

CHRISTMAS DINNER

★ MEAL PLAN FOR 2 ★

LOVE
FOOD
hate waste

STARTER

CREAM OF
LEEK & POTATO SOUP

MAIN COURSE

ROAST TURKEY JOINT WITH
GET-AHEAD ROAST POTATOES,
HONEY ROASTED ROOT VEG,
BUTTERED BRUSSELS SPROUTS,
MAKE-IN-THE-MORNING STUFFING
BALLS AND GRAVY

DESSERT

EASY INDIVIDUAL
CHRISTMAS TRIFLES

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SHOPPING LIST

FRUIT & VEG

- ☐ 3 ONIONS
- ☐ 2 LEEKS
- ☐ 3 CARROTS
- ☐ 2-3 PARSNIPS
- ☐ 200G BRUSSELS SPROUTS
- ☐ 1KG DESIREE OR KING EDWARD POTATOES
- ☐ 1 PACKET OF FRESH THYME
- ☐ 1 PACKET OF FRESH SAGE
- ☐ 1 PACKET OF FRESH PARSLEY
- ☐ 1 PACKET OF CHIVES
- ☐ 1 LEMON
- ☐ 100G FROZEN RED BERRIES

MEAT & CHILLED

- ☐ TURKEY JOINT (APPROX 1.5KG)
- ☐ 200G SAUSAGE MEAT
- ☐ 70G BUTTER
- ☐ 75ML FAT-FREE YOGHURT
- ☐ 300ML DOUBLE CREAM
- ☐ 200G CUSTARD

PANTRY

- ☐ CHICKEN STOCK CUBES
- ☐ VEGETABLE STOCK CUBES
- ☐ PLAIN FLOUR
- ☐ HONEY
- ☐ SUNFLOWER OR VEGETABLE OIL
- ☐ OLIVE OIL
- ☐ SALT AND PEPPER
- ☐ GRATED NUTMEG
- ☐ 40G BREADCRUMBS
- ☐ A LITTLE RED WINE OR PORT (OPTIONAL)
- ☐ CRANBERRY SAUCE
- ☐ 4 SPONGE FINGERS
- ☐ VANILLA ESSENCE
- ☐ SHERRY (OPTIONAL)
- ☐ 1 SMALL BAR OF WHITE CHOCOLATE
- ☐ 1 SMALL BAR OF DARK CHOCOLATE
- ☐ EDIBLE GOLD GLITTER/DUST (OPTIONAL)

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STARTER: CREAM OF LEEK & POTATO SOUP

Soup is a classic starter and can be prepared in advance giving you more time to concentrate on the main event! This amount should make 6 portions leaving you with leftovers to store in the fridge or freezer to enjoy another day!

INGREDIENTS

- ☐ Olive oil
- ☐ 1 onion, finely chopped
- ☐ 2 leeks, rinsed thoroughly and sliced
- ☐ 400g potato (peeled weight), diced
- ☐ 1.2l vegetable stock
- ☐ 150ml of double cream or crème fraîche
- ☐ Chives

METHOD

1. Heat 2 tbsp olive oil in a large saucepan over a medium heat and then add the chopped onion, potatoes and leeks. Cook until soft.
2. Pour in the vegetable stock and bring to the boil. Simmer until the vegetables are tender and season well.
3. Whiz up in a blender until smooth and creamy.
4. When ready to eat, bring back to the boil in a clean pan, add the cream or crème fraîche and then simmer until hot.
5. Serve with chopped chives and an extra swirl of cream.

ADD A BIT OF CHRISTMAS SPARKLE!

Top your soup with some crispy bacon bits and a swirl of truffle oil for a seriously special start to Christmas dinner!

SWAP OUT YOUR STARTERS

Not into soup?
Try one of our other delicious starters:

HALLOUMI, POMEGRANATE
& ORANGE SALAD

SCALLOPS WITH HAZELNUT
PESTO & PARMA HAM

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MAIN COURSE: ROAST TURKEY JOINT

Turkey is traditional but often people buy too big and end up wasting a lot. If you're cooking for 2, a turkey joint is a great way to go. It doesn't take as long to cook as a whole turkey either which means you have more time to relax!

INGREDIENTS

- ☐ Turkey joint (approx 1.5kg)
- ☐ 1 onion, roughly chopped
- ☐ 1 carrot, roughly chopped
- ☐ 50g butter, softened
- ☐ Salt and pepper



TIRED OF TURKEY?

One amazing alternative
is Love Seafood's

**ROAST MONKFISH, WRAPPED
IN BACON WITH SEASONAL
SHREDDED SPROUTS**

Or why not try a show stopping

BEEF WELLINGTON

METHOD

1. Take the turkey joint out of the fridge about an hour before you are ready to cook it.
2. Heat the oven to 190C/170C fan/gas 5. Put a rack inside an oven tray with the onions and carrots underneath.
3. Rub the butter on the joint and season well. Add it to the rack above the veggies.
4. Pour in enough water to cover the veg and cover the tray with a tent of tin foil.
5. Roast for 40 minutes per kg in weight, plus an additional 20 minutes (so for a 1.5kg joint roast for 80 minutes). Take the foil off 20 mins before the end to brown the skin.
6. To check it's cooked, pierce the thigh with a skewer and the juices should run clear.
7. Leave the turkey to rest for 20 mins somewhere warm.
8. Keep the strained veg and liquid in the bottom of the tin and the juices from carving to make gravy.



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SIDE DISH:

'GET-AHEAD'

ROAST POTATOES

INGREDIENTS

- ☐ 450-500g (peeled weight)
Desiree or King Edward Potatoes
- ☐ ½ tbsp flour
- ☐ 1.5 tbsp sunflower oil

METHOD: MAKE AHEAD

1. Peel your potatoes, and cut into halves (or quarters depending on size).
2. Place a large pan of water on the hob and bring to the boil. Once hot, add the potatoes and a generous pinch of salt.
3. Bring the pan back to the boil and cook the potatoes for 7 minutes.
4. Drain the potatoes really well, ensuring they are as dry as possible.
5. Return them to the empty pan and sprinkle over the flour. Place a lid on your pan, and using a tea towel or oven gloves, give the pan a really good shake, ensuring the potatoes get a bit bashed up and coated in the flour.
6. Once the potatoes have cooled, place your potatoes on a baking tray lined with greaseproof paper, making sure none of them are touching, and place in the freezer.
7. Once fully frozen tip the potatoes into a bag. Can be frozen up to 1 month in advance.

METHOD: ON THE DAY

1. Heat your oven to 190C/fan 170C/gas 5.
2. Add your sunflower oil to a large, lipped baking tray and leave to heat up for 5 minutes in the oven.
3. Carefully remove the tray ensuring an even coating of oil on the bottom, then add your frozen potatoes.
4. Roast for 30 minutes then turn the heat up to 220C/fan 200C/gas 7 and roast for another 30 mins.
5. Turn the potatoes once and remove from the oven when crispy and gold. Sprinkle with salt to taste.

TOP TIP:

Don't throw away your potato peelings, these make great crisps! Just sprinkle a little salt and pepper, any flavourings that take your fancy and pop them in the oven until golden and crispy.



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SIDE DISH: HONEY-ROASTED ROOT VEG

INGREDIENTS

- ☐ 2 carrots, cut into batons
- ☐ 2 or 3 parsnips, cut into batons
- ☐ Olive oil
- ☐ 2 tsp honey
- ☐ Handful of fresh thyme, chopped

METHOD

1. Scrub your carrots and parsnips and cut into chunky batons.
2. Place a large pan of water on the hob to boil. Once boiling add your carrots and boil for 4 minutes, before adding your parsnips. Boil for a further 4 mins.
3. Drain and set aside until 15 minutes before dinner time.
4. When the chicken is resting and your potatoes have around 20 minutes to go, toss your par-boiled veg with the olive oil and honey. Sprinkle with the thyme and salt and pepper and roast for 15 minutes.

SIDE DISH: GRAVY

INGREDIENTS

- ☐ 1 heaped tbsp plain flour
- ☐ 750ml chicken stock
- ☐ Splash red wine or port (optional)
- ☐ 1 tbsp cranberry sauce

METHOD

1. Take the tray used to cook the turkey (with the chopped veg) and put it directly onto the hob (if this isn't possible, transfer to a big pan ensuring you scrape all the good stuff off the tray).
2. Add the flour and stir with a wooden spoon to combine, scraping up the sides as you go. It may be a little grainy but that's ok.
3. Slowly add your stock and continue to stir everything together. Let it bubble away on the heat until it has reached your desired consistency.
4. At this point you can add a swig of red wine, or a spoonful of cranberry sauce (or both) for extra flavour.
5. Strain through a sieve into a clean pan and keep on a low heat until you are ready to serve.

The gravy recipe serves 6 people, because we believe you can never have too much gravy! If you have leftovers you can freeze it for a later date.



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SIDE DISH: MAKE-IN-THE-MORNING STUFFING BALLS

INGREDIENTS

- ☐ 10g butter
- ☐ ½ onion, finely chopped
- ☐ 200g sausage meat
- ☐ 40g breadcrumbs
- ☐ Juice of ½ lemon plus zest
- ☐ Small handful of parsley, chopped
- ☐ Small handful of fresh sage
- ☐ Salt and pepper
- ☐ Nutmeg
- ☐ Vegetable oil



METHOD

1. Melt the butter in a saucepan. Once melted add the onion and gently fry until soft.
2. Add your cooked onion, sausage meat, lemon juice and zest, fresh herbs, a pinch of nutmeg and salt and pepper to a bowl and mix until combined.
3. Using wet hands, roll the mixture into 4 even balls and chill for half an hour.
4. In a high-sided wok, fry your stuffing balls in the vegetable oil until cooked through and golden brown on the outside. Set aside.
5. When the turkey is resting and while your potatoes are cooking, pop your stuffing balls onto a small tray and cook for 15 minutes.

SIDE DISH: BUTTERED BRUSSELS SPROUTS

INGREDIENTS

- ☐ 200g Brussels sprouts, pre-trimmed
- ☐ 10g butter, melted

METHOD

1. Bring a large pan of salted water to the boil. Once boiling add your Brussels sprouts and cook for 2-3 minutes.
2. Take them out and rinse them under cold water, or add to a bowl of iced water to cool down. Remove and set aside.
3. Five minutes before dinner time, put your Brussels sprouts on a tray, pour over the butter and toss to coat. Season well and pop them into a hot oven to warm up.

WHY NOT?

If you have any stuffing balls leftover they make a great Boxing Day sub sandwich with brie and cranberry sauce!



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DESSERT: EASY INDIVIDUAL CHRISTMAS TRIFLES

Using frozen berries for this dessert means no fresh fruit goes to waste! Serving the trifles in individual glasses means you only use what you need, and they look pretty spectacular too! Also, look out for individual portions of custard to save buying a huge tub if it's not required. If you have any compote and Greek yoghurt left over, they can be enjoyed with granola as a yummy breakfast another day.

INGREDIENTS

- ☐ 100g frozen red berries
- ☐ ½ tbsp maple syrup, honey or caster sugar
- ☐ 75ml double cream
- ☐ 75ml fat-free yoghurt
- ☐ ¼ tsp vanilla essence
- ☐ 4 sponge fingers
- ☐ 200g custard
- ☐ Sherry (optional)
- ☐ White and dark chocolate, to decorate
- ☐ Edible gold dust (optional)

METHOD

1. Make a simple compote by putting your frozen fruit in a pan with your maple syrup, honey or sugar and heating slowly until the fruits stew slightly.
2. Lightly whip your cream with the vanilla essence and fold in the yoghurt.
3. Soak your sponge fingers in milk, sherry or your favourite spirit and layer the bottom of each glass with them. Spoon over your berry mixture, then your custard, then your cream in layers until full (depending on the size of your glass, you may only get one layer of each). Hold back a little berry mixture for the top if you wish.
4. Top with chocolate shavings and adorn with gold dust, if desired!



ADD A BIT OF CHRISTMAS SPARKLE!

Infuse your compote with star anise and soak the sponge fingers in a spicy dark rum for a fabulously festive flavour.

DECADENT DESSERTS

If Christmas isn't the same for you without chocolate then our alternative desserts are bound to impress:

CHOCOLATE FONDANT PUDDING

CHOCOLATE, ORANGE
& MINCE PIE BROWNIES

