

# Weeknight Dinners Meal Plan

## Monday

### Simple Steak and Herbed Couscous - Serves 4

Combine **1 cup wholewheat couscous** with **1 & 1/4 cups boiling water**, **1/2 tsp chicken stock powder** and **1 tsp dried mixed herbs**. Set aside. Once the water has been absorbed, fluff with a fork.

Meanwhile, over high heat, add **1/2 tbsp of oil** in a non-stick pan and cook **4x 150g lean beef steaks**, turning every 20 seconds, for 3-4 minutes or until done to your liking. Once cooked, set aside and cover with foil and allow to rest.

Combine **2 cups of baby spinach**, **1 carrot roughly grated**, **1 capsicum thinly chopped**, **1 cucumber diced** and **1 tomato diced** in a bowl. Add **1/2 tbsp extra-virgin olive oil** and the **juice of 1/2 a lemon**. Toss to evenly coat the vegetables in the dressing.

Serve each plate with a large portion of salad, 1 cup of herbed couscous and a piece of steak.

## Tuesday

### Zesty Salmon with Rice and Asian Greens - Serves 4

Put **1 cup basmati rice** on to cook according to it's packet directions.

Meanwhile heat **1/2 tbsp of oil** in a frying pan over medium heat. Add **4x 120g salmon steaks** skin side down. Cook until the skin becomes crispy and golden. Turn over and cook for a further 2-3 minutes or until done to your liking. Remove from heat and set aside.

While the salmon is cooking make the dressing by combining **1 tbsp sesame oil**, **1 tbsp soy sauce**, **2 tsp minced ginger** and the **juice from 1 lime**.

Chop the ends off **2-3 baby bok choy** and roughly chop **1 large bunch of Chinese broccoli**. Place them in a heat proof bowl and cover with **boiling water**. Allow it to sit for 2 minutes and then drain.

Serve each plate with 1 cup rice, 1/2 plate of greens and 1 salmon steak. Drizzle the whole dish with the soy and lime dressing.

## Wednesday

### Rainbow Vegetable Stir Fry - Serves 4

Heat **1/2 tbsp peanut oil** in a wok over high heat. Add **600g diced chicken breast** (skinless). Cook until just golden. Remove from the wok and set aside.

Heat **1/2 tbsp peanut oil** in a wok over high heat. Add **1 finely chopped chilli**, **3 cloves of crushed garlic** and **1 red onion quartered**. Toss for 1 minute. Add **1 red capsicum**, **1 yellow capsicum** and **1 carrot**, all sliced into sticks. Toss for 2 minutes. Add **1 cup of sugar snap peas**. Toss for a further 2 minutes. Add the chicken back into the pan and toss it all together with **1 tbsp soy sauce**, **2 tbsp Chinese rice wine** and **1 tsp sesame seeds**. Serve into 4 bowls.

## Thursday

### Fresh Vegetarian Pasta - Serves 4

Cook **200g high fibre or wholemeal pasta** according to the packet directions. Drain and set aside.

Meanwhile heat **1 tbsp extra-virgin olive oil** in a frying pan over medium-low heat. Gently sauté **1 finely sliced red chilli**, **2-3 cloves of crushed garlic** and **1 small finely chopped red onion** for 2 minutes.

Add **2 punnets of ripe cherry tomatoes**. Slightly increase the heat and cook for 2-3 minutes or until the tomatoes start to soften. Season with salt and pepper.

Add **2 cups baby spinach leaves**, **80g crumbled feta cheese** and **1 diced avocado**. Stir for a further 1-2 minutes or until the spinach wilts. Turn off the heat. Add the cooked pasta to the frying pan and toss to coat. Drizzle with a **squeeze of fresh lemon juice**. Serve into 4 bowls.

## Friday

### Chicken and Roast Capsicum Salad - Serves 4

Heat a BBQ grill on high. Chargrill **4 chicken thigh fillets (skinless)** for about 3-4 minutes each side. Remove from the heat, cover with foil and set aside.

Meanwhile divide **4 cups of baby rocket** over 4 serving plates. Top each plate with **4-5 strips of roast capsicum** (from a jar, drained).

To make the yoghurt dressing combine **180g natural greek yoghurt**, the **juice of 1 lemon** and **2 tsp wholegrain mustard**.

Slice the thigh fillets and arrange on top of the rocket. Drizzle with the yogurt dressing and serve.