



## Children's Nutrition Team

### Five Day Family Meal Planner

*We have based our 5 day meal planner on the average cost of ingredients from the major supermarkets.  
This planner is designed to feed a family of 4 for £30 with leftovers.*

## WHAT'S ON THE MENU?

### MONDAY

#### Roast Chicken with a twist

A healthy alternative to your usual roast

### TUESDAY

#### Creamy Chicken and Leek pie with crispy potato top

Great way to use up roast leftovers

### WEDNESDAY

#### Chickpea Bites

Serve in pittas with tzatziki and salad

### THURSDAY

#### Potato, Spinach and Chickpea Curry

A cheaper and healthier version of your Indian takeaway

### FRIDAY

#### Baked Salmon and Mash

A sure fire way to get one of your oily fish portion plus 3 veg portions

### BONUS DESERT RECIPE!

#### Peach and Apple Crumble

A healthy pudding with 1 of your 5 a day in it

## SHOPPING LIST

### Shopping List

Medium chicken	£2.95
Lemon (pack of 3)	£0.38
Garlic bulb	£ 0.16
Pack of mixed peppers	£0.95
Pack of red onions	£0.69
Pack of cherry tomatoes	£0.54
Frozen green beans (900g)	£0.77
Bag of couscous (500g)	£0.70
Leeks	£0.95
Plain flour	£0.49
Potatoes (2.5kg)	£0.95
Cheese	£1.55
Low fat spread	£0.85
Carrots (1.5kg)	£0.60
Sweet potatoes (1.5kg)	£0.99
3 cans of chickpeas	£1.00
Dry cumin	£0.85
Dry coriander	£0.85
Dry chilli	£0.85
Dry turmeric	£0.85
Fresh coriander	£ 0.70
Fresh ginger	£0.40
Pitta breads	£0.45
Plain yogurt	£0.45
Fresh mint	£0.70
Cucumber	£0.57

White cabbage	£0.59
Frozen salmon 330g	£3.70
Bag of spinach 125g	£0.95
Tin of tomatoes	£0.35
Boil in the bag basmati rice	£0.85
Tin of peaches	£0.33
2 cooking apples	
or 4 desert apples	£0.85
Porridge oats (1kg)	£0.75
<b>Total</b>	<b>£29. 80</b>

*Estimate based on average of local supermarkets*



## RECIPES

### Roast Chicken with a twist

*Preparation time: 15 mins*

*Cooking time: 1hr 30 mins*

*Serves: 4*

#### Ingredients

1 Medium chicken  
1 lemon  
4 cloves garlic  
3 peppers, cut into chunks  
2 red onions ,cut into quarters  
Pack of tomatoes  
400g green beans  
240g couscous  
360ml of boiling water  
Olive oil

#### Method

- ◆ Place **Chicken** on a roasting/ baking tray and squeeze over the juice of half a **lemon** and then place the squeezed half inside the chicken cavity along with 2 peeled cloves of **garlic**. Place in the oven at 180°C for around an hour and a half or until the juices run clear.
- ◆ Place the **peppers, tomatoes, onions** and **green beans** on a roasting tray with a teaspoon of **olive oil**, the juice of the other half a **lemon** and 2 crushed cloves of **garlic** and roast for around 20-25 mins.
- ◆ Place the **couscous** in a large bowl and pour over the boiling water, it should cover the couscous by about 1cm. Put on a plate and leave for 10 mins – do not take the lid off as the steam is needed. After a minimum of 10 mins take the plate off and fluff up the couscous. Serve with the roast vegetable juices spooned over the top, the chicken and roast veg.

### Creamy Chicken and Leek Pie with crispy potato top

*Preparation time: 15 mins*

*Cooking time: 25 mins*

*Serves: 4 people*

#### Ingredients

Left over chicken (around 600g)  
2 leeks, sliced  
Potatoes (around 400g), sliced very thinly  
200ml milk  
55g cheese, grated  
55g flour  
Low fat spread  
Dessert spoon of mustard (optional)  
6 carrots, peeled and cut into sticks

#### Method

- ◆ Soften the **leeks** in a non-stick pan with a teaspoon of oil and gently soften for 2-3 mins. Remove from heat.
- ◆ In a saucepan melt the **low fat spread** and then add the **plain flour** and stir constantly for 30 seconds and then slowly pour in the **milk** a little at a time stirring well. When all mixed in and back up to temperature the sauce will begin to thicken, remove from the heat and then stir in the **cheese** and the **mustard** (if using).
- ◆ To the sauce add the **chicken** and **leeks** and stir then place in an ovenproof dish.
- ◆ Lay the slices of **potato** over the top of the chicken mixture. Place in the oven at 180°C for 25 mins or until the potatoes are a golden brown colour.
- ◆ On a separate tray place the **carrot** sticks and roast for 20 mins.
- ◆ Serve the **carrots** on the side with the pie.

## RECIPES

### Chickpea Bites

*Preparation time: 15 mins*

*Cooking time: 25 mins*

*Serves: 4 people*

#### Ingredients

2 can of chickpeas, drained  
4 cloves garlic  
2 teaspoons cumin  
2 teaspoons ground coriander  
1 teaspoon pepper  
1 teaspoon chilli  
2 small onions or 1 large one  
Juice of 1 lemon  
8 tablespoons of plain flour  
2 tablespoons of fresh coriander leaves  
Oil for greasing

#### Tzatziki Sauce

150g Yogurt  
Handful of fresh mint, finely chopped  
2 cloves crushed garlic  
1 teaspoon of lemon juice  
Half cucumber, grated  
¼ of cabbage, shredded

#### Method

- ◆ Mix all chickpea bite ingredients in a bowl and either mash together or use a handheld blender to mix. Roll into small balls, the mixture can be sticky so you may need flour to dust.
- ◆ Flatten balls into patties and place on an oiled baking tray. Bake for 25 mins at 175°C for 25 mins until golden brown.
- ◆ In a bowl mix the **yogurt, mint, cucumber, lemon juice** and **garlic**.
- ◆ Serve in **pittas** with plenty of shredded cabbage and tzatziki.

### Chickpea, Potato and Spinach Curry

*Preparation time: 10 mins*

*Cooking time: 30 mins*

*Serves: 4 people*

#### Ingredients

400g potatoes, chopped into small pieces  
1 onion, finely chopped  
2 cloves garlic, crushed  
Ginger, 3cm piece crushed/ grated  
1 teaspoon cumin  
1 teaspoon coriander  
1 teaspoon turmeric  
½ -1 teaspoon chilli  
1 tablespoon of oil  
125g spinach  
Juice of half a lemon  
Tin of tomatoes, chopped finely (can be done in tin)  
1 tin chickpeas  
2 bags of boil in bag rice

#### Method

- ◆ In a large saucepan place **onion** and **oil** and gently soften for 7 mins.
- ◆ Add **garlic** and **ginger** and soften for a further 2 mins and then add the **spices, potatoes**, tin of **chickpeas** with all the juice and another tin full amount of water and chopped **tinned tomatoes**.
- ◆ Simmer for 30 mins until the potatoes are soft.
- ◆ Add in the **spinach** and wilt for a minute and then finally stir through the **lemon juice**.
- ◆ Serve with **boiled basmati rice** and sprinkle with some finely chopped **coriander** (optional)

## RECIPES

### Baked Salmon with carrot and sweet potato mash

Preparation time: 10mins

Cooking time: 20 mins

Serves: 4 people

#### Ingredients

4 salmon fillets ,defrosted  
1 lemon  
500g sweet potato, peeled and diced  
500g carrots ,peeled and diced  
2 cloves garlic  
Dessertspoon low fat spread  
400g green beans

#### Method

- ◆ Pre-heat oven to 180°C Place **salmon** on a baking tray skin side down, squeeze over juice of half a **lemon** and put tin foil over the top and place in oven for around 12- 15 mins.
- ◆ Place **sweet potato** and **carrots** in a pan of boiling water and bring back to boil and simmer for 12 mins.
- ◆ Place **green beans** in saucepan of boiling water and bring back to boil and simmer for 2 min and then drain off the water.
- ◆ Drain off **sweet potato** and **carrots** add the low fat spread and garlic and mash.
- ◆ Serve the **salmon** on the mash with the **green beans** on the side



#### FEELING ADVENTUROUS?

- ◆ Salmon is a great source of oily fish but if you fancy trying other types of oily fish what about trout or mackerel, they can be baked in the same way.
- ◆ The curry recipe can be mixed up, so why not swap the chickpeas for lentils or even diced chicken and if you don't have spinach swap it for broccoli or peas.
- ◆ If you have any leftover pesto that needs using you could add this to the top of the salmon before baking, just lightly cover the top to give it an extra bit of flavour.

#### DON'T LIKE SOMETHING?

- ◆ Don't like salmon you could swap for a white fish such as cod, haddock or pollock. Although these are not oily fish they are still full of goodness and a low fat protein source
- ◆ Not keen on peppers or tomatoes? You could swap veggies in the roast vegetable dish – why not try courgettes, butternut squash or even potatoes or sweet potatoes
- ◆ Swap couscous for rice-basmati, long grain or just plain rice it's all just as nutritious
- ◆ If sweet potato isn't your thing make mash with ordinary potatoes in the same way but also add a dash of milk.

## LEFTOVERS

### Leftovers

Couscous

Flour

Onions

Potatoes

Sweet-

Potatoes

Cheese

Carrots

Cucumber

Herbs

Yogurt

Oats

### Suggestions for Leftovers

- ◆ Left over **couscous** can be used to make a tabbouleh type salad by adding chopped **cucumber**, tomato, **onion** and chopped **fresh herbs** like coriander, mint, basil or flat leaf parley. Add a squeeze of lemon and a drizzle of olive oil and serve as light lunch or as a side with a main meal.
- ◆ **Sweet potato** and red pepper soup-Peel and dice 2 **sweet potatoes** and chop 2 red, orange or yellow **peppers** and **2 onions**. Roast in the oven for 20 mins. Place in a pan with pint of vegetable stock and cook for 15 mins, then liquidise.
- ◆ Zingy veg tacos- Roast **sweet potatoes** and/or **carrots** and serve in wraps with salad and your favourite sauce, you could try salsa or guacamole and a sprinkling of grated **cheese**
- ◆ Left over **carrots**, **cabbage** and **onions** can be used up to make a lovely light coleslaw. Finely slice **cabbage**, **carrot**, **onion** and place in a bowl with a tablespoon of mayonnaise, tablespoon of **plain yogurt** and mix. Why not add a grated apple or some raisins and a dash of vinegar for a sweet and sour twist
- ◆ Use up left over **yoghurt** and **flour** by making muffins or pancakes
- ◆ Quick chunky **potato** salad- chop **potatoes** in half or quarters and boil for 20 mins, drain and add 2 desert spoons of **yoghurt** and a spoon full of mayonnaise, you can also chop up some left over **onion** and mix this through
- ◆ Left over **oats** can be used for breakfast porridge or mix with yogurt and fruit and left overnight in the fridge for quick breakfast oats.
- ◆ Overnight oats and porridge are great ways to use up oats

### Peach and Apple Crumble (Serves 4)

Prep time 10 mins and cook time 25 mins

1 tin of peaches, 2 cooking apples or 4 desert apples peeled, cored and sliced, 100g plain flour, 100g oats, 50g low fat spread, 75g of sugar.

Place **apple** in a pan with the juice from the **peaches** and cook gently for 5 mins. In a bowl mix together the **flour**, **oats** and **sugar** and rub in the **spread** until mixture resembles fine breadcrumbs. Lightly grease an oven proof dish and put the in the fruit mixture and then sprinkle the crumble mixture on the top. Bake for 20 mins at 180C. Serve with **yogurt** or custard if you prefer.