



# Cookbook Sneak Peek



## Eat well for less with Lorna Cooper!

“ As a mum, I know how hard it is to put hearty food on the table without breaking the bank. But I’ve learnt tricks, such as minimising waste, bulking out meals, using leftovers, shopping around and baking (rather than buying) treats. Feeding your family of four for £20 a week is about shopping smart, cooking from scratch, batch cooking, making the most of your freezer, adapting recipes to use what you have and learning to love leftovers. Each recipe is full of flavour, easy to follow and many are ready in minutes. Here’s the first week of my 8 week meal plan, to give you a taster of what you can find in my cookbook! ”

Let's get started >>



# WEEK ONE

## 7 Day Meal Plan



Day	Breakfast	Lunch	Dinner
Sun	Fluffy Scotch Pancakes	Scotch Broth	Roast Chicken Fondant Potatoes Mixed Veg
Mon	Berry Blast Overnight Oats	Pizza Pin Wheels	Chicken & Rice Soup Part-baked Baguette
Tue	Bircher Muesli	Cheese Puffs	Gnocchi
Wed	Breakfast Sundae	Minestrone	Tuna Fishcakes Simple Carrot Salad
Thu	Baked Oats	Slow Cooker Jacket Potatoes	5-A-Day Sausage Pasta
Fri	On-the-Go Breakfast Flapjacks	Mini Crustless Quiche	Chicken Fried Rice
Sat	Sausage Hash	One-Pot Noodles	Omelette Salad

*Starting to get hungry...*

# SUNDAY



## Breakfast Fluffy Scotch Pancakes

### Serves 4

- \*100g self-raising flour
- \*1/4tsp baking powder
- \*50g sugar
- \*1 egg
- \*60ml milk
- \*Vegetable oil, to grease
- \*Any toppings you like, to serve

- 1 Sieve the flour, baking powder and sugar into a bowl. Add the egg and whisk together, gradually adding splashes of milk as you continue whisking. You want a relatively thick, smooth batter, about the same consistency as double cream.

- 2 Moisten a paper towel with vegetable oil, then use this to grease a thick-based frying pan. Put the pan on the hob over a medium-high heat and when it is hot, ladle in some of the batter. As it starts to bubble on the surface, turn over the pancake and cook for 2 or 3 minutes until browned.

- 3 Enjoy with your favourite toppings! If you have leftovers, keep them in the fridge as a tasty snack for later. Just pop them in the toaster to reheat.

Mmm...

## Lunch Scotch Broth

### Serves 4, Plus 4 leftover portions

- \*200g soup & broth mix
- \*Ham hock
- \*3L cold water
- \*2 ham stock cubes
- \*4 carrots, grated
- \*2 onions, grated
- \*50g frozen leek
- \*2 potatoes, peeled and cut into chunks
- \*Part-baked baguette, to serve

- 1 Soak your broth mix overnight in plenty of cold water.
- 2 Put the ham hock into a large pot and cover with the cold water. Bring to the boil and simmer for 1 hour.

- 3 Remove the ham from the water and set it aside, saving the water.

- 4 Add the drained and rinsed broth mix and stock cubes to the saved water, bring to the boil and simmer for an hour. Then add the veg and cook for another hour.

- 5 Cut the fat from your cooled ham and strip away all the meat (trying not to eat most of it – it's so delicious!). Put a third of it back into the soup and freeze the rest for later. Serve with part-baked baguette.



## Dinner Roast Chicken

...Yummy

### Serves 4

- \*1 whole chicken
- \*2 lemons, halved
- \*1/2 onion
- \*Butter or cooking oil
- \*Salt and pepper
- \*400g frozen vegetables (onion, celery and carrots)
- \*500ml white base sauce (recipe on p39 of the book)
- For the fondant potatoes
  - \*500g potatoes, peeled and cut into chunks
  - \*100ml vegetable stock

- 1 Preheat the oven to 200°C/180°C fan/gas mark 6. Remove the chicken from the fridge at least 20 minutes before starting to cook. Put 1/2 a lemon and onion in the bottom end of the chicken and 1/2 a lemon in the other end. Prick the chicken all over and squeeze another lemon half over the bird. Rub the bird with butter or oil and grate over the zest of your squeezed lemon, then season with salt and pepper.

- 2 Add the vegetables to a roasting tray and sit the bird on top. Add the remaining lemon half to the tray. Roast for 25 minutes per 500g, plus another 25 minutes on top of that. Remove from the oven once roasted (the juices should run clear) and allow the bird to rest for 20 minutes. Squeeze any remaining juice from the roasted lemons over the chicken before carving.

- 3 To make the fondant potatoes, bring a pan of water to the boil, then add the potatoes and parboil for 5 minutes. Drain and put them in a roasting dish, then pour over the stock and bake until all the liquid has been absorbed and they are soft. This will take around 25 minutes.

- 4 Gently heat your white sauce and serve with the roast chicken and fondant potatoes.

# MONDAY



## Breakfast Berry Blast Overnight Oats

### Serves 1

- \*125ml milk
- \*120g yoghurt
- \*1/2tsp vanilla essence (optional)
- \*1/2tsp honey (optional)
- \*90g porridge oats
- \*50g frozen fruit

1

Combine the milk and yoghurt, giving the mixture a good stir. You can flavour it with vanilla essence or honey if you like, or leave it plain and let your fruit do all the work. Layer the oats, yoghurt mix and fruit in a glass jar or plastic container. Cover and then pop in the fridge overnight.



## Lunch

### Pizza Pin Wheels

#### Serves 8

- \*1 x 320g packet puff pastry
- \*2 tbsp tomato base sauce
- \*Leftover cooked ham and veg
- \*50g cheese, grated
- \*Black pepper, to season

1

Preheat the oven to 200°C/180°C fan/gas mark 6 and line a baking tray.

2

Roll out the puff pastry into a rectangle 1cm thick. Spread over the tomato sauce and add the ham, veg and cheese. Season with pepper. Roll up lengthways into a sausage shape, and slice into 8 pieces. Lay the pin wheels on the tray.

3

Cook for 10-15 minutes until the pastry is golden.

### Tomato Base Sauce

Batch cook and freeze in portions.

- \*1tbsp veg oil
- \*2 onions, diced finely
- \*100g frozen spinach
- \*50g frozen carrots
- \*200g frozen casserole veg
- \*50g frozen cabbage
- \*2 x 400g tin tomatoes
- \*2tbsp tomato purée
- \*2tbsp Worcester sauce
- \*1tbsp mixed herbs
- \*1.5L stock

1

Heat a large saucepan, add the oil and fry the onion for a few minutes, then chuck everything else into the pot and bring to the boil. Reduce the heat and leave to simmer for 45 minutes stirring occasionally until it is thick and looks glossy.

2

Leave the sauce to cool, then blitz it in a food processor in batches or with a hand blender until smooth. Have a taste and, if needed, add a teaspoon or two of sugar to neutralise the tomatoes.

Feelin' Fancy



## Dinner Chicken & Rice Soup

### Serves 4

#### Plus 4 Leftover Portions

- \*4 tbsp butter
- \*1 onion, finely diced
- \*50g frozen pepper, chopped
- \*2 tbsp flour
- \*150ml milk
- \*1l chicken stock
- \*1l water
- \*50g frozen sweetcorn
- \*180g uncooked rice
- \*50g chicken, shredded
- \*Seasoning, to taste

\*Part-baked baguette, to serve

1

Melt 2tbsp butter in a large saucepan and fry the onion and peppers for 5 minutes over a medium heat, then tip them on to a plate when done.

2

Melt the remaining butter in the same pan and use the flour to make a roux by stirring it in with a whisk, then adding the milk and whisking until it is a very thick but smooth sauce. Whisk in the stock and the water.

3

Add the sautéed veg, sweetcorn and rice and simmer for 15 minutes, before adding the chicken. Season to taste and serve with the baguette.

# TUESDAY



## Breakfast Bircher Muesli

### Serves 4

- \*100g porridge oats
- \*280ml milk
- \*40ml apple juice
- \*2 tbsp lemon juice
- \*1-2 tbsp honey
- \*250g plain yoghurt
- \*75g apple slices, fresh or frozen
- \*1 tsp cinnamon, to serve

- 1 Combine all the ingredients, except the apple and cinnamon, in a large bowl and mix well. You can then either leave it in this bowl or split it into 4 smaller containers to make individual portions. Cover and leave in the fridge overnight.
- 2 In the morning, top with freshly grated apple and a sprinkle of cinnamon.

## Lunch Cheese Puffs

### Serves 4

- \*1 egg
- \*125ml milk
- \*150g self-raising flour
- \*200g cheddar, grated
- \*1tsp mustard powder or cayenne pepper
- \*Tomato base sauce, for dipping

- 1 Preheat the oven to 180°C/160°C fan/ gas mark 4 and line a baking tray.
- 2 In a large bowl, beat together the egg and milk then add the other ingredients, mixing well.
- 3 Drop tbsp-sized dollops on to the tray and bake for about 20 minutes. Cool on a wire rack, then enjoy with the sauce.



## Finger food

## Dinner Gnocchi

### Serves 6

- \*1kg potatoes
- \*3/4 tsp salt
- \*1 egg yolk
- \*130g plain flour, plus extra for dusting
- \*400g tomato base sauce

- 1 Preheat the oven to 200°C/ 180°C fan/gas mark 6. Bake the potatoes for 1 hour, until soft on the inside. Alternatively, cook the potatoes in the slow cooker or use leftover baked potatoes. After around 15-20 minutes when they're cool enough to handle, scoop out the potato flesh and mash until very smooth.
- 2 On a clean, dry surface, gather the potato into a mound, sprinkle with salt, then leave to cool completely, for around 15 minutes. Put a large pan of water on to boil.
- 3 Pour the egg yolk on to the potato mound and then tip the flour on top. Using a knife or metal spatula, fold the flour and egg into the potato until combined. Don't overwork it or your gnocchi will be tough once cooked. Gently squeeze and pat your mix until it resembles biscuit dough. It will be quite sticky, but if it's too sticky to work with, add more flour, 1tbsp at a time. Divide your dough into quarters. Working on a lightly floured surface with floury hands, roll each quarter into a long snake, about 2cm wide. With a sharp knife, cut the snake into 2cm pieces, then use your finger or a fork to gently press each piece slightly.
- 4 Adjust the heat so the water in your pan is simmering nicely and then cook your gnocchi in batches one snake worth at a time. When the gnocchi float to the top, they are ready – this should take only a couple of minutes – so remove them with a slotted spoon and place on a wire rack to cool. You can now serve immediately with a tomato base sauce or, if you want to be adventurous, sautéed in a good knob of butter with some sliced garlic!



# WEDNESDAY



## Breakfast Berry Blast Overnight Oats

### Serves 4

- \*3tsp vanilla essence
- \*400g yoghurt
- \*150g frozen fruit (defrosted)
- \*100g granola

1

Add the vanilla essence to the yoghurt and stir well to combine. Spoon a layer of yoghurt into the bottom of 4 tall glasses or sundae dishes. Then alternate layers of fruit, granola and more yoghurt. Serve immediately so the granola doesn't go soggy.



## Lunch

### Minestrone Soup

#### Serves 4, Plus 4 leftover portions

- \*1 tbsp cooking oil
- \*1 large onion, diced
- \*4 carrots, diced
- \*2 garlic cloves, thinly sliced
- \*2 tbsp tomato purée
- \*400g tomato base sauce or 1 x 400g tin chopped tomatoes
- \*1 x 400g tin baked beans
- \*2 bay leaves
- \*2tsp dried basil
- \*1.5L vegetable stock
- \*100g frozen spinach
- \*100g spaghetti, broken up
- \*Salt and pepper, to taste

\*Part-baked baguette, to serve

### Kyle's favourite

1

Heat the oil in a large pan over a medium heat. Add the onions and carrots and cook for a few minutes. Add the garlic and cook for 2 minutes more.

2

Now add the tomato purée and cook for another minute. Add in all the other ingredients and stir. Simmer for 15–20 minutes. Serve with the baguette.



### Serves 4

- \*4 spring onions, sliced
- \*1 garlic clove, crushed
- \*20g butter
- \*800g cooked potato, mashed
- \*100g frozen sweetcorn, thawed
- \*1tsp parsley
- \*2 x 110g tins of tuna, drained
- \*Salt and pepper, to season
- \*2tbsp plain flour
- \*1 egg, beaten
- \*2tbsp cold water
- \*100g breadcrumbs
- \*Cooking oil, for frying

1

Fry the spring onions and garlic in oil/butter for 2 minutes over a medium heat. Remove from the heat and place in a large bowl, leaving to cool.

2

Once cool, add the potato, sweetcorn, parsley and tuna. Season and mix well using your hands, then shape into patties. Next, set up your "fishcake prep line": three bowls, one with flour, the next with egg and cold water and one with breadcrumbs.

3

Coat the fishcake in plain flour, then dip in the egg. Now coat in breadcrumbs. Repeat with the other fishcakes. Chill in the fridge until you're ready to cook.

4

Heat the oil in a large frying pan and shallow-fry the fishcakes for 4–5 minutes per side, until golden brown. Drain on kitchen paper, then serve with simple carrot salad.



## Dinner Tuna Fishcakes

### Simple Carrot Salad

#### Serves 4

- \*4 large carrots, grated
- \*2tbsp chives
- \*2tbsp parsley, chopped
- \*1/2 x 400g tin chickpeas
- \*2tbsp olive oil
- \*2tbsp lemon juice
- \*2tsp honey
- \*1tsp mustard
- \*1/2tsp ground cumin
- \*1/4tsp fine sea salt

1

Put your carrots, chives, parsley and chickpeas in a large bowl. To make the dressing, add all the remaining ingredients to a small bowl and mix well. Pour the dressing over the salad and serve immediately.

# THURSDAY



## Breakfast Baked Oats

### Serves 4

- \*100g porridge oats
- \*200g yoghurt
- \*1tbsp sugar or sweetener (if using sweetener, you may have to adjust the amount)
- \*100g raspberries, plus extra to serve
- \*3 eggs

1 Preheat the oven to 200°C/180°C fan/gas mark 6 and grease a small oven-proof dish.

2

Place all the ingredients, except for the eggs, into a bowl. Gently mix together, taking care not to break up the raspberries too much. Beat the eggs in a separate bowl, then add them to the rest of the ingredients, mixing well.

3

Pour the mixture into the dish and bake for 30-35 minutes. It's cooked when a toothpick inserted in the middle comes out clean. Once it's cooked through, pop under the grill to brown.

## Lunch Slow Cooker Jacket Potatoes

### Serves 4

- \*Baking potatoes
- \*1 x tin tuna, drained
- \*200g frozen sweetcorn
- \*2tbsp mayonnaise
- \*1 x 400g tin baked beans
- \*50g cheese, grated

1

Prick as many potatoes as will fit in your slow cooker with a fork then rub a little oil into the skins. Place the potatoes in the slow cooker and cook for 8-10 hours on low, or 4-6 hours on high. Once they have cooked and cooled, you can wrap them in foil or plastic and freeze until needed.

2

For a tuna mayo topping, defrost the sweetcorn then mix with the tuna and mayo in a large bowl and serve over your potato. For beans and cheese, simply pop the toppings on when you heat up your potatoes so that the cheese is melty and delicious.

## Dinner 5-A-Day Sausage Pasta

### Serves 4, plus 4 leftover portions

- \*300g pasta
- \*100g frozen spinach
- \*100g frozen leek
- \*100g frozen peas and sweetcorn
- \*6 sausages
- \*400g tomato base sauce or 1 x 400g tin chopped tomatoes
- \*1tbsp paprika

1

Preheat the grill for the sausages. Bring a large saucepan of water to the boil and cook the pasta according to the packet instructions. Add the veg in 4 minutes before the end of the cooking time. Grill the sausages until cooked through and allow to cool.

2

Heat your tomato base sauce or tinned tomatoes in a separate pan until piping hot, add the paprika, reduce the heat and simmer.

3

Slice the sausages in half lengthways and then cut each piece into 4 – it will stretch further and kids won't argue about who has more!

4

Once the pasta and veg are ready, take out 1 ladle of the cooking water and add it to the tomato sauce, stirring through. Drain the pasta and veg and return them to the pan. Stir in the sausages and tomato sauce and mix thoroughly. Serve straight away.



# FRIDAY



## Breakfast On-The-Go Breakfast Flapjacks

### Makes 16

- \*125g butter
- \*125g sugar
- \*2tbsp golden syrup
- \*250g porridge oats
- \*50g dried fruit, chopped

- 1 Preheat the oven to 180°C/160°C fan/gas mark 4 and line a 23x23cm baking tin with greaseproof paper.



- 2 Melt the butter, sugar and syrup in a pan over heat. Remove the pan from the heat and stir through the oats and the dried fruit. Once combined, tip the mixture into the tin, spreading it evenly and pushing it into the corners.

- 3 Bake for 20 minutes, then allow the mixture to cool and set completely before lifting out and slicing into squares

## Lunch

### Mini Crustless Quiches

### Makes 8

- \*Butter and flour, for greasing (unless using a non-stick muffin tray)
- \*2 slices bacon, diced
- \*1 onion, diced
- \*3 eggs
- \*Splash of milk
- \*150g cheese, grated
- \*1 tomato, chopped

- 1 Preheat the oven to 200°C/ 180°C fan/gas mark 6. If you own a silicone muffin tray (my favourite kitchen item) this is a good time to use it. If you don't, simply grease a regular muffin tray with butter and add a little plain flour to each hole, shaking around so each one is totally coated in flour. Shake out the excess flour and discard. Now your muffin tray is non-stick!

- 2 In a pan over a medium heat, fry the bacon and onion together until the bacon is cooked. In a bowl, whisk the eggs and milk, then add the cheese and tomato to the egg mix. Add in the bacon and onion, then pour the mix into the muffin tray.

- 3 Bake for about 15 minutes until they start to go golden brown. They need to be cooked through, especially if you're planning to freeze for later.



Now we're  
talkin'

## Dinner Chicken Fried Rice

### Serves 4

- \*1tbsp cooking oil
- \*300g cooked and cooled rice
- \*2tbsp soy sauce
- \*100g leftover cooked chicken
- \*4 spring onions, sliced
- \*100g frozen peas, defrosted
- \*1 egg, beaten

- 1 Heat the oil in a wok or large pan. Add the rice, tossing it to break up any clumps. Add the soy sauce, chicken, spring onion and peas and stir for 5 minutes until cooked through.

- 2 Once the veg is cooked, push the rice to one side. Add the egg and whisk until almost scrambled then quickly stir through the rice. Mix thoroughly and serve.

Fakeaway



# SATURDAY



## Breakfast Sausage Hash

### Serves 4

- \*1tbsp oil, for frying
- \*2 sausages, removed from their skins
- \*1 onion, diced
- \*2 tomatoes, diced
- \*4 cooked potatoes, diced
- \*1tsp garlic powder
- \*50g cheese, grated
- \*Chopped parsley, to serve (optional)

**1** Heat the oil in an oven-safe frying pan. Fry the sausages, breaking them up with a wooden spoon until cooked.

**2** Add the onion and cook for 2 minutes. Add the tomatoes and cook for another 2 minutes. Add the potatoes and the garlic powder and stir. Cook for 5 minutes stirring occasionally.

**3** Sprinkle the cheese on top and then place the pan under a hot grill until browned and the cheese has melted. Remove, and scatter over the parsley.

## Lunch One-Pot Noodles

### Serves 2

- \*50g leftover cooked chicken, shredded
- \*1 nest noodles
- \*2 carrots, grated
- \*Handful frozen peas
- \*Handful frozen sweetcorn
- \*1 chicken stock cube, halved
- \*500ml boiling water

**1** Divide up the chicken, noodles, veg and stock cube into two pots, plastic containers or flasks. When ready to eat, pour 250ml of boiling water into each container and leave for 3-5 minutes covered loosely.



## Dinner Omelette

### Serves 4

- \*1tbsp oil
- \*2 onions, diced
- \*Leftover cooked meat and veg
- \*6 eggs, beaten
- \*Cheese, grated

**1** Preheat the grill to medium. Heat the oil in an oven-safe frying pan over a medium heat and fry the onion until it has softened. Add in the meat and veg to heat.

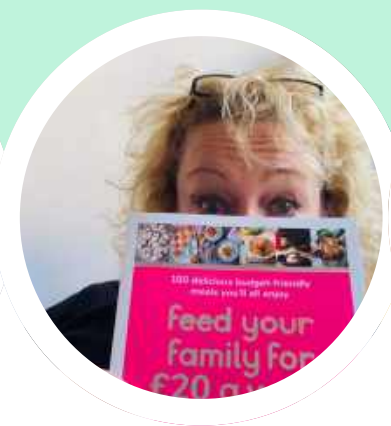
**2** Pour in the eggs and add the cheese, then stir the egg mixture as if you were making scrambled eggs, until it's almost cooked. Cook for another few minutes without stirring so the bottom sets, then put your frying pan under the grill until the top has set.

Quick & easy

# GET THE BOOK



For the remaining seven weeks' meal plan, 100 recipes and a full shopping list to help you budget, check out **Feed Your Family For £20 A Week** the cookbook, by Lorna Cooper.



**Hannah** - Fantastic book, lots of money saving tips, easy to follow recipes with lovely pictures for each. Looking forward to getting started!



**Natalie** - I've been following Lorna on Facebook for some time & now she's just brought her recipe book out - wow it's amazing! It helps you meal plan & has simple recipes that are packed with flavour too! Step-by-step guides, glossy pictures. I'm so impressed.



**Julie** - Life changing! Beautifully put together and full of fabulous tips and recipes.

**Get your copy here...**

**Sainsbury's**

**ASDA**

**amazon.co.uk**

**WHSmith**

**TESCO**

**Waterstones**

