

FEED YOUR FAMILY FOR £20 A WEEK



AUTUMN WEEK FOUR MEAL PLAN

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AUTUMN MEAL PLAN WEEK 4



SUNDAY - STEAK & SAUSAGE PIE

MONDAY – SPICY RICE

TUESDAY – CHICKEN & BACON CASSEROLE

WEDNESDAY – SAUSAGE PASTA

THURSDAY – LENTIL SOUP

FRIDAY – FISH GOUJONS, CHIPS & PEAS

SATURDAY - FRENCH BREAD PIZZAS, LOADED
POTATOES



SHOPPING LIST



	ALDI	TESCO
1KG ONIONS	50P	50P
2.5KG POTATOES	99P	£1.09
1KG CARROTS	45P	45P
BABY POTATOES	69P	69P
SPRING ONIONS	49P	49P
1KG CHICKEN THIGHS	£2.47	£2.47
400G DICED BEEF	£3.49	£3.49
500G COOKING BACON	£1.29	85P
400G MATURE CHEDDAR	£2.39	£2.39
PIZZA PEPPERONI	85P	85P
PUFF PASTRY	99P	80P
2 X 2 PART BAKED BAGUETTES	£1.18	£1.18
GRAVY GRANULES	32P	32P
RED LENTILS	99P	£1.10
RICE	45P	45P
VEG STOCK CUBES	47P	75P
CHOPPED TOMATOES	28P	28P
WHITE FISH FILLETS	£2.19	£2.50
GARDEN PEAS	69P	69P
TOTAL	£21.17.	£21.34

OR £20.54 IF YOU SHOP BETWEEN THE TWO STORES

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**WE WILL BE USING SOME SHOPPING WE
HAVE ALREADY BOUGHT IN PREVIOUS
WEEKS.**

**IF YOU ARE JUST STARTING THIS WEEK
YOU WILL NEED TO BUY**

SAUSAGES

PASTA

FLOUR

PAPRIKA

OIL

BEEF STOCK CUBES

CORNFLOUR

TOMATO PUREE

MIXED VEG

GARLIC

CHILLI POWDER

MIXED HERBS

BAKING POWDER

EGGS



STEAK & SAUSAGE PIE

This was my dad's favourite meal. A very traditional Scottish meal. Served with boiled potatoes and carrots.

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.

INGREDIENTS

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

Serve with boiled potatoes and boiled carrots.

Peel and cut potatoes into equal size chunks and add to a pot of cold water. Bring to the boil and simmer for 20 minutes.

Peel and slice carrots and add to a pot of cold water. Bring to the boil and simmer for 15 minutes.



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SPICY 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
- 300g mixed veg

METHOD

- 01** Heat the oil in a large saucepan over a medium heat. Add the garlic 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.



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CHICKEN & BACON CASSEROLE

A really warm and comforting dish. Perfect for Autumn evenings!

METHOD

- 01 Season the thighs with the paprika - let them sit for at least 20 minutes.
- 02 Brown the thighs in a pan in a little oil for 5 minutes. Then remove them to a plate.
- 03 Put the bacon in the pot and get it crisp, about 3 minutes - remove and put with the chicken.
- 04 Add in the carrots, onions and potatoes and saute for 2 minutes.
- 05 Add in the rest of the ingredients. Put back in the chicken and bacon and any juices from the plate, stir to combine.
Add the salt and pepper.
- 06 Put a lid on and cook on the hob for about 45-60 minutes.
- 07
- 08 Mix 1 tbsp of cornflour to 3 tbsp of cold water and make a paste. Add to the pot for last 15 minutes and stir through.

INGREDIENTS

- 8 chicken thighs
- 250g cooking bacon chopped
- 1 onion, diced
- 2 carrots, chopped
- 800g baby new potatoes
- 500ml veg stock
- 1 tbsp paprika
- 1 tbsp mixed herbs
- Cornflour to thicken
- 1 tbsp each of salt and pepper

Alternative cooking methods!
In the oven at 160c for 1.5 hrs.
In a slow cooker for 6-8 hrs.
In a pressure cooker for 15 mins.



SAUSAGE PASTA

When making a pasta sauce my top tip is to add a ladle of the cooking water from the pan of cooked pasta to your sauce. The starch from the pasta is now in that water, so the sauce will cling to the pasta. It sounds strange, but it definitely works.

INGREDIENTS

- 300g pasta
- 200g frozen mixed veg
- 8 sausages
- 1 tin chopped tomatoes
- 1 tbsp chilli powder

METHOD

- 01** Grill the sausages, allow to cool and cut each sausage in half lengthways and then each length into 4.
- 02** Bring a large saucepan of water to the boil and cook the pasta according to the packet instructions. Add the veg in 4 minutes before the end of the cooking time.
- 03** Heat your tinned tomatoes in a separate pan until piping hot, add the chilli powder, reduce heat and simmer.
- 04** Once the pasta and veg are ready, take out 1 ladle of the cooking water and add it to the tomato sauce, stirring through.
- 05** Drain the pasta and veg and return them to the pan. Stir in the sausages and tomato sauce and mix thoroughly. Serve straight away.



feed your family



LENTIL SOUP

This soup is so easy, tasty, thick and filling. Serve with part baked baguettes.



INGREDIENTS

- 1 tbsp oil
- 1 potato diced
- 4 carrots diced
- 2 onions diced
- 200g lentils
- 2 veg stock cubes
- 1 litre of water
- Salt and pepper to taste
- 2 part baked baguettes

METHOD

- 01** Heat the oil in a pan and fry off the onion and carrot.
- 02** Add the potatoes, red lentils and stock and stir well.
- 03** Cover the pot and bring to the boil. Reduce heat and simmer for 20 minutes.
- 04** Use a masher or hand blender to make a smooth soup. Or leave it as it is if you like it chunky.
- 05** Season with salt and pepper.



FISH GOUJONS

Easier to handle than full battered fish fillets but just as tasty for a Friday night fakeaway. Serve with homemade chips and peas.

METHOD

- 01 Pat the fish dry and cut into 4cm chunks.
- 02 Make up the batter by whisking the flour, baking powder and liquid together until you get a thick batter (like double cream).
- 03 Add the remaining flour to a dish and put the fish in turning until it's all coated.
- 04 Transfer into the batter mix and coat well.
- 05 Heat the oil to 180° and fry in batches, carefully place the fish in and cook for 3-4 minutes till golden brown, turning over if needed.
- 06 Remove from the pan and drain on kitchen roll.



INGREDIENTS

- 400g fish fillets
- 150g flour for batter
- 200ml cold water (or beer or sparkling water or lemonade)
- 1 tsp baking powder
- 2 tbsp flour for coating
- Oil for frying

To make homemade chips peel 4 large potatoes and cut into chips. Put in a pot of cold water and bring to the boil. Remove from heat and plunge into cold water. Allow to dry and then fry in the oil once the fish has been cooked.



FRENCH BREAD PIZZA

When I was a little girl we used to get these from the freezer shop as a treat. So I started to make my own when my kids were little!



INGREDIENTS

- 2 part baked baguettes
- 4 tbsp tomato puree
- 200g grated cheese
- Pepperoni slices
- Any cooked meat or veg
- I like chicken and sweetcorn.

METHOD

- 01 Cook the part baked baguettes for 2/3rds of the recommended time on the pack.
- 02 Remove from the oven and slice in half lengthways.
- 03 Spread each piece with some tomato puree.
- 04 Add your toppings and then cover with the cheese.
- 05 Return to the oven for the rest of the cooking time.

LOADED POTATOES

Jacket potatoes just got an upgrade!

METHOD

- 01 Wash the potatoes, prick with a fork, brush with a little oil, season with salt and pepper and cook in the microwave for 7 minutes. Then turn them over and cook for another 7 minutes. If they are not soft continue to cook at one minute intervals.
- 02 Meanwhile fry or grill the bacon until cooked then chop roughly into small pieces.
- 03 Grate the cheese.
- 04 Remove the potatoes from the microwave, cut in half lengthwise and place them skin side down in a shallow dish.
- 05 Sprinkle them with half of the cheese and the paprika. Then add the bacon. Top with the remaining cheese.
- 06 Cook in the oven at 200c for 20 minutes.



INGREDIENTS

- 1kg potatoes
- 300g bacon
- 200g cheddar cheese
- 2 tsp paprika
- 1 tbsp oil
- 2 pinches salt and pepper

Cook in the air fryer for 10 minutes.

I'D LOVE TO HEAR FROM YOU!

info@fyf20quid.co.uk

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