

CHRISTMAS DINNER

★ MEAL PLAN FOR 2 ★

LOVE
FOOD
hate waste



STARTER

CREAM OF
LEEK & POTATO SOUP

MAIN COURSE

ROASTED VEGETABLE & CHESTNUT
PARCELS WITH BRIE & CRANBERRY,
SERVED WITH GET-AHEAD ROAST
POTATOES, BUTTERED BRUSSELS
SPROUTS AND VEGGIE GRAVY

DESSERT

EASY INDIVIDUAL
CHRISTMAS TRIFLES



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SHOPPING LIST

FRUIT & VEG

- 2 ONIONS
- 2 LEEKS
- 2 STALKS OF CELERY
- 2 CARROTS
- 200G BRUSSELS SPROUTS
- 1KG DESIREE OR KING EDWARD POTATOES
- 1 PACKET OF FRESH THYME
- 1 PACKET OF CHIVES
- 1 BUTTERNUT SQUASH
- 1 BUNCH OF FRESH BEETROOT
- 1 GARLIC BULB
- 2 BANANA SHALLOTS
- 100G FROZEN RED BERRIES

CHILLED

- 1 PACK OF FILO PASTRY
- 30G BUTTER
- 50G BRIE
- 75ML FAT-FREE YOGHURT
- 300ML DOUBLE CREAM
- 200G CUSTARD

PANTRY

- VEGETABLE STOCK CUBES
- PLAIN FLOUR
- SUGAR
- HONEY
- 40G CHESTNUTS
- SUNFLOWER OR VEGETABLE OIL
- OLIVE OIL
- SALT AND PEPPER
- CRANBERRY SAUCE
- BAY LEAVES
- MARMITE (OPTIONAL)
- RED WINE VINEGAR
- SOY SAUCE
- TOMATO PUREE
- 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 a swirl of truffle oil for a seriously special start to Christmas dinner!

SWAP OUT YOUR STARTERS

Not into soup? Why not try:

HALLOUMI, POMEGRANATE
& ORANGE SALAD

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MAIN COURSE: ROASTED VEGETABLE & CHESTNUT PARCELS WITH BRIE & CRANBERRY

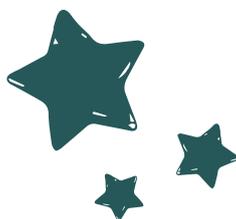
Just because you don't eat turkey doesn't mean you have to have a boring nut roast for Christmas dinner. Our filo parcels are bursting with colour from beetroot and butternut squash and are full of Christmas flavours like cranberry and chestnuts!

INGREDIENTS

- 1 butternut squash, peeled and cut into bite-sized chunks
- 2 or 3 fresh beetroot, peeled and cut into quarters or chunks, depending on size - wear gloves!
- 2 banana shallots, sliced
- 4 large filo pastry sheets
- 40g cooked whole chestnuts, chopped
- 2 garlic cloves, crushed
- 1 tbsp fresh thyme leaves, picked
- 50g Brie, cut into slices
- Cranberry sauce
- Olive oil
- Salt and pepper

METHOD

1. Add your butternut squash and beetroot to a large ovenproof tray.
2. Add 2 tbsp olive oil, the thyme and crushed garlic and season well with salt and pepper. Toss everything together so that the veggies are evenly coated.
3. Place in a preheated oven (180C/160C fan) and roast for around 10 mins after which, add in your shallots. Roast for another 10-20 minutes, or until all your vegetables are tender and the butternut squash is nicely caramelised.
4. Leave to cool for at least 20 minutes, and if you're prepping the veg in advance, at this point they can be set aside to cool, covered over and refrigerated for up to 3 days.
5. To make the parcels, on a floured surface place the four filo pastry sheets on top of each other and then cut down the centre.



Method continued on next page...

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MAIN COURSE: ROASTED VEGETABLE & CHESTNUT PARCELS WITH BRIE & CRANBERRY

METHOD: CONTINUED

- Carefully set them aside and bring one piece of filo onto the floured board. Brush with a little oil or melted butter, and then add another layer on top, offsetting the corners (making a star shape). Repeat with the two additional sheets of pastry, brushing between each layer.
- Spoon the cooled roasted vegetables into the centre of the parcel, then add half the Brie, a generous spoonful of the chopped chestnuts and a spoonful of cranberry sauce.
- Pull the corners of the parcel together and twist, brush with a little more oil to finish. Repeat with the second half of the pastry.
- Set onto a non-stick baking sheet and bake in the oven at (210C/190C fan) for 12-14 minutes, or until the filling is piping hot and the pastry is golden.



MORE IDEAS!

The vegetables can be cooked in advance and stored in the fridge for up to two days.

Any leftover roast veggies can be reheated and served with dinner another night, or added to stock and blitzed up into soup.

Leftover chestnuts can be wrapped up and frozen for up to three months, or added into delicious winter soups another day.



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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: 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.

SIDE DISH: VEGGIE GRAVY

INGREDIENTS

- 1 onion, chopped
- 2 carrots, finely diced
- 2 celery sticks, finely chopped
- 2 bay leaves
- 1 large thyme sprig
- Large knob of butter
- 1 tbsp sugar
- 2 tbsp plain flour
- 1 tsp Marmite (optional)
- 1 tbsp tomato purée
- 2 tbsp red wine vinegar
- 1l vegetable stock
- Soy sauce, to taste

METHOD

1. Fry the vegetables and herbs in the butter for 10-12 mins until they start to brown. Add the sugar and continue to cook until sticky and caramelised.
2. Stir in the flour until you get a sandy consistency before adding the tomato purée, vinegar and marmite, if desired.
3. Add over the stock, then simmer everything together until you have a thickened sauce.
4. Sieve into a freezer-safe container and add soy sauce to season. One cool, pop into the freezer. Defrost overnight on Christmas Eve.



The veggie 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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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

