

# MEAL PLAN

**SUNDAY**

**ROAST CHICKEN, YORKSHIRE  
PUDDINGS, ROOT MASH &  
ROAST POTATOES**

**MONDAY**

**CHEESY VEGGIE PASTA  
& GARLIC BREAD**

**TUESDAY**

**CHICKEN & VEG SATAY**

**WEDNESDAY**

**FISH & COUSCOUS  
PARCELS**

**THURSDAY**

**BACON & POTATO HOTPOT**

**FRIDAY**

**KFC STYLE CHICKEN, SPICY RICE  
& CORN COBS**

**SATURDAY**

**LASAGNE, SALAD**

# SHOPPING LIST

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
2.5KG POTATOES	£1.25	£1.25	£1.25	£1.25	£1.15
16 X ONIONS	£0.55	£0.79	£0.85	£1.10	£0.99
CABBAGE	£0.65	£0.61	£0.96	£0.65	£0.65
STIR FRY VEG	£1.50	£0.95	£1.00	£1.45	£1.49
500G PARSNIPS	£0.50	£0.50	£0.65	£0.62	£0.50
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.49
SWEDE	£0.80	£0.62	£0.65	£0.62	£0.79
500G LEEKS	£1.19	£1.19	£1.30	£1.19	£1.29
120G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89
CORIANDER	£0.52	£0.52	£0.55	£0.52	£1.39
250G CHERRY TOMATOES	£0.65	£0.65	£0.65	£1.35	£0.59
LEMON	£0.55	£0.55	£0.55	£0.69	£0.50
500G BEEF MINCE	£2.19	£2.19	£3.10	£1.99	£1.99
WHOLE CHICKEN	£3.56	£3.44	£4.50	£4.50	£4.25
500G COOKING BACON	£0.85	£2.80	£0.90	£0.85	£1.49
200G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
GARLIC BAGUETTE	£0.37	£0.37	£0.37	£0.37	£0.37
BASIL	£1.10	£0.49	£0.60	£0.95	£0.99
ROSEMARY	£1.10	£0.55	£0.60	£0.95	£0.99
SAGE	£1.10	N/A	£0.60	£0.95	£0.99
ONION POWDER	£1.10	N/A	£0.70	£0.95	£0.99
500G RED LENTILS	£1.35	£1.15	£1.35	£1.35	£1.39
500G COUSCOUS	£0.90	N/A	£0.90	£1.60	£0.89
SWEET CHILLI SAUCE	£1.75	£1.19	£1.00	£1.10	£1.19
PEANUT BUTTER	£1.19	£1.19	£1.15	£1.19	£1.15
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
LASAGNE SHEETS	£0.95	£0.79	£0.80	£0.95	£0.99
200G CHICKEN PIECES	£2.62	£5.38	£4.70	£4.30	£6.98
520G WHITE FISH FILLETS	£2.50	£3.29	£2.50	£2.00	£2.15
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.82	£1.00	£1.19
LOAF OF BREAD	£0.39	£0.39	£0.39	£0.39	£0.69
TOTAL	£35.92	£35.31	£37.31	£38.60	£42.24

OR £30.27 ACROSS THE STORES

# The Pantry

## Left from Last Week

**GARLIC**

**PASTA**

**PLAIN FLOUR**

**CHILLI POWDER**

**OREGANO**

**PAPRIKA**

**PARSLEY**

**THYME**

**CUMIN**

**GARLIC GRANULES**

**LEMON JUICE**

**DARK SOY SAUCE**

**VEG STOCK CUBES**

**BEEF STOCK CUBES**

**WORCESTERSHIRE SAUCE**

**SUGAR**

**SALT**

**PEPPER**

**RICE**

**OIL**

**MILK**

**BUTTER**

**MINCE**

**GRATED CHEESE**

**EGGS**

**CORN ON THE COB**

**FROZEN BROCCOLI AND CAULIFLOWER FLORETS**

# Roast Chicken, Yorkshire Puddings, Root Mash & Roast Potatoes



## Ingredients

- 1 chicken
- 1 onion, chopped
- 500g potatoes peeled and chopped
- 4 carrots, chopped
- 1 lemon (reserve zest)
  - 4 tbsp butter
- 2 cloves garlic minced
- 2 tsp rosemary
- 2 tsp thyme
- 2 tsp salt
- 1 tsp pepper

## Methods

### How to slow cook

1. Put the onions, potatoes and carrots in the bottom of the slow cooker. Season with salt and pepper.
2. Zest the lemon and put the zest aside.
3. Quarter the lemon, and place in the cavity of the chicken.
4. Sit the chicken on top of vegetables.
5. In a small bowl, mix the softened butter, garlic, rosemary, thyme, and lemon zest. Season with salt and pepper.
6. Use your hands to coat the chicken in the butter mixture.
7. Season with additional salt and pepper.
8. Cook chicken on low for 6-8 hours. Or high for 4-6 hrs. The cooking time depends on how large your chicken is. Cook until the juices run clear.
9. Take the chicken out of the slow cooker and place it and the veg in a baking pan.
10. Sprinkle the reserved zest over the chicken skin and potatoes.
11. Brown the chicken in a hot oven for 10 minutes or until the skin is brown and crispy.
12. Save 600g of the chicken to use in the satay later in the week.

### How to cook in the oven

1. Put the onions, potatoes, and carrots into a large roasting tray. Season with salt and pepper.
2. Zest the lemon and put the zest aside.
3. Quarter lemon, and place in the cavity.
4. Sit the chicken on top of vegetables.
5. In a small bowl, mix the butter, garlic, rosemary, thyme, and lemon zest. Season with salt and pepper.
6. Use your hands to coat the chicken in the butter mixture.
7. Season with additional salt and pepper.
8. Sprinkle the reserved zest over the chicken skin and potatoes.
9. Cover the baking tray with foil and tightly seal it.
10. Cook in the oven for 1 hour at 200c.
11. Remove the foil, baste the chicken with the juices from the tray and put back in the oven uncovered for a further 20 minutes.
12. Save 600g of the chicken to use in the satay later in the week.



### Ingredients for the gravy

- 2 tbsp plain flour

#### Making the gravy

1. Remove the chicken and potatoes from the tray and set aside.
2. Mash down the carrots and onions into the juices in the tray.
3. Put the tray on the stove top over a medium heat (or transfer to a frying pan or wide bottomed pot) and stir in the flour.
4. Keep stirring and add some boiling water until you get a thick smooth gravy. How much water will depend on how much juice came from your chicken.

### Ingredients for the Yorkshire puddings

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

#### Making the Yorkshire puddings

1. Crack the 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.

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### Ingredients 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

#### Making 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.

**Tip:** Remember to save 600g of the chicken to use in the satay later in the week.

# Cheesy Veggie Pasta & Garlic Bread

## Ingredients



- 350g pasta
- 400g frozen cauliflower
  - 2 leeks, sliced
  - 1 tbsp butter
- 200g soft cheese
- 250ml vegetable stock
- 1 tsp garlic granules
- 1 tsp dried parsley
- 1 garlic baguette

## Method

- 1.** Bring a large saucepan of water to the boil and cook the pasta as per the packet instructions.
- 2.** Add the cauliflower for the last 3 minutes of cooking.
- 3.** Melt the butter in a pot and fry the leeks, Add in your garlic granules and parsley.
- 4.** Add the soft cheese and veg stock into the pan and heat over a medium heat. Stir until combined and smooth.
- 5.** Once the pasta and cauliflower are ready, drain and return to the pan.
- 6.** Stir in the sauce, mix thoroughly, and serve.
- 7.** Cook the garlic baguette as per the packet instructions.

# Chicken & Veg Satay

## Ingredients



- 1 pack stir fry veg
  - 1 tbsp oil
- 2 tbsp peanut butter
  - 2 tbsp soy sauce
- 2 tbsp sweet chilli sauce
  - 50ml water to thin
- 600g cooked leftover chicken
  - 300g rice

## Method

- 1.** Put the rice on to cook as per the packet instructions.
- 2.** Heat the oil in a large frying pan or wok and stir fry the veg for 5 minutes until cooked but still crisp.
- 3.** Add the sauce ingredients into a jug and whisk together.
- 4.** If it is too thick add a little water to thin.
- 5.** Add the chicken and sauce into the pan and heat through until piping hot.
- 6.** Serve with the rice, cooked as per the packet instructions.



# Fish & Couscous Parcels

## Ingredients



- 200g couscous
- 6 spring onions, thinly sliced
  - 1 tbsp lemon juice
  - 1 tsp ground cumin
- 400ml boiling water
- 2 tbsp parsley, roughly chopped
- 2 tbsp coriander leaves, roughly chopped
- 250g cherry tomatoes, halved
  - Salt and pepper, to taste
- Oil, for brushing and drizzling
  - 4 frozen white fish fillets
  - 300g frozen mixed veg

## Method

1. Preheat the oven to 200°C / fan 180°C / gas mark 6.
2. Place the couscous, spring onion, lemon juice and cumin in a large, heatproof bowl. Pour the water over the couscous, cover tightly with cling film and set aside for 5 minutes.
3. Stir in the parsley, coriander, and cherry tomatoes, and toss to fluff up the couscous. Season well with salt and pepper.
4. Tear off four sheets of foil or baking paper, each around 45cm in length. Brush the centre of each with a little olive oil and place one quarter of the couscous in the centre of each sheet.
5. Top with a fish fillet. Drizzle with a little oil and add a slice of lemon on the fillet. Season the fish well with salt and pepper.
6. Bring the edges of the foil or paper over to enclose the fish, and seal well by folding the edges over. Make sure you leave some air space in the parcels – they should be sealed securely but not wrapped tightly.
7. Place the fish parcels on a large baking sheet and bake in the oven for about 15 minutes (the parcels should have puffed up a little).
8. Serve with mixed veg, cooked as per the pack instructions.

# Bacon & Potato Hotpot

## Ingredients



- 800g potatoes
- 2 tbsp butter
- 250g cooking bacon
- 3 onions, finely chopped
- ½ white cabbage, sliced
- 3 cloves garlic, crushed
- 600ml vegetable stock
- 100g cheddar, grated

## Method

1. Preheat the oven to 190°C.
2. Chop the potatoes into thin discs approx 2-3mm wide and set to one side.
3. Heat up the butter over a medium heat and fry the bacon for a few minutes, before adding in the onions and cabbage.
4. Fry for a further 5 minutes.
5. Add in the garlic and cook for another minute.
6. Now assemble the hotpot by placing a layer of potatoes in the bottom of a shallow casserole dish.
7. Add in a large spoonful of the bacon, onion and cabbage mixture – evenly spreading it over the potatoes.
8. Carry on alternatively layering the bacon mixture and the potatoes, finishing with a layer of potatoes.
9. Pour the stock over the dish. After 30 minutes check to see if you need to add a little more stock.
10. When the potatoes have cooked through and are starting to go golden, take the casserole dish out of the oven and sprinkle the cheese over the top.
11. Pop it back in the oven for another 15 minutes until the cheese has melted and is bubbling.

# KFC Style Chicken, Spicy Rice & Corn Cobs

## Ingredients



### For the chicken

- 2 tbsp paprika
- 4 tsp onion powder
- 2 tsp chilli powder
- 2 tsp black pepper
- 1 tsp dried sage
- 1 tsp garlic granules
  - 1 tsp oregano
  - 1 tsp basil
  - 2 tbsp salt
- 330g plain flour
  - 2 tbsp sugar
- 1 egg, beaten
- 1kg chicken portions
  - Oil for frying
- 4 corn on the cob

### For the spicy rice

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

## Method

1. Make the spice mix by combining all the ingredients together in a bowl.
2. Add the flour and sugar to the spice mix and combine well.
3. Put the beaten egg in a bowl and dip each chicken piece into the egg and then coat it in the spice mix. Set aside on a plate and repeat with the remaining chicken pieces.
4. Once all the chicken is coated, shake off the excess spice mix and you're ready to fry.
5. Heat enough oil in a pan to shallow fry the chicken, and fry batches over a medium heat for about 15 – 20 minutes, turning them so they cook evenly.
6. Once they are cooked through and are a deep golden colour, place on kitchen paper.
7. Serve with spicy rice and corn on the cob, cooked as per the pack ingredients.

### Let's make the spicy rice

1. Heat the oil in a medium pan 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.
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.



# Lasagne & Garlic Toast With Salad

## Ingredients



- 250g minced beef
  - 150g lentils
- 1 large onion, diced
- 2 garlic cloves, minced
- Tin chopped tomatoes
  - 500ml beef stock
- 2 tbsp Worcestershire sauce
  - Lasagne sheets
    - 25g butter
    - 25g plain flour
    - 500ml milk
    - Bay leaf
- 125g grated cheese
- 4 slices of bread
  - Bag of salad

## Method

1. Fry the mince and onions until the mince is browned.
2. Add half of the garlic and fry for 2 more minutes.
3. Stir in the lentils, mixing well.
4. Add the tomatoes and stock and bring to the boil.
5. Simmer gently, stirring occasionally for 20 minutes.
6. If the mix is too dry add some more water.
7. Meanwhile make your white sauce.
8. Put the butter into a saucepan and melt over a gentle heat.
9. Add in the flour and stir, allow the mix to cook out until it has gone a straw like colour.
10. Gradually add in the milk, whisking between each addition.
11. Keep stirring until the mixture has thickened and is smooth.
12. Layer the mince, lasagne sheets and white sauce and top with cheese.
13. Cook in the oven at gas mark 6, 200°C for 25-30 minutes.
13. Meanwhile mix the remaining garlic with oil and brush on the bread.
14. Cook in the oven for 10 minutes.
15. Serve with the salad on the side.