

MEAL PLAN

SUNDAY

**TOAD IN THE HOLE, ONION
GRAVY, HONEY CARROTS,
MASHED POTATO**

MONDAY

BROCCOLI PESTO PASTA

TUESDAY

CHILLI & RICE

WEDNESDAY

**CREAMY BACON
SPAGHETTI**

THURSDAY

**CHILLI CRISPY PANCAKES,
BEANS & CHIPS**

FRIDAY

FISH PIE & PEAS

SATURDAY

**CHICKEN SOUVLAKI,
TZATZIKI, GREEK RICE &
SALAD**

SHOPPING LIST 2023

| INGREDIENTS | TESCO | ALDI | ASDA | SAINSBURYS | MORRISONS |
|-------------------------|--------|--------|--------|------------|-----------|
| 16 ONIONS | £0.55 | £0.89 | £0.95 | £1.10 | £0.99 |
| 1KG CARROTS | £0.40 | £0.50 | £0.50 | £0.50 | £0.50 |
| 2.5KG POTATOES | £1.25 | £1.25 | £1.25 | £1.25 | £1.19 |
| BROCCOLI | £0.72 | £0.69 | £0.69 | £1.15 | £0.69 |
| 3 PEPPERS | £1.25 | £1.35 | £1.25 | £1.08 | £1.35 |
| 3 COURGETTES | £1.49 | £1.45 | £1.68 | £1.45 | £1.39 |
| PARSLEY | £0.60 | £0.60 | £0.55 | £0.60 | £0.89 |
| 120G SALAD | £1.00 | £0.60 | £0.80 | £0.90 | £1.19 |
| CUCUMBER | £0.79 | £0.79 | £0.79 | £0.79 | £0.75 |
| FRESH MINT | £0.52 | £0.52 | N/A | £0.52 | £0.89 |
| CHOPPED TOMATOES | £0.32 | £0.32 | £0.32 | £0.32 | £0.32 |
| KIDNEY BEANS | £0.33 | £0.33 | £0.33 | £0.45 | £0.65 |
| BAKED BEANS | £0.27 | £0.27 | £0.27 | £0.26 | £0.49 |
| VINEGAR | £0.29 | £0.29 | £0.29 | £0.40 | £1.25 |
| 1KG RICE | £0.45 | £0.48 | £0.48 | £0.48 | £1.35 |
| JAR OF PEPPERS | £1.70 | £1.29 | £1.70 | £1.60 | £2.39 |
| GOLDEN BREADCRUMBS | £1.15 | £0.79 | £1.55 | £1.55 | £1.15 |
| LEMON JUICE | £0.65 | £0.39 | £0.65 | £0.75 | £0.79 |
| 6 PITTA BREADS | £0.55 | £0.55 | £0.65 | £0.55 | £0.65 |
| 500G COOKING BACON | £0.85 | £1.40 | £0.90 | £0.85 | £1.49 |
| 85G ITALIAN HARD CHEESE | £1.39 | £1.39 | £1.79 | £2.80 | £1.59 |
| GREEK YOGHURT | £0.85 | £0.89 | £1.10 | £1.05 | £1.15 |
| 300G DOUBLE CREAM | £1.19 | £1.19 | £1.35 | £1.19 | £1.35 |
| FISH PIE MIX | £3.75 | £3.79 | £4.55 | £4.15 | £4.25 |
| 500G BEEF MINCE | £2.49 | £2.49 | £3.50 | £2.49 | £2.49 |
| 20 SAUSAGES | £1.60 | £2.09 | £1.50 | £1.49 | £1.49 |
| TOTALS | £26.40 | £26.59 | £29.39 | £29.72 | £32.68 |

OR £24.40 ACROSS THE STORES

The Pantry

Left from Last Week

GARLIC

RED LENTILS

SPAGHETTI

PASTA

HONEY

WORCESTERSHIRE SAUCE

BEEF STOCK CUBES

CHICKEN STOCK CUBES

LEMON JUICE

BAY LEAVES

OREGANO

DRIED MINT

GARLIC GRANULES

CHILLI POWDER

MIXED HERBS

PLAIN FLOUR

SALT

PEPPER

OIL

EGGS

MILK

BUTTER

CHEESE

FROZEN PEAS

CHICKEN BREASTS

Toad In The Hole, Onion Gravy, Honey Carrots, Mashed Potato



Ingredients

- 8 sausages
- 400g plain flour
- Pinch of salt
- 2 large eggs
- 500ml milk
- 1 tbsp veg oil

For the onion gravy

- 2 onions, thinly sliced
 - 1 tbsp oil
 - 1 tbsp butter
 - 1 tsp vinegar
- Salt and pepper
- 1 tsp mixed herbs
 - 1-2 tbsp flour
- 500ml beef stock
- 1 tbsp Worcestershire sauce

For the honey glazed carrots

- 4 carrots
- 1 tbsp oil
- 1 tbsp honey

For the mashed potatoes

- 750g potatoes
- 2 tbsp butter
- 2 tbsp milk

Methods

1. Put flour and salt into a large bowl.
2. Crack in the eggs and beat.
3. Gradually whisk in the milk.
4. Put in the fridge to rest (ideally overnight).
5. Heat oven to 200C.
6. Put the sausages onto a baking tray and put into the oven for 10 minutes.
7. Take batter from the fridge and whisk again.
8. When the sausages have browned and the oil from the sausages is smoking hot, add your batter. It should start to sizzle immediately. Return to the oven.
9. After 10 minutes open the oven door just long enough for the steam to escape. Shut the door.
10. Continue to cook until the batter is risen and golden, for an additional 20-30 minutes.

Let's make the onion gravy:

1. Put the oil and butter in a pan and put on a medium heat.
2. Add the onions and cook gently for about 10 minutes.
3. Add the salt, pepper, herbs, and vinegar.
4. Cook for another minute or 2.
5. Sprinkle in the flour and mix well with the oil and butter - cook for 2 minutes.
6. Gradually add in the stock - stirring all the time.
7. Add in the Worcestershire sauce.
8. Let it simmer for at least 10 minutes stirring occasionally.

Let's make the honey glazed carrots:

1. Cut the carrots into 1 inch chunks.
2. Par-boil for 5 minutes then drain and allow to dry.
3. Mix the oil and honey together.
4. Coat the carrots in the mix.
5. Put in the oven at 200c for 10 – 15 minutes until soft in the middle and crisp on the outside.

Let's make the mashed potatoes:

1. Peel, dice and boil the potatoes for around 20 minutes.
2. Once soft, drain and return to the pot.
3. Mash with the butter and milk until smooth.

Broccoli Pesto Pasta



Ingredients

- 1 head of broccoli
 - 400g pasta
 - 1 pepper
 - 1 courgette
- 50g grated cheese
 - 3 tbsp oil
 - 2 tsp lemon juice
- Salt and pepper, to taste

Methods

- 1.** Finely chop the broccoli florets, then cook in a pot of boiling water for about 3 minutes, until crisp-tender.
- 2.** Using a slotted spoon, transfer the broccoli to a large bowl of iced water, then drain on paper towels.
- 3.** Add the pasta to the same pot of boiling water and cook according to the packet instructions, until al dente.
- 4.** While the pasta cooks, stir-fry the pepper and courgette for 5 minutes, then set aside.
- 5.** Transfer the broccoli to a food processor.
- 6.** Add the oil and lemon juice to the food processor. Season with salt and pepper, then blitz until smooth.
- 7.** Drain the pasta, reserving 125ml of the pasta cooking water in a jug, and return the pasta to the pot.
- 8.** Toss the pasta together with the veg and broccoli pesto, adding the reserved pasta cooking water as needed to coat evenly.
- 9.** Stir through the grated cheese.

Chilli & Rice



Ingredients

- 500g beef mince
 - 250g lentils
- 2 onions, chopped
 - 4 carrots, grated
- 1 courgette, grated
- 3 tsp garlic granules
 - 1 tin kidney beans
- 1 tin chopped tomatoes
 - 1 tsp chilli powder
 - 500ml beef stock
 - 300g rice

Methods

1. Heat a large non-stick pot and add the mince and chopped onions.
2. Sprinkle over the garlic and chilli powder and cook for 5 minutes.
3. Add the grated carrot and courgette and cook for a further 2 minutes.
4. Add the beef stock, lentils and chopped tomatoes.
5. Bring to the boil and then reduce heat and simmer for 30 minutes, stirring occasionally to make sure the lentils don't stick. Add more water if needed.
6. Meanwhile, cook the rice as per the pack instructions.
7. Remove 1/3rd of the chilli and set aside to use in the crispy pancakes later in the week.
8. Drain and rinse the kidney beans and add to the remaining chilli and heat through.
9. Serve over the rice.

Creamy Bacon Spaghetti



Ingredients

- 300g spaghetti
- 1 medium onion, diced
- 2 garlic cloves, minced
- Half jar sweet peppers, chopped
 - 120ml double cream
- 60g Italian hard cheese, grated
 - 3 tbsp chopped parsley
 - 1 tsp salt
 - 1 tsp pepper
- 100g cooking bacon, diced

Methods

1. Dry fry the bacon until almost crispy.
2. Remove from the pan and set aside.
3. Add the onions to the pan and fry gently.
4. After 5 minutes add the garlic and cook for 1 more minute.
5. Add the peppers and season with the salt and pepper.
6. Meanwhile, cook the pasta as per instructions.
7. Add the cream and cheese to the pan and cook for around 10 minutes until it starts to thicken.
8. Drain the pasta, save a cup of the cooking water.
9. Add the pasta, parsley, and bacon to the pan of sauce.
10. Mix well.
11. If needed, you can loosen the sauce with the pasta water.

Chilli Crispy Pancakes, Beans & Chips



Ingredients

- 1 tin of baked beans
 - Leftover chilli
- 100g plain flour
 - 2 eggs
 - 300ml milk
 - 2 tbsp oil
 - 1 tsp salt
 - 1 tsp pepper

To coat:

- 2 eggs, beaten
- 100g golden breadcrumbs
- Oil to cook the pancakes

For the homemade chips:

- 800g potatoes

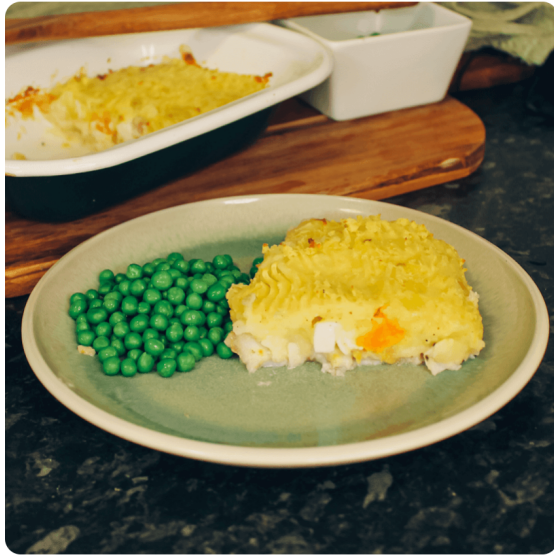
Methods

1. Put the flour in a bowl with some salt and pepper.
2. Add the eggs, milk, and 1 tbsp oil. Whisk until you have a smooth batter.
3. Heat the remaining oil in a small frying pan.
4. Add a ladleful of batter and cook until you can see bubbles forming, around 2 minutes.
5. Toss or turn it over and cook the other side for 1 minute.
6. Repeat 4 times.
7. Stack the pancakes between greaseproof paper.
8. When the pancakes have cooled, heat the oven to 190c.
9. Put a good spoonful of cold filling on one half of each of the pancakes.
10. Brush the edges of the pancake with beaten egg.
11. Fold the other half of the pancake over and seal with a fork.
12. Dip the filled pancakes in beaten egg, then in the breadcrumbs to coat.
13. Sit on a baking tray.
14. Cook for 15-20 minutes until crispy and golden brown.

Let's make the homemade chips:

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. Heat the oil in a large pan over a medium heat.
5. Put the chips into the hot oil and fry for about 10 minutes until softened but not coloured.
6. Remove the chips from the oil and drain on kitchen paper.
7. Increase the heat of the oil.
8. Put the chips back in and fry for another 3-5 minutes until golden.
9. Drain on kitchen paper.
10. Serve with beans heated up as per the tin instructions.

Fish Pie & Peas



Ingredients

- 800g potatoes
- 400g fish pie mix
 - 2 eggs
 - 50g butter
 - 25g plain flour
 - 500ml milk
 - 1 bay leaf
- Salt and pepper
- Handful chopped parsley
- 250g frozen peas

Methods

1. Peel, dice and boil the potatoes for around 20 minutes.
2. Once soft, drain and return to the pot.
3. Mash with half the butter and 50 ml of milk until smooth and set aside to cool.
4. Hard-boil the 2 eggs in a small pot of water. Then drain, shell and set aside.
5. Poach the fish in the milk in a large frying pan with the bay leaf for around 10 minutes.
6. Remove the fish with a slotted spoon and place on the kitchen towel to drain.
7. Remove the bay leaf from the milk.
8. Put the remaining butter in a saucepan over a low heat and melt.
9. Add the flour, whisk, and cook for 2 – 3 minutes until straw coloured.
10. Gradually add in the milk you poached the fish in and keep whisking until the sauce thickens. This will take around 5 minutes.
11. Season and add in the parsley.
12. Put the fish into an ovenproof dish and stir the sauce through.
13. Quarter the boiled eggs and put on top of the fish mix.
14. Top with mashed potato and roughen up with a fork.
15. Put in a preheated oven at 180C for around 20 minutes until the potatoes are browned.
16. Cook the peas as per the pack instructions and serve with the fish pie.

Chicken Souvlaki, Tzatziki, Greek Rice & Salad



Ingredients

- 3 tbsp lemon juice
 - 2 tsp oregano
 - 2 tsp oil
 - ½ tsp salt
- 4 garlic cloves, minced
- 500g chicken, diced
- 1 red pepper, diced
- 1 yellow pepper, diced
- 2 onions, quartered
 - 4 pitta breads
 - Bag of salad

For the the tzatziki:

- ½ cucumber
- 250ml Greek yogurt
- 2 garlic cloves, crushed
- 1 bunch fresh mint, chopped
 - 2 tbsp lemon juice
 - ½ tsp dried mint

For the the Greek rice:

- 2 tbsp oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 300g long grain rice
- 500ml chicken stock
- 75ml lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ bunch fresh parsley, chopped

Methods

1. Combine the lemon juice, oregano, oil, salt and garlic in a ziplock bag and shake to combine.
2. Add chicken to the bag, seal and marinate in the fridge for 30 minutes.
3. Remove the chicken from the bag, discard the marinade. Thread the chicken, onion and peppers onto the skewers.
4. Either grill or use a griddle to cook for 10 minutes turning frequently and ensuring chicken is cooked evenly.
5. Grill the pitta breads for a couple of minutes just to soften.
6. Serve with the salad, tzatziki dip and Greek rice.

Let's make the tzatziki:

1. Halve the cucumber lengthwise and scoop out the seeds (discard them as they just water down the dip).
2. Grate one half of the cucumber and squeeze out any remaining water.
3. Chop the remaining cucumber into small chunks.
4. Put the yoghurt into a bowl and add the cucumber, garlic, mint including dried, and the lemon juice.

5. Stir well.

Let's make the Greek rice:

1. Heat the oil in a large saucepan with a lid over a medium heat. Add the onion and cook for 3 to 4 minutes until soft. Stir in the garlic and cook for another 30 seconds.
2. Add the rice and cook (without liquid) until the rice turns almost translucent.
3. Add the stock, lemon juice, salt and pepper to the saucepan. Cover the pan with lid and bring to a simmer. Turn the heat to low and cook for about 20 minutes or until the rice is done, the liquid should be fully absorbed. Remove the rice from heat and leave it covered, undisturbed for 10 minutes.
4. Uncover the saucepan and stir in the parsley.