

VEGETARIAN WEEKLY DINNER PLAN



MOROCCAN-SPICED HALOUMI TRAY BAKE

A tantalising combo of golden haloumi and warmly spiced sauce come together in this easy to make tray bake.

MONDAY



SLAW BOWL WITH HUMMUS DRESSING

Crunchy, delicious and nutritious!

TUESDAY



SWEET POTATO AND LENTIL SOUP

The perfect mid-week comfort food. This tasty soup is a nourishing mix of protein packed lentils, hearty vegetables and a touch of spice.

WEDNESDAY



MUSHROOM AND EDAMAME RICE

The unexpected pairing of zesty lemon and fresh thyme with soy sauce make this flavour-packed fusion dish shine.

THURSDAY



BEAN BURRITOS

These vegie-filled burritos are a winner for fakeaway Friday.

FRIDAY



SPANAKOPITA-STYLE SPINACH PIE

Flaky pastry with a vibrant and creamy filling. Yum!

SATURDAY



CREAMY CASHEW TOMATO PASTA

End your week with this easy and creamy pasta that's packed with goodness.

SUNDAY

MOROCCAN-SPICED HALOUMI TRAY BAKE

MONDAY



Prep time: 15 minutes

Cook time: 40 minutes

Ingredients

	Serves 2	Serves 4	Serves 6
Onion, diced	½	1	1 ½
Eggplant, diced into 2cm pieces <i>or use pumpkin or cauliflower.</i>	½	1	1 ½
Capsicum, chopped <i>or swap for zucchini or carrot.</i>	½	1	1 ½
Garlic, finely chopped	1 ½ cloves	3 cloves	4 cloves
Smoked paprika	1 tsp	2 tsp	3 tsp
Ground cumin	1 tsp	2 tsp	3 tsp
Ground coriander	1 tsp	2 tsp	3 tsp
Ground cinnamon, optional	¼ tsp	½ tsp	¾ tsp
Olive or canola oil	2 tsp	1 tbs	1 ½ tbs
No-added-salt canned chickpeas, drained and rinsed	½ x 400 g can	1 x 400 g can	1 ½ x 400 g cans
Salt-reduced haloumi, sliced	90 g	180 g	270 g
Passata (tomato puree) <i>or swap for diced tinned tomatoes.</i>	400 g bottle	700 g bottle	700 g + 400 g bottles
Couscous	½ cup	1 cup	1 ½ cups

Method

1. Pre-heat oven to 220°C (200°C fan forced).
2. Dice onion and eggplant, chop capsicum and finely chop garlic.
3. Mix spices together in a small dish.
4. Place vegetables in a deep baking tray (*use a half-size pan if making 2 servings*), drizzle with oil, sprinkle with half the spice mix and toss to coat.
5. Bake for 20-25 minutes high up in the oven, where it's hottest.
6. While the vegetables are baking, drain and rinse chickpeas and slice haloumi.
7. Remove tray from the oven, add passata, remaining spice mix and chickpeas. Mix well. Top with haloumi slices.
8. Bake for another 20-25 minutes, until passata has thickened and vegies are soft. If desired, switch the fan to "grill" for the last 5 minutes to get a nice golden colour on the haloumi.
9. Prepare couscous according to packet instructions.
10. Serve the bake with couscous.

SLAW BOWL WITH HUMMUS DRESSING

TUESDAY



Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

	Serves 2	Serves 4	Serves 6
Brown rice (uncooked) or swap for microwave sachets of your favourite grain.	¼ cup	½ cup	¾ cup
Cherry tomatoes, halved or swap for regular tomatoes.	250 g	500 g	750 g
Lebanese cucumber, chopped	1	2	3
Avocado, sliced	½	1	1 ½
Hummus	100 g	200 g	300 g
Lemon, juiced	½	1	1 ½
Tap water	2 tbs	⅓ cup	½ cup
Pre-packed slaw mix (just the vegies) or use finely sliced green and/or red cabbage.	225 g	450 g	675 g
Unsalted dry roasted nuts or seeds	¼ cup	½ cup	¾ cup

Method

1. Prepare rice according to package instructions.
2. While the rice is cooking, chop tomatoes and cucumber and slice avocado.
3. Mix the dressing by combining hummus, lemon juice and water in a cup or small bowl.
4. Divide rice between serving bowls and arrange salad ingredients.
5. Drizzle over the dressing, top with the nuts or seeds and serve immediately.

SWEET POTATO AND LENTIL SOUP

WEDNESDAY



Prep time: 15 minutes

Cook time: 25 minutes

Ingredients

	Serves 2	Serves 4	Serves 6
Onion, diced	⅓	1 ⅓	2
Carrot, diced	1	2	3
Zucchini, diced	⅓	⅔	1
Celery, chopped	1 stalk	2 stalks	3 stalks
Garlic, finely chopped	1 clove	2 cloves	3 cloves
Sweet potato, peeled and diced <i>or swap for pumpkin.</i>	⅓	⅔	1
Olive or canola oil	1 tsp	2 tsp	3 tsp
No-added-salt canned brown lentils, drained and rinsed	400 g can	2 x 400 g cans	3 x 400 g cans
Ground cumin	2 tsp	3 tsp	1 tbs
Reduced-salt vegetable stock	1 tsp	2 tsp	3 tsp
Water	½ L	1 L	1 ½ L
Coriander leaves, optional	1 tbs	2 tbs	3 tbs
Wholemeal or multigrain bread	4 slices	8 slices	12 slices

Method

1. Dice onion, carrot and zucchini, chop celery and finely chop garlic.
2. Peel sweet potato and dice.
3. Add oil to a saucepan or pot (*use a large pot if preparing 6 servings*) and place on medium to high heat.
4. Add onion, carrot and celery. Cook for 5 minutes, stirring often, until vegetables have softened.
5. While the vegetables are cooking, drain and rinse lentils.
6. Add garlic and cumin to the pan. Cook for 1 minute until fragrant.
7. Add zucchini, sweet potato, lentils, stock powder and water; stir until well combined.
8. Bring to the boil and simmer, partially covered, for 15 minutes until vegetables are tender.
9. Ladle soup into bowls and sprinkle with coriander, if using.
10. Serve with fresh or toasted bread.

MUSHROOM AND EDAMAME RICE

THURSDAY



Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

	Serves 2	Serves 4	Serves 6
Brown rice (uncooked) or swap for microwave sachets of your favourite grain.	¾ cup	1 ½ cups	2 cups
Onion, diced	1	2	3
Kale, roughly chopped	2 cups	4 cups	6 cups
Button mushrooms, quartered	300 g	600 g	900 g
Garlic, finely chopped	3 cloves	6 cloves	9 cloves
Fresh thyme, finely chopped	1 tbs	2 tbs	3 tbs
Olive or canola oil	1 tsp	2 tsp	3 tsp
Frozen, shelled edamame beans	1 ½ cups	2 ¾ cups	4 cups
Pepper, to taste			
Salt-reduced soy sauce	2 tbs	4 tbs	6 tbs
Lemon juice	¼ cup	½ cup	¾ cup
Parmesan cheese, shredded	2 tbs	⅓ cup	½ cup

Method

1. Cook rice according to package instructions.
2. While the rice is cooking, dice onion and chop kale and mushrooms. Finely chop garlic and thyme.
3. Heat oil over medium heat in a large pan. Add onion and saute until translucent.
4. Add garlic, mushrooms and kale and stir-fry until mushroom is cooked through.
5. Add cooked rice, edamame, thyme and pepper. Cook until heated through, around 5 minutes.
6. Add soy sauce and lemon juice and stir through.
7. Remove from heat, divide between serving bowls and top with parmesan.

BEAN BURRITOS

FRIDAY



Prep time: 15 minutes

Cook time: 20 minutes

Ingredients

	Serves 2	Serves 4	Serves 6
Onion, finely chopped	1/3	2/3	1
Zucchini, grated	1/3	2/3	1
Carrot, grated	2/3	1 1/3	2
Olive or canola oil	1 tsp	2 tsp	3 tsp
No-added-salt canned red kidney beans, drained and rinsed	400 g can	1 1/2 x 400 g cans	2 x 400 g cans
No-added-salt canned brown lentils, drained and rinsed	1/2 x 400 g can	1 x 400 g can	1 x 400 g can
Ground cumin	1/3 tsp	2/3 tsp	1 tsp
Ground coriander	1/3 tsp	2/3 tsp	1 tsp
Smoked paprika	2 tsp	3 tsp	1 tbs
Frozen corn kernels	1/3 cup	2/3 cup	1 cup
No-added-salt canned diced tomatoes	1/2 x 400 g can	1 x 400 g can	1 x 400 g can
Tomato, diced	1	2	2
Lettuce, shredded	4 leaves	8 leaves	12 leaves
Tortillas	2	4	6

Method

1. Finely chop onion and grate zucchini and carrot.
2. Spray a non-stick saucepan (use a large pan if preparing 6 servings) with oil and place on medium to high heat.
3. Cook onion for 3 minutes, stirring occasionally.
4. While onion is cooking, drain and rinse kidney beans and lentils.
5. Add spices to the pan and cook for 1 minute until fragrant.
6. Add zucchini, carrot, corn kernels, canned tomatoes, lentils and beans.
7. Simmer uncovered for at least 15 minutes, stirring occasionally, until thickened.
8. While the vegetables are cooking, dice tomato and shred lettuce.
9. If desired, heat tortillas in the microwave for 1 minute, or according to packet instructions.
10. To serve, top each tortilla with bean mix, tomato and lettuce then roll up to enclose filling.

SPANAKOPITA-STYLE SPINACH PIE

SATURDAY



Prep time: 35 minutes

Cook time: 40 minutes + 10 minutes resting time

Ingredients

	Serves 2	Serves 4	Serves 6
Frozen spinach	500 g	1 kg	1 ½ kg
Onion, finely chopped	1	2	3
Garlic, finely chopped	2 cloves	4 cloves	6 cloves
Lemon, zest and juice	½	1	1 ½
Olive or canola oil spray			
Reduced-fat smooth ricotta cheese	200 g (¾ cup)	400 g (1 ½ cups)	600 g (2 ¼ cups)
Reduced-fat feta cheese	40 g (¼ cup)	80 g (½ cup)	120 g (¾ cup)
Eggs	2	4	6
Pepper, to taste			
Filo pastry	4 sheets	8 sheets	8 sheets
Sesame seeds	2 tsp	1 tbs	1 ½ tbs

Method

- Preheat oven to 200°C (180°C fan forced)
- Defrost the spinach in the microwave in two batches. Place half the spinach in a large microwave safe bowl, cover and cook on HIGH for 4 min until defrosted. Repeat with the second batch. Squeeze excess moisture by pressing spinach in a sieve or colander, or wrapping in a clean tea towel and wringing out.
- While spinach is defrosting, finely chop onion and garlic and zest and juice lemon.
- Place a small non-stick pan on medium-high heat and spray with oil. Cook onion for 5 minutes, stirring occasionally, then add garlic and cook for a further minute. Allow to cool a little.
- Combine the onion and garlic mixture with the spinach, ricotta, feta, lemon zest and eggs. Season with pepper and mix well.
- Place a filo sheet on a flat surface and spray with oil; layer three more filo sheets on top of each other, spraying lightly with oil between layers. **If preparing 2 servings, slice the filo stack in half to get two smaller stacks.**
- If preparing 4 or 6 servings, make a second pastry stack using the remaining filo sheets (use a light spray of oil between each layer).
- Lightly spray a deep baking pan (**use a half-size pan or loaf tin if preparing 2 servings**) with oil. Transfer 1 pastry stack into the baking pan, allowing it to hang over edges. Depending on the size of your pan, you may have to fold the filo in half so that it fits.
- Spoon spinach mixture evenly onto filo and smooth over the top with a butter knife.
- Place the second pastry stack on top of the spinach filling. Again, depending on the size of your pan, you may have to fold the filo in half so it fits. Fold over the edges of excess pastry together neatly.
- Lightly spray the top with oil and sprinkle over sesame seeds.
- Bake for 30 - 40 minutes until golden and crispy. If the top is browning too quickly, cover over with foil while cooking.
- Allow to stand for 10 minutes before cutting. Serve warm or cold.

CREAMY CASHEW TOMATO PASTA

SUNDAY



Prep time: 12 minutes

Cook time: 15 minutes

Ingredients

	Serves 2	Serves 4	Serves 6
Unsalted cashews	⅓ cup	¾ cup	1 ½ cups
Spaghetti or other pasta	125 g	250 g	375 g
No-added-salt canned diced tomatoes	400 g can	2 x 400 g cans	3 x 400 g cans
Capers	1 tbs	2 tbs	3 tbs
Fresh basil leaves	½ cup	1 cup	1 ½ cups
Sugar	1 tsp	2 tsp	3 tsp
Pepper, to taste			
Baby spinach leaves	1 ½ cups	3 cups	4 ½ cups
Parmesan cheese, shredded	¼ cup	½ cup	¾ cup

Method

1. Fill a medium saucepan halfway with water. Cover and bring to the boil over high heat.
2. Add cashews to a large mixing bowl and pour over boiling water to cover. Leave for 5 minutes.
3. Cook pasta according to package instructions.
4. While pasta is cooking, drain cashews and add canned tomatoes, capers, basil, sugar and pepper. Blend until smooth.
5. Drain pasta, return to the pot and add spinach leaves and blended cashew and tomato mixture. Cook over medium heat until hot.
6. Divide between bowls and top with parmesan.

SHOPPING LIST



Fresh fruit and Veg	Serves 2	Serves 4	Serves 6
Onion	3 ½	7	10 ½
Garlic	7 ½ cloves	15 cloves	22 cloves
Carrot	1 ⅔	3 ⅓	5
Sweet potato	⅓	⅔	1
Kale	2 cups	4 cups	6 cups
Eggplant	½	1	1 ½
Zucchini	⅔	1 ⅓	2
Button mushrooms	300 g	600 g	900 g
Celery	1 stalk	2 stalks	3 stalks
Capsicum	½	1	1 ½
Lebanese cucumber	1	2	3
Avocado	½	1	1 ½
Tomato	1	2	2
Cherry tomatoes	250 g	500 g	750 g
Lemon	2	4	6
Baby spinach leaves	1 ½ cups	3 cups	4 ½ cups
Pre-packed slaw mix (just the vegies)	225 g	450 g	675 g
Lettuce	4 leaves	8 leaves	12 leaves
Fresh thyme	1 tbs	2 tbs	3 tbs
Fresh basil leaves	½ cup	1 cup	1 ½ cups
Coriander leaves, optional	1 tbs	2 tbs	3 tbs

Bakery	Serves 2	Serves 4	Serves 6
Wholemeal or multigrain bread	4 slices	8 slices	12 slices
Tortillas	2	4	6

Dairy, eggs and dips	Serves 2	Serves 4	Serves 6
Salt-reduced haloumi	90 g	180 g	270 g
Parmesan cheese, shredded	50 g	105 g	155 g
Reduced-fat smooth ricotta cheese	200 g	400 g	600 g
Reduced-fat feta cheese	40 g	80 g	120 g
Eggs	2	4	6
Hummus	100 g	200 g	300 g

SHOPPING LIST



Pantry	Serves 2	Serves 4	Serves 6
Unsalted cashews	1/3 cup	3/4 cup	1 1/2 cups
Unsalted dry roasted nuts or seeds	1/4 cup	1/2 cup	3/4 cup
Sesame seeds	2 tsp	1 tbs	1 1/2 tbs
Capers	1 tbs	2 tbs	3 tbs
Brown rice	1 cup	2 cups	3 cups
Couscous	1/2 cup	1 cup	1 1/2 cups
Spaghetti or other pasta	125 g	250 g	375 g
No-added-salt canned diced tomatoes	1 1/2 x 400 g cans	3 x 400 g cans	4 x 400 g cans
Passata (tomato puree)	400 g bottle	700 g bottle	700 g + 400 g bottles
No-added-salt canned chickpeas	1/2 x 400 g can	400 g can	1 1/2 x 400 g cans
No-added-salt canned red kidney beans	400 g can	1 1/2 x 400 g cans	2 x 400 g cans
No-added-salt canned brown lentils	1 1/2 x 400 g cans	3 x 400 g cans	4 x 400 g cans

Spices and sauces	Serves 2	Serves 4	Serves 6
Olive or canola oil spray			
Olive or canola oil	5 tsp	2 1/2 tbs	4 tbs
Reduced-salt vegetable stock	1 tsp	2 tsp	3 tsp
Salt-reduced soy sauce	40 mL	80 mL	120 mL
Sugar	1 tsp	2 tsp	3 tsp
Pepper			
Ground cumin	3 1/3 tsp	5 2/3 tsp	2 tbs
Ground cinnamon, optional	1/4 tsp	1/2 tsp	3/4 tsp
Smoked paprika	3 tsp	5 tsp	2 tbs
Ground coriander	1 1/3 tsp	2 2/3 tsp	4 tsp

Frozen	Serves 2	Serves 4	Serves 6
Frozen corn kernels	1/3 cup	2/3 cup	1 cup
Frozen spinach	500 g	1 kg	1 1/2 kg
Frozen, shelled edamame beans	1 1/3 cups	2 2/3 cups	4 cups
Filo pastry	4 sheets	8 sheets	8 sheets