

# WEEK 2 : MEAL PLAN

**Meal 6 - Lamb Casserole**

**Meal 7 - Sweet and Sour Pork**

**Meal 8 - Chicken Teriyaki**

**Meal 9 - Burrito Mince**

**Meal 10 - Beef Stroganoff**

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## **ADDITIONAL INGREDIENTS (TO SERVE WITH EACH MEAL WHEN COOKED)**

Meal 6 - 4 potatoes

Meal 7 - 2 cups rice & 2 carrots

Meal 8 - 400g udon noodles & 1 head of broccoli

Meal 9 - 8 wraps, 1 lettuce, 3 tomatoes, 1/2 cup sour cream, 1 cup cheese

Meal 10 - 400g pasta & 1 head of broccoli

## **ALL RECIPES FOLLOW THE SAME COOKING METHOD:**

1. In a snaplock bag, add all ingredients and freeze.
2. Remove from the freezer the night before so it defrosts overnight.
3. Place the ingredients in a slow cooker and cook according to cooking time on the recipe.
4. If there is quite a bit of liquid, thicken with 2 Tbsp flour mixed with a small amount of water and stir through, cook on high for 10-15 mins to thicken up. Add more flour/water mix if needed.
5. Season and serve.

## INGREDIENT LIST – TAKE THIS LIST SHOPPING AT PAK'nSAVE!

Quantity	Item	Recipes	Sides
<b>Fresh Produce</b>			
5	Onions	6,7,8,9,10	
8	Mushrooms	10	
4	Carrots	6	7
1	Kumara	6	
1/4	Pumpkin	6	
4	Potatoes		6
2	Parsnips	6	
2	Broccoli		8,10
1	Lettuce		9
3	Tomatoes		9
6	Garlic cloves	7,8,10	
1	Red capsicum	7	
2 tsp	Fresh ginger	8	
1 Tbsp	Parsley	10	
<b>Meat &amp; Seafood</b>			
6	Lamb shoulder chops	6	
400g	Pork pieces	7	
400g	Chicken breasts	8	
400g	Beef mince	9	
400g	Stewing beef	10	
<b>Refrigerated</b>			
1 cup	Sour cream	10	9
1 cup	Cheese		9
<b>Canned and Packaged</b>			
2 tins	Tomatoes	6,9	
1	Slow Cooker Lamb Shanks Mix	6	
1 small can	Pineapple pieces	7	1
1 tin	Baby corn	7	
1/4 cup	Rice vinegar	8	
1 packet	Burito spice mix	9	
2 cups	Rice		7
400g	Pasta		10
400g	Udon noodles		8
8	Wraps		9
1	Beef stock cube	10	
<b>Pantry Items</b>			
3 Tbsp, 2 tsp	Brown sugar	7, 8	
1/4 cup	Vinegar	7	
3 Tbsp, 1/4 cup	Soy sauce	7,8	
2 tsp	Honey	8	

## **MEAL 6: LAMB CASSEROLE**

### **Slow Cooker Ingredients**

6 lamb shoulder chops  
1 onion, diced  
2 carrots, diced  
2 parsnips, diced  
1 kumara, diced  
¼ pumpkin, diced  
1 tin tomatoes  
1 packet Slow Cooker Lamb Shanks Mix

### **Side Ingredients**

4 potatoes

### **Cooking Notes**

1. Cook for 5-6 hours on low; until the lamb is coming away from the bone easily.

\*\*Serve with mashed potatoes.

## **MEAL 7: SWEET AND SOUR PORK**

### **Slow Cooker Ingredients**

400g pork, diced  
1 onion, sliced  
1 red capsicum, diced  
1 small can pineapple pieces and juice  
3 Tbsp brown sugar  
¼ cup vinegar  
3 Tbsp soy sauce  
2 garlic cloves, diced  
1 tin baby corns

### **Side Ingredients**

2 cups rice  
2 carrots

### **Cooking Notes**

1. Cook for 5-6 hours on low.

\*\* Serve with rice and steamed carrots.

## **MEAL 8: CHICKEN TERIYAKI**

### **Slow Cooker Ingredients**

400g chicken breast, diced  
¼ onion, diced  
¼ cup soy sauce  
2 tsp brown sugar  
¼ cup rice vinegar  
2 tsp honey  
2 garlic cloves, diced  
2 tsp ginger, grated

### **Side Ingredients**

400g udon noodles  
1 broccoli

### **Cooking Notes**

1. Cook for 4-5 hours on low.

\*\* Serve with udon noodles and steamed broccoli, and garnish with sesame seeds and spring onion.

## **MEAL 9: BURRITO MINCE**

### **Slow Cooker Ingredients**

400g beef mince  
1 onion, diced  
1 tin tomatoes  
2 Tbsp Burrito Spice Mix

### **Side Ingredients**

8 wraps  
1 lettuce  
3 tomatoes  
½ cup sour cream  
1 cup cheese

### **Cooking Notes**

1. Cook for 4-5 hours on low.

\*\* Serve with wraps, lettuce, tomatoes, cheese, sour cream.

## **MEAL 10: BEEF STROGANOFF**

### **Slow Cooker Ingredients**

400g beef, diced  
1 onion, diced  
2 garlic cloves, diced  
1 beef stock cube  
8 mushrooms, diced

### **To add in before serving:**

½ cup sour cream  
1 Tbsp parsley

### **Side Ingredients**

400g pasta  
1 broccoli

### **Cooking Notes**

1. Cook for 4-5 hours on low.
2. Mix in sour cream and parsley before serving.

\*\* Serve with pasta and steamed broccoli.