



  
**STOP**  
**FOOD**  
**WASTE.IE**

# 2 Week Meal Plan

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# Foreword

I was more than happy to work on this meal planning project as I knew that it was something I would use myself. Having a planned use of leftovers means that you're not peering into the fridge at the end of the week wondering what you can make with that half head of broccoli or straggling onion.



Seeing food being thrown in the bin just makes my stomach sink a little and it's something that I earnestly try to avoid. If all else fails I'll make an omelette or frittata and use the leftover bits and pieces in them or I'll try to freeze leftover cooked foods in portion sizes.

Planning, shopping and eating in this way is economical not just in terms of the food that you are no longer wasting but also financially and timewise. Knowing ahead of time that all of the dinners are planned for the week and doing the shopping for them in one go removes the stress of being disorganised that often arises at the end of a busy day. I know what it is like to parade up and down the overflowing aisles of the supermarket and not have a clue what I want. I also know I'm not the only one who hits a blank when faced with an empty shopping trolley and hungry cranky kids throwing packets of biscuits into it, so having a ready-made shopping list is fantastic.

Growing up in a large family has meant that I've been reared to be economical and imaginative when it comes to using leftovers and now that I have a larger than average family myself it is very important to me that nothing gets wasted. The last decade has seen a throwaway culture hopefully come and now go as hard lessons have hopefully taught us all to be a little bit smarter and amongst other things to do our best to stop food waste.

*Shirley Kieley*

# Meal Planner Introduction

Have you ever gone to your cupboard or fridge and found food that you bought with great intentions to use but simply forgot about it? This happens all the time and is one of the reasons that each household in Ireland is throwing away, on average, ¼ tonne of food each year. In total Ireland is dumping over 1 million tonnes of food waste annually and a third of this come from households.

The average Irish household wastes €700 on food thrown out each year. The two main reasons people waste food is because they buy too much or they didn't use it on time. Planning your meals and using a shopping list means you will shop smarter and buy only what you need, saving money at the same time.

While there will always be some food waste (e.g. peelings, banana skins, bones), Stop Food Waste is helping people reduce the stuff that really shouldn't be wasted. By becoming more aware of the food you do waste, and then understanding the different ways you can improve this, you will be well on the road to less food waste and more money in your pocket.

One of the most beneficial things that you can do to reduce food waste is to plan carefully at home before you go to the shop. How often have you gone shopping only to buy something that you didn't need as you already had at home? So, regardless of how you shop (big weekly shop or daily top ups), if you plan around what you are going to eat, and what you already have, you won't buy more food than you need. Don't forget to take in to account the days you won't be eating at home as well!

## How To Survive The Shopping Battleground



Modern shops provide an amazing service – fresh produce all day, full shelves of different products and all under the one roof. The problem for us the consumer is not to get sucked into the many tricks that are used to get us to buy more. When you have finished your plan at home make sure to make out a shopping list – this is the most important piece of paper to help you through the shopping battleground.



For more simple tips on how to waste less and save money visit [stopfoodwaste.ie](http://stopfoodwaste.ie)

  
**STOP**FoodWaste.ie

# WEEK 1

## Shopping List -page 5



### Monday

**Moroccan Lamb with Couscous & Broccoli - page 6**

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### Tuesday

**Potato Skins Followed by: Bangers, Mashed Potatoes, Red Onion Gravy, Peas - page 7**

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### Wednesday

**Fish Cakes with Green Beans & Broccoli - page 8**

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### Thursday

**Roast Squash & Legume Soup with Ciabatta Croutons - page 9**

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### Friday

**Honey Glazed Chicken Thighs on Lemon & Veg Couscous with Garlic Bread - page 10**



# WEEK 2

## Shopping List -page 13

### Monday

Potato Skins with: Honey Baked Ham, Mashed Potatoes & Cabbage with Parsley Sauce - page 14



### Tuesday

Bubble & Squeak with Peas - page 15



### Wednesday

Cacciatore Chicken with Penne Pasta - page 16



### Thursday

Chorizo, Bean and Pasta Soup - page 17



### Friday

Bean Enchiladas - page 18



# How to survive the SHOPPING BATTLEGROUND

Your mission, to get in and out of your store without overspending and overfilling your fridge. Good luck and Stop Food Waste!



Going in...



Outside creep slowly past the **Oversized Shopping Trolleys**

The larger the trolley, the more you'll spend so grab a basket instead.



Once inside watch out for the **FRESH SMELL SENSORS**

Fresh smells like bread & flowers create a tempting sensory experience which often leads to over spending. Buy your fresh produce at the end of your shop.



Budget and beat **THE ATM MACHINE**

Set a budget before you go to the shop and bring a calculator to keep a running tally.

Survive the Shopping Battleground continues on page 12...

## MEAT/FISH

- 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

## VEG

- 10 Med potatoes approx. 1.5Kg unpeeled
- 4 Medium onions
- 1 Medium red onion
- 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 Lemons
- 2 Red chilli
- Head of garlic
- Chunk of ginger (2 recipes = 6cm thumb width piece)

## DAIRY

- 1 egg
- Small block butter
- Small block cheddar cheese
- Small amount of milk for mashing potatoes

## PRESERVES/CANNED GOODS

- Rapeseed oil or olive oil
- 1 X 400g Can plum tomatoes
- 1 X 400g Tin chopped tomatoes
- 1 X 400g Can chickpeas
- 1 X 400g Can kidney beans
- Vegetable, chicken & beef stock cubes
- Chilli powder
- Ground cinnamon
- Ground coriander
- Herbes de Provence
- Tomato puree (buy tube not tin)
- Honey
- Dark brown or brown sugar
- 3 tbsp Balsamic vinegar
- 500g packet couscous
- Plain flour
- Pack of 2 or 3 pre-packed bake at home ciabatta

# WEEK 1 Shopping List

## Note:

To make it easier at the shop we have broken down the ingredients for this shopping list into different food types. If you do a large weekly shop at the weekend then it is important to manage the perishables (meat, fish, veg, dairy, etc.) carefully. For meals later in the week you can freeze the meat and fish – just remember to defrost them properly the day before using. Freezing can also help in the case of plans changing, which they often do. Remember, your freezer can be your best friend in the fight against food waste.

Apart from the perishables, you will probably have many of the other ingredients already. If there are some that you don't have, and you find yourself wondering if you will ever use them again, we have tried to keep the list to ingredients that can form part of your cupboard essentials and so can be used for different meals.

## 2 DINNER INGREDIENTS

Take note of wherever you see a two dinner ingredient. Try getting into the habit of shopping for items that you can use twice in your weekly meals.

# Monday Week 1

## Moroccan Lamb with Couscous & Broccoli

### 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) - [use other half on Friday's meal](#)
- Knob of butter
- 250g hot chicken stock (made from half stock cube)
- Half head of broccoli - [use other half on Wednesday's meal](#)



**2 DINNER  
INGREDIENTS**

### 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

### TIPS!

- [Made using cheaper cuts of in-season lamb \(Easter to end August\).](#)
- [Freezer or refrigerate leftovers in portion sizes for reheating.](#)



# Tuesday Week 1

## Potato Skins Followed by: Bangers, Mashed Potatoes, Red Onion Gravy, Peas



### You will need:

- 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
- 10 medium potatoes (approx. 1.5kg unpeeled) - use half on Wednesday's meal
- 225g frozen peas (half pack) - use other half on Wednesday's meal



**2 DINNER**  
INGREDIENTS

### 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 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.
- 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.

### TIPS!

- No waste on potatoes by using skins.
- 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.

# Wednesday Week 1

## Fish Cakes with Green Beans & Broccoli

### You will need:

- 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 - [any left over can be used in Thursday's meal](#)
- Half head of broccoli - [from Monday](#)
- 3 medium potatoes boiled and mashed - [or leftover mashed potato from Tuesday](#)
- 400g fish pie mix from butcher counter or 4 salmon darnes approx. 400/450g



**2 DINNER**  
INGREDIENTS

### 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.

### TIPS!

- [Leftover fishcakes can be frozen](#)

# Thursday Week 1

## Roast Squash & Legume Soup with Ciabatta Croutons

### 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
- [Use any leftover beans from Wednesday](#)
- 1 or 2 small ciabatta (cooked if pre-packed bake at home) for croutons - [keep some for Friday](#)
- Rapeseed or olive oil for cooking



**2 DINNER**  
INGREDIENTS

### Method:

- Heat the fan oven to 18°C / 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 (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.

### TIPS!

Leftover soup will keep in fridge for 3 days or you can freeze any leftovers in portion sizes. Leftover croutons could be used in a salad. When you defrost soup and reheat it - perk it up by adding freshly cooked vegetables and fresh chopped herbs or bulk it up by adding some cooked pasta.

# Friday Week 1

## Honey Glazed Chicken Thighs on Lemon & Veg Couscous with Garlic Bread



### 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) - [left over from Monday](#)
- Knob of butter
- 250g hot chicken stock (made from half stock cube)
- 225g frozen peas (half pack) - [left over from Monday](#)
- 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 (cooked if pre-packed bake at home) - [or whatever is left from Thursday](#)
- 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 200°C / 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.

**TIPS!**

- Thighs are cheaper cuts of chicken.



# How to survive the SHOPPING BATTLEGROUND

In the store...



## Show no mercy to the **END CAP DISPLAYS**

These displays don't always mean a discount. A lot of times they are only new or in season items but can be marketed to appear like a deal. **BE WARY!**



Know your enemy...

## **THE SAMPLE STATIONS**

Designed to slow you down and expose new products, use the free samples to your advantage. Eat these at the beginning of your shop to avoid hunger driven purchases.

## Avoid being trapped in... **THE CENTRE ISLES**

General merchandise and canned goods are located here as they draw the shopper deeper into the shop and expose them to nonessential items along the way. Stay focused on your list!



## Be calm when the **SHOP LAYOUT CHANGES!**

Shelves changing position is often done on purpose, because if you don't know where the items are, you'll end up spending more time in the shop. Again, stay focused on your list!!

Survive the Shopping Battleground continues on page 19...

## MEAT/FISH

- 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

## VEG

- 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

## DAIRY

- Small block cheddar cheese
- Small block butter
- 200g low-fat natural yogurt
- 400ml milk

## PRESERVES/CANNED GOODS

- Rapeseed oil or olive oil
- 3 X 400g Can chopped tomatoes
- 2 X Can mixed beans
- 1 X 400g Cans lentils
- Vegetable, chicken stock cubes
- Chilli powder
- Ground cumin
- Smoked paprika
- Ground black pepper
- 2 tbsp Tomato puree (buy tube not tin)
- 2 tbsp Runny honey
- 500g Packet dried penne pasta
- 2 tbsp Plain flour
- 6 Small wholemeal or plain tortillas

# WEEK 2 Shopping List

## Note:

No more than anything we do regularly, the way we shop is often based on habit. For many people a weekly shop is what they do but often this can lead to food going to waste as food goes off towards the end of the week. Have a think about how you shop and the food you throw out regularly – there may be better options to suit you better.

Most of us shop in large supermarkets because they have everything and it is easy. But for many ingredients shopping in smaller shops actually provides more choice (in terms of buying different amounts) and better value (talk to the shop owner about what is good).

Modern packaging can be a fantastic aid in keeping food fresh for longer. Follow the instructions on packaged food properly, especially after opening, to make the most of your ingredients.

**2 DINNER INGREDIENTS** Take note of wherever you see a two dinner ingredient. Try getting into the habit of shopping for items that you can use twice in your weekly meals.

# Monday Week 2

## Potato Skins Followed by: Honey Baked Ham, Mashed Potatoes & Cabbage with Parsley Sauce



### You will need:

- Rapeseed or olive oil for drizzling
- Ground sea salt and ground black pepper
- 50g cheddar cheese
- Chilli powder (optional)
- 1 tbsp rapeseed or olive oil
- Sea-salt flakes
- 2 tbsp honey
- A little water
- 1 small onion
- 50g butter
- 2 tbsp flour
- 400ml milk
- 1 small head cabbage *use leftovers in Tuesday's meal*
- 10 medium potatoes (approx. 1.5kg unpeeled) - *use leftovers in Tuesday's meal*
- Half bunch fresh flat leaf parsley - *leave other half for Tuesday*
- 800g–1kg dry cured loin of bacon or unsmoked back bacon joint or rib joint - *you'll use leftovers in Tuesday's meal*



**2 DINNER  
INGREDIENTS**

### TIPS!

- Potato skins are filling so there should be left over ham and cooking extra potatoes will do for next day's dinner.
- Freeze parsley sauce or use as a base for a chowder or a pasta sauce.
- Freeze any leftovers in portion sizes.

### Method (Baked Ham):

- Preheat the fan oven to 180°C/Gas Mark 6.
- Place 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 butter in a saucepan, add the onion and soften for 5 minutes over a low heat, stir in the parsley.
- Add the flour and use a wooden spoon to mix into a paste with the butter and onion.
- Turn up heat and gradually add milk, stirring continuously, bring to the boil then reduce to simmer.
- Cook the cabbage just before serving with the baked ham, mash and parsley sauce.



# Tuesday *Week 2*

## Bubble & Squeak with Peas

Note: This meal is made using left over mashed potatoes, chopped up ham and cabbage with added onions, garlic and peas.



### You will need:

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

### 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.

### TIPS!

- *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.*

# Wednesday *Week 2*

## Cacciatore Chicken with Penne Pasta

### 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 - *use leftovers on Thursday*



**2 DINNER  
INGREDIENTS**

### 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.

### TIPS!

- Made using cheaper cuts of chicken.
- Kids love left over pasta for school lunches with some pesto or tomato puree stirred through.

# Thursday *Week 2*

## Chorizo, bean and pasta soup

### 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



**2 DINNER**  
INGREDIENTS

### 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.

### TIPS!

- You can freeze any leftovers in portion sizes or add to the enchiladas mix on Friday.
- Recipe adapted from Apron Strings by Nessa Robins

# Friday Week 2

## Bean Enchiladas



### 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 (Chicken):

- 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.

### TIPS!

- Recipe adapted from BBC Good Food Website

# How to survive the SHOPPING BATTLEGROUND

## ✖ Getting out...

### Get in and get out of **THE BACK-OF-SHOP-TRAP**

Dairy products, eggs, meat, snacks and bottled goods are usually at the back of the shop so you see more than you need to. Avoid overspending, go straight to the very back and work your way to the front.



### Know what they want you to see **THE SCIENCE OF SHELF LAYOUT**

**TOP** – Smaller and gourmet brands. These smaller brands usually don't have the budgets to pay for more favourable placement.

**MID** – The "bulls eye" zone. There's no advantage for the supermarket to show you the lowest-priced item in the most effective spot. So here you tend to see higher-priced items or items with the highest markup.

**Kid's eye level** – As if shopping with kids wasn't hard enough there are products specifically located with kids appeal. As anyone who shops with kids will know they will react and reach out to a product.

If possible, leave the children at home

### Keep the blinkers on and **AVOID CHECKOUT BUYS!**

How often do you buy things when waiting in line? This is the one of the most profitable areas in a shop. The goal is to turn waiting time into buying time. Put your blinkers on when you are in line and get out of there!



**EXIT!!!**

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