



Sunday Setup - WEEK 2

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RECIPES & INGREDIENTS

BREAKFAST - MEAL PREP BREAKFAST MUFFINS

- 1 tbsp sunflower oil
- 12 eggs
- 75g baby spinach
- 250g tomatoes (about 4 large salad tomatoes),
- Sea salt and freshly ground black pepper
- 12 english muffins
- 12 cheese slices
- 24 bacon rashers

SNACKS - YOGHURT POT CAKE

- 150g yoghurt
- 50g self-raising flour
- 175g caster sugar
- 75ml sunflower oil
- 3 eggs
- 125g raspberries

SNACKS - GRANOLA BARS

- 100g unsalted butter
- 200g porridge oats
- 200g mixed seeds
- 3 tbsp runny honey
- 100g light brown sugar
- 100g dried fruit
- 1 tsp ground cinnamon

LUNCH - PARSNIP SOUP

- 800g parsnips
- 1 onion
- 2 garlic cloves
- 1/2 tsp dried chilli flakes
- 750ml hot vegetable stock
- Sea salt and freshly ground black pepper
- 300ml milk

DINNER - SLOW COOKER PULLED PORK (original recipe x 1.5)

- 2.25kg pork shoulder joint
- 3 tbsp sweet smoked paprika
- 9 tbsp soft dark brown sugar
- 1.5 tbsp garlic granules
- 1.5 tbsp ground cumin
- 1.5 tsp sea salt
- 1.5 tsp freshly ground black pepper
- 9 tbsp tomato ketchup
- 6 tsp apple cider vinegar
- 1.5 tsp mustard powder

MEAL ONE - ONE PAN MACARONI CHEESE

- 500g dry macaroni
- 400 ml milk
- 2 tsp onion granules
- 1 tsp mustard
- 200g gruyere cheese
- 250g mature cheddar
- 150ml single cream
- SIDE DISH : 4 sweetcorn cobettes

MEAL TWO - PULLED PORK ROLLS

- 4 brioche buns
- SIDE DISH: Coleslaw (recipe on the blog)

MEAL THREE - PULLED PORK TACOS

- 8 mini tortilla wraps
- Iceberg lettuce
- SIDE DISH: Red onions (recipe in my second book - What's for Dinner in One Pan)

VEGETABLE TRAY

- Cucumber
- Radishes
- Mange Tout
- Mini Peppers
- Cherry tomatoes

FRUIT SALAD

- Melon
- Red & green grapes

SHOPPING LIST

FRUIT & VEG

- 800g parsnips
- 1 onion
- 2 garlic cloves
- 4 sweetcorn cobettes
- 75g baby spinach
- Mange tout
- 250g tomatoes
- Cherry tomatoes
- Iceberg lettuce
- Cucumber
- Radishes
- Mini peppers
- 125g raspberries
- Melon
- Red & green grapes

MEAT & FISH

- 24 bacon rashers
- 2.25g pork shoulder joint

FRIDGE/FREEZER

- 12 cheese slices
- 200g gruyere cheese
- 250g mature cheddar
- 100 g unsalted butter
- 700ml milk (whole or semi skimmed)
- 150ml single cream
- 150g yoghurt

EVERYTHING ELSE

- 500 g dry macaroni
- 15 eggs
- 12 english muffins
- 4 brioche buns
- 8 mini tortilla wraps
- 200g porridge oats
- 200g mixed seeds
- 100g dried fruit (of your choice for the granola bars)

STOPECUPBOARD

- Sunflower oil
- Sea salt
- Freshly ground black pepper
- Runny honey
- Tomato ketchup
- Mustard
- Apple cider vinegar
- Ground cinnamon
- Dried chilli flakes
- Sweet smoked paprika
- Ground cumin
- Garlic granules
- Onion granules
- Mustard powder
- Vegetable stock cube
- Self-raising flour
- Caster sugar
- Light brown sugar
- Soft dark brown sugar

happy cooking, Sarah x
EST  2013

FUSS FREE FAMILY FOOD

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