

SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

31.03.25 - 04.04.25

MONDAY

MAIN: RAG PASTA WITH MUSHROOMS
& BACON CRUMB

APPROX. 50 MINS

SIDE: LEMON & SAGE-BUTTERED BRUSSELS

APPROX. 25 MINS



TUESDAY

MAIN: DELECTABLE & SUCCULENT PORK FILLET

APPROX. 1 HR

SIDE: PAN-FRIED STICKY CARROTS

APPROX. 27 MINS



WEDNESDAY

MAIN: COCONUT SAMBAL CHICKEN

APPROX. 1 HR 15 MINS



THURSDAY

MAIN: HEARTY SPAGHETTI & MINCE CASSEROLE

APPROX. 1HR



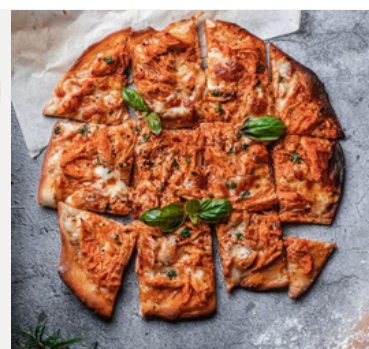
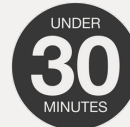
FRIDAY

MAIN: SPICY BUFFALO CHICKEN PIZZA

APPROX. 35 MINS

SIDE: GRILLED ROMAINE SALAD WITH BACON &
BLUE CHEESE

APPROX. 20 MINS



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INGREDIENTS:

MONDAY

RAG PASTA WITH MUSHROOMS & BACON CRUMB

- | | |
|---|---|
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> portobello mushrooms |
| <input type="checkbox"/> sourdough bread | <input type="checkbox"/> white wine |
| <input type="checkbox"/> bacon slices | <input type="checkbox"/> pouring cream |
| <input type="checkbox"/> butter | <input type="checkbox"/> grated parmesan |
| <input type="checkbox"/> shallots | <input type="checkbox"/> lasagna sheets |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> lemon rind |
| <input type="checkbox"/> thyme leaves | |

LEMON & SAGE-BUTTERED BRUSSELS

- | | |
|---|--|
| <input type="checkbox"/> brussels sprouts | <input type="checkbox"/> chilli deseeded |
| <input type="checkbox"/> pecan nuts | <input type="checkbox"/> sage leaves |
| <input type="checkbox"/> butter | <input type="checkbox"/> lemon |

TUESDAY

DELECTABLE & SUCCULENT PORK FILLET

- | | |
|--|--|
| <input type="checkbox"/> pork fillet | <input type="checkbox"/> tomato ketchup |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> red hot buffalo wings sauce |
| <input type="checkbox"/> vegetable oil | <input type="checkbox"/> honey |
| <input type="checkbox"/> caesar salad dressing | <input type="checkbox"/> chicken or onion soup mix |
| <input type="checkbox"/> horseradish sauce | |

PAN-FRIED STICKY CARROTS

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> carrots | <input type="checkbox"/> cinnamon |
| <input type="checkbox"/> oil | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> clove garlic | |
| <input type="checkbox"/> butter | |
| <input type="checkbox"/> brown sugar | |

WEDNESDAY

COCONUT SAMBAL CHICKEN

- cloves garlic
- sambal oelek
- brown sugar
- fresh ginger
- lime juice
- coconut cream
- dark soy sauce
- coriander/cilantro
- chicken thigh cutlets
- cornflour/cornstarch
- lime

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INGREDIENTS:

THURSDAY

HEARTY SPAGHETTI & MINCE CASSEROLE

- spaghetti
- butter
- onion
- minced steak
- pureed tomatoes/passata
- cinnamon
- parmesan cheese
- plain flour
- milk

FRIDAY

SPICY BUFFALO CHICKEN PIZZA

- franks original hot sauce
- butter
- sweet paprika
- smoked paprika
- onion powder
- garlic powder
- pizza dough, store-bought
- chicken
- chives
- dried parsley
- dried dill
- fresh parsley
- cloves garlic
- fennel seeds
- chilli flakes
- ranch dressing
- blue cheese
- mozzarella cheese
- cheddar/tasty cheese
- parmesan cheese

GRILLED ROMAINE SALAD WITH BACON & BLUE CHEESE

- thick cut bacon
- romaine/cos lettuce hearts
- blue cheese
- balsamic glaze
- balsamic vinegar
- light olive oil
- dried thyme
- dried parsley
- dried oregano
- dijon mustard

WEEKEND

TERIYAKI CHICKEN SUSHI SLICE

- chicken thigh fillets
- teriyaki sauce
- oil
- sushi rice
- cucumber
- capsicum/bell pepper
- tomato
- onion/scallion
- avocado
- mayonnaise
- fried shallots
- sushi seaweed
- sweet chilli sauce
- hot sauce