

SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

03.03.25 - 07.03.25

MONDAY

MAIN: STICKY HONEY SESAME CHICKEN

APPROX. 35 MINS

SIDE: SWEET CHILLI BOK CHOY

APPROX. 20 MINS



5
INGREDIENTS
OR LESS



TUESDAY

MAIN: TROUT WITH GRENOBLOISE SAUCE

APPROX. 0 MINS

SIDE: PROVENÇAL TART

APPROX. 1 HR



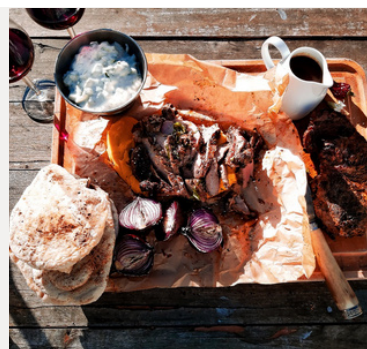
5
INGREDIENTS
OR LESS



WEDNESDAY

MAIN: BUTTERFLIED LEG OF LAMB

APPROX. 1 HR 50 MINS



THURSDAY

MAIN: BEEF KOFTAS WITH ROASTED VEGGIES

APPROX. 35 MINS



UNDER
30
MINUTES



FRIDAY

MAIN: QUICK & EASY BEEF RUMP CAP

APPROX. 3 HR 10 MINS

SIDE: SWEET POTATO FRIES

APPROX. 45 MINS



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INGREDIENTS
OR LESS



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INGREDIENTS:

MONDAY

STICKY HONEY SESAME CHICKEN

- | | |
|---|--|
| <input type="checkbox"/> chicken breast, diced into large cubes | <input type="checkbox"/> salt |
| <input type="checkbox"/> flour | <input type="checkbox"/> chilled water |
| <input type="checkbox"/> cornflour/cornstarch | <input type="checkbox"/> honey |
| <input type="checkbox"/> baking powder | <input type="checkbox"/> sesame seeds |

SWEET CHILLI BOK CHOY

- | | |
|--|--|
| <input type="checkbox"/> vegetable oil | <input type="checkbox"/> sweet chilli sauce |
| <input type="checkbox"/> salted butter | <input type="checkbox"/> sesame seeds (optional) |
| <input type="checkbox"/> white onion | <input type="checkbox"/> red chilli (optional) |
| <input type="checkbox"/> garlic | |
| <input type="checkbox"/> bok choy | |
| <input type="checkbox"/> soy sauce | |

TUESDAY

TROUT WITH GRENOBLOISE SAUCE

- | | |
|---|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> butter |
| <input type="checkbox"/> garlic | <input type="checkbox"/> lemon |
| <input type="checkbox"/> bread | <input type="checkbox"/> capers |
| <input type="checkbox"/> fresh trout fillet | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> coarse salt | |

PROVENÇAL TART

- | | |
|---|--|
| <input type="checkbox"/> ready-to-use puff pastry | <input type="checkbox"/> tomatoes |
| <input type="checkbox"/> mustard | <input type="checkbox"/> mozzarella |
| <input type="checkbox"/> sour cream | <input type="checkbox"/> mixed herbs, fresh or dried |
| <input type="checkbox"/> breadcrumbs | |
| <input type="checkbox"/> zucchini/courgette | |

WEDNESDAY

BUTTERFLIED LEG OF LAMB

- | | | |
|---|--|--|
| <input type="checkbox"/> lamb leg | <input type="checkbox"/> anchovy fillets | <input type="checkbox"/> sherry/wine vinegar |
| <input type="checkbox"/> rosemary | <input type="checkbox"/> root ginger | |
| <input type="checkbox"/> garlic | <input type="checkbox"/> American mustard | |
| <input type="checkbox"/> chilli flakes | <input type="checkbox"/> mint sauce | |
| <input type="checkbox"/> fennel seeds | <input type="checkbox"/> natural/Greek yoghurt | |
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> mint | |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> chillies | |

CHEDDAR BREAD WITH RED ONION & ROSEMARY

- | | |
|---|---|
| <input type="checkbox"/> white bread mix with added yeast | <input type="checkbox"/> dried rosemary |
| <input type="checkbox"/> cheddar cheese | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> red onion | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

BEEF KOFTAS WITH ROASTED VEGGIES

- | | |
|---|---|
| <input type="checkbox"/> wooden skewers | <input type="checkbox"/> tomato ketchup or barbecue sauce |
| <input type="checkbox"/> beef mince/ground beef | <input type="checkbox"/> wraps or flatbreads |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> sour cream |
| <input type="checkbox"/> ground coriander | |
| <input type="checkbox"/> chilli flakes | |
| <input type="checkbox"/> onion | |
| <input type="checkbox"/> fresh breadcrumbs | |
| <input type="checkbox"/> egg | |
| <input type="checkbox"/> oregano | |
| <input type="checkbox"/> tomatoes | |
| <input type="checkbox"/> red onion | |
| <input type="checkbox"/> zucchini/courgette | |

FRIDAY

QUICK & EASY BEEF RUMP CAMP

- beef rump cap
- French onion soup

SWEET POTATO FRIES

- sweet potatoes
- cornflour
- olive oil
- salt

WEEKEND

GREEK LOADED HUMMUS DIP

- | | |
|--|---|
| <input type="checkbox"/> store-bought wraps | <input type="checkbox"/> red wine vinegar |
| <input type="checkbox"/> olive oil spray | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> salt | <input type="checkbox"/> dill or coriander/cilantro |
| <input type="checkbox"/> paprika | |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> hummus dip | |
| <input type="checkbox"/> cucumber | |
| <input type="checkbox"/> multicoloured cherry tomatoes | |
| <input type="checkbox"/> kalamata olives | |
| <input type="checkbox"/> red onion | |
| <input type="checkbox"/> pine nuts | |
| <input type="checkbox"/> feta | |