

# WEEK 4 : MEAL PLAN

**Meal 16 - Green Chicken Curry**

**Meal 17 - Red Beef Curry**

**Meal 18 - Vegetarian Curry**

**Meal 19 - Apricot Chicken**

**Meal 20 - Chicken Hot Pot**

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

Meal 16 - 2 cups rice & 2 cups green beans

Meal 17 - 2 cups rice & 2 cups green beans

Meal 18 - 2 cups rice & 2 cups green beans

Meal 19 - 2 cups rice & 1 head of broccoli

Meal 20 - 4 potatoes & 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>			
3	Onions	16,17,18	
2	Garlic cloves	16	
1	Capsicum	17	
5	Kumara	18,20	
2	Carrots	20	
6 cups	Green beans		16,17,18
2	Broccoli		19,20
4	Potatoes		20
<b>Meat &amp; Seafood</b>			
400g	Chicken breast	16	
400g	Beef	17	
4	Chicken thighs, bone in	19	
8	Chicken drumsticks	20	
<b>Canned and Packaged</b>			
2 Tbsp	Green curry paste	16	
3 tins	Coconut cream	16,17,18	
4 Tbsp	Red curry paste	17,18	
1 can	Chickpeas	18	
1	Onion Soup Mix	19	
1 can	Apricot halves	19	
1 can	Creamy Chicken Soup	20	
1	Chicken Noodle Soup Mix	20	
8 cups	Rice		16,17,18,19
<b>Pantry Items</b>			
2 1/2 Tbsp	Sugar	16,18	
1 Tbsp	Brown Sugar	17	
3 Tbsp	Soy sauce	16,17,18	

## **MEAL 16: GREEN CHICKEN CURRY**

### **Slow Cooker Ingredients**

400g chicken breast, diced  
1 onion, diced  
2 garlic cloves, diced  
2 Tbsp green curry paste  
1 tin coconut cream  
2 Tbsp sugar  
1 Tbsp soy sauce

### **Side Ingredients**

2 cups rice  
2 cups green beans

### **Cooking Notes**

1. Cook for 4-5 hours on low.

\*\* Garnish with coriander once cooked.

\*\* Serve with plain rice & steamed green beans.

## **MEAL 17: RED BEEF CURRY**

### **Slow Cooker Ingredients**

400g beef, diced  
1 onion, sliced  
1 red capsicum, sliced  
1 can coconut cream  
2 Tbsp red curry paste  
1 Tbsp brown sugar  
1 Tbsp soy sauce

### **Side Ingredients**

2 cups rice  
2 cups green beans

### **Cooking Notes**

1. Cook on low for 4-5 hours.

\*\* Garnish with coriander once cooked.

\*\* Serve with plain rice & steamed green beans.

## **MEAL 18: VEGETARIAN CURRY**

### **Slow Cooker Ingredients**

3 large kumara, diced  
1 can chickpeas, drained & rinsed  
1 onion, sliced  
2 Tbsp red curry paste  
1 tin coconut cream  
1 Tbsp soy sauce  
½ Tbsp sugar

### **Side Ingredients**

2 cups rice  
2 cups green beans

### **Cooking Notes**

1. Cook on low for 4-5 hours; until the kumara is cooked through.

\*\* Garnish with coriander once cooked.

\*\* Serve with plain rice & steamed green beans.

## **MEAL 19: APRICOT CHICKEN**

### **Slow Cooker Ingredients**

4 chicken thighs, bone-in  
1 packet Onion Soup Mix  
1 can apricot halves

### **Side Ingredients**

2 cups rice  
1 broccoli

### **Cooking Notes**

1. Cook for 4-5 hours on low; until the chicken is easily coming away from the bone.

\*\* Serve with plain rice (or mashed potato) & steamed broccoli.

## **MEAL 20: CHICKEN HOT POT**

### **Slow Cooker Ingredients**

8 chicken drumsticks  
2 carrots, chopped  
2 kumara, chopped  
1 can Creamy Chicken Soup  
1 packet Chicken Noodle Soup Mix

### **Side Ingredients**

4 potatoes  
1 broccoli

### **Cooking Notes**

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

\*\* Serve with mashed potatoes & steamed broccoli.