

AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

05.05.25 - 09.05.25

MONDAY

MAIN: SHEET PAN HOT HONEY CHIPOTLE
CHICKEN NACHOS WITH MANGO PICO DE GALLO

APPROX. 35 MINS



TUESDAY

MAIN: LEFTOVER SALMON RICE BOWLS

APPROX. 35 MINS



WEDNESDAY

MAIN: MEXICAN CHILLI PORK WITH APPLE SALSA
& TORTILLAS

APPROX. 55 MINS



THURSDAY

MAIN: CREAMY FISH & POTATO GRATIN

APPROX. 1 HR 5 MINS



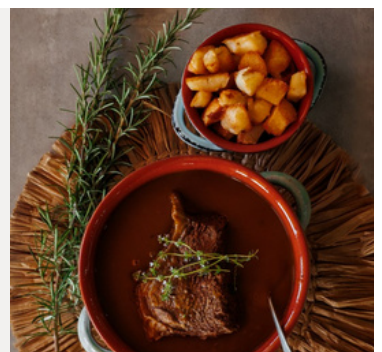
FRIDAY

MAIN: THERMOMIX STEAMED POMEGRANATE &
RED WINE BEEF

APPROX. 2 HRS 15 MINS

SIDE: CRISPY POTATO ROAST

APPROX. 2 HRS 5 MINS



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INGREDIENTS:

MONDAY

SHEET PAN HOT HONEY CHIPOTLE CHICKEN NACHOS WITH MANGO PICO DE GALLO

- | | |
|---|--|
| <input type="checkbox"/> cooked chicken | <input type="checkbox"/> cotija cheese |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> mango |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> tomatoes |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> diced red onion |
| <input type="checkbox"/> chipotle/regular chilli powder | |
| <input type="checkbox"/> tortilla chips | |
| <input type="checkbox"/> tasty/cheddar cheese | |
| <input type="checkbox"/> barbecue sauce | |
| <input type="checkbox"/> hot honey | |
| <input type="checkbox"/> queso dip | |
| <input type="checkbox"/> fresh coriander/cilantro | |
| <input type="checkbox"/> lime | |

TUESDAY

LEFTOVER SALMON RICE BOWLS

- | | |
|--|---|
| <input type="checkbox"/> cooked rice | <input type="checkbox"/> salad vegetables |
| <input type="checkbox"/> fish sauce | <input type="checkbox"/> red chilli |
| <input type="checkbox"/> soy sauce | |
| <input type="checkbox"/> brown sugar | |
| <input type="checkbox"/> rice wine vinegar | |
| <input type="checkbox"/> garlic powder | |
| <input type="checkbox"/> sesame oil | |
| <input type="checkbox"/> ginger paste | |
| <input type="checkbox"/> cooked salmon | |
| <input type="checkbox"/> sesame seeds | |
| <input type="checkbox"/> spring onions/scallions | |
| <input type="checkbox"/> sriracha sauce | |

WEDNESDAY

MEXICAN CHILLI PORK WITH APPLE SALSA & TORTILLAS

- | | |
|---|---|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> tortilla wraps |
| <input type="checkbox"/> red onions | <input type="checkbox"/> apple |
| <input type="checkbox"/> red wine vinegar | <input type="checkbox"/> cheddar/tasty cheese |
| <input type="checkbox"/> pork mince/ground pork | |
| <input type="checkbox"/> smoked paprika | |
| <input type="checkbox"/> ground coriander | |
| <input type="checkbox"/> ground cumin | |
| <input type="checkbox"/> cayenne | |
| <input type="checkbox"/> chicken stock cubes | |
| <input type="checkbox"/> tomato paste | |
| <input type="checkbox"/> smoky chipotle paste | |
| <input type="checkbox"/> tin of sweetcorn | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

CREAMY FISH & POTATO GRATIN

- skinless white fish fillets
- butter
- large leeks
- cloves garlic
- medium potatoes
- dry white wine
- vegetable stock
- heavy cream
- panko breadcrumbs
- olive oil
- parmesan cheese
- salt and pepper

FRIDAY

THERMOMIX STEAMED POMEGRANATE & RED WINE BEEF

- carrots
- brown onion
- garlic cloves
- beef roast (bolar, or top roast)
- red wine
- pomegranate molasses
- dried oregano
- cornflour/cornstarch

CRISPY POTATO ROAST

- small russet potatoes
- sprigs fresh rosemary
- butter
- cloves garlic
- small onion or shallots
- kosher salt
- red pepper flakes
- pancetta cubed

WEEKEND

CHOCOLATE BOURBON PECAN PIE

- deep-dish pie crust
- salted butter
- flour
- sugar
- large eggs
- pecans or walnuts
- bourbon or vanilla extract
- chocolate chips
- vanilla ice-cream