

MEAL PLAN

SUNDAY

**CHICKEN & SWEETCORN PIE,
ROOT MASH, ROAST POTATOES**

MONDAY

SPAGHETTI CARBONARA

TUESDAY

**LIME & CHILLI CHICKEN THIGHS,
SALAD, SPICY RICE, FLATBREADS**

WEDNESDAY

SAUSAGE & MASH PIE

THURSDAY

**TOMATO & ASPARAGUS
PASTA**

FRIDAY

KATSU CURRY & RICE

SATURDAY

**SWEET CHILLI SALMON,
COUSCOUS & SALAD**

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
2 X 250G CHERRY TOMATOES	£1.30	£1.30	£1.30	£1.35	£1.18
250G ASPARAGUS	£2.00	£1.89	£2.00	£1.89	£1.99
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99
30G BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
CORIANDER	£0.52	£0.52	£0.55	£0.52	£1.39
120G SALAD	£0.83	£0.60	£0.80	£1.20	£0.69
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.50
3 X COURGETTES	£1.29	£1.29	£1.68	£1.29	£1.29
1 X PEPPER	£0.60	£0.59	£0.60	£0.55	£0.49
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
500G PARSNIPS	£0.50	£0.50	£0.65	£0.62	£0.50
SWEDE	£0.80	£0.62	£0.65	£0.62	£0.79
CHICKPEAS	£0.49	£0.49	£0.45	£0.49	£0.89
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
4 X LIMES	£1.20	£1.19	£1.00	£0.24	£0.99
FRESH CORIANDER	£0.90	N/A	£0.70	£1.10	£0.99
1.5KG PLAIN FLOUR	£0.58	£0.58	£0.58	£0.58	£1.65
15 X EGGS	£1.99	£1.99	£1.99	£1.66	£2.39
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75
500ML NATURAL YOGHURT	£0.45	£0.45	£1.10	£0.60	£0.45
2KG CHICKEN PIECES	£2.62	£5.38	£4.70	£4.30	£6.98
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25
500G SALMON FILLETS	£5.55	£3.49	£4.30	£4.41	£5.99
500G COOKING BACON	£0.90	£1.40	£0.90	£0.85	£1.17
20 X SAUSAGES	£1.36	£1.99	£2.50	£2.50	£3.25
950G FROZEN SWEETCORN	£1.22	£1.35	£1.60	£1.28	£1.69
TOTAL	£34.89	£34.91	£37.89	£38.45	£47.29

OR £30.13 ACROSS THE STORES

The Pantry

Left from Last Week

LEMON

BEEF STOCK CUBES

CHILLIES

CHICKEN STOCK CUBES

ONIONS

VEG STOCK CUBES

GINGER

WORCESTERSHIRE SAUCE

CUMIN

SOY SAUCE

PAPRIKA

BREADCRUMBS

TURMERIC

FROZEN MIXED VEG

GARLIC GRANULES

FROZEN PEAS

MIXED HERBS

MILK

BAY LEAVES

BUTTER

CHILLI POWDER

THYME

SALT

PEPPER

OIL

SUGAR

SWEET CHILLI SAUCE

MUSTARD

HONEY

COUSCOUS

RICE

Chicken & Sweetcorn Pie, Root Mash, Roast Potatoes



Ingredients

- 2 chicken breasts, cut into chunks
 - 4 tbsp flour
 - 1 tbsp cooking oil
 - 30g butter
- 300ml chicken stock
 - 100g sweetcorn
- 1 egg, beaten, to glaze

For the pastry

- 400g plain flour
- Pinch of salt
- 200g butter, chilled and cubed
- 3-4 tbsp cold water, to mix

For the root mash

- 2 carrots, sliced
- 2 parsnips, sliced
- 1/2 swede, diced
- 2 potatoes, diced
- 2 tbsp butter
- Salt and pepper to taste

For the roast potatoes

- 8 potatoes
- 50ml oil
- 2 tbsp flour
- Salt and pepper

Methods

1. Dredge the chicken in 2 tbsp of the flour.
2. Heat the oil in a large saucepan and fry the chicken over medium heat until browned. Remove the chicken from the pan and set aside.
3. Melt the butter in the same pan and stir in the remaining 2 tbsp of flour. Cook for 2 minutes, then stir in the chicken stock and whisk until smooth.
4. Add the chicken back in along with the sweetcorn. Simmer gently for 20 minutes.
5. Heat the oven to 200°C/Fan 180°C/Gas mark 6 and lightly grease a 23cm pie dish.
6. Split the pastry in half and roll out one half to line the pie dish. Then add the mix and spread out.
7. Roll out the rest of the pastry and top the pie, pinching the edges with a fork to form a seal.
8. You can brush the beaten egg between the pie shell and top to help seal.
9. Make 2 cuts in the top of the pie around the centre to let the steam out. Brush the top of the pie with the beaten egg.
10. Bake for 20 minutes or until golden brown, then serve.

Let's make the pastry

1. Mix the flour and salt, then add the butter using your fingers to rub it in until it resembles breadcrumbs. You can do this in a food processor if you have one.
2. Add the cold water gradually, bringing the mix together into a dough. Wrap in cling film and place in the fridge for at least 30 minutes before freezing or using. When you need to use it, you can defrost overnight in the fridge, or at room temperature for about 3 hours.

Let's make the root mash

1. Add all the veg to a pot of cold water.
2. Bring to the boil.
3. Reduce heat and simmer for 15 minutes until soft.
4. Mash the veg.
5. Add in butter and stir well.
6. Add in salt and pepper to taste.

Let's make the roast potatoes

1. Boil the potatoes in salted water for 15 minutes.
2. Drain the potatoes and then sprinkle the flour over them and shake well.
3. You want to bash them a bit to get rough edges.
4. Add salt and pepper to the oil.
5. Heat the oil in the oven at 200°C until it is hot.
6. Add the potatoes to the oil and then put in the oven for 20 minutes until potatoes are crisp and golden brown.

Spaghetti Carbonara



Ingredients

- 340g spaghetti
- 150g mature cheddar cheese
- 200g cooking bacon, diced
- 3 cloves of garlic, minced
- 4 egg yolks, beaten
- 1 tbsp butter

Methods

- 1.** Bring a pan of salted water to the boil and add the spaghetti, let it cook at a simmer for 10 minutes.
- 2.** Separate your eggs and add the yolks to a bowl.
- 3.** Finely grate 3/4 of the cheese into it and mix well, add a pinch of pepper.
- 4.** Add the butter to a frying pan.
- 5.** Add the bacon and fry for 4 -5 minutes then add the garlic and fry gently for 2 more minutes.
- 6.** Drain the spaghetti but keep a little bit of the water in reserve.
- 7.** Add the spaghetti to the frying pan, mixing well to coat the spaghetti with the flavours of the pan.
- 8.** Add a few splashes of the pasta water and mix again, season with pepper then take the pan off the heat.
- 9.** Pour in the egg mix and let the heat from the pan cook them gently so you're not getting scrambled egg.
- 10.** Toss well and add more of the pasta cooking water to keep the spaghetti loose, glossy and not clumping together.
- 11.** Serve with the remaining cheese on top.

Lime & Chilli Chicken Thighs, Salad, Spicy Rice, Flatbreads



Ingredients

- 1kg boneless chicken thighs
- 1 lime, zested and juiced
 - 4 tbsp oil
- 1 bunch fresh coriander, chopped
- 2 green chillies, finely chopped
 - 4 cloves of garlic, grated
 - 1 tbsp honey
 - A good pinch of salt
 - 1 tsp chilli powder
 - 1/2 bag salad

For the spicy rice

- ½ tbsp oil
- 2 tsp garlic granules
- ½ tbsp chilli powder
- 1 onion, finely diced
 - 200g rice
- 350ml vegetable stock
 - 1/8 tsp salt
 - 100g mixed veg

For the flatbreads

- 200g plain flour
- 100g warm water
 - ¼ tsp salt
 - 2 tbsp oil
- ½ tsp mixed herbs

Methods

1. Dry the thighs with a kitchen towel.
2. Mix all the ingredients in a large bowl to make a marinade.
3. Slash the skin on the chicken and add to the marinade. Toss in the marinade to coat well. Cover and chill for a couple of hours.
4. Heat oven to 190c.
5. Put the chicken on a baking tray and bake for 20-25 minutes, brushing with more marinade a couple of times.
6. Serve with rice, ½ the bag of salad and flat breads.

Let's make the spicy rice

1. Heat the oil in a medium saucepan over a medium heat. Add the garlic and chilli powder, stir briefly, then add the onion. Cook for 4 minutes.
2. Add the rice, stock and salt. Stir thoroughly, then add the mixed veg.
3. Cover and bring to a simmer, then reduce the heat to low so the stock is simmering gently.
4. Cook for 15 minutes or until the liquid is absorbed (tilt the pot carefully to check).
5. Remove from the heat, leave the lid on and rest for 10 minutes. This is very important as the residual liquid on the surface of the rice will be absorbed and the rice will go from sticky to fluffy.

6. Fluff with a fork and serve.

Let's make the flatbreads

1. Put the flour, salt & herbs in a bowl and mix.
2. Gradually mix in the water, bring the mix together with your hand, add the oil & knead to a soft dough. Leave to rest for 30 minutes.
3. Divide the dough into 4, roll out each until they are 1cm thick and fry in a hot pan for 2 minutes each side.

Sausage & Mash 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 & black pepper, to taste
- 1.5kg potatoes, peeled & diced
 - 50g cheese, grated
 - 125ml milk
 - 1 heaped tbsp mustard
- Salt & black pepper, to taste

Methods

- 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.** Dollop by dollop, 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 the dish under the grill for 5 minutes to get a crisp top.

Tomato & Asparagus Pasta



Ingredients

- 300g pasta
- 350g cherry tomatoes
 - 250g asparagus
- 2 garlic cloves, minced
- 1 lemon, zest and juice
 - ½ bunch basil
 - Salt
- Black pepper
- 100g butter

Methods

1. Bring a pan of salted water to the boil.
2. Halve the tomatoes.
3. Use a peeler to slice the asparagus spears.
4. Add the pasta to the boiling water and cook as per the packet instructions.
5. Heat the butter in a frying pan.
6. Add the tomatoes, asparagus, and garlic. Toss to combine.
7. Season with the salt and pepper.
8. Add in the lemon zest and pour over some of the juice. Put a lid on the pan and allow it to cook for 5 minutes.
9. Remove the cooked pasta from the water, add a little pasta water to the veggies.
10. Stir the pasta through the veg.
11. Tear the basil leaves over the top and then serve.

Katsu Curry & Rice



Ingredients

- 1 tbsp oil
- 1 onion, diced
- 1 courgette, diced
- 1 carrot, sliced
- 4 garlic cloves, minced
- Thumb sized piece of ginger, grated
 - 1 tsp turmeric
 - 2 tsp cumin
- 2 tsp ground coriander
- 1 tsp chilli powder
 - 2 tsp sugar
 - 1 tbsp soy sauce
- 1 litre chicken stock
 - 2 bay leaves
- 1-2 tbsp natural yoghurt
 - 4 chicken breasts
- 250g golden breadcrumbs
 - 1 beaten egg
 - Salt and pepper
 - 300g rice

Methods

1. Heat oven to 200c.
2. Heat the oil in a large pan.
3. Add the onion, garlic and ginger and cook until the onion is softened. This should take about 5 minutes.
4. Add the carrots and courgette and cook for another 5 minutes.
5. Add the turmeric, cumin, coriander, chilli powder and sugar.
6. Stir well to evenly coat the vegetables.
7. Add the stock, soy sauce and bay leaves.
8. Bring to the boil.
9. Reduce the heat and simmer for 30 minutes.
10. Season the breadcrumbs with salt and black pepper.
11. Place the chicken breast between cling film or greaseproof and flatten with a rolling pin. Do not over flatten them.
12. Dip the chicken in the flour, then the egg, then the breadcrumbs.
13. Put on a baking tray and put in the oven.
14. Cook for 20 minutes or until the chicken is cooked through.
15. Remove the bay leaves from the sauce and blitz with a hand blender until it becomes a thick, smooth sauce and stir in the natural yoghurt.
16. Slice the chicken and drizzle over the sauce.
17. Serve with the rice cooked as per the packet instructions.

Sweet Chilli Salmon, Couscous & Salad



Ingredients

- 4 x 100g salmon steaks
- 4 tbsp sweet chilli sauce
 - 1 tbsp soy sauce
- Thumb sized piece of ginger, grated
 - 1 tbsp oil
 - 20g butter
- Juice of a 1/2 lemon
 - Salt & pepper
 - ½ bag of salad

For the couscous

- 1 onion, diced
- 1 pepper, sliced
- 1 garlic clove, crushed
 - 1 tsp paprika
 - 1 tsp turmeric
 - 1 tsp cumin
- 200g frozen peas
 - 1 tin chickpeas
- 450g veg stock
 - 120g couscous

Methods

1. Mix the 2 tbsp of sweet chilli sauce, the soy, and ginger in a dish and add the salmon. Spoon the marinade over the salmon and place in the fridge for 30 minutes.
2. Heat the oil and butter on a low heat till bubbling.
3. Raise the heat slightly and place the salmon skin side down in the pan.
4. Fry for 5 minutes then turn over and fry for 2-3 minutes.
5. Remove from pan, allow to rest for 5 minutes then squeeze over the lemon juice then spoon the remaining chilli sauce over.
6. Serve with the couscous and salad.

Let's make the couscous

1. In a medium pan heat a dash of oil until hot.
2. Add the onion and pepper and sauté for 5 minutes.
3. Add the garlic, paprika, turmeric and cumin and stir fry for another minute.
4. Add in the frozen veg and chickpeas, followed by the stock. Stir and cook for 5 minutes.
5. Add in the couscous and cook until the couscous has absorbed the majority of the stock and increased in size.