

Meal Plan 104- Prep Sheet



Pasta Napolitana



Crispy Air Fryer Chicken



Slow Cooker Steak Pie



Crispy Pork Yuk Sung



Roasted Mushroom Tacos

Pasta Napolitana

- This is such a quick and easy recipe that you don't need to do much to make it ahead.
- You can use a tin of chopped tomatoes rather than cherry tomatoes.
- This pasta reheats really well in the microwave. Store it for up to 3 days in the fridge.

Crispy Air fryer Chicken Thighs

- You can use chicken thighs with the skin on if you like.
- Make a double batch of the spice mix so that you have extra for next time, or use it on roast potatoes.

Slow Cooker Steak Pie

- You can make the filling ahead of time and either freeze it or store it in the fridge for up to 3 days.
- This recipe uses puff pastry but you can easily use shortcrust if you prefer. No need to alter the cooking instructions.
- Leftover pie can be frozen for up to 3 months or stored in the fridge for up to 3 days. Just reheat in the microwave in 30-second intervals until hot.

Crispy Pork Yuk Sung

- Substitute the pork mince for chicken or turkey for a lean filling.
- You can use any type of lettuce but a soft round leaf works best.
- Add some noodles or rice to the lettuce to make the filling go further.

Roasted Mushroom Tacos

- If you have leftovers be sure to store the mushroom filling separately from the pineapple salsa.
- You can make the salsa with another tropical fruit like mango for a different flavor.
- These tacos are not very good for freezing, so that's best avoided.

Meal Plan 104- Shopping List

Roasted Mushroom Tacos

- 25g pack taco seasoning
- 25 ml vegetable oil
- 1 orange juice only
- 1 pineapple
- 3 lime
- 1 bunch fresh coriander
- 1 avocado
- 6-8 flour tortillas
- 100 g feta crumbled
- 650 g large mushrooms portobello or similar

Pasta Napolitana

- olive oil
- 1 yellow onion
- 3 cloves garlic
- 1 x 400g tin cherry tomatoes
- tomato puree/tomato paste
- crushed red chilli flakes
- 500g spaghetti
- 1/2 bunch basil
- parmesan cheese

Air fryer chicken thighs

- 2 tablespoons garlic powder
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 teaspoon smoked paprika
- nonstick cooking spray
- 1 kg boneless skinless chicken thighs

Steak Pie

- 700g stewing beef
- 1 teaspoon mustard powder
- 30 g plain flour
- vegetable oil
- 1 large yellow onion
- 4 stick of celery
- 2 large carrots
- 600ml beef stock
- tomato purée
- Worcestershire sauce
- 1 tbsp thyme (fresh or dried)
- 500g pack puff pastry
- 1 large egg

Pork Yuk Sung

- 500g pork mince
- vegetable oil
- 1 brown onion
- 1 inch fresh ginger
- 3 cloves garlic
- 1 large carrot
- 1 bell pepper
- 2 limes
- 120g black bean sauce
- 1 tablespoon Chinese 5 spice
- 120g black bean sauce
- light soy sauce
- dark soy sauce
- cider vinegar
- 2 spring onions
- dry roasted peanuts
- 1 round lettuce
- dry roasted peanuts
- 1 bunch coriander
- smooth peanut butter
- 1/2 teaspoon chilli sauce