

FEED YOUR FAMILY FOR £20 A WEEK



SUMMER SLOW COOKER MEAL PLAN

MEAL PLAN



SUNDAY - CAJUN CHICKEN, HOMEMADE WRAPS,

MONDAY -MAC N CHEESE

TUESDAY – BBQ PULLED CHICKEN & JACKET POTATOES

WEDNESDAY – COCONUT & CHICKPEA CURRY

THURSDAY – HONEY MUSTARD SAUSAGE BAKE

FRIDAY –CHORIZO AND CHEESE STRATA

SATURDAY - CREAMY BBQ PULLED CHICKEN PASTA




SHOPPING LIST



	ALDI	TESCO
BUTTERNUT SQUASH	85P	£1.25
4 X BAKING POTATOES	45P	45P
CAULIFLOWER	85P	85P
SPINACH	75P	93P
1KG SWEET POTATO	99P	99P
MIXED PEPPERS	£1.16	£1.16
500G CARROTS	24P	45P
CHERRY TOMATOES	50P	50P
6 EGGS	69P	95P
WHOLE CHICKEN	£3.08	£3.08
SAUSAGES	£1.39	£1.25
SLICED CHORIZO	89P	85P
PLAIN YOGHURT	45P	45P
400G MATURE CHEDDAR	£2.29	£2.29
200G SOFT CHEESE	79P	79P
PASTA	23P	23P
SPAGHETTI	23P	23P
RICE	45P	45P
CHICKPEAS	39P	40P
TINNED TOMATOES	28P	28P
BBQ SAUCE	89P	£1.20
COCONUT MILK	69P	£1.00
BREAD	36P	36P
TOTAL	£18.89	£20.39

OR £18.71 IF YOU SHOP BETWEEN THE TWO STORES



CAJUN CHICKEN

When it is too hot for a full on roast dinner!

METHOD

- 01 Take the chicken from the fridge and unwrap.
- 02 Using a sharp knife slice chicken down to the bone all over.
- 03 Make the Marinade by adding the yoghurt to a bowl along with the cajun spice, Give it a good mix up
- 04 Coat the chicken well in marinade, rub it into the cuts, (messy but necessary) and put into a bag or bowl covered with cling film, place in the fridge for 6-24 hours. The longer the better.
- 05 Put the chicken in the slow cooker and place the onions and pepper around it.
- 06 Cook for 5 hours on low or 8 hours on high
- 07 Strip some of the meat off the chicken and serve on home made wraps with the peppers and onions



Feed your family

INGREDIENTS

- 1 Whole Chicken
- 2 peppers, sliced
- 2 onions, quartered

For the Marinade

- 250g Natural Yogurt
- 1 tbsp Cajun Spice



MAC 'N' CHEESE

Mac n cheese with a twist - cooked in the slow cooker!



INGREDIENTS

- 1 Butternut Squash, diced
- 1 Small Onion, Chopped
- 3 cloves Garlic, Chopped
- 100ml's Vegetable Stock
- 500g pasta
- 200g mature cheddar, grated
- 100g soft cheese
- 1 TBSP salt

METHOD

- 01** Place butternut squash, onion, garlic and vegetable stock in the slow cooker.
- 02** Cover and cook on high for 3 hours, or low for 6 hours. Use a stick blender to puree the vegetables.
- 03** Add the pasta, salt, and cheeses to the to the veg. Cook for 1 hour on high or 2 on low. (or you cook pre cook the pasta and just add now with the cheese and stir until well combined and cheeses have melted.)
- 04** Season with salt and pepper to taste and serve



BBQ PULLED CHICKEN & JACKET POTATOES

Perfect midweek meal



INGREDIENTS

- 4 baking potatoes
- 1 TBSP oil
- 1 tsp salt
- leftover chicken
- bottle of bbq sauce
- 200g natural yoghurt

METHOD

- 01 Rub the baking potatoes with the oil and salt and add them to the slow cooker
- 02 Cook on high for 4 hours or low for 8 hours
- 03 Shred the leftover chicken and stir through the bbq sauce
- 04 Put a dollop of yoghurt and then 2/3rds of the chicken on top of the potatoes
- 05 Freeze the remaining chicken for pasta later in the week.



COCONUT & CHICKPEA CURRY

Tasty vegetarian meal served with rice



INGREDIENTS

- 400g chickpeas
- 1 cauliflower head chopped up
- 1 onion
- 2 cloves of garlic minced
- 1 thumb size bit of ginger minced
- 1 tin tomatoes
- 100g baby spinach
- 1 tin of coconut milk
- 250ml veg stock
- 1 tbsp curry powder

METHOD

- 01** Add everything except the coconut milk and spinach to the slow cooker
- 02** Cook for 4 hours on low or 8 on high
- 03** Add the coconut milk and spinach and stir to combine.
- 04** Heat through for 15 - 20 minutes until the spinach wilts
- 05** Serve with rice

HONEY MUSTARD SAUSAGE BAKE

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



INGREDIENTS

- 4 tbsp honey
- 4 tbsp mustard
- 1 tbsp oil
- 8 sausages
- 4 sweet potatoes, cut into chunks
- 1 onion, cut into wedges
- 1 pepper, sliced
- 4 carrots, cut into chunks
- Salt and pepper, to taste

METHOD

- 01** Mix the honey, mustard and oil in a large bowl, then add the sausages, potatoes and vegetables, and stir to mix.
- 02** Tip everything into the slow cooker, spreading it out evenly. Pour over any remaining dressing.
- 03** Season with salt and pepper, and bake in the slow cooker for 4 hours on high or 8 hours on low

CHORIZO & CHEESE STRATA

This slow cooked twist combines layers of bread, melted cheese and spicy chorizo.



INGREDIENTS

- sliced chorizo
- 1 red pepper, roughly chopped
- 12 slices white bread, crust removed, cut into 3cm pieces
- 200g mature cheddar, grated
- 250g cherry tomatoes, halved
- 100ml's milk
- 6 eggs

METHOD

- 01** Rub the bowl of the slow cooker with a little butter or oil
- 02** Put a third of the bread over the base of the slow cooker. Cover with half the chorizo and half of the diced pepper, a third of the cheese and a quarter of the tomatoes.
- 03** Repeat with half the remaining bread, the remaining chorizo and pepper and a third of the remaining tomato.
- 04** Top with the remaining bread.
- 05** Whisk milk and egg together in a large jug. Pour over bread in slow cooker. Sprinkle with remaining cheese and arrange remaining tomato on top.
- 06** Cover with lid. Cook on high for 3 hours or until set.

CREAMY BBQ CHICKEN PASTA

Using leftover pulled chicken this is super tasty



INGREDIENTS

- leftover bbq pulled chicken
- 100g soft cheese
- 100ml's chicken stock
- 300g spaghetti
- 50g grated cheese

METHOD

- 01 Add everything except the grated cheese to the slow cooker and cook on high for 1 hour.
- 02 Serve topped with the grated cheese

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

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FIND MY BOOKS