

# MEAL PLAN

**SUNDAY**      **WHOLE ROASTED  
CAULIFLOWER, POTATOES &  
CARROTS**

**MONDAY**      **BBQ PULLED CHICKEN &  
JACKET POTATOES**

**TUESDAY**      **TOMATO SARDINE SPAGHETTI**

**WEDNESDAY**      **CARAMELISED ONION &  
SAUSAGE CASSEROLE,  
MASHED POTATOES**

**THURSDAY**      **CREAMY BBQ CHICKEN PASTA**

**FRIDAY**      **COCONUT & CHICKPEA  
CURRY, RICE**

**SATURDAY**      **COLCANNON & POACHED  
EGGS**

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

1KG CARROTS	45P	45P
2 X CAULIFLOWER	£1.90	£1.90
SWEDE	80P	63P
CABBAGE	91P	61P
250G BABY SPINACH	90P	76P
2 PEPPERS	96P	90P
POTATOES	£1.09	91P
GARLIC	79P	79P
EGGS	99P	99P
200G SOFT CHEESE	85P	85P
10 CHICKEN STOCK CUBES	75P	52P
10 BEEF STOCK CUBES	75P	52P
SARDINES IN TOMATO SAUCE	50P	43P
2 X SPAGHETTI	46P	58P
3 X CHOPPED TOMATOES	96P	96P
COCONUT MILK	£1.00	69P
CHICKPEAS	70P	45P
BBQ SAUCE	£1.00	89P
1KG FROZEN MIXED VEGETABLES	79P	79P
20 PORK SAUSAGES	£1.36	£1.79
1KG CHICKEN BREAST FILLETS	£3.79	£3.79
TOTAL	£21.70	£20.20

**OR £19.65 ACROSS THE TWO STORES**

# The Pantry

## From Previous Weeks

PAPRIKA

OIL

GARLIC GRANULES

CHILLI POWDER

CURRY POWDER

VEGETABLE STOCK CUBES

TOMATO PUREE

GINGER

SALT

PEPPER

BUTTER

MILK

## Left from Last Week

150G GRATED CHEESE

ONIONS

SPAGHETTI

RICE

# Whole Roasted Cauliflower, Potatoes & Carrots

## Ingredients



- 750g potatoes
- 6 small carrots
- 1 tbsp paprika
  - 1 tbsp oil
- 2 garlic cloves, minced
- 1 medium cauliflower

## Method

- 1.** Preheat the oven to 180°C or Gas 4.
- 2.** Parboil the whole potatoes and whole carrots in a pan of boiling water until just tender, about 5 minutes. Drain.
- 3.** Mix the paprika, oil and garlic in a small bowl.
- 4.** Put the whole cauliflower in a roasting tin and brush over the marinade. Saving some for the veg.
- 5.** Place the carrots and potatoes around the cauliflower and brush with the remaining marinade.
- 6.** Cover with foil and cook for 20–25 minutes, then remove the foil, baste with the juices and cook for 5 minutes more.

# BBQ Pulled Chicken & Jacket Potatoes

## Ingredients



- 1kg chicken breasts
- 1 bottle BBQ sauce
- 2 peppers, sliced
- 2 onions, sliced
- 4 large potatoes
  - 1 tbsp oil
  - 1 tsp salt
  - 1 tsp pepper

## Method

1. Place the chicken breasts in the bottom of the slow cooker.
  2. Add in the peppers & onions.
  3. Pour the BBQ sauce over the chicken and veg.
  4. Put the slow cooker on low and cook for 6 hours.
  5. Remove the chicken breasts and shred with a fork then return to the sauce for ½ an hour.
  6. Prick the potatoes with a fork.
  7. Mix the oil and salt and pepper.
  8. Rub the potatoes with the seasoned oil.
- See different methods for cooking the potatoes below.**

### To Microwave

Place potato on microwave-safe plate and microwave for 7 minutes, turning over halfway through cooking. If your potato isn't fork tender after 7 minutes, continue microwaving in 1 minute increments. Let rest for 2 minutes.

### To Air Fry

Arrange the potatoes in a single layer in an air fryer basket. Set the air fryer to 200°C and cook for 40-50 minutes, or until a sharp knife goes through the potatoes easily.

Check the potatoes after 20 minutes – if they seem to be browning too quickly on one side, turn them over using tongs, then check again after another 20 minutes to ensure they're cooked through.

### To Slow Cook

Put the potatoes into the slow cooker, put on the lid. Cook on high for 4 ½ to 5 hrs or cook on low for 7 ½ to 8 hrs.

### To Oven Cook

Heat the oven to 220°C or gas mark 7. Put on the top shelf of the oven. Bake for 20 minutes, then turn down the oven to 190°C, gas mark 5 and bake for 45 minutes to 1 hr more until the skin is crisp and the inside soft.

# Tomato Sardine Spaghetti

## Ingredients

## Method



- 400g spaghetti
- 1 onion, diced
- 1 tsp chilli powder
- 1 tin of sardines in tomato sauce
- 100g frozen mixed veg
- Tin of chopped tomatoes
- 2 tbsp tomato puree

1. Cook the spaghetti as per the instructions.
2. Fry the onion for a few minutes.
3. Add the chilli powder and fry for 1 minute.
4. Add the tinned tomatoes, tomato puree and sardines and stir to break up the sardines.
5. Cover and simmer for 5 minutes.
6. Add the frozen mixed veg and cook for 5 minutes.
7. Reserve one ladle of water from the pasta cooking water and stir into the sauce.
8. Stir the spaghetti and sauce together and serve immediately.

# Caramelised Onion & Sausage Casserole, Mashed Potatoes

## Ingredients



- 8 sausages, sliced
- 4 carrots, sliced
- 2 onions, sliced
- 1 tin chopped tomatoes
- 2 tbsp garlic granules
  - 2 tsp paprika
- 200ml beef stock
  - 1kg potatoes
  - 2 tbsp butter
  - 50ml milk

## Method

1. Add your onions and sausage chunks into a pot and fry gently until sausages are browned.
2. Sprinkle garlic and paprika on top and stir through.
3. Add tinned tomatoes and beef stock and stir through.
4. Add diced carrots and bring the mix to the boil.
5. Reduce heat, cover and cook for 25-30 minutes.
6. Meanwhile peel and boil the potatoes.
7. Once soft mash with the butter and milk.

# Creamy BBQ Chicken Pasta

## Ingredients



- 400g leftover BBQ pulled chicken
  - 100g soft cheese
- 100ml chicken stock
  - 300g spaghetti
- 50g grated cheese

## Method

- 1.** Cook spaghetti as per the packet instructions.
- 2.** Gently heat through the BBQ pulled chicken.
- 3.** Add the soft cheese, chicken stock and grated cheese and mix together.
- 4.** Heat through for a few minutes until the cheese has melted.
- 5.** Mix together with the spaghetti and serve immediately.

# Coconut & Chickpea Curry, Rice

## Ingredients



- 400g chickpeas
- 1 cauliflower head, chopped up
  - 1 onion, diced
  - 2 cloves of garlic, minced
- 1 thumb size bit of ginger, minced
  - 1 tin chopped tomatoes
    - 100g baby spinach
    - 1 tin of coconut milk
    - 250ml veg stock
  - 1 tbsp curry powder
    - Cooked rice

## Method

- 1.** Add everything except the coconut milk and spinach to the slow cooker.
- 2.** Cook for 4 hours on high or 8 hours on low.
- 3.** Add the coconut milk and spinach and stir to combine.
- 4.** Boil the rice.
- 5.** Heat through for 15 - 20 minutes until the spinach wilts.
- 6.** Heat through for 15 - 20 minutes until the spinach wilts.
- 7.** Serve with rice.

# Colcannon & Poached Eggs

## Ingredients



- 400g potatoes, unpeeled and diced
  - 1 swede, diced
  - 1 tbsp oil
  - 1 onion, finely sliced
- ½ cabbage, finely sliced
  - 1 egg yolk
  - 50g cheese, grated
- Salt and pepper, to season
- Poached eggs, to serve

## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Add the potato and swede to a large saucepan of water. Bring to a boil then simmer until they are soft, about 15 minutes.
3. Meanwhile, heat the oil in a large pan over a low heat and fry the onion and cabbage for about 5 minutes until softened.
4. Drain the potato and swede and roughly mash them before adding the cabbage and onion.
5. Stir in the egg yolk and season with salt and pepper.
6. Transfer the mixture to an ovenproof dish and sprinkle over the cheese.
7. Bake for 20 minutes, then serve with poached eggs.

**If you are not sure how to poach an egg then this is my easiest way to do it!**

1. Boil the kettle.
2. Pour boiling water into a cereal bowl.
3. Crack the eggs into the water.
4. Place the bowl in the microwave, cover with a piece of kitchen towel and cook in 30 second bursts until you get the yolk you want.
5. My 4 eggs had lovely runny yolks and took about 2 minutes but that will depend on how powerful your microwave is.