

Meal Plan 116- Prep Sheet



Spinach & Ricotta Pasta



Slow Cooker Chilli



Simple Prawn Tacos



Spicy Korean Chicken



Honey Garlic Pork Belly Slices

Spinach and Ricotta Pasta

Quick Tips

- You can use any type of pasta for this recipe.
- Add chicken or prawns to give this pasta a protein boost.

What to do with leftovers

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

Slow Cooker Chilli

Quick Tips

- Have this chilli over rice or stuffed into a jacket potato. It's also a great side dish for any BBQ.

What to do with leftovers

- This recipe makes a lot of chilli. Portion leftovers into containers and freeze for up to 3 months.

Simple Prawn Tacos

Quick Tips

- Get prawns that have already been peeled and deveined to save a few minutes in the kitchen.

What to do with leftovers

- These are best eaten the same day.

Spicy Korean Chicken

Quick Tips

- Use chicken breast or chicken thighs for this recipe. Chicken thighs will be cheaper and have more flavour, but chicken breast will be leaner and easier to prep.

What to do with leftovers

- Store leftovers in an airtight container and add a splash of water before reheating in the microwave to help loosen the sauce.

Honey Garlic Pork Belly Slices

Quick Tips

- Chop these pork belly slices into chunks to create crispy pork belly bites.

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 116- Shopping List

Ricotta Spinach Pasta

- 500g dried spaghetti
- 2 cloves garlic
- 250g full-fat ricotta
- 50g grated parmesan
- 175g spinach
- 1 lemon
- pasta seasoning
- chilli flakes
- 1 bunch fresh parsley

Slow Cooker Chilli Con Carne

- 500g lean mince beef
- 1 red onion
- 4 cloves garlic
- 3 stalks celery
- 400g tin chopped tomatoes
- tomato purée (tomato paste)
- sriracha (or chilli paste)
- 400g tin mixed beans
- 1 beef stock cube
- dried thyme
- chilli powder
- cumin
- cocoa powder
- smoked paprika

Prawn Tacos

- 400g king prawns
- Cajun spice
- chilli powder
- 1 small fresh pineapple
- 2 lime
- 1 bunch fresh coriander
- 100ml Greek yogurt
- chilli powder
- 1 small green cabbage
- 1 avocado
- 8 flour tortillas
- 1 fresh red chilli pepper

Spicy Korean Chicken

- 400g chicken breast
- Sriracha or other chilli sauce
- cornstarch
- soy sauce
- honey
- fresh ginger
- fresh garlic cloves
- chilli powder
- tenderstem or broccoli
- dry roasted peanuts
- lime wedges
- green onions
- steamed rice for serving

Honey Garlic Pork Belly

- 500g pork belly slices
- light soy sauce
- 1 orange
- thoney
- brown sugar
- cider vinegar
- garlic