

# MEAL PLAN

**SUNDAY**

**HONEY MUSTARD BAKE**

**MONDAY**

**LENTIL SOUP**

**TUESDAY**

**TUSCAN PASTA**

**WEDNESDAY**

**CHEESY LENTIL BAKE**

**THURSDAY**

**HOMEMADE FLATBREAD  
PIZZA**

**FRIDAY**

**TUNA FISHCAKES, SALAD**

**SATURDAY**

**PEANUT CHICKEN**

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

1KG CARROTS

45P

45P

2KG POTATOES

95P

95P

1KG ONIONS

55P

55P

1KG SWEET POTATOES

99P

99P

600G PEPPERS

£1.20

£1.20

60G CHILLIES

65P

50P

2 X250G CHERRY TOMATOES

£1.14

£1.14

250G SALAD BAG

78P

60P

1KG CHICKEN THIGHS

£3.00

£2.59

20 SAUSAGES

£1.36

£1.79

6 EGGS

£1.30

£1.19

250G CHORIZO

£2.50

£1.89

200G SOFT CHEESE

85P

85P

200G CHEESE

£1.99

£1.39

175G BREADCRUMBS

85P

72P

340G PEANUT BUTTER

£1.15

£1.15

2 X 400G CHOPPED TOMATOES

64P

64P

500G PASTA

41P

£1.79

2 X 145G TINNED TUNA

£1.10

£1.10

TOTAL

£21.86

£20.10

OR £19.67 ACROSS THE TWO STORES

# The Pantry

## From Previous Weeks

OIL

GARLIC GRANULES

VEGETABLE STOCK CUBES

CHICKEN STOCK CUBES

HONEY

MUSTARD

MIXED VEG

PLAIN FLOUR

GARLIC CLOVES

CORNFLOUR

LIME JUICE

SOY SAUCE

CURRY POWDER

MIXED HERBS

TOMATO PUREE

## Left from Last Week

RICE

LENTILS

# Honey Mustard Sausage Bake

## Ingredients

Click the image below for a **video guide**.



- 4 tbsp honey
- 4 tbsp mustard
  - 1 tbsp oil
  - 8 sausages
- 4 sweet potatoes, cut into chunks
  - 1 onion, cut into wedges
  - 1 pepper, sliced
- 4 carrots. cut into chunks
- Salt and pepper, to taste

## Method

- 1.** Mix the honey, mustard, and oil in a large bowl, then add the sausages, potatoes, and vegetables, and stir to mix.
- 2.** Tip everything into the slow cooker, spreading it out evenly. Pour over any remaining dressing.
- 3.** Season with salt and pepper, and bake in the slow cooker for 4 hours on high or 8 hours on low.
- 4.** You can also do this dish in the oven at 200c for 40 minutes stirring halfway through or in the air fryer at 180c for 30 minutes.



# Lentil Soup

## Ingredients

Click the image below for a **video guide**.



- 1 tbsp oil
- 1 potato, diced
- 4 carrots, diced
- 2 onions, diced
  - 200g lentils
- 2 veg stock cubes
  - 1 litre of water
- Salt and pepper to taste

## Method

- 1.** Heat the oil in a pan and fry off the onion and carrot for 5 minutes.
- 2.** Add the potatoes, red lentils and stock and stir well.
- 3.** Cover the pot and bring to the boil. Reduce heat and simmer for 15 - 20 minutes.
- 4.** Use a masher or hand blender to make a smooth soup.
- 5.** Season with salt and pepper.

# Tuscan Pasta

## Ingredients

Click the image below for a **video guide**.



- 2 chicken stock cubes
  - 400g pasta
  - 150g chorizo, diced
  - 1 tbsp oil
- Salt and pepper, to taste
  - 4 tsp garlic granules
- 250g cherry tomatoes, halved
  - 200g cream cheese
  - Tin chopped tomatoes
- 2 carrots, cut into ribbons
  - 50g grated cheese

## Method

- 1.** Put a pot of water on for the pasta and once it begins to boil, add the chicken stock cubes. Stir until they have dissolved. Cook the pasta as per the packet instructions.
- 2.** Meanwhile, heat the oil in another large pot and add the chorizo for 5 minutes.
- 3.** Add the carrot and cherry tomatoes to the pot and cook for 1 minute.
- 4.** Add the cream cheese, tinned tomatoes and garlic and stir through. Reduce the heat and cook for 10 minutes.
- 5.** Drain the pasta, reserving 250ml of the cooking water in a jug, and add to the pot along with the reserved cooking water. Stir through the grated cheese and serve!



# Cheesy Lentil Bake

## Ingredients

Click the image below for a **video guide**.



- 1 tbsp cooking oil
- 1 onion, chopped
- 1 carrot, chopped
- 150g red lentils
- 1 tsp garlic granules
- 420ml vegetable stock
- 100g cheese, grated
  - 1 egg, beaten
- Salt and pepper, to season
- 100g cherry tomatoes, sliced
- 2 tbsp breadcrumbs

## Method

- 1.** Preheat the oven to 180°C/fan 160°C/gas 4.
- 2.** Heat the oil in a large saucepan over a medium heat. Add the onion and fry for a few minutes until soft..
- 3.** Add the carrot, lentils, garlic, and stock and put a lid on the pan. Bring it to the boil then simmer for about 20 minutes or until all the stock is absorbed.
- 4.** Add 75g of the cheese and the egg to the lentil mixture and stir thoroughly. Season well.
- 5.** Spoon into a shallow ovenproof dish and smooth the top. Top with the tomatoes.
- 6.** Sprinkle the breadcrumbs and remaining cheese over the top.
- 7.** Bake until the topping is golden brown and crisp, about 30 minutes, but keep checking so it doesn't burn.

# Homemade Flatbread Pizza

## Ingredients

Click the image below for a **video guide**.



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

## Method

**To make the Flatbreads-**

- 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 1 tbsp of tomato puree, chopped tomatoes and grated cheese.
- 5.** Bake for 15 minutes at 200°C.



# Tuna Fishcakes, Salad

## Ingredients

Click the image below for a **video guide**.



- 1 tsp garlic granules
- 800g cooked potato, mashed
- 100g frozen mixed veg, thawed
  - 2 x tins of tuna, drained
- Salt and pepper, to season
  - 2 tbsp plain flour
  - 1 egg, beaten
  - 2 tbsp cold water
- 100g breadcrumbs
  - Bag of salad

## Method

- 1.** Add the fishcake ingredients to a large bowl. Mix well using your hands, then shape into patties.
- 2.** Next, set up your 'fishcake prep line': three bowls, one with flour, the next with egg and cold water and the third with breadcrumbs.
- 3.** Coat the fishcake in plain flour, then dip in the egg. Finally, coat in breadcrumbs. Repeat with the other fishcakes, then chill in the fridge until you're ready to cook.
- 4.** Heat a large frying pan and fry the fishcakes for 4–5 minutes per side, until golden brown. Drain on kitchen paper.
- 5.** Serve with salad.

# Peanut Chicken

## Ingredients

Click the image below for a **video guide**.



- 500g chicken thighs, diced
  - 2 onions, diced
- 2 garlic cloves, crushed
  - 2 peppers, sliced
  - 2 carrots, sliced
- 120g peanut butter
  - 1 tbsp cornflour
  - 2 tbsp lime juice
  - 2 tbsp soy sauce
- 1 tbsp curry powder
  - 1 red chilli, diced
- 1 tin chopped tomatoes
  - 200g rice

## Method

- 1.** Add all the ingredients to the slow cooker and stir thoroughly.
- 2.** Cover and cook on low for 4 hours.
- 3.** This can also be cooked on the stove top in a pan. Just add everything to a large pot and bring to the boil then reduce the heat and simmer for 30 minutes.
- 4.** Serve with rice, cooked as per packet instructions.