

# NOVEMBER WEEK ONE MEAL PLAN





# MEAL PLAN

**SUNDAY**

**CHICKEN POT PIE WITH  
BISCUITS**

**MONDAY**

**MUMMY SAUSAGE ROLLS,  
BEANS & MASH**

**TUESDAY**

**COCK A LEEKIE SOUP**

**WEDNESDAY**

**KEDGEREE**

**THURSDAY**

**SAUSAGE & LENTIL BAKE**

**FRIDAY**

**CHEESE & ONION  
CRUSTLESS QUICHE, SWEET  
POTATO FRIES**

**SATURDAY**

**CAJUN CHICKEN PASTA**



# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

1KG ONIONS	39P	55P
500G CELERY	52P	52P
1KG CARROTS	45P	45P
700G LEEKS	£1.29	£1.29
50G MUSHROOMS	18P	85P
200G SPINACH	90P	76P
STIR FRY VEGETABLES	£1.13	95P
CHERRY TOMATOES	55P	55P
WHOLE CHICKEN	£3.27	£3.59
COOKING BACON	85P	£1.25
SMOKED BASA FILLETS	£2.75	£2.19
SOFT CHEESE	85P	85P
600ML DOUBLE CREAM	£2.10	£2.18
15 EGGS	£1.15	£1.15
PUFF PASTRY	80P	99P
1KG RICE	45P	45P
500G PASTA	35P	35P
BEANS	26P	26P
PLAIN FLOUR	58P	58P
20 SAUSAGES	£1.15	£1.79
TOTAL	£20.07	£21.51

**OR £19.15 ACROSS THE TWO STORES**



# THE PANTRY

## FROM PREVIOUS WEEKS

SALT

PEPPER

MUSTARD

OREGANO

THYME

PARSLEY

VEGETABLE STOCK CUBES

OIL

LENTILS

MIXED HERBS

HONEY

BUTTER

CAJUN SPICES

BAKING POWDER

## LEFT FROM LAST WEEK

SWEET POTATOES

BARLEY



# CHICKEN POT PIE

## FILLING

## INGREDIENTS

1 TBSP OIL  
1 ONION, FINELY DICED  
½ TSP GARLIC POWDER  
2 STICKS CELERY, CHOPPED  
1 CARROT, CHOPPED  
15G BUTTER  
15G PLAIN FLOUR  
½ TSP EACH, SALT & PEPPER  
½ TSP THYME  
¼ TSP OREGANO  
2 TSP PARSLEY  
150ML CHICKEN STOCK  
250G CHICKEN BREAST, DICED INTO SMALL PIECES  
1 POTATO, DICED INTO SMALL PIECES  
75G MIXED VEG  
75ML DOUBLE CREAM

## METHOD

- 1** ADD THE OIL TO A LARGE POT AND HEAT GENTLY.
- 2** ONCE HOT ADD THE ONION AND COOK FOR 2-3 MINUTES.
- 3** ADD THE CHOPPED CELERY AND CARROT AND CONTINUE TO FRY WITH THE ONIONS FOR AN ADDITIONAL 1-2 MINUTES. SPRINKLE OVER THE GARLIC POWDER.
- 4** ADD THE BUTTER AND STIR IT INTO THE VEG. NEXT, STIR THE FLOUR INTO THE MELTED BUTTER AND VEGETABLE COMBINATION.
- 5** GRADUALLY ADD THE CHICKEN STOCK. ADD A SMALL AMOUNT AT FIRST AND MIX UNTIL THE FLOUR IS THOROUGHLY INCORPORATED INTO THE 'GRAVY' BASE. ADD THE SEASONING INCLUDING SALT, PEPPER, THYME, OREGANO, AND PARSLEY. STIR TO COMBINE, THEN ADD THE REMAINING CHICKEN STOCK.
- 6** ADD THE DICED CHICKEN MEAT AND DICED POTATOES, STIR TO COMBINE, AND BRING TO A SIMMER. SIMMER FOR 2 MINUTES, THEN ADD THE THAWED MIXED VEG AND CONTINUE TO SIMMER FOR AN ADDITIONAL 1-2 MINUTES.
- 7** ADD THE DOUBLE CREAM AND STIR. REMOVE FROM HEAT WHILE YOU MAKE THE BISCUITS.

# CHICKEN POT PIE

## BISCUITS

## INGREDIENTS

250G PLAIN FLOUR  
30G BAKING POWDER  
1 TSP SALT  
1 TBSP SUGAR  
350ML DOUBLE CREAM  
1 LARGE EGG (BEATEN)

## METHOD

- 1** IN A LARGE MIXING BOWL, COMBINE THE FLOUR, BAKING POWDER, SALT, AND SUGAR. WHISK OR RUN A FORK THROUGH TO COMBINE. ADD THE HEAVY CREAM TO THE DRY MIXTURE, THEN MIX UNTIL A CRUMBLY DOUGH IS FORMED.
- 2** TURN THE DOUGH OUT ONTO A LIGHTLY FLOURED WORKING SURFACE. PULL ALL OF THE PIECES TOGETHER AND START SQUEEZING THEM INTO A ROUND BALL OF DOUGH. PRESS THE DOUGH OUT TO A FLATTENED DISC AND FOLD IN HALF, REPEAT, AND FOLD IN HALF AGAIN. COVER WITH CLING FILM OR A WARM, DAMP TEA TOWEL AND ALLOW TO REST FOR 30 MINUTES.
- 3** UNCOVER THE DOUGH AND USE YOUR HANDS TO PRESS OUT TO YOUR DESIRED BISCUIT THICKNESS. CUT INTO BISCUITS.
- 4** ASSEMBLE THE BISCUIT CHICKEN POT PIE.
- 5** PREHEAT YOUR OVEN TO 200°C AND LIGHTLY GREASE A LARGE CASSEROLE DISH.
- 6** TRANSFER THE CHICKEN POT PIE FILLING INTO YOUR PREPARED CASSEROLE DISH.
- 7** TOP WITH THE CUT BISCUITS, THEN BRUSH THE BISCUITS WITH EGG WASH USING A PASTRY BRUSH.
- 8** BAKE THE CASSEROLE FOR 12-15 MINUTES, OR UNTIL THE BISCUITS ARE GOLDEN AND THE POT PIE FILLING IS BUBBLY AROUND THE EDGES. REMOVE FROM THE OVEN AND SERVE IMMEDIATELY.

# MUMMY SAUSAGE ROLLS

## INGREDIENTS

500G READY-MADE PUFF PASTRY  
PLAIN FLOUR, FOR DUSTING  
8 SAUSAGES  
BEATEN EGG OR MILK, FOR BRUSHING

## METHOD

- 1** PREHEAT THE OVEN TO 200°C/FAN 180°C/GAS 6.
- 2** ON A LIGHTLY FLOURED SURFACE, ROLL OUT THE PASTRY TO A £1-COIN THICKNESS AND INTO A 20 X 30CM RECTANGLE. CUT INTO EIGHT STRIPS, EACH ABOUT 1CM WIDE, CUTTING FROM THE SHORTER EDGE. LET THE PASTRY COME UP TO ROOM TEMPERATURE, OTHERWISE IT WILL SHRINK AND SPLIT DURING BAKING.
- 3** WIND ONE PASTRY STRIP AROUND EACH SAUSAGE, THEN PLACE ON A BAKING TRAY, PASTRY ENDS DOWN. BRUSH WITH BEATEN EGG OR MILK.
- 4** BAKE IN THE OVEN FOR 25 MINUTES, KEEPING AN EYE ON PROGRESS, UNTIL THE SAUSAGES ARE COOKED AND PASTRY IS GOLDEN.

# COCK A LEEKIE SOUP

## INGREDIENTS

**1 CHICKEN**  
**1 LITRE OF WATER**  
**2 SMALL ONIONS, SLICED**  
**2 CHICKEN STOCK CUBES**  
**100G PEARL BARLEY**  
**2 LEEKS, SLICED**  
**2 STICKS OF CELERY, SLICED**  
**3 CARROTS, SLICED**  
**1/2 TSP THYME**  
**1/2 TSP PARSLEY**  
**1/2 TSP SALT**  
**1/2 TSP BLACK PEPPER**

## METHOD

- 1 BOIL YOUR CHICKEN UNTIL COOKED THROUGH (1 HOUR).**
- 2 REMOVE CHICKEN FROM THE STOCK AND SET ASIDE TO COOL.**
- 3 ADD ALL THE OTHER INGREDIENTS TO THE POT AND BOIL FOR 1 HOUR.**
- 4 SHRED ONE LEG OF THE CHICKEN AND ADD BACK INTO THE SOUP AND SEASON TO TASTE.**
- 5 SERVE IMMEDIATELY.**



# KEDGEREE

## INGREDIENTS

**240G SMOKED BASA FILLETS**  
**1 BAYLEAF**  
**1/4 TSP GROUND NUTMEG**  
**1 TSP PARSLEY**  
**1.5 LITRES WATER**  
**2 CRUMBLLED VEG STOCK CUBES**  
**2 TBSP BUTTER**  
**1 THICKLY SLICED LEEK**  
**400G LONG GRAIN RICE**  
**1/2 TSP EACH OF GROUND CORIANDER, GROUND CUMIN AND TURMERIC**  
**ZEST OF A LEMON PLUS 1 TSP OF JUICE**  
**4 HARD BOILED EGGS, SHELLED AND HALVED**

## METHOD

- 1 PUT ALL INGREDIENTS EXCEPT THE FISH, PARSLEY, AND EGGS INTO THE SLOW COOKER.**
- 2 STIR WELL.**
- 3 LAY THE FISH FILLETS (SKIN SIDE DOWN) ON TOP OF THE MIXTURE.**
- 4 COOK ON HIGH FOR 3 HOURS.**
- 5 TAKE OUT THE FISH AND REMOVE THE SKIN.**
- 6 FLAKE THE FISH.**
- 7 PUT IT BACK INTO THE SLOW COOKER.**
- 8 ADD THE PARSLEY.**
- 9 STIR WELL TO COMBINE.**
- 10 ADD THE EGGS AND STIR GENTLY SO THEY GET COVERED WITH RICE.**

# SAUSAGE & LENTIL BAKE

## INGREDIENTS

6 SAUSAGES  
1 TSP OIL  
1 TBSP BUTTER  
1 LEEK  
2 TSP GARLIC CLOVES  
100G RED LENTILS  
50G MUSHROOMS  
500ML VEGETABLE STOCK  
1 TSP MIXED HERBS  
1 TSP MUSTARD  
1 TBSP HONEY  
50G SPINACH

## METHOD

- 1 ADD THE OIL AND BUTTER TO A PAN ON A MEDIUM HEAT. ADD THE LEEK AND FRY TILL SOFT 3-4 MINUTES THEN REMOVE THEM AND SET ASIDE.
- 2 ADD THE SAUSAGES TO THE SAME PAN.
- 3 FRY ON A MED/HIGH HEAT TILL SEARED ON ALL SIDES BUT NOT COOKED THROUGH 4-5 MINUTES.
- 4 LOWER THE HEAT AND ADD THE LEEK BACK INTO THE PAN.
- 5 ADD THE MUSHROOMS AND LENTIL.
- 6 ADD THE STOCK AND INCREASE THE HEAT TILL BOILING THEN LOWER TO A SIMMER.
- 7 SPRINKLE OVER THE GARLIC AND HERBS.
- 8 ADD THE HONEY AND MUSTARD. STIR THROUGH.
- 9 TRANSFER TO AN OVENPROOF DISH.
- 10 PLACE IN THE OVEN AND BAKE UNCOVERED AT 200°C FOR 30 MINUTES.
- 11 ADD THE SPINACH AND STIR THROUGH.
- 12 BAKE FOR A FURTHER 10 MINUTES.
- 13 REMOVE FROM THE OVEN AND GARNISH WITH PARSLEY.

# CHEESE & ONION CRUSTLESS QUICHE

## INGREDIENTS

3 EGGS  
50G SOFT CHEESE  
50G BACON RASHERS, CHOPPED  
1/2 FINELY DICED ONION  
5 CHOPPED MUSHROOMS  
SALT AND PEPPER  
6 CHERRY TOMATOES

## METHOD

- 1 HEAT OVEN TO 180°C.
- 2 ADD SOME OIL TO A LARGE FRYING PAN.
- 3 WHEN HOT ADD THE BACON, COOK FOR 2 MINUTES.
- 4 ADD IN THE ONIONS, COOK FOR ANOTHER 4 MINUTES.
- 5 ADD IN THE MUSHROOMS.
- 6 COOK FOR 3-4 MORE MINUTES.
- 7 CRACK THE EGGS INTO A BOWL.
- 8 SEASON WITH SALT AND PEPPER.
- 9 WHISK WELL.
- 10 ADD THE SOFT CHEESE UNTIL COMBINED.
- 11 POUR BACON MIX INTO A PIECE OF KITCHEN TOWEL AND ALLOW TO COOL SLIGHTLY.
- 12 WHEN COOLED ADD TO THE CHEESY EGG MIX AND STIR WELL.
- 13 OIL A LOAF TIN.
- 14 POUR IN THE MIX.
- 15 TOP WITH THE CHERRY TOMATOES.
- 16 BAKE UNTIL SET FOR ABOUT 20 MINUTES.

# SWEET POTATO FRIES

## INGREDIENTS

**2 SWEET POTATOES**  
**1½ TABLESPOON BROWN SUGAR**  
**2 TABLESPOONS OIL**  
**½ TEASPOON SALT**

## METHOD

- 1 PEEL THEN CUT THE SWEET POTATO HORIZONTALLY AS THICK OR THIN AS YOU'D LIKE YOUR SWEET POTATO FRIES TO BE.**
- 2 IN A LARGE BOWL, MIX THE OLIVE OIL, BROWN SUGAR AND SALT UNTIL EVERYTHING IS WELL COMBINED.**
- 3 TOSS IN THE CUT SWEET POTATOES AND MIX AROUND USING YOUR HANDS OR A SPOON UNTIL ALL OF THE SWEET POTATOES ARE WELL COATED.**
- 4 AIR FRY AT 450°F FOR 10-12 MINUTES, OR UNTIL THEY TURN GOLDEN IN COLOUR.**

# CREAMY CAJUN CHICKEN PASTA

## INGREDIENTS

150G PASTA  
250G CHICKEN  
1 LARGE PACK OF STIR FRY VEGETABLES  
150G SPINACH  
150G CREAM CHEESE  
2 VEG STOCK CUBES  
200ML BOILING WATER  
1 TBSP CORN FLOUR  
3 TBSP CAJUN SPICES

## METHOD

- 1** COOK YOUR PASTA AS PER THE INSTRUCTIONS.
- 2** ADD ALL THE VEG EXCEPT THE KALE. SPRINKLE OVER THE CAJUN SPICES. FRY FOR 10 MINUTES.
- 3** ADD THE CHICKEN AND KALE AND FRY FOR 2-3 MINUTES.
- 4** MAKE UP THE STOCK CUBES WITH THE BOILING WATER. ADD TO A SMALL POT AND ADD THE CREAM CHEESE. STIR UNTIL MELTED.
- 5** ADD 2 LADLES OF THE PASTA COOKING WATER AND STIR.
- 6** MAKE UP THE CORN FLOUR WITH COLD WATER AND STIR INTO THE SAUCE UNTIL THICKENED.
- 7** STIR THE PASTA AND SAUCE INTO THE CHICKEN AND VEG AND MIX THOROUGHLY.

# I'D LOVE TO HEAR FROM YOU!

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