



**RSPCA  
ASSURED**

Dedicated to  
farm animal welfare

# Eat less. Eat better.

Two weeks of family-friendly recipes.







Are you thinking about reducing the amount of meat or dairy in your diet? Maybe you're interested in cutting back on lower-quality, lower-welfare products.

If so, you are one of millions of like-minded people in the UK. But many are put off from making a change because they're too busy or don't know where to start.

We're here to help.

In this booklet you will find an easy to use two-week meal planner designed to make it simple for you and your family to **eat less** and **eat better** with fourteen delicious high-welfare and meat-free meals.

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Where to buy

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 = vegetarian     = vegan




# Two-week meal planner

## week one



### Monday

One-pot baked  
eggs in spicy  
tomato sauce 




### Tuesday

Butter  
chicken curry



### Wednesday

Cheese and  
onion quiche 




### Thursday

Pasta with sausage  
and fennel ragu

## week two



### Monday

Butternut squash  
and broccoli pie 




### Tuesday


Chicken, bacon  
and leek pasta



### Wednesday

Mushroom  
stroganoff 

 = vegetarian

 = vegan



**Friday**  
Salmon pie



**Saturday**  
Lasagne *or*  
Vegetable lasagne ✓



**Sunday**  
One-tray roast  
chicken and  
vegetables



**Thursday**  
Chunky chilli  
con carne  
*or* Veggie chilli ✓



**Friday**  
Fishcakes and  
tartare sauce



**Saturday**  
Margherita pizza ✓



**Sunday**  
Roast pork with  
apple sauce *or*  
Roasted cauliflower  
Sunday roast

Monday

# One-pot baked eggs in spicy tomato sauce

**Preparation time: 10 minutes**

**Cooking time: 50 minutes**

**Serves: 4**

## Ingredients

2 tbsp olive oil  
1 onion, sliced  
1 red pepper, deseeded and sliced  
1 yellow pepper, deseeded and sliced  
1 green pepper, deseeded and sliced  
2 garlic cloves, finely chopped  
1 tsp paprika  
½ tsp cumin seeds  
2 tbsp harissa paste  
2 x 400g can chopped tomatoes  
1 tbsp tomato purée  
1 tsp sugar  
4 RSPCA Assured eggs  
Salt and pepper to season  
Parsley, roughly chopped  
Sourdough or seeded bread, toasted, to serve

## Method

Heat the oil in a large frying pan.

Add the onion and cook for 8-10 minutes or until the onions are starting to colour. Add the peppers and cook until onions and peppers are soft.

Stir in the garlic, paprika, cumin seeds and harissa paste and cook for a further 5 minutes. Add the tomatoes, purée and sugar and add salt and pepper to taste.

Bring to a boil, reduce the heat and simmer for 30 minutes. Make four pockets in the sauce and break in the eggs. Season them lightly, cover and cook for about 7 minutes or until the eggs are just set or cooked to your liking.

Sprinkle with parsley and serve with lots of toasted bread.





»» If you have a hungry crew to feed, you can add more eggs. Just make the 'pockets' closer together.

Tuesday

# Butter chicken curry

**Preparation time: 10 minutes**

**Cooking time: 30 minutes**

**Serves: 4**

## Ingredients

500g RSPCA Assured skinless, boneless chicken thighs cut into four pieces

1 tsp ground turmeric

4cm fresh ginger, peeled and grated

2 garlic cloves, crushed

Juice of half a lemon

½ tsp salt

35g butter

1 tbsp oil

1 onion, thinly sliced

3 tbsp butter chicken paste, makhani or other medium curry paste

1 tbsp tomato purée

227g chopped tomatoes

3 tbsp ground almonds

150ml full-fat natural yoghurt

150ml chicken stock

100g green beans

Handful of coriander leaves

Basmati rice and naan bread, to serve

## Method

Place the chicken in a plastic bag and add the turmeric, ginger, garlic, lemon juice and ½ tsp of salt. Shake the bag until the chicken is covered.

Heat the butter and oil in a large pan then cook the onion for 8 to 10 minutes until softened and starting to colour. Add the curry paste and tomato purée and cook for 3 minutes. Add the chopped tomatoes and chicken and cook for 7 minutes. Mix the almonds and 100ml of the yoghurt in a bowl then stir into the pan and cook for 2 to 3 minutes.

Add the stock and green beans, simmer gently for 10 minutes. Make sure the chicken is thoroughly cooked, remove from the heat and scatter over the coriander.

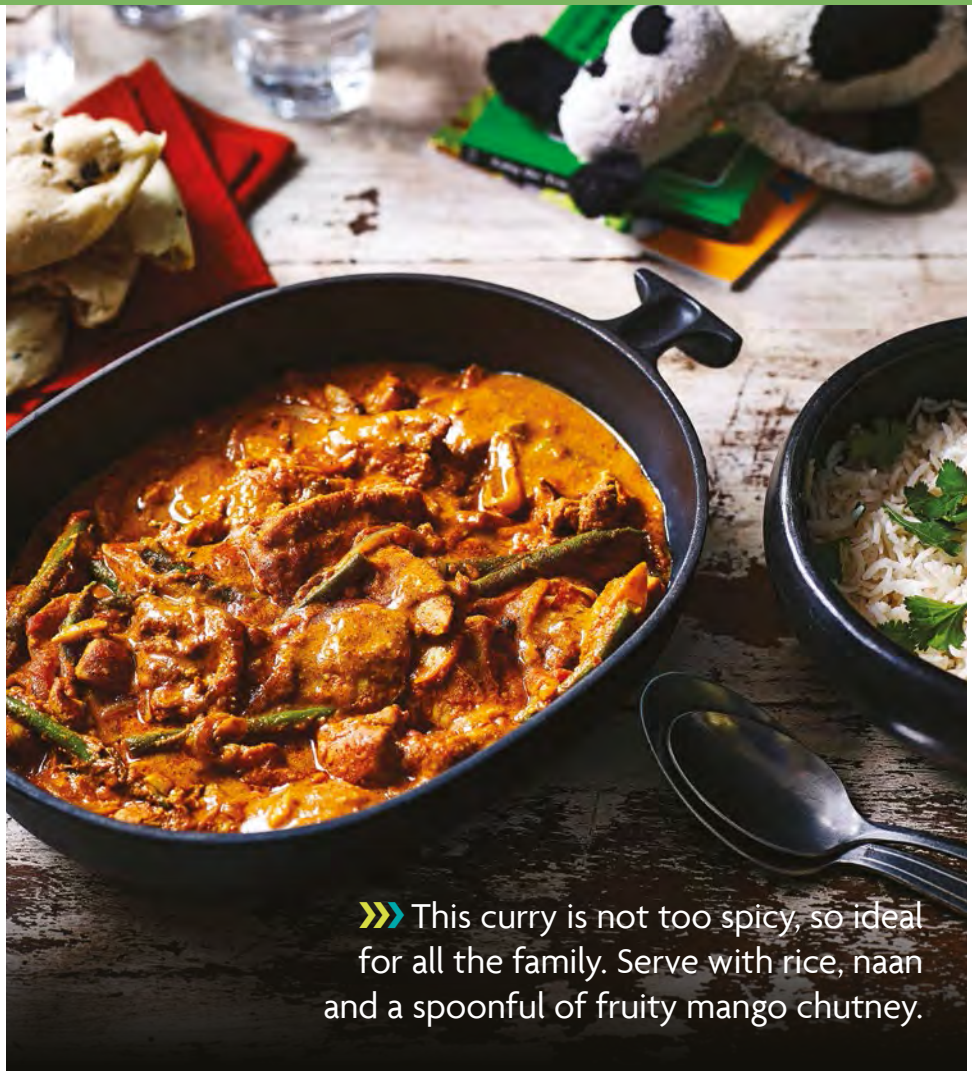
Serve with the remaining yoghurt, basmati rice and naan bread.

### For a vegetarian alternative

Replace the chicken with 500g of Quorn or paneer (Indian cheese) and the chicken stock with vegetable stock.

**NB: Patak's butter chicken spice paste is vegetarian – despite the name!**





»» This curry is not too spicy, so ideal for all the family. Serve with rice, naan and a spoonful of fruity mango chutney.

Wednesday

# Cheese and onion quiche

**Preparation time: 30 minutes**

**Cooking time: 30 minutes**

**Serves: 6**

## Ingredients

### For the pastry

280g plain flour, plus extra for dusting

Pinch of salt

140g cold butter, cut into cubes

### For the filling

25g butter

1 tbsp olive oil

4 onions, peeled and finely sliced

1 tbsp fresh thyme leaves

3 RSPCA Assured eggs

284ml pot of double cream

¼ tsp grated nutmeg

140g Emmental or mature cheddar,  
coarsely grated

## Method

For the pastry, sift the flour and salt into a large bowl, add the butter and rub in with your fingertips until it resembles breadcrumbs.

Stir in 2-3 tbsp water and mix to a firm dough. Knead gently, wrap in cling film and chill for at least 10 minutes. This pastry could also be made in a food processor or store-bought.

For the filling, heat the butter and olive oil in a pan. Add the onions and cook on a medium heat for 20 minutes, stirring occasionally, until golden and caramelised. Remove from the heat and add the thyme.

Roll the pastry on a lightly floured surface and use to line a 25cm loose-bottomed tin with a little overhang. Push the pastry gently into the flutes of the tin and chill in the fridge for 20 minutes.

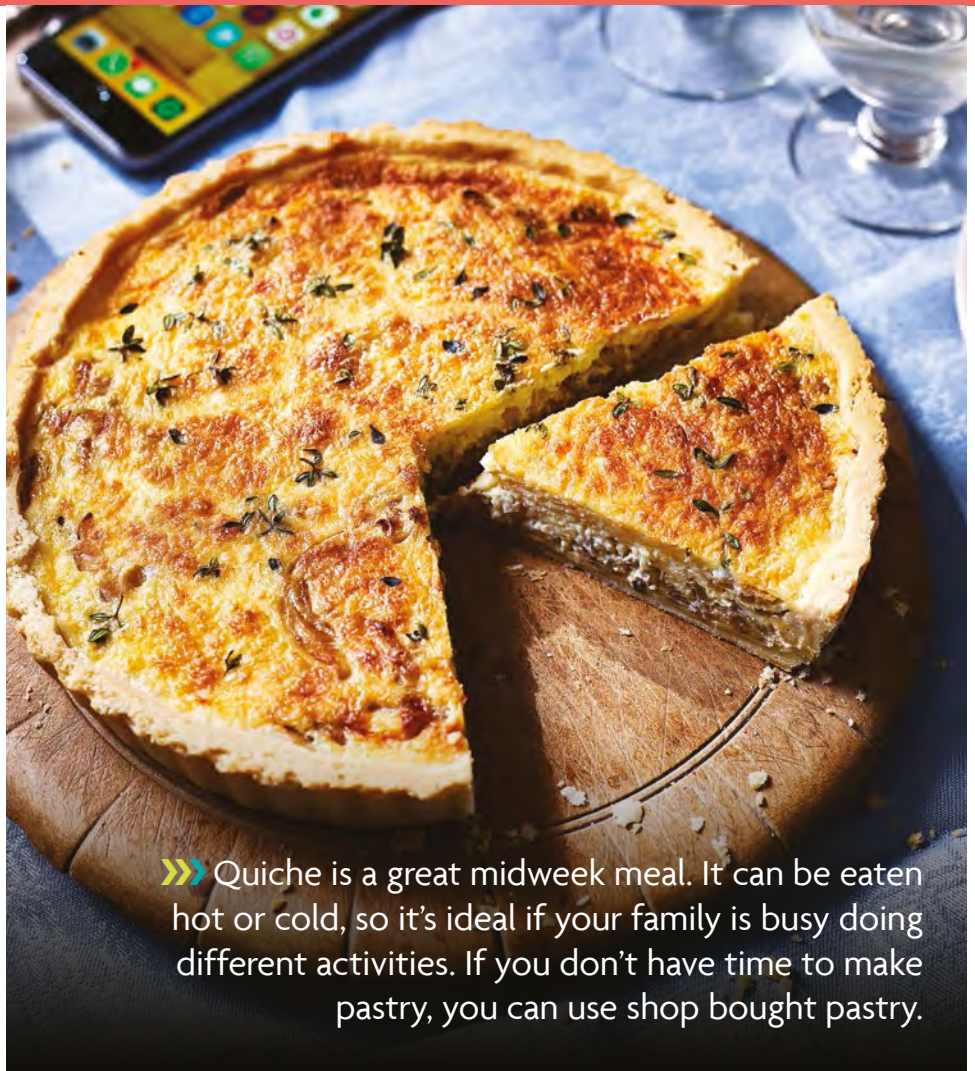
Heat oven to 200°C/fan 180°C/gas 6. Lightly prick the base of the pastry case with a fork, line with a circle of greaseproof paper and fill with baking beans. Bake the pastry case for 20 minutes. Remove the paper and beans, and cook for a further 5-10 minutes, until golden brown.

Spoon the onions and half the cheese, into the pastry case. Beat the eggs in a bowl, then gradually add cream. Stir in the nutmeg and season. Pour over the onions and sprinkle with the remaining cheese.

Bake for 20-25 minutes until set and golden. Leave to cool in the case, trimming the edges if necessary. Remove from the tin and serve warm or cold with a fresh dressed salad.

### For a meaty alternative

Add chopped ham or cooked bacon to the filling.



»» Quiche is a great midweek meal. It can be eaten hot or cold, so it's ideal if your family is busy doing different activities. If you don't have time to make pastry, you can use shop bought pastry.

Thursday

# Pasta with sausage and fennel ragu

**Preparation time: 10 minutes**

**Cooking time: 25 minutes**

**Serves: 4**

## Ingredients

- 3 tbsp olive oil
- 1 onion, finely diced
- 1 fennel bulb, finely chopped
- 6 RSPCA Assured pork sausages
- 4 garlic cloves, crushed
- 1 tsp fennel seeds
- Salt and pepper to season
- 150ml red wine
- 400g tin of chopped tomatoes
- 1 tsp sugar
- 250ml chicken stock
- 400g dried pasta
- Handful of parsley, chopped

## Method

Heat the oil in a large frying pan, add the onion and fennel and cook for 5 minutes until they begin to soften.

Split open the sausages and remove the skin. Break the sausage meat into balls and add along with the garlic to the onion mix. Gently cook, until the sausage meat is golden and beginning to crisp. Add the fennel seeds and season.

Add the wine, tomatoes, sugar and stock. Cover and cook on the lowest heat for 20 minutes and season to taste.

Bring a large pan of salted water to the boil and cook the pasta according to the packet instructions. Drain and return to the pan.

Add the sausage ragu and toss together. Sprinkle with parsley and serve.

## For a vegetarian alternative

Replace the pork sausages with vegetarian sausages. They do not have an outer casing like pork sausages, so just cut them into thick slices and cook them the same way as the pork sausages. Replace the chicken stock with vegetable stock.





Family favourites pasta and sausages are combined in this recipe to make a delicious and easy midweek meal.

Friday

# Salmon pie

**Preparation time: 15 minutes**

**Cooking time: 30 minutes**

**Serves: 6**

## Ingredients

### For the potato topping

1kg Maris Piper potatoes, peeled and cubed  
Splash of RSPCA Assured milk  
Knob of butter

### For the pie filling

25g butter  
1 leek, finely chopped  
25g flour  
400ml RSPCA Assured milk  
1 tbsp dill, finely chopped  
500g RSPCA Assured fresh salmon, skinned and cubed  
100g MSC approved large raw prawns, peeled  
1 tsp wholegrain mustard  
50g frozen sweetcorn  
50g frozen peas

## Method

Preheat the oven to 200°C/180°C fan/gas 6.

Put the potatoes in a saucepan and pour over enough water to cover. Bring to the boil and simmer until tender. When cooked, drain thoroughly and mash with a splash of milk and some butter.

Season with ground black pepper. Set aside to cool.

### For the filling:

Melt the butter in a pan and add the leek. Cook until it begins to soften.

Add the flour and cook for 1 to 2 minutes, stirring regularly. Gradually whisk in the milk, beating the mixture until all of the flour is combined with the milk.

Bring to the boil, stirring constantly to avoid any lumps. Reduce heat and cook for 3 to 4 minutes until thickened. Take off the heat and stir in the dill, fish, prawns, mustard, sweetcorn and peas. Spoon into an ovenproof dish. Spoon or pipe the mashed potato on top.

Bake in the oven for 20 to 25 minutes or until it's golden and bubbling at the edges.





»» This pie can easily be made in advance and heated through the next day. If heating from cold, cover with foil and heat for 30 minutes until piping hot in centre, then remove foil for an additional 10 minutes to brown the potato top. You could use any selection of RSPCA Assured and MSC approved fish for this pie.

Saturday

# Lasagne

**Preparation time:** 1 ½ hours

**Cooking time:** 35 minutes

**Serves:** 6

## Ingredients

### For the meat sauce

- 5 tbsp olive oil
- 1 onion, peeled and finely chopped
- 1 large carrot, peeled and chopped
- 1 celery stick, finely chopped
- 4 RSPCA Assured streaky bacon rashers, chopped
- 300g RSPCA Assured minced beef
- 200g RSPCA Assured minced pork
- 2 cloves garlic, finely chopped
- Salt and pepper to season
- 300ml red wine or beef stock
- 700ml passata
- 1 tbsp tomato purée
- 1 tsp dried oregano

### For the white sauce

- 50g salted butter
- 50g plain flour
- 500ml cold, full-fat RSPCA Assured milk
- 75g freshly grated Parmesan cheese
- ¼ tsp grated nutmeg
- 12 fresh lasagne sheets, each about 10 x 18cm
- 1 x 125g ball mozzarella, drained and ripped

## Method

Heat the oil in a large saucepan over medium heat. Cook the onion, carrot and celery for 5 minutes, stirring occasionally. Add the bacon, minced beef, pork and garlic with a pinch of salt and pepper. Cook for a further 10 minutes, stirring occasionally until the meat has browned.

Pour in the wine or stock, stir well and cook for five minutes. Add the passata, tomato puree and oregano. Lower the heat and cook, uncovered, for 1 hour, stirring occasionally until the sauce is thick and rich. Season to taste.

Preheat the oven to 180°C/ fan 160°C/ gas 4.

For the white sauce, melt the butter in a large saucepan over a medium heat. Stir in the flour and cook for 1 minute until light brown in colour. Gradually whisk in the milk, then lower the heat and cook for 10 minutes, whisking continuously. Once thickened, stir in 50g of parmesan and the grated nutmeg. Season and set aside to cool down.

Spread a quarter of the white sauce in the bottom of a deep ovenproof dish, measuring about 25cm x 25cm. Lay four lasagne sheets on top, cutting to size if needed. Spread half of the meat sauce over the pasta, then repeat for a total of three pasta layers. Top the lasagne with the remainder of the white sauce and sprinkle with mozzarella and the last of the parmesan, completely covering the pasta.

Bake for 35 minutes, then switch off the oven and leave to sit for a further 15 minutes. Remove from the oven and set aside to cool for 10 minutes before serving. This makes it easier to slice.

Serve with garlic bread and crunchy salad.



»» Such a family treat! It may take a while to make, but it's well worth it. Don't forget a generous serving of garlic bread too. Check out our recipe for vegetarian lasagne if you're having a meat-free day.

Saturday

# Vegetable lasagne

**Preparation time: 1 hour**

**Cooking time: 35 minutes**

**Serves: 6**

## Ingredients

2 small aubergines, cut into chunks

2 onions, peeled and cut into wedges

2 red peppers, cut into wedges

2 courgettes, sliced

5 tbsp olive oil

2 cloves garlic, finely chopped

2 celery sticks, sliced

2 large carrots, peeled and chopped

680g passata

1 tbsp tomato purée

½ tsp sugar

1 tsp dried oregano

Salt and pepper to season

## For the white sauce

50g salted butter

50g plain flour

500ml cold, full-fat RSPCA Assured milk

50g freshly grated Parmesan cheese

¼ tsp grated nutmeg

12 fresh lasagne sheets, each about 10 x 18cm

1 x 125g ball mozzarella, drained and ripped

## Method

Preheat the oven to 220°C/fan 200°C/gas 7.

Mix the aubergines, onions, peppers and courgettes with 3 tablespoons of oil and a little seasoning and roast for 30 minutes, or until soft.

Meanwhile, heat the rest of the oil in a large saucepan and fry the celery and carrots for 5 minutes. Add the garlic and cook for a further 4 minutes until softened. Add the passata, puree, sugar and oregano.

Remove the roasted vegetables from the oven and add to the tomato sauce. Lower the heat and cook, uncovered, for 20 minutes, stirring occasionally, until the sauce thickens slightly but the vegetables still hold their shape. Season with salt and pepper to taste.

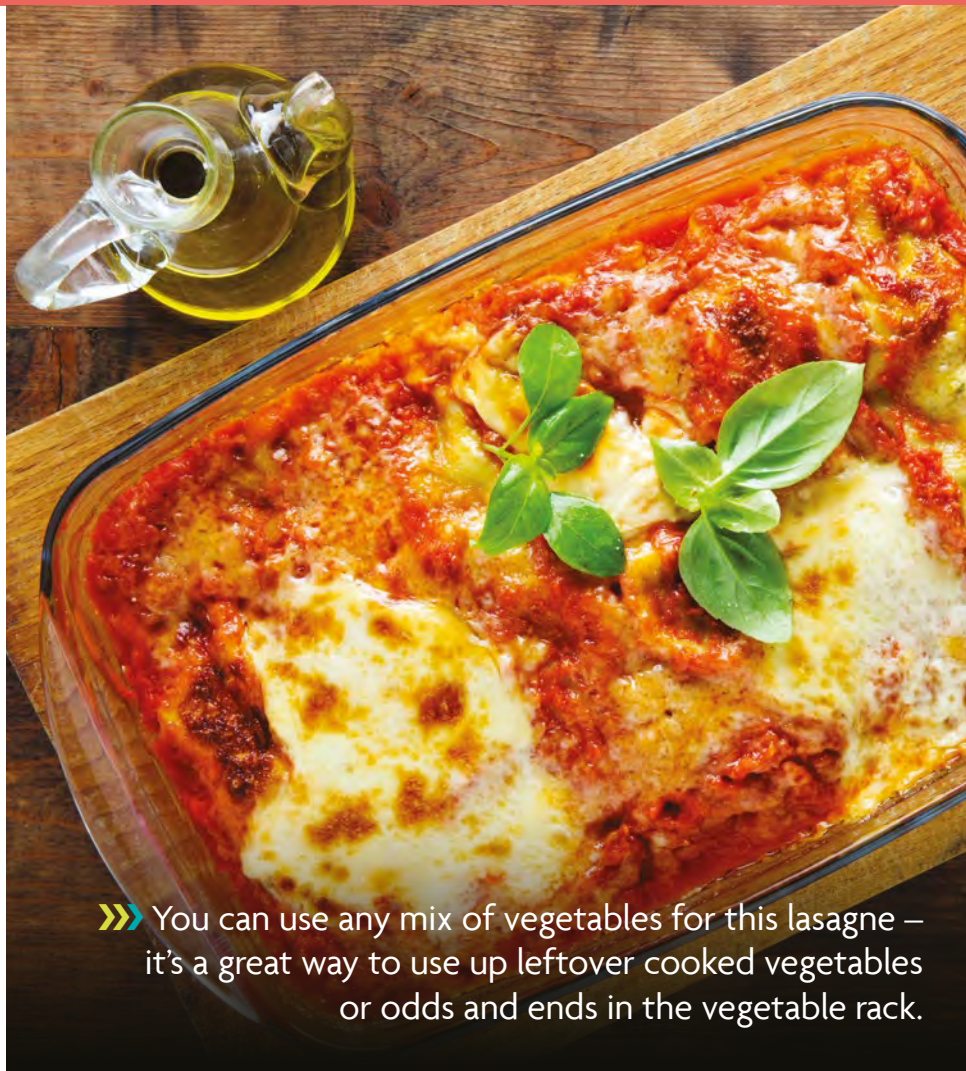
Preheat the oven to 200°C/fan 180°C, gas 6.

For the white sauce, follow the instructions on the previous page. Spread a quarter of the white sauce in the bottom of a deep ovenproof dish, measuring about 25cm x 25cm. Lay four lasagne sheets on top, cutting to size if needed. Spread half of the vegetable sauce over the pasta, then repeat for a total of three pasta layers. Top the lasagne with the remainder of the white sauce and sprinkle with mozzarella and the last of the parmesan, completely covering the pasta.

Bake for 35 minutes, then switch off the oven and leave to sit for a further 15 minutes. Remove from the oven and set aside to cool for 10 minutes before serving. This makes it easier to slice.

Serve with garlic bread and crunchy salad.





»» You can use any mix of vegetables for this lasagne – it's a great way to use up leftover cooked vegetables or odds and ends in the vegetable rack.

Sunday

# One-tray roast chicken and vegetables

**Preparation time: 20 minutes**

**Cooking time: 60 minutes**

**Serves: 4**

## Ingredients

- 500g new potatoes, cut into wedges
- 300g baby carrots, scrubbed
- 2 large courgettes, diagonally sliced
- 2 red onions, cut into wedges
- 2 yellow peppers, seeded and cut into chunks
- 6 firm, plum tomatoes, halved
- Salt and pepper to season
- 4 RSPCA Assured skinless, boneless chicken breast fillets
- 6 tbsp olive oil
- 2 tbsp green pesto

## Method

Preheat the oven to 200°C/fan 160°C/gas 6.

Spread the potatoes, carrots, courgette, onion, pepper and tomatoes in a shallow roasting tin and season.

Slash the flesh of each chicken breast 3 to 4 times using a sharp knife, then lay the chicken on top of the vegetables.

Mix the olive oil and pesto together until well-blended and spoon evenly over the chicken. Cover the tin with foil and cook for 50 minutes.

Remove the foil from the tin and cook for a further 10 minutes or until the vegetables are cooked and tender and the chicken is cooked through (the juices should run clear when pierced with a skewer).

Serve straight from the tin to save on washing up.

## For a vegetarian alternative

Replace the chicken breast with a butternut squash, seeds removed and cut into wedges. Nestle the squash wedges in among the vegetables and cook as above.





»» These one-tray meals are a great idea. Not only do they deliver a tasty, easy dish, they also save on the washing up. If the new potatoes are small, leave them whole.

Monday

# Butternut squash and broccoli pie

**Preparation time: 30 minutes**

**Cooking time: 35 minutes**

**Serves: 6**

## Ingredients

- 400g butternut squash, peeled, deseeded and diced
- 6 small shallots, halved
- 2 tbsp olive oil
- Pinch of chilli flakes
- 120g tenderstem broccoli, cut into 5cm pieces
- 300ml fresh vegetable stock
- 25g butter
- 25g plain flour
- 1 tbsp crème fraîche
- 2 tsp chopped tarragon
- 1 x 375g pack ready-rolled puff pastry
- 1 RSPCA Assured egg, beaten

## Method

Preheat the oven to 200°C/ fan 180°C/ gas mark 6. Toss the squash and shallots in the olive oil. Spread out in a roasting tin and sprinkle with chilli flakes. Cook for 30 minutes.

Cook the broccoli in a pan of boiling water for 2 minutes. Melt the butter in a pan, and then stir in flour to form a paste. Cook for 1 minute, then add the stock, stirring continuously until smooth. Bring to the boil, then reduce the heat and simmer for 5 minutes, stirring occasionally. Remove from the heat and stir in the crème fraîche and tarragon. Season to taste. If time allows, cover with cling film and leave to cool slightly.

Take a 700ml pie dish, unfurl the pastry and cut the lid so that it's slightly larger in diameter than the top of the dish and set aside. Trim strips from the remaining pastry the width of the rim of the dish. Brush the inside rim of the pie dish with a little water, then cover with strips of pastry, pushing down gently to fix.

Spoon the vegetables into the dish, then pour over the sauce. Place the lid over the pie and press down the edges to seal to the rim.

Cut a small hole in the centre of each pie so steam can escape during baking. Brush the pastry with the beaten egg and bake in the oven for 35 minutes, or until the pastry is puffed and golden. Serve immediately.



»» There is something very comforting and satisfying about a pie. You could also add cooked drained spinach, cooked courgettes or green beans if you like!

Tuesday

# Chicken, bacon and leek pasta

**Preparation time: 5 minutes**

**Cooking time: 10 minutes**

**Serves: 4**

## Ingredients

- 400g linguine
- 1 tbsp olive oil
- 5 RSPCA Assured rashers of streaky bacon, chopped
- 450g RSPCA Assured boneless and skinless chicken thighs, chopped
- 3 medium leeks, chopped
- 1 or 2 garlic cloves, chopped
- 300ml double cream
- 1 tsp Dijon mustard
- Handful of basil leaves

## Method

Put the water on to heat for the pasta.

Heat the olive oil in a large frying pan, add the bacon and cook for 3 minutes. Add the chicken and leeks and cook for 3 to 4 minutes – or until the chicken is golden-brown and cooked through.

Cook the pasta according to the packet instructions. Drain and return to the pan while you finish the sauce.

Add the garlic to the bacon, chicken and leeks and cook for 1 minute. Season, to taste, with salt and freshly ground black pepper. Add the cream and mustard and warm through.

Add the creamy sauce to the cooked, drained pasta and stir well. Serve sprinkled with basil leaves.

## For a vegetarian alternative

Replace bacon with vegetarian bacon and the chicken with Quorn pieces. Fry the vegetarian bacon first and remove from the pan before adding the Quorn pieces and leeks. Otherwise, follow the recipe as above, putting the cooked vegetarian bacon back into the finished dish.





»» This is proper comfort food. The rich, creamy leek and mustard sauce would also work with turkey or pulled gammon.

Wednesday

# Mushroom stroganoff

**Preparation time: 10 minutes**

**Cooking time: 10 minutes**

**Serves: 4**

## Ingredients

2 tbsp olive oil  
1 red onion, finely sliced  
3 garlic cloves, crushed  
2 tsp paprika  
Good pinch of cayenne pepper  
600g mixed mushrooms,  
such as chestnut, Portobello, wild  
3 tbsp brandy  
150ml soured cream  
Salt and pepper to season  
Handful fresh flat leaf parsley, chopped

## Method

Heat the oil in a pan over a medium heat and add the onions and garlic.

Cook gently for a few minutes until softened but not turning brown.

Add both the paprika and cayenne. Cook for 1 minute then add the mushrooms and cook until soft.

Add the brandy to the mushrooms, increase the heat and bubble until the brandy has almost evaporated.

Turn down the heat and add the soured cream. Taste and season with salt and pepper, then cook gently for a few minutes.

Stir most of the parsley through the stroganoff. Serve with rice, sprinkled with the remaining parsley.





»» Use a variety of mushrooms for this stroganoff. For an added depth of mushroom flavour you can add some dried mushrooms, pre-soaked and drained.

Thursday

# Chunky chilli con carne

**Preparation time: 20 minutes**

**Cooking time: 2 ½ hours**

**Serves: 4**

## Ingredients

2 tbsp oil  
2 onion, sliced  
600g RSPCA Assured stewing steak, cubed  
1 tbsp plain flour  
2 cloves garlic, crushed  
2 tbsp tomato puree  
1 ½ tsp ground cumin  
1 tsp hot smoked paprika  
½ tsp cayenne pepper  
½ tsp ground cinnamon  
500ml hot beef stock  
1 red chilli, sliced (optional)  
2 red peppers, deseeded and cut into chunks  
1 x 400g tin kidney beans in chilli sauce  
Juice of ½ lime

## To serve

Tacos  
Soured cream  
Mashed avocado  
Handful chopped coriander

## Method

Heat the oil and cook the onion for 5 minutes until softened. Add the meat and cook until brown. Add the garlic and cook for 1 minute.

Mix together the tomato puree, ground cumin, smoked paprika, cayenne and cinnamon and add to the hot stock.

Sprinkle the flour onto the meat and stir. Gradually add the hot stock mixture. Add the chilli, if you're using it.

Bring to the boil, cover and simmer on a low heat for 2 hours or until the beef is tender.

Alternatively you can bake in the oven for 3 hours at 160°C/ fan 140°C/ gas 3, or cook throughout the day on low heat in a slow cooker.

Add the kidney beans, the red pepper and a squeeze of lime juice and cook for a further 30 minutes.

To serve, spoon into tacos or onto rice and top with sour cream, mashed avocados and coriander or spring onions. Add sliced jalapeños for a spicy kick.

## For a vegetarian alternative

Swap the meat for veggie-mince and the beef stock for vegetable stock, or try our Veggie chilli (on the next page).



»» You can make this chilli the day before and reheat when ready to serve. Serve with rice, tortilla wraps or tortilla chips. If you're having a meat-free day, check out our recipe for vegetarian chilli.

Thursday

# Veggie chilli

**Preparation time: 10 minutes**

**Cooking time: 30 minutes**

**Serves: 4**

## Ingredients

- 2 tbsp olive oil
- 2 onions, peeled and chopped
- 2 carrots, peeled and chopped
- 1 green pepper, deseeded and chopped
- 2 sticks celery, trimmed and chopped
- 2 courgettes, thickly sliced
- 1 large sweet potato, peeled and chopped
- 2 garlic cloves, peeled and crushed
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp hot chilli powder
- 2 x 400g tins red kidney beans in chilli sauce
- 1 x 500g carton passata

## To serve

- Tacos
- Soured cream
- Mashed avocado
- Handful chopped coriander

## Method

Heat the oil and cook the onion for 5 minutes until softened.

Add the remaining vegetables and cook, stirring frequently for 8 to 10 minutes.

Add the garlic and cook for 1 minute. Stir in the spices, season, then cook for 30 seconds.

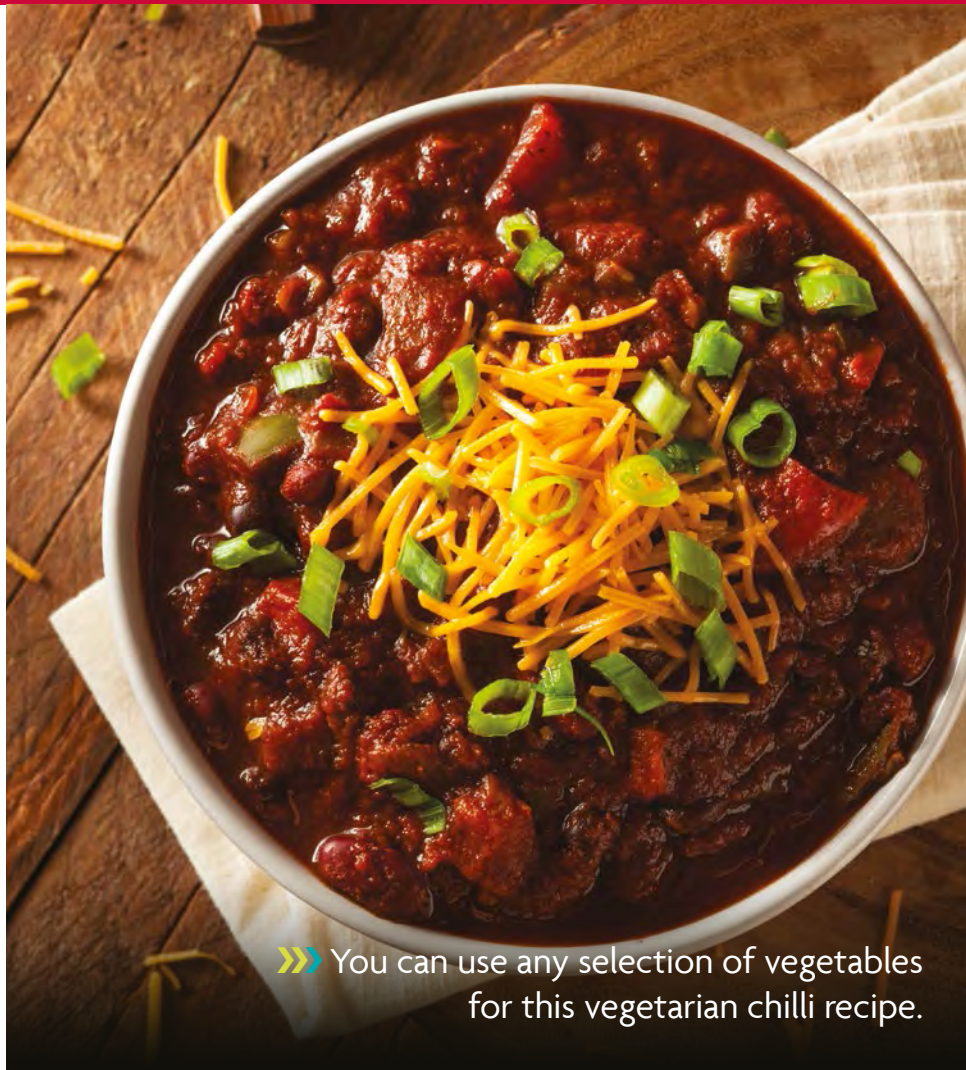
Add the kidney beans and passata.

Half-fill the kidney bean tin with water and tip into the pan. Bring to the boil and stir well.

Partially cover the pan and simmer, stirring occasionally, for 30 minutes until the vegetables are tender.

To serve, spoon into tacos or onto rice and top with sour cream, mashed avocados and coriander or spring onions. Add sliced jalapeños for a spicy kick.





»» You can use any selection of vegetables for this vegetarian chilli recipe.



Friday

# Fishcakes and tartare sauce

**Preparation time:**

**20 minutes plus chilling time**

**Cooking time: 20 minutes**

**Serves: 6**

**Ingredients**

**For the fishcakes**

250g MSC approved skinless fillet of cod

200g MSC approved skinless haddock

2 bay leaves

250ml RSPCA Assured milk

400g cooled mashed potatoes

1 tsp capers, drained, dried and chopped

Zest of 1 lemon

1 tbsp flat leaf parsley, chopped

1 tbsp chives, chopped

Salt and pepper to season

1 RSPCA Assured egg, lightly beaten

2 tbsp plain flour

85g breadcrumbs or panko crumbs

3-4 tbsp sunflower oil

**For the quick tartare sauce**

200ml mayonnaise

3 tbsp capers, drained and chopped

1 large gherkin, drained and chopped

1 small shallot, finely chopped

A squeeze of lemon juice

3 tbsp chopped fresh parsley

**Method**

Lay the fish, bay leaves and milk in a deep frying pan.

Cover and bring to a gentle boil, lower the heat and simmer for 4 minutes. Take the pan off the heat and let stand, covered, for 10 minutes.

Lift the fish out of the milk with a slotted spoon and put on a plate to cool. Dry with kitchen paper.

Mix together the mashed potatoes, capers, lemon zest, parsley and chives. Season well with salt and pepper.

Break the fish into chunks and add to the potatoes. Stir very gently so you don't mash the fish too much.

Pour the beaten egg into one shallow bowl and the flour into another.

Spread the breadcrumbs on a baking sheet.

Using floured hands, divide the fish mixture into six fish cakes.

Roll in flour then roll each cake in the egg, then the crumbs, making sure they are completely covered.

Chill for at least an hour or longer if time allows. Mix the tartare sauce ingredients in a small bowl and season. Chill until ready to use.

Heat the oil in the frying pan. Cook the fish cakes over a medium heat for about 5 minutes on each side or until crisp and golden. You may need to do this in batches.

Serve the fish cakes with the tartare sauce and a selection of vegetables.



» You can use leftover mash, ready-made mash or you can even buy frozen mash!

Saturday

# Margherita pizza

**Preparation time: 2 hours**

**Cooking time: 15 – 20 minutes**

**Serves: 3 - 4**

## Ingredients

### For the dough

500g strong white bread flour  
1 x 7g sachet Easy Bake yeast  
1 tsp sugar  
1 tsp salt  
260 – 300 ml warm water

### For the margherita pizza tomato topping

3 tbsp olive oil  
1 medium onion, finely chopped  
1 tsp dried oregano  
2-3 garlic cloves, finely chopped  
1 x 400g tin chopped tomatoes  
3 tbsp tomato puree  
Pinch of chilli flakes  
1 x 125g mozzarella ball, drained and ripped

### Other topping suggestions

Cheddar, grated  
RSPCA Assured ham, torn into strips  
Sweetcorn kernels, canned  
Pineapple rings, fresh or canned  
RSPCA Assured cooked bacon, chopped  
Black pitted olives  
Capers  
Goat cheese  
Rocket  
Caramelised onion

## Method

Mix the flour, yeast, sugar and salt in a big bowl. Mix the water and oil together, add most of the liquid and mix into a dough, adding more liquid if necessary.

Tip onto a lightly flour-dusted surface and knead for 10 minutes. This could also be done with a food mixer fitted with a dough hook. Put the dough into a large mixing bowl, greased with some oil. Cover the bowl with a clean tea towel or cling film and leave to rise for 1 to 1½ hours, until doubled in size.

To make the tomato topping, warm the olive oil in a large, deep frying pan. Add the onion and dried oregano. Fry over a medium heat until the onion is soft and transparent. Add the garlic and cook for a further minute. Add the chopped tomatoes, tomato paste and chilli. Simmer for about 30 minutes until the sauce has thickened slightly.

If the sauce is too thick, just add boiling water to loosen the mix. Take off the heat until ready to use. Whilst your tomato sauce is cooking, prepare the other toppings.

Preheat your oven to 220°C/fan 200°C /gas 8.

Flour two baking sheets. Divide the dough into four pieces, leaving three pieces under the tea towel or cling film, to stop them drying out. Roll the first piece of dough to as thin as you can get it on a lightly floured surface.

Lift carefully onto a floured baking sheet or pizza stone.

Add the tomato sauce and mozzarella and invite the family to add any other toppings of their choice.

Bake for 10 to 15 minutes, until crisp and golden on top.



»» Cook-up a basic margherita pizza and then lay on extra toppings so the family can create their own favourite flavours.



Sunday

# Roast pork with apple sauce

**Preparation time: 20 minutes**

**Cooking time:**

**2 ½ hours - 3 hours**

**Serves: 6-8**

## Ingredients

- 1 onion, peeled and cut into wedges
- 1 large carrot, peeled and cut into large chunks
- 1 celery stick, cut into three
- 1.5 to 2kg RSPCA Assured joint of pork, either leg, loin or shoulder, skin scored
- Olive oil, for rubbing
- Fine sea salt and freshly ground black pepper
- 3 sage leaves

## For the apple sauce

- 500g Bramley cooking apples
- 25g butter
- Approx 3 tbsp caster sugar

## For the gravy

- 2 tsp plain flour
- 250ml pork or vegetable stock
- 200ml apple juice or cider

## Method

Preheat the oven to 180°C/fan 160°C/gas 4.

Remove the pork from the fridge and pat the skin dry with kitchen paper. Leave for 30 minutes. If not pre-scored, score the skin. Place the onion, carrots and celery into a large roasting tin. Put the joint on top of the vegetables and drizzle with olive oil. Sprinkle salt and pepper and rub in.

Calculate the cooking time: 35 minutes per 500g, plus an extra 35 minutes. Roast for the calculated time.

## To make the sauce

Peel, core and cut the apples into quarters. Place in a pan with 3 tbsp cold water. Bring to the boil then reduce to medium, cover and cook for 6 to 8 minutes until the apples are soft and pulpy.

Remove from the heat and beat with a wooden spoon until smooth. Add the butter and sugar to your taste, then cook for a further couple of minutes.

When the pork is cooked transfer onto a board or plate and let rest for 15 minutes, covered with foil.

Spoon off and dispose of excess fat, then mash the onion, carrots and celery into the pan and reheat to make the gravy. Stir in the flour, then cook very gently for 2 minutes, stirring, before gradually adding the stock and apple juice (or cider). Stir for 5 minutes or until it thickens then strain into a jug.

Serve the pork with the apple sauce and gravy with a selection of vegetables such as roast potatoes, savoy cabbage, peas and broccoli.



»» Drying the pork before you roast helps to make good crackling. Make double the quantity of apple sauce and keep in the fridge to add to yoghurt or porridge at breakfast time. If you're looking for a meat-free Sunday lunch, try our roasted cauliflower recipe!

Sunday

# Smoky roast cauliflower

**Preparation time: 10 minutes**

**Cooking time: 35 minutes**

**Serves: 4**

## Ingredients

large cauliflower, leaves removed  
and stem trimmed

Salt and black pepper

25g butter

100g breadcrumbs

50g flaked almonds

Handful flat-leaf parsley, roughly chopped

1/2 lemon

## For the paprika butter

75g butter, softened

1 tbsp smoked paprika

1 tbsp olive oil

2-3 cloves garlic, finely chopped

## Method

Preheat the oven to 220°C/fan 200°C/gas 7.

Place the cauliflower, stem side down, into a shallow baking dish and season.

Make the paprika butter by mixing together butter, paprika, olive oil and garlic.

Spread the cauliflower with the paprika butter.

Pour 50ml of water into the baking dish and cover the cauliflower loosely with foil. Roast the cauliflower in the oven for 30 minutes, basting half way through.

Meanwhile, heat the remaining butter in a frying pan.

Add the breadcrumbs and flaked almonds and fry until lightly toasted and golden. Season with salt and pepper to taste. Remove and leave to cool, then mix with the parsley.

Remove the foil and squeeze the lemon juice over the cauliflower. Scatter over the breadcrumb mixture. The breadcrumbs will soak up the delicious smoked paprika flavour.

Serve with a selection of your favourite vegetables.



»» If you have never tried roasted cauliflower, you're in for a treat. Serve as the 'main event' or alongside your roast meat.



To make it as easy as possible to follow the meal planner, we've written out a shopping list for you and have colour coded the recipes by department so you know where to look in the shop for the different ingredients. Don't forget to check your cupboards at home before heading out!

We've also provided advice on where to buy RSPCA Assured. Look out for our logo to make sure you're buying high welfare products.

And to help you eat less and eat better at every meal, we've listed out some suggestions for trade ups and trade offs.




# Where to buy RSPCA Assured products

Eggs				 ocado		
Chicken				 ocado		
Ham						
Bacon				 ocado		
Sausages				 ocado		
Salmon				 ocado		
Milk	MARKS & SPENCER FOOD					

## One-pot baked eggs in spicy tomato sauce V

<span style="color: green;">■</span> Onion x 1	<span style="color: red;">■</span> Red pepper x 1
<span style="color: green;">■</span> Yellow pepper x 1	<span style="color: green;">■</span> Green pepper x 1
<span style="color: green;">■</span> Garlic	<span style="color: yellow;">■</span> Paprika
<span style="color: yellow;">■</span> Cumin seeds	<span style="color: yellow;">■</span> Harissa paste
<span style="color: yellow;">■</span> Chopped tomatoes x 2 tins	<span style="color: yellow;">■</span> Tomato puree
<span style="color: purple;">■</span> Sugar	<span style="color: red;">■</span> RSPCA Assured eggs x 4
<span style="color: green;">■</span> Fresh parsley	<span style="color: red;">■</span> Sourdough or seeded bread (to serve)

## Butter chicken curry

<span style="color: red;">■</span> RSPCA Assured skinless, boneless chicken thighs	<span style="color: green;">■</span> Fresh ginger	
<span style="color: yellow;">■</span> Ground turmeric	<span style="color: green;">■</span> Lemon	
<span style="color: green;">■</span> Garlic	<span style="color: green;">■</span> Onion x 1	
<span style="color: blue;">■</span> Butter	<span style="color: yellow;">■</span> Chopped tomatoes x 1 tin	
<span style="color: yellow;">■</span> Butter chicken/ other mild curry paste	<span style="color: blue;">■</span> Full-fat natural yogurt	
<span style="color: yellow;">■</span> Tomato puree	<span style="color: green;">■</span> Green beans	
<span style="color: purple;">■</span> Ground almonds	<span style="color: yellow;">■</span> Basmati rice (to serve)	
<span style="color: green;">■</span> Chicken stock		
<span style="color: green;">■</span> Coriander		
<span style="color: red;">■</span> Naan bread (to serve)		

## Cheese and onion quiche V

<span style="color: purple;">■</span> Plain flour	<span style="color: blue;">■</span> Butter
<span style="color: green;">■</span> Onions x 4	<span style="color: green;">■</span> Thyme
<span style="color: purple;">■</span> RSPCA Assured eggs x 4	<span style="color: blue;">■</span> Double cream
<span style="color: yellow;">■</span> Nutmeg	<span style="color: blue;">■</span> Emmental or cheddar cheese

## Pasta with sausage and fennel ragu

<span style="color: green;">■</span> Onion x 1	<span style="color: green;">■</span> Fennel bulb x 1
<span style="color: red;">■</span> RSPCA Assured pork sausages x 6	<span style="color: yellow;">■</span> Fennel seeds
<span style="color: green;">■</span> Garlic	<span style="color: yellow;">■</span> Chopped tomatoes x 1 tin
<span style="color: green;">■</span> Red wine	<span style="color: yellow;">■</span> Chicken stock
<span style="color: purple;">■</span> Sugar	<span style="color: green;">■</span> Parsley
<span style="color: yellow;">■</span> Dried pasta	



## Salmon pie

<span style="color: green;">■</span> Maris piper potatoes x 1kg	<span style="color: blue;">■</span> RSPCA Assured milk
<span style="color: blue;">■</span> Butter	<span style="color: green;">■</span> Leek
<span style="color: purple;">■</span> Flour	<span style="color: green;">■</span> Dill
<span style="color: red;">■</span> RSPCA Assured salmon	<span style="color: red;">■</span> MSC Approved prawns
<span style="color: yellow;">■</span> Wholegrain mustard	<span style="color: grey;">■</span> Frozen sweetcorn
<span style="color: grey;">■</span> Frozen peas	

## Vegetable lasagne V

<span style="color: green;">■</span> Aubergines x 2	<span style="color: green;">■</span> Onions x 2
<span style="color: green;">■</span> Red peppers x 2	<span style="color: green;">■</span> Courgettes x 2
<span style="color: green;">■</span> Garlic	<span style="color: green;">■</span> Celery
<span style="color: yellow;">■</span> Carrots x 2	<span style="color: yellow;">■</span> Passata
<span style="color: yellow;">■</span> Tomato puree	<span style="color: green;">■</span> Sugar
<span style="color: yellow;">■</span> Oregano	<span style="color: blue;">■</span> Butter
<span style="color: purple;">■</span> Flour	<span style="color: blue;">■</span> RSPCA Assured milk
<span style="color: blue;">■</span> Parmesan	<span style="color: yellow;">■</span> Nutmeg
<span style="color: yellow;">■</span> Lasagne sheets	<span style="color: blue;">■</span> Mozzarella

## Lasagne


<span style="color: green;">■</span> Onion x 1	<span style="color: green;">■</span> Carrot x 1
<span style="color: green;">■</span> Celery	<span style="color: red;">■</span> RSPCA Assured streaky bacon
<span style="color: green;">■</span> Garlic	<span style="color: red;">■</span> RSPCA Assured minced beef
<span style="color: grey;">■</span> Red wine	<span style="color: red;">■</span> RSPCA Assured minced pork
<span style="color: green;">■</span> Beef stock	<span style="color: yellow;">■</span> Passata
<span style="color: yellow;">■</span> Tomato puree	<span style="color: yellow;">■</span> Oregano
<span style="color: blue;">■</span> Butter	<span style="color: purple;">■</span> Flour
<span style="color: blue;">■</span> RSPCA Assured milk	<span style="color: blue;">■</span> Parmesan
<span style="color: yellow;">■</span> Nutmeg	<span style="color: yellow;">■</span> Lasagne sheets
<span style="color: blue;">■</span> Mozzarella	

## One-tray roast chicken and vegetables

<span style="color: green;">■</span> New potatoes	<span style="color: green;">■</span> Baby carrots
<span style="color: green;">■</span> Courgettes x 2	<span style="color: green;">■</span> Red onions x 2
<span style="color: green;">■</span> Yellow peppers x 2	<span style="color: green;">■</span> Plum tomatoes x 6
<span style="color: red;">■</span> RSPCA Assured skinless, boneless chicken breast	
<span style="color: yellow;">■</span> Green pesto	

V = vegetarian ■ = vegan

■ Fresh fruit, vegetables and herbs ■ Fresh meat and fish ■ Home baking  
■ Drinks ■ Food cupboard ■ Dairy and chilled ■ Frozen ■ Bakery


Butternut squash and broccoli pie 

- |   |  |
|---|--|
|  Butternut squash      |  Shallots x 6             |
|  Chilli flakes         |  Tenderstem broccoli      |
|  Vegetable stock       |  Butter                   |
|  Plain flour           |  Creme fraiche            |
|  Tarragon              |  Ready-rolled puff pastry |
|  RSPCA Assured egg x 1 |  |























Chicken, bacon and leek pasta

- |   |   |
|---|---|
|  Linguine  |  RSPCA Assured streaky bacon |
|  RSPCA Assured skinless, boneless chicken thighs |   |
|  Leeks x 3                                       |  Garlic                      |
|  Double cream                                    |  Dijon mustard               |
|  Basil   |   |


Mushroom stroganoff 













- |  |   |
|--|---|
|  Red onion x 1          |  Garlic            |
|  Paprika                |  Cayenne pepper    |
|  Mixed mushrooms x 600g |  Brandy            |
|  Soured cream           |  Flat leaf parsley |

Chunky chilli con carne

















- |  |   |
|--|---|
|  Onions x 2                           |  RSPCA Assured stewing steak |
|  Flour                                |  Garlic                      |
|  Tomato puree                         |  Cumin                       |
|  Paprika                              |  Cayenne pepper              |
|  Ground cinnamon                      |  Beef stock                  |
|  Red chilli x 1                       |  Red peppers x 2             |
|  Kidney beans in chilli sauce x 1 tin |   |
|  Lime                                 |  Tacos (to serve)            |
|  Soured cream (to serve)              |  Avocado (to serve)          |
|  Coriander (to serve)                 |  Sliced jalapenos (to serve) |
|  Spring onions (to serve)             |   |



Veggie chilli  




















- |  |   |
|--|---|
|  Onions x 2                             |  Carrots x 2                   |
|  Green pepper x 1                       |  Celery                        |
|  Courgettes x 2                         |  Sweet potato (large) x 1      |
|  Garlic                                 |  Cumin                         |
|  Cinnamon                             |  Hot chilli powder           |
|  Kidney beans in chilli sauce x 1 tin |   |
|  Passata                              |  Tacos (to serve)            |
|  Soured cream (to serve)              |  Avocado (to serve)          |
|  Coriander (to serve)                 |  Sliced jalapenos (to serve) |
|  Spring onions (to serve)             |   |

Fishcakes and tartare sauce

- |   |   |
|---|---|
|  MSC approved skinless fillet of cod     |   |
|  MSC approved skinless fillet of haddock |   |
|  Bay leaves                              |  RSPCA Assured milk          |
|  Russet potatoes                         |  Capers                      |
|  Lemon                                   |  Flat leaf parsley           |
|  Chives                                  |  RSPCA Assured egg x 1       |
|  Plain flour                             |  Breadcrumbs or panko crumbs |
|  Sunflower oil                           |  Mayonnaise                  |
|  Gherkin                                 |  Shallot x 1                 |



Margherita pizza

- |  |  |
|--|--|
|  Strong white bread flour               |  Easy bake yeast                |
|  Sugar                                  |  Onion x 1                      |
|  Oregano                                |  Garlic                         |
|  Chopped tomatoes x 1 tin               |  Tomato puree                   |
|  Chilli flakes                          |  Mozzarella                     |
|  Cheddar (optional)                     |  RSPCA Assured ham (optional)   |
|  Sweetcorn (optional)                   |  Pineapple rings (optional)     |
|  RSPCA Assured streaky bacon (optional) |  |
|  Capers (optional)                      |  Black pitted olives (optional) |
|  Goats cheese (optional)                |  Rocket (optional)              |

Roast pork with apple sauce

- |  |   |
|--|---|
|  Onion x 1            |  Carrot x 1                  |
|  Celery               |  RSPCA Assured joint of pork |
|  Sage leaves          |  Bramley cooking apples      |
|  Butter               |  Sugar                       |
|  Plain flour          |  Vegetable stock             |
|  Apple juice or cider |   |

Smoky roast cauliflower

- |   |  |
|---|--|
|  Cauliflower       |  Butter         |
|  Breadcrumbs       |  Flaked almonds |
|  Flat leaf parsley |  Lemon          |
|  Paprika           |  Garlic         |



# Trade ups and trade offs

	Trade up	Trade off
<b>Milk</b>	RSPCA Assured milk	There are a variety of dairy alternatives, including; soya, coconut, almond, oat, rice and hazelnut milk.
<b>Poultry</b>	RSPCA Assured chicken or turkey	Poultry can be replaced with meat substitutes such as Quorn, Linda McCartney or store-brand products. Tofu is often a good trade off, and in some dishes, you can use certain cheeses such as halloumi or paneer. Vegetables like jackfruit, pumpkin or squash also make for a great trade-off, while pulses (lentils, peas and beans) can be used in some recipes.
<b>Eggs</b>	RSPCA Assured eggs	Depending on the dish, eggs can be replaced with silken tofu, arrowroot powder, baking soda mixed with vinegar, apple sauce and even banana.
<b>Fish</b>	RSPCA Assured or MSC fish	There are plenty of fish substitutes on the market, while certain vegetables can provide a similar texture in a recipe; aubergine or mushrooms, for example. Tofu, seitan and tempeh are also used as fish substitutes and can now be found at a number of supermarkets.
<b>Meat</b>	RSPCA Assured beef, pork or lamb	As with poultry, you can trade meat off with vegetarian substitutes which are widely available in all the major supermarkets. Tofu, cheeses, vegetables and pulses can also be used, depending on the recipe.
<b>Bacon</b>	RSPCA Assured bacon	Most supermarkets offer vegetarian alternatives. Salty cheese such as halloumi can replace bacon in certain dishes, such as an English breakfast. You can also create the taste of bacon using a mix of flavours; smoky (paprika or liquid smoke), sweet (maple syrup or brown sugar), salty and savoury (soy sauce or tamari).
<b>Sausages</b>	RSPCA Assured sausages	Veggie sausages are among the most popular meat substitute products in the UK and as such are widely available and come in a huge variety of flavours.

Tell us what you think of the recipes and share your 'eat less, eat better' successes with us on social media:



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**Our purpose:** To give people a high welfare choice by assuring animals are farmed to RSPCA welfare standards.

**Our vision:** All farm animals have a good life and are treated with compassion and respect.

**Our values:**

**E**ducation – Helping people of all ages become informed and compassionate consumers

**P**artnership – Working cooperatively with others for the benefit of farm animal welfare

**I**ntegrity – Acting with professionalism, accountability, honesty and transparency

**C**ompassion – Showing kindness and respect towards animals, people and our planet