



Sunday Setup - WEEK 3

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RECIPES & INGREDIENTS

BREAKFAST - OVERNIGHT OATS

(original recipe x 8)

- 320g rolled oats
- 400g yoghurt
- 800ml milk
- Your choice of toppings (I used blueberries and raspberries)

SNACKS - PEANUT BUTTER COOKIES

(original recipe x 2)

- 500g smooth peanut butter
- 400g caster sugar
- 2 eggs

SNACKS - SAUSAGE ROLLS

- 350g sausagemeat
- 1 egg
- 1 tsp dried sage (optional)
- 1 tsp dried thyme (optional)
- Sea salt and freshly ground black pepper
- 320g ready-rolled puff pastry sheet

LUNCH - BUTTERNUT SQUASH SOUP

- 1 whole garlic bulb
- 2 onions
- 1kg frozen butternut squash cubes *(or fresh if you prefer)*
- 1 tsp dried oregano
- 2 tsp ground cumin
- 2 tsp mild chilli powder
- 2 tbsp olive oil
- 700ml hot vegetable stock *(made from a cube is fine)*
- 1 tsp sea salt
- Freshly ground black pepper

DINNER - SLOW COOKER BOLOGNESE

(original recipe x 1.5)

- 1.5kg lean beef mince
- 6 x 400g tins chopped tomatoes
- 1 whole head of celery
- 9 carrots
- 3 onions
- 18 garlic cloves
- 225g tomato puree
- 375ml red wine
- 6 beef stock cubes
- 6 tsp dried oregano
- 9 dried bay leaves
- Sea salt and freshly ground black pepper
- 3 tbsp Worcestershire sauce
- 45 g fresh basil

MEAL ONE - BOLOGNESE LOADED FRIES

(from the chips recipe on the blog)

- 1kg white potatoes
- 2 tsp olive oil
- 2 tsp garlic granules
- Sea salt and freshly ground black pepper

MEAL TWO - BOLOGNESE SERVED WITH PASTA

- Dried pasta of your choice

MEAL THREE - BOLOGNESE PIE

(the mash topping is from the Shepherd's Pie recipe on the blog)

- 1 kg white potatoes
- 2 tbsp salted butter
- Sea salt and freshly ground black pepper
- SIDE DISH: tenderstem broccoli

VEGETABLE SNACK

- Houmous
- Carrots

FRUIT SALAD

- Strawberries
- Raspberries
- Kiwi fruit
- Green grapes

SHOPPING LIST

FRUIT & VEG

- 1 whole garlic bulb
- 18 garlic cloves *(you can use frozen or garlic puree if you prefer)*
- 5 onions
- 1 whole head of celery
- 2kg white potatoes *(I like Maris Piper or King Edward)*
- 9 carrots
- Carrots (for vegetable snack)
- Tenderstem broccoli
- 45 g fresh basil
- Optional: Berries to top the overnight oats
- Strawberries
- Raspberries
- Kiwi fruit
- Green grapes

MEAT & FISH

- 350g sausagemeat
- 1.5kg lean beef mince *(5% fat)*

FRIDGE/FREEZER

- 2 tbsp salted butter
- 800ml milk *(whole or semi skimmed)*
- 400g yoghurt *(I used greek)*
- 320g ready-rolled puff pastry
- Houmous *(for vegetable snack)*
- 1kg frozen butternut squash cubes *(or fresh if you prefer)*

EVERYTHING ELSE

- 320g rolled oats
- 500g smooth peanut butter
- 3 eggs
- 6 x 400g tin chopped tomatoes
- 225g tomato puree
- 375ml red wine
- Dried pasta of your choice *(to serve with bolognese)*

STORECUPBOARD

- Sea salt
- Freshly ground black pepper
- Olive oil
- Dried sage (optional)
- Dried thyme (optional)
- Dried oregano
- Dried bay leaves
- Garlic granules
- Ground cumin
- Mild chilli powder
- Worcestershire sauce
- Vegetable stock cube
- Beef stock cubes
- Caster sugar

happy cooking, Sarah x
EST 2013

FUSS FREE FAMILY FOOD

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