

# MEAL PLAN

**SUNDAY**

**HONEY GINGER CHICKEN, SWEET  
POTATO FRIES, CORN ON THE  
COB**

**MONDAY**

**RED LENTIL COTTAGE PIE**

**TUESDAY**

**PASTA NAPOLITANA**

**WEDNESDAY**

**BEEF GOULASH WITH RICE**

**THURSDAY**

**COWBOY PIE**

**FRIDAY**

**BASIL CRUSTED FISH,  
HASSELBACK POTATOES &  
SALAD**

**SATURDAY**

**PATATAS BRAVAS WITH  
CRUSTY BREAD**

# SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
6 SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09
2KG BABY POTATOES	£1.90	£1.38	£2.00	£1.60	£2.00
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.40
200G MUSHROOMS	£1.10	£0.85	£0.89	£0.94	£0.99
5 X PEPPERS	£2.50	£1.29	£1.50	£2.16	£2.50
30G FRESH BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
1 X RED CHILLI	£0.70	£0.57	£0.35	£0.53	£0.59
120G BAG OF SALAD	£0.78	£0.60	£0.80	£1.20	£0.89
1 X LEMON	£0.55	£0.55	£0.55	£0.69	£0.55
CHILLI FLAKES	£1.10	£0.65	£0.70	£1.10	£0.99
GINGER	£1.10	£0.49	£0.70	£1.10	£0.99
6 TINS OF CHOPPED TOMATOES	£1.92	£1.92	£1.92	£1.92	£1.92
3 TINS OF BAKED BEANS	£0.81	£0.81	£0.81	£1.29	£1.47
BBQ SAUCE	£1.00	£0.89	£1.00	£1.15	£1.25
1KG RICE	£0.45	£0.48	£0.48	£0.48	£1.35
500G RED LENTILS	£1.35	£1.15	£1.35	£1.35	£1.39
200G CHORIZO	£2.50	£1.89	£2.25	£2.35	£2.49
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75
100G ITALIAN CHEESE	£1.39	£1.39	£1.79	£2.80	£1.59
400G DICED BEEF	£3.79	£3.79	£4.00	£4.00	£4.50
4 X PART BAKED ROLLS	£0.69	£0.69	£1.45	£1.15	£1.09
CORN ON THE COB	£1.60	£1.35	£1.65	£1.60	£1.39
4 X WHITE FISH FILLETS	£2.50	£3.45	£2.50	£2.50	£2.50
500G CASSEROLE VEG	£1.00	£0.95	£1.00	£1.25	£1.29
TOTAL	£33.88	£29.79	£33.08	£36.57	£37.11

OR £28.69 ACROSS THE STORES

# The Pantry

## Left from Last Week

SAUSAGES

ONIONS

POTATOES

GARLIC

MIXED HERBS

GARLIC GRANULES

PAPRIKA

OREGANO

CHILLI POWDER

SALT

PEPPER

SPAGHETTI

TOMATO PUREE

WORCESTERSHIRE SAUCE

SOY SAUCE

HONEY

BROWN SUGAR

OIL

FLOUR

BUTTER

BEEF STOCK CUBES

VEG STOCK CUBES

CHICKEN THIGHS

FROZEN PEAS

# Honey Ginger Chicken, Sweet Potato Fries, Corn On The Cob



## Ingredients

- 1.5kg chicken pieces (thighs, legs, drumsticks)
  - 50g flour
  - $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp ground ginger
  - $\frac{1}{4}$  tsp pepper
  - 100ml honey
  - 80ml soy sauce
- 1 tsp of chilli flakes
- 4 corn on the cob
- 4 tbsp melted butter

### For the sweet potato fries:

- 2 sweet potatoes
- 1  $\frac{1}{2}$  tablespoon brown sugar
  - 2 tablespoons oil
  - $\frac{1}{2}$  teaspoon salt

## Methods

1. Heat the oven to gas mark 6 or 200c.
2. Mix the flour, salt,  $\frac{1}{2}$  the ginger and pepper together.
3. Coat the chicken pieces thoroughly with the mix.
4. Bake uncovered on a baking tray for 20 minutes.
5. Turnover and bake for another 20 minutes.
6. Mix the honey, chilli flakes, soy sauce and remaining ginger together.
7. Pour the honey mixture over the chicken.
8. Return to the oven for 15 minutes - basting every 5 minutes.
9. Cook the corn on the cob in a pot for 10 minutes until tender and then coat in the melted butter.
10. Serve the thighs and corn with the sweet potato fries.

## Let's make sweet potato fries

**1.** Peel then cut the sweet potato horizontally as thick or thin as you'd like your sweet potato fries to be.

**2.** In a large bowl, mix the olive oil, brown sugar and salt until everything is well combined.

**3.** Toss in the cut sweet potatoes and mix around using your hands or a spoon until all the sweet potatoes are well coated.

**4.** Air fry at 200°C for 10-12 minutes, or until they turn golden in colour. Or cook in the oven at 200c for 20 minutes.

# Red Lentil Cottage Pie



## Ingredients

- 1 onion, chopped
- 3 carrots, chopped
- 2 peppers, sliced
- 2 garlic cloves, crushed
- 1/2 tsp mixed herbs
- 200g of red lentils
- 400ml of veg stock
- 1 tin of baked beans
- 1 tin of chopped tomatoes
  - 50g of frozen peas
- 1 tsp Worcestershire sauce
- 4 large, sweet potatoes, diced
  - 50g cheese
  - 1 tbsp of oil

## Methods

- 1.** Peel and chop sweet potatoes, add water to cover, bring to the boil and simmer until cooked. This should take around 10-15 minutes.
- 2.** Meanwhile, fry the onion, peppers, carrot, garlic, and herbs in the oil until soft. Then add the lentils, beans, tinned tomatoes and stock. Bring to the boil then reduce heat and simmer for 10 minutes.
- 3.** Stir in the peas, and add the Worcestershire sauce.
- 4.** Cook for 5 minutes then transfer to an oven dish.
- 5.** Drain and mash the sweet potatoes then spread on top of the lentil mix.
- 6.** Add the grated cheese.
- 7.** Pop in the oven for 20 mins at 200° or on gas mark 6.

# Pasta Napolitana



## Ingredients

- 400g spaghetti
  - 2 tbsp oil
- 1 medium onion, diced
- 2 garlic cloves, crushed
- 2 tins of chopped tomatoes
  - 1 tsp brown sugar
  - 1 tsp dried oregano
- Salt and black pepper
- A few fresh basil leaves roughly chopped, leave some for garnish
- 100g Parmesan or any hard cheese grated

## Methods

1. Cook spaghetti according to pack instructions.
2. Heat the oil in a large pan, add the onions and then the garlic. Cook for a couple of minutes, being careful not to brown them.
3. Add in the tinned tomatoes and bring to the boil.
4. Stir through the oregano, salt, pepper and sugar.
5. Allow to simmer for about 15 minutes.
6. Add in the torn basil leaves.
7. Drain the pasta, saving a little of the cooking water.
8. Add the sauce to the pasta, stir to coat adding a little of the pasta water if needed.
9. Serve in bowls with a little cheese sprinkled on top and garnished with reserved basil leaves.

# Beef Goulash With Rice



## Ingredients

- 400g diced beef
- 500g casserole veg
- 1 tin of chopped tomatoes
  - 100ml beef stock
- 4 tbsp tomato puree
  - 2 tbsp paprika
- 2 tsp garlic granules
  - 300g rice

## Methods

- 1.** Put the beef and veg in the slow cooker.
- 2.** Mix the stock, tomato puree, paprika and garlic together in a jug and then pour over the beef and veg.
- 3.** Add the tinned tomatoes and stir well.
- 4.** Cook on high in the slow cooker for 5 hours. Or in the oven at 140c for 1.5 hours.
- 5.** Cook the rice as per the packet instructions and serve with the goulash on top.



# Cowboy Pie



## Ingredients

- 8 sausages
- 2 onions, diced
- 200g mushrooms, diced
  - 1 pepper, diced
- 2 tins baked beans
  - 1 tsp chilli powder
  - 50ml BBQ sauce
  - Salt and pepper
- 750g potatoes
  - 2 tbsp butter

## Methods

1. Heat oven to 180c.
2. Peel and chop the potatoes, add water to cover, bring to the boil and simmer until cooked. This should take around 15 - 20 minutes.
3. Grill the sausages until golden brown, this should take around 10 minutes.
4. Chop each sausage into 4 pieces.
5. Heat the oil in a pan and lightly sauté the onions, mushrooms and peppers.
6. Put the sausages and sautéed veg in an ovenproof dish.
7. Stir through the beans.
8. Season with salt and pepper.
9. Stir in the BBQ sauce and chilli powder.
10. Drain and mash the potatoes.
11. Put on top of the sausage mix and rough up the top with a fork.
12. Dot with the butter.
13. Bake for 20 minutes and serve.

# Basil Crusted Fish, Hasselback Potatoes & Salad



## Ingredients

- 4 white fish fillets
- 30g breadcrumbs
- 1 tsp each of salt and pepper
  - Fresh chopped basil
  - 4 tsp tomato purée
    - 1 tbsp oil
- 1 lemon, cut into 4 wedges
  - 1 bag of salad

### For the hasselback potatoes:

- 750g baby potatoes
- 2 tbsp melted butter
- 1 tbsp each salt and pepper

## Methods

1. Pat the fish dry with a kitchen towel.
2. Mix the breadcrumbs with the salt, pepper and basil.
3. Spread 1 tsp of tomato purée on top of each fillet.
4. Top with the breadcrumb mix and pat it on.

### To oven cook

1. Heat oven to 180C.
2. Coat a baking tray with half the oil.
3. Put the fillets on the tray, and brush with the rest of the oil.
4. Bake for 20 - 25 minutes until the fish is just cooked.

### To air fry

1. Place the fillets in the air fryer and cook at 180C for 15 minutes.
2. Serve with a lemon wedge on top of each fillet with the hasselback potatoes and a side salad.

## Let's make the hasselback potatoes:

1. Put a skewer through the bottom of the potato.
2. Now make slices down the potato. The skewer ensures you don't cut all the way through.
3. Remove the skewer and put the potato in a bowl of cold water.
4. When all the potatoes are cut, drain them.
5. Place cut side up in a small roasting dish or in the air fryer.
  6. Mix the salt and pepper into the butter.
  7. Drizzle half the butter over the potatoes.
8. Bake in the oven at 180c for 40 mins, basting occasionally.
  9. Or cook for 25 minutes at 200c in the air fryer.
10. Remove from the oven / air fryer and drizzle with the remaining butter.

# Patatas Bravas With Crusty Bread



## Ingredients

- 1 tsp oil
- 2 onions chopped
- 2 garlic cloves chopped
- 1 red chilli, deseeded and chopped
  - ¼ tsp chilli powder
  - ¼ tsp paprika
- 2 x 400g tins chopped tomatoes
  - 750g baby potatoes
  - 200g chorizo, sliced
- 2 large peppers, sliced
  - 4 part baked rolls

## Methods

1. Heat the oil in a pan, fry the onion, garlic and chilli until the onion softens, add the chilli powder and paprika and stir through.
2. Add the tomatoes and bring to a simmer, then cook the whole mixture down for about 20 minutes until you have a thick paste.
3. Season well and if you prefer a smooth sauce, blend down with a hand blender.
4. Meanwhile, boil the potatoes for 10 minutes and put the chorizo in a frying pan/wok to slowly cook and release some of its oils.
5. Drain the potatoes and let them dry.
6. Cook the par baked rolls as per the packet instructions.
7. Add the par boiled potatoes and peppers to the pan with the chorizo and fry everything together, turning the heat up as you go so both the potatoes and chorizo brown in patches.
8. Tip the potatoes mix into a bowl.
9. Season the sauce and have a taste. If it's not hot enough add a little bit more chilli.
10. Spoon the sauce over the potatoes and chorizo to serve.
11. Serve with the crusty bread to mop up the sauce.