

MEAL PLAN

SUNDAY

**ROAST CHICKEN, ROAST
POTATOES, STUFFING &
CARROTS**

MONDAY

CHICKEN & SPINACH LASAGNE

TUESDAY

COTTAGE PIE, CABBAGE

WEDNESDAY

**STUFFED PEPPERS, SPICY
RICE**

THURSDAY

LENTIL SOUP

FRIDAY

SPAGHETTI BOLOGNAISE

SATURDAY

**CHICKEN & VEG PIES,
POTATOES, SWEETCORN**

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
250G BABY SPINACH	£1.00	£0.75	£1.00	£1.50	£0.99
CABBAGE	£0.65	£0.61	£0.96	£0.65	£0.65
16 X ONIONS	£0.55	£0.55	£0.85	£1.10	£0.99
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.49
2 X PACK OF 3 PEPPERS	£2.50	£2.50	£2.50	£2.00	£2.50
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89
2.5KG POTATOES	£1.25	£1.25	£1.25	£1.25	£1.15
250G MOZZARELLA	£1.38	£1.38	£1.90	£1.38	£0.94
PARMEGIANA REGIANO	£2.35	£1.39	£2.35	£3.50	£2.09
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
SOFT SPREAD	£0.99	£0.99	£0.95	£1.10	£1.29
WHOLE CHICKEN	£3.56	£3.44	£4.50	£4.50	£4.25
500G BEEF MINCE	£1.99	£1.99	£3.10	£1.99	£1.89
10 CHICKEN STOCK CUBES	£0.60	£0.52	£0.60	£0.90	£1.25
12 BEEF STOCK CUBES	£0.70	£0.52	£0.60	£0.90	£0.89
1.5KG PLAIN FLOUR	£0.58	£0.58	£0.58	£0.58	£1.65
LASAGNE SHEETS	£0.95	£0.79	£0.80	£0.95	£0.99
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
200G CHICKEN GRAVY GRANULES	£0.80	£0.99	£0.80	£0.85	£1.15
200G BEEF GRAVY GRANULES	£0.32	£0.99	£0.32	£0.58	£0.32
BREADCRUMBS	£1.00	£0.79	£0.85	£1.00	£1.00
500G RED LENTILS	£1.35	£1.15	£1.35	£1.35	£1.39
500G LONG GRAIN RICE	£0.48	£0.48	£0.48	£0.48	£1.35
PASSATA	£0.45	£0.45	£0.50	£0.60	£0.79
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
GARLIC GRANULES	£1.10	£0.52	£0.60	£0.95	£0.99
CHILLI POWDER	£1.10	£0.59	£0.70	£0.95	£0.75
STUFFING MIX	£0.46	£0.46	£0.25	£0.50	£0.25
PORRIDGE OATS	£0.70	£0.70	£0.70	£0.80	£1.25
FROZEN SWEETCORN	£1.22	£1.35	£1.60	£1.25	£1.69
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.82	£1.00	£1.19
TOTAL	£33.26	£30.86	£35.26	£37.08	£39.03

OR £28.32 ACROSS THE STORES

Roast Chicken, Roast Potatoes, Stuffing & Carrots



Ingredients

- Chicken
- 2 tbsp butter
- 2 tbsp garlic powder
- 2 tsp parsley
- 1 onion
- Roast potatoes
- Carrots
- Sage and onion stuffing

Note: You'll cook your chicken for this meal, and 3 leftover meals! Mini chicken pies, chicken & spinach lasagne and your stuffed peppers.

Methods

- 1.** Mix your butter with the parsley and garlic and rub under the skin of your chicken and put the remainder in the cavity along with the onion.
- 2.** Place the chicken in a roasting dish and wrap tightly in tin foil. Cook for the time printed on the label but remove the foil 30 minutes before the end of the time so you get a nice crisp skin.
- 3.** Meanwhile peel your potatoes and cut into evenly sized chunks. Par boil on the stove top. Drain and sprinkle some flour on to the potatoes. Shake in a colander to rough up the edges and coat the potatoes. Allow to cool down.
- 4.** Pour some oil into a deep roasting tray and put in the oven until it is smoking hot. Add the potatoes and mix around so they get covered in the oil. Put in the oven for the last 30 minutes of your chickens cooking time.
- 5.** Make up your stuffing mix as per the packet instructions and put into the oven to bake with the roasties for the last 30 minutes.
- 6.** Peel, chop and boil your carrots for around 15 minutes or until they are cooked just how you like them.
- 7.** Plate and serve.

Chicken & Spinach Lasagne



Ingredients

- 6 lasagne sheets
 - 1 tbsp oil
- 1 finely diced onion
- 1 finely chopped
 - Pepper
- 250g shredded chicken
 - 100g spinach
 - 250g ricotta
 - 250g mozzarella
- 250ml double cream
- 200ml chicken stock
- 50g parmesan cheese

Methods

- 1.** Heat the oil in a pan and gently fry the onion for 2 minutes. Add the pepper and fry for 2 further minutes.
- 2.** Tear the ricotta & mozzarella cheese into smaller chunks. Add the vegetable stock, both cheeses and cream to the pan with the onion and mix over a low heat until the cheese has melted.
- 3.** Add the spinach into the pot and stir for a few minutes until it has wilted. Stir in the chicken.
- 4.** Put one third of the mix in a lasagne dish and top with lasagne sheets. Repeat and then top with the final third of mix. Then add the parmesan to the top.
- 5.** Cook in the oven at 180c or gas mark 5 for 20 - 25 minutes until golden brown on the top and bubbling nicely.

Cottage Pie



Ingredients

- 250g mince
- 2 finely diced onions
 - 2 grated carrots
- 100g porridge oats
- 2 beef stock cubes
- 2 tbsp gravy granules
- 1kg potatoes, mashed

Methods

- 1.** Add the onion, mince and stock cubes to a pot and begin to fry off until browned. Add the carrots and fry for 2 minutes to soften.
- 2.** Add the porridge oats and stir through so that they soak up the juice from the mince.
- 3.** Pour over boiling water until it just covers the ingredients. Cook over a gentle heat for 20 minutes. Stirring occasionally so that it doesn't catch. You may need to add more water if it gets too thick.
- 4.** Stir in the gravy granules and allow to thicken.
- 5.** Meanwhile peel and boil the potatoes.
- 6.** Once soft mash with milk and butter if you have any.
- 7.** Put the mince in a casserole dish and top with cold mash - score with a fork to make the top go crispy.

Stuffed Peppers, Spicy Rice



Ingredients

For the spicy rice

- 1 cup of rice
- 2 cups of water
- 1 finely diced onion
- 1/2 tsp garlic powder
- 1/2 tsp chilli powder

For the rest of the dish

- 100g leftover chicken from your roast, shredded
 - 4 large peppers
 - 120g breadcrumbs
 - 250g mozzarella
- 50g parmesan cheese
 - 30g fresh parsley
 - 1 tbsp oil
 - 250g passata
- 1/2 tsp garlic powder or granules
 - 1/2 tsp black pepper
 - 1 tsp salt

Methods

1. Half and deseed the peppers
2. Mix everything except the mozzarella in a large mixing bowl.
3. Stuff the peppers with the mix. And put the mozzarella on the top.
4. Put a cup of water into the base of a deep oven tray and then sit the filled peppers in the tray. Cover the tray tightly with foil.
5. Pop in the oven at 180c for 30 minutes. Uncover and pop back in for another 5 minutes.

Let's make the spicy rice

1. Thoroughly wash the rice in running cold water until the water runs clear.
2. Add the rice and cold water to a pot. Add the onion, chilli powder and garlic powder.
3. Cover and put on the heat. Bring to the boil and cook for 15 minutes or until the water has been absorbed.

Lentil Soup



Ingredients

- 1 tbsp oil
- 1 potato diced
- 4 carrots diced
- 2 onions diced
- 200g lentils
- 2 veg stock cubes
- 1 litre of water
- Salt and pepper to taste

Methods

- 1.** Heat the oil in a pan and fry off the onion and carrot.
- 2.** Add the potatoes, red lentils and stock and stir well.
- 3.** Cover the pot and bring to the boil. Reduce heat and simmer for 15 - 20 minutes.
- 4.** Use a masher or hand blender to make a smooth soup.
- 5.** Season with salt and pepper.

Spaghetti Bolognese



Ingredients

- 250g minced beef
- 1 onion, finely diced
 - 2 carrots, grated
 - 100g red lentils
- 2 beef stock cubes
- 4 tbsp tomato puree
- 1 tin chopped tomatoes
 - 1/2 pack passata
- 3 tbsp garlic powder
 - 400g spaghetti

Methods

- 1.** Add the onion and mince to a pot. Sprinkle over the beef stock cubes and stir until mince is browned.
- 2.** Add the carrots and stir through.
- 3.** Add the red lentils, tinned tomatoes, tomato puree and garlic powder and stir well.
- 4.** Add a little water and bring to the boil. reduce heat and simmer. stirring every 5 minutes to check it doesn't catch. Add more water if necessary.
- 5.** Simmer for 25 - 30 minutes or until the lentils have softened.
- 6.** Serve with the cooked spaghetti.

Chicken & Veg Pies, Potatoes, Sweetcorn



Ingredients

- 100g leftover cooked chicken from your roast
 - 100g mixed veg
 - Gravy
 - Shortcrust pastry
 - 500g plain flour
- 250g fat (butter, marg, lard, oil)
 - Water to bind
 - 500g potatoes
 - 2 tbsp butter
 - 1 tbsp parsley
 - 250g sweetcorn

Methods

- 1.** First thing you need to do is make the pastry. Everything should be as cold as possible.
- 2.** Measure out the flour and sift into a bowl. Add the fat and get your hands in and mix it until it resembles breadcrumbs. Do not over work it.
- 3.** Add water a little at a time until it comes together in a dough.
- 4.** Wrap in cling film and put in the fridge for at least an hour.
- 5.** Put some gravy in a pot with the mixed veg and shredded chicken and gently heat.
- 6.** Roll out the pastry and make 6 large rounds and 6 smaller rounds for lids.
- 7.** Put the pastry in a muffin tin and fill with the mix. Put the lids on and pop them in the oven at 180c for 20 mins or until golden brown. You can put any fillings in these little pies. They are fab!
- 8.** Peel and chop the potatoes and put in a pot of cold water.
- 9.** Bring to the boil then reduce the heat and simmer for 20 minutes or until soft.
 - 10.** Drain and then add the butter.
 - 11.** Put the lid back on and let the butter melt.
 - 12.** Add the parsley and stir through.
 - 13.** Heat the sweetcorn up as per the packet instructions
- 14.** Take your pies out the oven and enjoy!