

MEAL PLAN

SUNDAY

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

MONDAY

PASTA NAPOLITANA

TUESDAY

**CHEESE & ONION PASTIES,
CHIPS & BEANS**

WEDNESDAY

KATSU CURRY & RICE

THURSDAY

**SAUSAGE & MASHED
POTATO PIE**

FRIDAY

**SALT & CHILLI PRAWN
SPAGHETTI**

SATURDAY

BEEF GOULASH, RICE

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
500G LEEKS	£1.25	£1.25	£1.30	£1.25	£1.29
5KG POTATOES	£2.50	£2.30	£2.60	£2.30	£2.50
30G BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
3 X COURGETTES	£1.49	£1.45	£1.68	£1.45	£1.39
16 X ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99
2 X PEPPERS	£1.20	£1.18	£1.40	£1.08	£0.98
250G BABY SPINACH	£1.15	£0.79	£1.00	£1.50	£0.99
250G CHERRY TOMATOES	£1.30	£0.65	£0.65	£1.35	£0.59
1KG SPAGHETTI	£0.56	£0.56	£0.56	£0.56	£0.95
3 X CHOPPED TOMATOES	£0.96	£0.96	£0.96	£0.96	£0.96
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49
GOLDEN BREADCRUMBS	£1.15	£0.79	£1.55	£1.55	£1.15
500ML NATURAL YOGHURT	£0.45	£0.45	£1.10	£0.60	£0.45
100G ITALIAN CHEESE	£1.39	£1.39	£1.79	£2.80	£1.59
2 X PUFF PASTRY	£2.50	£2.18	£2.50	£2.50	£2.50
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25
400G DICED BEEF	£3.99	£3.99	£4.00	£4.50	£4.49
20 X SAUSAGES	£1.60	£2.09	£1.50	£1.49	£1.49
150G COOKED PRAWN	£1.99	£1.99	£2.80	£2.75	£2.32
1KG CASSEROLE VEG	£1.00	£0.95	£1.00	£1.25	£1.29
TOTALS	£29.81	£28.64	£32.26	£35.77	£32.55

OR £27.37 ACROSS THE STORES

The Pantry

Left from Last Week

ONIONS

CARROTS

CHILLIES

GARLIC

GINGER

CHEESE

EGGS

BUTTER

OIL

FLOUR

MILK

CHILLI POWDER

GROUND CORIANDER

PAPRIKA

CUMIN

PEPPER

FROZEN MIXED VEG

FROZEN PEAS

TURMERIC

OREGANO

THYME

CHILLI FLAKES

CHINESE 5 SPICE

GARLIC GRANULES

BAY LEAVES

MUSTARD

TOMATO PUREE

SWEET CHILLI SAUCE

WORCESTERSHIRE SAUCE

SOY SAUCE

CHICKEN STOCK CUBES

BEEF STOCK CUBES

RICE

SUGAR

BROWN SUGAR

SALT

Chicken & Leek Pie, Roast Potatoes, Mixed Veg



Ingredients

- 2 tbsp oil
- 500g chicken breasts, 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.

Pasta Napolitana



Ingredients

- 400g spaghetti
 - 2 tbsp oil
- 1 medium onion, diced
- 2 garlic cloves, crushed
- 2 tins of chopped tomatoes
 - 1 tsp brown sugar
 - 1 tsp dried oregano
- Salt and black pepper
- A few fresh basil leaves roughly chopped, leave some for garnish
- 100g parmesan or any hard cheese grated

Methods

1. Cook spaghetti according to pack instructions.
2. Heat the oil in a large pan, add the onions and then the garlic. Cook for a couple of minutes, being careful not to brown them.
3. Add in the tinned tomatoes and bring to the boil.
4. Stir through the oregano, salt, pepper and sugar.
5. Allow to simmer for about 15 minutes.
6. Add in the torn basil leaves.
7. Drain the pasta, saving a little of the cooking water.
8. Add the sauce to the pasta, stir to coat adding a little of the pasta water if needed.
9. Serve in bowls with a little cheese sprinkled on top and garnished with reserved basil leaves.

Cheese & Onion Pasties, Chips & Beans



Ingredients

- 500g potatoes, peeled and quartered
 - 1 onion, diced
- 150g cheese, grated
 - 1 egg, beaten
- 1 puff pastry
 - 1/4 tsp mustard
- Tin of baked beans

For the homemade chips:

- 800g potatoes

Methods

1. Put the potatoes in a pot with cold water. Cover and bring to the boil.
 2. Simmer for 20 mins until soft. Drain and mash.
 3. Preheat the oven to 220C or gas mark 7.
 4. Combine the mashed potato, cheese, onion and mustard and mix well.
 5. Sprinkle some flour on the work surface and rolling pin.
 6. Roll out the puff pastry to your desired thickness (about the same as a 10p coin).
 7. Cut circles in the pastry, I used a mug for this.
 8. Put a tsp of mixture on the pastry (just off centre).
 9. Fold the pastry over the mixture, making sure the edges are pressed down to prevent leakage, crimp the edges using a fork.
 10. Crack the egg in a bowl and whisk with a fork for a few seconds.
 11. Brush the egg over the pastry.
 12. Bake for 15 mins until 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.

Katsu Curry & Rice



Ingredients

- 1 tbsp oil
- 1 onion, diced
- 1 courgette, diced
- 1 carrot, sliced
- 4 garlic cloves, minced
- 1 tsp ginger, minced
- 1 tsp turmeric
- 2 tsp cumin
- 2 tsp ground coriander
- 1 tsp chilli powder
- 2 tsp sugar
- 1 tbsp soy sauce
- 1 litre chicken stock
- 2 bay leaves
- 1-2 tbsp natural yoghurt
- 500g chicken breasts
- 250g golden breadcrumbs
- 1 beaten egg
- Salt and pepper
- 300g rice

Methods

1. Heat oven to 200c.
2. Heat the oil in a large pan.
3. Add the onion, garlic and ginger and cook until the onion is softened. This should take about 5 minutes.
4. Add the carrots and courgette and cook for another 5 minutes.
5. Add the turmeric, cumin, coriander, chilli powder and sugar.
6. Stir well to evenly coat the vegetables.
7. Add the stock, soy sauce and bay leaves.
8. Bring to the boil.
9. Reduce the heat and simmer for 30 minutes.
10. Season the breadcrumbs with salt and black pepper.
11. Place the chicken breast between cling film or greaseproof and flatten with a rolling pin. Do not over flatten them.
12. Dip the chicken in the flour, then the egg, then the breadcrumbs.
13. Put on a baking tray and put in the oven.
14. Cook for 20 minutes or until the chicken is cooked through.
15. Remove the bay leaves from the sauce and blitz with a hand blender until it becomes a thick, smooth sauce and stir in the natural yoghurt.
16. Slice the chicken and drizzle over the sauce.
17. Serve with the rice cooked as per the packet instructions.

Sausage & Mashed Potato Pie



Ingredients

- 1 tbsp oil
- 6 sausages
- 750ml beef stock
- 4 medium onions, peeled & sliced into strips
- 200g mixed veg
- 4 tbsp plain flour
- 3 tbsp butter
- 2 tbsp Worcestershire sauce
- 1/2 tsp dried thyme
- Salt & black pepper, to taste
- 1.5kg Potatoes, peeled & diced
- 50g cheese, grated
- 125ml milk
- 1 heaped tbsp mustard
- Salt & black pepper, to taste

Methods

- 1.** Add potato chunks to a large pot of salted water and bring to a boil. Cook until knife tender, then drain in a colander and sit to steam dry until needed.
- 2.** Meanwhile, in a large pan over medium heat add a drizzle of oil and add your sausages. Fry until nice and golden and cooked all the way through. Remove from the pan and leave the fat. Slice sausages into chunks of 3-4 when ready.
- 3.** Add in the onions and keep on a medium heat until they begin to brown. Lower heat and slowly cook the onions until they're nice and golden, stirring occasionally so they don't stick to the pan. Season with salt and pepper.
- 4.** Melt in 3 tbsp butter and bring heat back up to medium. Stir in the flour until a paste forms. Very gradually begin adding in the beef stock, stirring as you go to ensure no lumps form.
- 5.** Add the Worcestershire sauce, thyme and salt & pepper to taste.
- 6.** Add in the mixed veg and simmer for 5 minutes.
- 7.** Then stir in your sausages (that have been diced into 3 or 4 chunks). Pour into your baking dish and allow to rest so a 'skin' forms over top.
- 8.** Mash your potatoes with the butter and milk. Stir in your cheese, mustard, and seasoning.
- 9.** Dollop by dollop, add the mash to the sausages. I recommend working from the outside in and don't push down too hard or the gravy layer will become uneven. Use a fork to rough the top.

Salt & Chilli Prawn Spaghetti



Ingredients

- 300g spaghetti
- 150g cooked prawns
 - 1 onion, sliced
 - 2 peppers, sliced
- 1 chilli-deseeded and chopped finely
 - 1 garlic clove, chopped
 - 150g spinach
 - 100g peas
 - 1 tbsp salt
 - 1 tsp chilli flakes
- 1 tsp Chinese 5 spice
- 1 tsp garlic granules
 - 1 tsp pepper
 - 1 tsp sugar
 - 1 tsp oil
- 100g cherry tomatoes, chopped

Methods

1. Meanwhile, heat the oil in a pan, add the onion and fry till soft. This should take around 5 minutes.
2. Add the peppers, chopped garlic and chilli, stir through and fry till soft. This should take a further 5 minutes.
3. Add the spaghetti to a pan of boiling salted water and cook for 8 - 10 minutes, or until cooked.
4. Mix the dry spices together.
5. Sprinkle over one third of the seasoning and mix through to ensure that everything is coated.
6. Add the peas and spinach and stir through allowing the spinach to wilt. This should take around 5 minutes.
7. Drain the spaghetti and add to the pan of veg.
8. Add the cooked prawns and sprinkle over one third of the seasoning.
9. Stir through and add the chopped tomatoes and the remaining seasoning.
10. Serve warm.

Beef Goulash, Rice



Ingredients

- 400g diced beef
- 500g casserole veg
- 1 tin of chopped tomatoes
 - 100ml beef stock
 - 4 tbsp tomato puree
 - 2 tbsp paprika
 - 2 tsp garlic granules
 - 300g rice

Methods

- 1.** Put the beef and veg in the slow cooker.
- 2.** Mix the stock, tomato puree, paprika and garlic together in a jug and then pour over the beef and veg.
- 3.** Add the tinned tomatoes and stir well.
- 4.** Cook on high in the slow cooker for 5 hours. Or in the oven at 140c for 1.5 hours.
- 5.** Cook the rice as per the packet instructions and serve with the goulash on top.