

MEAL PLAN



SUNDAY - STEAK & SAUSAGE PIE, CARROTS & MASH

MONDAY - CHEESY VEGGIE PASTA

TUESDAY - SAUSAGE CASSEROLE

WEDNESDAY - CHICKEN SATAY & RICE

THURSDAY - BACON & POTATO HOTPOT

FRIDAY - PIZZA NIGHT

SATURDAY - FISHCAKES & SALAD



SHOPPING LIST



	ALDI	TESCO
400G DICED BEEF	£3.29	£3.29
12 CHIPOLATAS	£1.49	£1.75
PUFF PASTRY	85P	£1.15
2.5KG WHITE POTATOES	85P	85P
1.5KG CARROTS	44P	44P
MIXED VEG	69P	69P
PASTA	32P	32P
2 X 340G FROZEN SLICED COOKED CHICKEN	£3.38	£3.38
PEANUT BUTTER	99P	99P
SOY SAUCE	55P	65P
COOKING BACON	£1.25	75P
GREEK YOGHURT	59P	59P
2 X TINNED TUNA	£1.38	£1.18
LETTUCE	53P	53P
CUCUMBER	52P	49P
TOMATO	48P	48P
SWEET CHILLI STIR FRY SAUCE	42P	50P
BREADCRUMBS	65P	80P
TINNED TOMATOES	28P	28P
MOZZRELLA	45P	43P
SELF RAISING FLOUR	55P	55P
TOTAL	£19.95	£19.99

OR £19.10 IF YOU SHOP BETWEEN THE TWO STORES

STEAK & SAUSAGE PIE

This was my dad's favourite meal. A very traditional Scottish meal.



INGREDIENTS

- Salt and pepper, to season
- 1 tbsp flour
- 400g stewing beef steak
- 4 sausages, cut into chunks
- 1 tbsp cooking oil
- 850ml beef stock
- 2 TBSP gravy granules
- 1 x 340g packet puff pastry
- 1 egg, beaten, to glaze

METHOD

- 01 Add some salt and pepper to the flour, then use the seasoned flour to dust the beef and sausage.
- 02 Heat the oil in a large pan and add the meat. Brown on all sides.
- 03 Add the meat into the slow cooker and pour in the stock.
- 04 Cook on low for 8-10 hours or if you don't have a slow cooker you cook in the oven for 4 hours at 170°C/Fan 150°C/Gas 3.
- 05 Once cooked, stir through the gravy granules and allow to thicken slightly before pouring the mixture into a pie dish.
- 06 Heat the oven to 200°C/Fan 180°C/Gas 6 and roll out the pastry so it's large enough to lay over the steak and sausage mix.
- 07 Brush the pastry with the beaten egg then bake for 20 minutes or until the pastry is golden brown.



CHEESY VEGGIE PASTA

One pot cheesy veggie pasta is perfect for a midweek quick dinner



INGREDIENTS

- 300g pasta
- 300g frozen mixed veg
- 200g soft cheese
- 750ml's chicken stock

METHOD

- 01** Add the uncooked pasta and chicken stock to large pot. Place a lid on the pot, turn the heat up to medium-high and bring the stock to the boil.
- 02** Once the stock comes to a full boil add the mixed veg, turn the heat down to medium-low.
- 03** Let the pasta simmer for about 8 minutes, or until the pasta is tender and most of the stock has been absorbed.
- 04** Once the pasta is tender and most of the stock has been absorbed, add the cream cheese (cut into chunks).
- 05** Stir and cook over a medium heat until the cream cheese has fully melted into the sauce.

SAUSAGE CASSEROLE

i love this sausage casserole. you can either add potato chunks while you are cooking to make it a one pot dish or you can leave them out and serve it with mash instead



INGREDIENTS

- 8 sausages
- 4 carrots
- 2 onions
- tinned tomatoes
- 2 tbsp garlic granules
- 2 tsp paprika
- 200ml's beef stock

METHOD

- 01** Add your onions and sausage chunks into a pot and fry gently until sausages are browned
- 02** Sprinkle garlic and paprika on top and stir through.
- 03** Add tinned tomatoes and beef stock and stir through
- 04** Add diced carrots (and potatoes if using) and bring the mix to the boil
- 05** Reduce heat, cover and cook for 25-30 minutes

CHICKEN SATAY

Using frozen cooked chicken this dish is super quick to make. Served with rice



INGREDIENTS

- 2TBSP peanut butter
- 2TBSP soy sauce
- 2TBSP sweet chilli stir fry sauce
- water to thin
- 600g cooked chicken

METHOD

- 01 Defrost the chicken
- 02 Add the sauce ingredients into a pot and gently heat. If it is too thick add a little water to thin
- 03 Add the chicken and heat through until piping hot
- 04 Serve with rice



BACON & POTATO HOTPOT

This will definitely become a family favourite! So easy and tasty



INGREDIENTS

- 2 onions, sliced
- 400g cooking bacon, diced
- 800g potatoes, sliced
- 2 TBSP garlic
- 600ml's veg stock

METHOD

- 01 Preheat the oven to 180°C/Fan 160°C/Gas 4
- 02 Heat a large saucepan over a medium heat. Add the onions and bacon and fry for a few minutes until the bacon is crispy.
- 03 Sprinkle in the garlic granules
- 04 Layer the potatoes and the bacon and onion mix in a deep casserole dish
- 05 Pour over the stock and cover with lid or foil and put in the oven for 45 minutes
- 06 Uncover and check if it needs more stock. Put back in the oven for 15 minutes

PIZZA NIGHT!

Who doesn't love pizza! I save up all my little bit of cooked meat and veg and set up a pizza topping bar in the kitchen for the kids to decorate their own!



INGREDIENTS

- 190 g self raising flour
- 200 g plain greek yoghurt
- grated mozzarella
- tomato puree
- 100g cooked bacon
- 80g cooked chicken
- any other topping you fancy

METHOD

- 01** Mix flour and Greek yogurt together in a bowl; transfer to a work surface floured with self-raising flour.
- 02** Knead dough, adding more flour as needed to keep dough from being too sticky, for 8 to 10 minutes
- 03** Spray a 30cm round tin with cooking spray and spread dough to edges of pan.
- 04** spread with tomato puree and add toppings
- 05** Cook at 200c GM6 for 15 - 20 minutes



TUNA FISHCAKES

Perfect dinner that can be prepped ahead of time and cooked when needed.



INGREDIENTS

- 1 tsp garlic
- 800g cooked potato, mashed
- 100g frozen mixed veg, thawed
- 2 x tins of tuna, drained
- Salt and pepper, to season
- 2 tbsp plain flour
- 1 egg, beaten
- 2 tbsp cold water
- 100g breadcrumbs

METHOD

- 01** Add the fishcake ingredients to a large bowl. Mix well using your hands, then shape into patties.
- 02** Next, set up your 'fishcake prep line': three bowls, one with flour, the next with egg and cold water and the third with breadcrumbs.
- 03** Coat the fishcake in plain flour, then dip in the egg. Finally, coat in breadcrumbs. Repeat with the other fishcakes, then chill in the fridge until you're ready to cook.
- 04** Heat a large frying pan and fry the fishcakes for 4-5 minutes per side, until golden brown. Drain on kitchen paper,

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

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FIND MY BOOKS