

MEAL PLAN

SUNDAY SAUSAGE PIE, MASHED POTATOES, GRAVY & MIXED VEG

MONDAY SWEET CHILLI CHEESE PASTA

TUESDAY BBQ CHICKEN TRAYBAKE

WEDNESDAY CRUSTLESS QUICHE, SALAD & SWEET POTATO FRIES

THURSDAY ONE PAN SAUSAGE PASTA

FRIDAY FISH PIE

SATURDAY TAKEAWAY STYLE CHICKEN CHOW MEIN

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
300G BEANSPROUTS	£0.75	£0.95	£1.00	£0.75	£0.99
2 X 400G EGG NOODLES	£3.75	£2.38	£3.00	£2.50	£2.50
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
250G CHERRY TOMATOES	£1.30	£0.65	£0.65	£1.35	£0.59
6 X PEPPERS	£1.35	£1.29	£1.50	£2.16	£2.70
6 X SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09
750G BABY POTATOES	£0.95	£0.69	£1.00	£0.80	£1.00
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
BBQ SAUCE	£1.20	N/A	£1.00	£1.15	£1.25
STUFFING MIX	£0.46	£0.46	£0.25	£0.55	£1.35
SHORTCRUST PASTRY	£1.09	£1.25	£1.25	£1.75	£1.49
PUFF PASTRY	£1.25	£1.09	£1.25	£1.25	£1.25
500G GRATED CHEESE	£2.80	£2.80	£2.80	£2.80	£2.80
2 X 200G SOFT CHEESE	£1.98	£1.98	£2.50	£1.98	£1.98
500G COOKING BACON	£0.85	£2.80	£0.90	£0.85	£1.49
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25
520G WHITE FISH FILLETS	£2.50	£3.79	£2.50	£2.50	£4.25
900G FROZEN PEAS	£0.55	£0.89	£1.25	£0.80	£1.29
TOTALS	£27.39	£27.78	£27.82	£30.57	£33.54

OR £24.42 ACROSS THE STORES

The Pantry

Left from Last Week

ONIONS

POTATOES

GARLIC

EGGS

SALT

PEPPER

BUTTER

OIL

GRAVY GRANULES

FLOUR

MILK

SWEET CHILLI SAUCE

DARK SOY SAUCE

VEGETABLE STOCK CUBES

SAGE

PAPRIKA

DRIED PARSLEY

PLAIN FLOUR

CORNFLOUR

FROZEN SAUSAGES

FROZEN SWEETCORN

FROZEN MIXED VEG

CHICKEN STOCK CUBES

LIGHT SOY SAUCE

Sausage Pie, Mashed Potatoes, Gravy & Mixed Veg



Ingredients

- 1 tbsp oil
- 1 packet shortcrust pastry
- 1 packet puff pastry
- 8 sausages, de-skinned
- 1 onion, diced
- 1 packet stuffing mix
- 1 tsp each salt and pepper
- 1 beaten egg
- 4 tbsp gravy granules
- 200g frozen mixed veg

For the mashed potatoes:

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

Methods

1. Heat the oil in a frying pan.
2. Sauté the onions until starting to soften.
3. Cook for a further 10 minutes.
4. Put into a large bowl to cool.
5. Heat the oven to 180C.
6. Roll out the shortcrust pastry. Use it to line a greased pie dish.
7. Make up the stuffing mix as per the pack instructions.
8. Mix the sausage meat in with the onion mix and stuffing mix and season with salt and pepper.
9. Put the sausage meat mixture in the pastry base.
10. Roll out the puff pastry and top the pie.
11. Crimp to seal the edges and brush with the beaten egg.
12. Cook for about 45 minutes or until golden brown on top. If the pastry starts to brown too quickly, pop some foil over it.
13. Make up the gravy as per the pack instructions.
14. Cook the frozen mixed veg as per the pack instructions.
15. Serve with the mashed potatoes.

For 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.

Sweet Chilli Cheese Pasta



Ingredients

- 100ml vegetable stock
 - 200g sweetcorn
 - 250g pasta
 - 200g soft cheese
- 2 tbsp sweet chilli sauce

Methods

- 1.** Put the pasta on to cook as per the packet instructions. When it has 3 minutes left add the sweetcorn.
- 2.** In a small pot add the vegetable stock and soft cheese. Stir and heat until the cheese has melted, and it is well mixed.
- 3.** Stir in the sweet chilli sauce.
- 4.** Drain the pasta and sweetcorn retaining some of the pasta water.
- 5.** Mix the soft cheese sauce through the pasta. If it is too dry add some of the pasta cooking water to loosen.

BBQ Chicken Traybake



Ingredients

- 200ml bbq sauce
- 500g baby potatoes, halved
- 4 carrots, cut into large chunks
 - 2 peppers, cut in chunks
- 500g chicken breasts, diced
 - 2 onions, quartered
 - 2 tbsp oil

Methods

- 1.** Put the bbq sauce into a bowl and stir in the diced chicken, pepper and onion chunks. Leave to marinade.
- 2.** Par boil the carrot and baby potatoes for 5 minutes.
- 3.** Heat the oven to 200c / gas mark 6
- 4.** Once the veg has parboiled, drain them, and return to the pot. Pour in the oil and stir thoroughly to ensure everything is coated.
- 5.** Add the chicken, onion, peppers and bbq sauce to the potatoes and carrots whilst still in the pot (it's easy to stir and get everything combined).
- 6.** Put everything into a large oven tray / glass casserole dish. Large enough so it is all in one layer.
- 7.** Put in the oven for 30 minutes. Stirring halfway through.
- 8.** Serve.

Crustless Quiche & Sweet Potato Fries



Ingredients

- 1 tbsp oil
- 6 eggs
- 100g soft cheese
- 40g cheddar cheese, grated
- 200g cooking bacon, diced
 - 1 onion, finely diced
 - 1 pepper, finely diced
- 1 tsp each salt and pepper
 - 8 cherry tomatoes

For the sweet potato fries

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

Methods

1. Heat oven to 180c.
2. Add the oil to a large frying pan and add the bacon, cook for 2 minutes.
3. Add in the onions, cook for another 4 minutes.
4. Crack the eggs into a bowl.
5. Season with the salt and pepper and whisk well.
6. Add the soft cheese and stir until combined.
7. Add in half the grated cheese.
8. Pour the bacon mix into a piece of kitchen towel and allow to cool slightly.
9. When cooled add to the cheesy egg mix and stir well.
10. Oil a loaf tin and pour in the mix.
11. Top with the cherry tomatoes, peppers and remaining cheese.
12. Bake for about 20 minutes until set.
13. 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.

One Pan Sausage Pasta



Ingredients

- 1 tbsp oil
- 6 sausages
- 1 onion, finely chopped
- 2 cloves garlic, minced
 - 2 peppers, sliced
- Tin chopped tomatoes
 - 350ml milk
- 200ml vegetable stock
 - 100g cheese, grated
- 1 tsp each salt and pepper

Methods

1. Heat the oil in a large frying pan.
2. Add the sausages and onions and fry gently until coloured. Slice the sausages.
3. Add the peppers. And cook for a further 4 minutes.
4. Add the garlic and fry for about another minute.
5. Stir in the pasta, tomatoes, stock, and milk.
6. Put on the lid and cook for about 10-12 minutes or until the pasta is cooked.
7. Stir through the cheese and season with the salt and pepper.
8. Let it thicken over a very low heat for about 5 minutes.
9. Serve.

Fish Pie



Ingredients

- 500g frozen white fish fillets
 - 3 tbsp cornflour
 - 500ml milk
 - 45g butter
 - 30g plain flour
 - Salt and pepper
- 2 tbsp dried parsley
- 200g frozen peas

Methods

1. Place the fish fillets in a saucepan, cover over the milk.
2. Bring to the boil and simmer for about 15 minutes.
3. Peel and dice the potatoes and cook in a large pot with salted water until tender. About 15 minutes.
4. Lift the fish out with a slotted spoon when done.
5. Pour the milk into a jug.
6. Put 30g of butter into a saucepan and melt over a gentle heat.
7. Add in the flour and stir, allow the mix to cook out until it has gone a straw like colour.
8. Gradually add in the milk, whisking between each addition.
9. Add the salt, pepper, and parsley.
10. Keep whisking until it comes to a boil.
11. Add in the frozen peas.
12. Reduce heat and simmer, stirring occasionally until the mixture has thickened.
13. Drain the cooked potatoes and mash down with the rest of the butter.
14. Flake the fish fillets into the sauce and then put in the bottom of a pie dish.
15. Top with the mashed potato, score with a fork and cook in the oven for 20 minutes or until the top has crisped up.

Takeaway Style Chicken Chow Mein



Ingredients

- 2 chicken breasts
- 1 chicken stock cube
 - 200ml water
 - 1 tbsp oil
- 2 medium onions, sliced
 - 1/2 tsp salt
- 2 tbsp light soy sauce
- 1 pack beansprouts
- 800g cooked and cooled egg noodles
- Dark soy sauce to taste
- 4 spring onions, sliced

Methods

1. Put the chicken breasts in a pot with the chicken stock cubes and water.
2. Bring to the boil and then reduce the heat and simmer gently for 12 minutes.
3. Remove from the pan and allow to cool.
4. When the chicken breasts have cooled, slice them.
5. Add the oil to a hot wok.
6. Add in the onion and cook for 2-3 minutes.
7. Add in the salt and light soy sauce. Stir for 30 seconds.
8. Add in the slices of cooked chicken and heat through.
9. Now add the noodles and beansprouts, toss to combine, when warmed add the dark soy, toss to coat.
10. Serve topped with the sliced spring onions.