



Weekly Meal Plan

October 2026 - Week 2





A Note From Me



Welcome to another week of dinners! This time, I wanted to bring you four recipes that feel comforting, easy to make and full of flavour.

There's a one pot pea pasta, a Spanish potato salad that is absolutely a meal in its own right, and chicken breast with the most beautiful creamy mushroom sauce. Don't forget some crusty bread to mop it all up.

And as promised, I've included something special: my pastina with hidden veggies. This recipe is exclusive to this meal plan, and I hope it becomes one of those bowls you come back to again and again.

I've put together one grocery list, some prep ahead ideas and the full recipes to make your week a little easier. Enjoy!

This Week's Meals

Monday



One Pot Pea Pasta

A comforting, brothy one pot pasta with sweet peas, garlic and parmesan.

Tuesday



Pastina with Hidden Veggies

An exclusive recipe: tiny pasta stars in a silky broth of blended vegetables.

Wednesday



Spanish Potato Salad

A complete Spanish inspired meal with potatoes, tuna, eggs and olive oil.

Thursday



Chicken Breast in Creamy Mushroom Sauce

Golden chicken in a rich mushroom sauce, with crusty bread for serving.

Grocery List

One organised shop for four dinners. I've combined the quantities for the week so you can take this list to the shops or keep it handy on your phone.

A few ingredients are optional, including the garlic confit shortcut for Thursday. I've listed the garlic confit ingredients separately so you can choose which version works best for you.

One shop. Four easy dinners.

Grocery List - All Recipes

PRODUCE

- Onions - 1 1/2 (1 for pastina, 1/2 for pea pasta)
- Carrot - 1
- Celery - 2 small stalks
- Garlic - 6 cloves + 3 raw cloves for Thursday, OR 2 bulbs for confit
- Shallot - 1
- Mushrooms - 12 oz / approx. 340 g
- Yukon Gold potatoes - 3
- Red capsicum - 1
- Red onion - 1/2
- Parsley - 1/4 cup + 1 tbsp chopped
- Lemon - 1/2, optional for pea pasta

PROTEIN + DAIRY

- Chicken breast - 500 g
- Tuna - 15 oz / approx. 425 g, drained
- Eggs - 2
- Unsalted butter - 4 tbsp
- Heavy cream - 1 cup
- Parmesan - 3/4 cup + extra for pastina
- Crusty bread - for Thursday

PANTRY

- Olive oil - 7 tbsp + 1 cup if making garlic confit
- Chicken or vegetable stock - 2 cups for pea pasta
- Chicken stock - 1 L for pastina + 1/2 cup for chicken
- Small shell or ditalini pasta - 1 cup
- Pastina - 3/4 cup
- Frozen peas - 1 cup
- Dried oregano - 1 tbsp
- Dried thyme - 1 tbsp
- Garlic powder - 1/2 tbsp
- White wine - 1/2 cup
- Thyme - 1 tsp
- Red wine vinegar - 1 tbsp
- Bay leaf - 1
- Salt and pepper

A Few Notes Before You Shop

- Monday's pasta calls for small shells or ditalini. Tuesday's exclusive pastina uses much smaller pasta shapes, so buy both.
- Frozen peas are perfect for the pea pasta and often sweeter than fresh.
- Wednesday's Spanish potato salad is a complete meal, with tuna, eggs and potatoes. It doesn't need a side.
- For Thursday, choose either garlic confit (2 bulbs of garlic and 1 cup olive oil) or the quicker option of 3 raw garlic cloves. The grocery list accounts for both choices, not both together.
- Pick up a good loaf of crusty bread for Thursday's creamy mushroom chicken.
- Parmesan is optional for Monday but essential for finishing Tuesday's pastina. The half lemon for Monday is also optional.
- If you prefer not to cook with wine, you can deglaze Thursday's pan with a splash of chicken stock or lemon instead.

Set Yourself Up for the Week

MONDAY - ONE POT PEA PASTA

Finely dice the onion and slice the garlic ahead. Cook the pasta when you are ready to eat so it stays loose and silky.

TUESDAY - EXCLUSIVE PASTINA

Make the vegetable broth ahead by simmering and blending the vegetables. Refrigerate in an airtight container for up to 3 days. When ready to eat, bring the broth back to a simmer and add the pastina. Cook the pasta just before serving because it continues to absorb the broth as it sits.

WEDNESDAY - SPANISH POTATO SALAD

Make this salad a few hours ahead if you like. Dress the potatoes while they are still warm so they absorb the olive oil and vinegar. Add a little extra olive oil before serving if needed.

THURSDAY - MUSHROOM CHICKEN

Make the garlic confit a day or two ahead, or save time by using 3 raw garlic cloves instead. Slice the mushrooms and chop the shallot in advance. Have the crusty bread ready for serving.



MONDAY

One Pot Pea Pasta

SERVES: see website • ONE POT

INGREDIENTS

- 3 tbsp olive oil
- 1/2 onion, finely diced
- 3 garlic cloves, finely sliced
- 2 cups chicken or vegetable stock
- 1 cup peas
- 1 cup small shell or ditalini pasta
- 1/4 cup parmesan, grated, optional
- 1/2 lemon, optional
- salt and pepper

METHOD

Fry aromatics: In a large pot on a medium heat, bring your olive oil to heat. Add the onion and garlic and fry for 5 minutes or until translucent and fragrant.

Add peas: Add the peas and chicken stock to the pot and bring to the boil. Season with salt and pepper.

Blend peas: Once the stock is boiling, remove one third of the mixture and place into a large heatproof jar if using an immersion blender, or blender. Blend until creamy.

Pasta: Add the pasta to the pan and cook until 80% of the liquid has been absorbed and the pasta is plump and el dente. Stir regularly and add more stock if needed.

Finish: Turn the heat to low, add the pea puree back to the pan and stir through for a few minutes until silky and glossy. Serve immediately with the grated parmesan, if using.



TUESDAY

Pastina with Hidden Veggies

EXCLUSIVE RECIPE • SERVES 3-4

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, cut into large pieces
- 1 carrot, cut into large pieces
- 2 small celery stalks, cut into large pieces
- 3 garlic cloves, peeled
- 1 bay leaf
- 1 L chicken stock
- 3/4 cup pastina
- Parmesan cheese, to serve
- Salt and pepper

METHOD

1. In a medium pot over medium heat, warm the olive oil. Add the onion, carrot, celery and garlic and sauté for 2–3 minutes or until slightly softened and fragrant.

2. Pour in the chicken stock, add the bay leaf and season with salt and pepper. Bring to the boil, then reduce the heat to a rapid simmer. Cover and cook for 20–25 minutes or until the vegetables are soft and tender. Using a slotted spoon, remove the vegetables and bay leaf from the pot. Discard the bay leaf and transfer the vegetables and garlic to a blender with a splash of the chicken stock. Blend until smooth.

3. Pour the blended vegetables back into the pot and stir through the remaining stock. Bring to a gentle simmer, then add the pastina. Cook for approximately 7 minutes, or until the pastina is cooked to your liking, stirring regularly to prevent it from sticking to the bottom of the pot. Add a splash of extra stock or water if the pastina becomes too thick.

4. Serve immediately with a generous grating of parmesan cheese.



WEDNESDAY

Spanish Potato Salad

COMPLETE MEAL

INGREDIENTS

- 3 Yukon Gold Potatoes
- 2 boiled eggs
- 1 red capsicum, finely diced
- 1/2 red onion, finely diced
- 1/4 cup parsley, finely chopped
- 1 tbsp red wine vinegar
- 3 tbsp olive oil
- 15 oz tuna, Drained
- salt

METHOD

Boil potatoes & eggs: In a medium pot, submerge the potatoes and eggs in cold water. On a high heat, bring to the boil and then reduce the heat medium so the water is at a rapid simmer. Once the water is boiling, set the timer for 8 minutes and then remove the eggs and place into an ice bath. Continue to boil the potatoes for a further 22 minutes or until you can easily poke a fork or skewer through them.

Peel & cut potatoes: While the potatoes are still warm, use a small knife to gently score a shallow “X” into the skin. From there, the skin should easily peel away using your fingers. Cut the peeled potatoes into small cubes while still slightly warm so they can soak up all of the dressing.

Peel eggs: Peel the eggs and cut them into small pieces.

Dress: Add the potatoes to a bowl and dress with red wine vinegar, olive oil and a good pinch of salt. Stir everything together, slightly roughing up the potatoes as you mix so they soak up all of the dressing.

Finish: Add the capsicum, red onion, parsley, tuna and boiled eggs and stir through until everything is well combined. Enjoy!



THURSDAY

Chicken Breast in Creamy Mushroom Sauce

SERVE WITH CRUSTY BREAD

INGREDIENTS

GARLIC CONFIT (OPTIONAL)
- 2 garlic bulbs
- 1 cup olive oil, extra virgin

SEARED CHICKEN BREAST
- 500 g chicken breast
- 1 tbsp dried oregano
- 1 tbsp dried thyme
- 0.5 tbsp garlic powder
- 2 tbsp olive oil, extra virgin

CREAMY MUSHROOM SAUCE
- 4 tbsp butter, unsalted
- 1 shallot, finely diced
- 12 oz mushrooms, button or swiss brown, sliced
- 0.5 cup white wine
- 20 garlic confit cloves, or 3 raw garlic cloves, finely minced
- 1 cup heavy cream
- 0.5 cup chicken stock
- 0.5 cup parmesan, grated
- 1 tsp thyme
- 1 tbsp parsley, finely chopped
- salt and pepper

- Crusty bread, to serve

METHOD

GARLIC CONFIT
Preheat the oven to 120°C/ 250°F

Peel the garlic by breaking the cloves away and placing them into a heatproof bowl. Submerge in boiling hot water for 5 minutes and drain. The skin will become loose and easy to peel away.

Place the garlic cloves into an ovenproof dish and fully submerge in olive oil. It's important the garlic is fully submerged in the olive oil so it does not burn. Bake for 1 hour or until the garlic has browned in colour.

Seperate the garlic confit from the olive oil and reserve the olive oil. Mash up the garlic confit cloves with the back of a knife. Set to the side for now.

CHICKEN IN MUSHROOM SAUCE
Begin by cutting the chicken in half lengthways so you are left with 4 thin steaks. Do this by using a sharp knife and cutting through the middle of the chicken.

Place the chicken breast into a bowl and coat with the spices and 1 tablespoon olive oil. Massage well into the chicken until well coated.

In a large fry pan on a medium – high, bring 1 tablespoon of olive oil to heat. Add the chicken breast and cook for 2 – 3 minutes on each side or until golden brown and cooked through. Remove from the pan.

In the same pan, add the butter and shallots. Cook for 3 minutes or until fragrant and translucent. Add the mushrooms and cook for 5 minutes or until golden brown and slightly caramelised.

Deglaze the pan with white wine. Using a wooden spoon, scrape off all the brown bits from the bottom of the pan. Cook for 2 minutes or until most of the liquid has been absorbed.

Add the garlic confit or fresh garlic and stir through for 1 minutes.

Add the cream and chicken stock. Bring the sauce to a gentle simmer and simmer for 7 minutes or until slightly thickened. Add the thyme and season with salt and pepper.

Add the cheese and stir through until you have a silky and glossy sauce.

Add the chicken back to the pan, along with all its juices and cook for 1 minute, to heat through the chicken. Sprinkle over fresh parsley. Serve immediately.

Leftovers & Extras

MONDAY - ONE POT PEA PASTA
This pasta is best eaten straight away while still loose and silky. It thickens as it sits. Add a splash of stock or water when reheating.

TUESDAY - PASTINA WITH HIDDEN VEGGIES
Make the blended vegetable broth ahead, then add the pastina when ready to eat. Pastina absorbs liquid as it sits, so loosen leftovers with extra stock or water when reheating.

WEDNESDAY - SPANISH POTATO SALAD
This salad tastes even better after a few hours in the fridge. Serve chilled, at room temperature or slightly warm, and freshen with a little extra olive oil if making ahead. Keep chilled and handle egg and tuna leftovers carefully.

THURSDAY - MUSHROOM CHICKEN
Refrigerate leftovers promptly and reheat gently until piping hot. A little stock or water can help loosen the creamy sauce. Crusty bread is perfect for soaking up every last bit.