

Meal Plan 118- Prep Sheet



Sticky Asian Meatballs



Oven Baked Chicken Goujons



Spanish Style Prawn Rice



Tomato Mascarpone Pasta



Quick & Easy Beef Stir Fry

Sticky Asian Meatballs

Quick Tips

- You can use mince chicken or turkey instead of pork.
- Freeze meatballs before cooking for a great way to meal prep.

What to do with leftovers

- Store the meatballs and sauce separate from any rice or noodles in the fridge for up to 3 days.
- You can freeze leftover cooked meatballs for up to 3 months.

Oven Baked Chicken Goujons

Quick Tips

- You can buy breadcrumbs or make your own. Panko will give you a crispier texture. Fresh breadcrumbs are a great choice because they are easy to make.

What to do with leftovers

- These don't make great leftovers.

Prawn Rice

Quick Tips

- Get prawns that have already been peeled and deveined to save a few minutes in the kitchen.
- Add in some spicy sausage or chicken for a shortcut paella.

What to do with leftovers

- These are best eaten the same day.

Tomato Mascarpone Pasta

Quick Tips

- You can always use a tin of chopped tomatoes for this recipe.
- Ricotta can be substituted for mascarpone if you prefer. The texture will be slightly different but still delicious.

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.

Easy Beef Stir Fry

Quick Tips

- Ensure that your beef is room temperature before making the stir fry. This will help the beef cook evenly.

What to do with leftovers

- Leftovers can be stored in the fridge for up to 3 days. Not suitable for freezing.
- Reheat in the microwave or on the stovetop. Add a splash of water so the sauce doesn't dry out.

Meal Plan 118- Shopping List

Asian pork meatballs

- 680g pork mince (ground pork)
- 1 red onion
- fresh garlic
- fresh ginger
- sesame oil
- white vinegar
- honey
- sriracha sauce
- cornstarch
- 1 bunch fresh coriander

Chicken goujons

- 500g chicken breast
- 120g breadcrumbs
- 60g plain flour
- 2 large eggs
- 1 paprika
- olive oil
- dipping sauce of choice

Tomato mascarpone pasta

- 500g spaghetti
- 1 brown onion
- fresh garlic cloves
- 400g tin cherry tomatoes
- vegetable stock cube
- 1 lemon
- 75g mascarpone cheese
- 300g fresh spinach
- 25g parmesan cheese

Beef stir fry

- soy sauce
- honey
- Sriracha sauce
- fresh ginger
- fresh garlic
- 3 bell peppers (various colours)
- 1 courgette
- 600g rump steak (or similar)
- 1 bunch spring onions
- fresh basil

Spanish style Prawn rice

- olive oil
- fresh garlic
- 1 brown onion
- 1 red pepper
- 8 vine ripened tomatoes
- 200g frozen peas
- frozen prawns
- chilli powder
- paprika
- basmati rice
- vegetable stock cube