

# MEAL PLAN

**SUNDAY**

**BEEF STEW**

**MONDAY**

**CREAMY CHEESE & DIJON  
SPAGHETTI**

**TUESDAY**

**BUTTERNUT SQUASH &  
CHICKEN STEW WITH MASHED  
POTATOES**

**WEDNESDAY**

**BACON & PEA RISOTTO**

**THURSDAY**

**OMELETTE & BEANS**

**FRIDAY**

**SMOKED HADDOCK &  
SWEETCORN CHOWDER**

**SATURDAY**

**TAKEAWAY STYLE CHICKEN  
CHOW MEIN**

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

6 X SPRING ONIONS	£0.49	£0.39
1 X SWEDE	£0.80	£0.62
250G SPINACH	£0.90	£0.76
1KG CARROTS	£0.49	£0.49
1 X PACK OF 4 GARLIC	£0.89	£0.89
1 X PACKET OF 4 MIXED CHILLIES	£0.50	£0.50
1 X BUTTERNUT SQUASH	£1.00	£0.85
400G MUSHROOMS	£1.25	£0.85
250G CHERRY TOMATOES	£0.59	£0.59
1 X ORANGE PEPPER	£0.50	£0.43
1 X RED PEPPER	£0.50	£0.43
2KG POTATOES	£1.49	£0.95
PARSLEY	£0.60	£0.60
STIR FRY VEG BAG WITH BEANSPROUTS	£1.50	£1.25
100G GRANA PADANO	£1.49	£1.49
300G DOUBLE CREAM	£1.15	£1.15
1KG CHICKEN BREASTS	£3.79	£3.79
12 X STREAKY BACON	£1.15	£1.35
400G DICED BEEF	£3.79	£3.79
500G SPAGHETTI	£0.28	£0.28
300G EGG NOODLES	£1.00	£0.89
1 X TIN OF BAKED BEANS	£0.27	£0.27
200G GRAVY GRANULES	£0.32	£0.32
MIXED HERBS	£1.05	£0.49
DIJON MUSTARD	£0.65	£0.49
150ML LIGHT SOY SAUCE	£0.65	£0.55
340G WORCESTERSHIRE SAUCE	£1.00	£0.69
1KG RICE	£0.48	£0.48
1 X TIN OF SWEETCORN	£0.50	£0.52
360G FROZEN SMOKED HADDOCK	£4.00	£3.29
PART BAKED BAGUETTES	£0.65	£0.65
TOTAL	£33.72	£30.09

**OR £29.87 ACROSS THE TWO STORES**

# The Pantry

## Left from Last Week

**GARLIC**

**POTATOES**

**CARROTS**

**ONIONS**

**BREADCRUMBS**

**FLOUR**

**CURRY POWDER**

**BAY LEAVES**

**CHILLI POWDER**

**VEGETABLE OIL**

**FROZEN VEG**

**FROZEN PEAS**

**BEEF STOCK CUBES**

**CHICKEN STOCK CUBES**

**VEGETABLE STOCK CUBES**

**EGGS**

**RED ONIONS**

**CHICKEN STOCK CUBES**

**DARK SOY**

# Beef Stew

## Ingredients

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



- 400g diced beef
  - 2 tbsp flour
  - 2 tbsp oil
- 6 carrots, diced
- 1 swede, diced
- 2 large onions, quartered
- 100g mushrooms, quartered
  - 4 large potatoes, diced
  - 4 beef stock cubes
  - 2 bay leaves
- Dash of Worcester sauce
- 2 tbsp beef gravy granules

## Method

- 1.** Put the flour and beef in a freezer bag and shake to coat.
- 2.** Heat oil in a pot and add beef and brown.
- 3.** Put 2 litres of water into the pot and scrape to deglaze the pan.
- 4.** Add all the ingredients, except the gravy granules, to the slow cooker and cook on high for 6 - 8 hours. Or simmer for 1.5 hours on the stove top.
- 5.** Add the gravy granules in and mix through.
- 6.** Cook for a further 30 minutes in the slow cooker or 10 minutes on the stove top to thicken the gravy.

# Creamy Cheese & Dijon Spaghetti

## Ingredients

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



- 1 tbsp oil
- 2 garlic cloves, minced
  - 100 ml boiling water
  - 150 ml double cream
  - 1 chicken stock cube
  - 1 tsp dijon mustard
- 1 orange pepper, sliced
  - 1 red pepper, sliced
- 100g mushrooms, sliced
- 200g cherry tomatoes
  - 100g spinach
- 50g Grana Padano, grated
  - 300g dried spaghetti

## Method

1. Put your spaghetti on to cook as per the pack instructions.
2. Heat the oil in a large frying pan and add the peppers, tomatoes, mushrooms and garlic and fry for 5 minutes.
3. Add the cream, water, mustard and crumbled stock cube and heat through, stirring occasionally for 5 minutes.
4. Add the spinach into the pan and stir until it wilts.
5. Add the cheese to the pan.
6. Stir until all combined.
7. When the spaghetti is ready add one ladle of the cooking water to the sauce mix and then drain the spaghetti.
8. Stir the spaghetti through the sauce and serve.

# Butternut Squash & Chicken Stew with Mashed Potatoes

## Ingredients

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



- 100g plain flour
  - 4 tbsp oil
- 4 chicken breasts
  - 1 onion, diced
- 4 garlic cloves, crushed
  - 2 chillies, chopped
- 1 butternut squash, diced
  - 300ml chicken stock
    - 3 bay leaves
- 4 tbsp double cream
  - 500g potatoes

## Method

1. Sprinkle flour onto a plate and dredge the chicken in the flour.
2. Add half the oil to a pan and fry for 4 - 5 minutes.
3. Put chicken into a pot or the slow cooker.
4. Heat the rest of the oil and fry the onion for 5 minutes, add the chilli and garlic and fry for 2 - 3 minutes.
5. Add stock and deglaze the pan.
6. Tip the mix into the pot or slow cooker and add the butternut squash, thyme, and bay leaves.
7. Stir well and then cook for 45 minutes on the stove or 8 hours in the slow cooker on low.
8. Stir well and mash down the butternut squash slightly.
9. Add the cream and cook for a further 10 minutes on the stove or 30 minutes in the slow cooker.
10. Peel and chop the potatoes.
11. Add to cold water and bring to the boil.
12. Reduce the heat to simmer until soft.
13. Drain and mash.

# Bacon & Pea Risotto

## Ingredients

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



- 1 red onion, diced
  - 2 tbsp oil
  - Knob of butter
- 6 rashers streaky bacon, chopped
  - 300g rice
- 1L hot vegetable stock
  - 100g frozen peas
- 50g grated Grana Padano, to serve

## Method

- 1.** Finely chop 1 onion. Heat 2 tbsp oil and a knob of butter in a pan, add the onions and bacon and fry until lightly browned (about 7 minutes).
- 2.** Add 300g rice and 1L hot vegetable stock and bring to the boil. Stir well, then reduce the heat and cook, covered, for 15 - 20 minutes stirring every 5 minutes until the rice is almost tender.
- 3.** Stir in 100g frozen peas, add a little salt, and pepper and cook for a further 3 minutes, until the peas are cooked.
- 4.** Serve sprinkled with the grated cheese and freshly ground black pepper.

# Omelette & Beans Frittata

## Ingredients

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



- 4 cooked potatoes, sliced
  - 6 eggs
  - 50ml double cream
  - 2 red onions, chopped
- 50g cherry tomatoes, halved
  - 50g mushrooms, sliced
  - 1 tsp oil
  - 2 garlic cloves, chopped
  - 1 chilli, deseeded and sliced
    - 1 pinch mixed herbs
- 1 handful of parsley, chopped
  - 1 pinch salt & pepper
- 1 tin of baked beans, to serve

## Method

- 1.** Heat the oil on a low heat, add the onion and mushrooms and fry till soft.
- 2.** Add the garlic and chilli to the pan and stir, lay the potatoes flat on top of the onion and heat for a few minutes, sprinkle over the herbs and seasoning.
- 3.** Break the eggs into a bowl and mix in the cream with a fork and then pour over the potatoes.
- 4.** Add the parsley and tomatoes, cook for a few minutes till you see the sides begin to set.
- 5.** Place under the grill and allow the top to set till its golden brown.
- 6.** Let cool for a few minutes then slice into sections and serve with warm baked beans.



# Smoked Haddock & Sweetcorn Chowder

## Ingredients

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



- Knob of butter
- 2 rashers of streaky bacon, chopped
  - 1 onion, finely chopped
  - 500ml milk
- 350g potato (about 2 medium) cut into small cubes
- 360g frozen smoked haddock fillets
  - 1 tin of sweetcorn
- Chopped parsley, to serve
  - Part baked baguettes

## Method

1. Heat the butter in a large saucepan.
2. Tip in the bacon, then cook until starting to brown.
3. Add the onion, cook until soft, then pour over the milk and stir through the potatoes.
4. Bring to the boil, then simmer for 5 mins.
5. Add the haddock, then leave to gently cook for another 10 mins.
6. By now the fish should have defrosted so you can break it into large chunks.
7. Stir through the sweetcorn, then cook for another few mins until the fish is cooked through.  
Scatter over parsley.
8. Cook the part baked baguettes as per the packet instructions and serve with the chowder.

# Takeaway Style Chicken Chow Mein

## Ingredients

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



- 1 tbsp oil
- 2 chicken breasts
- 1 chicken stock cube
- 2 onions, sliced
- 1/2 tsp salt
- 2 tbsp light soy sauce
- 1 pack stir fry veg with beansprouts
- 4 spring onions, sliced
- 300g egg noodles
- Dark soy sauce to taste

## Method

- 1.** Poach the chicken breasts in a little chicken stock for 15 minutes until cooked through.
- 2.** Once cooled, slice the chicken breasts.
- 3.** Cook the noodles as per the pack instructions.
- 4.** Add the oil to a hot wok.
- 5.** Add in the onion and cook for 2-3 minutes.
- 6.** Add in the salt and light soy sauce. Stir for 30 seconds.
- 7.** Add in the slices of cooked chicken and heat through. About 5 minutes.
- 8.** Now add the cooked and drained noodles and toss to combine.
- 9.** When warmed add the dark soy, toss to coat well.
- 10.** Serve topped with sliced spring onions.