




Mid-Week Meal Planner

"The recipes in this planner are all designed to maximise the amount of 'good stuff' in your meals across the week whilst not compromising on flavour or that comfort food feel that helps to get us through the chilly start to the new year.

To get the best value from the meals within this planner we recommend that you make full use of your leftovers for lunches or by adapting them within your other evening meals. There are suggestions and tips throughout the recipes to help you to get a bit savvier with your ingredients and spread your meals a bit further."



Monday

Jacket Potato with Creamy Coronation
Chickpea & Salad

Tuesday

Green Lentil Hot Pot with Fluffy
Dumplings

Wednesday


Warming Veggie Curry with Rice

Thursday

Pasties with Mash & Peas

Friday

Deep Pan Tikka Pizza



Love your Leftovers

We have also included recipes to help you to make full use of your ingredients.. Ideal to have as lunches through the week or as easy affordable meals at the weekend too:

Mulligatawny Soup
Fridge Raid Fried Rice

Meal Plan Shopping List:

- ☐ 8 Baking Potatoes
- ☐ 4 Cans of Chickpeas
- ☐ 1 Can of Green Lentils
- ☐ 2 Cans of Chopped Tomatoes
- ☐ Mango Chutney
- ☐ 200g Houmous
- ☐ 3 White Onions
- ☐ 2 Large Red Onion
- ☐ 5 Carrots
- ☐ Frozen Peas
- ☐ 600g Sweet Potatoes (2 medium sized)
- ☐ 1 Large Savoy Cabbage
- ☐ 300g Spinach
- ☐ Ready Rolled Shortcrust Pastry
- ☐ 80g Stuffing Mix
- ☐ Value Rice
- ☐ Self Raising Flour
- ☐ Medium Curry Powder
- ☐ Gravy Granules
- ☐ 100g Tomato Puree
- ☐ Mayonnaise

..and a few items from your store cupboard:
Vegetable Oil, Salt, Pepper, Dried Coriander, Mixed Herbs, Garlic Granules or Lazy Garlic, Vegetable Stock Cube, A Splash of Soy Sauce, a Smidge of Margarine.



Coronation Chickpea Baked Potato

"A really filling, affordable mid week comfort food dinner, packed with flavour and so easy to make!"



You will need:

4 Good sized baking potatoes
2 Cans of chickpeas (drained)
1 White onion
3-4 Teaspoons of curry powder
4 Teaspoons of mango chutney
4 Heaped teaspoons of mayonnaise
Coriander (optional)
Fresh Salad to serve

"If you have any coronation chickpea mix left over, why not use it to make yummy sandwiches for lunch... You could also just make the chickpea mix on its own as a tasty deli filler to use throughout the week for packed lunches"



How to do it:

First, pop your baking potatoes onto a baking tray. For best results, spray with oil and sprinkle with salt. Bake at a high 220°C for 30 minutes before turning them over and reducing the heat to about 180°C and continuing to bake for a further 30 minutes. After this time your potatoes should be crisp on the outside and cooked through (this will depend on how big your potatoes are though.)

While your potatoes are baking, peel and finely dice your onion. Pop it into a deep sided pan and stir fry with a little oil for about 5 minutes. Next, remove from the heat and add your chickpeas. Use a fork to partly mash the chickpeas and create a roughly textured mixture before then adding in the curry powder, mayo and mango chutney to the pan. Mix well and combine the flavours to create a creamy mixture.

Stir through some chopped coriander and then top your hot baked potatoes with generous helpings of your creamy chickpea mixture. Serve with some fresh salad on the side.

Top Tip: Why not batch prep a few more baked potatoes while you have the oven on? When cooked through you can simply wrap them and chill in the fridge for up to 3 days to use for another meal.. They make great 'quick skin on chips' to go alongside a homemade pizza or pie. Simply cut each potato into about 9 equal sized chips, lay out on a lined baking tray, spray with a little oil and bake at 200°C for about 25 minutes (or until a little crisp on the outside.) Alternatively you can just microwave your pre-cooked potatoes and use up leftover curry or hot pot on top for an easy mid week meal.



Hot Pot with Fluffy Dumplings

"A classic winter warmer topped with fluffy dumplings and packed with 3 portions of veggies per serving too!"



You will need:

- 1 Can of green lentils
- 1 Good sized baking potato (cubed)
- 1 Onion
- 3 Carrots
- 1 Cup of frozen peas
- 1/2 Large green cabbage (shredded)
- 2-3 tablespoons of gravy granules
- 1 Tablespoon yeast extract (optional)
- 1 Cup of self raising flour
- 1 Tablespoon of margarine
- 1 Teaspoon mixed herbs
- Cracked black pepper (to season)

"This hot pot is designed to be served in generous portions. The fluffy dumplings help to bulk out the meal to create a filling meal option. If you save 4 tablespoons of the 'green lentil veggie hot pot' mixture in the fridge you can also turn it into some fab individual pies to help form the basis for another family meal later in the week."

How to do it:

Peel and dice your onion and carrots before adding into a deep sided pan with a splash of vegetable oil. It is best to select a pan with a lid to help steam your dumplings later.

Stir fry your veggies for about 5 minutes until your onions start to soften. Then add your chopped cabbage, potatoes, frozen peas, green lentils (in liquid), yeast extract (if using) and 700mls of boiling water. Stir well and then allow to simmer with a lid on for 10 minutes.

While your veggies and lentils are simmering, pop your flour into a bowl along with your mixed herbs and margarine in small chunks. Gradually add 125mls of water. Use a metal spoon to combine the ingredients and create a dough. If your mix is a little dry, just add a splash more water. Use your hands to bring the dough together before then using a teaspoon to create approx. 16 small equal dumpling pieces.

Lift the lid on your simmering veggies, if you prefer a thinner gravy add a touch more boiling water at this stage before stirring in your gravy granules. Your liquid should now have thickened up, reduce the heat to a really gentle bubble and pop each one of your dumpling pieces evenly spaced over the top of your simmering hot pot. Try to keep a little space in between your dumplings as they will grow during the steaming process. Pop the lid back on and allow to gently cook for a further 15 minutes.

After 15 minutes your dumplings should now have fluffed up and your veggies will be cooked through. Season with pepper and serve your hot pot with equal amounts of dumplings in each portion.



Warming Veggie Curry

"This recipe is the ideal way to get more good stuff into your midweek meals as it is packed with 6 portions of veggies per serving"



You will need:

- 1 Red onion
- 2 Medium sized sweet potatoes
- 2 Cans of chickpeas (drained)
- 2 Cans of chopped tomatoes
- 100g spinach (roughly chopped)
- 3 Tablespoons of medium curry spice
- 1 Cup of white rice

"This curry recipe provides 4 very generous portions - If you fancy making a 'Mulligatawny Soup' on another day, just pop 8 heaped tablespoons of your curry to one side before serving. Keep your leftovers in an airtight tub in the fridge for up to 3 days, ready to blend into a warming soup with any leftover rice too."

Top Tip: This curry also freezes well too. It is best frozen in individual portion pots to allow it to be reheated easier from frozen. Ideal for when you need to feed people at different times of the day, or to take to work as a warming alternative to a packed lunch sandwich. Always make sure that food is piping hot before serving.

How to do it:

First, rinse your rice in a sieve to remove the starch and add to a saucepan with 2 cups of water. Allow to gently come to a bubble on a medium heat before then reducing the heat a little bit, popping a lid on and allowing to cook through for 10 minutes. Remove from the heat, stir through and then replace the lid to allow the rice to stay warm until serving.

While your rice is cooking, peel and dice your onion. Pop into a deep sided pan with a little oil. Peel and chop your sweet potatoes into 1cm cubes and add to the pan with the onion. Stir fry for about 10 minutes to allow the veggies to take on a little colour.

Next, add your chickpeas, chopped tomatoes, spinach and curry spice to the pan. Mix well to combine the flavours whilst gradually adding approx. 400mls of boiling water (just enough to cover the veggies.) Allow to come to a bubble and gently simmer for about 10 minutes (so that the potatoes cook through.)

You can serve the curry like this, although there is a good trick to give the effect of a meal that has been slow cooking for ages and has that thick luxurious texture.. Simply take 2-3 ladles of your cooked curry sauce out of the pan and use a stick blender to create a thick smooth sauce. Return this to the pan and combine with the other ingredients before serving with your cooked rice.



Pasties with Creamy Mash & Peas

"A fab way to use up leftovers to create a whole new family meal with minimal effort but all of the yumminess!"



You will need:

4 Tablespoons of 'hot pot' sauce.

Ready rolled shortcrust pastry

80g Stuffing mix

3 Good sized baking potatoes

2 Cups of frozen peas

A smidge of margarine

Extra black pepper to season

*** If you can only get a bigger 180g packet of stuffing, you can simply save half for another time or mix up and add some stuffing balls to your meal too.**

"You can easily adapt this concept to suit whatever leftovers you have - The pies work really well with leftover chilli, or even leftover curry too. Just add some cooked rice into the sauce instead of the stuffing mix to prevent your pie filling being too runny"

How to do it:

Pop your leftover hot pot into a bowl along with the stuffing mix and 170mls of boiling water. Mix well and allow to sit for about 10 minutes until the stuffing has rehydrated.

While your pie filling is resting, wash and chop your baking potatoes into smallish chunks. The smaller size helps the pieces to cook quicker and save energy (try not to be tempted to peel your potatoes as the skins are packed with lots of fibre and good stuff.) Simmer your potatoes over a medium heat for about 15 minutes until cooked through, then drain and mash with a smidge of margarine and a sprinkle of black pepper.

To prepare your pies, unroll your pastry sheet and cut into quarters. Pop 1/4 of the pie filling onto the right hand side of each pastry rectangle. Fold over and create a parcel with each piece before then firmly pressing the edges of the pastry together to create a seal. To help the pastry stay firmly sealed around the edges, you can use a fork to press around the edges or (like the pie pictured) you can turn in your pastry edges to create a more decorative edge. Lay each pie on a lined baking tray and brush with a little milk and sprinkle with black pepper before baking at 200°C for 25 minutes (or until your pastry has turned golden on top and crisp on the bottom.)

Finally, cook your peas and serve with your pies and creamy mash.

Top Tip: These pies are also really good in a packed lunch - Just prep double the amount and pop the extra pies in the freezer in their 'pre-baked' state wrapped in baking paper in an airtight tub. then freshly bake as you need them.



Deep Pan Tikka Pizza

"A more affordable, tasty homemade alternative to a takeaway that still ticks all of those comfort food boxes!"



You will need:

6 Cups of self raising flour
A Splash of vegetable oil
100g Tomato puree
4 Teaspoons of curry powder
3 - 4 Tablespoons of mango chutney
1 Red onion (peeled & finely sliced)
100g Spinach (chopped)
200g Houmous
Coriander (dried or fresh)

You will also need 2 good pans to bake your pizza - We used 2 x 10" cake tins to create that authentic look. You can easily use a square baking tray too.

"This recipe is designed to create a really deep pan style pizza so that each portion is as filling as possible. The recipe makes enough to easily feed 4 hungry adults. However, if you would prefer a lighter base, just use 4 cups of flour and 500mls of water to create your dough "

How to do it:

First, pre-heat your oven to 200°C to ensure that it is hot enough to bake your pizza. Next, lightly oil your baking tins before making your pizza dough. This is a really simple dough but it is important to note that it is quite wet and sticky. This just helps to keep the pizza base softer when baked.

Pop your self raising flour into a large bowl along with a good pinch of salt. Make a well in the centre then add a splash of oil before then adding 750mls of water. Use a metal spoon to bring the mixture together before then oiling your hands and making sure that the mix is fully 'together.' Now, split the mix into 2 and squish each into your oiled baking tins (make sure that you have oiled fingers for this or it will get messy!)

To create your toppings, add your tomato puree to a bowl along with a splash of warm water and your curry powder. Spread the mix across your pizza bases before then adding your sliced red onion and chopped spinach on top. Finally, add little dollops of mango chutney and houmous onto each pizza before then baking for approx. 20-25 minutes, or until the dough has risen and the base is crisp in the centre underneath. Serve in slices with a sprinkle of coriander and some salad on the side.

Top Tip: Left over slices of this pizza are fab for lunchboxes or served alongside a hot bowl of soup.

Why not try making a few skin on chips with leftover extra baked potatoes or adding more salad on the side to help you to make your pizza spread a little further for another meal?



Mulligatawny Soup

"This recipe is perfect for using up any left over curry helping to make your ingredients spread a little further through the week"



You will need:

8 Heaped tablespoons of your prepared 'Warming Veggie Curry' along with any left over rice that you might have.

1 Vegetable stock cube

Extra coriander & seeds to garnish (optional)

"You can easily blend this soup to the consistency that you prefer - It works just as well fully smooth if you have picky eaters to feed!"

How to do it:

Pop your leftover curry and rice into a large pan and crumble your vegetable stock cube over the top.

Next add about 700mls of boiling water and use a stick blender to gradually create your soup – Make sure that you take care with the hot liquid, use the blender on the lowest setting to start with to avoid the mixture sloshing over the edges.

Pop the pan on a gentle heat to make sure that the whole contents of the pan are piping hot before serving.

Serve with a sprinkle of coriander or a teaspoon of mixed seeds for an extra protein crunch.

Top Tip: This recipe makes 4 portions of soup. If you know that you won't eat it all straight away, it also freezes well too. Split the soup into portion pots after the blending stage of the recipe. Then just heat the amount of soup that you need for now.

The individual portion pots of frozen soup are ideal to take to work as a hot alternative alongside a little left over pizza slice or even a coronation chickpea sandwich. Always make sure that leftover food is piping hot before serving.



Fridge Raid Fried Rice

"The perfect budget friendly and tasty way to use up left over veggies to reduce your food waste and create another family meal"



You will need:

2 Cups of white rice

A Teaspoon of curry spice mix

2 Teaspoons of garlic granules

1/2 Teaspoon of cracked black pepper

80mls Soy sauce

Mixed veggies - this recipe can easily be adapted to make full use of whatever you have to use up. The rice pictured used:

1 Onion (peeled & finely diced)

2 Carrots (peeled and finely sliced)

Half a savoy cabbage (shredded)

2 Cups of frozen peas

To serve: A drizzle of spicy siracha, chopped cucumber or cashews to garnish & add a little crunch (optional)

How to do it:

First, pop your rice into a saucepan with your curry spice mix and 1 litre of water. Allow to gently come to a bubble on a medium heat before then reducing the heat a little bit, popping a lid on and allowing to cook through for 10 minutes. Remove from the heat, stir through and then replace the lid to allow the rice to stay warm until your veggies are cooked.

To create your stir fried veggies, add all elements into a deep sided pan with a splash of oil. Gently fry on a medium heat for about 10 minutes before then adding the pepper, garlic, soy sauce and about 100mls of water. Continue to cook for a further 5 minutes (or until your carrots are cooked through but still have a bit of bite).

Finally, add your cooked rice to the stir fry veggies and carefully combine the ingredients to fully coat the grains of rice with the soy sauce mixture.

Serve with a sprinkle of chopped cashews, some crunchy cucumber or even a drizzle of spicy siracha for an extra flavour kick.

"This rice recipe provides approx. 6 portions - It is also perfect for taking to work for lunch. Just chill any leftovers in portion pots and microwave for 2 minutes on high before eating."