



## *A Christmas Week Meal Plan for 2*

**Costing £14.71 per person  
£38.87 needed at the tills**

### Christmas Week Meal plan for 2 people

Suggested Christmas Week Meal Plan	Breakfast	Lunch	Dinner
23rd December	Porridge with cinnamon and muscovado	Carrot and lentil soup	Spanish omelette, wedges
Xmas Eve	Dried fruit & cinnamon oat bars	Carrot and lentil soup	Smoked salmon pasta, mince pie
Xmas Day	Smoked salmon, scrambled eggs, toast	Turkey, stuffing, pigs in blankets, gravy, cranberry sauce, roasties, roast parsnips, Brussels, carrots. Muscovado & mixed fruit pudding with cream	Turkey sandwich, stuffing, sausage rolls, cranberry sauce
Boxing Day	Pancakes, red fruits, mixed spice	Turkey soup	Turkey, sausage and onion pie, Frozen fruits cheesecake
27th December	Cinnamon toast	Parsnip soup	Gnocchi, sausage, sprouts and stuffing
28th December	Porridge with cinnamon and muscovado	Parsnip soup	Scone pizza, turkey, stuffing, sausages, sprout and carrot salad. Mince pie
29th December	Dried fruit & cinnamon oat bars	Turkey soup	Quiche, and wedges

Box of Mince pies, or make a batch yourself.

There will be leftovers – these can be used for other meals in the week beyond.

Item	Tick list	You will need	Left at the end of the week	Nov-22 cost at the tills	Cost of ingredient used
Smoked salmon pieces (120g)		120g		£3.75	£3.75
Eggs, 12 medium free range		10 egg	2 eggs	£2.05	£1.71
Bread, HW Nevill's, 800g		half the loaf	half the loaf	£0.39	£0.20
Buttery Spread, Tesco's 500g		135g	365g	£1.10	£0.30
Butter basted turkey breast joint, 640g		640g		£5.60	£5.60
Perfectly imperfect white potatoes, 2.5kg		2.3kg	200g	£1.05	£0.96
Cranberry sauce, Tesco's, 200g		90g	110g	£0.65	£0.30
Packet of stuffing, Tesco's		The packet		£0.60	£0.60
Brussel sprouts, Redmere Farm, 500g		250g	250g	£0.95	£0.49
Sausages, Butcher's choice 20 frozen sausages		13	7	£1.36	£0.89
Cooking bacon, Woodside Farm, 500g		400g	100g	£0.85	£0.68
Flour, Stockwell & Co, self raising, 2.5kg		1.359kg	1.141kg	£0.58	£0.32
Parsnips, Perfectly imperfect, 500g		300g	200g	£0.49	£0.30
Dried mixed fruit, Tesco's, 500g		180g	320g	£1.70	£0.62
Double cream, 300ml		200ml	100ml	£1.35	£0.90
Muscovado sugar, Dark brown soft sugar, Tesco's 500g		265g	235g	£1.55	£0.83
Vegetable oil, 1 litre		870ml	130ml	£1.75	£1.53
Mince meat, 411g, Tesco's OR box of 6 mince pies		411g		£1.65	£1.65
Digestive biscuits, Tesco's 400g		100g	300g	£0.60	£0.15
Soft cheese, Creamfields, 200g		200g		£0.85	£0.85
Greek yoghurt, Creamfields, 500g		125g	375g	£0.75	£0.19
Onions, Tesco's 1kg		1kg		£1.00	£1.00
Carrots, Tesco's 1kg		1kg		£0.45	£0.45
Oats, Growers Harvest porridge oats, 1kg		450g	550g	£0.70	£0.32
Cinnamon (ground), Tesco's 34g pot		A little (8 g)	Most of it	£1.00	£0.24
Frozen summer or black forest fruits, Tesco's 500g		300g	200g	£2.40	£1.44
Bag red lentils, Tesco's 500g		350g	150g	£1.35	£0.95
Stock cubes, Tesco's (vegetable or chicken) 210		4		£0.75	
2 pints semi-skimmed milk (1140ml)		All of it		£1.25	£1.25
Pasta shapes, Hearty Food Co 500g		200g	300g	£0.35	£0.14
<b>COSTING</b>				<b>£38.87</b>	<b>£29.42</b>

Recipes, ideas and costings.

1. This was adapted from a Christmas Meal plan created by Thrifty Lesley
2. Recipes also adapted from BBC Good Food
3. The meal plan was costed using Tesco, in November 2022.
4. You will need £38.87 at the checkout
5. The cost of ingredients used is £29.42, so a cost of £14.71 per person, per week.
6. The meal plan may be cheaper closer to Christmas, as the supermarkets will often have special offers on their Christmas vegetables.
7. This meal plan provides a good range of fruit, veg, whole grain and protein. You may need to alter the amounts, to take into account individual dietary needs.
8. If you want to scale this up for more people, it would be more economical to get a bigger turkey breast joint, rather than two of the smaller ones.
9. You will need to make either 3 or 4 batches of oil pastry (depending on if you make your own mince pies or not). These can be made in advance, and either rested in cling film in the fridge, or can be wrapped and frozen
10. You will have some leftover portions in the freezer;
  - 2 portions of carrot and lentil soup
  - 2 portions of fruit puddings
  - 2 oat bars
  - 2 mince pies
11. You will have leftover ingredients. Some may be used up over the Christmas week (see the suggestions below, although this will increase the overall cost per person, of the week). The rest of the ingredients can be used in another week.
  - 10 slices of bread left (average loaf contains 20 slices). These could be added as a slice of toast or bread each, to the 5 days of soup at lunch.
  - Butter spread – this could be used in the turkey sandwiches, or on the extra toast/bread with the soup.
  - If you want milk in tea/coffee, it is more economical to buy 4 pints, rather than 2 x 2 pints. Currently, 4 pints of milk are £1.55, so this would add 30p to the cost at the tills (£39.27).
  - Double cream – (100ml) could be used as a splash each with a mince pie.
  - Frozen berries – (200g) could be added to porridge, or with the cinnamon toast.
  - Greek yoghurt – (375g) could be used as a dollop with the cinnamon toast, or with the fruit and oat bars.

If you used all of these suggestions, the total cost at the tills would be £39.27. The cost of the ingredients used would be £32.38, so £16.19 per person, per week.

23rd December

**Breakfast - porridge with cinnamon and muscovado sugar (recipe 1)**

**Makes 1 portion**

50g porridge oats  
200ml milk  
100ml water  
Pinch of salt (if you have it)  
Sprinkle of cinnamon  
1 tsp muscovado sugar

1. Put the porridge oats in a saucepan, pour in the milk and water and sprinkle in a pinch of salt.
2. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it does not stick to the bottom of the pan.

OR

1. Mix the porridge oats, milk or water and a pinch of salt in a large microwaveproof bowl.
2. Microwave on High for 5 minutes, stirring halfway through. Leave to stand for 2 minutes before eating.

To finish:

Sprinkle on a little cinnamon and a tsp of muscovado sugar.

**Lunch - carrot and lentil soup (recipe 2)**

Add some dried ginger if you have any and turmeric for a warming and wintery flavour. Can add any dried or fresh herb that you have.

1 onion  
250g red lentils  
1500ml hot water  
1 stock cube  
1 carrot (100g)  
1tbsp veg oil (15ml)  
1 tsp salt and 0.5 tsp pepper (if needed)

(Makes 6 portions, 2 portions used today, 2 portions kept in the fridge for Christmas Eve, 2 portions can be frozen)

1. Fry the chopped vegetables in the oil until the onion is transparent.
2. Add the spices or herbs (if using) and sizzle for a minute.
3. Add everything else and simmer for 20 minutes.
4. Blend with a stick blender, or leave with texture.

**Dinner - Spanish omelette using carrot, onions and bacon, served with home-made oven wedges (recipe 3)**

4 eggs  
200g carrots  
150g onion  
100g bacon  
400g white potatoes  
50ml rapeseed oil  
Salt and pepper (if needed)  
Any fresh or dried herbs

1. Preheat oven to Gas mark 6, 200 °C.
2. Scrub the potatoes and cut them into wedges, with peel on.
3. Mix the potatoes with some oil (35ml), salt and pepper (if needed) and any fresh or dried herbs you have (1-2 tsp).
4. Put the potatoes in the oven and roast for about half an hour until golden.  
OR Microwave them until semi cooked, give them a good shake to rough up the edges and then cook in the oven for 15 mins)
5. Peel and slice the onion, dice the carrot and chop the bacon and add them all to a frying pan with a little oil.
6. Cook gently until the vegetables are soft and the bacon is browned.
7. Once cooked, tip over the beaten eggs, mix all the veg in gently.
8. Cover the frying pan with a plate and cook gently until the eggs are set; pop it under the grill to brown if preferred.

## Christmas Eve

### **Breakfast - dried fruit & cinnamon oat bars (recipe 4)**

130 g self raising flour  
90g muscovado sugar  
130 ml veg oil  
250 g oats  
80g dried mixed fruit  
Sprinkle of cinnamon  
Water  
1 pinch salt

Makes 6 portions, 2 portions used today, 2 portions kept in an airtight container for 29<sup>th</sup> December, 2 portions can be frozen

1. Soak the fruit in enough hot water to cover it, for at least 20 mins.
2. Drain and add 45g of muscovado sugar.
3. Mix everything else together in a separate bowl.
4. Grease the baking tin. Can line with greaseproof paper if preferred,
5. Spoon half the oat mixture into the baking tin and press it down hard with a spoon.  
This is to stop the bar from being too crumbly when cooked.
6. Spread over the fruit mix
7. Spoon in the remaining half of oat mix and press well down again.
8. Bake at 180°C/gas 4 for 20 mins.
9. Once completely cooled, cut up and store in an airtight tin.

### **Lunch - Carrot and lentil soup**

Recipe 2, use two portions made on 23<sup>rd</sup> December.

### **Dinner - smoked salmon pasta (recipe 5), mince pie (recipe 7)**

200g pasta shapes  
half a 120g pack smoked salmon trimmings, snipped into tiny pieces with kitchen scissors,  
20g self-raising flour  
35ml milk  
25ml oil  
125ml approx. water  
80g onion, very finely chopped  
salt and ground black pepper to taste

1. Cook pasta as per packet instructions, drain and cover.
2. Use a large frying pan, wok or saucepan (needs to be able to hold all of the sauce and the pasta) fry the onion in the oil, until it is just softened, not browned.
3. Add the flour, stirring to make a thick paste.
4. Stir constantly and gradually add the milk and water until it is a thick creamy sauce.
5. Add seasoning (if using)
6. Add the salmon.
7. Cook gently for one minute, to flavour the sauce but not overcook the fish.

8. Tip all of the cooked pasta into the pan, and stir with a wooden spoon to coat each piece of pasta with sauce.
9. Season with salt and pepper if required.

### **Mince Pie**

Two (one each) from a packet, or two from a homemade batch.

If making a homemade batch, you need to make oil pastry

### **Oil Pastry (recipe 6)**

70 ml water up to 100ml, (may not need it all)

100 ml oil OR 94g (ml of oil DO NOT weigh the same as grams)

200 flour self raising

1. Put the flour and oil in a bowl.
2. Add almost as much water as oil
3. Gently stir it with a spoon.
4. Leave to rest for 20 mins at least.
5. Can be made in advance and wrapped in cling film and kept in the fridge, or frozen.

Add the water bit by bit, it will look a little like a batter at first.

If too much water is added, use a little flour to dry it up.

### **Homemade Mince Pie (recipe 7)**

Makes 6 (2 for today, 2 for 28<sup>th</sup> December, 2 for the freezer)

1 batch of oil pastry

12 teaspoons of mincemeat

1 tsp of oil

1. Make one batch of oil pastry (recipe 6)
2. Roll out the pastry, thin enough to make bases and lids
3. Cut the pastry lids and bases
4. Oil a pie tin
5. Line with a pastry bottom
6. Use 12 teaspoons of mincemeat from a jar, two teaspoons into each pastry case
7. Wet the rim of the base with water
8. Add the lid over the top, and gently press shut.
9. Cook at gas mark 6 for about 15-20 mins, or until pastry is golden.



## Christmas Day

### Breakfast - smoked salmon, scrambled eggs, toast (recipe 8)

3 eggs  
60g smoked salmon,  
100ml milk  
2-4 slices of bread  
1 table spoon of veg oil (15ml)

1. Heat a frying pan, with 50ml milk and 1 tablespoon of oil
2. Beat 3 eggs in a dish, and add 50ml milk
3. Add to frying pan, and mix until set as scrambled eggs.
4. Toast 1-2 slices of bread each
5. Place scrambled eggs onto the toast, then top with 30g of salmon each.

### Lunch - turkey, stuffing, pigs in blankets, gravy, cranberry sauce, roasties, roast parsnips, Brussels, carrots (recipe 9)

200g of cooked turkey joint (cook the whole joint)  
400g Potatoes  
3 Tblsp rapeseed oil  
75g Brussel sprouts  
4 sausages (2 to make the pigs in blankets, 2 to cook to use for dinner)  
100g cooking bacon  
Quarter pack of stuffing (Make the whole pack, it will be used later today and in the week)  
100g parsnips  
100g carrots (peeled and cliced)  
1 tblsp cranberry sauce  
Tblsp value flour (10g)  
1 stock cube

1. Cook the turkey according to the pack instructions.
2. Cut 2 sausages into 4 pieces each. Bash the bacon out into a flat piece (if needed) and wrap the sausage lumps in pieces of the bacon. Set on one side.
3. Mix the stuffing with the amount of hot water given on the packet, form into small balls and place on one side.
4. Peel and cut the potatoes into chunks and boil for 10 minutes.
5. Drain and shake well to get some fluffy edges. Whilst still hot, drizzle with the oil and season with salt and pepper. Put in a baking tin.
6. 45 minutes before the turkey is done, put the potatoes in the oven.
7. 20 minutes before the turkey is done, put the parsnips into the roast potatoes tin, stuffing and pigs in blankets in the oven on a baking tray.

8. 10 minutes before the turkey is done, put the carrots in a pan of boiling water and cook.
9. 5 minutes before the turkey is done, add the sprouts to the pan of carrots, and boil for 5 mins.
10. When the turkey is done, remove it from the tin, place on a warm dish, cover and leave to rest. Put the roasting tin on the hob and make some gravy with the juices. Depending on how many juices you have, you may need to add a little water/white wine/a stock cube. Add a bay leaf if you have one, and a bit of grainy mustard too if you have it.
11. Add the flour and whisk like mad until it thickens, add more flour if it needs to be thicker (it depends on how much liquid there is) whisk in any tasty bits stuck on the tin.
12. Serve everything up immediately

### **Muscovado & mixed fruit pudding with cream (recipe 10)**

This makes 4 servings, so if there are 2 of you, keep 2 for another day. They freeze well.

Use 1 dish, 1 pudding basin, or divide it into 4 in ramekins, individual sized pudding basins or even microwavable teacups or small mugs.

1 egg

100g self raising flour

100g muscovado sugar, or ordinary sugar and a tblsp of black treacle

100g buttery spread

100g mixed dried fruit

serve with 50ml double cream per person (100ml in total)

1. Weigh out the sugar and put 1 tblsp in with the fruit, along with 60ml hot water, and leave the fruit to soak and plump up. Can be done in advance and put into the fridge.
2. Put the remaining sugar and the butter in a bowl and beat together until creamy.
3. Add the egg yolk and beat.
4. Add half the egg white, beat, and repeat.
5. Add the flour and gently stir through. Overmixing will make the pudding rubbery.
6. Put the soaked and plump fruit, and remaining juice into the baking dish / pudding basin(s) and the pudding mixture on top, dividing equally if using individual dishes.
7. Cook.  
EITHER bake in a dish in a medium oven for half an hour  
OR steam it in a slow cooker for 2 hours
8. OR microwave it (the mix should only come about halfway up the pots, or the mix will spill out as it expands in the microwave). Microwave in 1 dish for 6 minutes or individual servings for 5 minutes.

**Dinner - turkey sandwich, stuffing, sausage rolls, cranberry sauce (recipe 11)**

4 slices of bread

100g Turkey (cooked earlier the day)

Quarter pack of stuffing (cooked earlier in the day)

2 cooked sausages (cooked earlier in the day)

1 batch of oil pastry (recipe 6)

Cranberry sauce

1. Make two sandwiches, each with approx. 50g of turkey, an eighth of the cooked stuffing and a helping of cranberry sauce.
2. Make a batch of oil pastry (can be made the day before, or made ahead and frozen).
3. Make 3 sausage rolls each, cutting 1 cooked sausage into 3 per person and wrapping in pastry.
4. Bake at gas 7 for 20 mins, on a baking tray.

## Boxing Day

### **Breakfast - pancakes, red fruits, mixed spice (recipe 12)**

120g value flour  
1 tsp ground cinnamon  
1 tsp muscovado sugar  
15ml oil (a tblsp)  
4 tablespoons of frozen mixed berries (100g)

1. Mix the cinnamon with the flour.
2. Mix in enough water to make a thick batter.
3. Heat a frying pan and add the oil.
4. Drop in spoonfuls of batter and cook gently until the upperside is set.
5. Flip over and brown the other side. Keep warm if necessary.
6. Serve with 2 tablespoons of frozen red fruits each. (Defrost them first and macerate with a little sugar to make a juice.)

### **Lunch - turkey soup (recipe 13)**

150g turkey  
1 onion (80g)  
100g red lentils  
1500ml hot water  
1 stock cube  
1 carrot (100g)  
1 potato (peeled) (100g)  
1 tbsp veg oil (15ml)  
1 tsp salt and 0.5 tsp pepper

(Makes 4 portions, 2 portions used today, 2 portions kept in the fridge for 29<sup>th</sup> December)

1. Fry the chopped vegetables in a little oil, until the onion is transparent.
2. Add the turkey and sizzle for a minute.
3. Add everything else and simmer for 20 minutes.
4. Blend with a stick blender, or leave with texture.

### **Dinner – Turkey, sausage and onion pie, mash (recipe 14), Frozen fruits cheesecake (recipe 15)**

1 batch oil pastry (recipe 6)  
100g cooked turkey  
3 sausages  
2 onions (150g)  
15g SR flour  
2 carrots (200g)  
200g potatoes  
1 tsp oil  
Milk (100ml)

1. Make up a batch of oil pastry
2. Cut up the sausages into pieces, and fry in the oil to brown.
3. Chop up the onions and add to the frying pan
4. Cook until the onions are translucent.
5. Mix the 15g flour with 100ml water and add to the pan.
6. Stir around until thickened.
7. Mix in the 100g shredded turkey.
8. Roll out the pastry, line an oiled pie dish and fill, then add a lid.  
OR make pasties on an oiled baking tray.
9. Cook at Gas 6 for 20-30 mins until the pastry is golden.
10. Peel and slice the carrots and peel and dice the potatoes.  
EITHER boil (10 mins) and then mash together with a little milk.  
OR, boil separately and make potato mash, serving the boiled carrots separately.

### **Frozen fruits cheesecake (recipe 15)**

Serve a quarter of the cheesecake each (save the other half for 27<sup>th</sup> December)

Easiest to make in a 18cm loose bottomed tin, easier to serve from, but any cake tin will do.

100g digestive biscuits, broken to crumbs

35g butter spread, melted

150g value soft cheese

60g muscovado sugar

125g Greek yoghurt

200g basics berry mix,

1 tblsp granulated sugar (in you have it)

1. Mix the biscuit crumbs and the melted butter.
2. Press them into the base of the tin.
3. Mix the filling ingredients together and make sure the sugar has dissolved.
4. Mix the berries with the sugar and leave to infuse.
5. Put some greaseproof paper, cling film or waxed paper round the sides of the tin to help you remove the cheesecake from the tin later on.
6. Pile the cheese mixture into the tin on top of the biscuits, smooth over and leave in the fridge to set. It won't set hard, but it will firm up enough so you can slice it after a couple of hours.
7. To serve, remove the tin from the fridge and pop up the base. Remove the lining paper from the sides and put the cheesecake on a small plate leaving it on the base of the tin.
8. Cut a quarter each at the table.
9. Serve with 50g each of the mixed, macerated berries.

27<sup>th</sup> December

**Breakfast - cinnamon toast (recipe 16)**

(each)

1 slice bread

2 tsps veg oil (10 ml each)

½ tsp cinnamon

1 tsp sugar (any)

1. Drizzle a tsp of oil on each side of a slice of bread and rub it in.
2. Sprinkle on half a tsp of sugar and a generous pinch cinnamon and press it in, flip over the bread and repeat the oil/sugar/cinnamon.
3. Put the slice in the toaster and toast it for about 3 minutes.
4. Serve immediately

**Lunch - Parsnip soup (recipe 17)**

Makes 4 portions, save 2 portions for 28<sup>th</sup> December

100 g onion chopped

200 g parsnips chopped, no need to peel

200 g potatoes chopped, no need to peel

150 ml milk

2 tblsps veg oil (30ml)

1 stock cube

1000 ml water

50ml double cream

(any curry based spices you have – curry powder, cumin or garam masala are lovely)

1. Fry the onion, parsnip and potato in the oil, in a saucepan until soft.
2. Add the curry powder (if using) and sizzle for a couple of minutes to bring out the flavour of the spices.
3. Add stock cube and a litre of water.
4. Simmer for 20 minutes.
5. Add the milk and blend until smooth
6. Adjust the seasoning if needed, with salt and pepper.
7. Add more water if you like a thinner soup
8. Add 50 ml double cream.

**Dinner - Gnocchi, sausage and stuffing (recipe 18)**

400g potatoes

180g plain flour, 45p/1.5kg, 3p

3 sausages

1 onion (80g)

1 tbsp oil (15ml)

¼ pack of stuffing (cooked on Christmas Day)

75g sliced sprouts

1. Peel, chop and boil the potatoes (for 10 mins).
2. Mash, then allow the mix to cool before adding the flour.
3. Mix it all in, aiming to make a soft dough. You may need a little more.
4. Divide the mixture into two, and roll each half out with your hands to a long sausage about an inch thick.
5. Now cut each potato sausage into 2cm pieces and press the back of a fork into them to make the characteristic pattern.
6. Place them on a baking tray lined with cling film or baking parchment, they get very sticky as they stand.

You can now leave them and cook them later, or freeze them. (Freezing - keep them separated until frozen or they will be one big, sticky lump).

7. Chop into pieces and fry three sausages.
8. Chop and add the onion to the frying pan.
9. Add the sliced sprouts to the frying pan.
10. Cook until onions are translucent.
11. Add the chopped up, precooked stuffing mix, and allow to warm through.
12. When you are ready to cook the gnocchi, bring a saucepan of water to the boil and add a little salt.
13. Drop half a dozen or so in the water at a time and simmer gently for a minute or two until they bob to the surface.
14. Mix with the cooked sausages, stuffing mix, sprouts and onions, and serve.

28<sup>th</sup> December

**Breakfast - Porridge with muscovado (recipe 1)**

Recipe from 23<sup>rd</sup> December

**Lunch - parsnip soup (recipe 17)**

Serve the remaining 2 portions, made on 27<sup>th</sup> December.

**Dinner – Scone pizza, turkey, stuffing, sausages (recipe 19). Mince pie (premade or recipe 7)**

This pizza doesn't use a tomato sauce base, or grated cheese on top either. It is more like a cross between an open bread roll and a tart.

500g flour  
150g oil  
3 sausages  
100g bacon  
Any scraps of cooked turkey left  
150g onion  
¼ pack of stuffing (cooked on Christmas Day)  
50g soft cheese  
200g carrot, grated  
100g sliced sprouts

1. Mix the flour and oil together and add enough water to make a soft dough.
2. Pat out onto an oiled baking tray.
3. Chop and fry the bacon and sausages.
4. Peel and chop the onions, add to the frying pan and cook until the onions are transparent.
5. Add the stuffing mix to warm through.
6. Place the cooked meat and onions onto the scone pizza base.
7. Dot the soft cheese evenly over the topping.
8. Drizzle with a little oil around the scone edge if you like.
9. Bake in the oven, gas mark 7 until the scone base is golden, and the pizza looks cooked, about 25 minutes
10. Grate some raw carrot, and mix with the sliced raw sprouts to make a salad to serve with it. A squeeze of lemon juice is nice with this salad.



29<sup>th</sup> December

**Breakfast - Dried fruit & cinnamon oat bars (recipe 4)**

Use two of the portions made on Christmas Eve

**Lunch - Turkey soup (recipe 13)**

Use the two remaining portions of the soup made on Boxing Day.

**Dinner – Quiche and wedges**

1 batch oil pastry (recipe 6)  
2 eggs  
1 carrot (100g)  
1 onion (80g)  
100g bacon  
400g potatoes  
50ml oil  
50ml double cream

1. Make a batch of oil pastry (recipe 6)
2. Make potatoes wedges (per recipe 3)
3. Roll the dough out on a floured surface to fit a 20-22cm tart tin.
4. Grill 100g bacon, until cooked, then chop.
5. Crack the eggs into the bowl and beat.
6. Add the double cream, and mix in well
7. Add the carrot, grated, the chopped onion and the grilled bacon.
8. Stir and tip into the pastry case.
9. Bake at Gas 6, with the wedges, for about 25 minutes until the filling is set and the pastry looks cooked.

