SUNDAY DINNER

Tandoori Lamb Chops

Ingredients

8 Lamb chops (preferably with fat removed)

2 tablespoon Plain yoghurt (+ 2 tablespoon extra)

1 tablespoon Tandoori spice mix (or milk Indian spice for sensitive palates)

Fresh Coriander or coriander paste

Lemon juice

2 medium potatoes

Salad or vegetables of your choice

Instructions

1. Marinate chops in mixture of yoghurt and tandoori paste (You can cook them immediately although ideal to marinate is for a minimum of 1 hour).

2. BBQ or grill until cooked

3. Serve with mashed potato, peas and corn or salad

Dressing

Ingredients

2 tablespoon plain yoghurt

Chopped coriander

Lemon juice to taste

Combine ingredients and drizzle yoghurt dressing over chops.

MONDAY LUNCH

Lunch Box Option

Use the leftovers in the lunch box.

Lunch: Tin corn, cherry tomatoes, lamb chop

Baked: Banana cake

Fruit: Blueberries

Snack: Rice Crackers

MONDAY DINNER

Tuna Pasta Bake

Ingredients

250g dried penne pasta

1 onion finely chopped

2 tsp olive oil

1/3 cup corn flour

375 g crushed tomatoes

1 cup corn kernels

1 zucchini sliced

1 carrot sliced

1 head broccoli cut into florets

145g (1 1/2 cups) coarsely grated cheddar

425g tinned Tuna

Instructions

1. Preheat oven to 200°C

2. Cook pasta in a saucepan of boiling water following packet directions. Drain.

3. Heat the oil in a large saucepan over medium heat. Add the onion, corn, zucchini, carrot and broccoli and cook, stirring, for 5 minutes or until the vegetables soften.

4. Stir in the canned tomatoes and tuna.

5. Mix corn flour with small amount of water and add to sauce.

6. Place over medium heat and cook, stirring, for 2 minutes or until the sauce thickens.

7. Add the pasta, vegetable mixture and 1/2 cup of cheese to the sauce. Spoon pasta mixture into an ovenproof dish. Sprinkle remaining cheese over pasta.

8. Bake for 40 minutes or until golden. Serve with mixed salad leaves, if desired.

*Easy to freeze

TUESDAY LUNCH

Lunch Box Option

Lunch: Cold Tuna Pasta Salad

Baked: Hot cross bun

Fruit: Nectarin

Snack: Carrots and Snow Peas

TUESDAY DINNER

Winter Meatloaf Recipe

Ingredients

1 onion peeled and chopped

1 tablespoon olive oil

1 teaspoon crushed garlic

100 g lean bacon chopped

400g veal mince

300 g pork mince

2 tablespoons tomato sauce

1 tablespoon Worcestershire sauce

1 egg

2 cups wholemeal bread, grated

Topping

20 g parmesan cheese

½ cup extra breadcrumbs

Instructions

1. Place all ingredients into a food processor and process until mixed thoroughly.

2. Line a cake tin with baking paper

3. Press meat mix firmly into tin

4. Spread extra mix of breadcrumbs and cheese over top

5. Bake in 180*C oven for an hour until golden

6. Serve with tomato sauce (see vegetable sauce) and vegetables

Note: kids can help with the processor and pressing meat into tin loaf

*Easy to freeze

WEDNESDAY LUNCH

Lunch Box Idea

Lunch: Snow peas & cherry tomato with mini meatloaf with tomato sauce as a dipper.

Baked: Mini coconut bread

Fruit: Pear

Snack: Corn on the Cob

WEDNESDAY DINNER

Mexican Burrito Wraps

Ingredients

500 g chicken breast cut into strips

400 g can baked beans

400 g can crushed tomatoes

Taco seasoning

Shredded lettuce

Sliced tomato

Grated cheese

Salsa or tomato sauce

Burrito tortillas

Instructions

1. Brown chicken strips and add baked beans and can tomatoes. Add taco sauce to taste.

2. Place 3 table spoon mixture in centre of tortilla. Add lettuce, tomato, cheese and sauce

3. Wrap and secure with a tie

(Makes ~ 6 burritos)

Note: kids love to put their own together (use a rubber band or ribbon to hold them together for little hands

** Add spicy salsa before wrapping burrito to add a zing

Tip: Freeze individual serves of the mix for emergencies

Variation: You can use 400 g mince or chicken instead of the refried beans for an alternative

THURSDAY LUNCH

Lunch Box Idea

Lunch: Chick Wrap

Baked: Fruit Salad Muffins

Fruit: Pear

Snack: Corn on the cob & carrot stick

THURSDAY DINNER

Corned Beef

Ingredients

1 kg corned beef

2 bay leaves

½ cup malt vinegar

1 tablespoon brown sugar

1 onion, peeled

10 cloves

Instructions

1. Stud the onion with the cloves

2. Place the beef in deep pot; add onion, sugar, bay leaves and vinegar

3. Cover with water

4. Bring beef to boil and simmer for approximately 1 and ¾ hours

Slow cooker: cook for 10 hours on low or 6 hours on high.

5. Serve with corn cobs and a side salad or mixed vegetables

6. Use sauces such as tomato, horseradish for the adult or Dijon mustard

FRIDAY LUNCH

Lunch Box Idea

Lunch: Corned beef and mustard sandwich

Baked: Fruit Salad Muffins

Fruit: Banana

Snack: Half an avocado (leave the seed in and sprinkle a bit of lemon juice to ensure freshness)

FRIDAY DINNER

Family Pizza

Pizza Base

You can use either ready made pizza base or I have a very easy pizza dough recipe you can try.

Pizza Toppings

Below are three pizza topping ideas, or of course, just make your own. It can be fun for kids to build their own pizzas by providing a range of topper ingredients they can choose from.

Pizza 1 -- Hummus & Haloumi

Ingredients

4 mini pizza bases

4 tablespoons hummus

4 tablespoons pizza sauce (or tomato paste)

80g haloumi cheese cut into 12 slices

8 cherry tomatoes thinly sliced

Instructions

1. Spread a tablespoon Hummus and 1 tablespoon pizza sauce on each base

2. In a pan lightly dry fry the haloumi cheese both sides

3. Arrange slice tomatoes and haloumi cheese on pizza

4. Place under hot grill for a few minutes until base looks golden at the edge

5. Serve with salad

Pizza 2 -- Ham, Avocado & Cream Cheese

Ingredients

1 family size pizza base

Cream cheese

Avocado

Ham or pastrami

Salsa

Grated cheese

Baby spinach leaves

Instructions

1. Layer ingredients and finish with a sprinkle of tasty cheese. Return to the oven and grill until cheese is golden.

2. The beauty of these is that they can be snacked on throughout the day or eaten on the run.

Pizza 3 -- Corn, Fetta & Tuna

Ingredients

1 ready-made pizza base

1 Table spoon tomato paste mixed with 1 tablespoon cream cheese

100 g fetta cheese

Baby corn spears

100 g tinned tuna or salmon

1 avocado sliced

Cherry tomatoes, sliced in half

Instructions

1. Cover base with tomato creamed cheese mix

2. Arrange all the ingredients over the base. Cook in a moderately hot oven for 15 – 20 minutes until golden

Tip: make up a few ahead of time to freeze then you can bring them out in an emergency

Kid Friendly: kids love helping to design their own

MONDAY LUNCH (freeze Pizza from Saturday)

Lunch: Pizza

Fruit: Black grapes

Vegetables: Tin corn & carrot

Snack: Rice Crackers