

# FEED YOUR FAMILY FOR £20 A WEEK



**CO-OP** £20  
MEAL PLAN

# MEAL PLAN



SUNDAY - CHICKEN, ROAST POTATOES,  
YORKSHIRE PUDDINGS, ROOT MASH

MONDAY – CHICKEN AND RICE SOUP

TUESDAY – TOMATO AND SARDINE PASTA

WEDNESDAY – CHICKEN HASH

THURSDAY – TUNA FISH CAKES, MIXED VEG

FRIDAY –CHICKEN FRIED RICE

SATURDAY - OMELETTE, BEANS, WEDGES



# SHOPPING LIST



HONEST VALUE WHOLE CHICKEN	£2.92
2 X 1.5KG WHITE POTATOES	£2.00
SWEDE	85P
1KG HONEST VALUE CARROTS	52P
SPRING ONIONS	65P
TOMATOES	78P
12 YORKSHIRE PUDDINGS	£1.30
HONEST VALUE 10 EGGS	£1.40
3 ONIONS	95P
1KG HONEST VALUE RICE	£1.20
3 PEPPERS	£1.55
TOMATO PASTA SAUCE	55P
PASTA	£1.05
FROZEN MIXED VEG	£1.00
TUNA	£1.00
SARDINES IN TOMATO SAUCE	55P
SOFT CHEESE	£1.35
BAKED BEANS	32P
HONEST VALUE GRAVY GRANULES	40P
TOTAL	£20.34

**DON'T FORGET TO USE OUR EXCLUSIVE CODE  
FYFXCOOP5 FOR £5 OFF A £20 ONLINE SPEND.  
CODE IS VALID FROM 11TH TO 31ST JULY 2022**

\*products subject to availability and price subject to change



# COOP



## CHICKEN

You'll cook your chicken for this meal, and 3 leftover meals! Chicken & Rice soup, chicken hash and chicken fried rice.

### INGREDIENTS

- Chicken
- 1 onion
- 2 carrots

Roast potatoes

Root mash

Yorkshire puddings

### NOTES

Use half the swede and 4 large or 6 small carrots for the root mash.

### METHOD

- 01 Put your chicken into a pot of water with the carrots and onion. Cover and bring to the boil.
- 02 Reduce the heat and simmer for 60 minutes. Skim any brown froth off the top of the water.
- 03 Remove the chicken from the water (which is now chicken stock) and rest for 10 minutes before carving.
- 04 Slice one breast and one thigh and split between 4 plates. Save the rest and the stock for later in the week. Leave the carrot and onion in the stock.





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# CHICKEN & RICE SOUP

You need 50g of shredded chicken and the stock from your chicken for this recipe.



## INGREDIENTS

- chicken stock
- 50g shredded chicken
- 1 pepper deseeded and sliced
- 150g uncooked rice
- salt and pepper to taste

## METHOD

- 01 Add the shredded chicken and rice and pepper to the chicken stock (with the carrot and onion)
- 02 Bring to the boil and then reduce the heat and simmer until the rice has cooked
- 03 Season with salt and pepper. And serve!



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# TOMATO & SARDINE PASTA

Delicious, healthy and cheap and easy. What more could you ask for?



## INGREDIENTS

- 500g pasta
- 1 onion, diced
- 4 tomatoes, chopped
- 1 tin of sardines in tomato sauce
- 100g frozen mixed veg
- Tomato pasta sauce

## METHOD

- 01 Cook the pasta as per the instructions.
- 02 Fry the onion for a few minutes.
- 03 Add the tomatoes, pasta sauce and sardines and stir to break up the sardines.
- 04 Cover and simmer for 5 minutes.
- 05 Reserve one ladle of water from the pasta cooking water and stir into the sauce.
- 06 Add the sauce to the drained pasta



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# CHICKEN HASH

This recipe uses chicken from Sunday evening.



## INGREDIENTS

- 500g potatoes, peeled
- 1 chopped onion
- 1 diced red pepper
- 200g cooked chicken diced

## METHOD

- 01** Boil the potatoes in salted water until just cooked. Drain and cut into cubes
- 02** Add the onion and peppers to a large frying pan and sauté until softened.
- 03** Stir in the potatoes and cook for another 5 minutes until they're starting to brown. Add the chicken and stir.
- 04** Place under the grill until golden.



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# TUNA FISH CAKES



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## INGREDIENTS

- 4 spring onions, sliced
- 800g cooked potato, mashed
- 100g frozen veg, thawed
- Tin of tuna, drained
- Salt and pepper, to season



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Another tasty, healthy way to make sure you are getting your intake of fish.

## METHOD

- 01 Add the fishcake ingredients into a large bowl.
- 02 Mix well using your hands, then shape into patties.
- 03 Dust with a little flour
- 04 Chill in the fridge for at least an hour
- 05 Add to a large frying pan and shallow-fry the fishcakes for 4-5 minutes per side, until golden brown.
- 06 Serve with mixed veg





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# CHICKEN FRIED RICE

So quick and easy and yummy too!



## INGREDIENTS

- 300g cooked and cooled rice
- 100g leftover cooked chicken
- 200g frozen mixed veg, defrosted
- 1 egg beaten

## METHOD

- 01 Heat a wok or large frying pan.
- 02 Add the rice, tossing it around to break up any clumps. Add the chicken and veg and stir fry for 5 minutes.
- 03 Push the mix to the side, add in the eggs and whisk until almost scrambled then quickly stir through the rice.
- 04 Mix thoroughly and serve.



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# OMELETTE

I love an omelette. So simple but tasty! And if you have never tried it with soft cheese then you are in for a treat.



## INGREDIENTS

- 6 eggs, beaten
- 1TBSP water
- soft cheese, cubed
- onion, sliced
- red pepper, sliced
- salt and pepper to taste

## METHOD

- 01 Heat a large frying pan and fry off the onion and pepper.
- 02 Mix the eggs, water and soft cheese in a bowl.
- 03 Season with salt and pepper.
- 04 Lower the heat under the pan and then pour the mix in.
- 05 Once it has set around the edges remove from the heat.
- 06 Pop under the grill until set on the top.



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

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**FIND MY BOOKS**