

FEED YOUR FAMILY FOR £20 A WEEK



WEEK ONE MEAL PLAN

MEAL PLAN



WEEK 1

SUNDAY – ROAST CHICKEN, ROAST POTATOES, STUFFING, CARROTS

MONDAY – CHICKEN AND SPINACH LASAGNE

TUESDAY – COTTAGE PIE, CABBAGE

WEDNESDAY – STUFFED PEPPERS, SPICY RICE

THURSDAY – LENTIL SOUP

FRIDAY – SPAGHETTI BOLOGNAISE

SATURDAY – CHICKEN AND VEG PIES, POTATOES, SWEETCORN



SHOPPING LIST



	ALDI	TESCO
SPINACH	80P	93P
CABBAGE	59P	59P
1KG ONIONS	49P	49P
1.5KG CARROTS	44P	44P
WONKY PEPPERS	£1.16	£1.00
PARSLEY	55P	55P
2.5KG POTATOES	89P	89P
2 X MOZZARELLA	86P	86P
PARMAGIANO	£1.39	£2.20
RICOTTA	89P	£1.20
300ML'S DOUBLE CREAM	99P	99P
SOFT SPREAD	85P	85P
MEDIUM WHOLE CHICKEN	£2.99	£2.89
MINCE	£1.69	£1.89
CHICKEN STOCK CUBES	47P	55P
BEEF STOCK CUBES	47P	55P
PLAIN FLOUR	55P	55P
LASAGNE SHEETS	65P	80P
SPAGHETTI	23P	23P
CHICKEN GRAVY GRANULES	85P	80P
BEEF GRAVY GRANULES	85P	30P
BREADCRUMBS	65P	80P
LENTILS	99P	£1.15
RICE	45P	45P
PASSATA	39P	39P
TINNED TOMATOES	28P	28P
GARLIC GRANULES	49P	70P
CHILLI POWDER	55P	85P
SAGE AND ONION STUFFING MIX	45P	45P
PORRIDGE OATS	75P	75P
1KG SWEETCORN	£1.05	77P
MIXED VEG	69P	69P
TOTAL	£25.06	£26.24

OR £23.96 IF YOU SHOP BETWEEN THE TWO STORES



ROAST CHICKEN

You'll cook your chicken for this meal, and 3 leftover meals! Mini chicken pies, chicken and spinach lasagne and stuffed peppers.

INGREDIENTS

- Chicken
- 2 tbsp butter
- 2 tbsp garlic powder
- 2 tsp parsley
- 1 onion

Roast potatoes

Carrots

Sage and onion stuffing

NOTES

Be sure to watch the video to see how to strip down the chicken so you have enough meat for the other dishes later in the week.

METHOD

- 01** Mix your butter with the parsley and garlic and rub under the skin of your chicken and put the remainder in the cavity. Along with the onion.
- 02** Place the chicken in a roasting dish and wrap tightly in tin foil. Cook for the time printed on the label but remove the foil 30 minutes before the end of the time so you get a nice crisp skin.
- 03** Meanwhile peel your potatoes and cut into evenly sized chunks. Par boil on the stove top. Drain and sprinkle some flour on to the potatoes. Shake in a colander to rough up the edges and coat the potatoes. Allow to cool down
- 04** Pour some oil into a deep roasting tray and put in the oven until it is smoking hot. Add the potatoes and mix around so they get covered in the oil. Put in the oven for the last 30 minutes of your chickens cooking time.



CHICKEN & SPINACH LASAGNE

You need 250g of shredded chicken from your roast chicken for this recipe.



INGREDIENTS

- 6 lasagne sheets
- 1 TBSP oil
- 1 finely diced onion
- 1 finely chopped pepper
- 250g shredded chicken
- 100g spinach
- 250g ricotta
- 250g mozzarella
- 250ml's double cream
- 200ml's chicken stock
- 50g parmesan cheese

METHOD

- 01** Heat the oil in a pan and gently fry the onion for 2 minutes. Add the pepper and fry for 2 further minutes
- 02** Tear the cheese into smaller chunks. Add the vegetable stock, cheese and cream to the pan with the onion and mix over a low heat until the cheese has melted.
- 03** Add the spinach into the pot and stir for a few minutes until it has wilted. Stir in the chicken.
- 04** Put one third of the mix in a lasagne dish and top with lasagne sheets. Repeat and then top with the final third of mix. Then add the parmesan to the top.
- 05** Cook in the oven at 180c or GM 5 for 20 - 25 minutes until golden brown on the top and bubbling nicely!



CHICKEN STUFFED PEPPERS

This recipe uses 100g of your cooked leftover chicken.



INGREDIENTS

- 100g leftover chicken, shredded
- 4 large peppers
- 120g breadcrumbs
- 250g mozzarella
- 50g parmesan cheese
- 30g fresh parsley
- 1 TBSP oil
- 250g passata
- 1/2 tsp garlic powder or granules
- 1/2 tsp black pepper
- 1 tsp salt

METHOD

- 01 Half and deseed the peppers.
- 02 Mix everything except the mozzarella in a large mixing bowl
- 03 Stuff the peppers with the mix. And put the mozzarella on the top
- 04 Put a cup of water into the base of a deep oven tray and then sit the filled peppers in the tray. Cover the tray tightly with foil.
- 05 Pop in the oven at 180c for 30 minutes. Uncover and pop back in for another 5 minutes.



SPICY RICE

This recipe is served with your stuffed peppers.



INGREDIENTS

- 1 cup of rice
- 2 cups of water
- 1 finely diced onion
- 1/2 tsp garlic powder
- 1/2 tsp chilli powder

METHOD

- 01 Thoroughly wash the rice in running cold water until the water runs clear
- 02 Add the rice and cold water to a pot. Add the onion, chilli powder and garlic powder.
- 03 Cover and put on the heat. Bring to the boil and cook for 15 minutes or until the water has been absorbed.



MINI CHICKEN PIES

These little pies are fab for stretching small amounts of meat fillings.

INGREDIENTS

- 100g cooked chicken
- 100g mixed veg
- Gravy
- Shortcrust Pastry

PASTRY

- 500g plain flour
- 250g FAT (butter, marg, lard, oil)
- water to bind

NOTES

Be sure to watch the video to see how to strip down the chicken so you have enough meat for the other dishes later in the week.

METHOD

- 01 First thing you need to do is make the pastry. Everything should be as cold as possible.
- 02 Measure out the flour and sift into a bowl. Add the fat and get your hands in and mix it until it resembles breadcrumbs. Do not over work it.
- 03 Add water a little at a time until it comes together in a dough.
- 04 Wrap in cling film and put in the fridge for at least an hour.
- 05 Put some gravy in a pot with the mixed veg and shredded chicken and gently heat.
- 06 Roll out the pastry and make 6 large rounds and 6 smaller rounds for lids.
- 07 Put the pastry in a muffin tin and fill with the mix. Put the lids on and pop them in the oven at 180c for 20 mins or until golden brown. You can put any fillings in these little pies. They are fab!

COTTAGE PIE

One of my all time favourite dinners using just 250g of mince.



INGREDIENTS

- 250g mince
- 2 finely diced onions
- 2 grated carrots
- 100g porridge oats
- 2 beef stock cubes
- 2 TBSP gravy granules
- 1kg potatoes, mashed

METHOD

- 01** Add the onion, mince and stock cubes to a pot and begin to fry off until browned. Add the carrots and fry for 2 minutes to soften.
- 02** Add the porridge oats and stir through so that they soak up the juice from the mince.
- 03** Pour over boiling water until it just covers the ingredients. Cook over a gentle heat for 20 minutes. Stirring occasionally so that it doesn't catch. You may need to add more water if it gets too thick.
- 04** Stir in the gravy granules and allow to thicken
- 05** Put the mince in a casserole dish and top with cold mash - score with a fork to make the top go crispy
- 06** Cook in the oven at 180c for 20 minutes

LENTIL SOUP

This soup is so tasty, thick and filling.



INGREDIENTS

- 1 TBSP oil
- 1 potato diced
- 4 carrots diced
- 2 onions diced
- 200g lentils
- 2 veg stock cubes
- 1 litre of water
- salt and pepper to taste

METHOD

- 01 Heat the oil in a pan and fry off the onion and carrot
- 02 Add the potatoes, red lentils and stock and stir well
- 03 Cover the pot and bring to the boil. Reduce heat and simmer for 15 - 20 minutes
- 04 Use a masher or hand blender to make a smooth soup
- 05 Season with salt and pepper

SPAGHETTI BOLOGNAISE

Using only 250g of mince we bulk this meal out with red lentils and carrots



INGREDIENTS

- 250g minced beef
- 1 onion, finely diced
- 2 carrots, grated
- 100g red lentils
- 2 beef stock cubes
- 4 TBSP tomato puree
- 1 tin chopped tomatoes
- 1/2 pack passata
- 3 TBSP garlic powder
- 400g spaghetti

METHOD

- 01** Add the onion and mince to a pot. Sprinkle over the beef stock cubes and stir until mince is browned.
- 02** Add the carrots and stir through
- 03** Add the red lentils, tinned tomatoes, tomato puree and garlic powder and stir well.
- 04** Add a little water and bring to the boil. reduce heat and simmer. stirring every 5 minutes to check it doesn't catch. Add more water if necessary.
- 05** Simmer for 25 - 30 minutes or until the lentils have softened
- 06** Serve with the cooked spaghetti

**I'D LOVE TO HEAR
FROM YOU!**

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