

MEAL PLAN

SUNDAY

**CHICKEN STEW & YORKSHIRE
PUDDINGS**

MONDAY

CAULIFLOWER MAC N CHEESE

TUESDAY

FISH PILAF

WEDNESDAY

TUSCAN CHICKEN PASTA

THURSDAY

CRUSTLESS QUICHE & SALAD

FRIDAY

FISH, CHIPS & PEAS

SATURDAY

**HAM, LEEK & CHEESE
POTATO PIE**

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

1 X CAULIFLOWER	£0.95	£0.95
500G LEEK	£1.19	£1.19
1KG ONION	£0.55	£0.55
250G SPINACH	£0.90	£0.76
1KG X CARROTS	£0.50	£0.50
400G MUSHROOMS	£1.25	£0.85
250G CHERRY TOMATOES	£0.59	£0.59
2KG POTATOES	£1.49	£0.95
SALAD BAG	£0.78	£0.75
1 X LEMON	£0.30	£0.30
15 X EGGS	£1.79	£1.70
GARLIC BREAD	£0.37	£0.37
200G SOFT CHEESE	£0.85	£0.85
400G MATURE CHEDDAR	£2.69	£2.69
100G GRANA PADANO	£1.49	£1.49
300G DOUBLE CREAM	£1.15	£1.15
1KG FROZEN MIXED VEG	£0.89	£0.89
2 X 520G WHITE FISH FILLETS	£5.00	£3.58
1KG CHICKEN BREASTS	£3.79	£3.79
500G COOKING BACON	£0.85	£1.35
125G COOKED HAM	£0.79	£0.79
LEMONADE	£0.26	£0.26
500G BASMATI RICE	£1.75	£1.75
500G MACARONI	£1.35	£0.79
500G SPLIT PEAS	£0.80	£0.55
200G DUMPLING MIX	£0.80	£0.49
CHOPPED TOMATOES	£0.32	£0.32
TOTAL	£33.44	£30.20

OR £29.70 ACROSS THE TWO STORES

The Pantry

Left from Last Week

CHICKEN STOCK CUBES

GARLIC

MUSTARD

CORIANDER

CUMIN

VEGETABLE STOCK CUBES

FLOUR

SALT

PEPPER

MIXED HERBS

VEGETABLE OIL

BAKING POWDER

FROZEN PEAS

Chicken Stew, Dumplings & Yorkshire Puddings

Ingredients

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



- 3 chicken breasts, sliced
 - 1 onion, diced
 - 3 carrots, sliced
- 1 cup green split peas (soaked overnight)
 - 50g mushrooms, halved
 - 2 garlic cloves, grated
 - 100g frozen peas
 - 1 chicken stock cube
 - 1 pack dumpling mix
- 500g potatoes, peeled and diced
 - 1 tbsp oil

Method

1. Fry off onion, garlic, mushrooms and carrots in an oven proof pan. Add chicken and cook until sealed.
2. Cover with boiling water, just enough to cover the stew ingredients, and add a stock cube.
3. Add split peas, cover and cook in the oven at 180° for 1 hour.
4. Meanwhile, par boil the potatoes for 10 minutes.
5. Heat the oil in the tray until smoking hot. Around 5 minutes.
6. Add the drained par boiled potatoes and put in the oven for 35 minutes.
7. Make up the dumpling mix as per packet instruction.
8. Remove the stew from the oven and stir well.
9. Sit the dumplings on top of the stew and cover and simmer on the hob until they are cooked.
10. Add the roast potatoes and frozen peas.
11. Cook for a further 5 mins and serve with home-made Yorkshire puddings. See how to make those below.

Let's Make Those Yorkshire Puddings

Ingredients

- 3 eggs
- 500ml milk
- 2 tbsp oil
- 120g plain flour
- Pinch of salt and pepper

Method

1. Crack your eggs into a bowl and add the flour and the milk and mix until you can start to see bubbles. An electric whisk is easier and quicker but you can do it by hand.
2. If you can, make this batter well in advance and chill - overnight is great.
3. Heat up your pan, then add the oil.
4. Put the pan back in the oven until the oil is smoking hot.
5. Give the batter a quick stir and pour it into the tray - it should start to cook and sizzle immediately. Place it on the top shelf of the oven.
6. Now here comes the contentious bit, after 10 minutes open the oven door to let steam escape, only for a couple of seconds.
7. Shut the door and continue to cook until well risen and golden. It should take around another 15 minutes.

Cauliflower Mac N Cheese

Ingredients

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



- 200g macaroni
- 1 cauliflower, chopped into florets
 - 2 carrots, chopped
 - 200ml milk
- 250g mature cheddar
- 4 rashers of bacon or 100g cooking bacon
 - ½ leek, chopped
 - 1 tbsp mustard
 - 2 tsp butter
- 1 tsp each of salt and pepper
- 1 garlic baguette

Method

- 1.** Cook the cauliflower and carrots in a pan of boiling water until soft for about 10 - 12 minutes.
- 2.** Meanwhile, cook the pasta in a pan of salted boiling water for 8 - 10 minutes until just soft.
- 3.** Heat the butter and gently fry the leek for 5 minutes
- 4.** Drain the cauliflower and carrots and blend until smooth.
- 5.** Add the milk into the pureed cauliflower, mix and heat through.
- 6.** Add 2/3rds of the cheese and the mustard to the cauliflower and stir until it has melted.
- 7.** Drain the pasta, add to a casserole dish and top with the leeks.
- 8.** Season with a little salt and pepper. Pour over the sauce mix and stir through.
- 9.** Cover with 1/2 the remaining cheese.
- 10.** Grill the bacon till crispy then chop into pieces and spread over the cheese, topping off with the remaining cheese.
- 11.** Bake in the oven at 200° for 20 min until the cheese is golden and melted.
- 12.** Put the garlic baguette in the oven for the last 10 minutes.

Fish Pilaf

Ingredients

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



- 2 tbsp oil
- 4 skinless white fish fillets
- 2 tbsp coriander or you can use fresh if you have some available
 - Zest and juice 1 lemon
 - 1 onion, chopped
 - 2 tsp cumin
 - 2 large carrots, grated
 - 200g basmati rice
- 600ml vegetable stock

Method

- 1.** Line the grill pan with double thickness foil and curl up the edges to catch the juices, then heat up to high.
- 2.** Brush lightly with oil and put the fish on top.
- 3.** Sprinkle over the coriander, lemon zest and juice and drizzle with a little more of the oil.
- 4.** Season with salt and pepper, then grill for 10 - 12 minutes until the fish flakes easily.
- 5.** Meanwhile, heat the remaining oil in a pan.
- 6.** Add the onion and cumin and fry for a few minutes.
- 7.** Add the carrots and stir well, then stir in the rice.
- 8.** Add the stock and bring to the boil.
- 9.** Cover and cook gently for about 10 minutes until the rice is tender and the stock absorbed.
- 10.** Spoon the rice onto 4 plates, top with the fish and pour over the pan juices.

Tuscan Chicken Pasta

Ingredients



- 1 tbsp oil
- 2 chicken breasts, diced small
 - 1 tbsp mixed herbs
 - 2 garlic cloves, grated
- 200g cherry tomatoes, halved
 - 1 tin chopped tomatoes
 - 150g soft cheese
 - 50ml double cream
- 100g Grana Padano, grated
 - 300g macaroni
 - 2 chicken stock cubes
 - 250g spinach

Method

- 1.** Put a pot of water on for the pasta and once it begins to boil add the chicken stock cubes and stir until they have melted then add the pasta and mixed herbs and cook as directed on the pack.
- 2.** Heat the oil in a large pot and add the chicken. Season the chicken with salt and pepper and then brown.
- 3.** Remove chicken from the pot and set aside.
- 4.** Add the garlic and cherry tomatoes and cook for 1 minute.
- 5.** Add the soft cheese, cream and tinned tomatoes and stir through.
- 6.** Add the chicken back into the pot, reduce the heat and cook for 10 minutes.
- 7.** Drain the pasta, reserving one cup of the cooking stock and add to the pot along with the cooking stock, spinach and Grana Padano.
- 8.** Stir through and allow to cook for a few minutes until the sauce has thickened and the spinach has wilted.

Crustless Quiche & Salad

Ingredients

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



- 3 eggs
- 50g soft cheese
- 50g cheddar cheese
- 3 bacon rashers or 100g cooking bacon, diced
- 1/2 onion, finely diced
- 50g mushrooms, finely diced
- Salt and pepper
- 50g cherry tomatoes, finely diced
- Bag of salad

Method

1. Heat oven to 180°.
2. Add some oil to a large frying pan.
3. Fry the bacon, cook for 2 minutes.
4. Add in the onions, cook for another 4 minutes.
5. Add in the mushrooms, cook for 3 - 4 more minutes.
6. Crack the eggs into a bowl and season with salt and pepper.
7. Whisk well.
8. Add the soft cheese until combined then add in half of the grated cheese.
9. Pour the bacon mix into a bowl with a piece of kitchen towel in it and allow to cool slightly.
10. When cooled add to the cheesy egg mix and stir well.
11. Top with the cherry tomatoes and remaining cheese.
12. Bake until set for about 20 minutes.
13. Remove from the oven and slice.
14. Serve with the bag of salad.

Fish, Chips & Peas

Ingredients

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



- 400g fish fillets
- 150g plain flour for batter
 - 200ml lemonade
 - 1 tsp baking powder
 - 500ml oil for frying
- 2 tbsp flour for coating
 - 800g potatoes
 - 200g frozen peas

Method

1. Peel and cut the potatoes into chips.
2. Put into a colander and sit them under running cold water until the water runs clear.
3. Drain and dry the potatoes thoroughly.
4. Heat the oil in a large pan over a medium heat.
5. Put the chips into the hot oil and fry for about 10 minutes until softened but not coloured.
6. Meanwhile pat the fish dry and cut into 2" chunks.
7. Make up the batter by whisking the flour, baking powder and lemonade together till you get a thick batter (like double cream).
8. Add the remaining flour to a dish and put the fish in turning until it's fully coated.
9. Transfer into the batter mix and turn over until it's fully coated.
10. Remove the chips from the oil and drain on kitchen paper.
11. Fry the fish in batches by carefully placing the fish in the oil using a slotted spoon and cook for 3 - 4 minutes until golden brown, turning over if needed.
12. Remove from the pan and drain on kitchen paper.
13. Increase the heat of the oil.
14. Put the chips back in and fry for another 3 - 5 minutes until golden.
15. Drain on kitchen paper.
16. Serve with frozen peas cooked as per the packet instructions.

Ham, Leek & Cheese Potato Pie

Ingredients

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



- 2 leeks, halved
- 750g potatoes
- 4 slices of cooked ham
 - 1 tbsp butter
- 100g grated cheese
 - 1 tbsp plain flour
 - 1 tbsp butter
 - 250ml milk
- 200g mixed veg

Method

1. Peel the potatoes and put them on to boil.
2. Trim the leeks and then cut each one in half. Put on to boil for 15 minutes.
3. When the potatoes are cooked through, drain them, add the butter and mash them.
4. Line the bottom of a pie dish (casserole dish) with the potatoes.
5. Drain the leeks and wrap each piece in a slice of ham.
6. Lay them on top of the mash.
7. Melt the butter in a small saucepan and then stir in the flour.
8. Cook off for 2 minutes then slowly pour in the milk. Whisk until smooth.
9. Reduce the heat and simmer until thickened. Add half of the cheese and stir until melted.
10. Pour the cheese sauce over the mash and wrapped leeks.
11. Top with the rest of the grated cheese and cook in the oven at 180° gas mark 5 for 15 minutes.
12. Serve with frozen mixed veg cooked as per the pack instructions.