

AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

12.05.25 - 16.05.25

MONDAY

MAIN: BRANDY APRICOT CHICKEN

APPROX. 1 HR 20 MINS

SIDE: CAULIFLOWER FRITTERS

APPROX. 20 MINS



TUESDAY

MAIN: MEXICAN ZUCCHINI-SLICE PIE

APPROX. 1 HR 5 MINS



WEDNESDAY

MAIN: GARLIC PARMESAN ORZO WITH GRILLED STEAK

APPROX. 3 HRS 25 MINS



THURSDAY

MAIN: CREAMY TUNA BAKE

APPROX. 45 MINS



FRIDAY

MAIN: 5 INGREDIENT STICKY CHICKEN NIBBLES

APPROX. 25 MINS

SIDE: SMOKY CARROT FRIES

APPROX. 30 MINS



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INGREDIENTS:

MONDAY

BRANDY APRICOT CHICKEN

- | | |
|---|--|
| <input type="checkbox"/> chicken drumsticks or chicken pieces | <input type="checkbox"/> capsicum |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> onion |
| <input type="checkbox"/> french onion soup mix | <input type="checkbox"/> cloves garlic |
| <input type="checkbox"/> can halved apricots in juice | <input type="checkbox"/> finely chopped chives |
| <input type="checkbox"/> brandy | |

CAULIFLOWER FRITTERS

- | | |
|---|--|
| <input type="checkbox"/> cauliflower | <input type="checkbox"/> eggs |
| <input type="checkbox"/> lean bacon | <input type="checkbox"/> clove garlic |
| <input type="checkbox"/> parmesan cheese | <input type="checkbox"/> chopped parsley |
| <input type="checkbox"/> self-raising flour | <input type="checkbox"/> chilli flakes |
| <input type="checkbox"/> fresh breadcrumbs | <input type="checkbox"/> vegetable oil |

TUESDAY

MEXICAN ZUCCHINI-SLICE PIE

- | | |
|--|--|
| <input type="checkbox"/> good beef sausages or fresh chorizo | <input type="checkbox"/> chilli powder |
| <input type="checkbox"/> brown onion | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> mexican spice mix | |
| <input type="checkbox"/> self-raising flour | |
| <input type="checkbox"/> grated cheese | |
| <input type="checkbox"/> small zucchinis | |
| <input type="checkbox"/> tinned corn kernels | |
| <input type="checkbox"/> red capsicum/bell pepper | |
| <input type="checkbox"/> fresh coriander/cilantro | |
| <input type="checkbox"/> large eggs | |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> cumin seeds | |
| <input type="checkbox"/> dried coriander/cilantro leaves | |
| <input type="checkbox"/> sweet paprika | |
| <input type="checkbox"/> oregano | |

WEDNESDAY

GARLIC PARMESAN ORZO WITH GRILLED STEAK

- steak
- butter
- orzo pasta
- minced garlic
- butter
- fresh parmesan cheese
- milk
- minced fresh parsley
- mushrooms

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INGREDIENTS:

THURSDAY

CREAMY TUNA BAKE

- penne pasta
- butter
- flour
- evaporated milk
- water
- chicken stock cube
- mustard powder
- onion and garlic powder
- cheddar cheese
- canned tuna or salmon
- canned corn
- butter
- day-old bread
- parmesan

FRIDAY

5 INGREDIENT STICKY CHICKEN NIBBLES

- chicken wings and/or drumettes
- oyster sauce
- sweet chilli sauce
- white wine vinegar
- sesame oil
- sesame seeds
- spring onion/scallion
- chilli mayo or aioli

SMOKY CARROT FRIES

- carrots
- olive oil
- garlic powder
- smoked paprika
- dried parsley
- cumin
- turmeric

WEEKEND

BOURBON SPICED APPLE COMPOTE

- eating apples
- maple syrup
- lemon
- vanilla extract
- ground cinnamon
- nutmeg
- ginger
- bourbon