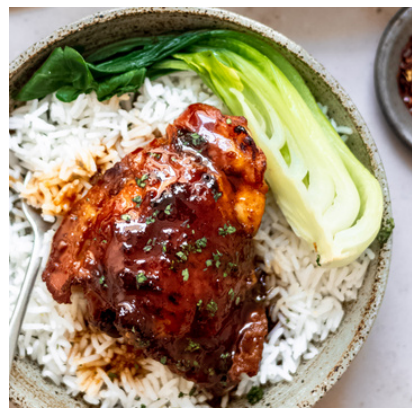


Meal Plan 115- Prep Sheet



Cajun Chicken Pasta



Honey Garlic Chicken Thighs



Pork Yuk Sung Lettuce Wraps



Smoky Mushroom Tacos



15 Minute Turkey Stir Fry

Cajun Chicken Pasta

Quick Tips

- You can use any type of pasta for this recipe.
- Chicken thighs are often cheaper than breast and work well in this recipe too.

What to do with leftovers

- Store in the fridge for up to 3 days. Add a splash of water to reheat.

Honey Garlic Chicken Thighs

Quick Tips

- Buy a large pack of chicken thighs to make a double batch to freeze for another day.

What to do with leftovers

- Keeps in the fridge for up to 3 days. Freeze for up to 3 months. These are best reheated in the oven, but they can be reheated in the microwave if necessary.

Pork Yuk Sung

Quick Tips

- Use turkey or chicken mince for this recipe.
- If you can't find round lettuce, baby gem will work.
- Add some noodles or rice to stretch the recipe further.

What to do with leftovers

- The pork can be kept in the fridge for 3 days or frozen for 3 months.

Smoky Mushroom Tacos

Quick Tips

- You can use mango instead of pineapple for the salsa if you prefer.
- Be sure to clean the mushrooms well before roasting them.

What to do with leftovers

- Store all of the elements of this recipe separately in airtight containers.
- Not suitable for freezing.

15 Minute Turkey Stir Fry

Quick Tips

- You can use chicken or pork mince for this recipe.

What to do with leftovers

- Leftovers can be stored in the fridge for up to 3 days or in the freezer for up to 1 month.
- Reheat in the microwave or on the stovetop. Add a splash of water so the meat doesn't dry out.

Meal Plan 115- Shopping List

Cajun Chicken Pasta

- Cajun spice divided
- 300 g chicken breast
- 3 cloves garlic
- 1 brown onion
- 400g tin chopped tomatoes
- 200ml cream
- 1 lemon
- 300g penne or any dried pasta
- 1/2 bunch coriander
- 25g parmesan cheese

Pork Yuk Sung (lettuce wraps)

- 500g pork mince
- 1 brown onion
- fresh ginger
- fresh garlic
- 1 large carrot
- 1 bell pepper (any colour)
- 1 lime
- Chinese 5 spice
- 120g black bean sauce
- soy sauce
- cider vinegar
- 1 bunch spring onions
- dry roasted peanuts
- 2 limes
- 1 round lettuce
- smooth peanut butter
- chilli sauce or chilli paste

15 Minute Turkey Stir Fry

- 500g turkey mince
- 1 red onion
- 220g tenderstem or broccoli
- teriyaki sauce
- soy sauce
- 1 lime
- garlic
- ginger
- basmati rice
- roasted peanuts
- spring onions
- coriander
- 1 red chilli or chilli flakes

Slow Cooker Honey Garlic Chicken Thighs

- 6 cloves garlic
- fresh ginger
- dark brown sugar
- 150g honey
- dark soy sauce
- cider vinegar
- sriracha (or chilli paste)
- 1 vegetable or chicken stock cube
- 6-8 chicken thighs
- 1/2 bunch fresh coriander
- basmati rice
- green vegetables of your choice

Smoky Mushroom Tacos

- 650g large mushrooms
- 25g pack taco seasoning
- 1 orange
- 2 limes
- 1/2 pineapple
- fresh coriander
- 1 avocado
- 6-8 flour tortillas
- 100g feta