

MEAL PLAN

SUNDAY

**ROAST CHICKEN, ROAST
POTATOES, STUFFING &
CARROTS**

MONDAY

CHICKEN & SPINACH LASAGNE

TUESDAY

COTTAGE PIE, CABBAGE

WEDNESDAY

**STUFFED PEPPERS, SPICY
RICE**

THURSDAY

LENTIL SOUP

FRIDAY

SPAGHETTI BOLOGNAISE

SATURDAY

**CHICKEN & VEG PIES,
POTATOES, SWEETCORN**

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
5250G BABY SPINACH	£1.15	£0.79	£1.00	£1.50	£0.99
CABBAGE	£0.80	£0.75	£0.96	£0.80	£0.80
16 X ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99
1KG CARROTS	£0.40	£0.55	£0.60	£0.60	£0.55
6 X PEPPERS	£2.70	£1.29	£1.70	£2.16	£2.70
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.99
2.5KG POTATOES	£1.15	£1.15	£1.30	£1.15	£1.25
MOZZARELLA	£0.69	£0.69	£0.95	£0.69	£0.55
100G ITALIAN CHEESE	£1.49	£1.49	£1.75	£2.80	£1.74
250G RICOTTA	£1.29	£1.25	£1.35	£1.30	£1.39
300G DOUBLE CREAM	£1.19	£1.19	£1.35	£1.19	£1.35
SOFT SPREAD	£0.99	£0.99	£1.35	£1.10	£1.69
WHOLE CHICKEN	£3.66	£3.53	£4.57	£4.50	£4.25
500G BEEF MINCE	£2.49	£2.49	£3.45	£2.49	£2.49
10 X CHICKEN STOCK CUBES	£0.75	£0.54	£0.60	£0.90	£1.25
12 X BEEF STOCK CUBES	£0.75	£0.54	£0.60	£0.90	£0.89
1.5KG PLAIN FLOUR	£0.69	£0.58	£0.70	£0.79	£1.65
LASAGNE SHEETS	£0.95	£0.79	£0.80	£0.95	£0.99
500G SPAGHETTI	£0.28	£0.28	£0.31	£0.56	£0.95
CHICKEN GRAVY GRANULES	£0.95	£1.09	£0.95	£0.85	£1.15
BEEF GRAVY GRANULES	£0.32	£1.09	£0.35	£0.62	£0.32
BREADCRUMBS	£1.00	£0.79	£1.10	£1.55	£1.15
500G RED LENTILS	£1.70	£1.15	£1.40	£1.90	£1.89
RICE	£0.48	£0.48	£0.52	£1.60	£1.59
PASSATA	£0.45	£0.45	£0.60	£0.60	£0.79
CHOPPED TOMATOES	£0.32	£0.32	£0.55	£0.32	£0.39
GARLIC GRANULES	£0.90	£0.52	£0.60	£1.10	£1.09
CHILLI POWDER	£0.90	£0.59	£0.70	£1.10	£1.09
STUFFING MIX	£0.46	£0.46	£0.25	£0.55	£1.35
PORRIDGE OATS	£0.70	£0.70	£0.84	£0.70	£0.70
950G FROZEN SWEETCORN	£1.22	£1.35	£1.60	£1.28	£1.69
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.72	£1.30	£0.72
TOTALS	£32.96	£30.36	£35.02	£39.55	£41.38

OR £27.94 ACROSS THE STORES

Roast Chicken, Roast Potatoes, Stuffing & Carrots



Ingredients

- Chicken
- 2 tbsp butter
- 2 tbsp garlic powder
- 2 tsp parsley
- 1 onion
- Roast potatoes
- Carrots
- Sage and onion stuffing

Note: You'll cook your chicken for this meal, and 3 leftover meals! **Mini chicken pies, chicken & spinach lasagne** and your **stuffed peppers**.

Methods

- 1.** Mix butter, parsley, and garlic, and rub it under the chicken skin. Put the remaining mixture in the chicken cavity along with an onion.
- 2.** Place the chicken in a roasting dish, wrap it in tin foil, and cook for the specified time (according to the label instructions). Remove the foil for the last 30 minutes of cooking to crisp the skin.
- 3.** Par boil potatoes for around 10-15 minutes, drain them, sprinkle flour on them, and allow them to cool for a few minutes.
- 4.** Preheat a deep roasting tray with oil, add potatoes, and roast in the oven for the last 30 minutes of the chicken's cooking time.
- 5.** Make stuffing according to packet instructions and bake it in the oven with potatoes for the last 30 minutes.
- 6.** Peel, chop, and boil carrots for around 15 minutes or until they are cooked to your liking.
- 7.** Plate and serve.

Chicken & Spinach Lasagne



Ingredients

- 6 lasagne sheets
 - 1 tbsp oil
- 1 finely diced onion
 - 1 finely chopped
 - Pepper
- 250g shredded chicken
 - 100g spinach
 - 250g ricotta
 - 250g mozzarella
- 250ml double cream
- 200ml chicken stock
- 50g parmesan cheese

Methods

- 1.** In a pan, gently fry onion in oil for 2 minutes. Add pepper and fry for another 2 minutes.
- 2.** Tear ricotta and mozzarella cheese into smaller chunks. Add vegetable stock, both cheeses, and cream to the pan with onion and mix over low heat until the cheese has melted.
- 3.** Add spinach to the pot and stir for a few minutes until wilted. Stir in chicken.
- 4.** Layer one-third of the mixture in a lasagna dish, top with lasagna sheets, and repeat until the final third of the mix is added. Then add parmesan on top.
- 5.** Cook in the oven at 180°C or gas mark 5 for 20-25 minutes until the top is golden brown and the lasagna is bubbling nicely.

Cottage Pie



Ingredients

- 250g mince
- 2 finely diced onions
 - 2 grated carrots
 - 100g porridge oats
 - 2 beef stock cubes
- 2 tbsp gravy granules
- 1kg potatoes, mashed

Methods

- 1.** In a pot, add onion, mince, and stock cubes and fry until browned. Add carrots and fry for 2 minutes to soften.
- 2.** Add porridge oats and stir so that they soak up the juice from the mince.
- 3.** Pour boiling water until it just covers the ingredients. Cook over a gentle heat for 20 minutes, stirring occasionally. Add more water if it gets too thick.
- 4.** Stir in gravy granules and allow to thicken.
- 5.** Peel and boil potatoes.
- 6.** Once soft, mash potatoes with milk and butter if available.
- 7.** Put the mince in a casserole dish and top with cold mash. Score with a fork to make the top crispy.
- 8.** Cook in the oven at 180°C for 20 minutes.

Stuffed Peppers, Spicy Rice



Ingredients

For the spicy rice

- 1 cup of rice
- 2 cups of water
- 1 finely diced onion
- 1/2 tsp garlic powder
- 1/2 tsp chilli powder

For the rest of the dish

- 100g leftover chicken from your roast, shredded
 - 4 large peppers
 - 120g breadcrumbs
 - 250g mozzarella
- 50g parmesan cheese
 - 30g fresh parsley
 - 1 tbsp oil
 - 250g passata
- 1/2 tsp garlic powder or granules
 - 1/2 tsp black pepper
 - 1 tsp salt

Methods

1. Half and deseed the peppers.
2. Mix everything except the mozzarella in a large mixing bowl.
3. Stuff the peppers with the mix and put mozzarella on top.
4. Put a cup of water into the base of a deep oven tray and sit the filled peppers in the tray. Cover tightly with foil.
5. Bake in the oven at 180°C for 30 minutes. Uncover and bake for another 5 minutes.

Let's make the spicy rice

1. Wash the rice in running cold water until the water runs clear.
2. Add rice, cold water, onion, chilli powder, and garlic powder to a pot. Cover and bring to a boil. Cook for 15 minutes or until the water has been absorbed.

Lentil Soup



Ingredients

- 1 tbsp oil
- 1 potato diced
- 4 carrots diced
- 2 onions diced
- 200g lentils
- 2 veg stock cubes
- 1 litre of water
- Salt and pepper to taste

Methods

- 1.** Heat oil in a pan and fry onion and carrot.
- 2.** Add potatoes, red lentils, and stock. Stir well.
- 3.** Cover the pot and bring to a boil. Reduce heat and simmer for 15-20 minutes.
- 4.** Use a masher or hand blender to make a smooth soup.
- 5.** Season with salt and pepper to taste.

Spaghetti Bolognaise



Ingredients

- 250g minced beef
- 1 onion, finely diced
 - 2 carrots, grated
 - 100g red lentils
- 2 beef stock cubes
- 4 tbsp tomato puree
- 1 tin chopped tomatoes
 - 1/2 pack passata
- 3 tbsp garlic powder
 - 400g spaghetti

Methods

- 1.** Add onion and mince to a pot. Sprinkle over the beef stock cubes and stir until mince is browned.
- 2.** Add carrots and stir through.
- 3.** Add red lentils, tinned tomatoes, tomato puree, and garlic powder. Stir well.
- 4.** Add water and bring to a boil. Reduce heat and simmer, stirring every 5 minutes. Add more water if necessary.
- 5.** Simmer for 25-30 minutes or until the lentils have softened.
- 6.** Serve with cooked spaghetti.

Chicken & Veg Pies, Potatoes, Sweetcorn



Ingredients

- 100g leftover cooked chicken from your roast
 - 100g mixed veg
 - Gravy
 - Shortcrust pastry
 - 500g plain flour
- 250g fat (butter, marg, lard, oil)
 - Water to bind
 - 500g potatoes
 - 2 tbsp butter
 - 1 tbsp parsley
 - 250g sweetcorn

Methods

- 1.** Make the pastry by sifting the flour into a bowl, adding the fat and mixing until it resembles breadcrumbs. Add water until it comes together in a dough. Wrap in cling film and chill for at least an hour.
- 2.** Put some gravy, mixed vegetables, and shredded chicken in a pot and gently heat.
- 3.** Roll out the pastry and cut into circles to fit a muffin tin. Fill with the chicken mixture and top with pastry lids. Bake at 180°C for 20 minutes or until golden brown.
- 4.** Peel and chop the potatoes and boil for 20 minutes or until soft. Drain and add butter. Add parsley and stir through.
- 5.** Heat sweetcorn according to packet instructions.
- 6.** Enjoy your chicken pies with mashed potatoes and sweetcorn.