

# FEED YOUR FAMILY FOR £20 A WEEK



# VEGAN MEAL PLAN

# MEAL PLAN



**SUNDAY - CAULIFLOWER STEAK, ROAST POTATOES, CARROTS**

**MONDAY - CREAMY BUTTERNUT SQUASH SOUP**

**TUESDAY - VEGETABLE BAKE**

**WEDNESDAY - SAVOURY RICE**

**THURSDAY - BEAN BURGERS, CHIPS**

**FRIDAY - BUTTERNUT SQUASH AND CHICKPEA CURRY**

**SATURDAY - BEAN CASSEROLE**



# SHOPPING LIST



	ALDI	TESCO
2 X BUTTERNUT SQUASH	£1.70	£2.50
RED ONIONS	75P	90P
CELERY	43P	43P
CARROTS	45P	45P
LEEKs	£1.39	£1.39
SPINACH	75P	95P
COURGETTES	69P	81P
POTATOES	99P	99P
BEETROOT	85P	£1.80
MUSHROOMS	85P	90P
CAULIFLOWER	85P	85P
AVOCADO	79P	79P
GREEN APPLE	33P	43P
GARLIC	69P	30P
LEMON	50P	30P
4 X CHOPPED TOMATOES	84P	84P
BORLOTTI BEANS	49P	60P
CANNELINI BEANS	54P	60P
2 X MIXED BEANS	£1.16	£1.20
CHICKPEAS	45P	40P
PASSATA	39P	39P
COCONUT MILK	69P	£1.00
TOMATO PUREE	39P	39P
VEGETABLE STOCK CUBES	47P	65P
BREADCRUMBS	65P	80P
RICE	45P	45P
FROZEN MIXED VEG	79P	79P
<b>TOTAL</b>	<b>£19.32</b>	<b>£21.54</b>

# CAULIFLOWER STEAKS

I love cauliflower it is so tasty! Serve with roast potatoes and carrots



## INGREDIENTS

- 1 cauliflower
- 50ml oil
- 15ml lemon juice
- 1/2 tsp paprika
- 1 tsp Italian mixed herbs
- salt and pepper

## METHOD

- 01 Heat oven to 200c
- 02 Slice the cauliflower into 1" slices (steaks)
- 03 Mix all the other ingredients together
- 04 Put the "steaks" in a baking tray
- 05 Brush on both sides with the flavoured oil
- 06 Bake for 20 mins, turning halfway through

# CREAMY BUTTERNUT SQUASH SOUP

A nice warming soup.



## INGREDIENTS

- 450ml vegetable stock
- 2 cloves minced garlic
- 1 carrot, diced
- 1 green apple, diced
- 1 butternut squash, peeled and chopped
- 1 onion, diced
- Salt and black pepper to taste
- Good pinch of cayenne
- Cinnamon and nutmeg to taste
- 200ml coconut milk

## METHOD

- 01** Put the vegetable stock, garlic, carrot, apple, butternut squash, onion, salt, pepper, cayenne, cinnamon and nutmeg into the slow cooker. Stir well
- 02** Cook for 6-8 hours on low or 3-4 hours on high
- 03** Stir through the coconut milk. Use a stick blender and whizz until you get the consistency you like
- 04** Taste and adjust seasoning
- 05** Serve with another swirl of coconut cream on the top

# VEGETABLE BAKE

Perfect midweek meal



## INGREDIENTS

- 2 courgettes, sliced
- 3 potatoes, sliced
- 2 beetroot, peeled and sliced
- 1 carton of passata

## METHOD

- 01 Pre heat oven to 200c or GM 6
- 02 Oil a casserole dish
- 03 Place the passata sauce in the bottom of dish
- 04 Slice the veg thinly then arrange potato, courgette, beetroot, potato, courgette etc in the dish in a circular pattern on top of the sauce till no room left.
- 05 Cook for 30-40mins until veg is tender then serve.

# SAVOURY RICE

You can use any veg or spices you want to customise this dish



## INGREDIENTS

- 300g long grain rice
- 600ml vegetable stock
- 200g frozen veg
- Salt and pepper
- 1 tsp turmeric

## METHOD

- 01 Put the rice into a saucepan
- 02 Add the stock, turmeric and frozen veg
- 03 Put on the lid and cook for about 15 minutes
- 04 Stir well
- 05 Continue to cook until all the stock has evaporated



# BEAN BURGERS

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

## METHOD

- 01 Drain one tin of beans but keep the liquid, pour beans into a mixing bowl and mash down with a fork
- 02 Drain the other tin and discard the liquid and add the beans to the bowl
- 03 Add in the breadcrumbs, pepper, garlic, mushrooms, onions and mashed avocado
- 04 Add a little of the reserved liquid and bring the mix together
- 05 Divide into 6 portions and shape into burgers
- 06 Chill to let them firm up
- 07 Heat some oil in a pan and fry the burgers until a crust has formed on the outside then turn over and do the same on the other side

## INGREDIENTS

- 2 tins of mixed beans
- 150g breadcrumbs
- 1 avocado
- 1 tsp pepper
- 1/2 tsp garlic powder
- 1 onion, finely diced and sautéed
- A few mushrooms, chopped and sautéed



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# BN SQUASH & CHICKPEA CURRY

This is just so tasty. You will love it.

## METHOD

- 01 Heat oven to 180c
- 02 Place the squash on a lined baking tray . Drizzle with half the oil and salt and pepper. Toss until coated and roast until golden brown for about 45 to 50 minutes.
- 03 In a large pan heat the rest of the oil on a medium heat.
- 04 Add the onions and a pinch each of salt and pepper. Cook for 3 to 4 minutes.
- 05 Stir in garlic and cook for another 3 minutes. Stir in the cumin, and paprika, and cook for 1 minute. Add the carrots and the stock. Bring to a boil over a high heat.
- 06 Reduce heat to low and simmer, covered, until carrots are tender for about 10 minutes
- 07 Add tomatoes and chickpeas. and increase heat to medium-high and simmer for 10 minutes.
- 08 Stir in spinach , roasted squash, and tomato puree. Simmer, uncovered, for 5-10 minutes
- 09 Season with salt and pepper and serve with rice

## INGREDIENTS

- 1 butternut squash, cut into chunks
- 2 TBSP oil
- Salt
- Ground black pepper
- 2 red onions, chopped
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 2 tsp smoked paprika
- 2 carrots, chopped
- 1 tin of chickpeas
- 1 tin chopped tomatoes
- 100g spinach
- 1 litre vegetable stock
- 1 TBSP tomato purée



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# BEAN CASSEROLE

A tasty meat free casserole to end the week.

## METHOD

- 01 Heat the oil in a large saucepan over a medium heat.
- 02 Add the celery and carrots and cook, stirring, for 7-8 minutes.
- 03 Add the leeks, cook for 3-4 minutes, then stir in the garlic and water. Let the water cook out for a few minutes.
- 04 Add the tomatoes and lemon zest and season well.
- 05 Add the stock, bring to the boil, then simmer for 30-35 minutes, stirring occasionally or until the vegetables are just tender and the liquid has reduced.
- 06 Stir in the beans, then cook for 5 another minutes.
- 07 Remove from the heat and stir in the the lemon juice.

## INGREDIENTS

- 3 TBSP oil
- 4 celery sticks, diced
- 4 medium carrots, diced
- 3 leeks, trimmed and sliced
- 2 garlic cloves, minced
- 100ml water
- 2 tins chopped tomatoes
- Grated zest and juice of 1 lemon
- 700ml hot vegetable stock
- 1 x tin borlotti beans, drained
- 1 x tin cannellini beans, drained
- Salt and pepper



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FROM YOU!**

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