

SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

24.03.25 - 28.03.25

MONDAY

MAIN: HERBY ROASTED CHICKEN THIGHS WITH
BUTTERY THYME RICE

APPROX. 1 HR 15 MINS



TUESDAY

MAIN: CORIANDER CHILLI-CRUSTED LAMB
WITH MINTED PEA PURÉE

APPROX. 30 MINS

SIDE: SWEET POTATO FRIES

APPROX. 45 MINS



UNDER
30
MINUTES



WEDNESDAY

MAIN: BEEF & BROCCOLI

APPROX. 45 MINS



THURSDAY

MAIN: SPICED PAN FRIED FISH

APPROX. 20 MINS



5
INGREDIENTS
OR LESS

UNDER
30
MINUTES



FRIDAY

MAIN: CHEESY CRISPY CHICKEN

APPROX. 40 MINS

SIDE: GREEK POTATO SALAD

APPROX. 1 HR



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INGREDIENTS:

MONDAY

HERBY ROASTED CHICKEN THIGHS WITH BUTTERY THYME RICE

- boneless, skinless chicken thigh fillets
- onion
- cloves garlic
- celery
- butter
- white rice
- chicken broth/stock
- dry white wine
- paprika
- fresh thyme
- fresh rosemary
- garlic powder
- onion powder

TUESDAY

CORIANDER CHILLI-CRUSTED LAMB WITH MINTED PEA PUREE

- red chillies/dried chillies
- spring onions
- lime
- paprika
- fresh coriander
- olive oil
- whole lamb chops
- fresh mint
- frozen peas
- greek yogurt
- sour cream
- ground cumin powder

SWEET POTATO FRIES

- sweet potatoes
- cornflour/cornstarch
- olive oil

WEDNESDAY

BEEF & BROCCOLI

- beef tenderloin, or flank steak
- broccoli florets
- oil
- ginger
- brown sugar
- rice wine or sherry
- sesame oil
- white pepper
- cornstarch/cornflour
- soy sauce
- fish sauce

WEEKLY MEAL PLANNER

24.03.25 - 28.03.25

INGREDIENTS:

THURSDAY

SPICED PAN FRIED FISH

- | | |
|---|---|
| <input type="checkbox"/> plain flour | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> white fish fillets |
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> sweet smoked paprika | |

BROCCOLI & APPLE COLESLAW

- | | |
|--|---|
| <input type="checkbox"/> mayonnaise | <input type="checkbox"/> green apple |
| <input type="checkbox"/> lemon juice | <input type="checkbox"/> radishes |
| <input type="checkbox"/> garlic | <input type="checkbox"/> spring onions |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> mint leaves/parsley leaves |
| <input type="checkbox"/> green cabbage | <input type="checkbox"/> toasted almonds |

FRIDAY

CHEESY CRISPY CHICKEN

- | | |
|--|----------------------------------|
| <input type="checkbox"/> chicken breasts | <input type="checkbox"/> oil |
| <input type="checkbox"/> mature cheddar/tasty cheese | <input type="checkbox"/> oregano |
| <input type="checkbox"/> breadcrumbs | |
| <input type="checkbox"/> smoked paprika | |

GREEK POTATO SALAD

- | | |
|--|--|
| <input type="checkbox"/> white baby potatoes | <input type="checkbox"/> small red onion |
| <input type="checkbox"/> dried oregano | <input type="checkbox"/> greek yoghurt |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> freshly chopped mint |
| <input type="checkbox"/> feta | <input type="checkbox"/> freshly chopped parsley |
| <input type="checkbox"/> cherry tomatoes | <input type="checkbox"/> garlic |
| <input type="checkbox"/> pitted olives | |
| <input type="checkbox"/> small cucumber | |

WEEKEND

HOME-STYLE PIZZAS

- | | |
|---|---|
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> barbecue sauce |
| <input type="checkbox"/> dried yeast | <input type="checkbox"/> clove garlic |
| <input type="checkbox"/> bread flour | <input type="checkbox"/> chicken |
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> mushrooms |
| <input type="checkbox"/> pizza sauce | <input type="checkbox"/> smoked bacon rashers |
| <input type="checkbox"/> pineapple in juice | <input type="checkbox"/> smoked paprika |
| <input type="checkbox"/> shaved ham | |
| <input type="checkbox"/> red capsicum/bell pepper | |
| <input type="checkbox"/> mozzarella cheese | |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> basil/rocket leaves | |