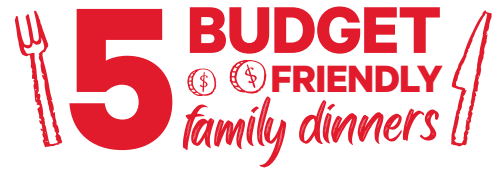


Winter Meal Plans



Week 1 Menu

Monday	Sloppy joe
Tuesday	Fish chowder
Wednesday	Vietnamese-style omelette
Thursday	Shepherd's pie
Friday	Friday night sticky lemon chicken

Week 1 Shopping List

Produce

- 5 Onions
- 2 Leeks
- 9 Carrots
- 1 Iceberg lettuce
- 600g Potatoes
- 600g Mushrooms
- 2 Lemons
- 800g Kumara
- 1 Red onion
- 1 Apple
- 1 Broccoli

Butchery

- 800g Beef mince
- 400g Skinless chicken breast

Chilled

- 1L Milk

Grocery

- 170g Can tomato paste
- 410g Can whole corn kernels
- 410g Can creamed corn
- 400g Can baby corn
- 425g Can tuna in springwater
- 1kg Jasmine rice
- 10 Pack eggs
- 6 Pack hamburger buns

Frozen

- 1kg Frozen peas
- 1kg Frozen green beans

Pantry Staples*

- Garlic – fresh bulbs or crushed garlic
- Ginger – fresh or crushed ginger
- Paprika
- Worcestershire sauce
- Salt
- Pepper
- Flour, plain
- Dried mixed herbs
- Oil, for frying
- Sweet chilli sauce
- Butter
- Soy sauce
- Cornflour
- Honey
- Your favourite nuts, seeds, dried fruits
- Your favourite salad dressing
- Fish sauce (optional)

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 one tips

- We recommend cooking the sloppy joe before the shepherd's pie as the mince mixture is shared between the two meals. Other than that you can cook the meals in any order you like.
- If cooking the sloppy joe later, store the buns in the freezer to maintain freshness and move into the fridge the night before to begin defrosting.
- Broccoli stalks can be eaten and are loaded with nutrients. We've used them this week's recipes, just be sure to peel off the outer layer which can be tough and woody. If preferred, the broccoli stalk can be grated.



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

Monday



Sloppy joe

A simple and budget friendly American inspired take on classic mince on toast. Our deliciously hearty mince is packed with hidden veges for a nutritious meal suitable for the whole family.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

MINCE

- 1 tablespoon oil
- 2 large onions, finely diced
- 6 garlic cloves, grated or finely chopped or 3 teaspoons crushed garlic
- 1 tablespoon paprika
- 170g can tomato paste
- 800g beef mince
- 1 leek, white and green parts thinly sliced and washed thoroughly
- 2 tablespoons Worcestershire sauce
- 2 cups water
- 410g can whole kernel corn, drained
- 5 large carrots, grated
- 600g (4 cups) frozen peas*
- Salt and pepper, to taste

TO SERVE

- 4 hamburger buns
- ½ head lettuce*, shredded

Method

1. Heat oil in a large frying pan or pot on the stove over medium high heat. Sauté onions until softened, add garlic and paprika and stir fry until fragrant. Add tomato paste, stir, and heat through.
2. Turn heat to high and add beef mince and leek. Cook until the beef has browned, stirring occasionally.
3. Add the Worcestershire sauce and pour in the water, stir, and cover with a lid. Bring to a boil, remove the lid and simmer for 5-10 minutes or until the mixture has thickened slightly, stirring occasionally.
4. Mix through corn, carrots, and frozen peas. Season as desired.
5. Set aside half of the mince mixture to use in the shepherd's pie later in the week. Keep in a sealed container in the fridge.
6. Heat buns if desired. Serve sloppy joe with lettuce on the buns and topped with the mince or with lettuce on the side.

Cooking tips:

- Mince quantities here are doubled to use in the shepherd's pie. If you're not making the shepherd's pie, halve the quantities for the mince mixture.
- Add your favourite spices and herbs for extra flavour. If you like it spicy, add chilli powder or flakes for extra heat.

Adapt it:

- You can use lamb mince, Quorn or another plant-based mince if you prefer.
- Choose canned corn with no added salt to reduce the sodium or use frozen corn.
- For a light meal, swap the bread buns for an additional iceberg lettuce. Cut it in half and use the leaves as 'cups' for the mince 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.



Fish chowder

Creamy and comforting, this fish chowder is perfect to feed the whānau or a cool winter evening. Using canned tuna and seasonal veges, this hearty and flavourful recipe is easy and affordable too!



Prep time: 15 minutes

Cooking time: 30 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 2 teaspoons oil
- 1 large onion
- 3 garlic cloves, minced or grated or 1 ½ teaspoons crushed garlic
- 1 leek, white and green parts finely sliced and thoroughly washed
- 2 large carrots, cut into small cubes
- 1 teaspoon dried mixed herbs
- 750ml (3 cups) water
- 875ml (3 ½ cups) milk*
- 600g potatoes, cut into 2cm chunks
- 410g can creamed corn
- 425g can tuna in spring water, drained and flaked
- 225g (1 ½ cups) frozen peas*
- Salt and pepper, to taste
- 3 tablespoons cornflour mixed with ¼ cup water

Method

1. Heat oil in a large pot on the stove over medium high heat. Add onions and sauté for around 5 minutes or until softened. Add garlic and stir fry for a minute or until fragrant. Add leek and carrots and cook for around 5 minutes or until the leek has softened.
2. Carefully pour water and milk and mix. Turn heat to high, add potatoes and creamed corn, stir and cover with a lid.
3. Bring to a boil while stirring occasionally to make sure it doesn't catch at the bottom of the pot, reduce the heat to a simmer. Simmer for 10-15 minutes or until the carrots and potatoes are cooked, continuing to stir occasionally.
4. Stir through tuna, and frozen peas to heat through. Bring to a simmer, add salt and pepper to taste.
5. Add cornflour and water mix into the pot while stirring, continue stirring until the chowder has thickened.

Cooking tips:

- If desired replace the water for your choice of fish or chicken stock and reduce the salt added.

Adapt it:

- Use your favourite fresh white fish, smoked fish, or canned salmon instead of tuna if you prefer.
- For a vegetarian option, use Quorn chunks, firm tofu, tempeh, or pulses such as butter beans or chickpeas.

Kid friendly alternatives:

- Use creamed corn with no added salt.
- Swap the leek for extra onion if preferred.

Leftover tips:

- Reheat for lunch the next day or freeze in portions and heat 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.



Vietnamese-style omelette

This recipe is inspired by the Vietnamese bánh xèo, a savoury rice pancake stuffed with prawns and salad. Our vegetarian version is made with an egg crêpe, filled stir fried vegetables, served over rice and top with a lemon chilli sauce.



Prep time: 10 minutes

Cooking time: 25 minutes



Serves:
4



Skill level:
Easy as

Ingredients

- 300g jasmine rice*
- 2 tablespoons oil, divided
- 1 large onion, thinly sliced
- 300g mushrooms, sliced
- 300g frozen green beans*, defrosted
- 400g can baby corn, drained
- 9 large eggs*

125ml (½ cup) milk*

Salt and pepper, to taste

LEMON CHILLI SAUCE

- 1 lemon, juice and rind
- 2 teaspoons sweet chilli sauce
- 1 garlic clove, grated or ½ teaspoon crushed garlic
- 1 teaspoon fish sauce (optional) or soy sauce

Method

1. Cook rice according to packet instructions. Combine the sauce ingredients in a bowl and set aside.
2. Heat 1 tablespoon oil in a large frying pan on the stove over high heat. Stir fry onion, mushrooms, green beans and baby corn until the vegetables are cooked to your liking. Set the vegetables aside.
3. Return the empty frying pan to the stove, add ¼ of the remaining oil and turn heat to high.
4. Beat eggs with milk and season with salt and pepper. Divide into four to six portions. Once the pan is hot pour in one portion of the egg and cook for 1-2 minutes or until it has set, then flip over to cook the other side. Transfer cooked egg onto a serving plate. Continue this process with the rest of it oil and egg mixture until all the egg is cooked.
5. Fill each egg crêpe with the stir-fried vegetables, drizzle with the lemon sauce, fold over, and serve with rice.

Cooking tips:

- The egg mix can be divided into your choice of portions to suit your family's needs, making some larger and some smaller, or to fit the frying pan size you have.
- This recipe is a great way to use up leftover vegetables or whatever is in your vege drawer.

Adapt it:

- Use your favourite frozen stir fry vege mix instead of mushrooms and canned corn if you prefer.
- Kid friendly alternatives:
- Use frozen mixed veges or a mixture of frozen peas and corn for kids who don't like mushrooms.

Leftover tips:

- Eat for lunch the next day. Any leftover cooked rice can be frozen and heated thoroughly before eating.

* 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.



Shepherd's pie

A classic family favourite with a kiwi-style twist, this super easy recipe is topped with a tasty kumara mash instead of mashed potato. The nutritious mince filling is packed with hidden veges that even the fussiest of eaters will love.



Prep time: 5 minutes

Cooking time: 45 minutes



Serves:
4



Skill level:
Easy as

Ingredients

800g kumara, washed and peeled if desired, cut into 1cm chunks
15g (1 tablespoon) butter
Salt and pepper, to taste
Oil, for greasing
½ (or remaining) sloppy joe mince mix

SIDE SALAD

½ head lettuce*, shredded
1 medium red onion, thinly sliced
1 apple, thinly sliced
1 cup, any combination of your favourite nuts, seeds, and dried fruits (optional)

OPTIONAL

Your favourite salad dressing

Method

1. Boil kumara until softened, drain water. Add butter and season with salt and pepper, to taste. Mash until smooth. Add a splash of milk if you prefer a creamier mash.
2. Heat oven to 200°C bake or 180°C fan bake.
3. Grease a large baking dish with oil. Transfer the cooked mince mixture into the dish and spread out evenly. Top the mince mix with the kumara mash using a spoon and spread out evenly. Bake for 30 minutes or until the filling is hot and the kumara mash is slightly golden.
4. As the pie bakes, combine the salad ingredients and toss with your favourite dressing. Set aside.
5. Remove the pie from the oven and leave to sit for 5 minutes before serving with the side salad.

Cooking tips:

- The pie can be cooked in an oven proof pan, ceramic pie dish, or casserole dish if you don't have a baking dish.

Adapt it:

- Use potato instead of kumara if preferred.
- Swap butter for olive oil or a dollop of sour cream for the kumara mash.
- Top with grated cheese if you like.

Leftover tips:

- Reheat for lunch the next day or freeze in portions and heat thoroughly before serving.
- Store any leftover salad in an airtight container to eat the following 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.



Friday night sticky lemon chicken

A quick and easy baked chicken dish inspired by Chinese takeaway style lemon chicken. The tender chicken is coated in a deliciously finger-licking sticky lemon sauce and served with ginger stir fried veges.



Prep time: 10 minutes

Cooking time: 35 minutes



Serves:
4



Skill level:
Easy as

Ingredients

300g jasmine rice*

1 large egg*

2 teaspoons soy sauce

400g skinless chicken breast, cut into strips or chunks

¼ cup cornflour

STICKY LEMON SAUCE

1 juicy lemon, juice and rind

½ cup water

2 teaspoons soy sauce

2 tablespoons honey

2 teaspoons oil

3 garlic cloves, finely chopped or 1 ½ teaspoons crushed garlic

2 teaspoons cornflour mixed with 2 tablespoons water

GINGER STIR FRIED VEGES

1 tablespoon oil

20g ginger, thinly sliced or grated or 1 tablespoon crushed ginger

1 large onion, thinly sliced

300g frozen green beans*, defrosted

2 large carrots, thinly sliced

1 broccoli, florets and stalks roughly chopped

300g mushrooms, sliced

Method

1. Cook rice according to packet instructions. Beat egg and soy sauce together in a large bowl, add chicken, gently mix to coat. Cover and set aside to marinate.
2. Heat oven to 200°C bake or 180°C fan bake and prepare a baking tray by greasing it with oil.
3. Once the oven is hot, dip and coat chicken pieces in cornflour, shake off any excess flour and place on the baking tray in a single layer. Bake for 10-15 minutes or until cooked through and slightly browned.

Sticky lemon sauce

4. Combine the lemon juice, water, soy sauce and honey in a bowl. Heat oil in a saucepan on the stove over medium high heat, add garlic and fry for a few seconds until golden. Carefully pour the lemon mixture into the saucepan and bring to a gentle simmer. Test taste, adding more seasoning ingredients if needed. While stirring, gradually pour the cornflour mix and continue stirring until thickened. Turn off heat and set aside.

Ginger stir fried veges

5. Heat oil in a large frying pan or wok over high heat, sauté onion and cook until slightly softened, add ginger and fry for 1-2 minutes or until fragrant. Add remaining veges and stir fry until cooked to your liking.
6. To serve place cooked chicken in a large bowl and pour the sauce over top, toss to coat. Serve sticky lemon chicken with rice and ginger stir fried veges.

Adapt it:

- You can use chicken thighs, or firm tofu, or tempeh as protein alternatives.
- A frozen stir fry vege mix can be used to replace the mushrooms, carrots and broccoli 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.