

# Meal Plan 112- Prep Sheet



**Teriyaki  
Salmon Stirfry**



**Easy Tuna  
Pasta Bake**



**One Pot  
Mexican Rice**



**Asian Lemon  
Chicken**



**Sirloin Steak  
Fajitas**

## Teriyaki Salmon Stir Fry

### To get ahead

- Cube and salmon and slice the veggies on the weekend or when you have some extra time.

### What to do with leftovers

- Keep in an air-tight container in the fridge for no longer than 2 days. Reheat gently.

## Tuna Pasta Bake

### 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

- This pasta bake makes amazing leftovers and will keep in the fridge for 3 days, or freezer for 1 month.
- Reheat in the microwave or oven.

## One Pot Mexican Rice

### To get ahead

- Nothing to prepare. This is a very quick and easy recipe.

### What to do with leftovers

- Leftovers can be kept for a day or two or you can serve the leftover rice with the steak fajitas to make the steak stretch even further.

## Asian Lemon Chicken

### To get ahead

- This is another 30-minute recipe, but you can get ahead by dicing the chicken and even making the sauce if you like.

### What to do with leftovers

- This chicken does not make great leftovers because it loses its crispy texture when reheated

## Sirloin Steak Fajitas

### To get ahead

- Slice all the peppers and onion and keep in an airtight container until you're ready to cook.

### What to do with leftovers

- Reheat leftovers gently in the microwave. Aggressively reheating will result in tough overcooked steak.

# Meal Plan 112- Shopping List

## Steak Fajitas with Peppers

- 225 g sirloin Steak
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 1 avocado
- 150g Greek yogurt
- 1 bunch coriander
- 8-10 flour tortillas
- 60ml olive oil
- 2 limes
- 2 tablespoons Cajun spice

## Chinese Lemon Chicken

- 400g boneless skinless chicken breast
- soy sauce
- white wine vinegar
- 1 large egg
- 150g cornstarch
- 100ml vegetable oil
- olive oil
- 1 clove garlic
- fresh ginger
- honey
- chicken stock cube
- 3 lemons

## Mexican Rice

- olive oil
- fresh garlic cloves
- 1 yellow onion
- basmati rice
- vegetable stock cube
- 400g tin chopped tomatoes
- 250g sweetcorn (fresh or frozen)
- 1 large carrot
- 1 courgette
- frozen peas
- chilli powder
- cumin
- tomato purée
- 1 bunch fresh coriander
- tortilla chips for serving
- 2-3 fresh limes

## Tuna Pasta Bake

- 500g dried penne
- 100g butter
- 2 cloves fresh garlic
- plain flour
- milk
- vegetable stock cube
- 250g mature cheddar
- 1 x 145g tin tuna packed in water
- 1 bunch fresh parsley
- mixed spice/ English mustard
- frozen peas
- frozen sweetcorn

## Teriyaki Salmon Stir Fry

- 300-500g salmon fillets
- olive oil
- 2 bell peppers (any colour)
- 1 red onion
- light soy sauce
- corn starch/ corn flour
- white wine vinegar
- dark brown sugar
- 2 cloves garlic
- onion granules
- chilli powder
- fresh ginger
- basmati rice
- cashews
- fresh basil
- spring onions