



# GLUTEN FREE £50 BUDGET MEAL PLAN

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## MONDAY

LUNCH: CARROT & PARSNIP SOUP WITH HOMEMADE FLATBREAD (V)

DINNER: GREEN MAC N CHEESE (V)

## TUESDAY

LUNCH: PEA & SWEETCORN FRITTERS WITH SWEET POTATO WEDGES (V)

DINNER: CHICKEN ONE POT WONDER

## WEDNESDAY

LUNCH: FALAFEL WITH HUMMUS AND SALAD (V)

DINNER: EASY CHORIZO STEW WITH BAKED POTATOES & GREEN BEANS

## THURSDAY

LUNCH: POTATO ROSTI EGGS CUPS WITH BAKED BEANS AND BREAD ROLLS (V)

DINNER: PASTA BOLOGNESE

## FRIDAY

LUNCH: CHICKEN FRIED RICE

DINNER: FISH PIE WITH FINE GREEN BEANS

## SATURDAY

LUNCH: CHORIZO & CHEESE SAVOURY MUFFINS WITH CRUNCHY PEPPER STICKS

DINNER: MUSHROOM STROGANOFF WITH CAVOLO NERO (V)

## SUNDAY

LUNCH: HALLOUMI TRAYBAKE WITH BABY GEM LETTUCE (V)

DINNER: COTTAGE PIE WITH SWEETCORN





**The recipes in this budget meal plan will feed a family of 4 with two young children.**

**I have a 4 year old and a 1 year old (who has the appetite of a 4 year old!).**

**If you have older children, you will want to increase portion sizes slightly.**

**If you are a smaller household, you can either scale back recipes or (my advice) enjoy the leftovers!**

**I hope you find this budget meal plan helpful :)**

**Laura xxx**

**p.s. if you have any questions please send me a friendly email at:**

**[laura@mygfguide.com](mailto:laura@mygfguide.com)**





# SHOPPING LIST



FOR MY £50 SHOP, I SHOPPED AT LIDL FOR THE MAJORITY, THEN MORRISONS/ASDA/TESCO FOR GLUTEN FREE ROLLS, FLOUR AND PASTA.

## VEGETABLES

- CARROTS 1KG
- BROWN ONIONS 1 KG, PLUS 2 EXTRA
- GARLIC TRIO NET
- PARSNIPS 500G
- 1 X LARGE HEAD BROCCOLI (APPROX 400-500G)
- 1 X BUNCH CAVOLO NERO/KALE/SPRING GREENS
- SWEET POTATOES 1.2KG
- BUNCH SPRING ONIONS
- 1 COURGETTE
- FRESH CORIANDER BUNCH
- BABY GEM LETTUCE PACK
- PEPPERS (MIXED BAG OF 6)
- WHITE POTATOES 3KG
- 2 X BABY PLUM TOMATOES 250G
- 500G CHESTNUT MUSHROOMS (2 PUNNETS)
- 1 LEMON
- 3 RED ONIONS

## AMBIENT

- PAPRIKA
- GROUND CUMIN
- DRIED OREGANO
- DIJON MUSTARD
- TOMATO KETCHUP
- VEGETABLE STOCK
- BAKING POWDER
- GLUTEN FREE PLAIN FLOUR 1KG
- GF MACARONI PASTA 500G BAG
- SUNDRIED TOMATOES JAR
- 4 X TINNED PLUM TOMATOES
- BASMATI RICE 500G
- 2 X TINNED CHICKPEAS
- 3 X TINNED BAKED BEANS
- 1 TIN BUTTER BEANS
- 4 GF WHITE BREAD ROLLS
- 1 TINNED GREEN LENTILS

## DAIRY/EGGS/FRIDGE

- NATURAL YOGHURT 500ML
- SALTED BUTTER 250G
- CREME FRAICHE 300ML
- SEMI-SKIMMED MILK 4 PINTS
- CHEDDAR CHEESE 400G
- HUMMUS
- HALLOUMI
- 12 LARGE EGGS

## MEAT

- LARGE WHOLE CHICKEN
- CHORIZO RING 200G
- 750G LEAN BEEF MINCE

## FREEZER

- FROZEN SWEETCORN 1KG
- FROZEN PEAS 1KG
- FROZEN WHOLE FINE GREEN BEANS
- 350-400G FROZEN FISH PIE MIX

**Additional  
items I've  
assumed you  
have in your  
store cupboard:**

- Oil
- Salt
- Pepper



# MONDAY

## CARROT & PARSNIP SOUP

Ingredients: 2 carrots, 4 parsnips, 1 onion, 1 clove garlic, 1 tsp cumin, 1 tsp paprika, 1 litre veggie stock, 200ml milk.

Method:

1. Roughly chop the carrots, parsnip and onion and cook in a medium saucepan for 5 minutes, with a slug of olive oil.
2. Add the crushed garlic clove, cumin paprika and cook for a further two minutes.
3. Add the stock to the saucepan, cover with a lid and simmer for 45 minutes until the veggies are soft.
4. Use a stick blender to puree the soup until smooth. Add the milk, season to taste with salt and pepper. Heat for a couple of minutes to warm through then serve.

## HOMEMADE GLUTEN FREE FLATBREAD

Ingredients: 350g gluten free plain flour, 2 tsp baking powder, 300ml natural yoghurt, 1 tsp salt.

Method:

1. Add the flour, baking powder, salt and yoghurt to a large bowl. Mix with a wooden spoon to initially combine the ingredients, then get your hands in there and work it until you have a pliable dough. If the mixture is too dry add a little water, if too wet sprinkle with extra flour.
2. Divide the dough into 4 pieces. Use your hands to flatten each one into a flatbread shape, then transfer to a frying pan or griddle pan spritzed with a little oil.
3. Allow to cook on each side for around 3-5 minutes over a medium heat. They will rise slightly during cooking, giving a nice light (yet still satisfyingly doughy interior).
4. Eat warm with your soup - i like to split the flatbread and butter them inside for an extra buttery treat!



# MONDAY

## GREEN MAC N CHEESE

Ingredients: 250g gluten free macaroni pasta, one head of broccoli, 60g salted butter, 60g plain gluten free flour, 600ml milk, 100g creme fraiche, 200g cheddar cheese (grated), black pepper (optional, if you have it: nutmeg).

### Method:

1. Prepare the broccoli by cutting it into small florets, then set aside for the moment.
2. Bring a medium-large saucepan full of water to the boil and add your gluten free macaroni pasta. Allow to cook for 5 minutes then add the broccoli to the pasta pot and cook for a further 3-5 minutes until the pasta is soft and the broccoli has been blanched.
3. While the pasta and broccoli are cooking, melt the butter in a small non-stick saucepan and then add the plain gluten free flour. Stir to combine and cook over a medium-low heat for a couple of minutes until the mixture is sizzling gently. Keep the pan on the heat and gradually add the milk, 100ml at a time, whisking as you go to allow the ingredients to combine. The sauce will start to thicken gradually until you have a nice white sauce base.
4. Add the creme fraiche and a good grating of black pepper to the white sauce and stir into the sauce. You can also add a grating of nutmeg (approx 1/4 tsp) if you have it.
5. Finally add HALF (100g) of the grated cheddar to the sauce – we will save the rest of the cheddar for the topping – and stir it in. Taste the sauce and season if needed. The sauce should be nice and thick.
6. Once the gluten free pasta is cooked, drain the pasta and veggies and shake off any excess water. Pop the broccoli back in the empty pasta pan and mash it up. Then add the cheese sauce to the broccoli and stir to combine, before adding the pasta. Give everything a really good stir to get the sauce mixed into the gluten free pasta tubes.
7. Take a rectangular baking dish and tip the cheesy broccoli pasta into the dish. Level out with a wooden spoon and then sprinkle the remaining 100g of grated cheddar cheese on top.
8. Place under the grill for 10-15 minutes until the cheese on top has turned golden and crispy. Your gluten free green mac n cheese is then ready to serve – enjoy!







# TUESDAY

## FOOD PREP TASK 1:

POACH THE WHOLE CHICKEN AT SOME POINT DURING THE DAY (IN A LARGE POT, LID ON, FULLY COVERED WITH WATER, WITH 1 CHOPPED CARROT, 1 CHOPPED ONION, 0.5 TSP SALT, BRING TO BOIL THEN SIMMER FOR 60-90 MINUTES).

CAREFULLY REMOVE THE CHICKEN FROM THE STOCK ONCE COOKED (DO NOT DISCARD STOCK). THEN PICK ALL THE COOKED MEAT FROM THE CARCASS AND PLACE IN A TUPPERWARE IN THE FRIDGE.

ADD THE CHICKEN BONES BACK INTO THE STOCK, BOIL THE STOCK FOR 15-30 MINUTES UNTIL REDUCED BY ABOUT A THIRD. THEN POUR THROUGH A FINE MESH SIEVE INTO A LARGE TALL TUPPERWARE. STORE IN FRIDGE.

## FOOD PREP TASK 2:

TAKE THE JAR OF SUNDRIED TOMATOES AND POUR THE CONTENTS OF THE JAR (TOMATOES, OIL, ANY CAPERS AND HERBS) INTO A SMALL FOOD PROCESSOR.

BLITZ INTO A PASTE.

TRANSFER BACK TO THE JAR AND STORE IN THE FRIDGE.

(You can buy ready-made paste if you prefer, but I find it much cheaper to buy and blitz the Lidl sundried tomatoes, plus they give great flavour)

# TUESDAY

## PEA & SWEETCORN FRITTERS

Ingredients: 150g plain gluten free flour, 1 tsp baking powder, 1 tsp paprika, 1 tsp ground cumin, salt and pepper, 3 large eggs (beaten), 75ml milk, 250g frozen sweetcorn, 250g frozen peas, 3 spring onions (sliced into rounds)

### Method:

1. Add the plain flour, baking powder, paprika, cumin and salt and pepper to a large mixing bowl. Add the eggs and stir to form a thick paste. Then add the milk and stir again.
2. Defrost the peas and sweetcorn, then add to the batter, along with the spring onions. Stir to combine.
3. Set a large frying pan over a medium-hot heat and add 1 tbsp olive oil. Ladle three individual scoops of fritter mix into the frying pan (to create three fritters) and cook for about 5 minutes on each side. Then transfer onto a plate. You should get a total of 10 fritters from the mix.

## SWEET POTATO WEDGES

Ingredients: 800g sweet potatoes, 2 tbsp oil, 1 tsp paprika, 1 tsp oregano, salt and pepper

### Method:

1. Wash the sweet potatoes well and, leaving the skin on, cut into wedges.
2. Place them in a bowl with the oil, paprika, oregano and some salt and pepper. Stir well to coat.
3. Preheat your oven to 200C (fan), spread the wedges evening on a non-stick oven tray (skin side down) and bake for 45 minutes. Alternatively, cook in your airfryer for 15-20 minutes at 190C.

Serve the fritters and sweet potatoes together.



# TUESDAY

## CHICKEN ONE POT WONDER WITH CAVOLO NERO

Ingredients: 1 onion, 1 courgette (grated), 250g basmati rice, 2 tsp dried oregano, 4 tbsp sundried tomato paste (made earlier), 500ml chicken stock (made earlier), 100ml water, half the poached chicken meat, 150g baby plum tomatoes (halved), bunch of cavolo nero

### Method:

1. Finely dice the onion and then fry gently in a high-sided lidded frying pan with a tbsp oil. Soften for 5 minutes.
2. Add grated courgette and oregano to the pan and cook for 5 minutes over a low heat. Then add the chicken and stir through to heat for 2 minutes.
3. Add the rice to the pan and stir through. Add the stock, water and the sundried tomato paste to the pan. Bring to the boil then turn the heat down to low, place the lid on the pan and leave to simmer.
4. Cook over a low-medium heat for 20-25 minutes (until all the liquid has been absorbed by the rice).
5. Once all the liquid has been absorbed by the rice, scatter the tomatoes over the top and press them gently into the rice. Simmer for a further 10 minutes. There is no need to stir at all, we are aiming for a nice crispy rice base :).
6. While it is cooking, wash the cavolo nero and roughly tear into pieces. Pan fry it for about 5 minutes until cooked.
7. Serve the rice in bowls, with cavolo nero on the side.







# WEDNESDAY

## FALAFEL

Ingredients: 2 tins chickpeas (drained), 1 red onion (roughly diced), 2 cloves garlic (peeled and minced), bunch of fresh coriander, 3 tsp cumin, 2 tsp paprika, 1 tsp olive oil (plus extra for frying), 4 tbsp gluten free plain flour, 1 tsp baking powder, 1 tsp salt.

### Method:

1. Pop the chickpeas, onion, garlic and coriander into a blender and blitz until they you have a chunky paste.
2. Transfer to a mixing bowl and add the cumin, paprika, flour, baking powder and salt. Use a wooden spoon or spatula to stir the mixture really well, incorporating those spices through the mixture.
3. Break the mixture into 18 pieces and shape each piece into a small flat patty shape, each approx 2cm thick. You can pop them in the fridge, on a plate covered with clingfilm, until ready to cook or cook them straight away.
4. Add 6 tbsp olive oil to non-stick frying pan over a low-medium heat. Add the falafel patties to the pan (you will need to cook in batches, so as not to overcrowd the pan) unless you have a giant frying pan!) and allow them to cook for about 10 minutes. Check and flip them regularly to ensure they don't overly brown and turn the heat down if needed.

SERVE WITH HUMMUS AND SALAD (BABY GEM LETTUCE, ONE PEPPER, 100G TOMATOES)

# WEDNESDAY

(REMEMBER TO COOK YOUR BAKED POTATOES AND GREEN BEANS)

## EASY CHORIZO STEW

Ingredients: half a chorizo ring (approx 100g), 1 onion, 2 cloves garlic, 1 tsp paprika, 2 tsp oregano, 1 tsp cumin, 1 tin peeled plum tomatoes, 1 tin baked beans, 1 tin butter beans, 1 tbsp tomato ketchup, salt and pepper.

Method:

1. Dice the onion and fry over a low heat in a small non-stick saucepan with the minced garlic until the onion has softened and the garlic is fragrant.
2. Chop the chorizo into chunks and add to the saucepan. Fry for a few minutes until the fat has rendered into the pan. Pour off any excess if you wish, but the oil is full of delicious spices that will lend beautiful flavour to the stew.
3. Add the paprika, oregano, cumin and tomato ketchup to the pan, stir well to mix all the ingredients together and cook for a minute or two.
4. Now, over the sink use a sieve to strain an extra juice from the tinned tomatoes (crush them with your hands to break the large tomatoes into smaller pieces). I find many brands of chopped tomatoes are really watery and as this is a quick stew this saves some time, rather than you having to wait around while that watery liquid cooks off. Add the strained tomatoes to the pan and cook for 5 minutes.
5. Do the same for the tin of baked beans - pour into a sieve over the sink to get rid of any excess juice, then add the beans to the sauce pan. Also add the drained butter beans. Cook for 5 minutes, season to taste with salt and pepper then the chorizo stew is ready to serve!

SERVE WITH BAKED POTATOES & GREEN BEANS







# THURSDAY

## POTATO ROSTI EGG CUPS WITH BAKED BEANS AND BREAD ROLLS

Ingredients: 500g potatoes, salt and pepper, 2 tbsp oil (plus extra for greasing), 6 eggs (two per adult, one per child)

Plus 2 tins baked beans and bread rolls to serve

### Method:

1. Grate the potatoes (skin on) into a large bowl, using the coarse side of a cheese grater.
2. Place the grated potato in a clean tea towel and wring out an excess liquid.
3. Place the grated potato back in the bowl, add the oil and season with salt and pepper. Stir to combine.
4. Preheat the oven to 180C (fan).
5. Grease (with oil) 6 holes of a muffin tin. Split the potato mixture between the 6 holes, pressing and compacting to create a small cup shape (with potato on the base and sides).
6. Bake for 20 minutes, then crack an egg into each of the rosti cups. Bake for a further 10-15 minutes until the eggs are cooked to your liking.
7. Serve with the baked beans and bread rolls.

# THURSDAY

## PASTA WITH BOLOGNESE SAUCE

\*This meat sauce will be split for two dishes (the cottage pie on Sunday evening and this), so make the sauce and remember to divide into two large portions at the end\*

Ingredients: 1 white onion, 4 carrots, 150g mushrooms, 1 green pepper, 3 cloves garlic, 750g 5% fat beef mince, 1 tsp dried oregano, 1 vegetable stock cube (OR beef if you have it already in your storecupboard), 3 tbsp tomato ketchup, 3 tins peeled plum tomatoes, tin green lentils, salt and pepper.

### Method:

1. Finely dice the onion, carrots and green pepper into very small pieces. Place then all into a large non-stick saucepan a small glug of olive oil. Cover with the lid and sweat for 15 minutes over a medium heat, stirring occasionally, until everything has softened.
2. Add the minced garlic and stir through, cooking for a couple of minutes until fragrant.
3. Now break the beef mince into pieces and add to the pan, cooking over a medium-high heat until it is beginning to brown. Then add the finely chopped mushrooms and cook until any excess liquid has evaporated.
4. Add the oregano, tomato ketchup and crumbled veggie stock cube. Crush the tinned plum tomatoes with your hands and add to the pan. Stir them through the meat, then leave the sauce to cook over a medium heat for at least 45 minutes, stirring regularly. The longer you can cook the sauce for the better, as it will help the flavours to develop.
5. Drain the tinned lentils and add them to the pan - cook for 15 minutes. Season to taste with salt and pepper.
6. Scoop half of the meat sauce out of the saucepan and into a large tupperware - allow to cool fully, then freeze until needed on Sunday.
7. Serve the remaining sauce on 250g cooked gluten free macaroni pasta:).







# FRIDAY

## CHICKEN FRIED RICE

Ingredients: 250g basmati rice, 200ml water, 300ml leftover chicken stock, 4 spring onions (or however many you have left), 2 tbsp oil (sesame is ideal), 200g frozen peas, 200g frozen sweetcorn, remaining roast chicken meat, 2 carrots finely chopped, 1 clove garlic, salt and pepper.

Plus either 1 tbsp ketchup and 1 tsp paprika OR if you have them in your storecupboard 2 tbsp soy sauce, 1 tbsp brown sugar and 1 tbsp sweet chilli sauce.

### Method:

1. Add basmati rice to a non-stick saucepan with the water and chicken stock. Bring to the boil then pop the lid on and turn the heat right down to the lowest setting. Cook until all the water and stock have been soaked up and the rice is soft and fluffy. Set aside.
2. Make the sauce, either buy combining ketchup, paprika and grated garlic with 2 tbsp water OR combining soy sauce, brown sugar, sweet chilli sauce and garlic (depending on which sauce you have the ingredients for).
3. Take a wok and place over a medium heat. Fry the chopped carrot in the oil for 5 minutes, then add the leftover roast chicken pieces and stir for 2 minutes.
4. Turn the heat up to high and add the chopped spring onions, frozen peas and sweetcorn. Toss for a couple of minutes until the veg have defrosted.
5. Tip the cooked rice into the wok and stir to combine. Then pour the sauce over the rice and stir through. Cook on high for a few minutes, stirring regularly.
6. Season to taste with salt and pepper and then serve!



# FRIDAY

## FISH PIE WITH FINE GREEN BEANS

Ingredients: 400g fish pie mix, 750g white potatoes, 60g plain gluten free flour, 60g butter, 400ml milk, 200ml vegetable stock, salt and pepper, 2 carrots (cubed), 200g frozen peas, 1.5 tsp dijon mustard.

### Method:

1. Peel and chop the potatoes, place in a saucepan with water and boil for about 15 minutes until cooked. Then drain and set aside while you make the filling.
2. Preheat your oven to 180C (fan).
3. Add the flour and butter to a non-stick saucepan, heat to melt the butter and stir together to create a roux (a paste). Allow it to sizzle for a couple of minutes.
4. Then add the mustard and vegetable stock to the roux, whisk quite aggressively to get rid of any lumps. Then steadily add the milk, stirring the sauce, until you have a creamy white sauce. You want to make it really thick, as the fish and vegetable will add some water content and make it runnier.
5. Season with salt and pepper, then add the carrots, peas and frozen fish (no need to defrost). Bring the sauce back up to the boil, then transfer to a baking dish (roughly 27cm x 18cm).
6. Mash the potatoes with a little milk, then carefully spoon the mash on top of the fish pie filling. Use a fork to even it out to create a solid mashed potato topping for the pie.
7. Now place it in the oven to bake for 30 minutes.
8. While it is cooking, boil or panfry the green beans. Serve alongside the fish pie.







# SATURDAY

## CHORIZO & CHEESE SAVOURY MUFFINS WITH CRUNCHY PEPPER STICKS

Ingredients: 320g plain gluten free flour, 3 tsp baking powder, 1 tsp dijon mustard, 0.5 tsp salt, 2 large eggs, 200ml milk, 75ml natural yoghurt, 60ml vegetable oil, 150g cheddar cheese (grated), 100g chorizo (diced small), 150g sweetcorn

Plus two peppers (cut into sticks) to serve.

### Method:

1. Preheat the oven to 170C (fan) and line a 12-hole muffin tin and a 6-hole muffin tin with non stick muffin cases.
2. Chop the chorizo into very small pieces and pan-fry for a couple of minutes until the fat has rendered (melted into the pan). Then add the frozen corn and cook over a medium-high heat until the corn is lightly charred and defrosted. Then take off the heat and set aside.
3. Add the plain gluten free flour, baking powder and salt to a large bowl. Stir to combine fully (to avoid any pockets of baking powder, as this would give you an uneven rise).
4. Crack the eggs into the bowl, along with the yoghurt, vegetable oil and dijon mustard. Stir until you have a thick, smooth mixture.
5. Now add the milk, 100ml at a time, and stir until you have a smooth batter.
6. Grate the cheddar into the bowl and stir through the batter.
7. Tip the chorizo and corn into the batter and stir through.
8. Now divide the batter between the 18 muffin cases. Each should be about 3/4 full. Then bake for 25 minutes, until puffed and golden. Enjoy warm from the oven!

Any leftovers can be left to cool fully, then stored in an airtight container. Refresh for 30 seconds in the microwave to resoften them when you want to eat them.

# SATURDAY

## MUSHROOM STROGANOFF WITH RICE AND BROCCOLI

Ingredients: 1 onion, knob butter and drizzle of olive oil, 350g chestnut mushrooms, 2 cloves garlic, 1 tsp paprika, 1.5 tsp dijon mustard, 200ml creme fraiche, 200ml vegetable stock, juice half lemon.

### Method:

1. Finely dice the onion and soften in a pan with half the butter and a drizzle of olive oil. Cook until translucent (takes about 10 minutes).
2. Slice the chestnut mushrooms and add to the pan, cook over a medium heat until soften and any excess liquid has evaporated.
3. Turn the heat down to low and add the remaining butter, garlic and a good grinding of black pepper.
4. Once the garlic is fragrant (about 2 mins), add the paprika and dijon mustard. Stir through then add the creme fraiche and vegetable stock.
5. Mix well, bring to the boil and then simmer for 10 minutes until the sauce has thickened.
6. In the meantime, cook your rice and broccoli, then serve alongside the mushroom stroganoff.







# SUNDAY

## HALLOUMI TRAYBAKE WITH GARLIC HERB YOGHURT DRIZZLE AND BABY GEM SALAD

Ingredients: block of halloumi, 500g white potatoes, remaining A (400g) sweet potatoes, 2 peppers, punnet (250-300g) baby plum tomatoes, 2 red onions, 2 tsp sundried tomato paste, 2 tsp paprika, 1 tsp oregano, baby gem lettuce, 4 tbsp yoghurt, 2 clove garlic, juice half a lemon.

### Method:

1. Preheat the oven to 180C (fan).
2. Chop the potatoes and sweet potatoes into small chunks (skin on) and add to a large, non-stick (or lined) baking tray, along with the pepper cut into strips.
3. In a small bowl, mix the sundried tomato paste, paprika and oregano with 1 tbsp olive oil and some salt and pepper. Pour over the potatoes and pepper and give everything a good mix around with a spatula until the veg are well-coated with the sauce.
4. Pop the tray into the oven to roast for 40 minutes. Give everything a stir midway through cooking.
5. After 40 minutes, remove the tray from the oven and turn it up to 200C. Add the cherry tomatoes and halloumi to the tray, torn into pieces. The tray then goes back in the oven for a further 10 minutes.
6. Now you can quickly whip up the yoghurt dressing. Add the lemon juice, yoghurt and minced garlic cloves to a bowl and stir until well combined. Easy! This can now sit aside until the tray bake is ready.
7. Remove the tray bake from the oven. The halloumi should be nicely browned on the edges and the veggies will be soft and tasty.
8. Serve in large bowls with the yoghurt dressing drizzled all over, and chopped baby gem lettuce on the side.



# SUNDAY

## COTTAGE PIE WITH SWEETCORN

Ingredients: The remaining white potatoes (approx 750-900g), the meat sauce from the freezer (defrosted), 50g butter, 4 tbsp milk, 250g peas, salt and pepper.

### Method:

1. Peel and chop the potatoes, place in a saucepan with water and boil for about 15 minutes until cooked. Then drain and return the potatoes to the pan.
2. Add the butter and milk and mash until smooth, season to taste with salt and pepper.
3. Preheat your oven to 200C (fan).
4. Add the frozen peas to the remaining meat sauce and stir through. Tip into a baking dish (approx 27 x 18cm) and press into an even layer.
5. Spoon the mashed potato onto the meat and peas. Use a fork to press and smooth it down.
6. Place into the oven to bake for 30 minutes until lightly golden, serve hot with a side of sweetcorn.

Note, you can also serve the peas on the side instead of in the meat sauce if you prefer. My four year old was feeling particularly fussy that day, so I decided it was safer to have them as a side dish :).







# ABOUT ME

I hope you have found this budget meal plan helpful, and that it saves you a few pennies and food waste!

I'm Laura Strange, a gluten free recipe developer and blogger "My Gluten Free Guide" based in Bristol (UK). I have been a coeliac for over 20 years and my day job is creating recipes both for my website and for companies. Or demonstrating them at festivals and events across the UK.

For more of my recipes visit [www.mygfguide.com](http://www.mygfguide.com), I've also got a big section of meal plans you might enjoy. Or follow me on Instagram, Facebook or Pinterest @myglutenfreeguide.

If you have any questions, send me a friendly email to [laura@mygfguide.com](mailto:laura@mygfguide.com) and I'll get back to you as quickly as I can.

Laura xxx

