



SPRING  
WEEKLY  
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

28.04.25 - 02.05.25

MONDAY

MAIN: MEATBALL FATTOUSH SALAD

APPROX. 30 MINS

UNDER  
**30**  
MINUTES



TUESDAY

MAIN: CHICKEN, MUSHROOM & GNOCCHI BAKE

APPROX. 1 HR 15 MINS



WEDNESDAY

MAIN: PORK TENDERLOIN WITH STICKY HONEY SAUCE

APPROX. 40 MINS

SIDE: ITALIAN POTATO SALAD WITH BACON PANGRATTATO

APPROX. 35 MINS



THURSDAY

MAIN: QUICK SINGAPORE NOODLES

APPROX. 20 MINS

UNDER  
**30**  
MINUTES



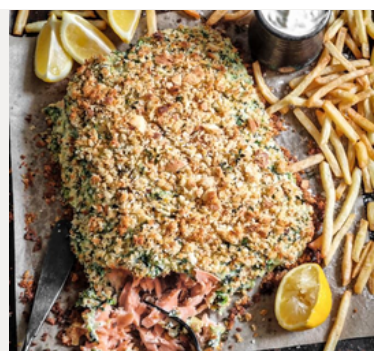
FRIDAY

MAIN: SALMON WITH LEMON & PEPPER CRUST

APPROX. 1 HR

SIDE: AMAZING SWEET POTATO FRIES WITH AIOLI

APPROX. 40 MINS



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## INGREDIENTS:

MONDAY

### MEATBALL FATTOUSH SALAD

- |   |   |
|---|---|
| <input type="checkbox"/> lebanese bread/flatbreads/pita | <input type="checkbox"/> fresh mint, parsley and chives |
| <input type="checkbox"/> tuscan seasoning               | <input type="checkbox"/> greek yoghurt                  |
| <input type="checkbox"/> baby cos/romaine lettuces      | <input type="checkbox"/> lemon                          |
| <input type="checkbox"/> baby spinach                   | <input type="checkbox"/> tahini                         |
| <input type="checkbox"/> multicoloured cherry tomatoes  | <input type="checkbox"/> minced garlic                  |
| <input type="checkbox"/> red onion                      | <input type="checkbox"/> salt/black pepper              |
| <input type="checkbox"/> cukes/baby cucumbers           | <input type="checkbox"/> milk                           |
| <input type="checkbox"/> spring onions/scallions        |   |
| <input type="checkbox"/> beef or lamb meatballs         |   |
| <input type="checkbox"/> tomberry tomatoes              |   |

TUESDAY

### CHICKEN, MUSHROOM & GNOCCHI BAKE

- |  |   |
|--|---|
| <input type="checkbox"/> olive oil             | <input type="checkbox"/> dry white wine       |
| <input type="checkbox"/> chicken thigh fillets | <input type="checkbox"/> chicken stock        |
| <input type="checkbox"/> butter                | <input type="checkbox"/> single/pouring cream |
| <input type="checkbox"/> brown onion           | <input type="checkbox"/> salt/pepper          |
| <input type="checkbox"/> cloves garlic         | <input type="checkbox"/> gnocchi              |
| <input type="checkbox"/> mushrooms             | <input type="checkbox"/> parmesan cheese      |
| <input type="checkbox"/> sprigs fresh thyme    |   |
| <input type="checkbox"/> plain flour           |   |

WEDNESDAY

### PORK TENDERLOIN WITH STICKY HONEY SAUCE

- |  |  |
|--|--|
| <input type="checkbox"/> pork tenderloin fillets | <input type="checkbox"/> chilli flakes |
| <input type="checkbox"/> oil                     | <input type="checkbox"/> cider vinegar |
| <input type="checkbox"/> cloves garlic           | <input type="checkbox"/> soy sauce     |
| <input type="checkbox"/> garlic powder           | <input type="checkbox"/> honey         |
| <input type="checkbox"/> paprika                 |  |
| <input type="checkbox"/> salt/pepper             |  |

### ITALIAN POTATO SALAD WITH BACON PANGRATTATO

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> potatoes        | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> bread crusts    | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> rashers bacon   |                                      |
| <input type="checkbox"/> natural yoghurt |                                      |
| <input type="checkbox"/> cream           |                                      |
| <input type="checkbox"/> chives          |                                      |
| <input type="checkbox"/> clove garlic    |                                      |
| <input type="checkbox"/> dijon mustard   |                                      |

# WEEKLY MEAL PLANNER

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## INGREDIENTS:

THURSDAY

### QUICK SINGAPORE NOODLES

- |  |  |
|--|--|
| <input type="checkbox"/> chicken tenderloins             | <input type="checkbox"/> sweet sherry    |
| <input type="checkbox"/> roast chicken seasoning         | <input type="checkbox"/> salt/pepper     |
| <input type="checkbox"/> thin noodles                    | <input type="checkbox"/> curry powder    |
| <input type="checkbox"/> olive oil                       | <input type="checkbox"/> baby spinach    |
| <input type="checkbox"/> red onion                       | <input type="checkbox"/> light soy sauce |
| <input type="checkbox"/> rashers streaky or middle bacon |  |
| <input type="checkbox"/> clove garlic                    |  |
| <input type="checkbox"/> carrot                          |  |

FRIDAY

### SALMON WITH LEMON & PEPPER CRUST

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> salmon       | <input type="checkbox"/> plain flour          |
| <input type="checkbox"/> fresh bread  | <input type="checkbox"/> baby spinach         |
| <input type="checkbox"/> lemon        | <input type="checkbox"/> milk                 |
| <input type="checkbox"/> black pepper | <input type="checkbox"/> cream cheese         |
| <input type="checkbox"/> butter       | <input type="checkbox"/> mozzarella balls     |
| <input type="checkbox"/> olive oil    | <input type="checkbox"/> cheddar/tasty cheese |
| <input type="checkbox"/> onion        | <input type="checkbox"/> dry mustard powder   |
| <input type="checkbox"/> clove garlic |   |

### AMAZING SWEET POTATO FRIES WITH AIOLI

- |   |  |
|---|--|
| <input type="checkbox"/> whole sweet potatoes | <input type="checkbox"/> black pepper  |
| <input type="checkbox"/> butter               | <input type="checkbox"/> mayonnaise    |
| <input type="checkbox"/> cloves garlic        | <input type="checkbox"/> sriracha      |
| <input type="checkbox"/> salt                 | <input type="checkbox"/> chilli powder |

WEEKEND

### SMOKED SALMON CHEESE BALLS

- |  |  |
|--|--|
| <input type="checkbox"/> tinned smoked salmon    | <input type="checkbox"/> garlic salt         |
| <input type="checkbox"/> cream cheese            | <input type="checkbox"/> ground black pepper |
| <input type="checkbox"/> spring onions/scallions | <input type="checkbox"/> white wine          |
| <input type="checkbox"/> lemon                   | <input type="checkbox"/> walnuts             |
| <input type="checkbox"/> mayonnaise              | <input type="checkbox"/> parsley             |
| <input type="checkbox"/> fresh dill              | <input type="checkbox"/> bread               |
| <input type="checkbox"/> baby capers             |  |
| <input type="checkbox"/> dijon mustard           |  |