

Shopping list

BUTCHER

- ♥ 4 slices of chicken or pork fillets (about 120g each)
- ♥ 500g lean grass fed beef mince

FISH MONGER

- ♥ 500g boneless white fish fillets

GREEN GROCER

- ♥ 2 onions
- ♥ 1 red capsicum
- ♥ 1 large zucchini
- ♥ 2 medium carrots
- ♥ 1 celery stalk
- ♥ 3 shallots
- ♥ 2 Tbls fresh thyme leaves
- ♥ 5 medium (approx 500g) potatoes
- ♥ 8 basil leaves

SUPERMARKET

- ♥ ¼ cup tomato paste
- ♥ 1 ½ cups breadcrumbs
- ♥ 2 eggs
- ♥ 2 Tbls good quality mayonnaise
- ♥ 400g can red kidney beans
- ♥ 12-16 taco shells
- ♥ 300g grated tasty cheese
- ♥ 1 cup frozen peas
- ♥ 700g jar tomato passata (puree)
- ♥ 500g spaghetti
- ♥ **To serve pork schnitzel:** 1 pack of fresh coleslaw salad mix and whole grain bread rolls
- ♥ **To serve vegetarian tacos:** Garden salad, guacamole, corn cobs
- ♥ **To serve fish pie:** Garden salad
- ♥ **To serve spaghetti bolognese:** Garden salad and grated parmesan cheese

PANTRY STAPLES

Extra virgin olive oil (EVOO), iodised salt, fresh garlic, dried oregano, smoked paprika, ground cumin, oregano, dried garlic, dried onion.



SQUARE MEAL PLANS

Favourites

Vegetarian Tacos



Fish Pie



Pork Schnitzel



Spaghetti Bolognese



Favourites Recipes

Pork Schnitzel

Ingredients (Serves 4)

4 slices of chicken/pork fillets (about 120g each)
1 ½ cups breadcrumbs
2 eggs, lightly beaten
2 Tbls good quality mayonnaise
To Serve: 1 pack of fresh coleslaw salad mix & whole grain bread rolls

Method

- ♥ Beat 2 eggs with 1 tsp salt in a large flat base bowl. Place bread crumbs in another similar bowl.
- ♥ Using tong dip each fillet firstly in egg then coat with bread crumbs.
(May be wrapped labelled and frozen at this point)
- ♥ Heat 2 Tbls oil in a fry pan & fry 2 Schnitzel at a time until golden brown & cooked through. Drain on absorbent paper, repeat with remaining schnitzels.
- ♥ Serve schnitzel with coleslaw dressed with mayonnaise & multigrain rolls

Vegetarian Tacos

Ingredients (Serves 4)

1 onion & 1 red capsicum, diced
1 large zucchini, grated
¼ cup tomato paste
400g can red kidney beans, rinsed & drained
2 tsp Taco seasoning (see below)
12 - 16 taco shells
100g grated tasty cheese
To Serve: Garden salad, corn cobs & guacamole

Method

- ♥ Heat 2 Tbls oil and fry onions until soft. Add capsicum and zucchini fry about 2 mins. Add Taco seasoning, tomato paste & ½ cup water, stir fry 1 minute.
- ♥ Add more water if too dry. Add beans season to taste, reduce heat simmer 5 mins or until thickened.
(Mixture may be frozen at this point)
- ♥ Spoon the mixture into the prepared taco shells, top with grated cheese.
- ♥ Serve with salad, corn cobs and guacamole.
Taco seasoning: Mix: ¼ tsp dried garlic, ¼ tsp onion powder, 1 tsp smoked paprika, 1 tsp ground cumin & ½ tsp oregano.

Fish Pie

Ingredients (Serves 4)

500g white fish fillets, chopped
2 med carrots, grated
1 stick celery, finely chopped
3 shallots, chopped
2 Tbls fresh thyme leaves
1 cup frozen peas
200g tasty cheese, grated
5 med potatoes, peel & chop
To Serve: Garden salad

Method

- ♥ Boil potatoes, mash in 2 Tbls butter, stir through 1 beaten egg, salt to taste. Cool.
- ♥ In a medium baking dish; add carrots, celery, shallots & cheese.
- ♥ In a mixing bowl add fish, thyme & frozen peas. Add to the vegetables & mix well. Press the mixture down firmly. Top with cooled mashed potatoes, spread evenly.
(Prepare night before)
Preheat oven to 200°C
- ♥ Bake for 50 mins or until golden & cooked through.
- ♥ Serve with garden salad.

Spaghetti Bolognese

Ingredients (Serves 4)

1 onion, chopped
500g lean grass fed beef mince
1 garlic clove, crushed
1 tsp dried oregano
700g jar passata (tomato puree)
8 basil leaves
500g spaghetti
To Serve: Garden salad & grated parmesan cheese

Method

- ♥ Heat 1 Tbls oil in a sauce pan & fry onion until soft. Add mince brown well. Add garlic, oregano & fry few seconds. Add ¼ cup white wine (optional).
- ♥ Add tomato passata, reduce heat, simmer for 30 mins, then add basil, simmer for a further 30mins, add water if necessary.
(May be cooled & frozen at this point)
- ♥ Cook spaghetti according to packet direction, drain.
- ♥ Top spaghetti with sauce & serve with grated parmesan cheese & garden salad.