

Week 4 Family Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Bacon and Vegetable Meatloaf with Wedges Serve with green salad	Thai-style Turkey fried rice (See attached recipe)	Pizza – salami, sausage, mushrooms	Pulled Chicken Rolls Serve with fruit	Winter – Soup Leek and potato Summer – Panini (Cheese and tomato) Serve with avocado slices
Dinner	Salmon en Croute Serve with asparagus with a hollandaise sauce and glazed carrots	Roast Chicken Serve with roast potatoes, butternut squash, turnips and cauliflower	Pork Schnitzel Serve with sauerkraut, peas and mashed potatoes	Beef Stroganoff Serve with brown rice and broad beans (Beans need to have skin peeled off them). Use a mixture of white and green bean	Fish Cakes Serve with leeks and parsley sauce Corn on the side



Recipes

Bacon and Vegetable Meatloaves with Wedges

(Preparation 20 minutes/cooking 30 minutes)

Loaves

500g lean beef mince
1 cup grated carrot
1 cup grated zucchini
1 cup fresh breadcrumbs
1 small onion grated
2 tablespoons tomato chutney
1 egg lightly beaten
½ cup tomato salsa
2 rashers rind less bacon, chopped
½ cup grated tasty cheese

Wedges

4 potatoes peeled cut into wedges
1 tablespoon Olive Oil

Method

Preheat oven to hot, 200°C. Lightly grease 8 mini loaf pans. In a large bowl combine, mince, carrot, zucchini, breadcrumbs, onion chutney and egg. Using your hands mix until well combined.

Divide mixture evenly among pans pressing down firmly and smoothing tops.

Wedges – Line an oven tray with baking paper. In a large bowl, toss potato wedges with oil and season to taste. Arrange in single layer on tray.

Bake meatloaves with wedges for 15 minutes. Spread salsa over meatloaves. Top with chopped bacon and cheese. Continue to bake for 15 minutes until loaves are cooked through and wedges are golden.

Remove loaves from pans and serve with wedges.

Thai-style Turkey Fried Rice

Ingredients

2 tablespoons peanut oil
1 red onion chopped
1 tablespoon brown sugar
2 long green chilies, seeds removed, finely chopped
2 garlic cloves crushed
2 teaspoons grated fresh ginger
1 red capsicum, seeded, cubed
125g beans, trimmed, sliced
4 kaffir lime leaves, thinly sliced
4 cups cooked, cooled, jasmine rice
3 cups roughly chopped cooked turkey
2 tablespoons fish sauce
2 tablespoons teriyaki
½ cup basil leaves plus extra to serve
Lime wedges, to serve

Method

Heat oil in a wok or large frying pan on high. Stir-fry onion for 2-3 minutes until tender. Add sugar, chili, garlic and ginger. Stir-fry for another 1 minute until the mixture is fragrant and the sugar dissolves.

Add the capsicum, beans and lime leaves. Stir-fry for 1-2 minutes until vegetables are just tender.

Mix in rice, turkey and sauces. Stir-fry for 2-3 minutes until heated through. Stir in the basil. Serve in bowls and scatter with a few basil leaves. Accompany with lime wedges.

Rice – 1 1/3 cups uncooked rice.

Pulled Chicken Rolls

Ingredients

1kg chicken breast fillets
1 red onion, thinly sliced
1 green capsicum, seeded and thinly sliced
1 cup barbecue sauce
2 tablespoons rice-wine vinegar
1 teaspoon Chinese five spice
1 teaspoon sea salt
8 bread rolls (whole meal) split and buttered
3 cups finely shredded iceberg lettuce

Method

In a large saucepan, combine chicken, onion, capsicum, sauce, vinegar, spice and salt. Pour in enough cold water to cover.

Bring to the boil on high. Reduce heat to low. Simmer uncovered for 25-30 minutes until chicken is tender.

Remove chicken from sauce, cover, and set aside to cool. Continue cooking sauce for another 30 minutes until it reduces and thickens. Strain sauce into a jug.

Shred cool chicken into a bowl. Add 1/3 cup sauce, tossing to coat.

Fill rolls with lettuce and chicken, top with a little extra sauce, if liked. Wrap and keep chilled. Add sliced tomatoes and mayonnaise if liked.