

# FEED YOUR FAMILY FOR £20 A WEEK



## AUTUMN WEEK TWO MEAL PLAN

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# AUTUMN MEAL PLAN WEEK 2



SUNDAY - ROAST GAMMON, ROAST POTATOES,  
CABBAGE

MONDAY - BROCCOLI PESTO PASTA

TUESDAY - HAM HASH, EGG, BEANS

WEDNESDAY - CARAMELISED ONION & SAUSAGE  
CASSEROLE

THURSDAY - SPAGHETTI CARBONARA

FRIDAY - BUTTERNUT SQUASH & CHICKPEA CURRY

SATURDAY - BACON & POTATO HOTPOT



# SHOPPING LIST



	ALDI	TESCO
BROCCOLI	53P	53P
RED PEPPER	41P	45P
COURGETTE	69P	81P
CARROTS	24P	45P
ONIONS	59P	59P
SWEDE	57P	80P
POTATOES	99P	99P
SPINACH	75P	93P
BUTTERNUT SQUASH	85P	£1.25
CABBAGE	55P	59P
GARLIC	49P	79P
SAUSAGES	£1.39	£1.25
COOKING BACON	£1.25	75P
GAMMON JOINT	£3.40	£3.40
200G CHEESE	£2.29	£2.29
15 EGGS	£1.35	£1.35
BAKED BEANS	22P	22P
2 X TINNED TOMATOES	56P	56P
CHICKPEAS	39P	40P
PASTA	32P	32P
SPAGHETTI	23P	45P
RICE	45P	23P
TOTAL	£18.51	£19.40

OR £18.01 IF YOU SHOP BETWEEN THE TWO STORES

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# ROAST GAMMON

You'll cook your gammon for this meal, and 2 leftover meals! Ham hash and carbonara.



## INGREDIENTS

- 1kg gammon joint
- 500ml water
- 2 tbsp honey

### Slow cooker method

Cook in the slow cooker for 4 hours on high or 6 hours on low then cover with honey and cook in the oven

### Air fryer method

Cover with foil and cook for 20 minutes. Cover in honey, wrap back up in foil and cook for 15 minutes more. Remove the foil and cook for 6-8 minutes

## METHOD

- 01** Add the gammon joint and water to a large saucepan and bring to the boil. Reduce the heat and simmer gently for 40 minutes.
- 02** Preheat the oven to 200°C/Fan 180°C/Gas 6.
- 03** Remove the joint from the water and place on a baking tray, making sure to save the water (which is now a ham stock!).
- 04** Pour the honey over the joint and rub all over.
- 05** Cook uncovered in the oven for 30 minutes, then leave to rest for 15 minutes once it's out, before carving.
- 06** Use half of the gammon in this meal and split the rest in 2 for later in the week.

# ROAST POTATOES

Everyone loves roast potatoes but how do you get them just right?

## METHOD

- 01 Boil the potatoes in salted water for 15 minutes.
- 02 Drain the potatoes and then sprinkle the flour over them and shake well. You want to bash them a bit to get rough edges.
- 03 Add salt and pepper to the oil.
- 04 Heat the oil in the oven at 200°C until it is HOT.
- 05 Add the potatoes to the oil and then put in the oven for 20 minutes until potatoes are crisp and golden brown.

## INGREDIENTS

- 8 potatoes
- 50ml oil
- 2 tbsp flour
- salt and pepper

## INGREDIENTS

- 1/2 cabbage
- ham stock (from your cooking your gammon) or 1 ham stock cube

## CABBAGE

- 01 Slice the cabbage and cook in the ham stock for 15 minutes until tender.



# BROCCOLI 'PESTO' PASTA

Two of my three kids refused to eat broccoli . . . or so they thought. With the healthy green veg cooked and blitzed in this pasta, they were none the wiser.

## METHOD

01

Finely chop the broccoli florets, then cook in a pot of boiling water for about 3 minutes, until crisp-tender.

Using a slotted spoon, transfer the broccoli to a large bowl of iced water, then drain on paper towels.

02

Add the pasta to the same pot of boiling water and cook according to the packet instructions, until al dente.

03

While the pasta cooks, stir-fry the pepper and courgette for 5 minutes, then set aside and transfer the broccoli to a food processor.

04

Add the oil and lemon juice to the food processor. Season with salt and pepper, then blitz until smooth.

05

Drain the pasta, reserving 125ml of the pasta cooking water in a jug, and return the pasta to the pot.

06

Toss the pasta together with the veg and broccoli pesto, adding the reserved pasta cooking water as needed to coat evenly.

07

Stir through the grated cheese.

## INGREDIENTS

- broccoli
- 400g pasta
- 1 pepper
- 1 courgette
- 45g grated cheese
- 3 tbsp oil
- 2 tsp lemon juice
- Salt and pepper, to taste



# HAM HASH & EGG

You will use some of the gammon left from your joint on Sunday for this dish

## METHOD

- 01 Cook the potatoes in a large pan of salted water drain, then let them steam dry for about 3 mins.
- 02 Melt half the butter in a large frying pan.
- 03 Throw in the cabbage and onion and fry for a couple minutes.
- 04 Add the stock and cook for 5 mins more until the veg is starting to soften. Stir in the ham and potatoes and push down in the pan to flatten slightly.
- 05 Cook for 8 mins until the base is golden and crisp.
- 06 Heat the grill.
- 07 Dot the remaining butter on top of the hash, then flash under the grill until golden and crisp.

## INGREDIENTS

- 1kg potatoes peeled and cubed
- 25g butter
- ½ cabbage, shredded
- 1 onion, thinly sliced
- 100ml vegetable stock
- 175g ham, shredded
- 4 eggs, fried or poached





# CARAMELISED ONION & SAUSAGE CASSEROLE



## INGREDIENTS

- 8 sausages
- 4 carrots
- 2 onions
- tinned tomatoes
- 2 tbsp garlic granules
- 2 tsp paprika
- 200ml beef stock

I love this sausage casserole. you can either add potato chunks while you are cooking to make it a one pot dish or you can leave them out and serve it with mash instead.

## METHOD

- 01** Add your onions and sausage chunks into a pot and fry gently until sausages are browned.
- 02** Sprinkle garlic and paprika on top and stir through.
- 03** Add tinned tomatoes and beef stock and stir through.
- 04** Add diced carrots (and potatoes if using) and bring the mix to the boil.
- 05** Reduce heat, cover and cook for 25-30 minutes.



# SPAGHETTI CARBONARA

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

## METHOD

- 01 Bring a pan of salted water to the boil and add your spaghetti, let it cook at a simmer for 10mins.
- 02 Separate your eggs and add the yolks to a bowl (keep the whites for another dish).
- 03 Finely grate 3/4 of the cheese into it and mix well, add a pinch of pepper.
- 04 Add the butter to a frying pan. Add the cooked gammon and fry for 2-3 mins then add the garlic and fry gently for 2 more minutes.
- 05 Drain the spaghetti but keep a little of the water in reserve.
- 06 Add the spaghetti to the frying pan, mixing well to coat the spaghetti with the flavours of the pan. Add a few splashes of the pasta water and mix again, season with pepper then take the pan off the heat.
- 07 Pour in the egg mix and let the heat from the pan cook them gently so you're not getting scrambled egg. Toss well and add more water to keep the spaghetti loose, glossy and not clumping together.
- 08 Serve with the remaining cheese on top.



## INGREDIENTS

- 340g spaghetti
- 150g mature cheddar cheese
- 200g leftover ham, diced
- 3 cloves of garlic
- 4 egg yolks
- 1 tbsp butter

Check out the [website](#) for a [pavlova recipe](#) to use up those egg whites!

# 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 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





# BACON & POTATO HOTPOT

My favourite meal EVER! What's not to love!



## INGREDIENTS

- 2 onions, sliced
- 400g cooking bacon, diced
- 800g potatoes, sliced
- 2 TBSP garlic granules
- 600ml veg stock

Can also be cooked in the air fryer for 30 - 40 minutes.

## METHOD

- 01 Preheat the oven to 180°C/Fan 160°C/Gas 4.
- 02 Heat a large saucepan over a medium heat. Add the onions and bacon and fry for a few minutes until the bacon is crispy.
- 03 Sprinkle in the garlic granules.
- 04 Layer the potatoes and the bacon and onion mix in a deep casserole dish.
- 05 Pour over the stock and cover with lid or foil and put in the oven for 45 minutes.
- 06 Uncover and check if it needs more stock. Put back in the oven for 15 minutes.

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

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