

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

24.02.25 - 28.02.25

MONDAY

MAIN: BARBECUE APRICOT CHICKEN

APPROX. 15 MINS

SIDE: WINTER ROAST VEGETABLE SALAD

APPROX. 1 HR



TUESDAY

MAIN: CHEESY SALMON PIE

APPROX. 1 HR



WEDNESDAY

MAIN: PORK SCHNITZEL WITH SWISS CHEESE

APPROX. 20 MINS

SIDE: WARM SWEET POTATO SALAD

APPROX. 1 HR



THURSDAY

MAIN: PASTA CON SALSA BOLOGNESE

APPROX. 30 MINS



FRIDAY

MAIN: THERMOMIX CHICKEN SATAY

APPROX. 30 MINS



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INGREDIENTS:

MONDAY

BARBECUE APRICOT CHICKEN

- barbecue sauce
- peach or apricot jam
- chicken pieces

WINTER ROAST VEGETABLE SALAD

- red onion
- butternut pumpkin/squash
- baby potatoes
- carrots
- parsnips
- olive oil
- salt and pepper
- mixed salad leaves
- balsamic vinegar
- fresh basil
- fresh coriander/cilantro
- fresh parsley
- feta cheese

TUESDAY

CHEESY SALMON PIE

- self-raising flour
- butter
- parmesan cheese
- iced water
- canned red salmon
- light sour cream
- eggs
- fresh chives
- lemon

WEDNESDAY

PORK SCHNITZEL WITH SWISS CHEESE

- day old bread
- Gruyere or Emmenthal Cheese
- pork steaks
- egg
- olive oil

WARM SWEET POTATO SALAD

- orange sweet potatoes
- olive oil
- sea salt and ground pepper
- onions
- garlic cloves
- zucchini/courgette pickles
- sour cream
- mayonnaise
- whole grain mustard
- Dijon mustard
- reserved juice from pickles
- handful of fresh herbs

WEEKLY MEAL PLANNER

24.02.25 - 28.02.25

INGREDIENTS:

THURSDAY

PASTA CON SALSA BOLOGNESE

- rigatoni pasta
- lean minced beef
- tomato pasta sauce
- olive oil
- Parmesan cheese
- fresh parsley leaves

FRIDAY

THERMOMIX CHICKEN SATAY

- onion
- garlic cloves
- oil
- water
- stock powder - chicken or vegetable
- honey
- curry powder
- tabasco sauce
- ground cardamom
- peanut butter
- Dijon mustard
- boneless chicken thighs

WEEKEND

ROASTED PLUM & BLACKBERRY ENGLISH MUFFINS

- ripe plums
- blackberries
- fresh thyme
- freshly grated nutmeg
- English muffins
- plain Greek yoghurt
- honey
- pistachio nuts