

FEED YOUR FAMILY FOR £20 A WEEK



WEEK FIVE VEGETARIAN MEAL PLAN

MEAL PLAN



SUNDAY - WHOLE ROAST CAULIFLOWER, POTATOES & CARROTS

MONDAY – BROCCOLI PESTO PASTA

TUESDAY – CAULIFLOWER LEAF STIR FRY

WEDNESDAY – COLCANNON & POACHED EGGS

THURSDAY – MEXICAN RICE

FRIDAY –SHAKSHUKA

SATURDAY - ARANCINI & TOMATO SAUCE, POTATO WEDGES



SHOPPING LIST



	ALDI	TESCO
CAULIFLOWER	85P	85P
POTATOES	89P	89P
CARROTS	45P	49P
ONIONS	59P	59P
CELERY	43P	49P
SPINACH	75P	93P
BROCCOLI	53P	53P
SWEDE	55P	80P
CABBAGE	55P	59P
MIXED PEPPERS	£1.18	£1.25
2 X CHERRY TOMATOES	£1.00	£1.38
COURGETTE	95P	67P
GINGER PUREE	69P	£1.30
GARLIC PUREE	69P	90P
MOZZARELLA	45P	45P
200G CHEDDAR CHEESE	£1.39	£2.00
EGGS	£1.35	£1.35
PASSATA	39P	45P
TINNED CHOPPED TOMATOES	28P	28P
BAKED BEANS	22P	22P
PASTA	23P	23P
NOODLES	85P	£1.00
SOY SAUCE	55P	£1.00
BREADCRUMBS	65P	80P
LEMON JUICE	39P	60P
CHILLI POWDER	59P	85P
RICE	45P	45P
GARLIC BREAD	75P	75P
FROZEN MIXED VEG	69P	69P
TOTAL	£19.33	£22.78

OR £19.05 IF YOU SHOP BETWEEN THE TWO STORES



WHOLE ROASTED CAULIFLOWER

This recipe makes for a beautiful dinner with the cauliflower as a stunning centrepiece.



INGREDIENTS

- 750g potatoes
- 6 small carrots
- 1 tbsp smoked paprika
- 1 tbsp oil
- 2 tsp garlic puree
- 1 medium cauliflower

METHOD

- 01 Preheat the oven to 180°C/Fan 160°C/Gas 4.
- 02 Parboil the whole potatoes and whole carrots in a pan of boiling water until just tender, about 5 minutes. Drain.
- 03 Mix the paprika, oil and garlic in a small bowl.
- 04 Remove the leaves and stalk from the cauliflower and save for the stir fry
- 05 Put the whole cauliflower in a roasting tin and brush over the marinade. Saving some for the veg.
- 06 Place the carrots and potatoes around the cauliflower and brush with the remaining marinade.
- 07 Cover with foil and cook for 20–25 minutes, then remove the foil, baste with the juices and cook for 5 minutes more.

BROCCOLI 'PESTO' PASTA

Two of my three kids refused to eat broccoli . . . or so they thought. With the healthy green veg cooked and blitzed in this pasta, they were none the wiser.

METHOD

01

Finely chop the broccoli florets, then cook in a pot of boiling water for about 3 minutes, until crisp-tender.

Using a slotted spoon, transfer the broccoli to a large bowl of iced water, then drain on paper towels.

02

Add the pasta to the same pot of boiling water and cook according to the packet instructions, until al dente.

03

While the pasta cooks, stir-fry the pepper and courgette for 5 minutes, then set aside and transfer the broccoli to a food processor.

04

Add the oil and lemon juice to the food processor. Season with salt and pepper, then blitz until smooth.

05

Drain the pasta, reserving 125ml of the pasta cooking water in a jug, and return the pasta to the pot.

06

Toss the pasta together with the veg and broccoli pesto, adding the reserved pasta cooking water as needed to coat evenly.

07

Stir through the grated cheese



INGREDIENTS

- broccoli
- 400g pasta
- 1 pepper
- 1 courgette
- 45g grated cheese
- 3 tbsp oil
- 2 tsp lemon juice
- Salt and pepper, to taste



CAULIFLOWER LEAF STIR FRY

After you have tried this recipe you will think back with regret to all the times you threw your cauliflower leaves in the bin. This dish looks so pretty and colourful and tastes great.

INGREDIENTS

- 150g dried noodles
- The outer leaves from 1 cauliflower, stems removed, finely chopped
- 1 onion, diced
- 4 carrots, diced
- 4 celery sticks, diced
- 2 tsp garlic puree
- 1 tsp ginger puree
- 1 tbsp soy sauce
- 1/2 tsp each of salt and black pepper
- 1 tbsp oil

METHOD

01

Cook the noodles in a large pan of boiling salted water until soft, following the instructions on the packet. Drain.

02

Heat the oil in a large frying pan or wok over a high heat, and fry the cauliflower leaves for 2 minutes.

03

Then add the onion, carrots and celery and fry for 2 more minutes.

04

Add the garlic and ginger and fry for 30 seconds, then add the soy sauce, salt and pepper and stir well.

05

Add the drained noodles to the wok and stir until well combined. Serve immediately.

COLCANNON & POACHED EGGS

A traditional regional old-school recipe, which gives you the perfect opportunity to use up leftovers. The add-on of a poached egg lifts this to another level.

INGREDIENTS

- 400g potatoes, unpeeled and diced
- 1 swede, diced
- 1 tbsp oil
- 1 onion, finely sliced
- 1/2 cabbage, finely sliced
- 1 egg yolk
- 50g cheese, grated
- Salt and pepper, to season
- Poached eggs, to serve

METHOD

- 01** Preheat the oven to 200°C/Fan 180°C/Gas 6.
- 02** Add the potato and swede to a large saucepan of water. Bring to a boil then simmer until they are soft, about 15 minutes.
- 03** Meanwhile, heat the oil in a large pan over a low heat and fry the onion and cabbage for about 5 minutes until softened.
- 04** Drain the potato and swede and roughly mash them before adding the cabbage and onion.
- 05** Stir in the egg yolk and season with salt and pepper.
- 06** Transfer the mixture to an ovenproof dish and sprinkle over the cheese.
- 07** Bake for 20 minutes, then serve with poached eggs.



Feed your family

MEXICAN RICE

This is my partner John's favourite. It's a simple dish for a man with simple tastes.



INGREDIENTS

- 1 tbsp oil
- 4 tsp crushed garlic
- 1 tbsp chilli powder
- 1 onion, finely chopped
- 450g long-grain white rice
- 1l vegetable stock
- 1/4 tsp salt
- 2 tbsp tomato puree
- 500g mixed veg

METHOD

- 01** Heat the oil in a large saucepan over a medium heat. Add the garlic, coriander and chilli powder, stir briefly, then add the onion. Cook for 4 minutes.
- 02** Add the rice, stock, salt and tomato puree. Stir until the tomato puree has dissolved, then add the mixed veg.
- 03** Cover and bring to a simmer, then reduce the heat to low so the stock is simmering gently.
- 04** Cook for 15 minutes or until the liquid is absorbed (tilt the pot carefully to check).
- 05** Remove from the heat, leave the lid on and rest for 10 minutes. This is very important as the residual liquid on the surface of the rice will be absorbed and the rice will go from sticky to fluffy.
- 06** Fluff with a fork and serve



SHASHUKA

Shakshuka is an easy, healthy recipe in Israel and other parts of the Middle East and North Africa



INGREDIENTS

- 4 Large eggs
- Passata
- Baked beans
- 1 Onion, chopped
- 2 peppers, sliced
- cherry tomatoes
- 2 tsps garlic powder
- 200g spinach, chopped
- 1/2 tsp chilli powder
- 1 tsp paprika
- 1 pinch S&P

METHOD

- 01** Heat up a pan and add the onions, peppers and garlic and fry till soft approx 5mins
- 02** Add the beans, passata, chilli, paprika and herbs and cook for 10mins
- 03** Add the spinach and stir through. Simmer for 2-3 mins
- 04** Make 4 wells with the back of a spoon and crack the eggs into it
- 05** Place a lid on top and cook for 6-7 mins until the egg whites are just about set. Season with S&P
- 06** Finish off under the grill for 2-3 mins



ARANCINI

This is a great way to use up any rice dish leftovers. It's always a winner in my house and looks much fancier than it is. I've used mexican rice, but you can really use anything.

INGREDIENTS

- Leftover cold rice dish
- 100g mozzarella, cut into small chunks
- 100g flour
- 2 eggs, beaten
- 200g breadcrumbs

Vegetable oil, for frying

Salt, to season

TOMATO SAUCE

for the tomato sauce mix half a tin of chopped tomatoes with some garlic puree and mix thoroughly

METHOD

01

Prepare two baking trays - line one with kitchen paper (you'll use this one for the arancini after being fried).

02

With damp hands, divide the rice mix into golfball-sized balls and flatten each piece into a disc.

03

Then place a chunk of cheese in the middle and shape the disc around the cheese to form a ball.

04

Put the flour, eggs and breadcrumbs into three separate bowls then coat the balls first in flour, then in egg and finally in the breadcrumbs. Place them on the unlined baking tray.

Fill a deep pan with enough oil to cover the balls completely and set over a high heat. Test if it's hot enough by dropping in breadcrumbs. If they sizzle, it's ready.

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

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