

Quick Meal Ideas

Speedy Chickpea Curry

Time: 20 minutes

You'll need:

Tinned chickpeas, curry paste, coconut milk, spinach

How:

Simmer chickpeas with curry paste and coconut milk 10 mins. Stir in spinach until wilted.

Tomato & Mozzarella Flatbread

Time: 15 minutes

You'll need:

Flatbreads, passata, mozzarella, basil

How:

Spread passata, add mozzarella. Bake 10 mins at 200°C. Top with basil.

10-Minute Veg Stir Fry

Time: 10–15 minutes

You'll need:

Mixed veg, soy sauce, garlic, honey, noodles or rice

How:

Stir-fry veg in oil 5–6 mins. Add soy, garlic & honey. Toss through cooked noodles or serve with rice.

Sheet-Pan Sausage & Veg

Time: 25 minutes

You'll need:

Sausages, peppers, red onion, potatoes, olive oil

How:

Chop everything, toss in oil, roast at 200°C for 20–25 mins.

Pesto Chicken Wraps

Time: 10 minutes

You'll need:

Cooked chicken, pesto, tortilla wraps, salad leaves

How:

Spread pesto, add chicken & salad, roll up and serve.

Creamy Garlic Mushrooms on Toast

Time: 15 minutes

You'll need:

Mushrooms, garlic, cream, sourdough

How:

Cook mushrooms in butter. Add garlic & splash of cream. Spoon onto toast.

Egg Fried Rice

Time: 10 minutes

You'll need:

Cooked rice, eggs, frozen peas, soy sauce

How:

Scramble eggs in pan. Add rice and peas. Stir in soy and fry until hot.

Lemon Garlic Salmon

Time: 15 minutes

You'll need:

Salmon fillets, lemon, garlic, olive oil

How:

Pan-sear salmon 3–4 mins each side. Add garlic & lemon juice at the end.

Breakfast-for-Dinner Omelette

Time: 10 minutes

You'll need:

Eggs, cheese, ham or veg

How:

Whisk eggs, pour into pan, add fillings, fold and cook through.

Weekly Meal Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Shopping List

 Fresh Produce

 Meat/Fish

 Pantry

 Dairy

 Extras

My Favourite Recipe

Ingredients:

Method:

Notes / Tips:

★ Rating: ☆ ☆ ☆ ☆ ☆