

**EVERYDAY
VALUE**

New World Everyday Value

Vegetarian

..... *meal plan*



Vegetarian Meal Plan



Monday

Tuesday

Wednesday

Thursday

Friday

Eggplant tikka masala



Serves 4
Prep time: 10 mins
Cooking time: 30 mins

This is a hearty and delicious little vegetarian number for all the curry lovers. Best of all, you can whip it up in under 30 minutes. ‘Curry in a hurry’, if you like.

Spicy corn fritter stack



Serves 2
Prep time: 15 minutes
Cooking time: 10 minutes

Corn fritters are a household staple, and this vegetarian recipe packs a little spicy kick! Layered with sweet relish and zesty smashed avocado, this recipe is perfect for two and can easily be doubled for the entire family.

5 Ingredient tomato curry



Serves 4-6
Prep time: 15 mins
Cooking time: 30 mins

This quick and easy tomato curry is not only delicious, but can lend itself to many dietary requirements! Ready in under 30 minutes, this will be your new weeknight go-to.

6 Ingredient pumpkin alfredo



Serves 3-4
Prep time: 30 mins
Cooking time: 35 mins

This quick and simple pasta dish is utterly delicious, with pumpkin acting as a base for this creamy, luxurious sauce! Kids and adults alike will love this recipe, ready in under an hour.

Sri Lankan dahl



Serves 6
Prep time: 20 mins
Cooking time: 20 mins

A mild and nutritious lentil curry, loaded with aromatic herbs and spices. It’s easy to make, and can easily be refrigerated or frozen for another meal.



Ingredients

4 Tbsp vegetable oil

2-3 eggplants (roughly 800g), cut into 3-4cm cubes

1 large onion, thinly sliced

2 large cloves garlic, minced

4 Tbsp tikka masala paste

1 ½ cups tomato passata

400ml tin coconut cream

To serve

Cooked jasmine rice, poppadoms

Eggplant tikka masala

Monday

Serves 4 | Prep time: 10 mins | Cooking time: 30 mins

Method

1. Heat the oil in a large saucepan on a medium heat, add the eggplant cubes and cook until golden brown and starting to soften. Remove with a slotted spoon and set aside.
2. Reduce the heat to low and cook the onion and garlic until soft and translucent.
3. Increase the heat slightly and return the eggplant to the pan, adding the tikka masala paste. Stir until everything is coated in the paste and cook for 1-2 minutes, stirring frequently so it doesn't catch and burn.
4. Add the passata and coconut cream, stir well and simmer for a further 5-10 minutes or until the eggplant is tender and the sauce has reduced slightly.
5. To Serve: Serve over fluffy jasmine rice, crunch over a few poppadoms for a bit of texture and garnish with coriander.

Look out for

Pams Coconut Cream

Everyday Value Items

Monday



Ingredients

1 can creamed corn (410g)

1 large egg

½ tsp paprika

¼ tsp chilli flakes

¾ cup Pams Self Raising Flour

50g butter

1 avocado

Juice of ½ lemon

¼ cup sweet chilli or tomato relish

150g sour cream

½ cup fresh coriander or parsley

Spicy corn fritter stack

Tuesday

Serves 6 | Prep time: 20 mins | Cooking time: 20 mins

Method

1. In a bowl, combine the creamed corn, egg, paprika and chilli flakes and mix well. Add the self raising flour, and mix until just combined; ensuring not to over mix.
2. Bring a non stick frying pan to a medium high heat. Add butter to grease the pan, then spoon mounds of mixture into the pan. Cook for 2-3 minutes or until golden brown, then flip and cook for a further 2-3 minutes or until cooked through. Set aside and repeat until all the mixture has been cooked.
3. In a small bowl, lightly mash the avocado with lemon juice, salt and pepper.
4. To assemble the stack, layer the fritters with avocado and relish. Top with a spoonful or sour cream, fresh herbs and a pinch of chilli flakes, then serve immediately.

Look out for

Value Creamed Sweetcorn

Everyday Value Items

Tuesday



Ingredients

1 onion, finely diced

½ cup Tandoori or Korma curry paste

600g total of protein (diced firm tofu, diced chicken or drained chickpeas)

2 x 400g tinned tomatoes

1 cup cream or coconut cream

To serve

Cooked jasmine rice, naan bread (optional) or try crispy curry leaves if you'd like to garnish.

5 Ingredient tomato curry

Wednesday

Serves 4-6 | Prep time: 15 mins | Cooking time: 30 mins

Method

1. Bring a large pan or pot to a medium heat with a drizzle of oil. Add the diced onion and sauté for 3-5 minutes or until softened. Add the curry paste, and cook while stirring for a further 2-3 minutes.
2. Add the diced protein, and cook for 3-10 minutes dependent on required cooking time*. Next add the tomatoes and cream, stirring to combine. Season with salt and pepper, then leave to simmer and reduce for a final 5 minutes.
3. Serve with curry alongside rice or bread, and garnish with coriander or crispy curry leaves if desired.

Note: If you're using a base of diced chicken, make sure to cook the chicken thoroughly before serving. If you are using tofu and/or chickpeas, 3-5 minutes in step 2 will be suitable.

Tip

Add a pinch of sugar if the curry is too acidic for your taste!

Look out for

**Pams Coconut Cream
Value Chopped Tomatoes**

Everyday Value Item

Wednesday



Ingredients

2 cups cooked pumpkin

300g dried pasta

20g butter

2 cloves garlic, minced

500ml cream

½ cup grated parmesan

Optional: frozen or fresh spinach

6 Ingredient pumpkin alfredo

Thursday

Serves 3-4 | Prep time: 30 mins | Cooking time: 35 mins

Method

1. Cook the pasta in boiling salted water as per pack instruction (reserve ¼ cup of cooking liquid). Place the cooked pumpkin into a bowl, and mash until it reaches a puree consistency. Alternatively, use a food processor and blend to a smooth puree. Set aside.
2. Set a medium sized saucepan over medium heat. Add the butter and garlic, and cook for 2-3 minutes or until the garlic has softened.
3. Add the pumpkin puree to the saucepan, along with the cream and stir well to combine. Leave to simmer for 10-15 minutes or until thickened slightly, then season with salt and pepper to taste.
4. Once thickened, add the cooked pasta to the sauce. Fold through with a spoon, then add the parmesan and stir.
5. Stir through spinach if desired, then serve immediately or freeze in an airtight container.



Sri Lankan dhal

Friday

Serves 6 | Prep time: 20 mins | Cooking time: 20 mins

Ingredients

2 cups Value Long Grain Brown Rice

1 tablespoon Pams Olive Oil

2 onions, finely chopped

3 garlic cloves, finely chopped or 1 ½ teaspoons Pams Crushed Garlic

2 tablespoons fresh ginger, grated or 2 teaspoons Pams Crushed Ginger

1 teaspoon turmeric

1 teaspoon Pams Curry Powder

½ teaspoon chilli powder (optional)

1 ½ cup red lentils, washed and drained

2 cups Pams Chicken or Vegetable Stock

1 can Pams Lite Coconut Milk

½ cup water

2 cups Pams Frozen Peas

½ packet frozen spinach, thawed with the water squeezed out

To taste

salt and pepper

Method

1. Cook rice according instructions on the packet.
2. While the rice is cooking, heat oil in a large frying pan over a medium heat. Add onion and cook until soft and clear.
3. Add garlic, ginger, turmeric, curry powder and chilli powder to the onion and stir fry for two minutes.
4. Add the rinsed lentils to the frying pan and mix well. Pour over the chicken stock, coconut milk and water. Add the frozen peas and stir well.
5. Bring the mixture to the boil and then reduce the heat to a simmer. Allow the lentils to cook until they are tender and the mixture has thickened — this should take about 20 minutes. Stir regularly.
6. Once the lentils are cooked and the dhal has thickened, stir through the spinach and season well with salt and pepper.
7. Serve on top of the rice.