

Budget Weekly Meal Planner from the Potato Council

All recipes are online at www.britishpotatoes.co.uk

Potatoes are so versatile, you can get lots of different meals out of just one bag. A 2.5kg bag of potatoes costs only around £2 and you can get 13 portions out of that!



MONDAY CHICKEN & POTATO CURRY

This tasty curry is finished off in the oven - easy! **Boil extra potatoes** at the same time for tomorrow...



TUESDAY FARMHOUSE POTATO OMELETTE

Ready in **just 15mins** if you use potatoes you boiled yesterday



WEDNESDAY LAYERED TUNA POTATO SALAD

Only £3 to feed a family! Put leftovers in lunchboxes to give you energy during the day.



THURSDAY BANGERS & MASH

Treat your family to the British classic. **Boil extra potatoes** for tomorrow at the same time.



FRIDAY POTATO PIZZA

Ready in just 30mins and more nutrients than just a dough base. This easy pizza base costs **just 53p** for 4 people



SATURDAY BAKED POTATOES

Simple, versatile and nutritious! **Bake more than you need** and take to work or make **LOADED POTATO SKINS**



SUNDAY ROAST LEMON CHICKEN & POTATO WEDGES

This easy oven roast serves 6. Invite friends and family over or save leftovers for lunch!

Use your leftovers

MASHED POTATO

- Shepherd's or Fisherman's Pie topping
- Quick **Salmon Fishcakes**
- Make **Chilli Potato Cakes**
- Stir in pesto or mustard
- Make **Winter Veg Mash**

BAKED POTATOES

- **Smoky Bacon Loaded Skins**
- Take them to work with you for a filling lunch to give you energy for the rest of the day.

BOILED POTATOES

- Add to an **Omelette**
- Turn into delicious classic **Mash, Roasties or Wedges**
- Make tasty, wholesome soup: **Chilled Potato & Avocado** or **Chunky Potato & Bean**
- Pan-fry slices for a hearty breakfast or simple dinner like **Panfried New Potatoes**
- Make a quick **Potato Pizza**

POTATO PEELINGS

Don't throw these away - **healthy crisps**

All prices are from mysupermarket.com and correct as of 2.6.09

Visit www.britishpotatoes.co.uk for easy dinner ideas and simple, delicious recipes that save you money!