

# MEAL PLAN

**SUNDAY**

**ROAST BEEF, ROAST  
POTATOES, MIXED VEG**

**MONDAY**

**CHEESY VEGGIE SPAGHETTI**

**TUESDAY**

**BEEF & BARLEY SOUP**

**WEDNESDAY**

**BEEF & SWEET POTATO  
CURRY**

**THURSDAY**

**BAKED POTATO, CHEESE,  
COLESLAW**

**FRIDAY**

**PUFF PASTRY PIZZA**

**SATURDAY**

**TOMATO & CHORIZO  
SPAGHETTI**

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

SWEET POTATOES	99P	99P
2 PEPPERS	96P	90P
CHORIZO	£2.00	£1.79
ONIONS	55P	55P
TOMATO PUREE	43P	43P
250G GRATED CHEESE	£1.99	£1.99
3 X CHOPPED TOMATOES	96P	96P
500G SPAGHETTI	23P	29P
PUFF PASTRY	85P	£1.05
MOZZARELLA	59P	59P
TOMATOES	57P	57P
CARROTS	45P	45P
RICE	45P	45P
COCONUT MILK	£1.00	69P
1.5KG BEEF JOINT	£9.20	£7.99
SWEDE	80P	63P
COLESLAW	82P	82P
SALAD	75P	60P
<b>TOTAL</b>	<b>£23.59</b>	<b>£21.74</b>

**OR £21.48 ACROSS THE TWO STORES**

# **The Pantry**

## **From Previous Weeks**

**PAPRIKA**

**OREGANO**

**OIL**

**GARLIC GRANULES**

**GINGER**

**CHILLI FLAKES**

**CURRY POWDER**

**CORIANDER**

**BAY LEAVES**

**MUSTARD POWDER**

**LEMON JUICE**

**BEEF STOCK CUBES**

**WORCESTERSHIRE SAUCE**

**BARLEY**

**BUTTER**

**MILK**

**MIXED VEG**

**TOMATO KETCHUP**

**GRAVY GRANULES**

## **Left from Last Week**

**POTATOES**

**FLOUR**

**150G CHEESE**

**BROCCOLI / CAULIFLOWER FLORETS**

**FROZEN PEAS**

**FROZEN SWEETCORN**

# Roast Beef, Roast Potatoes, Mixed Veg



## Ingredients

- 1.5kg beef joint (cut 200g off this for the soup on Tuesday)
- Salt and pepper, to taste
  - 2 tbsp oil, divided
  - 1 tsp mustard powder
- 250ml beef stock - if pressure cooking only
  - Mixed veg

## Methods

Make sure to mix oil, mustard powder and salt and pepper together, then brush the joint with the mix.

### Slow Cook

1. Place in the slow cooker and cook on low for 5-6 hours or on high for 3-4 hours.
2. Remove and wrap in foil and rest for 30 minutes before serving.

### Oven Cook

1. Wrap the joint in foil.
2. Put in the oven and roast.
3. For rare beef, cook for 1 hour.
4. For medium beef, cook for 1 hour and 10 minutes. For well done, cook for 1 hour and 30 minutes.
5. Rest for 30 minutes before serving.

### Pressure Cook

1. Heat your pressure cooker or a pan until really hot.
2. Add the beef and seal well on all sides - you want a nice colour.
3. Put a trivet here in the pressure cooker.
4. Pour in the stock.
5. Sit the beef on the trivet.
6. Put on the lid, make sure the vent is closed.
7. Set the high or the meat/stew setting for 4 minutes.
8. After the cooking time has elapsed - do nothing.
9. Let the pressure release naturally.
10. The pressure cooker will automatically go to keep warm.
11. Leave for 45 minutes then remove lid.
12. Take out the beef and wrap in foil for 30 minutes before carving.

### Air Fry

1. Add the beef to your air fryer basket. Air fry at 200°C for 10 minutes, then turn and air fry on the other side for a further 10 minutes.
2. Reduce the temperature to 180°C, and cook the roast for 30 minutes for rare or 40 minutes for medium rare or 50 minutes for well done.
3. Leave the roast to rest at room temperature for 30 minutes before carving.
4. Boil mixed veg and serve.

# Cheesy Veggie Spaghetti



## Ingredients

- 250g broccoli / cauliflower florets
  - 100g frozen peas
- 100g frozen sweetcorn
  - 250g spaghetti
    - 3 tbsp flour
    - 3 tbsp butter
    - 600ml milk
- 100g cheese, grated

## Methods

1. Put the veg and spaghetti 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 the cheese.
7. Mix thoroughly and then add approx. 100ml of the spaghetti cooking water.
8. Pour over the drained spaghetti and veg.
9. Mix well and serve immediately.

# Beef & Barley Soup



## Ingredients

- 2 tbsp flour
- 1 beef stock cube
- 200g beef, cut into small chunks
  - 2 tbsp oil
  - 4 large carrots, sliced
  - 2 large onions, diced
    - ½ swede, diced
  - 4 medium potatoes, diced
    - 2 tbsp garlic granules
    - 2 litres beef stock
  - 1 tin chopped tomatoes
    - 2 tbsp tomato puree
  - 4 tbsp Worcestershire sauce
    - 1 bay leaf
    - 200g barley

## Methods

1. Add beef, flour and crumbled stock cube into a freezer bag and shake to combine.
2. Add ½ the oil to a large pan and fry the beef for 5 minutes.
3. Remove the beef and set it aside.
4. Add the remaining oil and fry off the carrot, onion and swede for 5 minutes.
5. Add the garlic and fry for another 1 minute.
6. Add the stock, tomatoes, tomato puree, Worcestershire sauce, pepper, beef, barley and bay leaf.
7. Bring to the boil, reduce heat and simmer for 30 minutes.
8. Add the potatoes and cook for a further 20 minutes.
9. Remove the bay leaf before serving.

# Beef & Sweet Potato Curry



## Ingredients

- 2 tbsp oil
- 2 onions, thinly sliced
- 4 tbsp garlic granules
  - 2 tsp ginger
  - 1 tsp chilli flakes
- 2 tbsp curry powder
- 2 tbsp tomato puree
- 1 sweet potato, chopped into chunks
  - 1 pepper, sliced
  - 1 large potato, diced
  - 1 tin coconut milk
- 1 tin chopped tomatoes
- 300g leftover beef, diced
  - 1 tbsp lemon juice
  - 2 tbsp coriander
- Cooked rice to serve

## Methods

1. Heat oil in a large pan and fry onions over a medium heat for 5 minutes.
2. Add garlic, ginger, curry powder and chilli flakes and cook for 1 minute.
3. Add tomato puree, stir to combine and then add the vegetables, coconut milk and tinned tomatoes.
  4. Cover and simmer for 15 minutes.
5. Add the beef and heat through for 5 minutes.
6. Add the lemon juice and coriander and stir through.
  7. Serve with cooked rice.

# Baked Potato, Cheese, Coleslaw



## Ingredients

- 4 large potatoes
- 1 tbsp oil
- 1 tsp salt
- 1 tsp pepper

## For Toppings

- Cheese
- Coleslaw

## Methods

Prick the potatoes with a fork. Mix the oil, salt and pepper and then rub the potatoes with seasoned oil.

### 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.

### 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.

### 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.

### Oven Cook

Heat the oven to 220°C/200°C fan/gas 7. Put on the top shelf of the oven. Bake for 20 minutes, then turn down the oven to 190°C/170°C fan/ gas 5 and bake for 45 minutes-1 hr more until the skin is crisp and the inside soft.



# Puff Pastry Pizza



## Ingredients

- Puff pastry
- 6 tbsp tomato purée
- 1 tbsp tomato ketchup
- 1 tsp dried oregano
  - 75g mozzarella
- Tomatoes, halved

## Methods

1. Heat the oven to 200°C.
2. Unroll the pastry, cut into six squares and arrange over two baking trays lined with baking parchment.
3. Use a knife to score a 1cm border around the edge of each pastry square.
4. Bake for 15 minutes, until puffed up but not cooked through.
5. While the pastry cooks, make the sauce and prepare your toppings.
6. Mix the tomato purée, tomato ketchup, oregano and 1 tbsp water.
7. Tear the mozzarella and slice the tomatoes.
7. Remove the pastry from the oven and squash down the middle with the back of a spoon.
8. Divide the sauce between the pastry squares and spread it out to the puffed-up edges.
9. Sprinkle with the cheese, then add your tomatoes and / or chorizo / beef / any other leftovers. Bake for another 5-8 minutes and serve.

## Toppings

You can add any bits and pieces of veg or meat you have leftover. I have used a little bit of the chorizo we bought this week and didn't use up and I had a little slice of beef left from Sunday that I chopped up and used.

# Tomato & Chorizo Spaghetti



## Ingredients

- 1 tbsp oil
- ½ chorizo, sliced
- 2 onions, sliced
- 1 pepper, sliced
- 1 tbsp garlic granules
- 1 tbsp tomato puree
  - 1 tbsp paprika
- 1 tin chopped tomatoes
  - 250g spaghetti

## Methods

- 1.** Put the spaghetti on to cook as per the packet instructions.
- 2.** Heat the oil in a large frying pan and fry off the chorizo, onion and pepper for 5 minutes.
- 3.** Add the garlic and tomato puree and give it a good stir.
- 4.** Add the paprika and stir again.
- 5.** Add the chopped tomatoes and mix thoroughly.
- 6.** Allow to heat through for 5 minutes.
- 7.** Add 1 ladle full of the spaghetti cooking water and then add the drained spaghetti.
- 8.** Final mix and it is ready to serve.