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| Mon | Tues | Weds | Thurs | Frid |
| Hidden veg tomato and bacon pasta | TacoTuesday | Slow cooker campfire stew | Sausage & broccoli carbonara | Chicken Tikka Masala |
| * 1 tbsp olive oil
* 1 onion, diced
* 1 carrot, peeled and diced
* 1 celery stalk, diced
* 2 garlic cloves, finely sliced
* 1 tbsp dried oregano
* 1 x 400g tins chopped tomatoes
* Penne pasta
* Smoked bacon
* Grated cheddar

Method ( own recipe)* Chop and fry onion in oil oil fro 5 mins
* Added chopped garlic and fry until both softened
* Add add veg chopped small and fry fro 5 mins
* Add chopped tomatoes and herbs and simmer for around 10 minutes until veg all soft
* Use a hand mixer to whizz until a smooth sauce.
* Grill or fry bacon until cooked, mix into sauce
* Cook pasta until al dente add frozen peas or sweetcorn if you wish.
* Drain pasta and mix into sauce
* Serve with grated cheese.

 | * Ol de passo taco kit
* 500g lean beef mince
 | * 1 gammon joint
* 2 Onions chopped
* 3 Bell Peppers sliced
* 3 Cloves Garlic crushed
* 1 tsp Paprika
* 1 tsp Cumin
* 1 tsp Ground Corinader
* 1 tin Baked Beans
* 1 tin Chopped Tomatoes
* 1 tin Kidney Beans
* 1 stick Celery chopped
* 2 large Carrots chopped
* 6-8 Button Mushrooms cut in half
* 2 tbsp Tomato Puree
* 1 pinch Chilli Flakes
* 1 tbsp Worcestershire Sauce
* 1 dash Franks Hot Sauce
 | * 1 tbsp [olive oil](https://www.bbcgoodfood.com/glossary/olive-oil)
* 8 chipolatas, meat squeezed out and rolled into balls
* 3 [eggs](https://www.bbcgoodfood.com/glossary/egg)
* 50g [parmesan](https://www.bbcgoodfood.com/glossary/parmesan)
* , grated, plus extra to serve (optional)
* 300g spaghetti
* 1 head [broccoli](https://www.bbcgoodfood.com/glossary/broccoli)
* , broken into small florets
* 2 garlic cloves, crushed
 | * 4 tbsp vegetable oil
* 25g butter
* 4 [onions](https://www.bbcgoodfood.com/glossary/onion)
* roughly chopped
* 6 tbsp chicken tikka masala paste (use shop-bought or make your own - see recipe, below)
* 2 red peppers, deseeded and cut into chunks
* 8 boneless, skinless chicken breasts, cut into 2½ cm cubes
* 2 x 400g cans chopped [tomatoes](https://www.bbcgoodfood.com/glossary/tomato)
* 4 tbsp tomato purée
* 2-3 tbsp mango chutney
* 150ml double cream
* 150ml natural [yogurt](https://www.bbcgoodfood.com/glossary/yogurt)
* chopped coriander leaves, to serve
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