

# Week 3 Family Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Frittata with sausage, peas, red pepper and spinach Serve with blueberries and orange slices	Pita ockets with thinly sliced beef, avocado, cucumber and tomato Serve with slices of pear	Jacket Potato with Chili Con Carne	Macaroni Cheese (put in ham/tomato) and glaze with breadcrumbs	Winter – Soup Pumpkin soup with croutons Summer – Risotto, ricotta and spinach cakes
Dinner	Dover Sole with Lemon Sauce Serve with mashed potato and beans	Pop Corn Chicken (See attached recipe) Serve with glazed carrots, parsnips with broccoli	Roasted Turkey Breast Serve with scalloped potatoes, peas and roasted butternut squash	Steak pan fry Serve with gnocchi, prosciutto and brussel sprouts Serve with gravy	Tuna Fish (fresh) Serve on brown rice with asparagus and corn

# Recipes

## Risotto, Ricotta and Spinach Cakes

### Ingredients

4 tablespoons olive oil  
1 onion finely diced  
3 cloves garlic, crushed  
1 cup Italian risotto rice  
2 ½ cups hot vegetable or chicken stock  
1 cup ricotta  
½ cup cream or milk  
1 cup chopped blanched spinach  
2 tablespoons chopped fresh basil  
1 cup grated cheddar cheese  
½ cup grated Parmesan  
6 eggs lightly beaten  
Sea salt  
Freshly ground pepper  
2 tablespoons dried breadcrumbs

### Method

Heat a heavy-based saucepan or risotto pan and sweat onion and garlic in oil over a medium heat. Add risotto rice and allow to toast but not brown, stirring continuously for 2 minutes. Add hot stock all at once and a little salt and pepper. Bring to the boil, stir, then cover and simmer for 15 minutes. Turn out into a bowl to cool. Mix remaining ingredients into cold risotto and season well with salt and pepper.

Preheat oven to 180°C. Grease and dust with breadcrumbs 10-12 individual large muffin tins or one 22 cm spring-form cake tin. Fill mixture into tins.

Bake small cakes for about 30 minutes depending on size, large cake for 1 ¼ hours or until a knife inserted.

## Potato Gnocchi, Prosciutto and Brussel Sprouts

### Method

To cook the gnocchi and sprouts, bring a large pot of lightly salted water to a vicious boil and briefly cook the gnocchi, removing them from the water as they float to the top. When all the gnocchi are cooked drop the brussel sprouts into the same water and boil for about three minutes. Drain the sprouts and set to one side.

Heat a frying pan on high heat, add the butter (or a good oil) and onion and cook until translucent. Then add the gnocchi, prosciutto and the cooked sprouts. Sauté until the sprouts being to take on a little colour and become tender. Season with salt and pepper.

## Popcorn Chicken

### Ingredients

3 cups cooked chicken pieces  
1 can cream of chicken soup  
8 oz. sour cream  
1 stick melted butter  
1 ½ cups Ritz crackers crumbed  
1 tablespoon poppy seed  
1 glove garlic chopped  
1 onion finely chopped  
Salt and pepper

### Method

Put chicken in bottom of casserole. Blend chicken soup, sour cream, and pour over chicken. Combine butter, crackers and poppy seeds and sprinkle over the top. Bake at 350°F for 30 minutes.

## Tuna Bake Time to make: 25 minutes

### Ingredients

2 cups macaroni pasta (around 250g)  
1 head broccoli, chopped  
2 tablespoons sunflower oil  
2 tablespoons flour  
3 cups warm milk  
¼ teaspoon salt  
¼ teaspoon pepper  
3 tablespoons grated parmesan cheese  
185g can tuna in spring water, drained  
small handful basil, roughly chopped  
¼ cup breadcrumbs

### Method

Cook the macaroni in a large pan of boiling salted water according to packet instructions, until al dente. Add the broccoli for the last 1 minute of cooking time. Drain and tip back into the pan.

Meanwhile, heat the oil in a pan. Add the flour and cook, stirring, for 1 minute. Gradually add the milk, whisking constantly, until the mixture thickens. Bring to the boil and simmer for 1 minute, then remove the pan from the heat. Season with salt and pepper, then add half the cheese and stir to melt.

Preheat the grill. Toss the sauce through the drained pasta mixture with the tuna and basil. Tip into a shallow ovenproof dish and scatter over the breadcrumbs and remaining cheese. Grill for 5 minutes, or until golden and hot through.