



It's on the table...

Enjoy four nights of delicious, nutritionist-approved meals for two for less than \$97. Just grab your shopping list and get dinner done.

MEALS FOR
2

Monday
Prawn tortillas with lime and avocado cream

Tuesday
Barbecued kumara salad with miso-grilled lamb

Wednesday
Cold Japanese noodles with tofu, honey and peanut dressing

Thursday
Spiced barbecue chicken with cucumber pickle salad

Step 1

Check your pantry is stocked with the essentials

- apple cider vinegar
- black pepper
- chilli or chipotle sauce (optional)
- dried chillies/chilli flakes (optional)
- fresh garlic
- ground cumin
- honey
- oil (cooking, extra virgin olive, sesame, spray)
- red wine vinegar
- reduced-salt soy sauce
- smoked paprika
- sugar

Step 2

Hit the supermarket - shopping list

Canned, packaged

- small corn tortillas
- gochujang (Korean chilli paste)
- microwaveable brown rice
- mirin
- miso paste
- pumpkin seeds
- roasted peanuts
- soba noodles

Chicken, meat

- 4 small bone-in chicken thighs
- 240g lamb leg steaks or cutlets

Frozen

- 200g raw prawns

Dairy, chilled

- 300g firm Japanese tofu
- low-fat plain yoghurt

Produce

- 100g asparagus (about 7 spears), or green beans
- avocado
- 120g bag baby spinach
- 200g broccolini or head broccoli
- ½ cabbage
- 2 small carrots
- fresh chillies (optional)
- 2 limes
- orange
- prepared coleslaw mix (not dressed)
- 240g purple kumara
- rocket (optional)
- bunch spring onions
- 200g Swiss brown mushrooms
- telegraph cucumber

