

# MEAL PLAN

**SUNDAY** STUFFED TURKEY BREAST ROAST,  
ROAST POTATOES, MIXED VEG

**MONDAY** LENTIL & CHORIZO BURGERS,  
SWEET POTATO FRIES

**TUESDAY** LASAGNE, GARLIC TOAST

**WEDNESDAY** CHORIZO JAMBALAYA

**THURSDAY** CREAMY SAUSAGE AND  
LENTIL BAKE

**FRIDAY** PESTO CRUSTED FISH HASH

**SATURDAY** DIRTY CAJUN RICE

# SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
240G BABY SPINACH	£1.00	£0.79	£1.00	£1.50	£0.99
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
LETTUCE	£0.70	£0.70	£0.58	£0.85	£0.65
6 X SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99
3 X PEPPERS	£1.25	£1.25	£1.25	£1.00	£1.25
500G LEEKS	£1.25	£1.25	£1.30	£1.30	£1.29
BABY PLUM TOMATOES	£0.69	£0.95	£1.75	£1.00	£0.89
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
CHIVES	£1.00	N/A	£0.55	£1.00	£0.99
RED PESTO	£1.25	£0.95	£1.10	£1.25	£1.25
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
2 X TIN POTATOES	£0.76	£0.76	£0.74	£0.74	£1.98
2 X CHOPPED TOMATOES	£0.64	£0.64	£0.64	£0.64	£0.64
STUFFING MIX	£0.46	£0.46	£0.25	£0.55	£1.35
CRANBERRY SAUCE	£0.55	N/A	£0.80	£0.85	£1.09
GRAVY GRANULES	£0.32	£1.09	£0.32	£0.62	£0.32
500G RED LENTILS	£1.40	£1.15	£1.35	£1.35	£1.39
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
500G GRATED CHEESE	£3.98	£2.50	£2.60	£2.60	£2.49
200G CHORIZO	£2.50	£1.89	£2.25	£2.35	£2.49
500G BEEF MINCE	£2.49	£2.49	£3.45	£2.49	£2.49
500G COOKING BACON	£0.85	£2.80	£0.90	£0.85	£1.49
BACON	£1.40	£1.40	£2.20	£1.50	£1.17
375G TURKEY BREAST STEAKS	£4.50	£3.49	£4.40	£4.00	£4.25
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.82	£1.00	£1.19
520G WHITE FISH FILLETS	£2.50	£3.79	£2.50	£2.50	£4.25
4 X ROLLS	£0.55	£0.55	£0.80	£0.72	£0.79
LOAF OF BREAD	£0.39	£0.39	£0.39	£0.39	£0.69
TOTALS	£36.29	£35.30	£37.26	£36.22	£41.39

OR £30.77 ACROSS THE STORES

# The Pantry

## Left from Last Week

ONIONS

MILK

SALT

PEPPER

PLAIN FLOUR

OIL

CHILLI FLAKES

CUMIN

SMOKED PAPRIKA

GARLIC POWDER

THYME

ONION POWDER

CAYENNE PEPPER

CHILLI FLAKES

OREGANO

PAPRIKA

BREADCRUMBS

MAYONNAISE

MUSTARD

WORCESTERSHIRE SAUCE

LASAGNE SHEETS

CHORIZO

BUTTER

SAUSAGES

VEGETABLE STOCK CUBES

BEEF STOCK CUBES

CHICKEN STOCK CUBES

# Stuffed Turkey Breast Roast, Roast Potatoes, Mixed Veg



## Ingredients

- 4 turkey breasts steaks
- 2 tbsp cranberry sauce
  - 50g baby spinach
  - 4 tbsp stuffing
  - 8 rashers of bacon
- 4 pinches salt and pepper
  - 250g mixed veg
- 4 tbsp of gravy granules

### For the roast potatoes:

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

## Methods

1. Make your stuffing via box instructions.
2. Shred the spinach.
3. Take the turkey steaks and bacon out of the fridge.
4. Cover the steaks with cling film and using a rolling pin bash them till they are thin and even - approximately 1cm thick.
5. Remove the cling film and season with salt and pepper.
6. Spread the cranberry sauce over each steak.
7. Add the Spinach on top and then add the stuffing.
8. Take a side of the breast and fold it over, tucking it into the inside of the filling.
9. Continue to roll them lengthways until they resemble a sausage roll shape. If the steaks are too small to roll then use two and place one on top of the other with the filling in between.
10. Take the bacon and wrap it round the turkey steak trying to keep the shape as much as possible. You may need to use 2 slices to make sure it's completely wrapped.
11. Place on a baking tray and continue until all steaks are wrapped.
12. Place in the air fryer and bake at 175° for 20 mins or in a conventional oven at 200° for 20 mins.
13. Turn them over and bake for a further 10 mins or until fully cooked. Or for 15 mins in a conventional oven.
14. Remove from the oven, allow to rest for 5 mins then cut into slices.
15. Cook the mixed veg as per the packet instructions.
16. Save the water you cooked the veg in and put into a jug with the gravy granules and stir until thickened.
17. 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.



# Lentil & Chorizo Burgers, Sweet Potato Fries



## Ingredients

- 200g red lentils
- 500ml vegetable stock
- 100g chorizo, finely diced
  - 1 onion, finely diced
- 1 tablespoon chilli flakes
- 2 crushed garlic cloves
  - 1 tsp cumin
  - 1 tsp paprika
- 50g breadcrumbs
  - 4 rolls
- 4 lettuce leaves, shredded
  - 4 tbsp mayo

### For the sweet potato fries

- 2 sweet potatoes
- 2 tablespoons oil
- 2 tbsp paprika

## Methods

1. Cook the red lentils in the stock for about half an hour.
2. Add more water if needed while it cooks or drain at the end if liquid remains.
3. Fry chorizo, onion and garlic until softened.
4. Stir in the cumin, chilli flakes and paprika and mix thoroughly. Cook for 2 more minutes.
5. Stir into the red lentils and add the breadcrumbs.
6. Put the mix into the fridge for at least 1 hour.
7. Shape into burgers and cook in the air fryer at 180c for 15 minutes or put in the oven at 200c for 20 minutes.
8. Lightly toast the rolls and load up with lettuce and mayo and the burgers.
9. Serve with the 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 paprika 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.

# Lasagne, Garlic Toast



## Ingredients

- 300g minced beef
  - 150g lentils
- 1 large onion, diced
- 2 garlic cloves, minced
- Tin chopped tomatoes
  - 500ml beef stock
- 2 tbsp Worcestershire sauce
  - Lasagne sheets
  - 250ml white sauce
  - 200g grated cheese
    - 2 garlic cloves
    - 4 slices of bread

### For the white sauce:

- 15g butter
- 15g plain flour
  - 250ml milk
- Salt and pepper
- 1 tbsp English mustard

## Methods

1. Fry the mince and onions until the mince is browned.
2. Add 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. Simmer gently, stirring occasionally for 20 minutes. If the mix is too dry add some more water.
5. Layer the mince, lasagne sheets and white sauce and top with cheese.
6. Cook in the oven at gas mark 6 200°C for 25-30 minutes.
7. Meanwhile mix the remaining garlic with oil and brush on the bread.
8. Cook in the oven for 10 minutes.

### Let's make the white sauce:

1. Put the butter into a saucepan and melt over a gentle heat.
2. Add in the flour and stir, allow the mix to cook out until it has gone a straw like colour.
3. Gradually add in the milk, whisking between each addition.
4. Add the salt and pepper and mustard.
5. Keep whisking until it comes to a boil.
6. Reduce heat and simmer, stirring occasionally until the mixture has thickened.

# Chorizo Jambalaya



## Ingredients

- 1 tbsp oil
- 1 onion, diced
- 1 red pepper, sliced thinly
- 2 garlic cloves, crushed
  - 100g chorizo, sliced
- 2 tbsp smoked paprika
  - 500g rice
- Tin of chopped tomatoes
  - 700g chicken stock

## Methods

1. Heat the oil in a large pan.
2. Add the onion and cook for 3-4 minutes.
3. Add in the peppers, garlic, chorizo and spice and cook for a further 5 minutes.
4. Add the rice, tomatoes and stock.
5. Stir well to combine and cook for a further 20 minutes.
6. Take off the heat and leave covered until the rice is cooked and liquid is absorbed. This should take around 10 minutes.



# Creamy Sausage And Leek Bake



## Ingredients

- 6 sausages
- 2 leeks, chopped
- 50g cream cheese
- 2 tsp chopped garlic
- 100g grated mature cheddar
  - 2 tbsp breadcrumbs
  - 1 tbsp chopped chives
    - 1 tbsp oil
    - 50g butter
- 100ml vegetable stock

## Methods

- 1.** Add half the oil and butter to a frying pan along with the leeks and garlic and fry on a low heat for 5 minutes until soft then remove from the pan and set aside.
- 2.** Use the remaining oil and butter and fry the sausages for 5 minutes until they have some colour.
- 3.** Remove sausages from the heat and slice into chunks.
- 4.** Put back on the heat and add the stock and simmer for 10 minutes - this will deglaze the pan so you keep all the taste.
- 5.** Add the leeks and stir well. Add half the grated cheese, cream cheese, chives and stir to combine everything.
- 6.** Remove from the heat and cover with the remaining cheese and the breadcrumbs.
- 7.** Place under the grill for 3-4 minutes until the cheese is melted and golden brown.

# Pesto Crusted Fish Hash



## Ingredients

- 4 fish fillets, defrosted
  - 8 tbsp red pesto
- 2 handfuls of baby spinach, shredded
  - 2 tbsp breadcrumbs
  - 200g cooking bacon, diced
- 2 tins of new potatoes, drained and sliced
  - 4 spring onion, sliced
- 250g baby plum tomatoes, halved
  - 1 tsp each of salt and pepper

## Methods

1. Place the fish on a baking tray and season with salt and pepper.
2. Spread 1 tbsp of pesto over each fillet.
3. Add the shredded spinach onto the pesto.
4. Add the breadcrumbs on top. Bake at 180° for 8-10 mins.
5. Fry the bacon till crispy then set aside.
6. Add the sliced potatoes into the pan you used for the bacon and fry gently for 2 mins.
7. Add the spring onion and tomatoes and continue to fry for 1-2 mins.
8. Add the cooked bacon.
9. Transfer to an ovenproof dish. Add the remaining pesto and gently stir through.
10. Place the fish fillets on top.
11. Place back in the oven for 5 mins or until the fish is fully cooked.
12. Cook the part baked baguettes as per the pack instructions and serve on the side.

# Dirty Cajun Rice



## Ingredients

- 200g minced beef
- 2 peppers, diced
- 2 onions, diced
- 3 tbsp Cajun spices
- 2 tbsp Worcester sauce
- 200ml beef stock
- 500g rice
- 100g frozen mixed veg
- 4 spring onions, sliced

### For the Cajun spicy mix

- 2 ½ tsp paprika
- 2 tsp salt
- 2 tsp garlic powder
- 1 ¼ tsp dried oregano
- 1 ¼ tsp dried thyme
- 1 tsp ground black pepper
- 1 tsp onion powder
- 1 tsp cayenne pepper
- ½ tsp chilli flakes

## Methods

1. Put the rice and mixed veg on to cook. I do mine in the rice cooker, but you can do it on the stove as you usually would. Cook as per the packet instructions.
2. Put the onion and mince in a large pot and cook until mince is browned. About 5 minutes.
3. Add the Cajun spices and Worcester sauce and stir through.
4. Add the peppers and stir again.
5. Add the beef stock and simmer for 15-20 minutes.
6. Once your rice and veg are cooked, stir them into the mince.
7. Add the spring onions, stir through, and serve.

### Let's make the Cajun spicy mix:

1. Mix all the ingredients together and store in an airtight jar.