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Tom Kerridge's

REMARKSABLE MEAL PLANNER

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WITH
M&S
— FOOD —

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Tom Kerridge's

MEAL PLANNER



Five delicious family recipes, plus ideas for the leftovers, in one Remarkable meal planner.

MON



Chipotle chicken thighs with herby rice

TUE



Roasted spiced cauliflower with slow-cooked onions and greens

WED



Tom's never-fail mince

THU



Sweet and spicy sausage, carrot and broccoli bake

FRI



Crispy bacon potato cakes with perfect poached eggs



Monday

Tom Kerridge's

CHIPOTLE CHICKEN THIGHS WITH HERBY RICE

INGREDIENTS (SERVES 4)

- ½ jar (47g) M&S hot chipotle chilli paste
- 1 lime (or lemon), zest and juice
- **RE MARKS ABLE VALUE** 1 pack (1kg) pack British Oakham™ chicken thighs
- **RE MARKS ABLE VALUE** 1 M&S Select Farms red pepper, sliced
- **RE MARKS ABLE VALUE** 2 pouches (250g each) microwave long grain rice
- 25g coriander, ¾ finely chopped
- **RE MARKS ABLE VALUE** ½ M&S Select Farms iceberg lettuce
- **RE MARKS ABLE VALUE** 1 M&S Select Farms hass avocado, sliced
- **RE MARKS ABLE VALUE** 2 stalks whole celery, diced

Store cupboard

- 4 tbsp olive oil



- salt
- pepper

METHOD

1. Preheat the oven to 180°C/160°C fan.
2. Mix the chipotle paste in a large bowl with the lime zest, 1 tbsp oil and the chicken thighs. Season with salt and pepper. Mix until the chicken is evenly coated.
3. Heat a pan over a medium-high heat and add 2 tbsp olive oil. Sear the chicken thighs skin side down for 6-8 minutes. Turn over and cook for a further 2 minutes on the other side. Add the sliced pepper to the pan, then put the pan onto the middle shelf of the oven and cook for 25 minutes, until the chicken is tender and cooked through.
4. Meanwhile, cook the rice according to the pack instructions, then tip it into a mixing bowl. Mix the chopped coriander into the rice. Stir in the lime juice, 1 tbsp oil and some salt and pepper.
5. Make a quick side salad by combining the lettuce, avocado and celery. Serve the herby rice with the chicken, peppers and any juices poured over, and scattered with the remaining coriander.

TOM'S LEFTOVER IDEA

These leftovers make a great burrito bowl. Top cold rice with sliced avocado, roasted pepper, shredded chicken thighs, salad and grated cheese.

Serves 4 – per portion				
Energy 1483kj 356kcal	Fat 21.5g	Saturates 8.1g	Sugar 21.1g	Salt 1.47g
18%	31%	41%	23%	25%
of your reference intake				
Per 100g Energy 675kj/162kcal				



Tuesday

Tom Kerridge's

ROASTED SPICED CAULIFLOWER WITH SLOW-COOKED ONIONS AND GREENS

INGREDIENTS (SERVES 4)

- **RE MARKS ABLE VALUE** 4 M&S Select Farms brown onions, peeled and top and bottom sliced off, but kept whole
- **RE MARKS ABLE VALUE** 2 tbsp British salted butter
- **RE MARKS ABLE VALUE** 1 M&S Select Farms cauliflower, tough stalks from the outer leaves discarded, base trimmed
- 4 tbsp yogurt
- 3 tbsp M&S za'atar (or other spice of your choice)
- **RE MARKS ABLE VALUE** 750g M&S Select Farms white potatoes, cut into 2-3cm cubes
- **RE MARKS ABLE VALUE** ½ M&S Select Farms iceberg lettuce, shredded
- **RE MARKS ABLE VALUE** ½ M&S Select Farms cucumber, diced
- **RE MARKS ABLE VALUE** 2 stalks whole celery, diced

For the dip

- 6 tbsp yogurt
- 1-2 tsp M&S rose harissa paste
- 2 tbsp finely chopped mint

Store cupboard

- 2-3 tbsp olive oil
- 4 tbsp sugar
- salt
- pepper

METHOD

1. Preheat the oven to 190°C/170°C fan.
2. Place the onions into an ovenproof dish. Top each with the butter and season with salt and pepper. Sprinkle over the sugar and add a splash of water to the pan.
3. Put the cauliflower into the centre of a large ovenproof dish and surround with the potatoes.
4. Drizzle 2-3 tbsp oil over the potatoes and cauliflower and sprinkle with salt. Mix the yogurt and 2 tbsp za'atar together and spread over the cauliflower. Sprinkle the remaining za'atar over the cauliflower, place into the oven and roast

for 45 minutes, or until tender, depending on the size of the cauliflower.

5. Cover the onions and bake along with the cauliflower for around 35 minutes, or until tender. Remove the foil and place back into the oven, uncovered, for the last 8-10 minutes, or until the onions are golden.
6. Slice the cauliflower into 4 wedges. Toss the lettuce, cucumber and celery together to make a salad.
7. Make the dip by mixing the yogurt, rose harissa paste and mint together. Season to taste and spoon into bowls to serve alongside a wedge of cauliflower, some potatoes, an onion and some green salad. Sprinkle over more fresh mint to finish.



TOM'S LEFTOVER IDEA

This dish has a bit of a Middle Eastern flavour to it – if you want to do something a bit fancy, you can make some spiced brown butter to pour over at the end.

Just drop a wedge of salted butter into a pan with a pinch of your chosen spice and cook over a medium heat until it starts to turn nut-brown.

Remove from the heat to stop it burning, then tip over the cauliflower or onions. If you have any dip left, eat it the next day as a snack with some fresh carrot and celery sticks dipped in.

Serves 4 – per portion				
Energy 2546kj 607kcal	Fat 23.6g	Saturates 11.4g	Sugar 40g	Salt 1.27g
30%	34%	57%	44%	21%
of your reference intake				
Per 100g Energy 357kj/85kcal				



Wednesday

Tom Kerridge's

TOM'S NEVER-FAIL MINCE

INGREDIENTS (SERVES 4)

- **RE MARKS ABLE VALUE** 1 pack (500g) M&S Select Farms 20% fat beef mince
- **RE MARKS ABLE VALUE** 1 M&S Select Farms brown onion, diced
- **RE MARKS ABLE VALUE** 2 M&S Select Farms carrots, diced
- **RE MARKS ABLE VALUE** 2 stalks whole celery, diced
- **RE MARKS ABLE VALUE** 4 cloves garlic, smashed
- **RE MARKS ABLE VALUE** 1 M&S Select Farms pepper (any colour from the pack), diced
- 2 tbsp tomato purée
- ½ jar (47g) M&S hot chipotle chilli paste
- **RE MARKS ABLE VALUE** 1 tin (400g) Italian chopped tomatoes
- 1 beef stock pot, mixed with 400ml hot water
- **RE MARKS ABLE VALUE** 3 slices soft white medium sliced bread
- **RE MARKS ABLE VALUE** Knob of British salted butter



- **RE MARKS ABLE VALUE** 500g spaghetti
- **RE MARKS ABLE VALUE** British mature cheddar, grated, to serve

Store cupboard

- 6 tbsp olive oil
- salt
- pepper

METHOD

1. Heat 3 tbsp oil in a large sauté pan over a high heat. When hot, add the mince and cook for 25 minutes, or until brown and crispy. Remove from the pan and set aside.
2. Add another 2 tbsp oil to the pan, then tip in the onion, carrots and celery and fry for a few minutes. Add ½ of the garlic and the pepper and cook until fragrant.
3. Add the tomato purée and chipotle paste and cook for another 3-4 minutes, then add the tomatoes and beef stock and bring up to a simmer. Tip the mince back into the pan and cook over a low heat for 10 minutes.
4. Meanwhile, blitz the bread and remaining garlic in the food processor with some seasoning until you have breadcrumbs. Toast in a frying pan with the salted butter and some oil until golden, then set aside.

- Cook the spaghetti according to the pack instructions. Serve topped with the mince, garlicky crumb and extra grated cheddar.

TOM'S LEFTOVER IDEA

If you have mince left over, oven bake or microwave a few potatoes and stuff the mince inside with some extra cheese and sliced avocado on top.

Serves 4 – per portion				
Energy 3213kj 766kcal	Fat 31.7g	Saturates 14.8g	Sugar 14.8g	Salt 2.40g
38%	45%	74%	16%	40%
of your reference intake				
Per 100g Energy 559kj/133kcal				



Thursday

Tom Kerridge's

SWEET AND SPICY SAUSAGE, CARROT AND BROCCOLI BAKE

INGREDIENTS (SERVES 4)

- **RE MARKS ABLE VALUE** M&S Select Farms pork sausages
- **RE MARKS ABLE VALUE** 6 M&S Select Farms carrots, peeled and halved lengthways
- ½ jar (45g) M&S rose harissa paste
- **RE MARKS ABLE VALUE** 1 head M&S Select Farms loose broccoli, stalk removed, cut into florets
- **RE MARKS ABLE VALUE** 1 pack (6) M&S Select Farms round tomatoes, sliced in half

For the spiced yogurt

- 6 tbsp yogurt
- **RE MARKS ABLE VALUE** ½ M&S Select Farms cucumber, diced
- 2 tbsp mint
- **RE MARKS ABLE VALUE** 1 clove garlic, crushed
- 2 tbsp M&S za'atar



Store cupboard

- 2 tbsp olive oil
- 2 tbsp brown sugar or 3 tbsp honey
- salt
- pepper

METHOD

1. Preheat oven to 180°C/160°C fan.
2. Put the sausages and carrots into a baking tray. Drizzle with a little olive oil and season. Cook in the oven for 15-20 minutes, or until the sausages have coloured a little.
3. In a small bowl, mix the honey or brown sugar, rose harissa paste and 1 tbsp oil with a pinch of salt and pepper. Tip the broccoli and tomatoes into the baking tray with the sausages and carrots, then pour over the harissa mix, stirring to coat everything evenly.
4. Return to the oven for around 25 minutes, or until everything is cooked and bubbling.
5. Mix all the ingredients for the spiced yogurt. Divide the traybake between serving dishes and serve the yogurt on the side.



TOM'S LEFTOVER IDEA

Slice the leftover broccoli stalk and blitz it with some basil, garlic, parmesan and olive oil to make a quick pesto. Stir it through some cooked pasta and sprinkle with a little extra cheddar to serve.

Serves 4 – per portion				
Energy 2153kj 518kcal	Fat 36g	Saturates 12.8g	Sugar 21.7g	Salt 1.72g
26%	51%	64%	24%	29%
of your reference intake				
Per 100g Energy 526kj/127kcal				



Friday

Tom Kerridge's

CRISPY BACON POTATO CAKES WITH PERFECT POACHED EGGS

INGREDIENTS (SERVES 4)

- **RE MARKS ABLE VALUE** 600g M&S Select Farms white potatoes, peeled, grated and excess water squeezed out
- **RE MARKS ABLE VALUE** 2 M&S Select Farms brown onions, peeled and diced
- **RE MARKS ABLE VALUE** 4 British smoked bacon rashers, diced
- **RE MARKS ABLE VALUE** 2 M&S Select Farms hass avocados, lightly mashed with salt and pepper
- **RE MARKS ABLE VALUE** 5 free-range mixed-size eggs
- **RE MARKS ABLE VALUE** Knob of British salted butter

Store cupboard

- 2 tbsp olive oil
- Few splashes white wine vinegar

- 80g plain flour
- salt
- pepper

METHOD

1. Put the grated potatoes into a bowl with $\frac{1}{2}$ tsp salt. Mix well with your hands, then set aside for 15 minutes to give the salt a chance to draw the moisture out of the potatoes.
2. Gently cook the onions and bacon in a pan until the bacon starts to crisp and the onions are tender. Transfer to a plate to cool.
3. Put the potatoes into a clean j-cloth or tea towel and squeeze out as much moisture as possible. Put them back into the bowl and mix in the flour, 1 of the eggs and the cooked onions and bacon. Season with salt and pepper.
4. Shape the mix into 4 burger-sized rounds, then set aside on a tray and sprinkle with a little more flour, ready for frying.
5. Melt the butter and oil in a pan over a medium heat and cook the potato cakes for 8- 10 minutes on each side, turning carefully until they're golden brown and crisp.

6. Meanwhile, make the poached eggs. Crack each remaining egg into a cup or ramekin first and add a splash of the white wine vinegar. Prepare a pot of salted water, add a little extra vinegar and bring to a simmer. Stir the water with a wooden spoon to create a vortex, then gently tip in each egg one at a time and cook for 3-4 minutes. The vinegar will help the egg white set.
7. Serve up the crispy cakes with the mashed avocado and poached eggs on top. If you have any leftover coriander sprigs from Monday, use these to garnish.



TOM'S LEFTOVER IDEA

Use your remaining leftovers to make some toasted sandwiches! Try whichever combination of fillings you like:

- crispy fried onions
- mashed avocado
- cheese
- fried sausages, halved lengthwise
- fried bacon
- fried egg (add to the top of your toastie for a cheat's croque madame)

Any leftover bread can be frozen.

Serves 4 – per portion				
Energy 1436kj 344kcal	Fat 16.9g	Saturates 6.4g	Sugar 3.8g	Salt 1.13g
17%	24%	32%	4%	19%
of your reference intake				
Per 100g Energy 495kj/118kcal				