

# WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

17.02.25 - 21.02.25

MONDAY

MAIN: LEFTOVER MEAT TACO CUPS

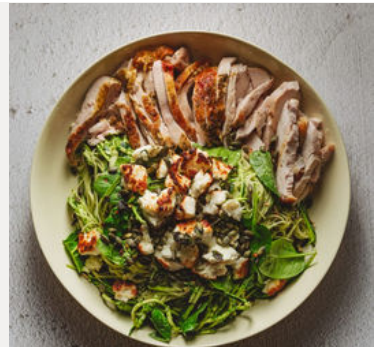
APPROX. 25 MINS



TUESDAY

MAIN: GREEN PASTA WITH MANUKA HONEY SPLIT CHICKEN

APPROX. 1 HR 5 MINS



WEDNESDAY

MAIN: MOROCCAN LAMB PILAF

APPROX. 40 MINS



THURSDAY

MAIN: TEX-MEX LOADED BAKED POTATOES

APPROX. 1 HR



FRIDAY

MAIN: THERMOMIX STEAMED CHICKEN ROLL

APPROX. 1 HR



SIDE: CURRY SEASONED ROASTED CAULIFLOWER STEAKS

APPROX. 55 MINS



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## INGREDIENTS:

MONDAY

### LEFTOVER MEAT TACO CUPS

- wraps
- leftover cooked mince or pulled meat
- tasty/cheddar cheese
- freshly chopped salad
- sour cream
- lime wedges
- guacamole

TUESDAY

### GREEN PASTA WITH MANUKA HONEY SPLIT CHICKEN

- butterflied chickens
- manuka honey
- extra virgin olive oil
- dried chilli flakes
- crushed garlic
- dried parsley
- Dijon mustard
- salt and cracked black pepper
- avocado
- fresh parsley
- fresh mint leaves
- Thai basil or ordinary basil
- dill
- lemon juice
- spring onion/scallions
- water
- halloumi
- fresh oregano
- dried angel hair spaghetti
- zucchinis/courgettes
- baby spinach leaves
- greek yoghurt

WEDNESDAY

### MOROCCAN LAMB PILAF

- extra virgin olive oil
- garlic cloves
- basmati rice
- chicken stock
- curry powder
- cumin
- leftover lamb
- salt
- pepper
- red onion
- cooked baby peas
- pomegranate seeds
- pistachio nuts (optional)

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## INGREDIENTS:

THURSDAY

### TEX-MEX LOADED BAKED POTATOES

- |   |   |
|---|---|
| <input type="checkbox"/> red-skinned potatoes       | <input type="checkbox"/> cheddar/tasty cheese                                     |
| <input type="checkbox"/> leftover pulled pork       | <input type="checkbox"/> gluten-free American style baked beans in barbecue sauce |
| <input type="checkbox"/> gluten-free barbecue sauce |   |
| <input type="checkbox"/> olive oil                  |   |
| <input type="checkbox"/> red onion                  |   |
| <input type="checkbox"/> brown sugar                |   |
| <input type="checkbox"/> red pepper flakes          |   |
| <input type="checkbox"/> salt and pepper            |   |
| <input type="checkbox"/> frozen corn kernels        |   |
| <input type="checkbox"/> avocados                   |   |
| <input type="checkbox"/> jalapeños                  |   |
| <input type="checkbox"/> spring onions/scallions    |   |

FRIDAY

### THERMOMIX STEAMED CHICKEN ROLL

- |   |  |
|---|--|
| <input type="checkbox"/> minced garlic              | <input type="checkbox"/> parmesan cheese             |
| <input type="checkbox"/> fresh flat-leaf parsley    | <input type="checkbox"/> sour cream                  |
| <input type="checkbox"/> red wine vinegar           | <input type="checkbox"/> salt                        |
| <input type="checkbox"/> kosher salt                | <input type="checkbox"/> pepper                      |
| <input type="checkbox"/> dried oregano              | <input type="checkbox"/> cherry tomatoes on the vine |
| <input type="checkbox"/> chilli powder              |  |
| <input type="checkbox"/> olive oil                  |  |
| <input type="checkbox"/> Greek yoghurt              |  |
| <input type="checkbox"/> thigh fillets              |  |
| <input type="checkbox"/> sundried tomato paste      |  |
| <input type="checkbox"/> kitchen twine              |  |
| <input type="checkbox"/> orange sweet potato/kumara |  |
| <input type="checkbox"/> butter                     |  |

### CURRY SEASONED ROASTED CAULIFLOWER STEAKS

- |  |  |
|--|--|
| <input type="checkbox"/> cauliflower heads | <input type="checkbox"/> pecorino romano cheese, or parmesan |
| <input type="checkbox"/> butter            | <input type="checkbox"/> salt and pepper                     |
| <input type="checkbox"/> olive oil         | <input type="checkbox"/> fresh parsley                       |
| <input type="checkbox"/> curry powder      |  |

WEEKEND

### PULL-APART LOBSTER ROLLS

- |  |  |
|--|--|
| <input type="checkbox"/> cooked lobster meat | <input type="checkbox"/> salt                                  |
| <input type="checkbox"/> mayonnaise          | <input type="checkbox"/> cayenne pepper                        |
| <input type="checkbox"/> celery              | <input type="checkbox"/> Old Bay seasoning/seasoning of choice |
| <input type="checkbox"/> lemon               | <input type="checkbox"/> Kings Hawaiian sweet dinner rolls     |
| <input type="checkbox"/> fresh chives        | <input type="checkbox"/> unsalted butter                       |