

# MEAL PLAN

**SUNDAY**

**BOOZY BEEF, MASHED  
POTATOES & PEAS**

**MONDAY**

**RED LENTIL & VEG COBBLER**

**TUESDAY**

**STICKY SAUSAGES & COUSCOUS**

**WEDNESDAY**

**CHICKEN CHASNI & RICE**

**THURSDAY**

**CREAMY SAUSAGE & LEEK  
BAKE**

**FRIDAY**

**SALT & CHILLI PRAWN  
SPAGHETTI**

**SATURDAY**

**CHICKEN & LEEK PIE**

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

500G LEEK	£1.19	£1.19
CELERY	£0.57	£0.57
1KG X CARROTS	£0.50	£0.50
3 X PEPPERS	£1.25	£1.25
250G MUSHROOMS	£0.79	£0.85
500G PARSNIPS	£0.50	£0.50
250G CHERRY TOMATOES	£0.55	£0.55
3 X MIXED CHILLIES	£0.70	£0.57
2.5KG X POTATOES	£1.25	£1.25
250G SPINACH	£1.00	£0.76
CRUSHED CHILLIES	£1.10	£0.59
CHINESE 5 SPICE	£1.10	£0.75
PARSLEY	£1.10	£0.44
16G MINT	£1.10	£1.10
230G MANGO CHUTNEY	£1.35	£1.39
500G PASSATA	£0.45	£0.45
200ML LEMON JUICE	£0.65	£0.35
1KG RICE	£0.48	£0.48
1.5KG SELF-RAISING FLOUR	£0.58	£0.58
20 SAUSAGES	£1.36	£1.99
1KG CHICKEN BREASTS	£3.79	£3.79
400G DICED BEEF	£3.79	£3.79
150G COOKED PRAWNS	£2.49	£2.49
200G CREAM CHEESE	£0.85	£0.85
500G YOGURT	£0.45	£0.45
400G MATURE CHEDDAR CHEESE	£2.69	£2.69
500ML ALE	£0.99	£0.99
TOTAL	£32.62	£31.16

OR £30.43 ACROSS THE TWO STORES

# The Pantry

## Left from Last Week

GARLIC

ONIONS

VEGETABLE STOCK CUBES

CHICKEN STOCK CUBES

BEEF STOCK CUBES

TURMERIC

PAPRIKA

GARLIC GRANULES

CHILLI POWDER

SPAGHETTI

RED LENTILS

PLAIN FLOUR

GREEK YOGHURT

BREADCRUMBS

DARK SOY SAUCE

HONEY

DIJON MUSTARD

FROZEN PEAS

FROZEN MIXED VEG

COOKING BACON

BAY LEAVES

# Boozy Beef, Mashed Potatoes & Peas

## Ingredients



- 400g diced beef
  - 1 onion, diced
- 2 celery stalks, sliced
  - 3 carrots, sliced
- 100g mushrooms, sliced
- 2 garlic cloves, grated
- 1 bottle/can of beer/ale
  - 2 beef stock cubes
    - 2 tbsp flour
    - 1 tbsp oil
    - ½ tsp salt
    - ½ tsp pepper
  - 300ml water
- 500g potatoes
  - 2 tbsp butter
- 200g frozen peas

## Method

1. Add the flour, salt, and pepper to a bowl and mix through.
2. Add the beef and stir until fully coated in the seasoned flour.
3. Add the oil to a large pan on a medium heat.
4. Add the seasoned beef and fry till browned but not cooked, this should take around 3 - 4 minutes.
5. Remove the beef from the pan, cover and set aside.
6. Add the onion to the same pan and fry until it begins to soften 2 - 3 minutes. Then add the garlic, celery, carrots and mushrooms.
7. Stir through and fry for another couple of minutes.
8. Add the beef back into the pan and add the stock cubes.
9. Stir through, then add the beer/ale.
10. Top up with a little water to cover the ingredients and bring to the boil.
11. Reduce the heat right down so it's just simmering lightly with the lid on.
12. Cook for around 1 hour - 1 hour 30 minutes, or until the beef is soft.
13. Once cooked, taste and adjust the seasoning if needed. If this is too tart, add a tsp of sugar. If it's too thick, add a little bit of water.
14. To make the mash potatoes, peel the potatoes and put them on to boil.
15. When the potatoes are cooked through, drain them, then add the butter and mash them.
16. Serve with frozen peas cooked as per the pack instructions.

# Red Lentil & Veg Cobbler

## Ingredients



- 1 onion, diced
- 1 tbsp oil
- 2 garlic cloves, crushed
- 1 tbsp paprika
- 2 potatoes, chopped
- 2 carrots, chopped
- 1 parsnip, chopped
- 100g red lentils
- 1L veg stock
- 150g self-raising flour
- 65g butter
- 70ml milk
- 100g grated cheese

## Method

1. Add the oil to an oven proof pan. If you don't have one you can use a pot and then transfer to a casserole dish before adding the cobbler.
2. Fry the onion and garlic until softened.
3. Add the paprika and stir well.
4. Add the carrots, potatoes and parsnip and stir well.
5. Add the red lentils and then enough of your stock to cover - you may need to add more as the lentils soak it up.
6. Cook for around 20 minutes until the potato is soft.
7. To make the cobbler, mix the flour and butter until it resembles breadcrumbs.
8. Add the milk and stir to make a dough.
9. Roll out and cut into rounds.
10. Pop on top of the lentil mix and grate cheese over.
11. Pop in the oven for 15 minutes at gas mark 6 or 200c.



# Sticky Sausages & Paprika Couscous

## Ingredients



- 8 sausages
- 2 large onions, cut into wedges
  - 1 pepper, sliced
  - 150g mushrooms, sliced
- 150g cherry tomatoes, diced
  - 2 carrots, cut into sticks
  - 1 parsnip, cut into sticks
- 1 tbsp oil
  - 2 tbsp honey
- 1 tbsp dark soy sauce
  - 150g couscous
- 150ml Boiling water
  - 2 tbsp paprika
- 2 tbsp garlic granules

## Method

1. Heat oven to 180c.
2. Put the sausages, onions, carrots, parsnips and peppers on a tray. Pour over the oil and toss until coated evenly, then put in the oven.
3. Mix the honey and soy sauce together.
4. After 15 minutes, take the tray out of the oven and add in the tomatoes and mushrooms.
5. Pour over the honey mix. Toss well to coat.
6. Turn the oven up to 200c - 220c and cook for a further 10 minutes.
7. Meanwhile, boil the kettle for the couscous.
8. Mix the paprika and garlic with the couscous.
9. Pour over the boiling water, cover and leave for 7 - 8 minutes until the liquid has been absorbed.
10. Serve the sticky sausage with the couscous on the side.

# Chicken Chasni & Rice

## Ingredients



- 3 chicken breasts
- 2 onions, diced
- 1 tsp chilli powder
- 1 tbsp turmeric
- 2 tbsp mango chutney
- 150ml passata
- 200ml yoghurt
- 1 tsp mint
- 1 tbsp lemon juice
- 150ml chicken stock
- 2 pinches salt
- 1 tsp sugar
- 100g spinach
- 1 tbsp oil
- 300g rice

## Method

1. Add the oil to a pan on a low/medium heat and add the onion and garlic to fry until soft, this should take around 3 - 4 minutes.
2. Add the turmeric, chilli and salt.
3. Stir well until the onion is coated, then add the diced chicken.
4. Increase the heat and continue to stir until the chicken is sealed. An indicator of this would be when the chicken changes colour from pink to white.
5. Add the mango chutney.
6. Add the passata, mint, sugar and lemon juice.
7. Stir in the stock and bring to a simmer. Let this simmer for 15 - 20 minutes.
8. Meanwhile, cook the rice as per the packet instructions. Then drain and rinse through with boiling water.
9. Remove the chasni from the heat and add the yoghurt.
10. Stir until everything is blended. Taste and adjust the seasoning if needed. Add a little water or stock if needed.
11. Add the spinach and stir through until wilted.
12. Serve warm with the rice.

# Creamy Sausage & Leek Bake

## Ingredients



- 6 sausages
- 2 leeks, chopped
- 60g cream cheese (I've used garlic and herb)
  - 2 cloves garlic, chopped
- 100g grated mature cheddar
  - 2 tbsp breadcrumbs
  - 50g butter
- 100ml vegetable stock
  - 1 tsp mustard
- 1 pinch salt and pepper
  - 500g potatoes
  - 3 tbsp oil
- 250g mixed veg

## Method

1. Par boil the potatoes for 10 minutes.
  2. Heat 2 tbsp of oil in the tray until smoking hot. This should take around 5 minutes.
  3. Add the drained par boiled potatoes and put in the oven for 35 minutes.
  4. Add half tbsp of the oil and half of the butter to a frying pan along with the leeks and garlic and fry on a low heat until soft, then set aside. This should take around 5 minutes.
  5. Use the remaining oil and butter and fry the sausages for 5 mins until they have some colour.
  6. Remove the sausages from the heat and slice them into chunks. Pour the oil out of the pan but don't wash the pan.
  7. Put the sausages back on the heat and add the stock and simmer for 10 minutes. This will deglaze the pan so you keep all of the flavour.
  8. Add the leeks and stir through.
  9. Add half the grated cheese, cream cheese and mustard and stir to combine everything.
  10. Season with salt and pepper.
  11. Remove from the heat and cover with the remaining cheese and the breadcrumbs.
  12. Place under the grill for 3 - 4 minutes until the cheese is melted and golden brown.
  13. Serve with roast potatoes and mixed veg.
- Tip:** If you need to loosen up the sauce then add more stock or a spot of milk.



# Salt & Chilli Prawn Spaghetti

## Ingredients



- 300g spaghetti
- 150g cooked prawns
  - 1 onion, sliced
  - 2 peppers, sliced
- 1 chilli, deseeded and chopped finely
  - 1 garlic clove, chopped
    - 150g spinach
    - 100g peas
    - 1 tbsp salt
  - 1 tsp chilli flakes
- 1 tsp Chinese 5 spice
- 1 tsp garlic granules
  - 1 tsp pepper
  - 1 tsp sugar
  - 1 tsp oil
- 100g cherry tomatoes, chopped

## Method

1. Heat the oil in a pan, add the onion and fry till soft. This should take around 5 minutes.
2. Add the peppers, chopped garlic and chilli, stir through and fry till soft. This should take a further 5 minutes.
3. Add the spaghetti to a pan of boiling salted water and cook for 8 - 10 minutes, or until cooked.
4. Mix the dry spices together.
5. Sprinkle over one third of the seasoning and mix through to ensure that everything is coated.
6. Add the peas and spinach and stir through allowing the spinach to wilt. This should take around 5 minutes.
7. Drain the spaghetti and add to the pan of veg.
8. Add the cooked prawns and sprinkle over one third of the seasoning.
9. Stir through and add the chopped tomatoes and the remaining seasoning.
10. Serve warm.

# Chicken & Leek Pie

## Ingredients



- 2 chicken breasts, diced
  - 1 leek, sliced
- 100g cooking bacon, diced
  - 1 tbsp plain flour
  - 1 tbsp butter
  - 1 tsp oil
- 600ml chicken stock
  - 1 bay leaf
  - 1 tbsp parsley
  - 1 tsp mustard
- 1.5kg potatoes
  - 1 tbsp butter
- 75g mature cheddar cheese, grated
- 2 pinches salt and pepper

## Method

1. Dice the potatoes and add them to a pot with enough water to cover. Boil for 15 minutes or until soft.
2. Add the butter and oil to a pan on medium heat (the oil prevents the butter from burning).
3. Add the leek and fry till it softens. This should take around 3 - 4 minutes.
4. Remove from the pan and set aside.
5. Add the chopped chicken and bacon to the pan and fry until it begins to colour but not cooked through. This should take about 5 minutes.
6. Put the leeks back into the pan and add flour, stock, bay leaf and parsley.
7. Stir until the sauce thickens about 5 minutes.
8. Fish out the bay leaf and transfer the chicken mixture to an ovenproof dish.
9. Season with salt and pepper, add the mustard and stir through.
10. Drain the potatoes, add the butter then mash until smooth.
11. Scoop the mashed potatoes onto the chicken mixture, spread until it's covered and sprinkle over the cheese.
12. Place in the oven for 20 minutes at 180c until the cheese has melted and you have a bit of charring on top.
13. Serve with mixed veg cooked as per the packet instructions.