



SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

10.03.25 - 14.03.25

MONDAY

MAIN: BEEF RISOTTO BOWLS WITH ASPARAGUS
& FETA

APPROX. 35 MINS



5
INGREDIENTS
OR LESS



TUESDAY

MAIN: SLOW COOKER BUTTER CHICKEN

APPROX. 5 HR 15 MINS

SIDE: TOASTED CUMIN FLATBREADS

APPROX. 20 MINS



5
INGREDIENTS
OR LESS



WEDNESDAY

MAIN: CRUSTY SALMON & TOMATO PASTA BAKE

APPROX. 1 HR 50 MINS



THURSDAY

MAIN: CHICKEN TIKKA MASALA TACOS

APPROX. 55 MINS



UNDER
30
MINUTES



FRIDAY

MAIN: SOUTH AMERICAN CAZUELA WITH
CHIMICHURRI

APPROX. 3 HR 10 MINS

SIDE: GRILLED SWEETCORN WITH CHERMOULA
BUTTER

APPROX. 45 MINS



5
INGREDIENTS
OR LESS



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INGREDIENTS:

MONDAY

BEEF RISOTTO BOWLS WITH ASPARAGUS & FETA

- olive oil
- brown onion
- garlic
- arborio rice
- Italian seasoning
- chicken stock
- frozen peas
- asparagus
- feta
- butter
- stir-fry beef
- thyme

TUESDAY

SLOW COOKER BUTTER CHICKEN

- | | |
|---|---|
| <input type="checkbox"/> butter | <input type="checkbox"/> Garam Masala spice mix |
| <input type="checkbox"/> garlic | <input type="checkbox"/> curry powder |
| <input type="checkbox"/> onion | <input type="checkbox"/> chilli powder |
| <input type="checkbox"/> light coconut milk / coconut cream | <input type="checkbox"/> ground ginger |
| <input type="checkbox"/> pureed tomato / passata | <input type="checkbox"/> boneless, skinless chicken breasts |
| <input type="checkbox"/> cornflour | |

TOASTED CUMIN FLATBREADS

- gluten-free self-raising flour
- cumin seeds
- natural yoghurt

WEDNESDAY

CRUSTY SALMON & TOMATO PASTA BAKE

- breadcrumbs
- butter
- parsley
- lemon
- garlic
- spiral pasta
- olive oil
- red or brown onion
- semi-dried tomatoes
- basil
- canned diced tomatoes
- boneless, skinless salmon fillet

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INGREDIENTS:

THURSDAY

CHICKEN TIKKA MASALA TACOS

- | | |
|--|--|
| <input type="checkbox"/> chicken tenderloins | <input type="checkbox"/> vegetable oil |
| <input type="checkbox"/> Greek yoghurt | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> basmati rice | <input type="checkbox"/> brown onion |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> coconut yoghurt |
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> lemon |
| <input type="checkbox"/> paprika | <input type="checkbox"/> coriander / cilantro |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> mint |
| <input type="checkbox"/> turmeric | <input type="checkbox"/> jalapeño pepper |
| <input type="checkbox"/> garlic | <input type="checkbox"/> caster sugar |
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> roti or naan flatbreads |
| <input type="checkbox"/> coconut oil | <input type="checkbox"/> natural yoghurt |
| <input type="checkbox"/> tomato puree | |

FRIDAY

SOUTH AMERICAN CAZUELA WITH CHIMICHURRI

- | | |
|--|--|
| <input type="checkbox"/> sunflower oil | <input type="checkbox"/> beef stock |
| <input type="checkbox"/> braising steak | <input type="checkbox"/> light brown sugar |
| <input type="checkbox"/> onion | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> red or yellow peppers/capsicums | <input type="checkbox"/> bay leaves |
| <input type="checkbox"/> garlic | <input type="checkbox"/> rice |
| <input type="checkbox"/> smoky chipotle chilli paste | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> red wine vinegar |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> parsley |
| <input type="checkbox"/> tinned chopped tomatoes | <input type="checkbox"/> mint |
| <input type="checkbox"/> fruity red wine | <input type="checkbox"/> red chillies |

GRILLED SWEETCORN WITH CHERMOULA BUTTER

- | | |
|---------------------------------------|------------------------------------|
| <input type="checkbox"/> corn cobs | <input type="checkbox"/> lemon |
| <input type="checkbox"/> butter | <input type="checkbox"/> paprika |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> garlic |
| <input type="checkbox"/> lemon | <input type="checkbox"/> coriander |

WEEKEND

5-INGREDIENT GF BLACKBERRY ALMOND & VANILLA BEAN FRIENDS

- | | |
|--|--|
| <input type="checkbox"/> natural whole almonds | <input type="checkbox"/> whipped cream or dollop cream |
| <input type="checkbox"/> eggs | <input type="checkbox"/> butter |
| <input type="checkbox"/> vanilla bean paste | <input type="checkbox"/> white/granulated sugar |
| <input type="checkbox"/> frozen blackberries | |