

MEAL PLAN

SUNDAY ROAST CHICKEN, SMASHED
POTATOES, CHEESY CREAMED
SPINACH

MONDAY CHICKEN & SWEETCORN
NOODLE SOUP

TUESDAY SPAGHETTI BOLOGNAISE

WEDNESDAY CHICKEN FRIED RICE

THURSDAY SAUSAGE & MASH PIE

FRIDAY BUTTERNUT SQUASH
MACARONI & CHEESE

SATURDAY CAJUN DIRTY RICE

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

2 X PEPPERS	96P	88P
PARSLEY	57P	57P
THYME	52P	52P
2KG CHICKEN PORTIONS	£2.62	£2.62
1KG CARROTS	45P	45P
1KG ONIONS	55P	55P
TINNED TOMATOES	32P	32P
LEEKs	£1.19	£1.19
NOODLES	£1.00	85P
CELERY	52P	52P
BABY SPINACH	90P	76P
LENTILS	£1.20	£1.05
RICE	48P	48P
SPAGHETTI	23P	29P
BUTTERNUT SQUASH	£1.25	85P
PASTA	41P	41P
SPRING ONIONS	49P	49P
500G MINCE	£1.79	£1.79
400G CHEESE	£2.65	£2.65
MUSTARD	65P	45P
WORCESTERSHIRE SAUCE	85P	65P
2 X TINNED POTATOES	74P	74P
TOTAL	£20.34	£19.08

OR £19.02 ACROSS THE TWO STORES

The Pantry

From Previous Weeks

OIL

SALT AND PEPPER

BAY LEAVES

PAPRIKA

NUTMEG

PEPPERCORNS

CAJUN SPICES

BEEF STOCK CUBES

CHICKEN STOCK CUBES

VEGETABLE STOCK CUBES

PLAIN FLOUR

MILK

BUTTER

GARLIC GRANULES

MUSTARD

SOY SAUCE

SWEETCORN

Left from Last Week

12 SAUSAGES

MIXED VEGETABLES

GARLIC CLOVES

POTATOES

EGGS

Roast Chicken, Squashed Potatoes, Cheesy Creamed Spinach

Ingredients

Click the image below for a [video guide](#).



- 2 x tins of potatoes
 - 1 tsp salt
 - 1 tsp pepper
 - 2 tbsp oil
- 4 tbsp garlic cloves, minced
 - 1 tbsp thyme
- 6 chicken portions
 - ½ tsp paprika
- 300g carrots, cooked, to serve
 - 200g baby spinach
 - Knob of butter
 - 1 onion, diced
 - 2 tbsp garlic granules
 - 2 tbsp plain flour
 - 300ml milk
- 50g mature cheddar, grated

Method

- 1.** Put the potatoes into a large roasting tray. Mix 1 tbsp of oil with salt, pepper, and thyme.
- 2.** Scatter the garlic granules among the potatoes and drizzle over the oil mix. Toss the potatoes to ensure they are coated with the oil. Squash down the potatoes with a masher or glass.
- 3.** Mix the remaining 1 tbsp of oil with the paprika and coat the chicken portions with it. Sit the chicken on top of the potatoes.
- 4.** Cook in the oven for 45 minutes at 200°C or the air fryer for 30 minutes at 180°C.
- 5.** Meanwhile, make the creamed spinach. Boil the kettle and tip the spinach into a colander.
- 6.** Pour over the boiling water to wilt the leaves. Leave to cool.
- 7.** Heat the butter in a small pot. Add the onion and cook for 8 minutes until softened. Stir in the garlic and cook for 1 more minute. Pour in the milk a little at a time until you have a smooth sauce. Bring to a gentle simmer and stir until the sauce has thickened.
- 8.** Squeeze out any liquid left in the spinach and chop it up. Add to the sauce along with the nutmeg.
- 9.** Put into a small baking dish and sprinkle over the cheese. Bake in the oven for 15 minutes.
- 10.** Once cooked remove two chicken portions and set aside to use the meat for chicken fried rice later in the week.
- 11.** Serve one chicken portion each with potatoes, creamed spinach and carrots.

Chicken & Sweetcorn Noodle Soup

Ingredients

Click the image below for a [video guide](#).



- 2 carrots, sliced
- 2 leeks, sliced
- 200g sweetcorn
- 200g noodles
- Small bunch of parsley, leaves torn off and stalks retained for the stock.

For the stock

- 2 onions, quartered
- 1 leek, cut into chunks
- 2 carrots, thickly sliced
 - 2 bay leaves
- 6 black peppercorns
 - Parsley stalks
- 4 celery sticks, sliced
- 1 vegetable stock cube
 - 2 chicken portions

Method

1. Put all the stock ingredients into a large pot and cover with 2.5 litres of water.
2. Bring to the boil and then cover for 45 minutes.
3. Remove the chicken and set aside.
4. Strain the stock through a sieve.
5. Put the stock back into the pot and simmer on a high heat. Add the carrots and leeks and simmer for 10 minutes.
6. Meanwhile shred the meat from the chicken. Add to the pot with the sweetcorn. Add the noodles and simmer for about 5 minutes.
7. Serve sprinkled with the parsley.

Spaghetti Bolognese

Ingredients

Click the image below for a [video guide](#).



- 340g spaghetti
- 300g minced beef
- 2 carrots, grated
- 2 sticks of celery, finely diced
 - 150g lentils
- 1 large onion, diced
- 2 garlic cloves, minced
- Tin chopped tomatoes
 - 500ml beef stock
- 2 tbsp Worcestershire sauce

Method

- 1.** Fry the mince and onions until the mince is browned.
- 2.** Add the carrot and celery and stir for 5 minutes.
- 3.** Add the garlic and fry for 2 more minutes.
- 4.** Stir in the lentils mixing well.
- 5.** 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.
- 6.** Meanwhile, cook the spaghetti as per the packet instructions. Once cooked drain and serve with the bolognese on top.

Chicken Fried Rice

Ingredients

Click the image below for a [video guide](#).



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

Method

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 soy sauce 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 some more soy sauce and spring onion and stir through.

Sausage & Mash Pie

Ingredients

Click the image below for a [video guide](#).



- 1 tbsp oil
- 10 sausages
- 750ml beef stock
- 4 medium onions, peeled & sliced into strips
- 200g mixed veg
- 4 tbsp plain flour
- 3 tbsp butter
- 2 tbsp Worcestershire sauce
- 1/2 tsp dried thyme
- Salt & black pepper, to taste
- 1.5kg potatoes, peeled & diced
 - 50g cheese, grated
 - 125ml milk
- 1 heaped tbsp mustard
- Salt & black pepper, to taste

Method

1. Add potato chunks to a large pot of salted water and bring to a boil. Cook until knife tender, then drain in a colander and sit to steam dry until needed.
2. Meanwhile, in a large pan over medium heat add a drizzle of oil and add your sausages. Fry until nice and golden and cooked all the way through. Remove from pan and leave the fat. Slice sausages into 3 or 4 chunks when ready.
3. Add in the onions and keep on a medium heat until they begin to brown. Lower heat and slowly cook the onions until they're nice and golden, stirring occasionally so they don't stick to the pan. Season with salt and pepper.
4. Melt in 3 tbsp butter and bring heat back up to medium. Stir in the flour until a paste forms. Very gradually begin adding in the beef stock, stirring as you go to ensure no lumps form.
5. Add the Worcestershire sauce, thyme and salt & pepper to taste.
6. Add in the mixed veg and simmer for 5 minutes.
7. Then stir in your sausages (that have been diced into 3 or 4 chunks). Pour into your baking dish and allow to rest so a 'skin' forms over top.
8. Mash your potatoes with the butter and milk. Stir in your cheese, mustard, and seasoning.
9. Dollop by dollop add the mash to the sausages. I recommend working from the outside in and don't push down too hard or the gravy layer will become uneven. Use a fork to rough the top.
10. Pop in the oven at 200°C / 390F for 20 mins, or until nice and golden on top. Allow to rest (important for it to keep shape) then serve up and enjoy!

Butternut Squash Penne & Cheese

Ingredients

Click the image below for a [video guide](#).



- 2 tbsp butter
- 3 large cloves garlic, minced
- 1 butternut squash, diced
- 250ml vegetable stock
- 400g uncooked penne pasta
- 300ml milk
- 200g grated cheddar cheese
- salt and black pepper, to taste

Method

- 1.** Cook the pasta as per the packet instructions. Save some of the pasta water for later.
- 2.** Melt the butter, add the garlic, and cook for 1 minute.
- 3.** Add the butternut squash and veg stock and bring to the boil, reduce heat and simmer for 10 minutes.
- 4.** Put the squash mix in a blender with the milk and mustard and blitz until smooth. If you don't have a blender, you can mash it down or use a stick blender.
- 5.** Put the sauce back into the pot and add the grated cheese.
- 6.** Combine the sauce and cooked pasta and stir well. If it is too thick add some pasta cooking water to thin.
- 7.** Season with salt and lots of pepper.

Cajun Dirty Rice

Ingredients

Click the image below for a [video guide](#).



- 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 it on the stove as you usually would.
- 2.** Put the onion and mince in a large pot and cook until the mince is browned. About 5 minutes.
- 3.** Add the Cajun spices and Worcestershire 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.