

FEED YOUR FAMILY FOR £20 A WEEK



AUTUMN WEEK ONE MEAL PLAN

AUTUMN MEAL PLAN WEEK 1



SUNDAY - ROAST CHICKEN, FONDANT POTATOES,
HONEY GLAZED ROOT VEG

MONDAY - CHICKEN & RICE SOUP

TUESDAY - SAUSAGE HASH, BAKED BEANS, FRIED EGG

WEDNESDAY - CHICKEN AND SPINACH LASAGNE

THURSDAY - LENTIL & CHEESE BAKE

FRIDAY - TUSCAN PASTA

SATURDAY - TOAD IN THE HOLE, MASHED POTATO,
ROOT MASH



SHOPPING LIST



	ALDI	TESCO
ONIONS	55P	55P
POTATOES	95P	99P
CARROTS	45P	45P
PARSNIPS	60P	60P
SWEDE	57P	80P
CELERY	43P	43P
RED PEPPER	42P	48P
SPINACH	75P	69P
TOMATOES	78P	75P
CHERRY TOMATOES	47P	50P
WHOLE CHICKEN	£3.08	£3.08
CHORIZO	£1.11	£1.11
MOZZARELLA	49P	49P
2 X SOFT CHEESE	£1.70	£1.70
CHEESE	£1.55	£1.99
DOUBLE CREAM	99P	£1.05
CHICKEN STOCK CUBES	47P	65P
RICE	45P	45P
PASTA	32P	32P
LASAGNE SHEETS	69P	85P
CHOPPED TOMATOES	28P	28P
BAKED BEANS	22P	22P
RED LENTILS	99P	£1.10
EGGS	£1.35	£1.35
SAUSAGES	£1.25	£1.25
TOTAL	£20.90	£22.13

OR £20.13 IF YOU SHOP BETWEEN THE TWO STORES

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ROAST CHICKEN, FONDANT POTATOES, HONEY ROAST VEG

You'll cook your chicken for this meal, and 2 leftover meals! Chicken & rice soup and chicken and spinach lasagne.

METHOD

01

Mix your butter with the parsley and garlic and rub under the skin of your chicken. Put the remainder in the cavity. Along with the onion.

02

Place the chicken in a roasting dish and wrap tightly in tin foil. Cook for the time printed on the label but remove the foil 30 minutes before the end of the time so you get a nice crisp skin.

03

Meanwhile peel your potatoes and cut into evenly sized chunks. Par boil on the stove top. Drain and sprinkle some flour on to the potatoes. Shake in a colander to rough up the edges and coat the potatoes. Allow to cool down.

04

Pour the stock into a baking tray and then add the potatoes, Cook in the oven with the chicken for the last 30 minutes.

05

Cut the root veg into similar sized chunks, par boil and drain. Mix the oil and honey and thoroughly coat the veg. Put on a baking tray and cook in the oven for the last 30 minutes of the chicken cooking time.

INGREDIENTS

- Medium chicken
- 2 tbsp butter
- 2 tbsp garlic powder
- 2 tsp parsley
- 1 onion, quartered
- 500g potatoes
- 300ml chicken stock
- 2 carrots
- 2 parsnips
- 1/2 swede
- 4 tbsp oil
- 2 tbsp honey

Strip the meat of the chicken. Weigh out 400g for your chicken and spinach lasagne. Save 100g for the chicken and rice soup and keep the carcass to make stock. Save the peel from your root veg and the top and bottom of the onion for your stock.



CHICKEN & RICE SOUP

This chicken and rice soup is one of my favourite soup recipes ever. It is fairly simple to cook but always gives amazing results. The rice makes it really filling which means it makes a good main meal as well as a lunch option.

METHOD

01 Once you have stripped the meat off of your chicken put the bones (carcass) into a large pot (or slow cooker) with the peel from yesterday's root veg and the top and tail of your onion. Cover with water and bring to the boil. Reduce heat, cover and simmer for 1 hour. Or cook overnight in the slow cooker. Drain the stock into a bowl.

02 Melt 2 tbsp of butter in a large pot and sauté the onion, celery and carrots for 5 minutes. Remove from the pot.

03 Melt the other 2 tbsp of butter in the same pot. Add the flour and stir together to make a roux.

04 Stir in the milk and whisk until it is a very thick but smooth sauce. Then whisk in the stock and finally the water.

05 Add the sautéed veg back into the pot., Add the uncooked rice and simmer for 15 minutes.

06 Finally add in the shredded chicken and stir well. Cook for a further 5 minutes until the chicken is heated through.

07 Season to taste



INGREDIENTS

- 2 stalks of celery, finely diced
- 1 onion, finely diced
- 2 carrots, sliced
- 100g leftover chicken, shredded
- 1 litre chicken stock
- 1 litre water
- 250ml milk
- 4 tbsp butter
- 2 tbsp flour
- 1 cup uncooked rice
- Salt & pepper, to taste

CHICKEN & SPINACH LASAGNE

You need 400g of shredded chicken from your roast chicken for this recipe. It is an absolutely divine twist on traditional lasagne.

METHOD

- 01** Heat the oil in a pan and gently fry the onion for 2 minutes. Add the pepper and fry for 2 further minutes.
- 02** Add the vegetable stock, soft cheese, mozzarella and cream to the pan with the onion and mix over a low heat until the cheese has melted.
- 03** Add the spinach into the pot and stir for a few minutes until it has wilted. Stir in the chicken.
- 04** Put one third of the mix in a lasagne dish and top with lasagne sheets. Repeat and then top with the final third of mix. Then add the grated cheese to the top.
- 05** Cook in the oven at 180c or GM 5 for 20 - 25 minutes until golden brown on the top and bubbling nicely!

INGREDIENTS

- 6 lasagne sheets
- 1 tbsp oil
- 1 finely diced onion
- 1 finely chopped pepper
- 250g shredded chicken
- 100g spinach
- 250g mozzarella
- 200g soft cheese
- 100g grated cheese
- 200ml double cream
- 200ml chicken stock



SAUSAGE HASH

I created this dish whilst on holiday to use up some leftover ingredients, or fridge gravel, as I call it. I was amazed at how tasty it was - new favourite here!

METHOD

- 01 Heat the oil in an oven-safe frying pan.
- 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, paprika 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.
- 07 Remove from the grill and serve topped with an egg and with baked beans on the side.

INGREDIENTS

- 1 tbsp oil
- 4 sausages, removed from their skins
- 1 onion, diced
- 2 tomatoes, diced
- 4 cooked potatoes or 1 tin, diced
- 1 tsp garlic powder
- 1 tsp paprika
- 50g cheese, grated
- 4 eggs, fried or poached



Feed your
family



LENTIL & CHEESE BAKE

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

INGREDIENTS

- 1 tbsp cooking oil
- 1 onion, chopped
- 1 carrot, chopped
- 150g red lentils
- 1 tsp garlic
- 420ml vegetable stock
- 100g cheese, grated
- 1 egg, beaten
- Salt and pepper, to season
- 4 tomatoes, sliced
- 2 tbsp breadcrumbs

METHOD

- 01 Preheat the oven to 180°C/Fan 160°C/Gas 4.
- 02 Heat the oil in a large saucepan over a medium heat. Add the onion and fry for a few minutes until soft.
- 03 Add the carrot, lentils, garlic and stock and put a lid on the pan. Bring it to the boil then simmer for about 20 minutes or until all the stock is absorbed.
- 04 Add 75g of the cheese and the egg to the lentil mixture and stir thoroughly. Season well.
- 05 Spoon into a shallow ovenproof dish and smooth the top. Top with the tomatoes.
- 06 Sprinkle the remaining cheese over the top.
- 07 Bake until the topping is golden brown and crisp, about 30 minutes, but keep checking so it doesn't burn.

TUSCAN PASTA

We call this banging pasta in my house. We used to add cooked chicken but now we don't usually bother.



INGREDIENTS

- 2 chicken stock cubes
- 400g pasta
- 150g chorizo, diced
- 1 tbsp oil
- Salt and pepper, to taste
- 4 tsp garlic powder
- Cherry tomatoes, halved
- 200g cream cheese
- Tin chopped tomatoes
- 2 carrots, cut into ribbons
- 100g grated cheese

METHOD

- 01** Put a pot of water on for the pasta and once it begins to boil, add the chicken stock cubes. Stir until they have dissolved. Cook the pasta.
- 02** Meanwhile, heat the oil in another large pot and add the chorizo for 5 minutes.
- 03** Add the carrot and cherry tomatoes to the pot and cook for 1 minute.
- 04** Add the cream cheese, tinned tomatoes and stir through. reduce the heat and cook for 10 minutes.
- 05** Drain the pasta, reserving 250ml of the cooking water in a jug, and add to the pot along with the reserved cooking water. Stir through the grated cheese and serve!

TOAD IN THE HOLE

Classic dish. Perfect to fill up hungry tummies. Serve with mashed potato, mixed veg and lashings of gravy.

METHOD

- 01 Preheat oven to gas 7, 220°C, fan 200°C.
- 02 First make the batter. Put the flour in a bowl, add the eggs and slowly mix in the milk then beat until smooth.
- 03 Put the sausages in an ovenproof baking dish, scatter over the sliced onion and drizzle over the oil. Roast for 15 mins.
- 04 Remove the dish from the oven, pour the batter over and around the sausages then return to the oven and cook for a further 35 mins or until the sausages are cooked through and the batter is golden on top.
- 05 Meanwhile cook the potatoes, drain and mash. Stir through the half butter and the cream.

Cook the carrots, parsnips and swede in a pot. Once tender, drain and mash with butter.

INGREDIENTS

- 100g plain flour
- 2 eggs
- 150ml milk
- 8 sausages
- 1 onion, finely sliced
- 1 tbsp vegetable oil
- 500g potato
- 1 tbsp butter
- 50ml double cream
- 2 carrots
- 1 parsnip
- 1/2 swede



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FROM YOU!**

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