

HOW TO MAKE 5 FREEZER FRIENDLY MEALS IN 45 MINUTES



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Make Ahead Instructions

Each recipe serves 4

Poach chicken (for Bread Bake and Mexican Fried Rice) (5 min active)

1. Bring a large pot of salted water to boil. Add the chicken, bring back to boil. Remove from heat, then put the lid on and set aside for 15 to 20 minutes to allow the chicken to cook.
2. Remove chicken and allow to cool slightly, then shred with two forks, or roughly chop. Set aside.

Marinate the Lamb (5 min)

1. Prepare the Dressing in the Greek Lamb and Salad recipe. Combine the lamb and 1/4 cup of the Dressing in a ziplock bag and attach a label, then place in freezer. Place the remaining dressing in a jar and put in fridge until required.

Marinate the Salmon (or other fish) (5 min)

1. Prepare the Marinade as per the Japanese Marinated Salmon recipe. Combine with Salmon in a ziplock bag, attach a label, then place in freezer.
2. If you are eating this within 3 to 4 days, you can also prepare the cabbage. Shred the cabbage and place in a plastic bag. Remove as much air as possible, tie the bag then place in the fridge.

Prepare the Slow Cooker Chicken Enchilada Soup (10 min)

1. Follow the instructions in the recipe to prepare the freezer friendly make-ahead bag (see note 3 in the recipe).

Prepare Mexican Fried Rice (10 min)

1. Follow the Mexican Fried Rice instructions to prepare the ingredients ahead. Use the chicken you poached. Seal the ziplock bag, attach a label, then place in freezer.
2. You will need leftover rice to make this recipe. So I have scheduled it for the day after the Salmon which is served with plain rice. But if you are worried you will forget, then cook up some rice and pop it in the freezer. Keep it separate from the other Mexican Fried Rice ingredients.

Assemble the Chicken and Spinach Bread Bake (Strata) (10 min)

1. Follow the instructions in the Chicken and Spinach Bread Bake (Strata) to assemble the strata using half the chicken made in the step above.
2. Once assembled, seal tightly, attach label then place in freezer if you aren't cooking it in the next 2 days. If you are planning to cook it in the next 2 days, just keep it in the fridge (freezer space is valuable real estate!).

CHICKEN AND SPINACH BREAD
BAKE (STRATA)



MONDAY

JAPANESE MARINATED SALMON



TUESDAY

MEXICAN FRIED RICE



WEDNESDAY

SLOW COOKER SHREDDED CHICKEN
ENCHILADA SOUP



THURSDAY

GREEK GRILLED LAMB DINNER



FRIDAY



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SHOPPING LIST

Each recipe serves 4

Things you probably have

- Olive oil ¾ cup
- Vegetable or peanut oil 1 tbsp + 1 tbsp
- Chili powder ½ tsp + 1/4 tsp
- Dried oregano 1 tbsp + 2 tsp
- Cumin 1 tbsp + ½ tsp
- Brown sugar 2 tbsp
- Paprika 1/2 tsp
- Honey 2 tsp
- Mirin 3 tbsp
- Soy sauce 2 tbsp
- Sake or dry sherry 2 tbsp

Fresh Produce

- 2 Brown onion
- 2 Red capsicum / bell pepper
- 2 large cucumbers
- 4 medium tomatoes
- 1 red onion (spanish onion)
- 1/4 white or green cabbage
- 1 large or 2 small lemons
- 1 bunch parsley
- 1 bunch mint leaves
- Avocado (optional*)
- 1 bunch coriander/cilantro (optional*)

Everything Else

- 50g/2oz packet corm chips (optional)

* Optional toppings for the Slow Cooker Shredded Chicken Enchilada Soup

** To serve with Greek Lamb

Canned Goods

- 2 x 400g/15oz black beans (or red kidney beans)
- 2 x 400g/15oz corn kernels
- 28oz / 800g crushed tomatoes
- ¼ cup tomato paste
- Enchilada sauce (6 tbsp)

Frozen Goods

- 250g / 8oz frozen chopped spinach

Meat & Seafood

- 1.25 kg / 2.5 lb chicken thighs
- 600g / 20oz lamb steaks
- 4 salmon or firm white fish fillets (150g / 5oz each)

Breads and Rice

- 1 french stick or ½ block sandwich bread (white)
- 8 slices sourdough bread or other bread **
- 3 cups rice (medium grain)

Dairy & Deli

- 6 eggs
- 1 1/4 cups milk
- 1/4 cup grated parmesan
- 1/4 cup crumbled feta cheese
- Grated tasty (or any other melting) cheese (1cup + topping (optional*))
- 16 olives (black or green)
- Sour cream (optional*)