

SPRING
WEEKLY
MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

20.01.25 - 24.01.25

MONDAY

MAIN: STICKY PORK RIBS

APPROX. 1 HR 35 MINS

SIDE: BUTTERY POTATO PARCELS

APPROX. 30 MINS



TUESDAY

MAIN: CURRIED SAUSAGES

APPROX. 50 MINS



WEDNESDAY

MAIN: RED CAPSICUM PESTO CRUSTED LAMB
RUMP WITH COUSCOUS

APPROX. 1 HR 50 MINS

SIDE: GREEN SALAD WITH CREAMY MINT DRESSING

APPROX. 30 MINS



THURSDAY

MAIN: STICKY BEEF WITH SESAME MUSHROOMS

APPROX. 50 MINS

SIDE: AVOCADO & MINT SALAD WITH GINGER
YOGHURT DRESSING

APPROX. 5 MINS



FRIDAY

MAIN: CHICKEN & PRAWN RICE DISH

APPROX. 55 MINS

SIDE: GREEN CRUNCHY SPROUT SALAD

APPROX. 15 MINS



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INGREDIENTS:

MONDAY

STICKY PORK RIBS

- | | |
|---|---|
| <input type="checkbox"/> carton passata | <input type="checkbox"/> apple vinegar |
| <input type="checkbox"/> cloves garlic | <input type="checkbox"/> chilli flakes |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> fresh ginger |
| <input type="checkbox"/> honey | <input type="checkbox"/> lean pork ribs |
| <input type="checkbox"/> worcestershire sauce | <input type="checkbox"/> sage leaves |

BUTTERY POTATO PARCELS

- baby new potatoes
- fresh mint
- garlic clove
- fresh chives
- butter

TUESDAY

CURRIED SAUSAGES

- | | |
|--|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> carrot |
| <input type="checkbox"/> beef sausages | <input type="checkbox"/> zucchini |
| <input type="checkbox"/> onion | <input type="checkbox"/> thickened cream |
| <input type="checkbox"/> curry powder | <input type="checkbox"/> boiled eggs |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> white rice |
| <input type="checkbox"/> chicken stock | |

WEDNESDAY

RED CAPSICUM PESTO CRUSTED LAMB RUMP WITH COUSCOUS

- | | |
|---|--|
| <input type="checkbox"/> lamb rumps | <input type="checkbox"/> butter |
| <input type="checkbox"/> red capsicum pesto | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> mint sauce | <input type="checkbox"/> balsamic vinegar |
| <input type="checkbox"/> fresh mint | <input type="checkbox"/> cashews |
| <input type="checkbox"/> moroccan couscous | <input type="checkbox"/> feta |
| <input type="checkbox"/> leeks | <input type="checkbox"/> red grape tomatoes |
| <input type="checkbox"/> red onion | <input type="checkbox"/> sundried tomato strips in oil |

GREEN SALAD WITH CREAMY MINT DRESSING

- | | |
|---|--|
| <input type="checkbox"/> your choice of salad leaves | <input type="checkbox"/> lemon |
| <input type="checkbox"/> frozen green peas | <input type="checkbox"/> dijon mustard |
| <input type="checkbox"/> green beans or fresh asparagus | <input type="checkbox"/> clove garlic |
| <input type="checkbox"/> snow peas | <input type="checkbox"/> honey |
| <input type="checkbox"/> parsley leaves | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> mint leaves | <input type="checkbox"/> sea salt |
| <input type="checkbox"/> creamy feta cheese | |
| <input type="checkbox"/> sliced almonds | |
| <input type="checkbox"/> pea tendrils, radish sprouts | |

WEEKLY MEAL PLANNER

20.01.25 - 24.01.25

INGREDIENTS:

THURSDAY

STICKY BEEF WITH SESAME MUSHROOMS

- | | |
|---|---|
| <input type="checkbox"/> sunflower oil | <input type="checkbox"/> honey |
| <input type="checkbox"/> small button mushrooms | <input type="checkbox"/> fish sauce |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> lime |
| <input type="checkbox"/> sesame seeds | <input type="checkbox"/> broccoli florets |
| <input type="checkbox"/> beef mince/ground beef | <input type="checkbox"/> shallots/eschalots |
| <input type="checkbox"/> cloves garlic | <input type="checkbox"/> egg noodles |
| <input type="checkbox"/> fresh ginger | |

AVOCADO & MINT SALAD WITH GINGER YOGHURT DRESSING

- | | |
|--|---|
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> semi-dried tomatoes |
| <input type="checkbox"/> natural yoghurt | <input type="checkbox"/> fresh mint leaves |
| <input type="checkbox"/> maple syrup | <input type="checkbox"/> baby spinach |
| <input type="checkbox"/> avocado | <input type="checkbox"/> extra virgin olive oil |
| <input type="checkbox"/> sugar snap peas | <input type="checkbox"/> fennel seeds |

FRIDAY

CHICKEN & PRAWN RICE DISH

- | | |
|--|--|
| <input type="checkbox"/> butter | <input type="checkbox"/> vegetable stock |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> cooked chicken |
| <input type="checkbox"/> onion | <input type="checkbox"/> prawns/shrimp |
| <input type="checkbox"/> streaky bacon rashers | <input type="checkbox"/> lemon |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> arborio rice | |

GREEN CRUNCHY SPROUT SALAD

- | | |
|---|---|
| <input type="checkbox"/> green apples | <input type="checkbox"/> alfalfa sprouts |
| <input type="checkbox"/> oranges | <input type="checkbox"/> flat-leaf parsley |
| <input type="checkbox"/> baby spinach | <input type="checkbox"/> extra virgin olive oil |
| <input type="checkbox"/> baby rocket/arugula | <input type="checkbox"/> maple syrup |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> dijon mustard |
| <input type="checkbox"/> celery | |
| <input type="checkbox"/> crunchy bean sprouts mix | |
| <input type="checkbox"/> pea sprout | |

WEEKEND

CHOCOLATE RASPBERRY COOKIES

- | | |
|---|---|
| <input type="checkbox"/> butter | <input type="checkbox"/> bicarbonate soda |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> chocolate bits/chips |
| <input type="checkbox"/> vanilla | <input type="checkbox"/> frozen raspberries |
| <input type="checkbox"/> egg | |
| <input type="checkbox"/> self-raising flour | |
| <input type="checkbox"/> cocoa powder | |