

WINTER
WEEKLY
MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

03.02.25 - 07.02.25

MONDAY

MAIN: VIETNAMESE STIR-FRY PORK

APPROX. 30 MINS



TUESDAY

MAIN: FISH PIES WITH ROSTI POTATOES

APPROX. 50 MINS



WEDNESDAY

MAIN: AIR FRYER BASICS – ROAST BEEF

APPROX. 1 HR 40 MINS



SIDE: WARM CRISPY GARLIC MUSHROOM SALAD

APPROX. 15 MINS



THURSDAY

MAIN: MOROCCAN CHICKEN SOUP WITH ROSEMARY
FOCACCIA

APPROX. 1 HR 20 MINS



FRIDAY

MAIN: WINTER LAMB SALAD WITH CRUSTY BREAD

APPROX. 1 HR 10 MINS



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INGREDIENTS:

MONDAY

VIETNAMESE STIR-FRY PORK

- sausage meat
- garlic cloves
- fresh ginger
- fresh coriander/cilantro
- spring onions/scallions
- red chilli
- brown sugar
- fish sauce
- soy sauce
- cooked rice/noodles
- lime

TUESDAY

FISH PIES WITH ROSTI POTATOES

- potatoes
- salt
- cod fillet
- smoked haddock
- salmon fillet
- peeled prawns
- milk
- ground black pepper
- butter
- plain flour
- fresh parsley
- frozen peas

WEDNESDAY

AIR FRYER BASICS - ROAST BEEF

- beef blade roast
- olive oil
- beef seasoning

WARM CRISPY GARLIC MUSHROOM SALAD

- mixed button mushrooms
- garlic butter
- fresh parsley
- ready to heat mushroom sauce
- mixed salad leaves
- spring onions/scallions

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INGREDIENTS:

THURSDAY

MOROCCAN CHICKEN SOUP WITH ROSEMARY FOCACCIA

- | | |
|--|--|
| <input type="checkbox"/> butter | <input type="checkbox"/> lukewarm water |
| <input type="checkbox"/> bacon | <input type="checkbox"/> yeast |
| <input type="checkbox"/> cooked chicken breast fillets | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> onion | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> curry powder | <input type="checkbox"/> sea salt flakes |
| <input type="checkbox"/> chicken stock | <input type="checkbox"/> fresh rosemary |
| <input type="checkbox"/> creamed corn | |
| <input type="checkbox"/> uncooked rice | |
| <input type="checkbox"/> carrot | |
| <input type="checkbox"/> thyme | |
| <input type="checkbox"/> salt and pepper | |
| <input type="checkbox"/> caster sugar | |

FRIDAY

WINTER LAMB SALAD WITH CRUSTY BREAD

- | | |
|---|--|
| <input type="checkbox"/> lamb backstrap/eye of loin | <input type="checkbox"/> pomegranate seeds |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> halloumi |
| <input type="checkbox"/> maple syrup | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> kent/jap pumpkin | <input type="checkbox"/> maple syrup |
| <input type="checkbox"/> salt and pepper | <input type="checkbox"/> apple cider vinegar |
| <input type="checkbox"/> red capsicum/pepper | <input type="checkbox"/> Dijon mustard |
| <input type="checkbox"/> baby beetroots | <input type="checkbox"/> salt and pepper |
| <input type="checkbox"/> Dutch carrots | <input type="checkbox"/> garlic clove |
| <input type="checkbox"/> sourdough baguette | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> butter | |
| <input type="checkbox"/> rocket/arugula leaves | |
| <input type="checkbox"/> fresh herbs | |

WEEKEND

FENNEL TEACAKES

- whole fennel bulb
- cooking spray
- white/granulated sugar
- anise liqueur
- eggs
- blanched almonds
- baking powder
- grated lemon rind
- buckwheat groats
- water
- ricotta