

MEAL PLAN

SUNDAY

**ROAST LAMB, SPRING GREENS,
CAULIFLOWER & BROCCOLI
CHEESE, YORKSHIRE PUDDINGS,
ROAST POTATOES**

MONDAY

**LEFTOVER LAMB HOTPOT,
ROOT MASH & CRUSTY BREAD**

TUESDAY

**SPAGHETTI ALFREDO, GARLIC
BREAD**

WEDNESDAY

**BBQ PULLED CHICKEN,
JACKET POTATOES**

THURSDAY

**HONEY, GARLIC & SOY
CHICKEN STIR FRY**

FRIDAY

**SALMON FISHCAKES, SALAD,
SPIRAL SWEET POTATOES**

SATURDAY

**CREAMY BBQ CHICKEN
PASTA**

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
SPRING GREENS	£1.45	£1.09	£0.20	£0.80	£1.29
CAULIFLOWER	£0.95	£0.95	£1.00	£0.75	£0.79
BROCCOLI	£0.72	£0.69	£0.20	£1.15	£0.69
1KG CARROTS	£0.19	£0.19	£0.20	£0.19	£0.19
FRESH THYME	£0.52	£0.52	£0.55	£0.52	£0.89
ROSEMARY	£0.52	£0.52	£0.55	£0.52	£0.89
4 BAKING POTATOES	£0.67	£0.67	£0.70	£0.67	£0.62
2.5KG POTATOES	£1.15	£0.19	£1.25	£1.15	£1.25
1KG SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09
CELERY	£0.57	£0.57	£0.60	£0.57	£0.65
500G PARSNIPS	£0.19	£0.19	£0.19	£0.19	£0.19
SWEDE	£0.19	£0.19	£0.19	£0.20	£0.79
2 X PEPPERS	£1.25	£1.25	£1.25	£1.00	£1.25
BAG OF STIR FRY VEG	£1.50	£0.95	£1.00	£1.45	£1.49
SPRING ONIONS	£0.50	£0.39	£0.50	£0.50	£0.50
LIME	£1.20	£1.19	£1.00	£0.24	£0.99
SALAD	£0.83	£0.60	£0.80	£1.20	£0.69
2.5KG LEG OF LAMB	£16.00	£16.23	£16.25	£16.25	£19.97
15 X EGGS	£1.99	£1.99	£3.20	£1.66	£2.39
DOUBLE CREAM	£1.19	£1.19	£1.35	£1.19	£1.35
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
85G ITALIAN HARD CHEESE	£1.39	£1.39	£1.79	£2.80	£1.59
500G GRATED CHEESE	£2.80	£2.80	£2.80	£2.80	£2.60
GARLIC BREAD	£0.37	£0.37	£0.37	£0.37	£0.37
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
213G TINNED SALMON	£1.70	£2.49	£1.70	£1.80	£3.40
GRAVY BROWNING	£1.00	N/A	£1.00	£1.00	£1.00
MINT SAUCE	£0.46	£0.69	£0.85	£1.00	£0.69
BBQ SAUCE	£1.20	N/A	£1.00	£1.15	£1.25
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
2KG CHICKEN BREASTS	£7.98	£7.98	£8.20	£12.00	£10.50
2 PART-BAKED BAGUETTES	£0.69	£0.69	£1.45	£1.15	£1.09
TOTAL	£51.72	£48.67	£53.26	£57.49	£63.58

OR £45.91 ACROSS THE STORES

The Pantry

Left from Last Week

ONIONS

GARLIC

BUTTER

MILK

OIL

PLAIN FLOUR

SALT

PEPPER

GARLIC GRANULES

CUMIN

CHILLI FLAKES

PAPRIKA

BAY LEAVES

TOMATO PUREE

SOY SAUCE

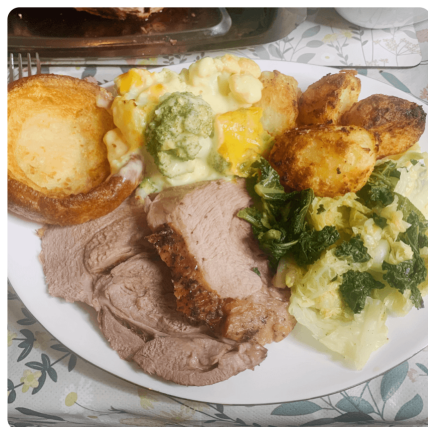
HONEY

GOLDEN BREADCRUMB

SPAGHETTI (250G)

POTATOES (2KG)

Roast Lamb, Spring Greens, Cauliflower & Broccoli Cheese, Yorkshire Puddings, Roast Potatoes



Ingredients

- 2.5kg leg of lamb
- 3 tbsp mint sauce
- 1 large or 2 medium carrots, cut into chunks
- 1 onion, quartered
- A few sprigs of rosemary
- 2 tbsp gravy browning
- 300g spring greens

For the Yorkshire puddings

- 6 eggs
- 1L milk
- 4 tbsp oil
- 240g plain flour
- Pinch salt and pepper

For the roast potatoes

- 16 potatoes
- 50ml oil
- 4 tbsp flour
- Salt and pepper

For the cauliflower & broccoli cheese

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

Methods

1. Heat oven to 200C.
2. Rub mint sauce all over the lamb leg and season with salt and pepper.
3. Break a couple of carrots in half and chop an onion into quarters.
4. Place them into a roasting tin with the rosemary and sit your lamb leg on top of them.
5. Pour in a kettle of boiling water.
6. Cover loosely with foil and put in the oven.
7. After 30 mins take off the foil and continue to roast the meat.
8. Your meat should be cooked after about an hour (or core temp of meat 71f for medium, use a meat thermometer if you have one).
9. Cook for longer if you like your lamb well done - You don't want any blood running when you pierce the lamb.
10. Remove from the oven and cover with foil.
11. Then put the pan onto the hob. Mash down the onions and carrots, add some gravy browning and a spoonful of mint sauce and keep stirring until you have a thick gravy.
12. Trim the base of the spring greens and chop roughly into pieces. Cook them in a pan of boiling water for about 4 minutes until tender. Drain and toss with salt and pepper to season and add a large knob of butter.

Let's make 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 yorkie 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 Yorkshire pudding tray - it should start to cook and sizzle immediately. Place it on the top shelf of the oven.
6. Cook until well risen and golden. It should take around another 15 minutes.

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.

Let's make the cauliflower & broccoli cheese

1. Put the cauliflower & broccoli 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 & broccoli 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 & broccoli into a casserole dish and pour over the sauce.
 11. Top with the remaining cheese and pop in the oven at 200c for 15 minutes.
- Note:** Keep 500g of lamb for lamb hotpot and don't forget to make stock from the leg bone!

Roast Lamb, Spring Greens, Cauliflower & Broccoli Cheese, Yorkshire Puddings, Roast Potatoes

Let's make the lamb stock

Ingredients

- Lamb leg bone
- 2 carrots, cut into chunks to need to peel
 - 2 onions, quartered
- 2 sticks celery, roughly chopped into chunks
 - 1 tbsp dried thyme
 - 1 tbsp dried parsley
 - 1 bay leaf
- 2 litres water

Method

Slow Cooker Instructions

Add all ingredients to the slow cooker. Cover and cook on low for 8 to 10 hours. Once the stock is done, strain the liquids from the solids using a fine mesh sieve. Let the stock cool. Cover and refrigerate. Skim off any accumulated fat on top before using.

Stockpot Instructions

Place lamb bones in a large stockpot. Pour enough water to completely submerge the bones.

Over medium heat, bring to a rapid simmer and immediately reduce heat to a low simmer. Skim off any scum that forms before adding vegetables and herbs.

Cover, and continue simmering for at least 4 hours - up to 10.

Strain the broth through a fine sieve, discarding the bone and vegetables. Let cool. Chill and skim off fat.

Note: Use 500ml for the lamb hotpot and save the rest to make soup.

Leftover Lamb Hotpot, Root Mash & Crusty Bread



Ingredients

- 500g leftover roast lamb
- 1 stick of celery, diced
 - 2 onion, sliced
 - 2 carrots, diced
 - 80g butter
 - 2 bay leaves
- 1 tsp each salt and pepper
- 500ml lamb or vegetable stock
 - 2 tbsp tomato purée
 - 800g potatoes
 - Fresh thyme leaves
 - Mint sauce
- Leftover veg from Easter dinner (optional)
- Leftover gravy from Easter dinner (optional)
- 2 part-baked baguettes

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

Methods

1. Heat half the butter in a large pan and once melted add the veg.
2. After about 5 minutes add 2 bay leaves.
3. Cut the lamb cut into chunks and add to the pot with the salt and pepper and lamb stock and the tomato purée.
4. Simmer for an hour.
5. Peel and slice the potatoes and par boil them for around 15 minutes.
6. Drain well and allow to dry.
7. Take the pan off the stove and add in a few thyme leaves and a good spoonful of mint sauce. I also added some leftover spring greens from Sunday dinner and some leftover gravy.
8. Put the contents into an ovenproof dish and layer meat, potatoes meat again and then more potatoes on the top and then dot with 40g of butter.
9. Put into a preheated oven at 180C for an hour or until potatoes are browned.
10. Cook the part – baked baguettes as per the pack instructions.
11. Serve with root mash and crusty bread.

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 20 minutes until soft.
4. Mash the veg.
5. Add in butter and stir well.
6. Add in salt and pepper to taste.

Spaghetti Alfredo, Garlic Bread



Ingredients

- 450g spaghetti
- 150g butter
- 230ml double cream
- 85g grated Italian cheese (Pecorino, Parmesan, Grana Padano)
 - Pinch of garlic salt
- Salt and pepper to taste
 - Garlic bread

Methods

1. Cook the spaghetti in boiling salted water for about 10 minutes.
2. Melt the butter into the cream on a large saucepan.
3. Add the seasonings.
4. Stir in the cheese over a medium heat until the sauce thickens.
5. Drain the pasta.
6. Add to the sauce and toss well.
7. Serve immediately with the garlic bread cooked via the pack instructions.

BBQ Pulled Chicken, Jacket Potatoes



Ingredients

- 1kg chicken breasts
- 1 bottle BBQ sauce
- 2 peppers, sliced
- 2 onions, sliced
- 4 large potatoes
 - 1 tbsp oil
 - 1 tsp salt
 - 1 tsp pepper

Methods

1. Place the chicken breasts in the bottom of the slow cooker.
2. Add in the peppers & onions.
3. Pour the BBQ sauce over the chicken and veg.
4. Put the slow cooker on low and cook for 6 hours.
5. Remove the chicken breasts and shred with a fork then return to the sauce for ½ an hour.

For the baked potatoes

1. Prick the potatoes with a fork.
2. Mix the oil and salt and pepper.
3. Rub the potatoes with the seasoned oil.

To microwave

Place potato on microwave-safe plate and microwave for 7 minutes, turning over halfway through cooking. If your potato isn't fork tender after 7 minutes, continue microwaving in 1 minute increments. Let rest for 2 minutes.

To air fry

Arrange the potatoes in a single layer in an air fryer basket. Set the air fryer to 200°C and cook for 40-50 minutes, or until a sharp knife goes through the potatoes easily. Check the potatoes after 20 minutes – if they seem to be browning too quickly on one side, turn them over using tongs, then check again after another 20 minutes to ensure they're cooked through.

To slow cook

Put the potatoes into the slow cooker, put on the lid. Cook on high for 4 ½ to 5 hours or cook on low for 7 ½ to 8 hours.

To oven cook

Heat the oven to 220°C or gas mark 7. Put on the top shelf of the oven. Bake for 20 minutes, then turn down the oven to 190°C, gas mark 5 and bake for 45 minutes to 1 hour more until the skin is crisp and the inside soft.

Note: Keep 400g of the BBQ chicken aside for the creamy BBQ chicken pasta.

Honey, Garlic & Soy Chicken Stir Fry



Ingredients

- 500g chicken breasts
- 3 garlic cloves, crushed
 - 1 tbsp oil
 - 3 tbsp soy sauce
 - 2 tbsp honey
- Bag of stir fry veg
 - 300g rice

Methods

- 1.** Heat the oil in a wok or large frying pan, fry the chicken for a couple of minutes, stir all the time.
- 2.** Add the garlic and toss, now add the soy and honey. Stir to coat all the meat, cook for another couple of minutes until the sauce reduces slightly.
- 3.** Add in the veg and stir fry 2-3 minutes. You want the veg crispy not soggy.
- 4.** Cook the rice as per the packet instructions.
- 5.** Serve over the rice.

Salmon Fishcakes, Salad, Spiral Sweet Potatoes



Ingredients

- 500g peeled, cooked and mashed (no butter or milk) potatoes
 - 1 large tin of salmon (drained)
- 1 bunch of spring onions finely chopped
 - 1 finely chopped red chilli (discard seeds and membrane if you don't like it hot)
 - Zest of half a lime
 - 2 tbsp plain flour
 - 1 beaten egg
- 115g golden breadcrumbs
 - Salt and pepper
 - Oil for frying
 - Salad

For the spiral sweet potatoes

- 4 sweet potatoes
 - 4 tbsp butter
- 50g grated mature cheddar cheese
 - 1 tsp garlic powder
 - 1 tsp cumin powder
 - 1 tsp paprika
- 1 tsp chilli flakes or powder

Methods

1. Fry the chilli and spring onions in a little oil for one minute.
2. Remove from heat and place in a large bowl.
3. Add the potatoes, salmon, lime zest and salt and pepper. Mix well using your hands to combine.
4. Shape into patties as small or big as you like.
5. Dip in the flour, then beaten egg then breadcrumbs.
6. Heat a little oil in a frying pan and fry on both sides until golden brown. These are already cooked so you're just wanting them warm and coloured.
7. Serve with the spiral sweet potatoes and salad.

Let's make spiral sweet potatoes

1. Wash and prick the potatoes all over with a fork or sharp knife then microwave on high setting for 3-4 minutes.
2. Melt the butter in the microwave (1 minute) and coat 4 metal skewers with it then insert the skewers lengthways into the potato.
3. With a sharp knife cut through the potato at an angle till you reach the skewer, slowly rotate the potato, and continue to cut until you reach the other end of the potato (it's a bit fiddly but don't worry if you can't get thin slices) this will resemble a spiral.
4. Place the potatoes on tinfoil or a baking sheet and gently separate the slices evenly if you can and brush all over with the melted butter, rotating to get them all covered.
5. Combine all the dry ingredients in a bowl and spoon over the potatoes, rotating to cover them evenly.
6. Bake in the air fryer for 40 minutes - 180° (or mains oven 200°) turning over after 20 minutes.
7. Remove the skewer and garnish with extra cheddar and some chopped parsley.

Creamy BBQ Chicken Pasta



Ingredients

- 400g leftover BBQ pulled chicken
 - 100g soft cheese
- 100ml chicken stock
 - 300g spaghetti
- 50g grated cheese

Methods

- 1.** Cook spaghetti as per the packet instructions.
- 2.** Gently heat through the BBQ pulled chicken.
- 3.** Add the soft cheese, chicken stock and grated cheese and mix together.
- 4.** Heat through for a few minutes until the cheese has melted.
- 5.** Mix with the spaghetti and serve immediately.