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| Mon | Tues | Weds | Thurs | Frid |
| Hidden veg tomato and bacon pasta | Taco  Tuesday | 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 |