



It's on the table...

MEALS FOR
2

Enjoy four nights of delicious, nutritionist-approved meals for two for less than \$83. Just grab your shopping list and get dinner done.

Monday
Fruity rice salad with
grilled mustard chicken

Tuesday
Pork skewers with
fresh pineapple and
chilli salsa

Wednesday
Cold rice noodle salad
with crunchy veges,
tempeh and honey-
peanut dressing

Thursday
Ginger chilli beef
with broccoli

Step 1

Check your pantry is stocked with the essentials

- balsamic vinegar
- brown rice
- cornflour
- honey
- mustard
- oil (olive, sesame, spray)
- peanut butter
- reduced-salt soy sauce
- rice wine vinegar
- wooden or metal skewers

Step 2

Hit the supermarket - shopping list

Canned, packaged

- dried apricots
- rice noodles
- roasted peanuts
- sultanas
- white wine or sherry
- wholemeal couscous, quinoa or brown rice

Chicken, meat

- 250g beef steak
- 300g skinless, boneless chicken thighs
- 200g pork steak

Chilled

- 150g tempeh

Produce

- broccoli
- carrot
- 2 stalks celery
- fresh coriander
- corn (fresh or frozen)
- fresh ginger
- Lebanese cucumber
- 2 oranges to squeeze
- pineapple
- 2 red capsicums
- 3 red chillies
- bag rocket
- 360g green beans
- bunch spring onions
- 2 small tomatoes

