

MEAL PLAN

SUNDAY ROAST GAMMON, WHOLE ROAST
CAULIFLOWER CHEESE & ROAST
POTATOES

MONDAY GARLIC MUSHROOM SPAGHETTI

TUESDAY HAM & CHORIZO LOADED
OMELETTE, SALAD

WEDNESDAY ONE POT SAUSAGE
MEATBALLS & RICE

THURSDAY SWEET CHILLI CHICKEN
TRAYBAKE

FRIDAY FISH, CHIPS & PEAS

SATURDAY HONEY MUSTARD PASTA
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
SPRING ONIONS	£0.50	£0.39	£0.50	£0.50	£0.50
1KG SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09
2 X 750G BABY POTATOES	£1.90	£1.38	£2.00	£1.60	£2.00
CHIVES	£1.00	N/A	£0.55	£1.00	£0.99
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89
30G BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
1KG ONIONS	£0.89	£0.55	£0.95	£1.10	£0.99
250G BABY SPINACH	£1.00	£0.79	£1.00	£1.50	£0.99
2 X 60G SALAD BAGS	£1.66	£1.20	£1.60	£2.40	£1.38
CAULIFLOWER	£0.95	£0.95	£1.00	£0.75	£0.79
400G MUSHROOMS	£1.25	£1.25	£1.29	£1.55	£1.88
6 X PEPPERS	£1.35	£1.29	£1.50	£2.16	£2.70
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
500G LEEKS	£1.25	£1.25	£1.30	£1.25	£1.29
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
500G MAYONNAISE	£1.15	£0.79	£1.75	£0.70	£0.49
BAKING POWDER	£0.52	N/A	£0.95	£1.35	£1.35
CAYENNE PEPPER	£0.90	N/A	£2.00	£1.10	£0.99
LEMONADE	£0.50	£0.26	£0.60	£0.60	£0.60
500G GRATED CHEESE	£2.80	£2.80	£2.80	£2.80	£2.60
200G CHORIZO	£2.50	£1.89	£2.25	£2.35	£2.49
1KG GAMMON JOINT	£4.09	£4.09	£7.50	£4.29	£7.49
520G WHITE FISH FILLETS	£2.50	£3.79	£2.50	£2.50	£2.15
4 X PART BAKED BAGUETTES	£0.69	£0.69	£1.45	£1.15	£1.09
TOTAL	£32.97	£28.93	£39.24	£37.21	£40.28

OR £28.43 ACROSS THE STORES

The Pantry

Left from Last Week

GARLIC

HONEY

MUSTARD

PLAIN FLOUR

SWEET CHILLI SAUCE

GINGER

GARLIC GRANULES

PARSLEY

CHILLI FLAKES

MIXED HERBS

CHICKEN STOCK CUBES

RICE

MILK

BUTTER

SALT

PEPPER

OIL

FROZEN PEAS

CHICKEN THIGHS / PIECES

SAUSAGES

EGGS

FROZEN MIXED VEG

Roast Gammon, Whole Roast Cauliflower Cheese & Roast Potatoes



Ingredients

- 1kg gammon joint
- 6 tbsp honey
- 4 tbsp mustard
- 2 tbsp garlic

For the roast potatoes

- 1kg baby potatoes
- 1 tbsp oil
- 1 tsp salt
- 1 tsp pepper

For the whole cauliflower cheese

- 1 cauliflower
- 2 tbsp flour
- 2 tbsp butter
- 500ml milk
- 1 tbsp mustard
- 200g grated cheese

Methods

1. In a bowl mix your honey, garlic and mustard until the honey is slightly sticky and well mixed into the mustard.
2. Smother your ham in your marinade.
3. Loosely wrap in foil. Place the ham into your air fryer.
4. Cook for 25 minutes at 200°C.
5. Remove the foil and cook for a further 25 minutes at 170°C.
6. Take out and wrap in foil and rest the joint for 20 minutes.
7. Gammon can also be cooked in the slow cooker. On low for 8 hours or on high for 6 hours.

Note: Keep 200g of cooked gammon for recipes later in the week.

Let's cook the roast potatoes

1. Par boil the baby potatoes for about 15 minutes.
2. Drain and allow to dry.
3. Mix the oil and salt and pepper together and pour over the baby potatoes.
4. Mix well to ensure the baby potatoes are covered completely.
5. Squash the baby potatoes down with a masher.

6. Put in the air fryer at 200°C for 20 minutes.

Let's cook the whole cauliflower cheese

1. Put the whole cauliflower into a large pan with enough cold water to cover it.
2. Cover and bring to the boil.
3. Reduce heat and simmer for 15 minutes.
4. Drain and allow the cauliflower to dry.
5. Meanwhile, in a separate pot, melt the butter over a medium heat.
6. Stir in the flour and allow to cook out for 2 minutes.
7. Gradually pour in the milk, stirring continuously.
8. Bring the mix to the boil and then reduce the heat and simmer until the sauce has thickened.
9. Take off the heat and stir in the mustard and 150g of the cheese and keep stirring until it has melted.
10. Put the cauliflower into a deep casserole dish and pour over the sauce.
11. Top with the remaining cheese and pop in the oven at 200c for 15 minutes.

Garlic Mushroom Spaghetti



Ingredients

- 350g spaghetti
- 400g mushrooms, sliced
- 2 leeks, chopped finely
 - 2 red peppers, sliced
- 8 garlic cloves, chopped
 - 200g baby spinach
 - 2 tsp oil
 - 160g butter
 - 200ml chicken stock
 - 2 tsp mixed herbs
- 1 handful of chives, chopped
 - 1 tbsp black pepper

Methods

- 1.** Fill a pot with salted boiling water, add the spaghetti and cook for 10-12 minutes.
- 2.** Meanwhile, heat 1 tsp of oil in a pan and fry the leek and pepper until soft.
- 3.** Add a small handful of mushrooms, stir through.
- 4.** Fry for 2 mins then set aside.
- 5.** Heat the remaining oil, butter, garlic and herbs.
- 6.** Add the rest of the mushrooms making sure they are coated in butter.
- 7.** Add the stock and simmer for 5 minutes on a med/high heat till the stock has reduced as this intensifies the flavours.
- 8.** Add the spinach.
- 9.** Stir through till it wilts and is coated in the sauce.
- 10.** Add the mushroom mixture to the pan of leek and peppers and stir through.
- 11.** Drain the cooked spaghetti and add to the pan.
- 12.** Stir through, season with black pepper.

Ham & Chorizo Loaded Omelette With Sweet Potato Fries, Salad



Ingredients

- 8 eggs
- 1 onion, diced
- 100g leftover ham, chopped
 - 50g chorizo, chopped
 - 1 pinch chilli flakes
 - 75g grated cheese
- 6 - 8 cherry tomatoes, halved
 - 1 pinch mixed herbs
- 2 pinches parsley, chopped to garnish
 - 1 tsp oil
 - 40g butter
- 1 tsp each salt & pepper
- Bag of salad

For the sweet potato fries

- 2 sweet potatoes
- 2 tbsp oil
- ½ tsp salt

Methods

1. Heat the oil and butter on a low heat, add the onion - increasing the heat slightly and fry till it's soft and translucent about 5 minutes then add the chilli flakes and stir.
2. Break the eggs into a bowl and give them a mix with a fork then pour it over your onion.
3. Tilt the pan to allow the egg mix to coat the whole pan, don't stir.
4. Allow the eggs to set on the bottom - you'll see them going slightly paler round the edge of the pan-don't worry about the top being runny as it will continue to cook when you're adding the rest of the ingredients.
5. Add the ham, chorizo, herbs, tomatoes, Season with salt and pepper, then cover with the cheese.
6. Place under the grill till the cheese is melted and golden - this will also set the top if it's still a bit runny.
7. Or you can tip all the raw ingredients into a baking dish and cook in the oven at 200c for 20 minutes or in the air fryer at 180c for 15 minutes.
8. Garnish with fresh chopped parsley and cut into slices.
9. Serve with salad and sweet potato fries.

Let's make the 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 oil 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 of the sweet potatoes are well coated.
4. Air fry at 180°C for 10 minutes, then give them a good shake and increase the heat to max (mine is 240°C) for a further 4 minutes.

One Pot Sausage Meatballs & Rice



Ingredients

- 1 tbsp oil
- 8 sausages
- 1 onion, finely diced
- 2 garlic cloves, crushed
- 2 tsp mixed herbs
- 250g cherry tomatoes, halved
 - 1 red pepper, sliced
- Tin of chopped tomatoes
 - 300g rice
 - 100g mixed vegetables
- A handful of fresh basil leaves, finely chopped
- A handful of parsley leaves, finely chopped
- 1 tsp each of salt and pepper

Methods

1. Cook the rice as per the packet instructions and allow to cool.
2. Heat oil in a deep frying pan over medium-high heat. Snip one end from each sausage.
3. Squeeze meat into a pan, forming small meatballs. Discard casings. Cook meatballs, turning, for 4 to 5 minutes or until browned.
4. Add onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add dried herbs, cherry tomatoes, pepper and chopped tomatoes. Season with salt and pepper. Cover.
5. Bring to the boil. Reduce heat to low. Simmer for 8 minutes or until sauce thickens and tomatoes start to break down.
6. Add rice and frozen veg. Cook for 5 minutes or until the veg has defrosted and heated through. Stir in basil and parsley.
7. Serve.

Sweet Chilli Chicken Traybake



Ingredients

- 500g baby potatoes, halved
 - 2 tbsp oil
- 4 tbsp sweet chilli sauce
 - 1 tsp ginger
 - 1 tsp garlic granules
 - 50ml water
- 1kg chicken thighs
- 2 onions, cut into wedges
 - 2 sweet potatoes, diced
- 2 peppers, cut into large chunks
 - 150g cherry tomatoes

Methods

- 1.** In a jug whisk together the chilli sauce, ginger, garlic powder and water.
- 2.** Place the chicken thighs in a large, sealable tub, and pour over the sweet chilli marinade.
- 3.** Seal the tub and place in the fridge for at least 2 hours, flipping occasionally to move the sauce from the bottom if you can (not essential).
- 4.** When you are ready to cook, preheat the oven to 180c.
- 5.** Remove the chicken thighs from the tub and place on a plate or in a bowl, retaining the leftover marinade.
- 6.** Place all the veg and potatoes – except the tomatoes – that you are using in a large mixing bowl and tip over what's left of the sweet chilli marinade.
- 7.** Stir this well so that the veg is coated.
- 8.** Tip the veg and potatoes onto a large baking tray.
- 9.** Place the chicken thighs on top and drizzle over any sauce left in the mixing bowl.
- 10.** Cook in the oven at 200c for 30 minutes. Or air fry at 200c for 20 minutes.
- 12.** After 30 / 20 minutes, remove from the oven / air fryer and remove the chicken thighs to a plate.
- 13.** Carefully toss the veg and potatoes.
- 14.** Add the tomatoes.
- 15.** Put the chicken thighs back on the top.
- 16.** Return to the oven and bake for a further 30 minutes or a further 20 minutes in the air fryer. Pierce the chicken to ensure it is cooked through before serving.

Fish, Chips & Peas



Ingredients

- 400g fish fillets
- 150g plain flour for batter
 - 200ml lemonade
 - 1 tsp baking powder
 - 500ml oil for frying
- 2 tbsp flour for coating
 - 800g potatoes
 - 200g frozen peas

Methods

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. Put the chips into the hot oil and fry for about 10 minutes until softened but not coloured.
5. Meanwhile pat the fish dry.
6. Make up the batter by whisking the flour, baking powder and lemonade together till you get a thick batter (like double cream).
6. Add the remaining flour to a dish and put the fish in turning until it's fully coated.
7. Transfer into the batter mix and turn over until it's fully coated.
8. Remove the chips from the oil and drain on kitchen paper.
9. Fry the fish in batches by carefully placing the fish in the oil using a slotted spoon and cook for 3-4 mins until golden brown, turning over if needed.
10. Remove from the pan and drain on kitchen paper.
11. Increase the heat of the oil.
12. Put the chips back in and fry for another 3-5 minutes until golden.
13. Drain on kitchen paper.
14. Serve with frozen peas cooked as per the packet instructions.

Honey Mustard Pasta Salad



Ingredients

- 5 tbsp mayonnaise
 - 1 tbsp honey
 - 1 tsp mustard
- 6 spring onions, sliced
 - 1 pepper, sliced
 - 300g pasta
 - 1 tbsp oil
- 100g cooked gammon
- 1 tsp cayenne pepper
- 2 part baked baguettes
 - A bag of salad

Methods

- 1.** Cook the pasta as per the packet instructions.
- 2.** Drain and mix in the oil coating the pasta completely and allow to cool.
- 3.** Put the part-baked bread in the oven and cook as per the packet instructions.
- 4.** Add the mayonnaise, mustard, cayenne pepper and honey to a bowl and mix thoroughly.
- 5.** Add all other ingredients and stir through ensuring it is all coated evenly.
- 6.** Serve with part baked bread and salad.