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| Mon | Tues | Weds | Thurs | Frid |
| Quick Broccoli pasta (v)*https://bbc.in/2NJZMMt* | Sausage Casserole*https://bit.ly/2NP5WdZ*  | Slow cooker chickpea Tagine (V) | Chicken and Cheese quesadillas | *Curry night**https://bbc.in/2WQa7uv* |
| * Penne pasta
* 1 onion
* ! garlic clove
* 125g cherry tomatoes
* 1tbs oil
* Pinch of chilli flakes
* 75g Cream cheese
* S&P
 | * Veg oil
* Sausages
* 1 onion
* 2 garlic cloves
* ½ tsp g cumin
* ½ tsp g coriander
* 400g tin chopped tomatoes
* 400g tin haricot beans
* Veg stock pot
* 1 tbsp mango chutney
* 250g frozen butternut squash
* 125g spinach
* 15g fresh parsley
 | *https://bbc.in/2PZpbEm** 400g chickpeas
* 1 red pepper
* 1 onion
* 1 small butternut squash
* 2 courgettes
* 12 dried apricots
* 2 tbs oil
* 2 garlic cloves
* 2 tsp paprika
* 1 tsp g ginger
* 1 tsp cumin
* 2 tsp honey
* 1 tsp harissa paste
* Handful fresh coriander
* Greek yogurt to serve
 | *https://bbc.in/2Ch2bc4** 1 yellow, green and red pepper
* 1 small mango
* 8 cherry toms
* 3 spring onions
* 1 lime juice only
* Chicken breast
* 4 flour tortillas
* 150g cheddar
* Sour cream and guacamole
 | * Chicken breast

For the marinade½ lemon juice only5cm root ginger4 garlic cloves2 tbs madras powder2 tbsp paprikaSaltGreek style yogurtFor the curry sauce1 tbs sunflower oil2 onions* 2 large garlic cloves, grated
* 2.5cm piece fresh root ginger finely grated
* 1 tsp ground tumeric
* 2 tsp ground paprika
* 2 tsp ground coriander
* 1 tbs tomato puree
* 400g tin chopped tomatoes
* 1 large red pepper
* 1 large green pepper
* cored
* 150g/ plain yogurt
* 2 tbsp finely chopped coriander
* sea salt and freshly ground pepper
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