



# MEAL PLAN



## WEEK 1

SUNDAY – ROAST GAMMON, FONDANT POTATOES,  
CAULIFLOWER / BROCCOLI CHEESE

MONDAY – SAUSAGE PASTA

TUESDAY – HAM AND VEG HOTPOT

WEDNESDAY – OMELETTE, SALAD, WEDGES

THURSDAY – CHILLI AND RICE

FRIDAY – SAUSAGE HASH, BAKED BEANS, EGG

SATURDAY – CHILLI NACHO'S, SALAD



# SHOPPING LIST



	ALDI	TESCO
GAMMON JOINT	£3.40	£3.40
2.5KG POTATOES	89P	89P
CAULIFLOWER	82P	85P
BROCCOLI	50P	52P
15 EGGS	£1.32	£1.32
400G MATURE CHEDDAR	£2.19	£1.99
LETTUCE	53P	53P
CHERRY TOMATOES	48P	48P
CUCUMBER	52P	49P
PENNE PASTA	32P	32P
2 X TINNED TOMATOES	56P	56P
20 SAUSAGES	£1.69	£1.25
500G MINCE	£1.69	£1.89
TOMATO PUREE	34P	31P
KIDNEY BEANS	30P	30P
2 X TORILLA CHIPS	96P	96P
BAKED BEANS	22P	22P
1L MILK	£1.05	99P
SOUR CREAM	69P	£1.20
TOTAL	£18.47	£18.47

OR £17.21 IF YOU SHOP BETWEEN THE TWO STORES



# ROAST GAMMON

You'll cook your gammon for this meal, and 2 leftover meals! Ham nde veg hot pot and omelette.



## INGREDIENTS

- 1kg gammon joint 2
- 50ml water
- 2 tbsp honey

## METHOD

- 01** Add the gammon joint and water to a large saucepan and bring to the boil. Reduce the heat and simmer gently for 90 minutes.
- 02** Preheat the oven to 200°C/Fan 180°C/Gas 6.
- 03** Remove the joint from the water and place on a baking tray, making sure to save the water (which is now a ham stock!).
- 04** Pour the honey over the joint and rub all over.
- 05** Cook uncovered in the oven for 30 minutes, then leave to rest for 15 minutes once it's out, before carving.
- 06** Use half of the gammon in this meal and split the rest in 2 for later in the week.

# SAUSAGE PASTA

When making a pasta sauce my top tip is to add a ladle of the cooking water from the pan of cooked pasta to your sauce. The starch from the pasta is now in that water, so the sauce will cling to the pasta. It sounds strange, but it definitely works.

## INGREDIENTS

- 300g pasta
- 200g frozen mixed veg
- 8 sausages
- 1 x tin chopped tomatoes
- 1 tbsp chilli powder

## METHOD

- 01 Grill the sausages, allow to cool and cut each sausage in half lengthways and then each length into 4
- 02 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.
- 03 Heat your tinned tomatoes in a separate pan until piping hot, add the chilli powder, reduce heat and simmer.
- 04 Once the pasta and veg are ready, take out 1 ladle of the cooking water and add it to the tomato sauce, stirring through.
- 05 Drain the pasta and veg and return them to the pan. Stir in the sausages and tomato sauce and mix thoroughly. Serve straight away.



Feed your family

# HAM & VEG HOTPOT

This recipe uses some of your cooked leftover gammon joint.



## INGREDIENTS

- 500g potatoes, thinly sliced
- 1/2 cauliflower
- 1/2 broccoli
- 100g frozen mixed veg
- 1 tbsp cooking oil
- shredded ham
- 2 onions, diced
- 500ml white sauce
- 200g cheese, grated

## METHOD

- 01** Bring a pan of water to the boil. Add the potato slices and the frozen veg and parboil for 5 minutes.
- 02** Drain well and allow to dry and cool down.
- 03** Add the oil to the pan and fry the bacon and onion lightly.
- 04** Layer the ingredients in a deep dish. Start with ham and onion, spreading out half the mixture in the dish, then spread half the veg on top of that. Add a layer of potato slices and repeat.
- 05** Pour over your white sauce and then sprinkle the cheese on top.
- 06** Cook in the oven for 30 minutes and serve hot.



# HAM, CHEESE & TOMATO OMELETTE

Use up the last of the ham to make this yummy omelette

## INGREDIENTS

- 1 tbsp cooking oil
- 1/2 leftover ham
- 1 onion, finely diced
- 6 cherry tomatoes
- 6 eggs
- Salt and pepper, to season
- 100ml milk
- 100g Cheddar cheese, grated

## METHOD

- 01** Heat the oil in a pan over a medium heat. When hot add the onions and cook for 4 minutes.
- 02** Meanwhile, crack the eggs into a bowl and season with salt and pepper. Whisk well and add the milk until combined. Add in half the cheese.
- 03** Add the shredded ham and cherry tomatoes to the pan and then pour over the egg mix
- 04** Cook gently until set around the edges
- 05** Top with the remaining cheese and pop under a medium grill until cooked on top.



# CHILLI & RICE

Bulk out this chilli to make enough for two meals this week.



## INGREDIENTS

- 500g beef mince
- 200g lentils
- 2 onions, chopped
- 4 carrots, grated
- 3 tsp garlic powder
- 1 tin kidney beans
- 1 tin chopped tomatoes
- 1 tsp chilli powder
- 500ml beef stock

## METHOD

- 01** Brown your mince and chopped onions and sprinkle over the garlic and chilli powder
- 02** Add the grated carrot and soften for 2 minutes
- 03** Add the beef stock, lentils and chopped tomatoes
- 04** Bring to the boil and then simmer for 30 minutes, stirring occasionally to make sure the lentils don't stick. Add more water if needed
- 05** Drain the kidney beans and heat through
- 06** Serve 2/3 of the mix on top of rice for dinner





# SAUSAGE HASH

One of my all time favourite meals which is just as nice for brunch as it is dinner.



## INGREDIENTS

- 1 tbsp oil, for frying
- 4 sausages, removed from their skins
- 1 onion, diced
- 4 cherry tomatoes, diced
- 4 cooked potatoes
- 1 tsp garlic powder
- 50g cheese, grated

## METHOD

- 01** Heat the oil in an oven-safe frying pan (or have an oven- safe dish ready for when you need to grill).
- 02** Fry the sausages, breaking them up with a wooden spoon (as you would if you were browning mince) until cooked.
- 03** Add the onion and cook for 2 minutes.
- 04** Add the tomatoes and cook for another 2 minutes.
- 05** Add the potatoes and the garlic powder and stir well. Cook for 5 minutes stirring occasionally.
- 06** Sprinkle the cheese on top and then place the pan under a hot grill until browned and the cheese has melted.

# CHILLI NACHO'S

Using leftover chilli and a bag of tortillas makes this easy dish



## INGREDIENTS

- leftover chilli
- 2 bags tortilla chips
- 100g cheese, grated
- pot of sour cream

## METHOD

- 01 Layer tortilla chips in the base of an ovenproof dish
- 02 Add a layer of chilli then another layer of chips and top with the 1st of the chilli
- 03 Cover the top with cheese
- 04 Cook in the oven until the cheese is bubbling
- 05 Serve with sour cream

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

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**FIND MY BOOKS**