

# MEAL PLAN

**SUNDAY**

**ROAST GAMMON & CHEESY  
VEGGIE BAKE**

**MONDAY**

**SAUSAGE & MASHED POTATO  
PIE**

**TUESDAY**

**TURKEY, SPINACH & RICOTTA  
PANCAKE BAKE**

**WEDNESDAY**

**CAJUN DIRTY RICE**

**THURSDAY**

**BAKED FETA PASTA**

**FRIDAY**

**FISH PIE**

**SATURDAY**

**SPAGHETTI BOLOGNAISE**

# SHOPPING LIST

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
250G BABY SPINACH	£1.00	£0.76	£1.00	£1.50	£0.99
CELERY	£0.57	£0.57	£0.60	£0.57	£0.65
16 X ONIONS	£0.55	£0.55	£0.85	£1.10	£0.99
2.5KG POTATOES	£1.25	£1.25	£1.25	£1.25	£1.15
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.49
2 X 250G CHERRY TOMATOES	£1.30	£1.30	£1.30	£1.35	£1.18
FRESH BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
3 X PEPPERS	£1.25	£1.25	£1.25	£1.00	£1.25
500G X BEEF MINCE	£1.99	£1.99	£3.10	£1.99	£1.89
1KG GAMMON JOINT	£3.79	£3.79	£5.50	£4.55	£3.79
500G TURKEY MINCE	£4.20	£2.39	£2.65	£3.00	£4.29
500G GRATED CHEESE	£3.98	£2.50	£2.60	£2.60	£2.49
250G MOZZARELLA	£1.38	£1.38	£1.90	£1.38	£0.94
200G GREEK SALAD CHEESE	£0.70	£0.70	£0.70	£0.70	£0.70
250G RICOTTA	£1.35	£1.25	£1.35	£1.30	£1.39
300G DOUBLE CREAM	£1.19	£1.19	£1.35	£1.19	£1.35
CAJUN SPICES	£1.85	£0.65	£0.80	£1.10	£1.85
THYME	£1.10	£0.49	£0.60	£0.95	£0.99
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.95	£0.95
150ML WORCESTERSHIRE SAUCE	£1.00	£0.69	£0.80	£1.19	£1.00
10 VEGETABLE STOCK CUBES	£0.60	£0.52	£0.60	£1.20	£0.89
10 CHICKEN STOCK CUBES	£0.60	£0.52	£0.60	£0.90	£1.25
CORNFLOUR	£1.00	£1.50	£2.75	£1.00	£1.29
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
520G WHITE FISH FILLETS	£2.50	£3.79	£2.50	£2.50	£4.25
900G FROZEN PEAS	£0.55	£0.89	£1.25	£0.80	£1.29
900G BROCCOLI & CAULIFLOWER FLORETS	£0.80	£1.00	£1.30	£1.30	£1.49
TOTAL	£36.12	£32.54	£38.25	£36.71	£40.46

OR £29.18 ACROSS THE STORES

# The Pantry

## Left from Last Week

ONION

GARLIC

PLAIN FLOUR

RICE

PASTA

THYME

OREGANO

BEEF STOCK CUBES

HONEY

PARSLEY

MUSTARD

PLAIN FLOUR

BREADCRUMBS

RED LENTILS

EGGS

FROZEN MIXED VEG

SAUSAGES

# Roast Gammon & Cheesy Veggie Bake

## Ingredients



- 1kg gammon joint
  - 1 tbsp honey
  - ½ tbsp mustard
- 250g broccoli / cauliflower florets
  - 250g mixed veg
    - 2 tbsp flour
    - 2 tbsp butter
    - 500ml milk
- 150g cheese, grated
- 50g breadcrumbs

## Method

### For The Roast Gammon:

1. Put the gammon in a large pot and cover with just enough water so that it is submerged.
2. Bring to the boil and then cover and simmer for 40 minutes.
3. Mix the honey and mustard together.
4. Remove the gammon from the water and cover with the honey and mustard.
5. Cook in the oven at 200°C for 20 minutes or in the air fryer for 15 minutes at 180°C. Rest before slicing.

### For The Cheesy Veggie Bake:

1. Put the veg into one pot and cover with cold water. Bring to the boil and simmer for 5 minutes until soft.
2. Melt the butter in another pot.
3. Stir in the flour and cook off for 3 minutes.
4. Gradually whisk in the milk.
5. Bring to the boil then reduce the heat and simmer until the sauce is thick and glossy.
6. Remove from the heat and stir in 100g of cheese.
7. Put the veg in a casserole dish and cover with the sauce.
8. Mix the breadcrumbs and remaining cheese and use it to top the dish.
9. Cook in the oven at 200°C for 10 minutes.



# Sausage & Mashed Potato Pie

## Ingredients



- 1 tbsp oil
- 6 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 and black pepper, to taste
- 1.5kg potatoes, peeled & diced
  - 50g cheese, grated
  - 125ml milk
  - 1 heaped tbsp mustard
- Salt and 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 the pan and leave the fat. Slice sausages into chunks of 3-4 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. Scoop by scoop, 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 200C / 390F for 20 minutes, or until nice and golden on top. Allow to rest (important for it to keep shape) then serve up and enjoy!

# Turkey, Spinach & Ricotta Pancake Bake

## Ingredients



- 70g plain flour
  - 1/8 tsp salt
  - 100ml milk
  - 50ml water
  - 1 egg
- 1 tbsp unsalted butter, melted, plus a little extra for greasing
  - 1 tsp oil
- 1 onion, finely diced
- 1 clove garlic, chopped
  - 1 tsp thyme
- 100g baby spinach
- 500g turkey mince
  - 2 tsp mustard
  - 250g ricotta
- 250g grated mozzarella
- 250ml double cream
- 250ml chicken stock

## Method

### For The Pancakes:

1. Sift the flour and salt into a mixing bowl and make a well in the middle.
2. Mix the milk and water together in a jug.
3. Crack the egg into the well in the flour and begin to whisk gently.
4. Gradually add the milk / water mix whilst still whisking.
5. Whisk until the batter is smooth.
6. Cover the bowl and put in the fridge for half an hour.
7. Whisk the melted butter into the batter.
8. Heat a pan over a medium heat and grease with a little butter.
9. Put 1 ladle of batter into the pan and swirl it around. You want it to just cover the bottom.
10. Cook for about 45 seconds and then flip over, using a fish slice or large spatula.
11. Cook for a further 30 seconds.
12. Slide out the pan and stack with baking paper in between until you have used all the batter to make 6 pancakes.
13. Set aside until ready to use them.

### For The Filling:

1. Heat the oil in a frying pan over a medium heat.
2. Add the onion, garlic and thyme and fry for 3 minutes.
3. Add the mince and brown for 6 minutes.
4. Add the spinach and cook for a couple of minutes until wilted, then remove from the heat.
5. Add the mustard, 1/2 the ricotta, 1/2 the mozzarella and 1/2 the cream to the mince mixture and combine thoroughly.
6. Place 1/6th of the mince mixture an inch or two in from one edge of each pancake and roll up.
7. Place them in a casserole dish seam side down.
8. Combine the remaining cheeses, cream and stock in a small pot and stir well. Put over a low heat until melted and well combined.
9. Pour over the pancakes.
10. Cook in the oven at Gas Mark 6 or 200c for 20 minutes. Or 180c in the air fryer for 18 minutes.

# Cajun Dirty Rice

## Ingredients



- 250g 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

## 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 Worcester sauce and stir through.
- 4.** Add the peppers and stir again. Cook for 5 minutes.
- 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.** Mix through and serve.



# Air Fried Feta Pasta

## Ingredients



- 2 packs cherry tomatoes
  - 5 tablespoons oil
  - 200g salad cheese
  - 1 tsp dried oregano
- Salt and pepper, to taste
  - 250g pasta
  - 1 garlic clove, minced
  - 100g baby spinach
  - 5g chopped fresh basil

## Method

- 1.** Preheat the air fryer to 180c. In an 8-inch baking dish (or other oven-safe dish), toss the tomatoes with 3/4 of the oil.
- 2.** Place the cheese in the middle, drizzle it with the remaining oil, and season with salt, pepper, and oregano.
- 3.** Place the baking dish in the basket of the air fryer or on the shelf if it is an oven type, and cook for about 30 minutes, stirring every 10 minutes, until the tomatoes have burst, and the cheese is browned.
- 4.** Meanwhile, cook the pasta according to the package directions. Reserve 1 cup of the pasta water, then drain.
- 5.** Remove the cheese and tomato mixture from the air fryer and stir in the garlic until everything combines into a creamy sauce.
- 6.** Stir the sauce into the cooked pasta along with the spinach, basil, and some of the reserved pasta water to loosen, if needed. Season with additional salt and pepper, as desired. Stir and enjoy!

**Oven:** To cook this dish in the oven, cook at 180c for 40 - 45 minutes.

# Fish Pie

## Ingredients



- 450g white fish, broken into pieces
  - 400ml milk
  - 2 onions, diced
- 2 celery sticks, sliced
- 2 tbsp dried parsley
  - 50g baby spinach
  - 100g frozen peas
- 1 garlic clove, crushed
  - 2 tbsp cornflour
- 2 pinches salt & pepper
  - 1 tbsp butter
- 100ml vegetable stock
- 500g potatoes, diced

## Method

1. Peel the potatoes and put in a pot of cold water.
2. Bring to the boil and then simmer, covered for 20 minutes.
3. Drain and mash.
4. Meanwhile, add the butter to a pan on a medium heat.
5. Add the onion and celery and fry until soft for around 5 minutes. Add the garlic and stir through.
6. Mix the cornflour into a paste with some of the stock and add to the pan.
7. Stir in the rest of the stock.
8. Add the milk. Bring to a boil, whisk until the sauce thickens.
9. Then lower the heat, until it's gently simmering. Add the parsley, salt and pepper and stir thoroughly.
10. Add the fish pieces into the sauce and cook for 5 minutes.
11. If the sauce is too thick you can add a little water to loosen it.
12. Add the spinach and stir through until wilted.
13. Then add the frozen peas and stir through.
14. Pour the mix into a pie dish and top with the mashed potato.
15. Cook in the oven for 20 minutes at 200c.



# Spaghetti Bolognaise

## Ingredients



- 250g 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.** Cook the spaghetti as per the packed instructions.
- 2.** Fry the mince and onions until the mince is browned.
- 3.** Add the carrot and celery and stir for 5 minutes.
- 4.** Add the garlic and fry for 2 more minutes.
- 5.** Stir in the lentils, mixing well.
- 6.** 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.
- 7.** Serve over the drained spaghetti.