

The Savvy Shopper's Cookbook

Vegetarian Meal Plan

All of the recipes in this meal planner can be found in "The Savvy Shopper's Cookbook" (Ebury Press) which is available to buy on Amazon and in Waterstones

Monday

Butternut Squash Risotto: Swap the parmesan cheese for cheddar and the roule for garlic and herb soft cheese.

Tuesday

Vegetarian Toad in the Hole: Serve with roast potatoes, roasted carrots and sautéed spinach

Wednesday

Moroccan Chickpea curry: Serve with rice

Thursday

Sun dried Tomato, Spinach & Goat's Cheese Spaghetti

Friday

Red Pesto, Sundried tomato, Feta & Pistachio Pizza, served with potato wedges: Swap pistachios for 40g of crushed cashew nuts. Cut 3 baking potatoes into thin wedges (skins on). Simmer in boiling water for 5 minutes. Drain. Then drizzle in oil until thoroughly coated before adding salt and pepper. Bake on 220C for about 25 minutes

Saturday

Cashew Quorn Chicken Stir fry: Substitute the chicken breast for a 300g bag of Quorn chicken. Serve with rice.

Sunday

Cauliflower Cheese with a Kick: Add some spinach to the cheese sauce before cooking. Serve with Jacket potato.