

# Loaded Fries



## Ingredients

- 1kg frozen chips
- 1 tbsp paprika
- ½ tsp garlic granules
- ½ tsp onion powder
- 2 red onions, sliced
- 200g chorizo ring, peeled and sliced
  - 2 peppers, sliced
  - 1 tbsp soy sauce
  - 1 tbsp brown sugar
  - 300g cheddar cheese
- 200g cherry tomatoes, halved
- 2 spring onions to garnish

## Methods

1. Mix the soy sauce and sugar in a bowl.
2. Mix the paprika, garlic and onion in another bowl.
3. Lay the fries on an oven tray. (You may need to bake them in batches.)
4. Sprinkle over the dry paprika mix. Toss the fries till they're coated.
5. Cook for 15-20 mins at 200°C.
6. Meanwhile, add the onion, pepper and chorizo to a pan and fry on low/medium heat for 8-10 mins. Stirring occasionally.
7. Pour the soy sauce and sugar mix over the chorizo.
8. Stir through then add the sliced tomatoes - keep a few in reserve to chop small and use to garnish.
9. Once the fries are cooked, transfer them to an ovenproof dish.
10. Sprinkle over half the cheese.
11. Layer on the Chorizo mix.
12. Cover with the remaining cheese.
13. Return to the oven and bake for 5-10 mins or till the cheese has melted.
14. Carefully remove from the oven.
15. Scatter over the spring onion and chopped tomato.
16. Serve in individual bowls or one large sharing dish.

# MEAL PLAN

**SUNDAY**

**CHICKEN & LEEK PIE, ROAST  
POTATOES, MIXED VEG**

**MONDAY**

**BUTTERNUT SQUASH &  
CHICKPEA CURRY**

**TUESDAY**

**TERIYAKI TURKEY KEBABS,  
SALAD, PITTA BREAD**

**WEDNESDAY**

**CORNED BEEF HASH**

**THURSDAY**

**CHICKEN PILAF**

**FRIDAY**

**TUNA PASTA BAKE**

**SATURDAY**

**LOADED FRIES**

# SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
1KG RED ONIONS	£0.65	£0.65	£1.00	£1.10	£0.99
5 PEPPERS	£2.70	£1.29	£1.50	£2.18	£2.70
250G CHERRY TOMATOES	£1.30	£0.65	£0.65	£1.35	£0.59
TOMATOES	£0.85	£0.85	£2.00	£1.60	£0.99
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
BUTTERNUT SQUASH	£1.35	£0.95	£1.35	£1.50	£1.35
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50
4 CHILLIES	£0.70	£0.57	£0.35	£0.53	£0.59
250G BABY SPINACH	£1.15	£0.79	£1.00	£1.50	£0.99
500G LEEKS	£1.19	£1.19	£1.30	£1.19	£1.29
120G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
TUNA	£0.55	£0.55	£0.79	£1.50	£1.00
CORNED BEEF TIN	£3.50	£1.99	£2.20	£3.10	£3.50
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49
CHICKPEAS	£0.49	£0.49	£0.45	£0.49	£0.89
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
COCONUT MILK	£0.95	£0.79	£0.75	£1.00	£1.00
PLAIN CRISPS	£0.82	£0.82	£0.82	£1.15	£1.19
TERIYAKI SAUCE	£1.50	£1.29	£1.75	£1.55	£1.85
PUFF PASTRY	£1.25	£1.09	£1.25	£1.25	£1.25
PITTA BREAD	£0.55	£0.55	£0.55	£0.55	£0.79
15 EGGS	£1.99	£1.99	£1.99	£2.60	£2.39
500G GRATED CHEESE	£2.80	£2.80	£2.80	£2.80	£2.80
200G CHORIZO	£2.50	£1.89	£2.25	£2.00	£2.49
340G COOKED CHICKEN	£2.15	£2.15	£3.90	£2.50	£4.65
500G BONELESS CHICKEN THIGHS	£3.00	£3.99	£4.15	£3.00	£4.49
TURKEY MINCE	£3.65	£2.49	£2.65	£3.65	£2.99
1KG FROZEN CHIPS	£1.65	£1.29	£1.20	£1.65	£1.85
TOTALS	£41.33	£34.98	£40.82	£43.85	£48.22

OR £33.35 ACROSS THE STORES

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TOMATOES	£0.85	£0.85	£2.00	£1.60	£0.99
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CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
COCONUT MILK	£0.95	£0.79	£0.75	£1.00	£1.00
2 X PLAIN CRISPS	£0.82	£0.82	£0.82	£1.15	£1.19
TERIYAKI SAUCE	£1.50	£1.29	£1.75	£1.55	£1.85
PUFF PASTRY	£1.25	£1.09	£1.25	£1.25	£1.25
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1KG FROZEN CHIPS	£1.65	£1.29	£1.20	£1.65	£1.85
TOTALS	£41.33	£34.98	£40.82	£43.85	£48.22

OR £33.35 ACROSS THE STORES

# Chicken & Leek Pie, Roast Potatoes, Mixed Veg



## Ingredients

- 2 tbsp oil
- 6 skinless boneless chicken thighs, diced
- 3 medium leeks, sliced
  - 1 tbsp butter
  - 2 tbsp flour
  - 750ml milk
- 1 chicken stock cube
- Block of puff pastry
  - 1 egg for glaze
  - 200g mixed veg

### For the roast potatoes:

- 800g potatoes
  - 1 tbsp oil
  - 1 tsp salt
- 1 tsp pepper
- 1 tbsp flour

## Methods

1. Heat half the oil in a pot and cook the chicken until sealed all over. Around 5 minutes. Remove from the pan.
2. Heat the other half of the oil in the same pot and add the leeks and cook for 5 minutes and remove from the pan and set aside.
3. Melt the butter in the same pot and add the flour to make a roux (thick paste). Stir in the milk and bring to the boil.
4. Once thickened, stir back in the chicken and leeks and sprinkle the stock cube over the top. Cover and simmer for 15 minutes.
5. Meanwhile, line a pie dish with half the puff pastry - do not blind bake.
6. Once the filling is ready pour it into the dish and top with the remaining pastry.
7. Seal around the edge with a fork and cut 2 holes in the middle, brush with egg and then cook in the oven at gas mark 5 or 180c or until the pastry is well risen and golden brown. Around 20 minutes.
8. Cook the mixed veg as per the pack instructions and serve with the roast potatoes.

### 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.

# Butternut Squash & Chickpea Curry



## Ingredients

- 1 tbsp oil
- 1 large onion, diced
- 2 garlic cloves, finely chopped
- 1 butternut squash, peeled, deseeded and diced
  - 2 tbsp curry powder
- 1 tin of drained chickpeas
- 1 tin chopped tomatoes
- 1 400g tin coconut milk
  - 300g long grain rice
    - 100g spinach

## Methods

1. Heat the oil in a large pan.
2. Add the onion and garlic and cook until softened but not coloured. Should take around 3 – 4 minutes.
3. Add in the curry powder, stir well and cook for another minute or 2.
4. Add in the butternut squash and coat well in the flavoured onion and garlic.
5. Pour in the coconut milk and tomatoes, stir well and bring to the boil. Reduce heat.
6. Add the drained chickpeas and simmer for about 20 minutes.
7. Add in the spinach, stir well and cook for a further 5 minutes.
8. Serve with the boiled rice cooked as per the packet instructions.

# Teriyaki Turkey Kebabs, Salad, Pitta Bread



## Ingredients

- 500g turkey mince
- 50g breadcrumbs
- 3 tbsp teriyaki sauce
  - 3 red onions
- 2 garlic cloves, minced
  - 1 egg, beaten
- Salt and pepper to season
- 1 red, yellow & green peppers, cut in large cubes
  - ½ bag of salad
  - Pitta breads

## Methods

1. Finely dice half of an onion.
2. Mix all ingredients together into meatballs, except the peppers and remaining onions.
3. Roll into meatball sizes.
4. Chill in the fridge to firm up for 20 minutes.
5. Quarter the remaining onions.
6. Thread the meatballs onto a skewer with a piece of pepper and quarter onion between each meatball.
7. Grill for about 8 minutes, or bake at 180c for 10 minutes, or air fry at 180c for 8 minutes.
8. Serve with salad & pitta breads.

# Corned Beef Hash



## Ingredients

- 4 large potatoes, cubed
  - 2 tbsp oil
  - 1 onion, finely diced
  - 1 garlic clove, crushed
- 1 tin of corned beef, cubed
  - 1 tin of baked beans
- 1 tsp each salt and pepper
- 1 tbsp Worcestershire sauce
  - 100g cheese, grated
  - 4 eggs

## Methods

1. Boil the potatoes for 20 mins and then drain.
2. Heat the oil in a large frying pan and fry the onion for 5 minutes.
3. Add in the garlic and salt and pepper, stir well.
4. Add in 2/3 of the potatoes and fry for another 5 minutes.
5. Add the corned beef, Worcestershire sauce and beans and stir well.
6. Pour into an oven proof dish.
7. Add a little more oil to the pan and fry the remaining potatoes for 5 minutes until browned.
8. Put on top of the hash.
9. Sprinkle it with cheese.
10. Put under a hot grill until the cheese has melted.
11. Meanwhile, fry the eggs and serve over the hash.



# Chicken Pilaf



## Ingredients

- 1 tbsp oil
- 340g cooked chicken, diced or shredded
  - 250g long grain rice
  - 500ml chicken stock
    - 1 onion, diced
  - 4 carrots, peeled and sliced
    - 2 garlic cloves, minced
  - 1/2 - 1 red chilli, finely sliced
    - 50g frozen peas
    - 50g spinach

## Methods

1. Heat the oil in a large pan.
2. Add in the onion and carrots, fry until starting to soften for around 5 minutes.
3. Add in the garlic, chilli and rice and stir to coat in the oil.
4. Stir in the chicken.
5. Pour in the stock.
6. Bring to the boil and reduce heat. Put a lid on and simmer for 15 minutes.
7. Add the peas and more water if needed.
8. Cook for another 5 minutes.
9. Stir through the spinach.
10. After 3 – 5 minutes when the spinach has wilted, serve.

# Tuna Pasta Bake



## Ingredients

- 1 tin of tuna
- 50g butter
- 50g plain flour
- 500ml milk
- 100g cheddar cheese, grated
  - 4 tomatoes
- Salt and pepper
- 2 packets plain crisps, crushed
  - 200g pasta
- 100g mixed veg
- ½ bag of salad

## Methods

1. Heat oven to 180C.
2. Cook the pasta and the mixed veg in the same pot as per the pasta packet instructions and drain.
3. Melt the butter over a low heat.
4. Add the flour and cook out for 3-4 minutes.
5. Add the milk gradually while whisking all the time.
6. Season with salt and pepper.
7. When thickened take off the heat and stir through the cheese.
8. Chop half the tomatoes and stir through the sauce.
9. Flake the tuna and add to the sauce.
10. Add the pasta and veg and mix all together.
11. Put into a baking dish.
12. Pour the crisps over the top and bake for about 15 mins.
13. Slice the remaining tomatoes. Put on top of the bake and cook for another 5 minutes.
14. Serve with salad and garlic bread cooked as per the pack instructions.