

# Recipe of the week!

## Issue 14.

### A Roast for 4 people for £5

This week's recipe will show that just because you are shopping on a budget, doesn't mean you can't still have a roast dinner with family or friends.

This recipe is for 4 people but you can scale it down for 1 or 2 people just remember to portion the chicken for your weekly or monthly meal planner and ensure not to waste fresh veg. Include them in your meals for the week and keep them fresh in your salad box at the bottom of your fridge and remove the packaging as fresh veg sweats in plastic.

When buying the Chicken thighs, I have gone for the supermarkets basic chicken thighs as there isn't any difference between this pack of chicken and the next price up. Plus, it is always cheaper to buy thighs with the bone in, this is because you are not covering the cost of someone boning the chicken for you and I personally think the bone in thighs, keeps the chicken stay moist and taste better.

When using Stock cubes for gravy I always start by making the gravy first as it will be the most time-consuming part of this dinner. 1 stock cube makes 1/3 pint of gravy. I'm going to make 2/3 of a pint of gravy in this recipe so measure out 2/3 of a pint of water and open 2 stock cubes. You can make this the day before and keep it in the fridge. It can be heated in a saucepan or in a plastic jug in the microwave stirring after 30 second bursts until pipping hot.

Start by melting a teaspoon of margarine or butter in a saucepan over a low heat and when it's just melted add in 1 teaspoon of flour and mix with a spoon until it forms a paste. As soon as it has formed a paste add half of your water and stir continuously. If you have a whisk change to using that at this point if not just stir with your spoon or fork, crumble in both stock cubes and slowly add the rest of your water. You will notice the gravy at this point is cloudy don't worry it will clear as the flour cooks out. It's important that you keep stirring or you will get lumpy gravy. Raise the heat under the pan and slowly bring to the boil stirring all the time. When it has boiled turn it down to a low heat and cook for a further 5 mins and you will notice that it has thickened and is becoming clear. Season with pepper to your taste, you won't need to add salt as stock



cubes are quite salty. After 5 mins turn off and just reheat when you are plating up the dinners.

Now to cook the rest of your roast dinner and the trick to this meal is timing. Peel and chop the potatoes and place in a large pan to par boil them, this means only part cooking the potatoes so bring them to the boil. While the potatoes are boiling prep the rest of your vegetables and remember carrots take longer to cook than broccoli, we will come to that later for now just place them in saucepans with cold water and a pinch of salt if you desire. After the potatoes have cooked for 10-15mins drain them and put into the roasting tray that you have heated 2 tablespoons of oil. Place in the oven at 180 degrees or gas mark 6 near the top of the oven. These will take about 45 mins to cook.

Now to prepare the chicken thighs, place them in an oven dish and season as you desire with Salt and Pepper. Cover with foil and place in the oven on the shelf below the potatoes. After 25 mins remove the foil so the skin can crisp up and turn on your carrots and bring them to the boil.

If adding stuffing prep this the night before ready to go in the oven when you uncover your Chicken thighs.

While the carrots are coming to the boil get out your Yorkshire puddings and place on a baking tray. It's up to you how many each person has, set these to one side and check the carrots. When the carrots have come to boil turn them down and turn on the broccoli and bring to the boil, once boiled turn down and let it simmer for 10 mins.

After 45 mins take your Chicken and roast potatoes out of the oven and place to one side, remember the trays will stay hot. At this point heat your gravy over a gentle heat don't bring to a boil fast or you will get lumps. Drain your carrots and broccoli and then place your Yorkshire pudding in the oven. Frozen Yorkshires take 3 mins to reheat as they are already cooked.

Plate up the 4 servings, take out your Yorkshire puddings and add to the plates and your gravy should be nice and hot to pour over or place in a jug for people to add their own gravy.

Enjoy this comforting favourite!

Teresa!

**Your Shopping List – Roast Dinner for 4 People – prices sourced from Tesco, but all supermarkets are roughly this price.**

£1.88 - Chicken Thighs – 7-8 thighs

You can replace the chicken with a vegetarian option of Nut cutlets or replacement of choice

£1.75 – Nut Cutlets – pack of 4

£1.00 Perfectly imperfect potatoes – 5lb/2.5kg (look for supermarkets own basic potatoes)

47p Fresh carrots – 2lb/1kg

55p Fresh Broccoli- 1 Large head of Broccoli

50p – Frozen Yorkshire Puddings -15

50p – 8 stock cubes (veg or chicken)- thicken with a teaspoon of flour in a saucepan

**Total cost £4.90!**

**Plus, you will have Potatoes, carrots, Yorkshire pudding and stock cubes left over for later in the week! If you want to add stuffing that will be another 30p!**