

# 5 FOR €30 FAMILY MEALS



**GREAT**  
Back to  
school  
**RECIPES**

**CREATE EASY**  
*Family Dinners*

using our recipes

**DUNNES STORES**

# Introduction

At Dunnes Stores we are committed to providing your family with great value for money every time you shop with us. That's why we have created our fantastic '5 Everyday Family Meals for €30' recipe booklet which will make sure you can enjoy great quality and value at home while eating tasty and nutritious meals from scratch. You can find the ingredients you need to create the five meals in our Dunnes Stores My Family Favourites range.

## Store Cupboard Ingredients

To use our Family Meals recipe booklet, you can use a few ingredients from your store cupboard including:-

Balsamic vinegar, beef stock, butter, caster sugar, chives, cider vinegar, garlic, honey, lemons, milk, olive oil, parsley, pepper, plain flour, rosemary, sage leaves, salt, soft light brown sugar, tomato puree, wholegrain or Dijon mustard.



# SHOPPING LIST

DUNNES STORES my family favourites Fresh Irish Whole Chicken 1.6Kg	€4.99
DUNNES STORES my family favourites Fresh Irish Pork Chops 680g	€4.99
DUNNES STORES my family favourites Fresh Irish Diced Stewing Beef 480g	€3.99
DUNNES STORES my family favourites Fresh Irish Beef Meatballs 300g	€1.99
DUNNES STORES my family favourites Carrots 1Kg	€0.99
DUNNES STORES my family favourites Potatoes 2.5Kg	€2.00
DUNNES STORES my family favourites Button Mushrooms 250g	€0.99
DUNNES STORES my family favourites Onions 1Kg	€0.79
DUNNES STORES my family favourites Red Apples 10's	€1.49
DUNNES STORES my family favourites Penne 500g	€0.49
DUNNES STORES my family favourites Spaghetti 500g	€0.49
DUNNES STORES my family favourites Chopped Tomatoes 400g	€0.47
DUNNES STORES my family favourites Raisins 375g	€0.89
DUNNES STORES my family favourites Fresh Irish Cream 250ml	€1.19
DUNNES STORES my family favourites Garden Peas 1080g	€0.99

**TOTAL**

**€26.74**



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# Honey lemon roast chicken

## with crispy roast potatoes and carrots

Serves 4 (with leftover chicken for following recipe)

### Ingredients

1.6kg fresh Irish whole chicken, removed from the fridge 30 minutes before cooking	2 garlic cloves, crushed
50g butter, softened	500g carrots, peeled and cut in half lengthways
Zest and juice of 2 lemons, retaining the squeezed lemon halves	825g potatoes, peeled and halved or quartered
Leaves from 4 rosemary sprigs, roughly chopped	4-5 tbspc clear honey (to taste)
	Salt and freshly crushed black pepper

### Method

1. Preheat the oven to 230°C / Gas mark 8
2. Beat the butter in a bowl with the lemon zest, rosemary, garlic, salt and pepper. Use your hands to force the butter mixture between the chicken's skin and breast meat. Massage the whole chicken with the remaining butter on your hands and fill the chicken cavity with the squeezed lemons.
3. Scatter the carrots into the base of a roasting tray and put the chicken on top. Place in the oven and immediately reduce the oven temperature to 200°C (180°C fan) / 400°F / Gas mark 6. Cook for 1 hour and 20 minutes, basting the chicken throughout the cooking process with the cooking juices.
4. Bring a large pan of salted water to the boil and par-cook the potatoes for 10-12 minutes. Drain well, return to the pan and toss to give the potatoes a fluffy texture. Place on a baking tray and roast for 35-45 minutes, turning occasionally. Once the juices run clear, the chicken is cooked. Remove the chicken and carrots from the oven and transfer to a plate. Cover with foil and leave to rest.
5. Sit the roasting tray on the hob over a medium heat, add the lemon juice and allow to simmer, scraping any sticky bits from the bottom. Add enough honey to taste, season and simmer for 3-4 minutes, stirring well.
6. Remove the potatoes from the oven and serve with the carved chicken, carrots and honey lemon sauce.



## Creamy chicken & mushroom pasta **with peas**

Serves 4

### Ingredients

400g dried penne pasta  
25g butter  
125g mushrooms, quartered  
1 onion, finely chopped  
2 garlic cloves, peeled and finely chopped  
150g frozen peas

Juice of 1 lemon  
Cooked leftover chicken from previous recipe (approx. 200g)  
250ml cream  
1 tbsp wholegrain or Dijon mustard  
Large handful of fresh chives, finely chopped  
Salt and freshly ground black pepper

### Method

1. Bring a large pan of salted water to the boil and cook the pasta according to pack instructions.
2. Meanwhile, melt the butter in a wide pan and cook the mushrooms, onion and garlic for 6-8 minutes, stirring regularly until everything is soft and golden.
3. Stir in the peas and lemon juice and cook for a couple of minutes. Add the chicken pieces, cream and mustard, and bring to a gentle simmer. Stir in the chives, season to taste and simmer for 1-2 more minutes.
4. Once the pasta is tender, drain well and return to the pan. Stir the sauce through and serve.



## Beef stew

### with carrots mushrooms and creamy mash

Serves 4

#### Ingredients

3 tbsp olive oil	1 tbsp tomato puree
480g fresh Irish diced stewing beef	825g potatoes, peeled and cut into even sized chunks
300g carrots, thickly sliced	125g button mushrooms
1 large onion, roughly chopped	100ml milk
3 garlic cloves, finely chopped	75g butter
2 tbsp plain flour	Salt and freshly ground black pepper
800ml beef stock	

#### Method

1. Preheat the oven to 150°C (130°C fan) / 300°F / Gas mark 2.
2. Place a large casserole pot on a high heat and add 2 tablespoons of the oil. Brown the beef, working in batches so as not to overcrowd the pot. Remove from pot and set aside.
3. Add the carrots and onion, and cook for 6-8 minutes until they begin to soften and colour. Stir in the garlic and cook for one minute more. Stir the flour in well before adding the beef stock and tomato puree. Return the beef and any juices to the pot and bring to a simmer. Season well and cover with a lid.
4. Cook in the oven for about 3 hours until the meat is tender and the sauce thickened.
5. 30 minutes before the stew is cooked, place the potatoes in a large pan of salted water. Bring to the boil, cover and reduce to simmer for 15-20 minutes or until the potatoes are tender. Drain well and mash.
6. Meanwhile, heat the remaining tablespoon of oil in a frying pan and sauté the mushrooms for 3-4 minutes until soft and golden. Stir these into the stew for the final 20 minutes of cooking time.
7. Warm the milk and butter in a pan on the stove or microwave for 1 minute. Beat into the potatoes until smooth and creamy. Season well to taste and serve with the beef stew.



## Sage pork

### with apple chutney creamy mash and peas

Serves 4

#### Ingredients

Chutney:

- 4 red apples, cored and diced
- 1 small onion, finely chopped
- 75g soft light brown sugar
- 75ml cider vinegar
- 25g raisins
- 1 tsp balsamic vinegar

Non Chutney Ingredients:

- 825g potatoes, peeled and cut into even sized chunks
- 250g frozen peas
- 100g butter
- Large handful fresh sage leaves
- 680g fresh Irish pork chops
- 2 tbsp olive oil
- 100ml milk
- Salt and freshly ground black pepper

#### Method

1. Place the chutney ingredients into a medium pan, combine and simmer over a medium heat for 15 minutes or until the apple has softened. Season to taste and set aside, keeping it warm.
2. Place the potatoes in a large pan of salted water. Bring to the boil, cover and reduce to simmer for about 10-15 minutes or until the potatoes are tender.
3. Meanwhile, bring a pan of salted water to the boil and cook the frozen peas according to the pack instructions. Drain well, return to the pan, toss with 25g of butter and cover.
4. Place a large frying pan on a medium to high heat. Lay two sage leaves on top of each chop, securing with string. Drizzle oil onto the pan and cook the chops, sage-side down first. Cook each side for 2-3 minutes or until cooked through.
5. Drain the potatoes well, return to the pan on a low heat to dry out for a minute before mashing until smooth. Warm the milk and remaining butter together in the microwave or a small pan on the stove for 1 minute and then beat it into the potatoes until creamy. Season to taste.
6. To serve, spoon some mash onto the centre of each serving plate. Arrange a pork chop on top and the peas to the side. Spoon some apple chutney on top and serve the remainder in a separate bowl.



# Meatballs

## in tomato sauce with spaghetti

Serves 4

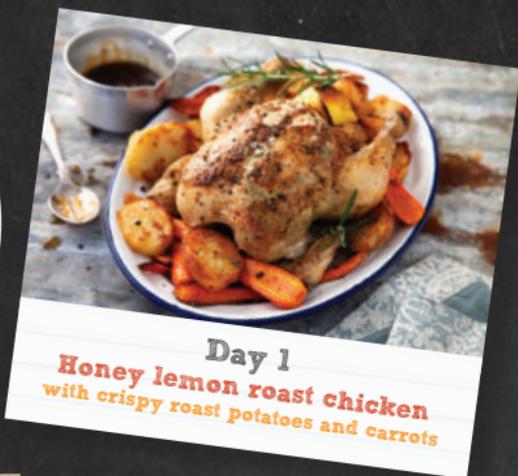
### Ingredients

1 tbsp olive oil  
300g fresh Irish meatballs  
2 onions, roughly chopped  
200g carrots, finely diced  
400g dried spaghetti

2 garlic cloves, crushed  
2 x 400g cans chopped tomatoes  
1 tsp caster sugar  
Freshly chopped parsley, to garnish  
Salt and freshly ground black pepper

### Method

1. Heat the olive oil in a wide frying pan and fry the meatballs for 4-5 minutes until browned all over. Remove and set aside.
2. Add the onion and carrots to the pan and fry for 5-6 minutes until softened.
3. Meanwhile, cook the spaghetti in a large pan of boiling, salted water according to pack instructions.
4. Add the garlic to the onions and carrots, frying for 1 minute before adding the tomatoes and sugar. Leave the sauce to simmer for 6-8 minutes until reduced and thickened.
5. Add the meatballs to the sauce and cook for a further 6-8 minutes or until cooked through. Season the sauce to taste.
6. Drain the pasta and divide between serving plates. Top with the meatballs, sauce and parsley garnish.



**Day 1**

**Honey lemon roast chicken**  
with crispy roast potatoes and carrots



**Day 2**

**Creamy chicken mushroom**  
pasta with peas



**Day 3**

**Beef stew** with carrots mushrooms  
and creamy mash



**Day 4**

**Sage pork** with apple chutney  
creamy mash and peas



**Day 5**

**Meatballs** in tomato sauce  
with spaghetti