

NOVEMBER WEEK TWO MEAL PLAN





MEAL PLAN

SUNDAY

CHICKEN HOT POT

MONDAY

**TOMATO SOUP & TOASTED
CHEESE**

TUESDAY

DIRTY CAJUN RICE

WEDNESDAY

**BACON & BLACK PUDDING
HASH**

THURSDAY

LASAGNE & GARLIC TOAST

FRIDAY

**SAUSAGE MEATLOAF
& ROOT MASH**

SATURDAY

**CHICKEN & CHORIZO
JAMBALAYA**



SHOPPING LIST

INGREDIENTS

TESCO

ALDI

2.5KG POTATOES	£1.15	£1.05
1KG CARROTS	45P	45P
SWEDE	80P	62P
500G PARSNIPS	49P	49P
600G PEPPERS	£1.20	£1.20
SPRING ONIONS	45P	49P
GARLIC	79P	79P
4 SLICES OF BLACK PUDDING	£1.10	89P
500G MINCE BEEF	£1.79	£1.79
200G CHORIZO	£2.50	£1.79
400G MATURE CHEDDAR CHEESE	£3.00	£2.65
3 TINS CHOPPED TOMATOES	96P	96P
1 TIN OF BAKED BEANS	27P	26P
LOAF OF BREAD	39P	39P
20 FROZEN SAUSAGES	£1.25	£1.79
1KG FROZEN CHICKEN BREASTS	£3.79	£3.79
TOTAL	£20.38	£19.30

OR £18.82 ACROSS THE TWO STORES



THE PANTRY

SALT

PEPPER

VEGETABLE STOCK CUBES

OIL

MIXED HERBS

CAJUN SPICES

LASAGNE SHEETS

WORCESTERSHIRE SAUCE

MIXED VEG

MUSTARD

FLOUR

BUTTER

BEEF STOCK CUBES

PARSLEY

CORIANDER

BALSAMIC VINEGAR

CHICKEN STOCK CUBES

MILK

PARSLEY

CORIANDER

LEFT FROM LAST WEEK

RICE

LENTILS

BACON

EGGS

ONIONS



CHICKEN HOTPOT

INGREDIENTS

2 TBSP OIL
1 ONION
2 CARROTS, SLICED
2 PARSNIPS, SLICED
1/2 SWEDE, DICED
500G CHICKEN, DICED
1 TBSP PLAIN FLOUR
4 LARGE POTATOES, FINELY SLICED
500ML CHICKEN STOCK

METHOD

- 1** GENTLY FRY THE ONION IN 1 TBSP OF OIL.
- 2** ADD THE CHICKEN AND FRY UNTIL SEALED - 4-5 MINUTES.
- 3** ADD THE VEG AND FRY FOR 3 MINUTES.
- 4** SPRINKLE OVER THE FLOUR AND MIX WELL.
- 5** ADD THE STOCK AND BRING TO THE BOIL.
- 6** SIMMER FOR 15 MINUTES.
- 7** PUT INTO AN OVEN PROOF DISH.
- 8** TOP WITH THIN CUT POTATO SLICES AND BRUSH WITH THE REST OF THE OIL.
- 9** BAKE IN THE OVEN AT 200°C OR GM 6 UNTIL THE POTATOES ARE SOFT AND BROWN ON TOP. ABOUT 30 MINUTES.

TOMATO SOUP & TOASTED CHEESE

INGREDIENTS

2 SMALL ONIONS, DICED
6 CARROTS, DICED
2 GARLIC CLOVES, CRUSHED
500ML VEG STOCK
1 TIN OF CHOPPED TOMATOES
1 TSP PARSLEY
1 TSP CORIANDER
100G RED LENTILS
30ML BALSAMIC VINEGAR
SALT AND PEPPER TO TASTE

4 SLICES OF BREAD
8 SLICES OF CHEESE

METHOD

- 1** POP ALL THE SOUP INGREDIENTS INTO A LARGE POT AND BRING TO THE BOIL.
- 2** REDUCE THE HEAT AND SIMMER FOR 15 MINUTES.
- 3** BLITZ WITH A HAND BLENDER.
- 4** TOAST ONE SIDE OF THE BREAD THEN ADD CHEESE AND TOAST THE OTHER SIDE.

*SOUP CAN ALSO BE MADE IN THE SLOW COOKER - JUST ADD EVERYTHING AND COOK FOR 5 HOURS ON HIGH

DIRTY CAJUN RICE

INGREDIENTS

200G MINCED BEEF
2 PEPPERS, DICED
2 ONIONS, DICED
3 TBSP CAJUN SPICES
2 TBSP WORCESTER SAUCE
200ML BEEF STOCK
500G RICE
100G FROZEN MIXED VEG
4 SPRING ONIONS, SLICED

METHOD

- 1** PUT THE RICE AND MIXED VEG ON TO COOK. I DO MINE IN THE RICE COOKER BUT YOU CAN DO ON THE STOVE AS YOU USUALLY WOULD.
- 2** PUT THE ONION AND MINCE IN A LARGE POT AND COOK UNTIL MINCE IS BROWNEED. ABOUT 5 MINUTES.
- 3** ADD THE CAJUN SPICES AND WORCESTER SAUCE AND STIR THROUGH.
- 4** ADD THE PEPPERS AND STIR AGAIN.
- 5** ADD THE BEEF STOCK AND SIMMER FOR 15-20 MINUTES.
- 6** ONCE YOUR RICE AND VEG ARE COOKED, STIR THEM INTO THE MINCE.
- 7** ADD THE SPRING ONIONS, STIR THROUGH AND SERVE.

BACON & BLACK PUDDING HASH

INGREDIENTS

6 POTATOES, DICED
2 ONIONS, DICED
2 PEPPERS, SLICED
4 RASHERS OF BACON, DICED
4 SLICES OF BLACK PUDDING, DICED
2 TBSP OIL
50G GRATED CHEESE

METHOD

- 1 PAR BOIL THE POTATOES.**
- 2 HEAT THE OIL IN A LARGE FRYING PAN.**
- 3 FRY THE BACON, ONION, PEPPERS AND BLACK PUDDING FOR 5 MINUTES UNTIL COOKED THROUGH.**
- 4 ADD IN THE POTATOES AND COOK FOR 10 MINUTES UNTIL CRISPY.**
- 5 SPRINKLE CHEESE ON THE TOP AND STICK UNDER THE GRILL UNTIL MELTED.**
- 6 SERVE WITH FRIED OR POACHED EGGS AND BAKED BEANS.**

LASAGNE & GARLIC TOAST

INGREDIENTS

300G MINCED BEEF
150G LENTILS
1 LARGE ONION, DICED
2 GARLIC CLOVES, MINCED
TIN CHOPPED TOMATOES
500ML BEEF STOCK
2 TBSP WORCESTERSHIRE SAUCE
LASAGNE SHEETS
250ML WHITE SAUCE
200G GRATED CHEESE
2 GARLIC CLOVES
4 SLICES OF BREAD

METHOD

- 1** FRY THE MINCE AND ONIONS UNTIL THE MINCE IS BROWNED.
- 2** ADD THE GARLIC AND FRY FOR 2 MORE MINUTES.
- 3** STIR IN THE LENTILS MIXING WELL.
- 4** ADD THE TOMATOES AND STOCK AND BRING TO THE BOIL. SIMMER GENTLY STIRRING OCCASIONALLY FOR 20 MINUTES. IF THE MIX IS TOO DRY ADD SOME MORE WATER.
- 5** LAYER THE MINCE, LASAGNE SHEETS AND WHITE SAUCE AND TOP WITH CHEESE.
- 6** COOK IN THE OVEN AT 200°C FOR 25-30 MINUTES.
- 7** MEANWHILE MIX THE REMAINING GARLIC WITH OIL AND BRUSH ON THE BREAD. COOK IN THE OVEN FOR 10 MINUTES.

WHITE SAUCE

INGREDIENTS

15G BUTTER
15G PLAIN FLOUR
250ML MILK
SALT AND PEPPER
1 TBSP ENGLISH MUSTARD

METHOD

- 1 PUT THE BUTTER INTO A SAUCEPAN AND MELT OVER A GENTLE HEAT.**
- 2 ADD IN THE FLOUR AND STIR, ALLOW THE MIX TO COOK OUT UNTIL IT HAS GONE A STRAW LIKE COLOUR.**
- 3 GRADUALLY ADD IN THE MILK, WHISKING BETWEEN EACH ADDITION.**
- 4 ADD THE SALT AND PEPPER AND MUSTARD.**
- 5 KEEP WHISKING UNTIL IT COMES TO A BOIL.**
- 6 REDUCE HEAT AND SIMMER, STIRRING OCCASIONALLY UNTIL THE MIXTURE HAS THICKENED.**

SAUSAGE MEATLOAF

INGREDIENTS

8 SAUSAGES, SQUEEZED OUT THE SKINS
1 ONION DICED
2 SLICES OF BREAD
1 EGG, BEATEN

METHOD

- 1 ADD ALL THE INGREDIENTS TO A LARGE BOWL.
- 2 GET YOUR HANDS IN AND SQUISH IT ALL TOGETHER.
- 3 LINE A LOAF TIN WITH BAKING PAPER.
- 4 ADD THE MIX TO THE TIN AND PAT DOWN.
- 5 COVER WITH BAKING PAPER AND THEN FOIL.
- 6 COOK IN THE OVEN AT 200°C GM6 FOR 30 MINUTES.
- 7 UNCOVER AND COOK FOR A FURTHER 15 MINUTES.

ROOT MASH

INGREDIENTS

2 CARROTS, SLICED

2 PARSNIPS, SLICED

1/2 SWEDE, DICED

2 POTATOES, DICED

2 TBSP BUTTER

SALT AND PEPPER TO TASTE

METHOD

- 1** ADD ALL THE VEG TO A POT OF COLD WATER.
- 2** BRING TO THE BOIL.
- 3** REDUCE HEAT AND SIMMER FOR 15 MINUTES UNTIL SOFT.
- 4** MASH.
- 5** ADD IN BUTTER AND STIR WELL.
- 6** ADD IN SALT AND PEPPER TO TASTE.

CHICKEN & CHORIZO JAMBALAYA

INGREDIENTS

1 TBSP OIL
1 CHICKEN BREAST, DICED
1 ONION, DICED
1 RED PEPPER, SLICED THINLY
2 GARLIC CLOVES, CRUSHED
100G CHORIZO, SLICED
2 TBSP CAJUN SPICES
500G RICE
TIN OF CHOPPED TOMATOES
700ML CHICKEN STOCK

METHOD

- 1 HEAT THE OIL IN A LARGE PAN.
- 2 ADD THE DICED CHICKEN AND BROWN FOR 5-8 MINUTES.
- 3 MOVE THE CHICKEN TO A PLATE.
- 4 ADD THE ONION AND COOK FOR 3-4 MINUTES.
- 5 ADD IN THE PEPPERS, GARLIC, CHORIZO AND SPICES AND COOK FOR A FURTHER 5 MINUTES.
- 6 ADD THE CHICKEN BACK IN AND ADD THE RICE, TOMATOES AND STOCK.
- 7 STIR WELL TO COMBINE AND COOK FOR A FURTHER 30-45 MINUTES UNTIL THE RICE IS COOKED AND ALL THE LIQUID IS ABSORBED. STIR EVERY 5 MINUTES TO ENSURE IT DOESN'T STICK.

I'D LOVE TO HEAR FROM YOU!

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