

AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

03.03.25 - 07.03.25

MONDAY

MAIN: CAJUN CHICKEN & PEPPER WITH
COUSCOUS & TOMATO SALSA

APPROX. 35 MINS



TUESDAY

MAIN: APPLE STUFFED PORK TENDERLOIN WITH
HONEY GARLIC SAUCE

APPROX. 44 MINS

SIDE: EASY OVEN FRIES 3 WAYS

APPROX. 1 HR 5 MINS



WEDNESDAY

MAIN: 20-MINUTE SAUSAGE STROGANOFF
TAGLIATELLE

APPROX. 20 MINS



THURSDAY

MAIN: SLOW COOKED LAMB, FENNEL &
VEGETABLE SOUP

APPROX. 10 HRS 30 MINS



FRIDAY

MAIN: THE SMASH BURGER

APPROX. 1 HOUR



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INGREDIENTS:

MONDAY

CAJUN CHICKEN & PEPPER WITH COUSCOUS & TOMATO SALSA

- chicken stock paste
- moroccan couscous
- sunflower oil
- chicken breasts
- capsicum/bell pepper
- garlic paste or garlic cloves
- cajun seasoning
- tomato purée
- spring onions/scallions
- lime
- baby plum/roma tomatoes
- barbecue sauce
- fine sea salt

TUESDAY

APPLE STUFFED PORK TENDERLOIN WITH HONEY GARLIC SAUCE

- cider vinegar
- soy sauce
- honey
- brown sugar
- garlic powder
- paprika
- olive oil
- pork tenderloin/fillet
- garlic cloves
- cooking apples
- bay leaves

EASY OVEN FRIES 3 WAYS

- large floury potatoes
- rice bran or grapeseed oil
- parmesan
- fresh parsley
- garlic and herb salt

WEDNESDAY

20-MINUTE SAUSAGE STROGANOFF TAGLIATELLE

- butter
- olive oil
- pork sausages
- chestnut mushrooms
- dried tagliatelle
- smoked paprika
- barbecue seasoning
- sriracha sauce
- sour cream
- wholegrain mustard
- beef stock
- baby spinach leaves

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INGREDIENTS:

THURSDAY

SLOW COOKED LAMB, FENNEL & VEGETABLE SOUP

- | | |
|--|---|
| <input type="checkbox"/> oil | <input type="checkbox"/> tinned chickpeas |
| <input type="checkbox"/> lamb shanks | <input type="checkbox"/> frozen baby peas |
| <input type="checkbox"/> onion | <input type="checkbox"/> fresh coriander |
| <input type="checkbox"/> baby fennel bulbs | |
| <input type="checkbox"/> medium carrots | |
| <input type="checkbox"/> garlic cloves | |
| <input type="checkbox"/> red chilli | |
| <input type="checkbox"/> ground cumin | |
| <input type="checkbox"/> ground coriander | |
| <input type="checkbox"/> ground cinnamon | |
| <input type="checkbox"/> beef stock | |
| <input type="checkbox"/> tinned diced tomatoes | |

FRIDAY

THE SMASH BURGER

- | | |
|--|---|
| <input type="checkbox"/> beef porterhouse steak | <input type="checkbox"/> shredded iceberg lettuce |
| <input type="checkbox"/> beef brisket | <input type="checkbox"/> white onion |
| <input type="checkbox"/> beef rump steak | <input type="checkbox"/> pickles |
| <input type="checkbox"/> gelatine powder | |
| <input type="checkbox"/> quality ketchup | |
| <input type="checkbox"/> kewpie or japanese mayonnaise | |
| <input type="checkbox"/> american mustard | |
| <input type="checkbox"/> jalapenos | |
| <input type="checkbox"/> streaky bacon | |
| <input type="checkbox"/> monterey Jack cheese | |
| <input type="checkbox"/> burger cheese | |
| <input type="checkbox"/> brioche burger buns | |

WEEKEND

WINTER CHEESE FONDUE TRAY

- smoky cheese fondue
- rustic toasted croissants
- corn chips
- Rice crackers / biscuits of choice
- salami
- cucumber
- carrots
- cauliflower
- broccoli
- capsicum
- mini bell peppers/capsicum
- mini tomatoes