

SUMMER
WEEKLY
MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

13.01.25 - 17.01.25

MONDAY

MAIN: SEARED HARISSA STEAK FLATBREAD WITH SWEET POTATO FRIES

APPROX. 35 MINS



TUESDAY

MAIN: PORK & FENNEL RICE

APPROX. 1 HR

SIDE: PEAR, PARMESAN & WALNUT SLAW

APPROX. 20 MINS



WEDNESDAY

MAIN: MUSTARD & THYME GRILLED CHICKEN THIGHS

APPROX. 55 MINS

SIDE: SLOW COOKER MAC & CHEESE

APPROX. 2 HRS



THURSDAY

MAIN: SPICY THAI CHICKEN SALAD

APPROX. 55 MINS

SIDE: SPRING ROLLS

APPROX. 45 MINS



FRIDAY

MAIN: SLOW COOKED PORK RIBS WITH BOURBON BBQ SAUCE

APPROX. 10 HRS 30 MINS

SIDE: OVEN ROASTED CORN COBS WITH BASIL BUTTER

APPROX. 35 MINS



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INGREDIENTS:

MONDAY

SEARED HARISSA STEAK FLATBREAD WITH SWEET POTATO FRIES

- | | |
|---|---|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> sirloin steaks | <input type="checkbox"/> lime |
| <input type="checkbox"/> harissa paste | <input type="checkbox"/> avocados |
| <input type="checkbox"/> smoked sea salt flakes | <input type="checkbox"/> cherry tomatoes/grape tomatoes |
| <input type="checkbox"/> sweet potato fries | <input type="checkbox"/> chimichurri |
| <input type="checkbox"/> paprika | <input type="checkbox"/> pea shoots |
| <input type="checkbox"/> flatbreads | <input type="checkbox"/> feta |
| <input type="checkbox"/> double cream | |

TUESDAY

PORK & FENNEL RICE

- | | |
|---|--|
| <input type="checkbox"/> pork sausages | <input type="checkbox"/> fresh rosemary |
| <input type="checkbox"/> fennel seeds | <input type="checkbox"/> basmati rice |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> tinned diced tomatoes |
| <input type="checkbox"/> onion | <input type="checkbox"/> sweet potato/kumara |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> white wine |
| <input type="checkbox"/> fresh parsley | |

PEAR, PARMESAN & WALNUT SLAW

- | | |
|--|--|
| <input type="checkbox"/> fennel bulb | <input type="checkbox"/> fresh dill leaves |
| <input type="checkbox"/> savoy cabbage | <input type="checkbox"/> red wine vinegar |
| <input type="checkbox"/> radicchio/Italian chicory | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> walnuts | <input type="checkbox"/> dijon mustard |
| <input type="checkbox"/> parmesan | <input type="checkbox"/> honey |

WEDNESDAY

MUSTARD & THYME GRILLED CHICKEN THIGHS

- chicken thighs
- dijon mustard
- honey
- thyme leaves
- shallot/eschallot

SLOW COOKER MAC & CHEESE

- macaroni pasta
- butter
- cream cheese
- cayenne pepper
- whole milk
- cream
- cheddar cheese
- mozzarella cheese

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INGREDIENTS:

THURSDAY

SPICY THAI CHICKEN SALAD

- | | |
|--|---|
| <input type="checkbox"/> garlic | <input type="checkbox"/> mixed lettuce leaves |
| <input type="checkbox"/> fish sauce | <input type="checkbox"/> cherry tomatoes |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> red chilli |
| <input type="checkbox"/> white sugar | <input type="checkbox"/> red onion |
| <input type="checkbox"/> chilli garlic sauce | <input type="checkbox"/> onions/scallions |
| <input type="checkbox"/> lime | <input type="checkbox"/> mint leaves |
| <input type="checkbox"/> coriander/cilantro | <input type="checkbox"/> roasted cashews |
| <input type="checkbox"/> cucumber | |

SPRING ROLLS

- | | |
|---|---|
| <input type="checkbox"/> oil | <input type="checkbox"/> cornflour |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> spring roll wrappers |
| <input type="checkbox"/> pork mince/ground pork | <input type="checkbox"/> cornflour/cornstarch |
| <input type="checkbox"/> green cabbage | <input type="checkbox"/> apple cider vinegar |
| <input type="checkbox"/> bean sprouts | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> carrots | <input type="checkbox"/> tomato sauce/ketchup |
| <input type="checkbox"/> sea salt | |
| <input type="checkbox"/> oyster sauce | |
| <input type="checkbox"/> soy sauce | |

FRIDAY

SLOW COOKED PORK RIBS WITH BOURBON BBQ SAUCE

- | | |
|---|--|
| <input type="checkbox"/> pork ribs | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> bourbon | <input type="checkbox"/> chilli flakes |
| <input type="checkbox"/> cider vinegar | <input type="checkbox"/> cloves garlic |
| <input type="checkbox"/> smoked paprika | |

OVEN ROASTED CORN COBS WITH BASIL BUTTER

- ears of corn
- butter
- fresh basil leaves
- garlic cloves
- lemon
- red pepper flakes
- parmesan

WEEKEND

CHOCOLATE LOADED TOBLERONE

- chocolate
- mars bar
- milk chocolate toblerone bar