

# AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

14.04.25 - 18.04.25

MONDAY

## MAIN: CHICKEN KEBABS

APPROX. 30 MINS

## SIDE: BUTTERNUT PASTA WITH RED PEPPER PESTO DRESSING

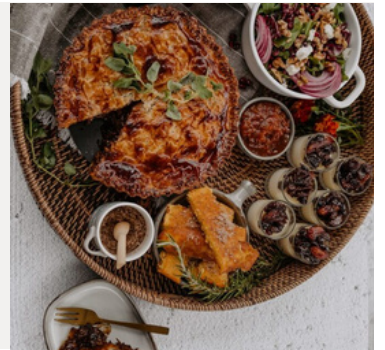
APPROX. 20 MINS



TUESDAY

## MAIN: BEEF BRISKET PIE WITH RADICCHIO & PANNA COTTA

APPROX. 5 HRS 30 MINS



WEDNESDAY

## MAIN: CREAMY KASHMIRI CHILLI CHICKEN

APPROX. 3 HRS



THURSDAY

## MAIN: OLD WORLD PIZZA

APPROX. 1 HR 30 MINS



FRIDAY

## MAIN: THAI FLAVOUR FISH CAKES

APPROX. 25 MINS

## SIDE: CUCUMBER & TOMATO SALAD WITH CURRIED CASHEWS

APPROX. 50 MINS



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# WEEKLY MEAL PLANNER

14.04.25 - 18.04.25

## INGREDIENTS:

MONDAY

### CHICKEN KEBABS

- |  |  |
|--|--|
| <input type="checkbox"/> ginger paste/crushed ginger | <input type="checkbox"/> smoked paprika        |
| <input type="checkbox"/> minced garlic               | <input type="checkbox"/> turmeric              |
| <input type="checkbox"/> yoghurt                     | <input type="checkbox"/> cayenne pepper        |
| <input type="checkbox"/> olive oil                   | <input type="checkbox"/> cumin                 |
| <input type="checkbox"/> tomato passata              | <input type="checkbox"/> hot sauce             |
| <input type="checkbox"/> garam masala                | <input type="checkbox"/> lemon juice           |
| <input type="checkbox"/> chilli powder               | <input type="checkbox"/> chicken thigh fillets |

### BUTTERNUT PASTA WITH RED PEPPER PESTO DRESSING

- |   |   |
|---|---|
| <input type="checkbox"/> butternut pumpkin/squash | <input type="checkbox"/> pine nuts          |
| <input type="checkbox"/> red capsicums/peppers    | <input type="checkbox"/> sun-dried tomatoes |
| <input type="checkbox"/> olive oil                | <input type="checkbox"/> rocket/arugula     |
| <input type="checkbox"/> garlic cloves            |   |

TUESDAY

### BEEF BRISKET PIE

- |  |   |
|--|---|
| <input type="checkbox"/> beef brisket            | <input type="checkbox"/> tomato paste             |
| <input type="checkbox"/> cornstarch/cornflour    | <input type="checkbox"/> dark sweet soy sauce     |
| <input type="checkbox"/> vegetable oil           | <input type="checkbox"/> barbecue sauce           |
| <input type="checkbox"/> onion                   | <input type="checkbox"/> beef stock               |
| <input type="checkbox"/> cloves garlic           | <input type="checkbox"/> frozen shortcrust pastry |
| <input type="checkbox"/> star anise              | <input type="checkbox"/> frozen puff pastry       |
| <input type="checkbox"/> cinnamon stick          | <input type="checkbox"/> egg yolks                |
| <input type="checkbox"/> bay leaves              | <input type="checkbox"/> tomato sauce             |
| <input type="checkbox"/> sea salt & black pepper |   |

### RADICCHIO SALAD & DRESSING

- |  |  |
|--|--|
| <input type="checkbox"/> head radicchio/Italian chicory          | <input type="checkbox"/> fresh or dried rosemary               |
| <input type="checkbox"/> rocket/arugula                          | <input type="checkbox"/> white/granulated sugar or brown sugar |
| <input type="checkbox"/> red onion                               | <input type="checkbox"/> kosher salt                           |
| <input type="checkbox"/> goat's cheese, or soft cheese of choice | <input type="checkbox"/> balsamic vinegar                      |
| <input type="checkbox"/> pomegranate seeds                       | <input type="checkbox"/> honey or maple syrup                  |
| <input type="checkbox"/> walnuts                                 | <input type="checkbox"/> dijon mustard                         |
| <input type="checkbox"/> olive oil                               | <input type="checkbox"/> fresh garlic                          |

### WHITE CHOCOLATE PANNA COTTA & MULLED FRUIT

- |   |   |
|---|---|
| <input type="checkbox"/> cream                  | <input type="checkbox"/> red wine   |
| <input type="checkbox"/> milk                   | <input type="checkbox"/> orange zest  |
| <input type="checkbox"/> white/granulated sugar | <input type="checkbox"/> caster sugar   |
| <input type="checkbox"/> white chocolate        | <input type="checkbox"/> small muslin bag of mulling spice for wine - cinnamon, cloves, allspice  |
| <input type="checkbox"/> vanilla extract        | <input type="checkbox"/> mixed dried fruit – raisins, sultanas, apple, figs, cranberries, apricot |
| <input type="checkbox"/> gelatine sheets        |   |

# WEEKLY MEAL PLANNER

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## INGREDIENTS:

wednesday

### CREAMY KASHMIRI CHILLI CHICKEN

- |   |   |
|---|---|
| <input type="checkbox"/> cardamom pods    | <input type="checkbox"/> Kashmiri chilli powder   |
| <input type="checkbox"/> butter           | <input type="checkbox"/> ground almonds           |
| <input type="checkbox"/> sunflower oil    | <input type="checkbox"/> tinned, chopped tomatoes |
| <input type="checkbox"/> onions           | <input type="checkbox"/> caster sugar             |
| <input type="checkbox"/> garlic cloves    | <input type="checkbox"/> sunflower oil            |
| <input type="checkbox"/> fresh ginger     | <input type="checkbox"/> boneless chicken thighs  |
| <input type="checkbox"/> ground cumin     | <input type="checkbox"/> double cream             |
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> flaked almonds           |
| <input type="checkbox"/> ground turmeric  | <input type="checkbox"/> fresh coriander/cilantro |

thursday

### OLD WORLD PIZZA

- |   |   |
|---|---|
| <input type="checkbox"/> dried yeast            | <input type="checkbox"/> ground/minced beef         |
| <input type="checkbox"/> white/granulated sugar | <input type="checkbox"/> mozzarella cheese          |
| <input type="checkbox"/> vegetable oil          | <input type="checkbox"/> sharp cheddar/tasty cheese |
| <input type="checkbox"/> plain flour            | <input type="checkbox"/> parmesan cheese            |
| <input type="checkbox"/> pizza sauce            | <input type="checkbox"/> sliced pepperoni           |

friday

### THAI FLAVOUR FISH CAKES

- |  |   |
|--|---|
| <input type="checkbox"/> skinless white fish fillets | <input type="checkbox"/> lime juice           |
| <input type="checkbox"/> red curry paste             | <input type="checkbox"/> egg                  |
| <input type="checkbox"/> chopped coriander/cilantro  | <input type="checkbox"/> cornflour/cornstarch |
| <input type="checkbox"/> soy sauce                   |   |

### CUCUMBER & TOMATO SALAD WITH CURRIED CASHEWS

- |   |  |
|---|--|
| <input type="checkbox"/> Lebanese cucumbers | <input type="checkbox"/> olive oil         |
| <input type="checkbox"/> cherry tomatoes    | <input type="checkbox"/> curry powder      |
| <input type="checkbox"/> red onion          | <input type="checkbox"/> tamarind purée    |
| <input type="checkbox"/> large carrot       | <input type="checkbox"/> maple syrup       |
| <input type="checkbox"/> red chilli         | <input type="checkbox"/> fresh lime juice  |
| <input type="checkbox"/> fresh parsley      | <input type="checkbox"/> mint leaves       |
| <input type="checkbox"/> black sesame seeds | <input type="checkbox"/> garlic clove      |
| <input type="checkbox"/> cashews            | <input type="checkbox"/> fresh lemon juice |

weekend

### JALAPEÑO CHEDDAR CORNBREAD WITH HONEY DRIZZLE

- |  |   |
|--|---|
| <input type="checkbox"/> coarse cornmeal         | <input type="checkbox"/> fresh jalapeño peppers           |
| <input type="checkbox"/> buttermilk              | <input type="checkbox"/> cheddar/tasty cheese             |
| <input type="checkbox"/> runny honey             | <input type="checkbox"/> baking powder & bicarbonate soda |
| <input type="checkbox"/> plain flour             | <input type="checkbox"/> eggs                             |
| <input type="checkbox"/> spring onions/scallions | <input type="checkbox"/> salted butter                    |
| <input type="checkbox"/> tinned sweetcorn        | <input type="checkbox"/> honey                            |