



2 week Meal Plan

by

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for



The Meal Plans

	Week 1		Week 2	
Monday	Moroccan Lamb with Couscous & Broccoli	<p>Made using cheaper cuts of in-season lamb (Easter to end August). Freeze any leftovers in portion sizes. The remainder of the opened bag of couscous will be used later in the week. ½ head broccoli being used with remainder being used on Weds</p>	Potato Skins Followed by: Honey Baked Ham, Mashed Potatoes & Cabbage with Parsley Sauce	<p>Potato skins will be filling so there should be left over ham & cooking extra potatoes will make for an easy next day's dinner. Freeze any leftovers in portion sizes. Parsley Sauce can be frozen or used as a base for a chowder or a pasta sauce.</p>
Tuesday	Potato Skins Followed by: Bangers, Mashed Potatoes, Red Onion Gravy, Peas	<p>No waste on potatoes by using skins. Cooking extra potatoes to use in next day's fish cakes with any leftover peas mixed through as well. Number of sausages cooked according to appetites. Red Onion Gravy can be frozen to re-use as gravy or reduced further with some brown sugar to a sticky red onion relish for cheese etc.</p>	Bubble & Squeak with peas	<p>Made using left-over mashed potatoes, chopped up ham and cabbage with added onions, garlic and peas. Leftover bubble & squeak should not be reheated as the ham is on its second heating it would not be recommended from a food safety point of view. Uses up fresh parsley</p>
Wednesday	Fish Cakes with Green Beans & Broccoli	<p>Made using left-over mashed potatoes and peas. Any leftover cooked green beans to be used in next day's soup. Using remaining ½ head broccoli from Monday An leftover cooked broccoli can be added to next day's soup. Leftover fishcakes can be frozen</p>	Cacciatore Chicken with Penne Pasta	<p>Made using cheaper cuts of chicken. Extra Pasta is to be cooked for an easy next day's dinner. Kids love left-over pasta for school lunches with some pesto or tomato puree stirred through.</p>
Thursday	Roast Squash & Legume Soup with Ciabatta Croutons	<p>Freeze any leftover soup in portion sizes or use for next day's lunch. Tinned legumes/beans are a great standby. Leftover croutons can be added to salads.</p>	Chorizo, bean and pasta soup	<p>Made using left-over pasta. Chorizo is a long-life product so this can be used gradually if properly stored. Tinned beans are a great standby. Any leftovers can be frozen or added to the next day's enchilidas mix</p>
Friday	Honey Glazed Chicken Thighs on Lemon & Veg Couscous with Garlic Bread	<p>Made using cheaper cuts of chicken. Using up the bag of couscous that was opened earlier in the week. Remaining ciabatta will be used up as garlic bread Using up the remaining half bag of frozen peas. Using up remaining spring onion in the couscous. Using up remaining fresh parsley.</p>	Bean Enchilidas	<p>Any left-overs from the previous day can be reused In this dish. Tortilla wraps are a long life product This recipe uses grated carrots so good for any stragglers lingering in the fridge. When you buy yoghurt buy a small pot & make sure it has adequate shelf-life</p>

The Shopping List

Week 1	Week 2
<p>500-600g diced stewing lamb (or beef) 8 butcher style sausages (packs of 6 or 8 or buy at butcher counter individually) 400g fish pie mix from butcher counter or 4 salmon darnes 6-8 chicken thighs 1 egg</p> <p>10 med potatoes approx. 1.5kg unpeeled 4 medium onions 1 medium red onions Head broccoli Pack spring onions / scallions Pack fresh Green beans 200-250g 1 butternut squash 450g pack frozen peas 1 bunch fresh flat leaf parsley 1 lime 2 red chilli 2 lemons Head of garlic Chunk of ginger (2 recipes = 6cm thumb width piece)</p> <p>Small block butter Small block cheddar cheese Small amount of milk for mashing potatoes</p> <p>Rapeseed Oil or Olive Oil</p> <p>1 x 400g can plum tomatoes 1 x 400g tin chopped tomatoes 1 x 400g can chickpeas 1 x 400g can kidney beans</p> <p>Vegetable, Chicken & Beef Stock Cubes</p> <p>Chilli powder Ground cinnamon Ground coriander herbes de Provence</p> <p>2 tbsp tomato puree (buy tube not tin) 6 tbsp runny honey 1 tbsp dark brown sugar (or any brown sugar) 3 tbsp balsamic vinegar</p> <p>500g packet couscous</p> <p>3 tbsp plain flour Packet of 2 or 3 small pre-packed bake at home ciabatta</p>	<p>800g – 1 kg dry cured loin of bacon or unsmoked back bacon joint or rib joint Pack of 5 or 6 rashers to supplement ham in bubble & squeak 4-6 large chicken pieces (skin on) 200g chorizo</p> <p>10 med potatoes approx. 1.5kg unpeeled 6 medium onions 1 small head cabbage 1 bunch fresh flat-leaf parsley 250g pack frozen peas Head of Garlic 6 medium/large Carrots 1 red or yellow pepper 1 Bunch fresh basil leaves 1 red chilli</p> <p>Small block cheddar cheese Small block butter 200g low-fat natural yogurt 400ml milk</p> <p>Rapeseed Oil or Olive Oil</p> <p>3 x 400g can chopped tomatoes 2 x can mixed beans 1 x 400g cans lentils</p> <p>Vegetable, Chicken Stock Cubes</p> <p>Chilli powder Ground Cumin Smoked paprika Ground Black pepper</p> <p>2 tbsp tomato puree (buy tube not tin) 2 tbsp runny honey</p> <p>500g packet dried penne pasta</p> <p>2 tbsp plain flour</p> <p>6 small wholemeal or plain tortillas</p>

The Recipes

Moroccan Lamb (or beef) with Couscous & Broccoli (MONDAY 1)

You will need:

1 medium onion
1 tbsp rapeseed or olive oil
500-600g diced stewing lamb (or beef pieces, e.g. shin)
3 garlic cloves
3cm thumb-width piece of ginger
1 tsp ground cinnamon
1 tsp ground coriander
2 tbsp tomato puree
1 x 400g cans of chopped tomatoes
100ml water
2 tbsp runny honey

250g couscous (half pack)
Knob of butter
250g hot chicken stock (made from half stock cube)

Half head of broccoli

Method (Stew):

Preheat the fan oven to 150°C/Gas Mark 3.

Peel and finely chop the onion.

Heat the olive oil in a large casserole pot and gently fry the onion for 5 minutes over a low heat.

Raise the heat to medium, push the onion to the sides of the pot, add the meat pieces, and brown for 2 minutes.

Peel and crush the garlic and finely chop or grate the ginger and then add it to the centre of the pot to cook for 1 minute.

Add the ground cinnamon and ground coriander and cook for 1 minute.

Add the tomato puree, canned tomatoes, 100 ml water and honey and mix well.

Cook the casserole in the oven for 1 and a half hours with a lid on. Check it after an hour and if there are any signs of it drying out, add some more water.

Method (CousCous & Broccoli):

(Cook just before serving)

Melt a knob of butter in a medium sized saucepan on the hob, add the couscous and mix with a wooden spoon to absorb the butter for a couple of minutes, then take off the heat.

Make up 250g hot chicken stock with boiling water and pour this over the couscous. Cover the saucepan with a lid and leave to stand for 5 minutes.

Meanwhile break the broccoli into florets and place in a saucepan of boiling water, return to the boil and cook until just tender, drain and keep warm.

Remove the lid from the couscous and fluff it up with a fork

Note: Freezer or refrigerate leftovers in portion sizes for reheating.

Potato Skins

Followed by:

Bangers, Mashed Potatoes, Red Onion Gravy, Peas (TUESDAY 1)

You will need:

10 medium potatoes (approx. 1.5kg unpeeled) (*You need left-overs for tomorrow*)

Rapeseed or Olive oil for drizzling

Ground sea salt and ground black pepper

50g cheddar cheese

Chilli powder (optional)

1 medium red onion

1 tbsp rapeseed or olive oil

6 to 8 butcher-style sausages (cook according to appetites)

1 tbsp dark brown sugar

3 tbsp balsamic vinegar

250ml hot beef stock

50g butter for mashing potatoes

Splash of milk for mashing potatoes

225g frozen peas (half pack)

Method (Crispy Potato Skins):

Preheat the fan oven to 200°C/Gas Mark 7.

Wash, scrub and pat the potatoes dry with some kitchen towel.

Peel the potatoes and place the peelings on a large baking tray.

Drizzle over the olive oil and season with salt and pepper (and a sprinkling of chilli powder if you wish).

Cook for 20–25 minutes until they are nice and crispy.

Grate the cheddar cheese over the peelings and return to the oven for a further 3–5 minutes until the cheese has melted and is turning golden.

Method (Bangers, Mashed Potatoes, Red Onion Gravy, Peas):

Put the peeled potatoes on to boil. Cook for 20–30 minutes until cooked through.

While the potatoes are cooking; peel and chop the red onion in half and then into thin slices.

Heat 1 tablespoon of the olive oil in a small saucepan over a low heat and add the onions. Leave to soften with the lid on for 15 minutes.

Prick the sausages on all sides with a fork so they do not burst their skins.

Heat 1 tablespoon of oil in a frying pan over a medium heat and add the sausages.

Turn the sausages occasionally until brown on all sides.

When the onions have softened, add the brown sugar and balsamic vinegar, then turn the heat up for 2 minutes to allow it to bubble and begin to evaporate.

Add the stock to the onions, bring it to the boil then reduce to simmer for 10 minutes.

When the potatoes are cooked, drain off the water and mash well with the butter and enough milk to make a creamy consistency.

Serve the sausages and mash with cooked frozen peas.

Note: Keep mashed potatoes for Tuesday fishcakes. Keep any leftover peas for fishcakes. Freeze or reduce leftover gravy to make red onion relish.

Fish Cakes with Green Beans & Broccoli

(WEDNESDAY 1)

You will need:

Leftover cooked mashed potato or 3 medium potatoes boiled and mashed
400g fish pie mix from butcher counter or 4 salmon dornes approx. 400/450g
2 spring onions
1 garlic cloves
1 lime
1 red chilli
2 tbsp rapeseed or olive oil
1 egg
3 tbsp plain flour
1 lemon to serve

200-250g green beans
Half head of broccoli

Note: If any leftover peas from Tuesday use these too.

Method:

Peel, boil and mash the potatoes if you do not have any leftovers to use up.

Poach the fish in a saucepan of hot water for about five minutes, strain into a colander and flake into a bowl.

Leave the fish to cool for a few minutes. (There should be roughly the same amount of fish as potato.)
Meanwhile, rinse and chop the spring onions, peel and crush the garlic, zest and juice the lime, deseed and roughly chop the chilli and combine all of these in a food processor.

Mix the flaked fish, mashed potatoes and spring onion mixture in a bowl (with leftover peas from Tuesday if any) and then shape into small cakes with your hands.

Heat the oil in a frying pan over a medium to high heat.

Beat the egg in a bowl and put the flour on a plate.

Dip each fishcake into the egg and then into the flour to lightly coat it. Fry on the first side until they are beginning to brown, turn the fish-cakes over and lower the heat to cook for a further 3-4 minutes until cooked through.

Cook the green beans and florets of broccoli (together) until just tender in a saucepan of boiling water
Serve with the fishcakes and lemon wedges.

Note: Freeze any leftover fishcakes. Keep leftover cooked beans and broccoli to add to Thursday's soup.

Roast Squash & Legume Soup with Ciabatta Croutons (THURSDAY 1)

You will need:

1 butternut squash
2 tbsp rapeseed oil or olive oil
2 onions
2 cloves garlic
1 400g can plum tomatoes peeled
1 400g can chickpeas
1 400g can kidney beans
2 tsp herbes de Provence
500ml vegetable stock (from a cube is fine – low salt, organic if possible)
Half bunch flat leaf parsley

Note: If any leftover beans/broccoli from Wednesday use these too.

1 or 2 small ciabatta (cooked if pre-packed bake at home) for croutons
Rapeseed or olive oil for cooking

Method:

Heat the fan oven to 180C / Gas Mark 6.

Peel and cut the butternut squash into chunks

Roast the butternut squash chunks drizzled with 1 tbsp oil on a baking tray in the hot oven for 15 to 20 minutes until tender.

Meanwhile peel and chop the onion into smallish chunks.

Heat 1 tbsp oil over a low heat in medium/large-sized saucepan and then add the onion chunks and leave to soften for 5 minutes.

Peel and crush the garlic cloves and add to the onion to cook for a further 2 minutes.

Whizz the plum tomatoes in a mini chopper/ food processor or break up with a fork and add to the onion and garlic.

Drain and rinse the chickpeas and kidney beans and add to the saucepan along with the vegetable stock and the 2 tsp of herbes de Provence.

Bring to the boil then add any leftover beans/broccoli from Wednesday reduce heat to a simmer for 10 to 15 minutes.

Finely chop and stir in most of the flat leaf parsley, reserving some to garnish.

Add chunks of roast butternut squash and garnish with some ciabatta croutons and finely chopped parsley to serve.

Method (for croutons):

Cut the ciabatta into bitesize chunks.

Heat some oil in frying pan over medium/high and lightly brown the croutons on both sides.

Drain the croutons on kitchen paper to minimise oil content.

Note: Leftover soup will keep in fridge for 3 days to reuse for lunches etc. or you can freeze any leftovers in portion sizes. Leftover croutons could be used in a salad for lunch. If you do freeze the soup when you defrost and reheat it perk it up by adding a few freshly cooked vegetables and sprinkling of fresh chopped herbs or bulk it up by adding some cooked pasta.

Honey Glazed Chicken Thighs on Lemon & Veg CousCous with Garlic Bread (FRIDAY 1)

IMPORTANT: *marinate the chicken thighs overnight in the fridge if you can, otherwise for at least 2 hours*

You will need: *(For the chicken marinade)*

2 cloves garlic

1 onion

3cm thumb width piece of ginger

4 tbsp rapeseed or olive oil

4 tbsp runny honey

6-8 chicken thighs (skin on)

(For the couscous)

250g couscous (half pack)

Knob of butter

250g hot chicken stock (made from half stock cube)

225g frozen peas (half pack)

1 red chilli

Couple of spring onions - whatever are left-over from the bunch

Half bunch fresh flat-leaf parsley

1 lemon

(For the Garlic Bread)

Ciabatta - whatever is left- (cooked if pre-packed bake at home)

50g butter

1 clove garlic

Method: (Chicken)

Marinade / Prep:

Place all the marinade ingredients (roughly chopped) in a food processor and blitz to form a paste. Place the chicken thighs in a large dish and cover with the marinade, tossing to coat, then leave to marinate covered with cling-film overnight in the fridge.

Cook the chicken: Heat the fan oven to 200C / Gas Mark 7.

Place marinated chicken pieces onto a baking tray and cook in the oven for 30-40 minutes until golden and cooked through (time depends on size - check juices run clear when probed). Baste the chicken with the marinade juices half way through cooking, if you think they are browning too quickly turn the heat down and cook for longer. If anything begins to burn on tray add a splash of water.

Method (CousCous):

(Cook just before serving)

Melt a knob of butter in a medium sized saucepan on the hob, add the couscous and mix with a wooden spoon to absorb the butter for a couple of minutes, then take off the heat.

Make up 250g hot chicken stock with boiling water and pour this over the couscous. Cover the saucepan with a lid and leave to stand for 5 minutes.

While couscous is resting cook the frozen peas in boiling water and drain.

Deseed the red chilli and blitz in the food processor with the spring onions and parsley

Remove the lid from the couscous and fluff it up with a fork.

Add the blitzed chilli mixture and the cooked peas to the couscous and mix through.

Stir through the juice of the lemon.

Method (for garlic bread):

Crush the clove or garlic and mash with the 50g butter, then butter slices of ciabatta.

Toast the ciabatta in the oven for 5 minutes to crisp up.

Potato Skins

Followed by:

Honey Baked Ham, Mashed Potatoes & Cabbage with Parsley Sauce (MONDAY 2)

Put the ham in the oven to cook as below. After half an hour prepare the potatoes and cook the potato skins leaving the peeled potatoes in a saucepan of cold water. When potato skins are cooked serve as a starter and put potatoes on to boil, meanwhile prepare parsley sauce and cook the cabbage in the last 5 minutes

You will need:

10 medium potatoes (approx. 1.5kg unpeeled) *(You need left-overs for tomorrow)*

Rapeseed or Olive oil for drizzling

Ground sea salt and ground black pepper

50g cheddar cheese

Chilli powder (optional)

800g-1kg dry cured loin of bacon or unsmoked back bacon joint or rib joint *(You need left-overs for tomorrow)*

1 tbsp rapeseed or olive oil

Sea-salt flakes

2 tbsp honey

A little water

1 small onion

Half bunch fresh flat leaf parsley

50g butter

2 tbsp flour

400ml milk

1 small head cabbage

Method (Baked Ham):

Preheat the fan oven to 180°C/Gas Mark 6.

Place the ham on a baking tray and use a knife to score diagonal lines into the fat, criss-crossing them.

Drizzle the ham with oil and sprinkle with some sea salt flakes crumbled with your fingers.

Bake the ham in the oven for one hour then take it out and drizzle the honey over the top of the fat.

Pour some water into the baking tray, just enough to cover the base of the tray, this will stop the honey from burning and will create a lovely sauce to pour over the ham.

Return the ham to the oven for 20 minutes.

Method (Crispy Potato Skins):

Preheat the fan oven to 200°C/Gas Mark 7.

Wash, scrub and pat the potatoes dry with some kitchen towel.

Peel the potatoes and place the peelings on a large baking tray.

Drizzle over with oil and season with salt and pepper (and a sprinkling of chilli powder if you wish).

Cook for 20-25 minutes until they are nice and crispy.

Grate the cheddar cheese over the peelings and return to the oven for a further 3-5 minutes until the cheese has melted and is turning golden. *(Put potatoes on to boil once potato skins are served)*

Method (Parsley Sauce):

Peel and finely chop the onion. Rinse and finely chop the parsley.

Melt the butter in a saucepan, add the onion and soften for 5 minutes over a low heat, then stir in the parsley.

Add the flour and use a wooden spoon to mix into a paste with the butter and onion.

Turn up the heat and gradually add the milk, stirring continuously, and bring to the boil then reduce to simmer.

Cook the cabbage just before serving with the baked ham, mash and parsley sauce.

Bubble & Squeak with peas (TUESDAY 2)

You will need:

2 tbsp Rapeseed or Olive oil
Leftover mashed potatoes
Leftover cooked cabbage
Leftover cooked ham
Packet of rashers (5 or 6) (*you may not need to use these if you have a lot of leftover ham*)
1 onion
1 clove garlic
Half bunch fresh flat leaf parsley
225g frozen peas (half pack)

Method:

Heat 1 tbsp oil in a very large frying pan and fry the rashers until cooked. Remove to a plate and chop into bitesize pieces.
Peel and finely chop the onion, peel and crush the garlic.
Add the onion to the frying pan and cook over low/medium heat until softened approx.. 5 minutes.
Add the crushed garlic and cook for 1 minute adding a second tbsp. of oil if you think it needs it.
Add the ham chopped into bitesize pieces and chopped up cooked cabbage. Turn the heat to medium, mix everything together then add back in the cooked rashers.
Spoon in the mashed potatoes and chopped flat leaf parsley, combine everything using a from to create a large hash like potato cake.
Leave to heat through for about 5 minutes then turn over with a spatula, don't worry if it breaks apart just squash it down again once turned over.
Turn the heat up to high and continue to heat through for a few more minutes until the underside begins to brown.
Meanwhile cook the frozen peas in boiling water and drain.
Serve wedges of the cooked bubble & squeak potato cake with the peas.

Cacciatore Chicken with Penne Pasta (WEDNESDAY 2)

You will need:

Rapeseed or Olive oil
4 – 6 chicken pieces (skin on)
3 cloves garlic
1 tbsp tomato puree
1 x 400g tin chopped tomatoes
3 medium/large carrots
Bunch fresh basil leaves
250ml hot chicken stock (from ½ stock cube)
500g packet of penne pasta

Method:

Preheat the fan oven to 180°C/Gas Mark 6.
Heat 1 tbsp oil in a large ovenproof casserole pot on the hob over a medium/high heat and brown the chicken pieces for approx 5 minutes.
Remove the chicken pieces to a plate.
Crush the garlic cloves and add to the casserole pot, stir to cook for 1 minute then add 1 tbsp tomato puree and 1 can chopped tomatoes.
Peel and roughly chop the carrots and add to the pot.
Add back in the chicken pieces.
Pour over 250 ml chicken stock
Cook in the hot oven for 40 minutes. Stir in the washed fresh basil leaves just before serving.
Cook the pasta according to packet instructions and drain.

Note: You will be using leftover cooked pasta on Thursday so store leftovers refrigerated and covered in a bowl.

Chorizo, bean and pasta soup (THURSDAY 2)

You will need:

200g chorizo
2 onions
1 carrot
1 red chilli
3 garlic cloves
½ tsp cumin
1 tsp smoked paprika
1 yellow or red pepper
1 tsp tomato puree
1 x 400g tin chopped tomatoes
500ml vegetable stock
1 x tin mixed beans
Leftover cooked pasta

Method:

Cut the chorizo into chunks and fry over a low/medium heat in a large saucepan for a couple of minutes until its oil has begun to be released.

Remove the chorizo pieces from the saucepan and set aside on a plate.

Peel and finely chop the onion, crush the garlic and add to the pan.

Peel and dice the carrot and add to the onions. Allow the onion and carrot to gently cook for a couple of minutes.

Add the deseeded and chopped red chilli, ½ tsp cumin and 1 tsp paprika, stir to combine and leave to toast the spices for a minute or two.

Deseed and chop the pepper and add to the pan along with tomato puree, tinned chopped tomatoes, vegetable stock and mixed beans.

Simmer for 25-30 minutes.

Add in the cooked pasta and the chorizo chunks to heat through for a couple of minutes before serving.

Note: You can freeze any leftovers in portion sizes or add to the enchiladas mix on Friday.

Recipe Adapted from Apron Strings by Nessa Robins

Bean Enchilidas (FRIDAY 2)

You will need:

1 tsp rapeseed or olive oil
2 onions , chopped
2 medium carrots, grated
2-3 tsp chilli powder
1 x 400g cans chopped tomatoes
2 x 400g cans pulses in water, drained (suggest mixed beans and lentils)
6 small wholemeal tortillas or plain
200g low-fat natural yogurt
50g extra-mature cheddar cheese ,finely grated
Any leftovers from Thursday's Chorizo, bean and pasta soup can be added too.

Method:

Heat the oil in a large frying pan.
Cook the onions and grated carrots for 5-8 mins until soft - add a splash of water if they start to stick.
Sprinkle in the chilli powder and cook for 1 min more.
Pour in the tomatoes and drained pulses and bring to the boil.
Turn down the heat and simmer for 5-10 mins, (add in leftovers from Thursday's Chorizo, bean and pasta soup if using) stirring occasionally, until thickened. Remove from the heat and season well.
Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top.
Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas.
Grill for a few minutes until the top is golden and bubbling.

Recipe adapted from BBC Good Food Website