

MEAL PLAN

SUNDAY CHICKEN & CHORIZO TRAYBAKE

MONDAY COTTAGE PIE, PEAS

TUESDAY CHEESE & ONION PASTIES,
CHIPS & BEANS

WEDNESDAY SPAGHETTI & MEATBALLS

THURSDAY SAUSAGE CURRY & RICE

FRIDAY TUNA PASTA BAKE, SALAD,
GARLIC BAGUETTE

SATURDAY PHILLY CHEESESTEAKS, CORN
COBS & POTATO WEDGES

SHOPPING LIST

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
1KG NEW POTATOES	£1.20	£0.95	£1.00	£1.20	£2.30
2 X 3 PACK OF NEW PEPPERS	£2.50	£2.50	£2.50	£2.00	£2.50
1KG X RED ONIONS	£0.65	£0.65	£0.90	£1.10	£0.99
200G BUTTON MUSHROOMS	£1.10	£0.85	£0.89	£1.10	£1.19
250G CHERRY TOMATOES	£0.65	£0.65	£0.65	£1.35	£0.59
2.5KG POTATOES	£1.25	£1.25	£1.25	£1.15	£1.15
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.49
3 X COURGETTES	£1.29	£1.29	£1.68	£1.29	£1.29
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89
120G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
12 X BEEF STOCK CUBES	£0.70	£0.52	£0.60	£0.90	£0.89
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49
TUNA	£0.55	£0.55	£0.55	£1.10	£0.50
325G SWEETCORN	£0.70	£0.52	£0.45	£0.70	£1.09
SMOKED PAPRIKA	£1.10	£0.59	£0.70	£1.65	£0.99
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.95	£0.95
4 X CIABATTA ROLLS	£1.20	£1.19	£1.20	£1.50	£1.25
GARLIC BAGUETTE	£0.37	£0.37	£0.37	£0.37	£0.37
375G PUFF PASTRY	£1.35	£1.09	£1.25	£1.50	£1.49
115G COOKED BEEF	£0.86	£0.79	£2.15	£1.10	£1.59
250G MOZZARELLA	£0.69	£0.69	£0.85	£0.69	£0.49
100G GRANA PADANO	£1.39	£1.39	£1.89	£2.19	£2.69
500G GRATED CHEESE	£2.60	£2.60	£2.60	£2.60	£2.49
200G CHORIZO	£2.50	£1.89	£2.25	£2.00	£2.49
2KG CHICKEN PIECES	£2.62	£5.38	£4.70	£4.30	£6.98
500G BEEF MINCE	£1.99	£1.99	£3.10	£1.99	£1.99
20 X SAUSAGES	£1.36	£1.99	£2.50	£2.50	£3.25
CORN ON THE COB	£1.60	£1.29	£1.65	£1.25	£1.39
TOTAL	£34.55	£34.91	£39.56	£40.73	£46.22

OR £30.12 ACROSS THE STORES

The Pantry

Left from Last Week

ONIONS

CORNFLOUR

SUGAR

BASMATI RICE

PORRIDGE OATS

CORNFLAKES

TOMATO PUREE

CHICKEN STOCK CUBES

DIJON MUSTARD

PAPRIKA

THYME

CURRY POWDER

OREGANO

SALT

PEPPER

OIL

PLAIN FLOUR

EGGS

BUTTER

MILK

FROZEN MIXED VEG

Chicken & Chorizo Traybake

Ingredients



- 8 chicken pieces
- 200g chorizo, sliced
- 800g new potatoes (cut any large ones in half)
 - 1 red pepper, sliced
 - 1 green pepper, sliced
- 2 red onions, cut into wedges
- 200g button mushrooms
- 200g cherry tomatoes
 - 2-3 tbsp's oregano
- 1-2 tbsp smoked paprika
 - 1 tsp salt
 - 1 tsp pepper
 - 2 tbsp oil

Method

1. Heat oven to 190C.
2. Put chicken and vegetables into a large roasting tray.
3. Pour over the oil.
4. Sprinkle over the oregano, paprika, salt and pepper.
5. Give it a good mix to ensure it is all coated.
6. Bake for about 40 minutes until the chicken is cooked through and has a crispy skin.
7. Serve 2 pieces of chicken per person with a selection of the vegetables and drizzled with the oil.

Cottage Pie, Peas

Ingredients



- 250g minced beef
- 150g porridge oats
 - 3 onions, diced
 - 2 carrots, grated
- 2 courgettes, grated
- 500ml beef stock
- 6 potatoes, peeled and cubed
 - 1 tbsp butter
- 200g frozen vegetables

Method

1. Brown the mince and onions in a large pot over a medium heat for 5 minutes.
2. Stir in grated carrot and courgette and cook for 2 minutes.
3. Add the porridge oats, and stock and stir well.
4. Bring to the boil then reduce heat and simmer for 30 minutes checking frequently in case it needs more liquid.
5. Meanwhile put the potatoes in a pot of cold water and bring to the boil.
6. Reduce heat and simmer for 15-20 minutes until tender.
7. Drain and return to the pot.
8. Add the butter and mash well.
9. Put the cooked mince mix into a large dish and top with the mashed potatoes.
10. Cook in the oven at 200c for 20 - 30 minutes.
11. Serve with mixed veg cooked as per the pack instructions.

Cheese & Onion Pasties, Chips & Beans

Ingredients



- 500g potatoes, peeled and quartered
 - 1 onion, diced
- 150g cheese, grated
 - 1 egg, beaten
 - 1 puff pastry
 - 1/4 tsp mustard
- 800g potatoes
- Tin of baked beans

Method

1. Put the potatoes in a pot with cold water. Cover and bring to the boil.
2. Simmer for 20 mins until soft. Drain and mash.
3. Preheat the oven to 220C or gas mark 7.
4. Combine the mashed potato, cheese, onion and mustard and mix well.
5. Sprinkle some flour on the work surface and rolling pin.
6. Roll out the puff pastry to your desired thickness (about 10p piece).
7. Cut circles in the pastry (I used a mug).
8. Place on a lined baking sheet.
9. Put a tsp of mixture on the pastry (just off centre).
10. Fold the pastry over the mixture, making sure the edges are pressed down to prevent leakage, crimp the edges using a fork.
11. Crack the egg in a bowl and whisk with a fork for a few seconds.
12. Brush the egg over the pastry.
13. Bake for 15 mins until golden brown.

Homemade Chips

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. Remove the chips from the oil and drain on kitchen paper.
7. Heat the oil in a large pan over a medium heat.
8. Increase the heat of the oil.
9. Put the chips back in and fry for another 3-5 minutes until golden.
10. Drain on kitchen paper.
11. Serve with beans heated up as per the tin instructions.

Spaghetti & Meatballs

Ingredients



- 2 tbsp oil
- 250g minced beef
- 4 sausages (skins removed)
 - 1 onion, finely diced
 - 1 garlic clove, crushed
 - 2 carrots, grated
 - 1 courgette, grated
 - 1 tin of tomatoes
- 75ml hot chicken stock
- 1 tbsp tomato purée
- 1/2 tsp dried thyme
- 1 tsp dried oregano
 - 1 tsp salt
 - 1 tsp black pepper
- 2 tbsp fresh chopped parsley
 - A few torn basil leaves
- 100g Grana Padano, grated
- 300g spaghetti

Method

1. Mix the sausages and mince in a bowl to combine. Add in 1/2 the oregano and all of the parsley.
2. Shape into balls. You can make these as big or as small as you want.
3. Heat 1 tbsp oil in a pan and add the onion, fry for about 4 minutes, now add the garlic and fry for another 2-3 minutes until coloured.
4. Add the grated carrot and courgette, tinned tomatoes, stock, tomato purée, thyme, salt, pepper and remaining oregano.
5. Bring to the boil then let it simmer for about 20 minutes. You can blend using a hand blender if you want a smoother sauce or if you have fussy eaters.
6. Meanwhile add another tbsp of oil to a frying pan and cook the meatballs on all sides until browned.
7. Drain the meatballs and add them to the sauce and cook for a further 10 minutes.
8. Cook the spaghetti in boiling salted water as per the packet instructions.
9. Drain and add 1 ladle of the cooking water to the sauce.
10. Toss the spaghetti into the sauce and meatballs.
11. Serve with a few basil leaves and grated Parmesan on top.

Sausage Curry & Rice

Ingredients



- 8 sausages, sliced
- 1 onion, chopped
- 1 pepper, sliced
- 2 garlic cloves, chopped
 - 1 tbsp oil
- 1 tbsp curry powder
- 500ml chicken stock
 - 1 tsp sugar
 - 1 tbsp cornflour
- 300g basmati rice

Method

1. Heat the oil in a large pan.
2. Add the onion and peppers and fry for 10 minutes.
3. Add the garlic and stir for 2 minutes then empty into a bowl and set aside.
4. Fry the sliced sausages on a medium heat for 10 - 15 minutes then set aside.
5. Meanwhile mix the curry powder and cornflour together with a drop of boiling hot stock and stir into a smooth paste.
6. Add the stock to the pan, stir in the paste until it thickens into a sauce.
7. Add the sausages and vegetables and simmer for 5 minutes.
8. Stir in the sugar.
9. Serve with rice cooked as per the packet instructions.

Tuna Pasta Bake, Salad, Garlic Baguette

Ingredients



- 1 tin of tuna
- 25g butter
- 25g plain flour
- 300 ml milk
- 100g cheddar cheese grated
 - Tin of sweetcorn
 - 50g cherry tomatoes
 - 1 tsp salt
 - 1 tsp pepper
- 100g cornflakes, crushed (optional)
 - 150g pasta
 - Bag of salad
 - Garlic baguette

Method

1. Heat oven to 180C.
2. Cook the pasta as per the packet instructions and drain.
3. Meanwhile, melt the butter over a medium low heat in a pot.
4. Add the flour and cook out for 3-4 minutes.
5. Add the milk gradually while whisking all the time.
6. Season with salt and pepper.
7. When thickened, take off the heat and stir through the cheese.
8. Chop half the tomatoes and stir through the sauce with the pasta and tuna.
9. Add the drained sweetcorn and mix through.
10. Put into a baking dish.
11. Sprinkle the cornflakes over the top and bake for about 15 minutes.
12. Slice the remaining tomatoes and put on top of the bake and cook for another 5 minutes.
13. Pop the garlic baguette in the oven now too.
14. Serve with a nice salad and the garlic bread.

Philly Cheesesteaks, Corn Cobs & Potato Wedges

Ingredients



- 4 ciabatta rolls
- 4 large or 8 small slices wafer thin beef / chicken / turkey or ham
 - 2 onions, thinly sliced
 - 2 peppers, sliced
- 2 cloves of garlic, crushed
 - 1 tbsp oil
 - 1 tsp salt
 - 1 tsp pepper
- 100g grated cheese
- 125g mozzarella, thinly sliced
 - 4 corn cobbettes
 - 500g potatoes

Method

1. Preheat the air fryer to 180°C or the oven to 200°C.
2. Cut potatoes into wedges of a similar size.
3. Place potato wedges in a large bowl.
4. Add oil, paprika, salt, and pepper; mix until well combined.
5. Place the potato wedges in the basket of the air fryer and cook for 10 minutes then turn and cook for an additional 5 minutes.
6. Or cook in the oven at 200°C for 30 minutes turning halfway through.
7. Meanwhile, heat a large frying pan on medium heat and add the oil.
8. Once the oil is warm, add the onions and sauté.
9. After 4 minutes, add in the peppers and continue to cook until they start to caramelise.
10. Add in the garlic and salt and pepper, cook for another minute.
11. Push the mix to one side of the pan and add in the meat, keep turning the meat over until warmed through.
12. Mix the meat with the onions and peppers.
13. Separate into 4 portions and top with the cheese.
14. Cut the rolls, removing a little of the insides (save for breadcrumbs).
15. When the cheese has melted, put the top half of the roll on it.
16. Carefully remove from the pan with a fish slice and put the rolls together.
17. Cook the corn cobs as per the packet instructions.