

Meal Plan 107- Prep Sheet



**Ham and Lentil
Soup**



**Cajun Chicken
Pasta**



**15 Minute
Veggie Stir Fry**



**Lamb Gyro
Salad**



**Smoky Veggie
Chilli**

Ham and Lentil Soup

To get ahead

- If you have any ham left over from Easter, adding it to this soup is the perfect shortcut recipe.

What to do with leftovers

- Keep in an air-tight container in the freezer for 3 months, and in the fridge for 3 days.

Cajun Chicken Stir Fry

To get ahead

- This is such a quick recipe that there isn't much to do beforehand to get ahead.

What to do with leftovers

- These make amazing leftovers and will keep in the fridge for 3 days. Reheat in the microwave or oven.

15 Minute Veggie Stir Fry

To get ahead

- You can pre-slice the vegetables or you can buy a bag of stir fry vegetables to make this one very quick and easy.

What to do with leftovers

- Leftovers can be kept for a day or two after which the veggies start to wilt and don't reheat well.

Lamb Gyro Salad

To get ahead

If you made lamb for Easter, this lamb gyro salad is the perfect way to use up any extra.

What to do with leftovers

- Store leftovers separately, otherwise the salad will wilt.

Smoky Veggie Chilli

To get ahead

- This recipe can be made in a pot on the hob or in a slow cooker.

What to do with leftovers

- This recipe makes a big batch so you can store leftovers in the freezer for up to 3 months.

Meal Plan 107- Shopping List

Ham and lentil soup

- 1 kg smoked gammon joint
- 1 yellow onion diced
- 3 cloves garlic minced
- 2 sticks celery sliced
- 2 large carrots peeled and chopped
- 2 bay leaves
- 100g baby spinach
- vegetable or chicken stock cube

Cajun Chicken Pasta

- 3 tablespoons Cajun spice
- 300g chicken breast
- 3 cloves garlic
- 1 x 400 g tin chopped tomatoes
- 200ml single cream
- 1 lemon
- 300g dried pasta (any type)
- 1/2 bunch coriander
- 25g parmesan cheese

Veggie Noodle Stir Fry

- 200 g egg noodles
- 1 bag stir fry vegetables
- ½ red chilli pepper
- thumb-size piece ginger
- 2 cloves garlic
- light soy sauce
- dark soy sauce
- 120ml oyster sauce
- 1 lime
- dry roasted peanuts
- 1/2 bunch coriander

Lamb Gyro Salad

- Lamb leg steaks (or leftover Easter lamb)
- 1 lemon
- 3 cloves garlic
- 2 sprigs of rosemary
- 125ml Greek yogurt
- 25 g grated cucumber
- dried oregano
- 1 bunch fresh mint
- 2 romaine lettuces
- 1 lemon
- 3 mini cucumbers
- 10 cherry tomatoes
- 100g feta
- 10-20 kalamata olives

Lamb Salad Con't

- 240g tin chickpeas
- smoked paprika

Vegetarian Chilli

- 1 red onion
- 4 cloves garlic
- 2 bell peppers
- 1 x 400g tins mixed beans
- 100 g chargrilled peppers
- 340 g sweet corn tin
- 1 x 400g chopped tomatoes
- soy sauce
- vinegar or lime juice
- ground cumin
- smoked paprika
- chilli powder
- cinnamon
- cocoa powder
- coriander
- avocado
- sour cream
- cheddar cheese