

FEED YOUR FAMILY FOR £20 A WEEK



OCADO £20 MEAL PLAN



MEAL PLAN



**SUNDAY - SAUSAGE MEATLOAF, MASHED POTATO &
CARROTS**

MONDAY - GARLIC & HERB SPAGHETTI

TUESDAY - KEDGEREE

WEDNESDAY - BEEF MINCE WELLINGTON

THURSDAY - CAJUN DIRTY RICE

FRIDAY - SWEET CHILLI CHEESE TUNA PASTA

SATURDAY - VEGGIE ROSTI WITH POACHED EGGS




 **ocado**

SHOPPING LIST



SWEDE	95P
BROCCOLI	51P
KALE	75P
2.5KG POTATOES	£1.00
1KG ONIONS	65P
1KG CARROTS	45P
8 PORK SAUSAGES	£1.30
500G BEEF MINCE	£2.20
PHILADELPHIA SWEET CHILLI	£1.00
PHILADELPHIA GARLIC AND HERB	£1.00
PUFF PASTRY	£1.80
12 FREE RANGE EGGS	£1.90
SCHWARTZ MEXICAN SEASONING	52P
SARDINES IN SPICY TOMATO SAUCE	£1.15
M&S CHOPPED TOMATOES	50P
M&S TUNA CHUNKS	£1.05
500G WHOLEGRAIN RICE	£1.30
500G SPAGHETTI	90P
LOAF	65P
OCADO MIXED VEGETABLES	£1.00
TOTAL	£20.58



SAUSAGE MEATLOAF

My kids would eat this every day if I allowed them.

METHOD

- 01 Preheat the oven to 180°C/Fan 160°C/Gas 4 and line a small loaf tin with baking paper.
- 02 Add all the ingredients to a bowl and mix well. Push the mixture into the tin and cover with foil.
- 03 Cook in the oven for 30 minutes, then remove the cover and cook for a further 15 minutes so the top browns.
- 04 Serve warm or cold. I like it with mashed potato, carrots and gravy.



INGREDIENTS

- 1 tbsp oil
- 2 onions, finely diced
- 8 sausages, removed from their skins
- 100g breadcrumbs

NOTES

Use bread to make breadcrumbs



GARLIC & HERB SPAGHETTI

Using flavoured soft cheese this is so quick and simple.

METHOD

- 01 Put the spaghetti on to cook as per the packet instructions, when it has 3 minutes left add the broccoli
- 02 Heat some oil in a pan and fry of the broccoli stems for 5 minutes, addf the carrot ribbons and fry for another 2 minutes
- 03 Add in the soft cheese and stock and stir until melted.
- 04 drain the pasta and keep 100ml's of the pasta water.
- 05 Add the water, psta and broccoli to the sauce and stir through

INGREDIENTS

- 100ml's chicken stock
- 2 carrots, cut into ribbons
- 165g philadelphia, garlic and herb
- small broccoli, cut into florets and stock peeled & diced





CAJUN DIRTY RICE

This recipe has quickly become one of my faves. Perfect to throw together after a super-busy day when everyone is starving and asking when dinner is.



Feed your family

INGREDIENTS

- 250g wholegrain rice
- 1 tbsp oil
- 2 onions, diced
- 250g minced beef
- 1 pack mexican seasoning
- 200g mixed veg

METHOD

- 01** Cook the rice according to the packet instructions, adding the mixed veg to the same pan to cook.
- 02** In a large saucepan, heat the oil and add the onion and the mince. Cook over a medium heat until the mince has browned, breaking it up with a wooden spoon as you go.
- 03** Add the spice mix and stir through.
- 04** Add in the rice and veg.
- 05** Give it a good stir and it's ready to serve.



Feed your family

KEDGEREE

This used to be popular for breakfast .
Now we have it for dinner.



INGREDIENTS

- 250g rice
- 1 tin chopped tomatoes
- 200g mixed veg
- 1 tin sardines in spicy tomato sauce
- 4 eggs

METHOD

- 01 Put the rice on to cook with the mixed veg
- 02 Heat the tinned tomatoes in a small pot
- 03 Add the tinned sardines and use a fork to break up the fillets
- 04 Heat through gently
- 05 Stir the cooked rice into the sauce
- 06 Boil 4 eggs and serve on top



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BUDGET BUSTING BEEF WELLINGTON

A tasty cheap alternative to a traditional beef Wellington

METHOD

01 Gently saute all the veggies, garlic, stirring occasionally, until your vegetables are tender. This will take about 6-8 minutes.

02 Put them into a large bowl and allow them to cool completely.

Once they're cool add in the beef and mixed veg.

03 Now get into the bowl with your hands and start kneading everything together, Add salt and pepper and half of the beaten egg

04 Make sure everything is good and mixed up and evenly mixed

05 Shape your beef mixture into a log and put the mince on top finish shaping and brush the edges with the reserved egg.

06 Roll it up, tucking the ends brush the sealed pastry log with beaten egg

Place it on a baking sheet seam down, and lightly brush the top with the remainder of the beaten egg.

Bake the Beef Wellington for 45 min to an hour, depending on your oven, until golden and crispy on the outside.

Allow the Beef Wellington to cool for about 5 minutes.



INGREDIENTS

- 2 onions finely diced or grated
- 3 carrot finely diced or grated
- 1/2 swede, diced or grated
- 2 diced or grated potatoes
- 1 tbsp garlic powder
- 100g of mixed frozen veg
- 1 egg
- 250g minced beef
- Puff pastry



 **cocado**

SWEET CHILLI TUNA PASTA

Super tasty pasta dish



INGREDIENTS

- 250g spaghetti
- 1 tin of tuna
- 1 small broccoli
- kale
- 1 pack soft cheese with sweet chilli sauce
- 100ml's stock

METHOD

- 01** Put the spaghetti on to cook as per the packet instructions. Also add 100g of mixed veg to the pot. When it has 3 minutes left add the broccoli
- 02** Heat the soft cheese and stock and stir until melted.
- 03** Drain the pasta and keep 100ml's of the pasta water.
- 04** Add the water, pasta and broccoli to the sauce and stir through

 **cocado**





VEGETABLE ROSTI

I love rosti so much. This is so crisp and tasty

METHOD



INGREDIENTS

- 200g potatoes, peeled and grated
- 4 large carrots, peeled and grated
- 1/2 swede peeled and grated
- salt and pepper to taste

- 01 Peel and grate the veg and add to a large bowl. Add salt and toss about
- 02 Leave for 5 minutes
- 03 Put oil in a large bowl and add pepper
- 04 Really squeeze the veg to get rid of the excess water then add to the bowl
- 05 Toss the veg until well coated then add to a large roasting tin
- 06 Cook for 35 - 40 minutes until crispy



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

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FIND MY BOOKS