pulled chicken sliders! The BBQ chicken pairs perfectly with a zesty corn and stone fruit slaw.



**Prep time:** 15 minutes

**Cooking time:** 25 minutes



**Serves:**  
4



**Skill level:**  
Easy as

### Ingredients

#### PULLED CHICKEN

- 2 teaspoons oil
- 2 teaspoons smoked paprika
- 300g-400g chicken breast
- 2 tablespoons barbecue sauce

#### CORN AND STONE FRUIT SLAW

- 2 cobs fresh corn kernels\* or 2 cups frozen corn kernels
- 1/8 cabbage\* or remaining cabbage, sliced thinly
- 1 carrot\*, grated
- 2 large nectarines, cut into small cubes or thin slices
- 1 tablespoon sour cream, yoghurt, or mayonnaise
- 1 teaspoon mustard
- Salt and pepper, to taste
- 1/2 cup nuts and seeds (if desired)

#### TO SERVE

- 8 pack sliders or buns

### Method

1. Poach chicken breast for about 10 minutes or until cooked, leave to cool slightly and shred using two forks or your fingers if it is cool enough to handle.
2. Boil corn in a pot to heat through and cook, drain. Combine the slaw ingredients in a large bowl, set aside.
3. Heat oil in a frying pan on the stove over medium heat. Add smoked paprika and shredded chicken and stir.
4. Add the barbecue sauce and mix to evenly coat the chicken. Test taste, adding more spice, salt, and pepper, or teaspoonfuls of barbecue sauce.
5. Toast the buns or heat them in the oven.
6. To serve, scoop generous spoonful of the slaw onto the bottom half of the bun, top with the BBQ chicken and the top half of the bun. Serve any additional slaw on the side.

### Cooking tips:

- To save time poach the chicken a day or two before hand, store in a sealed container in the fridge and shred just before cooking. You can substitute the smoked paprika with any of your favourite spice mixes. You can also use any sauce you like instead of BBQ sauce.

### Adapt it:

- As a vegetarian option swap out the chicken for two cans of young green jackfruit. For protein substitutions use shredded beef, lamb, or pork, grilled or pan-fried fish.

### Leftover tips:

- Eat for lunch the next day.

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