

AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

19.05.25 - 23.05.25

MONDAY

MAIN: LAMB, ROSEMARY & CHEESE PIES

APPROX. 45 MINS



TUESDAY

MAIN: PINE NUT CRUMBED CHICKEN TENDERS
WITH WARM KALE SALAD

APPROX. 1 HR



WEDNESDAY

MAIN: QUICK PORK TORTILLAS WITH CRUNCHY
ASIAN-STYLE SALAD

APPROX. 35 MINS



THURSDAY

MAIN: TERIYAKI SALMON WITH BUCKWHEAT &
SWEET POTATO

APPROX. 40 MINS



FRIDAY

MAIN: LEMON BUTTER CHICKEN PICCATA

APPROX. 45 MINS



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INGREDIENTS:

MONDAY

LAMB, ROSEMARY & CHEESE PIES

- olive oil
- brown onion
- carrot
- cloves garlic
- fresh rosemary sprigs
- lamb mince/ground lamb
- tomato paste
- red wine
- cornflour/cornstarch
- mozzarella cheese
- ready rolled frozen puff pastry

TUESDAY

PINE NUT CRUMBED CHICKEN TENDERS WITH WARM KALE SALAD

- chicken tenderloins
- large orange sweet potatoes/kumara
- olive oil
- egg
- plain flour
- stale breadcrumbs
- parmesan cheese
- chopped parsley
- pine nuts
- aioli or sauce of choice
- prosciutto, or bacon
- spring onions/scallions
- red capsicum/pepper
- kale leaves
- clove garlic
- sundried tomatoes
- dijon mustard
- honey
- apple cider vinegar
- olive oil
- red pepper flakes

WEDNESDAY

QUICK PORK TORTILLAS WITH CRUNCHY ASIAN-STYLE SALAD

- olive oil
- lean pork loin steaks
- carrot
- garlic
- hoisin sauce
- mixed salad leaves
- soy sauce
- rice wine vinegar
- lebanese/persian cucumber
- mini tortillas
- mayonnaise
- crispy fried shallots
- chang's fried noodles

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INGREDIENTS:

THURSDAY

TERIYAKI SALMON WITH BUCKWHEAT & SWEET POTATO

- | | |
|---|---|
| <input type="checkbox"/> sweet potato | <input type="checkbox"/> snow peas |
| <input type="checkbox"/> raw buckwheat | <input type="checkbox"/> cucumber |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> spring onions/scallions |
| <input type="checkbox"/> sesame oil | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> honey | |
| <input type="checkbox"/> lime | |
| <input type="checkbox"/> fresh ginger | |
| <input type="checkbox"/> white wine | |
| <input type="checkbox"/> rice vinegar | |
| <input type="checkbox"/> soy sauce | |
| <input type="checkbox"/> fresh skin-on salmon | |
| <input type="checkbox"/> brown sugar | |
| <input type="checkbox"/> paprika | |
| <input type="checkbox"/> celery salt | |

FRIDAY

LEMON BUTTER CHICKEN PICCATA

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> cauliflower | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> zucchini | <input type="checkbox"/> parmesan |
| <input type="checkbox"/> lemon | |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> chicken thigh fillets | |
| <input type="checkbox"/> salted butter | |
| <input type="checkbox"/> sage leaves | |
| <input type="checkbox"/> haloumi cheese | |
| <input type="checkbox"/> chicken stock cube | |
| <input type="checkbox"/> fresh thyme | |
| <input type="checkbox"/> tablespoon capers | |
| <input type="checkbox"/> garlic cloves | |

WEEKEND

LEFTOVER SALMON SPREAD

- cooked salmon
- cream cheese
- dried dill
- spring onion/scallion
- bagels
- english muffins
- avocado
- crispy chilli oil
- cucumber
- tomato