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



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HONEST VALUE WHOLE CHICKEN	£2.92
2 X 1.5KG WHITE POTATOES	£2.00
SWEDE	85P
IKG HONEST VALUE CARROTS	52P
SPRING ONIONS	65P
TOMATOES	78P
12 YORKSHIRE PUDDINGS	21.30
HONEST VALUE 10 EGGS	£1.4O
3 ONIONS	95P
IKG HONEST VALUE RICE	£1.20
3 PEPPERS	£1.55
TOMATO PASTA SAUCE	55P
PASTA	£1.05
FROZEN MIXED VEG	21.00
TUNA	21.00
SARDINES IN TOMATO SAUCE	55P
SOFT CHEESE	£1.35
BAKED BEANS	32P
HONEST VALUE GRAVY GRANULES	4 O P

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



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

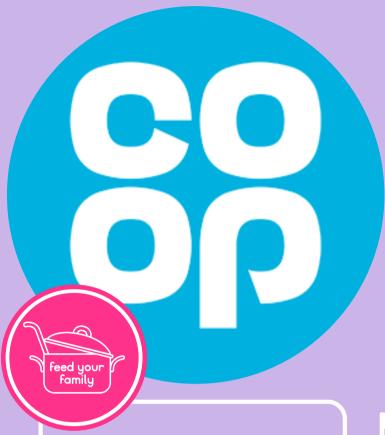
Use half the swede and 4 large or 6 small carrots for the root mash.

- Put your chicken into a pot of water with the carrots and onion. Cover and bring to the boil.
- Reduce the heat and simmer for 60 minutes. Skim any brown froth off the top of the water.
- Remove the chicken from the water (which is now chicken stock) and rest for 10 minutes before carving.
- 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.







CHICKEN \$ RICE SOUP

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

INGREDIENTS

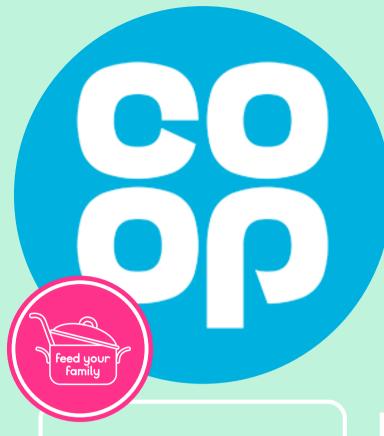
- chicken stock
- 50g shredded chicken
- 1 pepper deseeded
 and sliced
- 150g uncooked rice
- salt and pepper to taste

- Old Add the shredded chicken and rice and pepper to the chicken stock (with the carrot and onion)
- Bring to the boil nd then reduce the heat and simmer until the rice has cooked
- Season with salt and pepper.

 And serve!







TOMATO \$ SARDINE PASTA

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

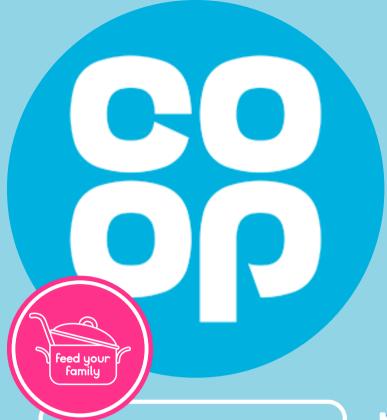
INGREDIENTS

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

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







CHICKEN HASH

This recipe uses chicken from Sunday evening.

INGREDIENTS

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

- Boil the potatoes in salted water until just cooked. Drain and cut into cubes
- O2 Add the onion and peppers to a large frying pan and sautée until softened.
- Stir in the potatoes and cook for another 5 minutes until they're starting to brown.

 Add the chicken and stir.
- Place under the grill until golden.







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

TUNA FISH

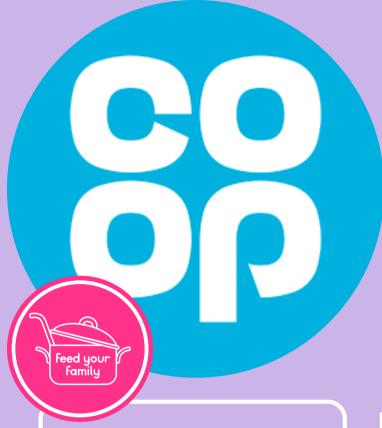
CAKES

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

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







CHICKEN FRIED RICE

So quick and easy and yummy too!

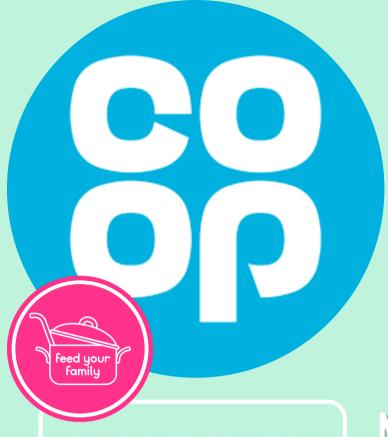
INGREDIENTS

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

- Heat a wok or large frying pan.
- Add the rice, tossing it around to break up any clumps. Add the chicken and veg and stir fry for 5 minutes.
- Push the mix to the side, add in the eggs and whisk until almost scrambled then quickly stir through the rice.
- O4 Mix thoroughly and serve.







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

- Heat a large frying pan and fry off the onion and pepper.
- O2 Mix the eggs, water and soft cheese in a bowl.
- O3 Season with salt and pepper.
- Lower the heat under the pan and then pour the mix in.
- Once it has set around the edges remove from the heat.
- Pop under the grill until set on the top.





I'D LOVE TO HEAR FROM YOU!

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FIND MY BOOKS