

**SUNDAY** – Steak & Sausage Pie, Mashed  
Potato & Honey Carrots

**MONDAY** – Creamy Veg Pasta

**TUESDAY** – Chicken Hash

**WEDNESDAY** – Sausage Curry.

**THURSDAY** – Broccoli & Cheese Soup

**FRIDAY** – Beef Stroganoff

**SATURDAY** – Cacio E Pepe

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

2 X BROCCOLI	£1.44	£1.06
1KG ONIONS	39P	55P
2.5KG POTATOES	£1.15	£1.05
1KG CARROTS	45P	44P
MIXED PEPPERS	£1.25	£1.25
CAULIFLOWER	95P	95P
500G LEEKS	£1.29	£1.29
200G MUSHROOMS	90P	89P
CORIANDER	52P	52P
500G BEEF STEWING STEAK	£3.79	£3.79
350G PUFF PASTRY	£1.25	£1.05
300ML DOUBLE CREAM	£1.09	£1.15
150ML SOUR CREAM	85P	£1.05
200G SOFT CHEESE	85P	85P
80G HARD CHEESE	£1.30	£1.49
CURRY POWDER	£1.05	79P
1KG RICE	45P	45P
500G SPAGHETTI	23P	26P
PART BAKED BAGUETTES	£1.10	59P
1KG MIXED VEG	89P	89P
TOTAL	£21.19	£20.36

**OR £19.72 ACROSS THE TWO STORES**

# The Pantry

## From Previous Weeks

**BEEF STOCK CUBES**

**VEG STOCK CUBES**

**CHICKEN STOCK CUBES**

**WORCESTERSHIRE SAUCE**

**MUSTARD**

**CHILLI FLAKES**

**THYME**

**PAPRIKA**

**GARLIC POWDER**

**PARSLEY**

**BAY LEAVES**

**VEGETABLE OIL**

**PLAIN FLOUR**

**HONEY**

## Left from Last Week

**250G CHICKEN**

**18 SAUSAGES**

**350G PASTA**

# Steak & Sausage Pie, Mashed Potato & Honey Carrots

## Ingredients



- Salt and pepper, to season
  - 1 tbsp flour
- 200g stewing beef steak
- 6 sausages, cut into chunks
  - 1 tbsp cooking oil
  - 2 onions, sliced
- 4 garlic cloves, chopped
  - 850ml beef stock
  - 2 bay leaves
- Dash of Worcester sauce
  - 1 tbsp parsley
- Cornflour paste (1 tbsp cornflour mixed with 2 tbsp cold water)
  - 1 packet puff pastry
- 1 egg, beaten, to glaze
  - 4 carrots
  - 1 tbsp oil
  - 1 tbsp honey
- 750g potatoes

## Method

1. Add some salt and pepper to the flour, then use the seasoned flour to dust the beef and sausage.
2. Heat the oil in a large pan and add the meat. Brown on all sides before removing with a slotted spoon. Place the meat to drain on kitchen paper.
3. Add the onions to the same pan and coat in the oil, cooking until they soften.
4. Add the garlic, then add a little stock and scrape the pan of the floury meaty bits, which will thicken out the liquid.
5. Add the meat back into the pan as well as the remaining stock, bay leaves and Worcester sauce. Season with salt and pepper.
6. Pour the mixture into the slow cooker, cooking on low for 8–10 hours or cook in the oven for 4 hours at 170°C/Fan 150°C/Gas 3.
7. Once cooked, stir through the parsley, and thicken the meat juices with the cornflour paste before pouring the mixture into a pie dish.
8. Heat the oven to 200°C/Fan 180°C/Gas 6 and roll out the pastry so it's large enough to lay over the steak and sausage mix. Brush the pastry with the beaten egg then bake for 20 minutes or until the pastry is golden brown.
9. Cut the carrots into 1 inch chunks.
10. Mix the oil and honey together. Coat the carrots in the mix.
11. Put in the air fryer at 200c for 10 – 12 minutes until soft in the middle and crisp on the outside. Or cook in the oven at 220c for 20 minutes. Keep warm while you cook the potatoes.
12. Serve with mashed potatoes and honey carrots.



# Creamy Veg Pasta

## Ingredients



- 350g pasta
- 1 cauliflower
- 1 tbsp butter
  - 2 leeks
- 200g soft cheese
- 250ml vegetable stock
  - 1 tsp garlic powder
  - 1 tsp dried parsley

## Method

- 1.** Bring a large saucepan of water to the boil and cook the pasta according to the packet instructions.
- 2.** Add the cauliflower for the last 5 minutes of cooking.
- 3.** Melt the butter in a pot and fry the leeks.
- 4.** Add the soft cheese and vegetable stock into the pan over a low-medium heat and stir until combined and smooth.
- 5.** Add the garlic powder and parsley.
- 6.** Once the pasta and veg are ready, drain and return to the pan.
- 7.** Stir in the sauce and then you're ready to serve.

# Chicken Hash

## Ingredients



- 500g potatoes, unpeeled and cut into small cubes.
  - 1 tbsp vegetable oil.
  - 1 onion, chopped.
  - 2 peppers, sliced.
  - 200g chicken, diced.
  - 1 garlic clove, crushed.
    - 1–2 tsp paprika.
    - 1/2–1 tsp dried thyme.
  - Salt and pepper, to season.
    - Fried egg, to serve.

## Method

- 1.** In a large saucepan, add the potatoes and cover with cold water.
- 2.** Bring to the boil until they're just cooked, about 10 minutes and drain.
- 3.** Heat the oil in a pan over a medium heat. Add the chicken and fry until sealed about 5 minutes. Add the onion and fry until softened. This will take about 5 minutes.
- 4.** Add in the peppers and fry for another 5 minutes.
- 5.** Stir in the cooked potatoes and cook for another 5 minutes until they start to brown.
- 6.** Add the garlic and stir, then sprinkle in the paprika, thyme, salt and pepper, and give it a good mix so it's all combined.
- 7.** Serve hot with a fried egg (though it's really good on its own too).



# Sausage Curry

## Ingredients



- 8 sausages, sliced
- 1 onion, chopped
- 1 pepper, sliced
- 2 garlic cloves, chopped
  - 1 tbsp oil
  - 1 tbsp curry powder
- 500ml chicken stock
  - 1 tsp sugar
- 1 bunch of coriander, chopped
  - 1 tbsp cornflour

## Method

1. Heat the oil in a large pan.
2. Add the onion and peppers and fry for 10 minutes.
3. Add the garlic and stir for 2 minutes then empty into a bowl and set aside.
4. Fry the sliced sausages on a medium heat for 10-15 minutes then set aside.
5. Meanwhile mix the curry powder and cornflour together with a drop of boiling water and stir into a smooth paste.
6. Add the hot water to the pan, stir in the paste until it thickens into a sauce.
7. Add the sausages and vegetables and simmer for 5 minutes.
8. Stir in the sugar and coriander.
9. Serve with rice.

# Broccoli & Cheese Soup

## Ingredients



- 2 broccoli, cut into florets
  - 4 potatoes, chopped
  - 1 onion chopped
- 150g cheddar cheese, grated
  - 50g hard cheese, grated
    - 25g butter
    - 500ml chicken stock
- 4 garlic cloves, chopped
- 1 pinch of chilli flakes
  - 1 tsp mustard
  - 50ml cream
- 1 pinch salt & pepper

## Method

1. Melt the butter in a large pan.
2. Add the onion and fry till soft but not coloured.
3. Add the garlic and chopped potatoes and stir through.
4. Add the broccoli and stock. Increase the heat, cover and bring to the boil.
5. Simmer for 25-30mins till the potatoes and veg are soft.
6. Take off the heat and carefully blend till smooth. Use the pot lid as a shield to prevent splashing.
7. Return the pot to a low heat and add the cheddar cheese and chilli flakes.
8. Add the parmesan.
9. Stir through till the cheese has melted then add the mustard.
10. Add the cream and the salt & pepper - adjust the seasoning if needed and serve with the part baked baguettes.



# Beef Stroganoff

## Ingredients



- 2 tbsp oil
- 1 tbsp butter
- 1 onion, diced
- 250g mushrooms
- 200g diced beef
  - 1/4 tsp salt
- 1/4 tsp black pepper
- 250ml double cream
  - 150ml sour cream
  - 1/4 tsp paprika

## Method

- 1.** Heat 1 tablespoon of the oil and all the butter in a large frying pan over a medium-high heat, until the butter starts to foam.
- 2.** Add the onion and cook for 5 minutes, stirring often, until it starts to soften.
- 3.** Add the mushrooms and cook for a further 3–4 minutes, stirring often, until lightly browned.
- 4.** Transfer the contents of the pan to a heatproof bowl. Place the pan back over the heat and turn the heat up to high.
- 5.** Cut the diced beef into small strips.
- 6.** Drizzle the beef with the remaining tablespoon of oil, sprinkle with the salt and pepper, and place in the hot pan. Cook for 2 minutes, then turn the strips over and cook for a further 2 minutes.
- 7.** Add the onion and mushrooms back to the pan, and lower to a medium-low heat. Pour in the double cream, followed by the sour cream. Stir and slowly heat through until the sauce is hot and the sauce at the edge of the pan is just starting to bubble (don't let it boil).
- 8.** Turn off the heat.
- 9.** Spoon the stroganoff over cooked rice, and sprinkle with the paprika just before serving.

# Cacio E Pepe

## Ingredients



- 200g spaghetti
  - 25g butter
- 2 tsp whole black peppercorns, ground, or 1 tsp freshly ground black pepper
  - 50g hard cheese, finely grated

## Method

- 1.** Cook the pasta for 2 mins less than pack instructions state, in salted boiling water. Meanwhile, melt the butter in a medium frying pan over a low heat, then add the ground black pepper and toast for a few minutes.
- 2.** Drain the pasta, keeping 200ml of the pasta water.
- 3.** Tip the pasta and 100ml of the pasta water into the pan with the butter and pepper. Toss briefly, then scatter over the parmesan evenly, but don't stir – wait for the cheese to melt for 30 seconds, then once melted, toss everything well, and stir together. This prevents the cheese from clumping or going stringy and makes a smooth, shiny sauce.
- 4.** Add a splash more pasta water if you need to, to loosen the sauce and coat the pasta. Serve immediately with a good grating of black pepper.