



# FAMILY DINNER PLAN



AN ASIAN INSPIRED MEAL PLAN THIS WEEK, IN CELEBRATION OF CHINESE NEW YEAR. RECIPES ARE DESIGNED FOR A FAMILY OF 3-4, WITH SIMPLE ADDITIONS TRANSFORMING THEM FROM TODDLER SUITABLE DISHES INTO SUPER TASTY MEALS FOR ADULTS. ENJOY!

MON	TUES	WEDS	THURS	FRI
HONEY SOY SALMON NOODLES	LITTLE BUD MEAL	COCONUT CHICKEN CURRY	VEGGIE FRIED RICE	LITTLE BUD MEAL

## SHOPPING LIST

FRESH PRODUCE	DRY GOODS AISLE
1/2 butternut squash	Free range eggs
1 broccoli head	Pre-made chicken stock
1 capsicum	1 can coconut cream
1 carrot	Hokkien noodles – wok ready (450g bag)
Fresh ginger (small piece)	Honey
Fresh garlic (1 bulb)	Korma paste
1 onion	Mirin
1 bunch shallots	Olive oil
1 medium red chilli	Rice bran oil
	Small packet sesame seeds
<b>FRIDGE SECTION</b>	Soy sauce (salt reduced)
2 free range chicken breasts	Longrain white rice
2 salmon fillets (MSC certified)	
Little Bud Kids Meals (for 2-4 nights)	<b>FREEZER</b>
	Frozen peas



LITTLE BUD

# HONEY SOY SALMON NOODLES

## INGREDIENTS

2 salmon fillets, deboned, skin off, cut into bite sized pieces

450g wok ready hokkien noodles

1 broccoli head, stalk removed & chopped into small florets

2 tablespoons rice bran oil

Sauce:

4 tablespoons soy sauce (salt reduced)

2 tablespoons mirin

2 tablespoons honey

2 cloves garlic, crushed

1 teaspoon grated ginger

To serve (optional):

4 shallots, thinly sliced

1-2 teaspoons sesame seeds

## METHOD

- 1 Place all sauce ingredients into a bowl and whisk together.
- 2 Place noodles in a heatproof bowl of boiling hot water for 2 mins, then drain.
- 3 At the same time, heat oil in a large frying pan or wok on medium high. Stir fry the salmon for 2 mins.
- 3 Add the broccoli florets to the pan for 2 mins.
- 4 Add the sauce to the pan and cook for 2 mins.
- 5 Add cooked noodles to the pan, stir through.
- 6 Serve into bowls. Top with shallots and sesame seeds (optional).



## TIPS

This recipe uses mirin, which is an asian rice wine. The alcohol burns off during the cooking process, so it's fine for the whole family. You can replace it with rice vinegar if you prefer.



# COCONUT CHICKEN CURRY

## INGREDIENTS

- 2 cups diced butternut squash
- 1 onion finely diced
- 2 chicken breasts, cut into small pieces
- 3 teaspoons korma paste
- 1 tablespoon olive oil
- 1 cup coconut cream
- 1 cup chicken stock

To serve:

- 2 cups cooked white rice (\*see tips)

## METHOD

- 1 Heat oil in a deep based pan on medium high, and fry the onions for 2 mins.
- 2 Add the korma paste and chicken to the pan. Stir fry for for 2 mins.
- 3 Add all other ingredients to the pan, and bring to a simmer.
- 4 Reduce the heat slightly, cover with a lid and cook for 15 mins.
- 5 At the same time, cook 2.5 cups of rice\* as per the instructions on the pack.
- 6 Drain the rice and set aside 3 cups to cool (for tomorrow's recipe - refrigerate in an airtight container once cool).
- 7 Remove the pan lid and stir, squashing the pumpkin as you go so it blends into the sauce.
- 8 Serve the curry with the warm cooked rice.



## TIPS

\*When you make the rice, you will also be making enough rice for tomorrow's Veggie Fried Rice recipe (which uses day old rice). Cook up 2.5 cups, which should yield about 5 cups of cooked rice.

To make this dish extra tasty for adults, reserve some of the onion and chop into chunky slices, then fry in 1 teaspoon of oil with 1-2 teaspoons of curry paste. Add this to the base recipe after you've served up the kids meals.

Look for a natural stock to use in this recipe. You can also freeze any leftover stock or coconut cream.



LITTLE  
BUD

# VEGGIE FRIED RICE

## INGREDIENTS

- 1 carrot, finely diced
- 1 red capsicum, finely diced
- 2 garlic cloves, finely chopped
- 4 shallots, sliced
- 1/2 cup frozen peas
- 2 tablespoons soy sauce (salt reduced)
- 2 eggs
- 2 tablespoons olive oil
- 3 cups of cooked (1 day old) rice

Optional additions (for adults):

- 1/2 medium fresh red chilli finely diced, or a pinch of dried chilli flakes

## METHOD

- 1 Heat half of the oil in a frying pan on medium high. Add the eggs, and cook for 2 mins until scrambled. Set the eggs aside in a bowl.
- 2 Heat the remaining oil in the pan. Fry, the carrots, capsicum, and garlic for 2 mins.
- 3 Add the rice to the pan and stir fry for 2-3 mins, breaking up any lumps as you go.
- 4 Add the peas, shallots, soy sauce, and scrambled eggs and stir fry for 1 minute.
- 5 Serve.



## TIPS

This dinner is super quick and easy to whip up if you have made the rice the day before.

Once the prep is done, this meal can be easily cooked in 2 batches - one version for the kiddos and one for the grown ups. If you like a bit of spice, add some fresh chopped chilli or chilli flakes to the pan at the same time as the veggies.

