

# veggie smuggler's

WEEKLY

MEAL  
SAMPLE  
PLANS

6 WEEKS, 38 RECIPES

# contents

## WEEK 1

- Chicken sausage rolls
- Bean & vegie quesadillas
- Baked tuna & tomato rice
- Spaghetti Carbonara
- Hoisin hokkien noodles
- Vegie slice
- Berry & oat muffins

## WEEK 2

- Pumpkin, corn & lentil soup (with crazy croutons)
- Vegie lasagne
- Coconut poached fish & veggies
- Chicken skewers
- Chicken sausage rolls
- Cheeseburgers with onion relish
- ANZAC biscuits

## WEEK 3

- Gentle chicken curry
- Tuna, rice & zucchini puffs
- Farmer's casserole
- Vegie lasagne
- Boston baked beans
- Vegie slice
- Baked apples

## WEEK 4

- Lamb meatballs
- Filo 'kulebyaka' cigars
- Tomato & lentil pasta sauce
- Beef goulash (two ways)
- CHOOSE YOUR METHOD...
- Mini frittatas
- Pumpkin, corn & lentil soup (with crazy croutons)
- Chocolate, bran and zucchini muffins

## WEEK 5

- Savoury mince
- Macaroni cheese
- Beef goulash (two ways)
- CHOOSE YOUR METHOD...
- Chicken & cashew stir fry
- Salmon & zucchini bites
- Simple coleslaw
- Home made muesli bars

## WEEK 6

- Beef triangles
- Ravioli with orange sauce
- Chicken & chorizo rice
- Cheese Puffs
- Corn chowder
- Tomato & lentil pasta sauce
- Choc chip, almond & banana muffins

**SAMPLE**

# WELCOME TO ANOTHER VEGIE SMUGGLING ADVENTURE...

and thanks for joining me on my first foray into tablet-based digital publishing!

Over the past couple of years, I've had the pleasure of watching the Vegie Smugglers blog and product line grow – it's been a really rewarding experience. So many of you now own cookbooks and PDF books that grew out of my own needs and struggles with my children. What started as a whim has become a community where I've been delighted to discover I'm not alone!

With the global nature of the web, I realised that I needed a global product that smugglers world-wide could access. So I welcome those who are just joining Vegie Smugglers – I hope you enjoy this magical and practical place where kids love dinner and the vegies get eaten!

If you're a returning Australian smuggler, then the benefits of this product are that unlike physical books that get splattered and wear out, these pages will stay crisp and fresh for years to come. Which is lucky, since I'm sure this is about to become a 'go to' guide full of your family's favourites.

Over six weekly meal plans, I'm featuring some of the most popular recipes from my two cookbooks, along with a stack of new dinners. I've aimed to provide a variety of ingredients and cooking methods. Each week you'll find one more complicated meal, chock full of vegies and nutrition, many that can be made ahead or popped into the freezer and a few quickies for those nights when life is too frantic. I've been careful to give you a good combination of meat and vegetarian dishes too. And of course a weekly treat!

Seeing as Vegie Smugglers is a pretty relaxed place, feel free to adapt the plans to suit your family's schedule and tastebuds.

As always, I look forward to your feedback. Get in touch, via Facebook, or [www.vegiesmugglers.com.au](http://www.vegiesmugglers.com.au). Take care, Wendy.

## PLEASE NOTE

Each week I recommend you make a double batch of something, so that your freezer is fully stocked and you've got a healthy meal ready to go in future weeks. But just in case you're not following the plans chronologically, I've repeated the recipe in both places, and ingredients appear in the shopping list for both weeks. Keep this in mind when you're doing your groceries.

## BORING BUT IMPORTANT – MEASURES & COOKING DETAILS

1 teaspoon = 5ml.

1 tablespoon = 15ml (3 teaspoons).

1 cup = 250ml.

All cup and spoon measurements are level.

Eggs have an average weight of 60g.

Vegetables are medium-sized unless stated.

Vegetables and herbs are fresh, unless stated.

Oven temperatures are for fan-forced ovens. Increase temperatures by 10C for conventional ovens.

Microwave temperatures are based on 800 watts.

SERVING SIZES are a guide only. They are estimates for an average adult and five-year-old child with a moderate appetite. Please adjust to suit your family's needs.

# STOCK THE PANTRY

*Keeping the cupboards full of basics will minimise your weekly shop.  
Here's a list of what to keep...*

## **Oils**

- canola oil
- grapeseed oil
- olive oil
- peanut oil
- spray oil

## **In the fridge**

- butter
- cheese
- milk
- eggs

## **Spices**

- Chinese five spice
- coriander powder
- cumin
- curry powder
- garlic
- ginger
- Italian herbs
- Moroccan spice mix
- smoked paprika
- sumac
- sweet paprika

## **Baking**

- baking powder
- bicarb soda
- breadcrumbs
- cocoa
- corn flour
- dessicated coconut
- plain flour
- rolled oats
- self-raising flour
- sugar (brown & white)
- treacle (or golden syrup)
- vanilla essence

## **Sauces & stocks**

- balsamic vinegar
- beef stock
- BBQ sauce
- chicken stock
- fish sauce
- hoisin sauce
- shaoxing wine (Chinese rice wine)
- soy sauce
- sweet chilli sauce
- tomato sauce
- Worcester sauce

**SAMPLE**

FREEZE



# WEEK 1

SAMPLE



# WEEK 1

## THIS WEEK WE'RE HAVING...

CHICKEN SAUSAGE ROLLS / BEAN & VEGIE QUESADILLAS / BAKED TUNA & TOMATO RICE / SPAGHETTI CARBONARA / HOISIN HOKKIEN NOODLES / VEGIE SLICE / BERRY & OAT MUFFINS

**SA  
MPLE**

### SUNDAY - STOCK THE FREEZER

Ease the family into the Vegie Smugglers frame of mind with this kid-friendly Chicken sausage rolls. Never in their wildest dreams will they realise they're eating lentils! The recipe makes 10 sticks, which should leave enough in the freezer for a week 2 dinner as well.

### MONDAY - VEGETARIAN

Eating vegetarian just once a week will make a huge difference to the environment. Enjoy a meat-free Monday this week with Bean & vegie quesadillas.

### TUESDAY - MAKE AHEAD

This Baked tuna & tomato rice is a fab combination of easy to make and popular with the kids. Portion and place leftovers in the fridge quickly and you'll have lunches for mum & dad to take to work, too.

### WEDNESDAY - DAIRY FREE

Pasta fiends will love this Spaghetti Carbonara. Delicious and creamy but dairy free! It's a winner.

### THURSDAY - A BIT OF BEEF

Meat up with this Hoisin hokkien noodles. If little kids struggle with long noodles, attack the dish with kitchen scissors to make scooping easier.

### FRIDAY - CRISPER RESCUE

Any leftover, soggy crisper contents are magically transformed in this Vegie slice.

### LUNCHBOX YUMMIES

You might want to make a double batch of these Berry & oat muffins. They'll be so popular, the first tray will have disappeared before you know it. Any leftovers will freeze well.

FREEZE

SAMPLE

# CHICKEN SAUSAGE ROLLS



5 sheets frozen puff pastry  
500g chicken mince  
1 carrot, peeled, grated  
1 zucchini, grated  
1 onion, grated (or you can whizz these 3 ingredients to save time, but avoid pulping out all the texture)  
3 medium mushrooms, finely diced  
125g can brown lentils, rinsed, drained  
1 egg  
2 tbsp chopped fresh herbs (basil and chives are good)  
Salt & black pepper  
1 egg, whisked, for glazing

**Method** Preheat oven to 200C. Lay out your pastry sheets on a bench. Cut each in half to make 2 rectangles.

Mix together all the remaining ingredients until combined.

Spread the mixture lengthwise along the middle of the rectangles. Ease pastry over from one edge, brush egg along top side then roll other edge over to seal.

If cooking immediately, cut each stick into 4 pieces, place on an oven tray lined with baking paper, brush with egg and cook in middle of the oven for 25 minutes until golden and cooked through.

MAKES 10 STICKS (40 PIECES)

## FREEZING & DEFROSTING INSTRUCTIONS

Prepare these quickly. Wrap uncooked sticks of sausage rolls in plastic wrap. Freeze immediately on oven trays to maintain their shape before transferring to plastic bags for an extra layer of protection. Defrost in the fridge (still wrapped in plastic) for 24 hours before cooking. Ensure they are completely thawed before cooking. Cut into four, brush with egg and cook for 25 minutes until steaming hot in the centre.



# SAMPLE

MAKE AHEAD

LEFTOVERS

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# BAKED TUNA & TOMATO RICE



Butter, for greasing  
4 cups chicken stock  
1½ cups arborio rice  
2 tbsp olive oil  
1 onion, diced  
2 cloves garlic, crushed  
1 finger eggplant, very finely diced  
1 medium zucchini, grated  
500ml passata (bottled tomato puree found in the supermarket near the Italian pasta sauces)  
½ cup boiling water  
150g cheddar cheese, grated  
125g can corn kernels, drained  
185g can tuna in oil, drained  
Handful of basil leaves, torn  
Black pepper  
Parsley sprigs, to serve

**Method** Preheat oven to 180C. Grease a lasagne or casserole dish.

In a saucepan over medium-high heat, bring the stock to the boil, then add the rice and simmer for 10 minutes, stirring a couple of times until par-boiled. Drain.

Heat the olive oil in a large frying pan over medium heat. Add the onion and cook for 2 minutes. Add the garlic and eggplant and cook for 3 minutes, stirring regularly to avoid sticking.

Add the drained rice and zucchini and cook for a minute or so, stirring. Add the passata and water. Stir until well combined. Add the cheese, corn, tuna and basil and mix thoroughly. Season to taste and remove from heat.

Spoon into lasagne dish and bake in the middle of the oven for 20 minutes until the top is golden. Top with parsley sprigs and serve with green salad.

SERVES 2 ADULTS & 3 KIDS

**BE CAREFUL WITH RICE** It can cause food poisoning. Make sure you cool this dish quickly (transfer it into small bowls or airtight containers) and store in the fridge. The next day, microwave it until steaming hot.

LEFTOVERS

PREP AHEAD

SAMPLE

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# SPAGHETTI CARBONARA



3 eggs  
¾ cup grated parmesan cheese  
400g spaghetti  
2 tbsp olive oil  
250g bacon, rind removed, large areas of fat removed, diced  
2-3 cloves garlic, minced  
6 spring onions, sliced  
2 zucchinis – use a peeler to slice into thin pieces, then cut vertically so that you have long spaghetti-like strands (whether you leave the skin in or discard it is up to you and what you need to do to get your kids to eat it).

**Method** Whisk the eggs in a small jug, mix through the cheese. Set aside.

Now do two things at once...

1. Bring a large saucepan of water to the boil and cook spaghetti according to packet directions. Drain, drizzle over half the olive oil and mix through (tongs makes this easier).
2. Heat the rest of the oil in a frying pan, add the bacon and cook for a couple of minutes. Then add the spring onions, garlic and zucchini and stir until the zucchini starts to wilt (about 2 minutes).

Return the drained pasta to the saucepan, pour over the vegies and use the tongs to mix a bit, then pour over the egg & cheese mixture. Combine quickly, season and serve, topped with optional parsley, pepper and extra parmesan.

SERVES 2 ADULTS & 2 KIDS

SPAGHETTI



LEFTOVERS

LUNCHBOXES

MAKE AHEAD

**THE NEXT DAY**  
Serve cold strips of this wrapped in flatbread. Add any leftover meat and extra salad ingredients. Secure the rolled-up wrap with foil.

## vegie slice

Canola oil cooking spray  
250g bacon, diced  
1½ cups diced mushrooms  
4 spring onions, finely sliced  
1 garlic clove, crushed  
1 zucchini, chopped into chunks  
1 carrot, peeled, chopped into chunks  
½ cup deseeded, chopped red capsicum  
Handful of green beans, sliced finely  
½ cup self-raising flour  
4 eggs, lightly whisked  
1 cup grated cheese  
Salt & black pepper

**Method** Preheat oven to 180C. Spray a lamington tray with cooking spray and line with baking paper.

Heat a small non-stick frying pan over medium heat. Add the bacon and mushrooms and cook for 2-3 minutes until partly cooked. Add the spring onion and garlic and cook, stirring, for another minute. Don't overcook the bacon (it bakes later). Place mixture in a large mixing bowl.

Use a stick blender to blitz the zucchini, carrot, capsicum

and beans. As always, don't blitz to a pulp. If you prefer, chop or grate to have control over the texture. Add to the bacon mixture.

Sift the flour over the top and mix through. Add the eggs and cheese and combine. Season. Pour mixture into the prepared pan and bake for 25-30 minutes until set and golden.

Cut into squares. This is delicious with salad and crusty bread.

SERVES 2 ADULTS & 2 KIDS



# SAMPLE

## BERRY & oat mUFFins



1½ cups self-raising flour  
1 cup traditional oats  
½ cup firmly packed brown sugar  
75g butter, melted  
1 egg  
1 cup milk (or buttermilk if you have some)  
1¼ cup frozen mixed berries

**Method** Preheat the oven to 180C. Prepare your muffin trays (I use silicone, so just give them a super light spray of canola oil). Sift the flour into a mixing bowl. Stir through the oats and sugar. Mix in the butter. Whisk the egg and combine with the milk, then pour through the dry ingredients. Stir through the berries. Divide evenly between your muffin holes and bake for 30-35 minutes, until springy.

MAKES 12

# WEEK 1 SHOPPING LIST

## Meat

- 250g bacon x2
- 500g chicken mince
- 400-500g stir-fry beef strips

## Fruit & veg

- avocado
- beans (green)
- capsicum x2
- carrot x4
- celery
- eggplant (finger)
- herbs (basil/chives/coriander)
- mushrooms x3
- onion x4
- spring onions
- tomatoes
- zucchini x5

## Canned goods

- 125g brown lentils
- 400g kidney beans
- 400g baby corn spears
- 125g corn kernels
- 185g tuna in oil

## General groceries

- arborio rice
- 450g packet thin hokkien noodles
- passata
- spaghetti
- tortillas

## Dairy

- parmesan cheese (good stuff, not powdered)
- mixed berries (fresh or frozen)
- puff pastry

## Frozen

## I'M ASSUMING YOU HAVE

olive oil  
peanut oil

- butter

cheese

milk

eggs

- Chinese five spice

garlic

ginger

cumin

- self-raising flour

corn flour

sugar (white & brown)

rolled oats

- BBQ sauce

hoisin sauce

soy sauce

shaoxing wine

(Chinese rice wine)

chicken stock