

# MEAL PLAN

**SUNDAY**

**GAMMON, CHEESY VEGGIE  
BAKE**

**MONDAY**

**PEA AND HAM SOUP**

**TUESDAY**

**CHICKEN FRIED RICE**

**WEDNESDAY**

**CARBONARA**

**THURSDAY**

**ROOT VEG HOTPOT**

**FRIDAY**

**HOMEMADE FLATBREAD  
PIZZA**

**SATURDAY**

**CHICKEN AND SWEETCORN  
PIE**

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

2.5KG POTATOES	£1.15	£1.05
1KG ROOT VEG MEDLEY OR 600G CASSEROLE VEG	£1.10 N/A	N/A 95P
SPRING ONIONS	49P	49P
250G CHERRY TOMATOES	57P	57P
1.1KG GAMMON JOINT	£3.74	£3.50
500G MATURE CHEDDAR CHEESE	£2.65	£2.65
50G PECORINO CHEESE OR 100G GRANA PADANO	£1.30 N/A	N/A £1.49
2 CHICKEN BREASTS	£2.40	£2.15
15 EGGS	£1.49	£1.49
900G BROCCOLI & CAULIFLOWER FLORETS	80P	80P
900G PEAS	55P	65P
900G SWEETCORN	£1.13	£1.25
340G FROZEN COOKED CHICKEN	£1.69	£2.15
DUMPLING MIX	75P	59P
500G SPAGHETTI	23P	28P
SOY SAUCE	65P	55P
1.5KG PLAIN FLOUR	58P	58P
TOTAL	£21.27	£21.19

**OR £20.27 ACROSS THE TWO STORES**

# The Pantry

## From Previous Weeks

OIL

BUTTER

CHICKEN STOCK CUBES

BEEF STOCK CUBES

HAM STOCK CUBES

RICE

FROZEN MIXED VEG

SALT

MIXED HERBS

GARLIC GRANULES

TOMATO PUREE

GARLIC

HONEY

MUSTARD

MILK

BREADCRUMBS

ONIONS

PEARL BARLEY

# Gammon, Cheesy Veggie Bake

## Ingredients



- 1kg gammon joint
  - 1 tbsp honey
  - ½ tbsp mustard
- 250g broccoli / cauliflower florets
  - 250g mixed veg
    - 2 tbsp flour
    - 2 tbsp butter
    - 500ml milk
- 150g cheese, grated
- 50g breadcrumbs

## Method

### Roast Gammon

1. Put the gammon in a large pot and cover with just enough water so that it is submerged.
2. Bring to the boil and then cover and simmer for 40 minutes.
3. Mix the honey and mustard together.
4. Remove the gammon from the water and cover with the honey and mustard.
5. Cook in the oven at 200c for 20 minutes or in the air fryer for 15 minutes at 180c.
6. Rest before slicing.
7. Save the cooking water and 100g of meat for the soup. And save 200g for the carbonara.

### Cheesy Veggie Bake

1. Put the veg into one pot and cover with water. Cook for 10 minutes.
2. Melt the butter in another pot.
3. Stir in the flour and cook off for 3 minutes.
4. Gradually whisk in the milk.
5. Bring to the boil then reduce the heat and simmer until the sauce is thick and glossy.
6. Remove from the heat and stir in 100g of cheese.
7. Put the veg in a casserole dish and cover with the sauce.
8. Mix the breadcrumbs and remaining cheese and use it to top the dish.
9. Cook in the oven at 200c for 10 minutes.

# Ham And Pea Soup

## Ingredients



- 1 tbsp butter
- 1 onion, finely chopped
- 1 litre of ham stock
- 500g frozen peas
- 100g of chopped cooked ham with fat removed
- Salt and pepper
- 1 medium sized potato, peeled and diced

## Method

- 1.** Melt the butter in a saucepan and add in the chopped onion, cook over a low heat until softened for about 3 minutes.
- 2.** Add in the cubed potato and toss in the butter.
- 3.** Pour over the stock and simmer until the potato has softened.
- 4.** Tip in the peas and bring to the boil.
- 5.** Blend, check seasoning and add salt and pepper if needed.
- 6.** Stir through the ham and allow to warm for a few minutes.



# Chicken Fried Rice

## Ingredients

## Method



- 300g cooked and cooled rice
- 2 tbsp sesame oil (normal oil will do)
  - 2 tbsp dark soy sauce
  - 2 beaten eggs
  - 200g cooked chicken
  - 200g mixed veg
  - 2 spring onions, sliced

- 1.** Heat the oil in a large wok.
- 2.** Add the rice and dark soy sauce.
- 3.** Cook over a high heat for 5 minutes.
- 4.** Add the chicken, veg and light soy and cook for 5 minutes stirring all the time.
- 5.** Push the rice to the side and add the egg. Cook until starting to scramble then quickly stir through the rice.
- 6.** Add the light soy sauce and spring onion and stir through.

# Carbonara

## Ingredients



- 340g spaghetti
- 150g mature cheddar cheese
- 50g pecorino cheese
- 200g leftover gammon, cubed
- 3 cloves of garlic
- 4 -6 egg yolks
- 1 tbsp butter

## Method

- 1.** Bring a pan of salted water to the boil and add the spaghetti, let it cook at a simmer for 10 minutes.
- 2.** Separate your eggs and add the yolks to a bowl.
- 3.** Finely grate 3/4 of the cheese into it and mix well, add a pinch of pepper.
- 4.** Add the butter to a frying pan. Cut the gammon into small pieces and fry till crisp.
- 5.** Peel and crush the garlic, add to the pan along with the gammon, stir to infuse the flavours.
- 6.** At this point you can remove the garlic.
- 7.** Drain the spaghetti but keep a little of the water in reserve – about a ladleful.
- 8.** Add the spaghetti to the frying pan, mixing well to coat the spaghetti with the flavours of the pan.
- 9.** Add a few splashes of the pasta water and mix again, season with pepper, then take the pan off the heat.
- 10.** 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.
- 11.** Serve immediately.



# Root Veg Hotpot

## Ingredients



## Method

- 1.** Put all the veg in a pan with the pearl barley and the stock.
- 2.** Bring to the boil and then simmer for about an hour until the veg is soft and the barley is cooked.
- 3.** Make up the dumplings as per the pack instructions.
- 4.** Pop into the pan with the stew and put the lid on and leave for 30 minutes.

- 3 potatoes, diced
- 2 onions, diced
- 100g of pearl barley
- 500ml beef stock
- 1 pack dumpling mix
- Root veg medley or casserole veg pack



# Homemade Flatbread Pizza

## Ingredients



- 200g plain flour
- 100g warm water
  - ¼ tsp salt
  - 2 tbsp oil
- ½ tsp mixed herbs
- ½ tsp garlic granules
- 4 tbsp tomato puree
- 6 cherry tomatoes
- 50g grated cheese

## Method

- 1.** Put the flour, salt & herbs in a bowl and mix.
- 2.** Gradually mix in the water, bring the mix together with your hand, add the oil & knead to a soft dough. Leave to rest for 30 minutes.
- 3.** Divide the dough into 4, roll out each until they are 1cm thick and fry in a hot pan for 2 minutes each side.
- 4.** Transfer to an oven proof tray. On each flatbread add 2 tbsp of tomato sauce, chopped tomatoes and grated cheese.
- 5.** Bake for 15 minutes at 200°C.

# Chicken & Sweetcorn Pie

## Ingredients



- 2 chicken breasts, cut into chunks
  - 4 tbsp flour
  - 1 tbsp cooking oil
  - 30g butter
- 300ml chicken stock
  - 100g sweetcorn
- 1 egg, beaten, to glaze
  - 400g plain flour
  - Pinch of salt
- 200g butter, chilled and cubed
  - 3-4 tbsp cold water, to mix

## Method

1. Dredge the chicken in 2 tbsp of the flour.
2. Heat the oil in a large saucepan and fry the chicken over medium heat until browned. Remove the chicken from the pan and set aside.
3. Melt the butter in the same pan and stir in the remaining 2 tbsp of flour. Cook for 2 minutes, then stir in the chicken stock and whisk until smooth.
4. Add the chicken back in along with the sweetcorn. Simmer gently for 20 minutes.
5. Heat the oven to 200°C/Fan 180°C/Gas 6 and lightly grease a 23cm pie dish.
6. Split the pastry in half and roll out one half to line the pie dish. Then add the mix and spread out.
7. Roll out the rest of the pastry and top the pie, pinching the edges with a fork to form a seal. You can brush the beaten egg between the pie shell and top to help seal.
8. Make 2 cuts in the top of the pie around the centre to let the steam out. Brush the top of the pie with the beaten egg.
9. Bake for 20 minutes or until golden brown, then serve. I like to have it with boiled potatoes and mixed veg.

### For The Pastry

1. Mix the flour and salt, then add the butter using your fingers to rub it in until it resembles breadcrumbs. You can do this in a food processor if you have one.
2. Add the cold water gradually, bringing the mix together into a dough. Wrap in cling film and place in the fridge for at least 30 minutes before freezing or using. When you need to use it, you can defrost overnight in the fridge, or at room temperature for about 3 hours.