

# Meal Plan 117- Prep Sheet



**Asian Chicken Lettuce Wraps**



**Easy Moroccan Couscous**



**Simple Prawn Tacos**



**Curry Chicken Thighs**



**Tomato Halloumi Pasta**

## Asian Chicken Lettuce Wraps

### Quick Tips

- Use chicken mince or chicken breast for the filling.
- Add some cooked noodles to the chicken to make this meal stretch further and make it more filling.

### What to do with leftovers

- Store chicken and lettuce separately for up to 3 days in the fridge.

## Moroccan Couscous

### Quick Tips

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### 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.

## Curry Chicken Thighs

### Quick Tips

- Sear the chicken thighs before adding in the tomatoes and coconut milk for the best flavour.

### 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.

## Halloumi Tomato Pasta

### Quick Tips

- If you can find tinned cherry tomatoes use them because they are rich and sweet. But chopped tomatoes also work perfectly.

### 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 117- Shopping List

## Chicken Lettuce Wraps

- 500g chicken mince (or breast)
- 1 lettuce Butterhead
- mixed vegetables
- soy sauce
- Sriracha sauce
- fresh garlic
- fresh ginger
- 2 spring onions
- 1 bunch coriander
- crushed peanuts
- lime wedges (1 lime)

## Moroccan Couscous

- 200g couscous
- 1 medium shallot
- 50g dried apricots (or raisins)
- 50g almonds (or pine nuts)
- 1 lemon
- 1 bunch parsley
- cumin
- cinnamon
- vegetable stock cube

## 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

## Halloumi Pasta

- 300g dried spaghetti
- 1 block halloumi
- 400g tin cherry tomatoes (or chopped)
- sun-dried tomatoes
- roasted red peppers (from a jar)
- 1 lemon
- heavy cream (optional)
- garlic and tomato seasoning
- fresh basil
- fresh parsley

## Curry Chicken Thighs

- brown onion
- fresh garlic
- fresh ginger
- 1 kg chicken thighs
- 1 x 400g tin chopped tomatoes
- 1 x 400ml tin coconut milk
- curry powder
- chilli powder
- honey
- 1 lime
- fresh coriander