

# FEED YOUR FAMILY FOR £20 A WEEK



## AUTUMN WEEK THREE MEAL PLAN

[www.meal-plans.co.uk](http://www.meal-plans.co.uk)

# AUTUMN MEAL PLAN WEEK 3



SUNDAY - PORK POT ROAST

MONDAY - LEEK & POTATO SOUP

TUESDAY - CREAMY SAUSAGE & LEEK BAKE

WEDNESDAY - PORK & SWEET POTATO CURRY

THURSDAY - CHEESY ONE POT PASTA

FRIDAY - PORK STROGANOFF & MASHED POTATOES

SATURDAY - PERSIAN EGGS



# SHOPPING LIST



	<b>ALDI</b>	<b>TESCO</b>
2 X PRE PACKAGED LEEKS	£2.78	£1.38
2.5KG POTATOES	99P	£1.09
1KG CARROTS	45P	45P
SWEDE	57P	80P
180G KALE	75P	75P
1KG SWEET POTATOES	99P	99P
200G MUSHROOMS	85P	60P
1 RED PEPPER	42P	48P
GINGER	69P	53P
200G CREAM CHEESE	85P	85P
400G MATURE CHEDDAR	£1.99	£1.99
500G GREEK YOGHURT	65P	65P
1.8KG PORK SHOULDER JOINT	£5.92	£7.56
2 X 400G TINNED TOMATOES	56P	56P
200G TOMATO PUREE	39P	39P
1 X 400G COCONUT MILK	69P	£1.00
CURRY POWDER	79P	£1.05
500G PASTA	32P	32P
1KG MIXED VEGETABLES	79P	79P
<b>TOTAL</b>	<b>£21.44</b>	<b>£22.23</b>

OR £19.63 IF YOU SHOP BETWEEN THE TWO STORES

[www.meal-plans.co.uk](http://www.meal-plans.co.uk)

**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**

**ONIONS**

**EGGS**

**RICE**

**GARLIC**

**CHILLI POWDER**

**PAPRIKA**

**PARSLEY**

**LIME JUICE**

**VEGETABLE STOCK CUBES**

**BREADCRUMBS**

**RED LENTILS**

**CORIANDER**



# PORK POT ROAST

You can cook this in the oven if you don't have a slow cooker.

## METHOD

- 01 Put all the prepped vegetables and potatoes in the bottom of the slow cooker.
- 02 Mix the dried spices and salt and pepper together. Pat dry the pork shoulder with some kitchen paper and rub the spices into the meat. Heat the oil in a large frying pan until hot, then add the pork shoulder. Cook for 3 minutes then turn the meat over and cook for another 3 minutes.
- 03 Transfer the pork to the slow cooker, on top of the veg. Cover and cook on high for 4 hours or low for 8 hours.
- 04 Remove the veg and potatoes from the slow cooker.
- 05 Remove the pork and cut in half. Serve one half for dinner and save the rest for later in the week.
- 06 Serve with the roasted veg and potatoes.

## INGREDIENTS

- 4 carrots, thickly sliced
- 1/2 swede, diced
- 1 onion, quartered
- 750g potatoes, diced
- 2 tsp paprika
- 2 tsp crushed garlic
- 1 tsp chilli powder
- 1/2 tbsp salt
- 1/2 tsp black pepper
- 1.5kg pork shoulder
- 2 tbsp oil

Cook in the oven at 180c for 1 hour and 50 minutes. Or air fry for 1 hour and 20 minutes.



Feed your family

# LEEK & POTATO SOUP

I love this soup it is so filling and tasty.

## METHOD

- 01 Melt the butter in a pan over a medium heat. Add in the chopped leeks and sauté until just beginning to colour.
- 02 Add in the diced potatoes and garlic and continue to sauté so the potatoes get basted in the butter.
- 03 Add the stock and the salt and pepper and stir well.
- 04 Put on a lid and cook until the potatoes are soft – about 20 minutes.
- 05 Blitz the soup with a hand blender and add in the milk. Stir well and allow to heat through for a couple of minutes before serving.

## INGREDIENTS

- 2 leeks, cut in half lengthwise and sliced
- 3 medium potatoes, peeled and diced
- 2 garlic cloves, crushed
- 1 tbsp of butter
- 2 litre vegetable stock
- 1 tbsp each of salt and pepper
- 50ml of milk

Can be cooked in a slow cooker for 3-4 hours on high. Or in a pressure cooker for 8-10 minutes.



Feed your family

# CREAMY SAUSAGE & LEEK BAKE

A really warm and comforting dish.

## METHOD

- 01 Add half the oil and butter to a frying pan along with the leeks and garlic and fry on a low heat for 5 minutes until soft then set aside.
- 02 Use the remaining oil and butter and fry the sausages for 5 minutes until they have some colour.
- 03 Remove sausages from the heat and slice into chunks.
- 04 Put back on the heat and add the stock and simmer for 10 minutes - this will deglaze the pan so you keep all the taste.
- 05 Add the leeks and stir well. Add half the grated cheese, cream cheese, chives and stir to combine everything.
- 06 Remove from the heat and cover with the remaining cheese and the breadcrumbs.
- 07 Place under the grill for 3-4 minutes until cheese is melted and golden brown.

## INGREDIENTS

- 6 sausages
- 2 leeks, chopped
- 50g cream cheese
- 2 tsp chopped garlic
- 100g grated mature cheddar
- 2 tbsp breadcrumbs
- 1 tbsp chopped chives
- 1 tbsp oil
- 50g butter
- 100ml vegetable stock



# PORK & SWEET POTATO CURRY

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

## METHOD

- 01 Heat oil in a large pan and fry onions over a medium heat for 5 minutes.
- 02 Add garlic, ginger, curry paste and chilli flakes and cook for 1 minute.
- 03 Add tomato puree, stir to combine and then add the vegetables and coconut milk and tinned tomatoes.
- 04 Cover and simmer for 15 minutes.
- 05 Add the pork and heat through for 5 minutes.
- 06 Add the lime juice and coriander and stir through.
- 07 Serve with boiled rice.

## INGREDIENTS

- 2 tbsp oil
- 2 onions, finely diced
- 4 tsp garlic, crushed or minced
- 2cm ginger, grated
- 1 tsp chilli powder
- 2 tbsp curry powder
- 2 tbsp tomato puree
- 1 sweet potato, chopped into chunks
- 1 red pepper, sliced
- 1 large potato, chopped into chunks
- 400g tin of coconut milk
- 400g tin of tomatoes
- 300g leftover pork, diced
- 1 tbsp lime juice
- 2 tbsp coriander
- 300g rice





# CHEESY ONE POT PASTA

This is my kids' favourite pasta dish! It's so quick and easy, and leftovers are fab cold the next day!

## METHOD

- 01 Bring a large saucepan of water to the boil and cook the pasta according to the packet instructions.
- 02 Add the veg for the last 5 minutes of cooking.
- 03 To make the sauce, put the soft cheese and vegetable stock in another pan over a low-medium heat and stir until combined and smooth.
- 04 Add the grated cheese and stir through.
- 05 Once the pasta and veg are ready, drain and return to the pan.
- 06 Stir in the sauce and then you're ready to serve.



## INGREDIENTS

- 400g pasta
- 300g frozen mixed veg
- 150g soft cheese
- 100g grated cheddar
- 250ml vegetable stock

# PORK STROGANOFF

Great dish to use up the last of your leftover pork.



## INGREDIENTS

- 1 tbsp oil
- 2 onions, sliced
- 200g mushrooms, sliced
- 2 tsp garlic, crushed
- 3 tsp smoked paprika
- 400g leftover pork, cut into strips
- 150ml greek yoghurt
- 2 tbsp parsley
- 150g kale
- 6 large potatoes, mashed

## METHOD

- 01** Heat oil in a large pan over a medium heat. Add onions and cook for 5 minutes.
- 02** Increase the heat and add the mushrooms and cook for a further 2 minutes.
- 03** Reduce the heat and add the garlic, paprika and pork and cook for 5 minutes.
- 04** If it gets too dry then add a little water.
- 05** Add the greek yoghurt and heat gently.
- 06** Remove from the heat and add the kale, stir through until wilted.
- 07** Add the parsley and serve with mashed potatoes.

# PERSIAN EGGS

This is an unusual but absolutely delicious dish.

## METHOD

**01** Warm a large, deep frying pan or wok over a medium heat for 1 min. Add the leek and onion with 2 tbsp water and a good pinch of salt and pepper. Gently cook for 5-8 mins, stirring a few times, till the veg has softened a little. Add a splash more water if the veg starts to stick.

**02** Stir the garlic into the onion with the cumin and turmeric. Cook and stir for 1 minute.

**03** Stir the lentils into the pan. Tip in the tomatoes. Half-fill the tin with water (around 200ml) and add it to the pan. Give everything a good stir. Cover the pot. Simmer for 10-15 mins, stirring a couple of times, till the sauce has thickened a little.

**04** Fork the spinach into the tomato sauce to wilt it. Make 4 small holes in the sauce and crack an egg into each one. Put the lid back on and simmer for 3-5 mins until the yolks are set to your liking.

**05** Serve with a spoonful of the yogurt.



## INGREDIENTS

- 2 leeks, sliced
- 1 onion, diced
- 2 tsp garlic, minced
- 200g red lentils
- 2 tsp cumin
- 1 tsp turmeric
- 400g chopped tomatoes
- 80g kale
- 4 eggs
- 150g greek yogurt
- 200ml water + 2 tbsp

# I'D LOVE TO HEAR FROM YOU!

info@fyf20quid.co.uk

## JOIN OUR COMMUNITY



@fyf20quid

## FIND MY BOOKS

[www.meal-plans.co.uk](http://www.meal-plans.co.uk)