



**FEED YOUR FAMILY  
FOR £20 A WEEK**

**THE  
COLLAB**



**Iceland**

# SHOPPING LIST

## INGREDIENTS

- Cucumber
- Lettuce
- Spring onions
- Coleslaw
- 450g lamb mince
- 700g beef mince
- 800g chicken thigh fillets
- 1.9kg chicken portions
- Egg noodles
- Tinned tomatoes
- Yoghurt
- Corn on the cob

## PRICING

- 75p
- 75p
- 79p
- £1.00
- 3 for £10
- 3 for £10
- 3 for £10
- £3.50
- £1.00
- 45p
- £1.25
- £1.00

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**£20.49**

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## HERBS & SPICES








- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Ground coriander | <input type="checkbox"/> Chinese 5 spice |
| <input type="checkbox"/> Curry powder   | <input type="checkbox"/> Oregano          | <input type="checkbox"/> Chilli powder   |
| <input type="checkbox"/> Cumin          | <input type="checkbox"/> Paprika          | <input type="checkbox"/> Garlic          |
| <input type="checkbox"/> Cinnamon       | <input type="checkbox"/> Mixed herbs      | <input type="checkbox"/> Ginger          |

## IN THE PANTRY

- |                                   |   |   |
|-----------------------------------|---|---|
| <input type="checkbox"/> Carrots  | <input type="checkbox"/> Red lentils      | <input type="checkbox"/> Sweet chilli sauce |
| <input type="checkbox"/> Onions   | <input type="checkbox"/> Beef stock cubes | <input type="checkbox"/> Soy sauce          |
| <input type="checkbox"/> Potatoes | <input type="checkbox"/> Rice             |   |
| <input type="checkbox"/> Eggs     | <input type="checkbox"/> Plain flour      |   |



# MEAL PLAN MENU

Day	Meal	
Sun		<b>DONNER KEBAB, FLATBREADS &amp; SALAD</b>
Mon		<b>CHICKEN CHOW MEIN</b>
Tue		<b>TACO TUESDAY</b>
Wed		<b>CHICKEN FRIED RICE</b>
Thu		<b>LENTIL DAHL</b>
Fri		<b>CHILLI BEEF NACHOS</b>
Sat		<b>KFC CHICKEN, CORN ON THE COB, SPICY RICE, COLESLAW</b>



# DONNER KEBAB



## INGREDIENTS

- 1½ tsp **Cayenne pepper**
- 1 tsp **Salt**
- 1 tsp **Black pepper**
- 1½ tsp **Garlic powder**
- 1 tsp **Dried oregano**
- 1 tsp **Dried mixed herbs**
- 500g **Minced lamb**
- **Home-made flatbread, to serve**
- **Lettuce, tomato and sliced cucumber**
- **Chilli sauce, to serve**

## METHOD

- 1** Put the mince into a bowl and add the spices.
- 2** Mix well into the meat – get your hands into it and really work it all together. You'll probably have to get quite heavy-handed.
- 3** Once the spices and mince are well mixed, form it into a loaf shape.
- 4** Wrap in foil and place on a baking tray.
- 5** Cook in the oven for 30 minutes at 200°C or GM 6. Or cook in the slow cooker on high for 6 hours or low for 8 hours.
- 6** Allow meat to cool for at least 10 minutes before slicing.
- 7** Serve in flatbread with the lettuce, tomato and cucumber and a drizzle of chilli sauce.

# CHICKEN CHOW MEIN



## INGREDIENTS

- 1 **Chicken breast, sliced**
- 1 tsp **Chinese 5 spice**
- 2 tbsp **Cooking oil**
- 1 tsp **Chilli sauce**
- 2 nests **Egg noodles**
- 1 **Pepper, sliced**
- 4 **Spring onions, sliced**
- 1 tbsp **Soy sauce**

## METHOD

- 1** Marinate the chicken in the 5 spice, 1 tablespoon of the oil and chilli sauce while you prep everything else.
- 2** Bring a pan of water to the boil, add the noodles and cook per packet instructions.
- 3** Drain the noodles and drizzle over ½ tablespoon of oil. Toss well.
- 4** Place a wok or large frying pan over a high heat and add the remaining oil.
- 5** Fry the chicken for 5 minutes, stirring to prevent it from sticking too much.
- 6** Add the veg and cook for a further 3 minutes, continuing to stir occasionally.
- 7** Add the soy sauce and fry for another 2–3 minutes tossing everything about well.
- 8** Finally, add the noodles and mix everything together before serving up.

# TACO TUESDAY



## INGREDIENTS

350g	<b>Minced beef</b>
1	<b>Onion, diced</b>
1 tbsp	<b>Oil</b>
1 tsp	<b>Paprika</b>
1 tsp	<b>Garlic powder</b>
½ tsp	<b>Cumin</b>
½ tsp	<b>Salt</b>
½ tsp	<b>Pepper</b>
8	<b>Small homemade flatbreads</b>
1	<b>Pepper, sliced</b>
4	<b>Spring onions, sliced</b>
¼	<b>Lettuce, shredded</b>
4 tbsp	<b>Yoghurt</b>
2 slices	<b>Cucumber</b>

## METHOD

- 1** Make up the marinade by adding the oil plus all the spices to a bowl and mixing. Heat a large frying pan and add the mince, onion, pepper and marinade and fry gently until cooked. Around 15 – 20 minutes.
- 2** Toast the homemade flatbreads lightly under the grill and immediately fold in half. This will help them hold their shape when you add the fillings.
- 3** Finely chop the cucumber and add to the yoghurt and mix well.
- 4** Fill the flatbread with lettuce, meat, spring onions and top with the yoghurt sauce.

# CHICKEN FRIED RICE



## INGREDIENTS

1 tbsp	<b>Cooking oil</b>
300g	<b>Cooked and cooled rice (day-old is best)</b>
2 tbsp	<b>Soy sauce</b>
100g	<b>Cooked chicken</b>
4	<b>Spring onions, sliced</b>
100g	<b>frozen mixed veg, defrosted</b>
1	<b>Egg, beaten</b>

## METHOD

- 1** Heat the oil in a wok or a large pan.
- 2** Add the rice, tossing it about to break up any clumps.
- 3** Add the soy sauce, cooked chicken, spring onion and peas and stir for 5 minutes until cooked through.
- 4** Once the veg is cooked, push the rice to one side of the wok.
- 5** Add the egg and whisk until almost scrambled then quickly stir through the rice.
- 6** Mix thoroughly and serve.

# LENTIL DAHL



## INGREDIENTS

250g	<b>Dried red lentils</b>
1 lrg	<b>Onion, chopped</b>
3 tbsp	<b>Garlic</b>
1 tbsp	<b>Ginger</b>
1/2 tsp	<b>Chilli flakes</b>
1 tbsp	<b>Curry powder</b>
1/2 tsp	<b>Cumin</b>
1/2 tsp	<b>Cinnamon</b>
1 tsp	<b>Ground coriander</b>
1l	<b>Water</b>
4 tbsp	<b>Yoghurt</b>

## METHOD

- 1** Fry the onion until soft then add the garlic and spices and fry for another 2minutes.
- 2** Add the lentils and stir until they are all covered in the spice mix.
- 3** Cover with the water and simmer for 20-30minutes or until it's thick.
- 4** This can also be cooked in a slow cooker. Place everything in the slow cooker and the water and cook for 6hours on a low.
- 5** Serve in bowls and top with a tablespoon of yoghurt.



# CHILLI NACHOS



## INGREDIENTS

350g	<b>Mince</b>
1	<b>Onion, diced</b>
2	<b>Carrots, grated</b>
400g	<b>Chopped tomatoes</b>
100g	<b>Red lentils</b>
1 tsp	<b>Mixed herbs</b>
1 tsp	<b>Chilli powder</b>
1 tsp	<b>Garlic granules</b>
1 tsp	<b>Oil</b>

## METHOD

- 1** Put the oil into a frying pan on a medium heat, add the onions and fry for 3 minutes.
- 2** Add the grated carrots and cook for 2 minutes.
- 3** Now add the mince and spices and fry for 5 minutes.
- 4** Stir in the chopped tomatoes and lentils.
- 5** Add 100ml of beef stock.
- 6** Cook for 20 minutes until the lentils have swollen up and the sauce is nice and thick.
- 7** Layer in an oven dish with the homemade tortilla chips and cook in the oven for 15 minutes.

# KFC STYLE CHICKEN



## SPICE MIX

2 tbsp	<b>Paprika</b>
4 tsp	<b>Onion powder</b>
2 tsp	<b>Chilli powder</b>
2 tsp	<b>Black pepper</b>
1 tsp	<b>Celery salt</b>
1 tsp	<b>Dried sage</b>
1 tsp	<b>Garlic powder</b>
1 tsp	<b>Dried oregano</b>
1 tsp	<b>Allspice</b>
1 tbsp	<b>Dried basil</b>
2 tbsp	<b>Salt</b>

## INGREDIENTS

330g	<b>Plain flour</b>
2 tbsp	<b>Sugar</b>
1	<b>Egg, beaten</b>
900g	<b>Chicken thighs, bone in and skin on</b>
-	<b>Cooking oil, for frying</b>

## METHOD

- 1 Make the spice mix by combining all the ingredients together in a bowl.
- 2 Add the flour and sugar to your spice mix and combine well.
- 3 Put your beaten egg in a bowl and dip each chicken piece into the egg then coat it in the spice mix. Set aside on a plate and repeat with the remaining chicken pieces.
- 4 Once all your chicken is coated, shake off the excess spice mix and you're ready to fry.
- 5 Heat enough oil in a pan to shallow fry the chicken, and fry batches over a medium heat for about 15–20 minutes, turning them so that they cook evenly.
- 6 Once they're cooked through and are a deep golden colour, place on kitchen paper.
- 7 Serve with corn on the cob, spicy rice and coleslaw.

# SPICY RICE



## INGREDIENTS

1/2 tbsp	<b>Oil</b>
2 tsp	<b>Garlic powder</b>
1/2 tbsp	<b>Chilli powder</b>
1	<b>Onion finely chopped</b>
200g	<b>Long-grain white rice</b>
350ml	<b>Vegetable stock</b>
1/8 tsp	<b>Salt</b>
100g	<b>Mixed veg</b>

## METHOD

- 1** Heat the oil in a medium saucepan over a medium heat. Add the garlic and chilli powder, stir briefly, then add the onion. Cook for 4 minutes.
- 2** Add the rice, stock and salt. Stir thoroughly, then add the mixed veg.
- 3** Cover and bring to a simmer, then reduce the heat to low so the stock is simmering gently.
- 4** Cook for 15 minutes or until the liquid is absorbed (tilt the pot carefully to check).
- 5** 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.
- 6** Fluff with a fork and serve.

# FLAT BREAD



## INGREDIENTS

200g	<b>Plain (or wholemeal) flour</b>
1/4 tsp	<b>Salt</b>
100ml	<b>Warm water</b>
2 tbsp	<b>Oil, plus extra to fry</b>
-	<b>Herbs or chilli to flavour (optional)</b>

## METHOD

- 1 Put the flour and salt in a large bowl and mix to combine.
- 2 Add herbs or chilli if using.
- 3 Gradually trickle in the water.
- 4 Bring the mix together with your hands.
- 5 Add the oil and knead into the dough.
- 6 You want a smooth soft dough.
- 7 If you have time leave dough to stand for 30 minutes.
- 8 Divide dough into 4 balls if making flatbreads or 8 balls if making tortillas.
- 9 Roll the balls into a circle roughly 20cm. Thicker for flatbreads and thinner for tortillas.
- 10 Heat the pan and brush with a little oil.
- 11 Fry for 3 minutes each side for flatbreads and 2 minutes each side for tortillas, the bread should puff up a little bit and be slightly coloured.
- 12 Keep the breads warm by covering in foil while you cook the others.

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