

WEEKLY MEAL PLAN

Meal Plan 11

A week of healthy, beginner-level meals where every dinner is cooked in one pan or on one tray, with a shopping list for every recipe.

8 Chapters

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Generated with Claude

MEAL PLAN 11

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Meal Plan 11: One-Pan Week

Day 1 · Monday

Today at a glance. Welcome to the One-Pan Week: every dinner is made in a single pan or on a single tray, and breakfasts and lunches use one jar, bowl or pan too. Today's washing up is **one jar, one small pan and one large pan**. The whole tin of tomatoes goes into dinner, so there is nothing left over. Dinner takes about **25 minutes**. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Cocoa and Banana Overnight Oats

5 minutes the night before | Washing up: 1 jar | No cooking | Vegetarian

INGREDIENTS (1 PORTION)

40 g	porridge oats
120 ml	semi-skimmed milk
50 g	plain Greek-style yoghurt
1 tbsp	unsweetened cocoa powder (about 7 g)
1	ripe banana
1 tsp	honey

METHOD

1. The evening before, put the oats, milk, yoghurt, cocoa and honey in a jar or lidded container and stir well until there are no dry lumps of cocoa.
2. Peel the banana, mash half of it with a fork and stir it in. Slice the other half and keep it in the fridge in a small covered container, or put it on top. Cover the jar and put it in the fridge overnight.
3. In the morning, stir, add a splash of milk if it is too thick, and top with the sliced banana. Eat it cold from the jar.

WHY IT IS A HEALTHY START

It tastes like a chocolate pudding, but the sweetness comes from the banana and only 1 tsp of honey. The oats give fibre that keeps you full, and the yoghurt adds protein. It needs no cooking and only one jar.

SWAPS

Frozen raspberries or a few chopped nuts on top. Peanut butter stirred in. Skip the honey if the banana is very ripe.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN

Egg and Vegetable Noodle Bowl

10 minutes | Washing up: 1 pan | Vegetarian

INGREDIENTS (1 PORTION)

1 nest	dried egg noodles (about 60 g)
1	carrot
80 g	frozen peas
1	egg
½ cube	reduced-salt vegetable stock cube
350 ml	hot water for the stock
1 tbsp	reduced-salt soy sauce

METHOD

1. Peel the carrot and cut it into thin matchsticks, or grate it.
2. Put the stock cube and 350 ml of water in a medium saucepan and bring to the boil. Add the noodles, carrot and peas and simmer for 3 minutes.
3. Turn the heat down to a gentle simmer. Crack the egg into the pan, next to the noodles, and cook for 3 minutes without stirring, until the white is set and the yolk is still soft. (Cook it for 4 to 5 minutes for a firm yolk.)
4. Stir the soy sauce into the broth. Tip everything into a bowl, or eat it straight from the pan if you are in a hurry.

WHY IT IS A HEALTHY LUNCH

It is a warm broth with noodles, an egg for protein and two vegetables, ready in 10 minutes in one pan. The stock cube and soy sauce provide the salt, so you need no more.

SWAPS

A handful of spinach stirred in at the end. Frozen sweetcorn in place of the peas. A pinch of chilli flakes.

Shopping list for this recipe

Dinner

DINNER · BEEF · ONE PAN

One-Pan Beef and Spinach Pasta

Prep: 5 minutes | Cooking: about 25 minutes | About 10 minutes of hands-on work | Washing up: 1 pan

INGREDIENTS (1 PORTION)

125 g	lean beef mince (5% fat)
1	small onion
1 clove	garlic
1 tin (400 g)	chopped tomatoes
200 ml	water
75 g	dried wholewheat penne or fusilli
40 g	baby spinach
1 tsp	dried oregano
1 tsp	olive oil
20 g	strong Cheddar, finely grated
1 pinch	black pepper

PREP AHEAD (ABOUT 5 MINUTES, ANY TIME THAT DAY)

1. Peel and finely chop the onion and garlic. Keep them in a covered container. Keep the raw mince on the **bottom shelf** of the fridge.

AT DINNER TIME (ABOUT 25 MINUTES, 10 OF THEM HANDS-ON)

1. Heat the oil in a large, deep frying pan or a wide saucepan with a lid over a medium-high heat. Add the mince and cook for 5 minutes, breaking it up, until brown all over and no pink is left.
2. Add the onion and cook for 3 minutes. Stir in the garlic and oregano for 30 seconds.
3. Pour in the tomatoes and the water and bring to the boil. Stir in the pasta and push it under the liquid.
4. Turn the heat down to a steady simmer, put the lid on and cook for 12 to 14 minutes, stirring every few minutes so the pasta does not stick, until the pasta is tender and the sauce is thick. If it gets too dry, add a splash of water.

5. Stir in the spinach for 1 minute until it wilts. Season with pepper, spoon into a bowl and scatter the cheese over the top.

> **COOKING MINCE SAFELY**
>
> Cook the mince until there is no pink left, and make sure the sauce is bubbling and steaming hot before you eat. Wash your hands, the board and the knife after handling raw mince. Cook any prepped raw mince the same day.

WHY IT IS A HEALTHY DINNER

The pasta cooks in the sauce, so it soaks up all the flavour and there is no separate pan or colander to wash. Wholewheat pasta adds fibre, lean mince adds protein, and the whole tin of tomatoes and the spinach give plenty of vegetables.

SWAPS

Chicken mince in place of the beef. A courgette, diced, cooked with the onion. Frozen peas in place of the spinach.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Tuesday has a mug omelette, a ham and cheese toastie, and a tikka-spiced chicken, potato and cauliflower tray bake. If your chicken is frozen, take it out tonight to defrost in the fridge.

Meal Plan 11: One-Pan Week

Day 2 · Tuesday

Today at a glance. Today's washing up is **one mug, one frying pan and one tray**. Breakfast takes 5 minutes in the microwave, lunch takes 8, and dinner is a tray bake with about **10 minutes of work** and 35 minutes in the oven. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Mug Omelette with Spinach and Cheese

5 minutes | Washing up: 1 mug | Microwave | Vegetarian

INGREDIENTS (1 PORTION)

2	eggs
1 tbsp	semi-skimmed milk
20 g	baby spinach
20 g	strong Cheddar, grated
1 slice	wholemeal bread
1 pinch	black pepper

METHOD

1. Rinse the mug and spray or wipe the inside with a very small amount of oil (or use a silicone mug). Tear the spinach into small pieces and put it in a large microwave-safe mug (about 350 ml).
2. Crack in the eggs, add the milk and pepper and beat well with a fork. Stir in most of the cheese.
3. Microwave for 1 minute, stir, then microwave for another 45 to 60 seconds, until the egg is just set and puffed up. Microwaves vary, so check after 45 seconds the second time.
4. Sprinkle the rest of the cheese on top and eat it with the toast.

> **COOK IT THROUGH**
>
> The egg should be set all the way through with no liquid left. If it is still runny in the middle, microwave for another 15 seconds.

WHY IT IS A HEALTHY START

Two eggs give protein that keeps you full all morning, and the spinach adds iron and vitamins, in a breakfast that takes 5 minutes and leaves one mug to wash.

SWAPS

Diced tomato or a spoonful of sweetcorn in the mug. A slice of ham, torn up. Feta in place of the Cheddar.

Shopping list for this recipe

Lunch

LUNCH

Ham, Cheese and Tomato Toastie

8 minutes | Washing up: 1 frying pan | 4 ingredients

INGREDIENTS (1 PORTION)

2 slices	wholemeal bread
2 slices	lean cooked ham (about 40 g)
25 g	strong Cheddar, sliced or grated
1	tomato
1 pinch	black pepper

METHOD

1. Slice the tomato. Lay one slice of bread in a cold non-stick frying pan. Top with half the cheese, then the ham, the tomato slices, a little pepper and the rest of the cheese. Put the second slice of bread on top.
2. Put the pan on a medium heat and cook for 3 minutes, pressing down gently with a spatula, until the underneath is golden.
3. Flip carefully and cook for 2 to 3 minutes more, until the bread is golden and the cheese has melted. Cut in half and let it cool for a minute before you eat it.

WHY IT IS A HEALTHY LUNCH

It is a toastie made in a dry frying pan with no butter, and the tomato adds juice and vitamin C. Choose lean, plain cooked ham with no added water or glaze, and use a little strong cheese for plenty of flavour.

SWAPS

A handful of spinach in the middle. Sliced cooked chicken in place of the ham. A teaspoon of mustard on the bread.

Shopping list for this recipe

Dinner

DINNER · CHICKEN · ONE TRAY

Tikka-Spiced Chicken, Potato and Cauliflower Tray Bake

Prep: 10 minutes | Oven: about 35 minutes | About 10 minutes of hands-on work | Washing up: 1 tray

INGREDIENTS (1 PORTION)

200 g	boneless, skinless chicken thighs (2 thighs)
200 g	baby new potatoes
200 g	cauliflower florets
1	small onion
2 tbsp	plain Greek-style yoghurt, for the marinade (about 30 g)
2 tsp	mild curry powder
1 tsp	olive oil
2 tbsp	plain Greek-style yoghurt, to serve (about 30 g)
1 pinch	black pepper

PREP AHEAD (ABOUT 10 MINUTES, ANY TIME THAT DAY)

1. Cut the chicken into 3 cm chunks. In a large bowl, mix the marinade yoghurt, curry powder, oil and pepper. Stir in the chicken, cover the bowl and put it on the **bottom shelf** of the fridge. Wash your hands, the board and the knife.
2. Halve the potatoes (cut any big ones into quarters, so they are about 3 cm). Cut the cauliflower into small florets. Peel the onion and cut it into thin wedges. Keep the vegetables in a covered container in the fridge.

AT DINNER TIME (ABOUT 35 MINUTES, 10 OF THEM HANDS-ON)

1. Heat the oven to 220°C (200°C fan). Put the potatoes, cauliflower and onion on a large baking tray and add the chicken with its marinade. Toss everything together with clean hands or a spoon and spread out in a single layer, so it roasts and does not steam.
2. Roast for 15 minutes. Take the tray out, turn everything over and roast for another 15 to 20 minutes, until the chicken is golden and white all the way through with no pink, and the potatoes are tender and crisp at the edges.
3. Spoon onto a plate and serve with the yoghurt on the side.

RAW CHICKEN

Keep the marinating chicken on the bottom shelf and cook it the same day. The marinade is cooked on the tray with the chicken, so it is safe to eat. Do not use any marinade left in the bowl as a sauce. Check a thick piece of chicken is white all the way through, with no pink.

WHY IT IS A HEALTHY DINNER

A tikka-style marinade with yoghurt and spices gives plenty of flavour with very little oil, and the tray is half cauliflower and onion. The potatoes cook on the tray with the chicken, so there is no separate rice or chips to make.

SWAPS

Broccoli or a red pepper in place of the cauliflower. Chicken breast in place of the thighs (cook for 5 minutes less). Add a pinch of chilli flakes for heat.

Shopping list for this recipe

COMING UP TOMORROW

Wednesday is the vegetarian day: peanut butter and banana porridge, a tuna and sweetcorn couscous bowl, and a tray-baked gnocchi with tomatoes, courgette and mozzarella.

Meal Plan 11: One-Pan Week

Day 3 · Wednesday

Today at a glance. Wednesday is the **vegetarian dinner**, and the easiest washing-up day: **one bowl, one bowl and one tray**. Breakfast takes 5 minutes in the microwave, lunch uses only a kettle, and dinner is a tray of crisp roast gnocchi with only **5 minutes of work**. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Peanut Butter and Banana Porridge

5 minutes | Washing up: 1 bowl | Microwave | Vegetarian

INGREDIENTS (1 PORTION)

40 g	porridge oats
200 ml	semi-skimmed milk
1	ripe banana
1 tbsp	peanut butter, 100% peanuts (about 15 g)

METHOD

1. Put the oats and milk in a large microwave-safe bowl (the porridge rises, so use a bigger bowl than you think). Peel the banana and slice half of it into the bowl.
2. Microwave for 2 minutes, stir, then microwave for another 45 to 60 seconds, until thick and creamy.
3. Stir in the peanut butter, then top with the rest of the sliced banana.

WHY IT IS A HEALTHY START

The banana cooks into the porridge and sweetens it, so there is no sugar. Peanut butter adds protein and healthy fat, which keeps you full until lunch. Everything is made in the one bowl.

SWAPS

Almond butter or chopped walnuts. A pinch of cinnamon. Frozen berries in place of the banana.

Shopping list for this recipe

Lunch

LUNCH · TRAVELS WELL

Tuna and Sweetcorn Couscous Bowl

8 minutes | Washing up: 1 bowl | No cooking

INGREDIENTS (1 PORTION)

60 g	couscous
80 ml	boiling water
60 g	frozen sweetcorn
1 small tin	tuna in spring water (about 100 g drained)
1	tomato
1 tsp	olive oil
1 tsp	lemon juice (from a fresh lemon)
1 pinch	black pepper

METHOD

1. Put the couscous and the frozen sweetcorn in a heatproof bowl and pour over the boiling water. Cover the bowl with a plate and leave it for 5 minutes.
2. Fluff the couscous with a fork. The heat will have defrosted and warmed the sweetcorn.
3. Drain the tuna and dice the tomato. Add them to the bowl with the oil, lemon juice and pepper and toss it all together. Eat it warm or cold, or put it in a box for lunch.

WHY IT IS A HEALTHY LUNCH

Tuna gives lean protein, and the couscous and sweetcorn give energy and fibre. It needs no cooking, only a kettle and a bowl, and it is as good cold as warm.

SWAPS

Tinned salmon or a chopped boiled egg in place of the tuna. Cucumber or spinach added at the end. Wholewheat couscous for extra fibre.

Shopping list for this recipe

Dinner

DINNER · VEGETARIAN · ONE TRAY

Tray-Baked Gnocchi with Cherry Tomatoes, Courgette and Mozzarella

Prep: 5 minutes | Oven: about 25 minutes | About 5 minutes of hands-on work | Washing up: 1 tray

INGREDIENTS (1 PORTION)

250 g	shop-bought potato gnocchi (from a 500 g pack)
1	courgette (about 150 g)
150 g	cherry tomatoes
1 clove	garlic
1 tsp	dried oregano
2 tsp	olive oil
125 g	light mozzarella (1 ball)
1 pinch	black pepper

PREP AHEAD (ABOUT 5 MINUTES, ANY TIME THAT DAY)

1. Cut the courgette into 1.5 cm chunks. Halve any large tomatoes. Peel and finely chop the garlic. Keep everything in a covered container in the fridge.

AT DINNER TIME (ABOUT 25 MINUTES, 5 OF THEM HANDS-ON)

1. Heat the oven to 220°C (200°C fan). Put the gnocchi straight from the pack onto a large baking tray with the courgette, tomatoes, garlic, oregano, oil and pepper. Toss well with your hands and spread in a single layer.
2. Roast for 18 to 20 minutes, turning once, until the gnocchi are golden and crisp on the outside and the tomatoes have burst.
3. Tear the mozzarella into pieces and scatter it over the tray. Return it to the oven for 3 minutes, until the cheese is soft and starting to melt.
4. Slide everything onto a plate and eat straight away.

> **THE REST OF THE GNOCCHI**
>
> Gnocchi are shelf-stable until opened. Keep the rest of the pack sealed with a clip in the fridge for 2 days, or freeze the rest of the pack in a freezer bag. You can bake it straight from frozen with 5 extra minutes in the oven.

WHY IT IS A HEALTHY DINNER

Roasting gnocchi on a tray gives them a crisp outside with no frying or boiling, and you use a little oil. The courgette and tomatoes make half the tray vegetables, and light mozzarella melts on top for protein and calcium.

SWAPS

A handful of spinach added for the last 3 minutes. A red pepper in place of the courgette. Feta in place of the mozzarella.

Shopping list for this recipe

COMING UP TOMORROW

Thursday has an apple, cinnamon and walnut yoghurt bowl, a houmous and egg pitta, and a beef shawarma tray with peppers and garlic yoghurt. Take the steak out of the freezer tonight to defrost in the fridge if it is frozen.

Meal Plan 11: One-Pan Week

Day 4 · Thursday

Today at a glance. Thursday is the second of this week's three beef dinners. Today's washing up is **one bowl, one small pan and one tray**. Dinner takes about **18 minutes** in the oven after 10 minutes of prep. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Apple, Cinnamon and Walnut Greek Yoghurt Bowl

4 minutes | Washing up: 1 bowl | No cooking | Vegetarian

INGREDIENTS (1 PORTION)

150 g	plain Greek-style yoghurt
1	eating apple
30 g	porridge oats
10 g	walnut pieces (about 1 tbsp)
½ tsp	ground cinnamon

METHOD

1. Wash the apple, cut out the core and grate it on the coarse side of a grater, skin on, straight into a bowl.
2. Stir in the yoghurt, oats and most of the cinnamon until mixed.
3. Top with the walnuts and the rest of the cinnamon. Eat straight away, or leave it for 10 minutes for softer oats.

WHY IT IS A HEALTHY START

Grated apple makes the yoghurt sweet and juicy with no sugar, the walnuts give healthy fats and crunch, and the oats and yoghurt give fibre and protein. It is made in the bowl you eat from.

SWAPS

A grated pear in place of the apple. Raisins or a few seeds on top. A drizzle of honey.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · TRAVELS WELL

Houmous, Egg and Salad Pitta

12 minutes | Washing up: 1 small pan | Vegetarian

INGREDIENTS (1 PORTION)

1	egg
1	wholemeal pitta bread
2 tbsp	houmous (about 40 g)
50 g	cucumber (about 5 cm)
1	small tomato
1 pinch	black pepper

METHOD

1. Put the egg in a small pan of boiling water and boil for 9 minutes. Cool it under cold water for 2 minutes and peel it. (Boil it the night before to save time.)
2. Warm the pitta in the toaster for 1 minute, then split it open along one side.
3. Spread the houmous inside. Slice the egg, cucumber and tomato and tuck them in, with a little pepper.

WHY IT IS A HEALTHY LUNCH

Houmous and egg give plant and animal protein, and the wholemeal pitta and salad add fibre and vitamins. It is a no-fuss lunch that takes 3 minutes if the egg is boiled the night before.

SWAPS

A handful of spinach or rocket in the pitta. Grated carrot. A wholemeal wrap in place of the pitta.

Shopping list for this recipe

Dinner

DINNER · BEEF · ONE TRAY

Beef Shawarma Tray with Peppers and Onion, Pitta and Garlic Yoghurt

Prep: 10 minutes | Oven: about 18 minutes | About 10 minutes of hands-on work | Washing up: 1 tray

INGREDIENTS (1 PORTION)

125 g	lean sirloin or rump steak
1	red pepper
1	small onion
1 tsp	ground cumin
1 tsp	smoked paprika
½ tsp	ground cinnamon
1 tsp	olive oil
1 tsp	lemon juice (from a fresh lemon)
3 tbsp	plain Greek-style yoghurt (about 45 g)
1 clove	garlic
1	wholemeal pitta bread
1 pinch	black pepper

PREP AHEAD (ABOUT 10 MINUTES, ANY TIME THAT DAY)

1. Trim any hard fat from the steak and slice it across the grain into thin strips, about 5 mm thick. Put it in a bowl with the cumin, paprika, cinnamon, oil, lemon juice and pepper and mix well. Cover the bowl and put it on the **bottom shelf** of the fridge. Wash your hands, the board and the knife.
2. Cut the pepper in half, remove the seeds and cut it into strips. Peel the onion and cut it into thin wedges. Keep them in a covered container in the fridge.
3. Make the garlic yoghurt: peel and crush the garlic, stir it into the yoghurt and keep it covered in the fridge.

AT DINNER TIME (ABOUT 18 MINUTES, 10 OF THEM HANDS-ON)

1. Heat the oven to 220°C (200°C fan). Put the pepper and onion on a large baking tray and roast for 8 minutes while you wait.

2. Take the tray out, push the vegetables to one side and add the beef strips with their spices. Spread them out in a single layer and roast for 8 to 10 minutes, turning once, until the beef is cooked through and the vegetables are soft and starting to char.
3. Warm the pitta in the toaster for 1 minute and split it open.
4. Fill the pitta with the beef and vegetables from the tray, or serve it on the side, with the garlic yoghurt.

> **SPICES ON RAW BEEF**
>
> The spices and oil on the raw beef are cooked on the tray, so they are safe to eat. Keep the marinating beef on the bottom shelf, cook it the same day (within about 8 hours), and wash the board, knife and your hands after handling it.

WHY IT IS A HEALTHY DINNER

Thin strips of lean steak and plenty of roast vegetables give a big flavour from the spices and almost no fat, and the garlic yoghurt replaces a creamy sauce. The pitta takes the place of rice or chips.

SWAPS

Chicken strips in place of the beef (roast for 12 minutes, until white all the way through). A courgette in place of the pepper. Shredded lettuce and cucumber in the pitta.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Friday has baked beans and cheese on toast, a sweetcorn and cheese quesadilla, and a one-pan smoked haddock kedgeree with a baked egg. The kedgeree uses fresh smoked haddock, so buy it on the day or freeze it.

Meal Plan 11: One-Pan Week

Day 5 · Friday

Today at a glance. Friday is the **fish day**. Today's washing up is **one small pan, one frying pan and one deep pan**. Dinner is a kedgeree where the rice, haddock, peas and egg all cook in the same pan, in about **25 minutes**. Every quantity below is for **one portion**, in metric with UK names.

Breakfast

BREAKFAST · VEGETARIAN

Baked Beans and Cheese on Toast

6 minutes | Washing up: 1 small pan | 3 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

200 g	reduced-sugar and reduced-salt baked beans (1 small tin)
2 slices	wholemeal bread
20 g	strong Cheddar, grated
1 pinch	black pepper

METHOD

1. Tip the beans into a small saucepan and warm them over a medium heat for 4 minutes, stirring, until hot all the way through. (Or microwave them in a bowl for 2 minutes.)
2. Put the bread in the toaster.
3. Put the toast on a plate, pour the beans over it and scatter the cheese on top so it melts. Finish with pepper.

WHY IT IS A HEALTHY START

Baked beans count towards your five a day and give protein and fibre. The reduced-sugar and reduced-salt kind is much better than the standard one, and a little strong cheese gives more flavour than a lot of mild.

SWAPS

A poached or fried egg on top. A handful of spinach stirred into the beans. A pinch of paprika.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN

Sweetcorn and Cheese Quesadilla

8 minutes | Washing up: 1 frying pan | 4 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

1	wholemeal tortilla wrap
60 g	frozen sweetcorn
30 g	strong Cheddar, grated
20 g	baby spinach
1 pinch	black pepper

METHOD

1. Put the sweetcorn in a small bowl and microwave it for 1 minute, or pour boiling water over it and drain it, to defrost it.
2. Lay the wrap in a dry non-stick frying pan. Scatter the cheese over one half, then the sweetcorn, spinach and pepper, and fold the other half over.
3. Put the pan on a medium heat and cook for 2 to 3 minutes, pressing down with a spatula, until golden underneath. Flip and cook for 2 minutes more, until the cheese has melted.
4. Slide onto a board, cut into 3 wedges and eat it hot.

WHY IT IS A HEALTHY LUNCH

It is cooked in a dry pan with no oil or butter, and the sweetcorn and spinach make it more vegetables than cheese. A little strong cheese goes a long way.

SWAPS

A spoonful of baked beans or drained tinned black beans inside. Sliced tomato or red pepper in place of the spinach. A spoonful of yoghurt to dip.

Shopping list for this recipe

Dinner

DINNER · FISH · ONE PAN

One-Pan Smoked Haddock Kedgeree with Peas and a Baked Egg

Prep: 5 minutes | Cooking: about 25 minutes | About 10 minutes of hands-on work | Washing up: 1 pan

INGREDIENTS (1 PORTION)

150 g	undyed smoked haddock fillet
60 g	basmati rice
1	small onion
2 tsp	mild curry powder
80 g	frozen peas
1	egg
1 tsp	olive oil
180 ml	hot water
1 tsp	lemon juice (from a fresh lemon)
1 pinch	black pepper

PREP AHEAD (ABOUT 5 MINUTES, ANY TIME THAT DAY)

1. Peel and finely chop the onion. Keep it in a covered container. Keep the smoked haddock in its pack on the **bottom shelf** of the fridge, away from other food.

AT DINNER TIME (ABOUT 25 MINUTES, 10 OF THEM HANDS-ON)

1. Heat the oil in a deep frying pan or wide saucepan with a lid over a medium heat. Cook the onion for 4 minutes, until soft. Stir in the curry powder for 30 seconds.
2. Add the rice and stir for 1 minute so every grain is coated. Pour in the hot water, stir once and bring to the boil. Turn the heat down to low, cover and cook for 8 minutes.
3. Lay the haddock on top of the rice, skin side down, and scatter the peas around it. Put the lid back on and cook for 6 minutes, until the fish flakes easily and the rice is tender.
4. Make a small hollow in the rice, crack the egg into it, cover and cook for 3 to 4 minutes, until the white is set and the yolk is still soft.
5. Lift the skin off the haddock, discard it and flake the fish over the rice. Add the lemon juice and pepper and fold it through gently. Eat from the pan or spoon onto a plate.

FISH AND EGG

Keep the raw smoked haddock on the bottom shelf and cook it the same day. It is ready when the flesh is opaque and flakes easily, and the rice is steaming hot. The egg white must be fully set. Wash your hands and the board after handling raw fish.

WHY IT IS A HEALTHY DINNER

Kedgeree is a classic one-pan dish. The haddock gives lean protein, and it is already salty, so there is no need to add any. The egg adds protein and the peas add fibre, with only 1 tsp of oil.

SWAPS

Undyed smoked haddock is best, but any smoked white fish works. Frozen spinach or sweetcorn in place of the peas. A pinch of chilli flakes.

Shopping list for this recipe

COMING UP TOMORROW

Saturday has tray-baked eggs, a roasted red pepper and tomato soup that makes two portions (one for Sunday), and a slow-cooked beef massaman-style curry that makes two portions (one for the freezer). Take the braising beef out of the freezer tonight to defrost in the fridge if it is frozen. If your gammon joint for Sunday is frozen, take that out tonight too.

Meal Plan 11: One-Pan Week

Day 6 · Saturday

Today at a glance. Saturday is the last of the week's three beef dinners, and has time for a slow pot of curry. Today's washing up is **one small dish and two pots**. Lunch makes **2 portions** (one for Sunday) and dinner makes **2 portions** (one for the freezer). Dinner simmers for about 1 hour 45 minutes, with only about **15 minutes** of your time. Quantities are marked for one or two portions on each recipe.

Breakfast

BREAKFAST · VEGETARIAN

Baked Eggs with Tomatoes and Mushrooms

20 minutes | Washing up: 1 small dish | Vegetarian

INGREDIENTS (1 PORTION)

2	tomatoes
80 g	mushrooms
2	eggs
1 slice	wholemeal bread, to dip
1 tsp	olive oil
1 pinch	black pepper

METHOD

1. Heat the oven to 200°C (180°C fan). Halve the tomatoes. Wipe the mushrooms and cut them in half if they are large.
2. Put the tomatoes (cut side up) and mushrooms in a small ovenproof dish (about 18 cm), drizzle with the oil and add pepper. Bake for 10 minutes.
3. Take the dish out, make 2 gaps among the vegetables with a spoon and crack an egg into each. Return to the oven for 6 to 8 minutes, until the whites are set and the yolks are still soft.
4. Toast the bread. Bring the dish to the table and eat it straight from the dish, dipping the toast into the yolk.

WHY IT IS A HEALTHY START

Roasted tomatoes and mushrooms are rich and savoury with only 1 tsp of oil, and two eggs give protein for the morning. It is a lighter way to have a weekend cooked breakfast.

SWAPS

A handful of spinach under the eggs. A sprinkle of Cheddar or feta. Baked beans in the dish for a bigger breakfast.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · MAKES 2 PORTIONS

Roasted Red Pepper and Tomato Soup

About 35 minutes | Washing up: 1 pot | Makes 2 portions: 1 today, 1 tomorrow | Vegetarian

INGREDIENTS (2 PORTIONS)

2 tsp	olive oil
1	small onion
2	red peppers
1 clove	garlic
1 tsp	smoked paprika
1 tin (400 g)	chopped tomatoes
½ cube	reduced-salt vegetable stock cube
300 ml	hot water for the stock
1 slice	wholemeal bread, to serve (Sunday's slice is listed on Sunday)
1 pinch	black pepper

METHOD

1. Peel and chop the onion and garlic. Cut the peppers in half, remove the seeds and chop them into 2 cm pieces.
2. Heat the oil in a medium saucepan over a medium heat. Cook the onion and peppers for 8 minutes, stirring now and then, until soft and just starting to colour. Add the garlic and paprika for 1 minute.
3. Add the tomatoes and the hot stock. Bring to the boil, turn down the heat, cover and simmer for 15 minutes, until the peppers are very soft.
4. Blend with a stick blender until smooth. Season with pepper.
5. Ladle half into a bowl and serve with the toast. Cool the other half quickly, within 1 hour: pour it into a shallow container, leave to steam for 10 minutes, then cover and chill it in the fridge. It is Sunday's lunch.

> **COOLING AND REHEATING**

> Chill the second portion within 1 to 2 hours, keep it in the fridge and eat it tomorrow. Reheat it once, until steaming hot all the way through. Throw away anything you do not eat.

WHY IT IS A HEALTHY LUNCH

Peppers are full of vitamin C and make the soup sweet and bright, with no need for sugar or cream. It is mostly vegetables with only 1 tsp of oil per portion.

SWAPS

A spoonful of Greek yoghurt swirled on top. A tin of white beans, blended in, for protein. A pinch of chilli flakes.

Shopping list for this recipe

Dinner

DINNER · BEEF · ONE POT · MAKES 2 PORTIONS

One-Pot Beef Massaman-Style Curry with Potatoes

Prep: 15 minutes | Simmers: about 1 hour 45 minutes | About 15 minutes of hands-on work | Washing up: 1 pot | Makes 2 portions: 1 tonight, 1 for the freezer

INGREDIENTS (2 PORTIONS)

300 g	braising or stewing beef (such as chuck or shin), cut into 3 cm chunks
1	onion
2 tbsp	massaman curry paste (or Thai red curry paste)
1 tin (400 ml)	reduced-fat coconut milk
100 ml	water
400 g	potatoes (2 to 3 medium), peeled and cut into 3 cm chunks
60 g	baby spinach
1 tbsp	lemon juice (from a fresh lemon)
1 tsp	olive oil

PREP (ABOUT 15 MINUTES)

1. Trim any big pieces of hard fat from the beef and cut it into 3 cm chunks. Peel and chop the onion. Peel the potatoes and cut them into 3 cm chunks. Keep the potatoes in a bowl of cold water until you need them.

COOKING (ABOUT 1 HOUR 45 MINUTES, MOSTLY HANDS-OFF)

1. Heat the oil in a large, heavy pot with a lid over a medium-high heat. Brown the beef in two batches for 3 to 4 minutes, turning, and lift it out onto a plate.
2. Add the onion to the pot and cook for 4 minutes. Stir in the curry paste for 1 minute. Pour in the coconut milk and water, scraping up anything stuck to the bottom, and return the beef and its juices.
3. Bring to a gentle simmer, cover and cook on a low heat for 1 hour, stirring now and then.
4. Drain the potatoes and add them to the pot. Cover and simmer for another 35 to 40 minutes, until the beef is very tender and the potatoes are soft. Add a splash of water if it gets too thick.

5. Stir in the spinach for 1 minute, until wilted. Take the pot off the heat, add the lemon juice, and taste.
6. Serve half in a bowl. Cool the other half quickly, within 1 to 2 hours, into a lidded freezer container.

> **COOLING AND FREEZING THE SECOND PORTION**
>
> Cool the second portion quickly, within 1 to 2 hours. Cover it, chill it and freeze it the same evening, labelled with the date. Eat it within 3 months. Defrost it in the fridge overnight, reheat it once until steaming hot all the way through, and never refreeze it.

WHY IT IS A HEALTHY DINNER

A slow-cooked curry made in one pot, with reduced-fat coconut milk and potatoes, so there is no rice to cook. Braising beef is cheap and becomes tender, and the spinach adds a vegetable at the end.

SWAPS

Chicken thighs in place of the beef (cook for 25 minutes in total). A sweet potato in place of some of the potato. A few peanuts on top.

Shopping list for this recipe

> **COMING UP TOMORROW**
>
> Sunday has blueberry baked oats, today's soup again, and a one-tray gammon with apple and roast vegetables that makes 4 portions: one for tonight, one for a gammon sandwich and two for the freezer.

Meal Plan 11: One-Pan Week

Day 7 · Sunday

Today at a glance. Sunday is a relaxed day with **one dish, one pan and one tin** to wash. Breakfast bakes while you read the paper, lunch is yesterday's soup, and dinner is a gammon joint with roast vegetables that makes **4 portions**: one for tonight, one for a gammon sandwich this week, and two for the freezer. The oven does most of the work, so it takes about **15 minutes** of your time.

Breakfast

BREAKFAST · VEGETARIAN

Blueberry Baked Oats

25 minutes | Washing up: 1 dish | 5 ingredients | Vegetarian

INGREDIENTS (1 PORTION)

40 g	porridge oats
1	ripe banana
1	egg
100 ml	semi-skimmed milk
80 g	frozen blueberries
½ tsp	ground cinnamon

METHOD

1. Heat the oven to 180°C (160°C fan). Peel the banana and mash it well in an ovenproof bowl or large ramekin (about 300 ml).
2. Beat in the egg and the milk, then stir in the oats, cinnamon and about two thirds of the blueberries.
3. Scatter the rest of the blueberries on top and bake for 20 minutes, until set and golden on top. (Or microwave for 3 minutes, until set.)
4. Leave it for 2 minutes, then eat it straight from the dish, warm.

WHY IT IS A HEALTHY START

It is like a cake for breakfast but made from oats, banana and egg, with no flour, sugar or butter. The blueberries add colour and vitamins, and the egg adds protein.

SWAPS

Frozen raspberries or chopped apple in place of the blueberries. A spoonful of Greek yoghurt on top. A few walnuts.

Shopping list for this recipe

Lunch

LUNCH · VEGETARIAN · FROM SATURDAY

Pepper and Tomato Soup from Saturday

8 minutes | Washing up: 1 pan | From Saturday's batch | Vegetarian

INGREDIENTS (1 PORTION)

1 portion	roasted red pepper and tomato soup, from Saturday's lunch (kept in the fridge)
1 slice	wholemeal bread
1 pinch	black pepper

METHOD

1. Tip the cold soup into a saucepan. Add a splash of water (about 50 ml) if it has thickened.
2. Heat it over a medium heat for 5 minutes, stirring, until it is bubbling and steaming hot all the way through. (Or microwave, covered, for about 3 minutes, stirring halfway.)
3. Toast the bread and serve with the soup, with a little pepper.

> **REHEAT ONCE ONLY**
>
> The soup must have been chilled within 1 to 2 hours on Saturday and kept in the fridge. Reheat it once only, until steaming hot, and throw away anything you do not eat.

WHY IT IS A HEALTHY LUNCH

It is the easiest lunch of the week, with nothing to chop or cook from scratch, and the flavour is even better the next day.

SWAPS

Grated cheese on the toast. A spoonful of yoghurt on top. A handful of spinach stirred in at the end.

Shopping list for this recipe

Dinner

DINNER · GAMMON · ONE TRAY · MAKES 4 PORTIONS

One-Tray Gammon with Apple and Roast Vegetables

Prep: 15 minutes | Oven: about 1 hour 20 minutes | About 15 minutes of hands-on work | Washing up: 1 tin | Makes 4 portions: 1 tonight, 1 sandwich, 2 for the freezer

INGREDIENTS (4 PORTIONS OF GAMMON; THE VEGETABLES AND APPLE ARE FOR TONIGHT'S PORTION)

- **800 g** unsmoked gammon joint, boneless, fully defrosted if frozen
- **100 ml** water, for the foil parcel
- **1 tbsp** honey, for the glaze
- **1 tsp** mustard (Dijon or English), for the glaze
- 1 carrot, cut into large chunks (tonight's portion)
- 1 parsnip, cut into large chunks (tonight's portion)
- 150 g potato (1 medium), cut into chunks (tonight's portion)
- 1 eating apple, cut into 6 wedges (tonight's portion)
- 2 tsp olive oil, for the vegetables (tonight's portion)

PREP (ABOUT 15 MINUTES)

1. Read the label on the gammon. Most joints can go straight into the oven in a foil parcel, which this recipe uses. If the label says to soak it first (some saltier joints do), follow that and then pat it dry. Heat the oven to 190°C (170°C fan).
2. Put the gammon on a large piece of foil in a roasting tin. Pour the water around it and wrap the foil into a loose, sealed parcel.
3. Peel the carrot, parsnip and potato, cut them into large chunks (about 4 cm), toss them with the oil and spread them around the foil parcel in the tin. Keep the apple wedges until later.

COOKING (ABOUT 1 HOUR 20 MINUTES, MOSTLY HANDS-OFF)

1. Roast for 50 minutes. Take the tin out and carefully open the foil (the steam is very hot). Add the apple wedges to the tin among the vegetables.
2. Mix the honey and mustard and brush it over the gammon. Turn the oven up to 200°C (180°C fan) and roast, with the foil open, for another 20 to 25 minutes, until the glaze is

golden and the vegetables are soft and caramelised. A thermometer in the middle of the joint should read at least 75°C, and there should be no pink.

3. Rest the gammon on a board under foil for 10 minutes, then slice it thinly. Serve one quarter, about 140 g, with the roast vegetables and apple, and a spoonful of the juices from the foil.
4. Slice the rest of the gammon and put it in three containers, with a spoonful of the juices to keep it moist.

> **GAMMON IS SALTY, AND COOLING THE OTHER 3 PORTIONS**
>
> Gammon is cured, so it is the saltiest recipe in this plan. Keep to one portion of about 140 g, do not add salt or gravy, and let the roast vegetables and apple fill the plate. Cool the other portions quickly, within 1 to 2 hours. Chill one for a gammon sandwich within the next 2 days and freeze the other two the same evening, labelled with the date. Eat the frozen portions within 3 months. Defrost in the fridge overnight, reheat once until steaming hot all the way through, and never refreeze.

> **GAMMON SANDWICH**
>
> Layer slices of cold gammon in wholemeal bread with sliced tomato and a little mustard or apple slices. It makes a quick lunch on a busy day, with no cooking.

WHY IT IS A HEALTHY DINNER

Gammon is a lean, high-protein meat, and cooking it in a foil parcel needs no extra fat. The honey and mustard glaze is tiny, and the roast apple makes the vegetables sweet, so there is no sauce to make. Everything cooks in one tin.

SWAPS

A beef topside joint in place of the gammon (roast for 20 minutes at 220°C, then 50 to 60 minutes at 180°C, with no foil). A sweet potato in place of the potato. Green beans on the side, cooked in the microwave.

Shopping list for this recipe

COMING UP NEXT

Chapter 8 is the combined weekly shopping list, grouped by shop section, with a prep-ahead schedule, a freeze-and-defrost schedule and a plan for the leftovers.

Meal Plan 11: One-Pan Week

Chapter 8 · Weekly shopping list

How to use this list. It merges the shopping lists of all 21 recipes from Monday to Sunday, so you can shop once. Amounts are totals for the week, and the last column says where each item is used. Check the cupboard section before you go, because oil, honey, mustard and spices are probably already at home. Every recipe is for one portion except Saturday's soup (2) and curry (2) and Sunday's gammon (4), which make extra portions. Every dinner is made in one pan, pot or tray, and each recipe says how much washing up it makes. Each recipe page still has its own list.

DOWNLOAD

A plain-text copy of this whole list is here: Weekly shopping list (text file)

Meat and fish

ITEM	BUY	USED IN
Lean beef mince (5% fat)	1 pack, 125 g or a 250 g pack	Mon (pasta)
Boneless, skinless chicken thighs	2 thighs, about 200 g	Tue (tray bake)
Lean sirloin or rump steak	1 steak, about 125 g	Thu (shawarma tray)
Braising or stewing beef (chuck or shin)	300 g	Sat (curry, 2 portions)
Undyed smoked haddock fillet	1 fillet, about 150 g, fresh or frozen	Fri (kedgeree)
Unsmoked gammon joint, boneless	800 g	Sun (roast, 4 portions)
Lean cooked ham	1 small pack (2 slices needed)	Tue (toastie)

Fruit and vegetables

ITEM	BUY	USED IN
Bananas	3	Mon (oats), Wed (porridge), Sun (baked oats)
Eating apples	2	Thu (yoghurt bowl), Sun (roast)
Lemon	1	Wed 1 tsp, Thu 1 tsp, Fri 1 tsp, Sat 1 tbsp
Onions	6 (small to medium)	Mon 1, Tue 1, Thu 1, Fri 1, Sat 1 (soup) and 1 (curry)
Garlic	1 head (4 cloves needed)	Mon 1, Wed 1, Thu 1, Sat 1
Carrots	2	Mon 1 (noodle bowl), Sun 1 (roast)
Parsnip	1	Sun (roast)
Baby new potatoes	1 small pack, 250 g (200 g needed)	Tue (tray bake)
Potatoes	1 bag, 1 kg (550 g needed)	Sat 400 g (curry), Sun 150 g (roast)
Cauliflower	1 small head (200 g of florets needed)	Tue (tray bake)
Courgette	1	Wed (gnocchi)
Cherry tomatoes	1 pack, 150 g	Wed (gnocchi)
Medium tomatoes	5	Tue 1, Wed 1, Thu 1 (small), Sat 2
Cucumber	1 small (50 g needed)	Thu (pitta). Spare cucumber for salads
Red peppers	3	Thu 1, Sat 2 (soup)
Mushrooms	1 small pack, at least 80 g	Sat (baked eggs)
Baby spinach	1 bag, at least 140 g	Mon 40 g, Tue 20 g, Fri 20 g, Sat 60 g

Dairy and eggs

ITEM	BUY	USED IN
Eggs	1 box of 10 (8 needed)	Mon 1, Tue 2, Thu 1, Fri 1, Sat 2, Sun 1

ITEM	BUY	USED IN
Plain Greek-style yoghurt	1 tub, 500 g (305 g needed)	Mon 50 g, Tue 60 g, Thu 195 g (breakfast 150, dinner 45)
Semi-skimmed milk	1 pint (568 ml, 435 ml needed)	Mon 120 ml, Tue 15 ml, Wed 200 ml, Sun 100 ml
Strong Cheddar cheese	1 small block, about 200 g (115 g needed)	Mon 20 g, Tue 45 g (breakfast 20, lunch 25), Fri 50 g (breakfast 20, lunch 30). About 85 g spare
Light mozzarella	1 ball, 125 g	Wed (gnocchi)
Houmous	1 small tub (40 g needed)	Thu (pitta)

Bread and bakery

ITEM	BUY	USED IN
Wholemeal bread	1 loaf (8 slices needed)	Tue 3, Fri 2, Sat 2 (breakfast 1, soup 1), Sun 1
Wholemeal tortilla wraps	1 (from a pack)	Fri (quesadilla)
Wholemeal pitta bread	2 (from a pack)	Thu 2 (lunch, dinner)

Frozen

ITEM	BUY	USED IN
Peas	1 bag, at least 160 g	Mon 80 g, Fri 80 g
Sweetcorn	1 bag, at least 120 g	Wed 60 g (couscous), Fri 60 g (quesadilla)
Blueberries	1 small bag, at least 80 g	Sun (baked oats)

Tins, jars and bottles

ITEM	BUY	USED IN
Chopped tomatoes (400 g tin)	2 tins	Mon (pasta), Sat (soup)

ITEM	BUY	USED IN
Reduced-fat coconut milk (400 ml tin)	1 tin	Sat (curry)
Tuna in spring water (small tin)	1 tin, about 100 g drained	Wed (couscous)
Baked beans, reduced sugar and salt	1 small tin, 200 g	Fri (breakfast)
Massaman curry paste (or Thai red curry paste)	1 small jar (2 tbsp needed)	Sat (curry)
Peanut butter, 100% peanuts	1 small jar (15 g needed)	Wed (porridge)

Dry goods

ITEM	BUY	USED IN
Porridge oats	1 bag (150 g needed)	Mon 40 g, Wed 40 g, Thu 30 g, Sun 40 g
Dried wholewheat penne or fusilli	1 small pack (75 g needed)	Mon (pasta)
Dried egg noodles	1 nest, about 60 g	Mon (noodle bowl)
Couscous	1 small pack (60 g needed)	Wed (couscous bowl)
Basmati rice	1 small bag (60 g needed)	Fri (kedgeree)
Potato gnocchi, shelf-stable	1 pack, 500 g (250 g needed)	Wed (tray bake). Freeze or keep the rest
Walnut pieces	1 small bag (10 g needed)	Thu (yoghurt bowl)
Unsweetened cocoa powder	1 small tub (1 tbsp needed)	Mon (overnight oats)
Reduced-salt vegetable stock cubes	1 small box (1 cube needed)	Mon ½, Sat ½

Cupboard check

You probably have these already. Check the amounts, then add to the trolley whatever has run out.

- **Olive oil**: about 13 tsp (4 tbsp, 65 ml) over the week

- **Reduced-salt soy sauce**: 1 tbsp (Mon)
- **Honey**: 4 tsp (Mon 1 tsp, Sun 1 tbsp)
- **Mustard**: 1 tsp (Sun)
- **Salt and black pepper**: used in most recipes
- **Mild curry powder**: 4 tsp (Tue, Fri)
- **Dried oregano**: 2 tsp (Mon, Wed)
- **Smoked paprika**: 2 tsp (Thu, Sat)
- **Ground cumin**: 1 tsp (Thu)
- **Ground cinnamon**: 1½ tsp (Thu, Sun)

Equipment

- A large baking tray (Tue, Wed, Thu) and a roasting tin with foil (Sun)
- A deep frying pan with a lid, or a wide saucepan with a lid (Mon, Fri)
- A medium saucepan (Mon, Thu, Sat, Sun) and a large, heavy pot with a lid (Sat)
- A non-stick frying pan (Tue, Fri)
- A small ovenproof dish, about 18 cm (Sat), and an ovenproof bowl or large ramekin (Sun)
- A large microwave-safe mug (Tue), a bowl (Wed), and a jar or lidded container (Mon)
- A stick blender (Sat, optional)
- A meat thermometer (optional but useful for the gammon)
- Four lidded containers for freezing: one for Saturday's curry and three for Sunday's gammon

Prep-ahead schedule

Each weekday dinner can be partly prepared in 5 to 10 minutes any time that day, which leaves about 10 minutes of work at dinner time, and the oven or the simmering pan does the rest. Saturday is a slow curry and Sunday is a gammon roast, both with lots of waiting time.

DAY	PREP AHEAD (ANY TIME THAT DAY)	AT DINNER TIME
Mon	Chop the onion and garlic (5 minutes)	Brown the mince, add the tomatoes, water and pasta, simmer 12 to 14 minutes, stir in the spinach

DAY	PREP AHEAD (ANY TIME THAT DAY)	AT DINNER TIME
Tue	Marinate the chicken (bottom shelf), chop the vegetables (10 minutes)	Oven on 220°C, roast everything on one tray for 30 to 35 minutes
Wed	Chop the courgette and garlic (5 minutes)	Oven on 220°C, roast the gnocchi and vegetables 18 to 20 minutes, add the mozzarella for 3 minutes
Thu	Marinate the beef (bottom shelf), chop the vegetables, make the garlic yoghurt (10 minutes)	Oven on 220°C, roast the vegetables 8 minutes, add the beef for 8 to 10 minutes
Fri	Chop the onion (5 minutes)	Cook the onion and rice, add the haddock and peas, bake the egg on top

If you shop once: freeze and defrost

Raw meat and fish should not wait several days in the fridge, so buy them on your shopping day, freeze them at once, and take each one out the evening before you cook it. Defrost on a plate on the bottom shelf of the fridge, never on the worktop. Check the use-by date on the pack: if it falls before the day you need the item, freeze it. Do not refreeze raw meat that has defrosted.

ITEM	COOK ON	TAKE OUT OF THE FREEZER
Beef mince (freeze on buying)	Mon	Sun evening
Chicken thighs	Tue	Mon evening
Sirloin steak	Thu	Wed evening
Smoked haddock	Fri	Thu evening
Braising beef	Sat	Fri evening
Gammon joint (24 hours or more)	Sun	Fri evening

PREPPING RAW MEAT AND FISH AHEAD

Marinated chicken and steak, mince and smoked haddock wait in the fridge on the **bottom shelf**, covered, away from other food. Cook meat the same day (within about 8 hours) and fish within about 6 hours. Never leave prepped raw food on the worktop. Chill any batch portions within 1 to 2 hours of

cooking, reheat them once until steaming hot all the way through, and never refreeze food that has been defrosted.

Leftovers: using it all up

- **Sunday's gammon:** 1 portion in the fridge for a gammon sandwich within 2 days, and 2 portions in the freezer.
- **Saturday's soup:** the second portion is Sunday's lunch, so there is no waste. **Saturday's curry:** the second portion goes in the freezer.
- **Spare gnocchi (about 250 g):** freeze it in a freezer bag, and roast it straight from frozen with 5 extra minutes in the oven.
- **Spare Cheddar (about 85 g), yoghurt (about 195 g) and eggs (2):** cheese on toast or a jacket potato, yoghurt on porridge or fruit, and eggs in an omelette.
- **Spare ham, spinach and cucumber:** ham in a sandwich within 2 days, spinach in an omelette or soup (or freeze it), and cucumber in a salad.
- **Spare bread:** freeze the rest of the loaf in slices. **Curry paste:** keeps for weeks in the fridge, and is good in a stir-fry.