

She's on the Money.



CHELSEA GOODWIN'S

Christmas menu on a ● budget

Grocery List.

- 2.5 kg whole chicken
- 250 g unsalted butter
- 600 ml thickened cream
- 250-300 g cheddar or colby cheese
- 70-100 g feta cheese
- 6 eggs
- 1.5 kg potatoes
- 600 g green beans
- 1 bulb garlic
- 120-150 g rocket or leafy green mix
- 1 large ripe pear
- 1 punnet berries (your choice!)
- 1/2 lemons
- fresh thyme
- 1 brown onion
- 1 small packet dried cranberries
- 150 g pack walnuts
- 1 small pack panko breadcrumbs

Pantry Staples.

- caster sugar
- plain flour
- chicken stock powder
- olive oil
- salt & pepper
- garlic powder
- red wine vinegar
- dijon mustard
- vanilla extract

Menu.

MAIN

Roast Chicken with Cranberry & Walnut Stuffing

SIDES

Pear, Walnut & Rocket Salad
Creamy Potato Dauphinoise
Lemony Green Beans

DESSERT

Berry Meringue Nests with Lemon Curd

**This Christmas lunch plan will serve 4-6 people
(depending on how hungry they are!)**

Food Prep Plan.

Your plan for a stress free kitchen feast that will have lunch on the table at 1pm!

3-4 DAYS AHEAD

Make the lemon curd, keep it in a jar in the fridge (it'll be good for 7-10 days)

1-2 DAYS AHEAD

Make the pavlova nests and stores in an airtight container in the pantry. Candy the walnuts for the salad and store in a container in the fridge.

CHRISTMAS DAY

10:30 am

Prep time! You're going to make the stuffing, season and stuff the chicken. If you're new to all of this, give yourself a bit of extra time or enlist someone to help you out.

11:00 am

Pop the chicken in the oven and bake at 220 degrees for 20 mins then turn down the heat in the oven to 200 or 180 if you're sharing the oven with the potatoes. It will also cook for about 10-15 mins longer than the recipe states if you're doing it at 180. Always check the temp (in the thickest part) though and go by that- minimum 75 degrees celsius!

Once the chicken's in the oven you're going to prep the potatoes- peel them, slice them, and layer them with the cream, seasoning and cheese

11:30 am

Put the potato dauphinoise in the oven and bake at 180 degrees.

You have an hour to spare so you could whip the cream now for the meringues and pop it in the fridge (covered) until you're ready to assemble them. Hot tip: if you need to whip the cream well ahead of time or transport it, whip in some sour cream or natural yogurt to stabilise it- about 1-2 tablespoons for every cup of cream.

Set the table, have a drink and relax for a bit!

Food Prep Plan cont.

12:30 pm

Assemble the salad but don't dress it yet- do this just before you serve it. If it's really hot, cover and put it in the fridge until you serve it. Pull the chicken out and check the temp to gauge how much longer it needs.

12:45

Take out the chicken (check the temp) and the potato dauphinoise out of the oven and let them rest for 10 mins then take to the table.

While they're resting, cook the green beans and make the gravy (another set of hands is helpful here)

If the chicken is not quite ready- just leave it in for another 5/10 mins

1:00

Lunch is served- relax and soak up the praise from your guests.

10 mins before you serve dessert

Assemble the mini meringues (curd, cream then berries) and remember, if you did the cooking, someone else can clean up... you deserve a nap or a stiff drink!



Roast Chicken

SERVINGS :

4-6

PREP TIME :

10 mins + stuffing prep

COOK TIME :

90-100 mins

INGREDIENTS

- 2.5kg whole chicken

WET MIX

- 2 tablespoons (30 g) unsalted butter, melted
- 1 tablespoon olive oil

DRY MIX

- 1 tablespoon salt
- 1/2 teaspoon garlic powder (optional)
- 1/2 teaspoon ground black pepper

STEPS

1. Preheat oven to 220°C (fan-forced)
2. Mix dry and wet mixes in 2 separate small bowls
3. Place chicken, breast side up in a large roasting dish or baking tray.
4. Massage about 1/2 of the wet mix over the outside of the chicken skin (don't forget underneath), Pour 1/4 into the chicken cavity and massage 1/4 under the skin of the breast.
5. Sprinkle most of the dry mix over the skin of the chicken. Pour half a teaspoon into the cavity and then massage a small amount under the breast skin.
6. Stuff the chicken cavity carefully with your chosen stuffing- pack it full
7. With the chicken breast side up, fold wings under the chicken to prevent them burning. Using kitchen string (if you have it), tie the end of the legs/drumsticks together.
8. Pop the tray on a rack in the middle of the oven and cook at 220 degrees for 20 minutes- set a timer!
9. When the 20 mins is up, turn the heat down to 200 degrees. Cook for 70 minutes then remove chicken to check the temperature. The thickest part of the chicken should be at least 75 degrees celsius. You can also test the 'doneness' by using a knife to cut through where the leg joins the body- if the juices run clear, it should be cooked. The only way to be sure though, is with a thermometer. If it's not ready- pop it back in and check every 5 minutes.
10. When ready, remove the tray from the oven. Leave to rest while making gravy then carve and serve!



TIME :
15 mins

Cranberry & Walnut Stuffing

INGREDIENTS

- 1 1/4 cup breadcrumbs (panko or regular)
- 40g butter
- 1 brown onion, diced
- 3 cloves garlic, crushed
- 1/2 cup dried cranberries
- 2-3 teaspoons thyme leaves
- 1/3 cup walnuts
- 1 egg
- salt & pepper

METHOD

- Toast walnuts in a dry pan for a few minutes over medium-high heat then set aside to cool then break up or chop into smaller pieces
- Turn heat down to medium low and melt butter in pan then add diced onions and cook for 3 minutes, stirring. Add crushed garlic, cook for 1 minute then remove to a bowl and turn off heat
- Mix the onions & garlic, walnuts, cranberries, thyme, breadcrumbs and egg together in a bowl until well combined (use fingers or a spoon.) Season well with salt & pepper
- Stuff your chicken and enjoy eating once cooked!

NOTE

This stuffing recipe was adapted from a recipe by Sarah Hobbs on taste.com.au

Roast Chicken Gravy

TIME :
10 - 15 mins

INGREDIENTS

- Reserved juices in chicken baking pan
- 3 tablespoons plain flour
- ¼ teaspoon ground black or white pepper
- 1 cup chicken stock (or more if needed)

STEPS

1. Scrape all of the leftover meat, juices and fat off the bottom of the baking dish and tip them into a measuring jug or bowl. Let it sit for a couple of minutes. The fat will rise to the top and you can use a spoon to skim off as much as you can.
2. Measure out ½ cup of the remaining drippings and tip into a small saucepan or frypan. Place of medium heat.
3. Add the flour to the pan with the pepper. Stir the flour and drippings together to make a paste (roux) and continue stirring until it begins to brown.
4. Slowly pour the stock in while stirring or whisking continuously. Raise the heat to medium and bring the gravy to a simmer. Keep stirring for a couple of minutes or until the gravy thickens.
5. Taste and season with salt & pepper. Strain through a sieve if you want a perfectly smooth texture.

NOTE

COLOUR: If you don't love a pale gravy, you can add a dash of dark soy before you season it and you'll end up with a deeper colour.

Candied Nuts

TIME :
10 - 15 mins

INGREDIENTS

- 3/4 cup walnuts or pecans (I prefer to use whole nuts, not small pieces)
- 1 tablespoon unsalted butter
- 3 tablespoons caster sugar
- small pinch of salt

METHOD

1. Preheat a non stick frypan over medium heat and lay a large piece of baking paper on the kitchen bench.
2. Add butter and caster sugar to the pan. Add in nuts and stir together with a rubber spatula/ spoon until nuts are well covered in sugar/butter mixture
3. Raise heat to medium high and stir constantly for a few minutes until the sugar starts to melt. Continue stirring until sugar is melted and nuts are well covered in the glossy sugar mixture.
4. Transfer nuts to the baking paper and spread out, doing your best to separate them before they set
5. Allow to cool then store in an airtight container in the fridge for a couple of weeks... they won't last that long though!!

Pear, Walnut & Rocket Salad

SERVINGS :

4-6 (as a side)

PREP TIME :

10 mins +
candied nut prep

INGREDIENTS

- 120-150 g rocket or leafy green mix
- 1 large ripe pear, thinly sliced (not too soft) or green apple
- 3/4 cup walnuts or pecans toasted or candied
- 3 tablespoons dried cranberries
- 70-100g feta cheese (or goats cheese or blue cheese), crumbled or cubed

DRESSING

- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 teaspoons caster sugar, honey or maple syrup
- 1 teaspoons dijon mustard
- 2 teaspoons caster sugar
- 1 small clove garlic, crushed
- ½ teaspoon salt
- ¼ teaspoon pepper



STEPS

1. Whisk dressing ingredients together in a small bowl and set aside
2. Lay rocket down in your serving bowl as a base for the salad
3. Top with sliced pear, cheese, cranberries and nuts
4. If serving immediately, drizzle the dressing over the salad

NOTES

- **Timing:** I always dress salads very lightly then put the rest of the dressing on the table so that guests can add more if they please- you can't un-dress a soggy salad!!
- **Quantity:** The quantities of the salad ingredients don't have to be exact- if you only have half a cup of nuts it's no problem!
- **Cheese:** If you don't have feta cheese, goats cheese or blue cheese work well. I've also used shaved parmesan which is quite nice also.
- **Rocket:** If you don't like the peppery taste of rocket, use a mixed leaf pack from the supermarket instead
- **Pear:** I like the pear to be cold in this so always refrigerate it before making the salad... personal preference but I think it makes it taste more refreshing

Potato Dauphinoise

SERVINGS :

6-8

PREP TIME :

15 mins

COOK TIME :

75 mins

INGREDIENTS

- 1.5 kg brushed potatoes, peeled and sliced into 3-4 mm slices
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon chicken stock powder
- 2 garlic cloves, crushed
- 2 tablespoons (30 g) unsalted butter, melted
- 1 3/4 cups of thickened cream
- 250-300 g cheddar or colby cheese, grated
- 1 teaspoon fresh thyme leaves + more for garnish

STEPS

1. Preheat the oven to 180°C
2. Peel the potatoes and slice them 3mm-4mm thick slices with a mandoline or knife
3. Combine the salt, pepper and chicken stock powder in a small bowl and set aside
4. In a medium sized bowl or jug, mix the garlic with the melted butter and use 1-2 teaspoons of the mixture to grease a large baking dish
5. Add the cream to the garlic butter mixture and set aside
6. Layer 1/3 of the potatoes in the baking dish, slightly overlapping. Ladle 1/3 of the cream mixture over the potatoes evenly then sprinkle one third of the salt/pepper/stock powder mix over the top. Distribute 1/3 of the cheese over the top then repeat this with the 2nd and 3rd layers (Potato, cream mixture, seasonings, cheese).
7. Cover the baking dish with a lid (if it has one) or cover tightly with aluminium foil and bake in the oven for 1 hour 10 mins
8. Take off the lid or foil and brown the cheese under the grill for a few minutes (do not walk away from the oven or it may burn!). Alternatively, you can let it brown in the oven (no grill) for about 10 minutes.
9. Let it rest with the lid/foil on for at least 10 mins prior to serving

Potato Dauphinoise cont.

NOTES

- **Cheese:** Traditionally, you'd use gruyere for this but it's so expensive. I usually use a combo of sharp cheddar and colby but you could also use a pack of grated 'melting cheese' for convenience.
- **Prep:** I always use a Mandoline slicer for this- it takes me less than 5 minutes to slice all the potatoes in perfectly even slices
- **Greasing:** You can use a pastry brush or some paper towel to grease the baking dish
- **Baking Dish:** I always make this in my cast iron French pan because it has a lid and I like the round shape for this dish but you can use any large rectangular or square dish.
- **Layering:** In my pan, 1/3 of the potatoes = 2 layers. So I do 2 layers of potatoes then cream, seasoning and cheese, another 2 layers then cream, seasoning, cheese etc
- **Baking Time:** If you slice the potatoes thin enough it should only take 70 mins to cook but if they are a bit thicker or uneven, it will definitely need longer. If you are unsure whether they are tender you can gently pierce the potatoes in the middle of the dish with a small, sharp knife or skewer.



Sauteed Lemony Green Beans

SERVINGS :

6

PREP TIME :

15 mins

COOK TIME :

10 mins

INGREDIENTS

- ½ cup walnuts, toasted and chopped
- 600 g green beans, washed and trimmed
- 2 cloves garlic, crushed
- 2 tablespoons olive oil
- 3 teaspoons lemon juice
- Salt & pepper

STEPS

1. Toast the walnuts in the oven on a lined baking tray at 180°C for 5-10 minutes. They should be just starting to brown and smelling toasty. Keep a close eye on them. Alternatively, you can also toast them in a dry frypan over medium heat for about 5 minutes. Once cooled, chop into smaller pieces.
2. Heat 1 tablespoon oil in a large frying pan over medium-high heat. Add the beans and cook for 1 minute using tongs to toss them in the oil.
3. Pour ¼ cup water into the pan and immediately cover. Steam the greens for 2 minutes then remove the lid.
4. Cook for a couple of minutes, tossing occasionally until the water evaporates. Move the beans to one side and add the remaining tablespoon of oil to the pan. Let it heat up for about 15 seconds, then add the garlic and cook for another 15 seconds.
5. Toss the beans and season with salt and pepper. Cook for another minute or until they are as tender as you like them.
6. Transfer to a serving plate, drizzle with lemon juice and sprinkle with walnuts.

Meringue Nests

SERVINGS :

6

PREP TIME :

20 mins

COOK TIME :

2-2½ hours +
2 hours resting

INGREDIENTS

- 4 egg whites at room temp (keep the yolks!)
- 1 cup caster sugar
- 1 teaspoon fresh lemon juice

TO SERVE

- Whipped Cream (cream, caster sugar, vanilla extract)
- Lemon Curd
- Berries

METHOD

1. Preheat a fanforced oven to 100 degrees celsius (yes it's supposed to be THAT low) and line 1 or 2 baking trays with baking paper
2. Add egg whites & lemon juice to a clean mixing bowl and mix at medium speed until soft peaks form. You'll get best results from a stand mixer with a whisk attachment or a hand mixer. This takes me about 4 minutes. If you don't know what soft and stiff peaks look like, google them. Trust me it's much easier than me explaining!
3. Once you have soft peaks, add the sugar, one tablespoon at a time. Keep the mixer going continuously. I space mine out about 10-15 secs to give the sugar time to incorporate well
4. Once the sugar's added, turn the mixer up to medium high and mix until stiff glossy peaks are formed. This can take 5-10 mins. Scrape down the sides of the bowl with a spatula to ensure that all of the sugar is mixed in.
5. Dollop 6 equal spoonfuls of the mixture onto the lined trays and use a spoon to shape them nicely with a slight dip in the centre for the whipped cream. Alternatively you can pipe the mixture onto the baking paper
6. Put the trays on racks in the lower half of the oven and bake for 2- 2 1/2 hours. Meringues are ready when they're easily lifted off the paper and they shouldn't be sticky.
7. Turn the oven off and leave them in there with the door closed to cool and set for a min of 2 hours or overnight
8. Serve topped with lemon curd, whipped cream and fruit of your choice or store in a container at room temp for up to 2 days

Meringue Nests cont.

NOTES

- **Size:** You can trace circles onto the underside of the baking paper (not the top or the pencil will mark the meringues) and use them as a guide when you're piping/spooning them on. I aim for 8-10 cm diameter.
- **Piping:** My personal preference is to dollop it with a spoon but if you do want to pipe, use the largest sized tip that you have, pipe circle for the base, fill it in then pipe the sides
- **Cream:** For the whipped cream, I whip approx 1 cup of cream (or whatever I have left after making the potatoes) with 2 tablespoons of caster sugar or icing sugar and 1/2 teaspoon of vanilla extract.
- **Berries:** Use your preferred berry and if you have some mint in the garden, a small sprig on each meringue adds a festive touch.



Lemon Curd

PREP TIME:

5 mins

COOK TIME:

15 mins

INGREDIENTS

- 4 egg yolks
- 2/3 cup caster sugar
- 1 tablespoon lemon zest
- 1/3 cup lemon juice
- 1/8 teaspoon salt
- 80g cold unsalted butter, cut into large cubes

METHOD

1. Heat a few cm of water in a small saucepan over medium-high heat with a heatproof bowl over the top (double boiler). Once water is boiling, drop it down to low
2. Zest then juice your lemons and add them into the bowl along with the caster sugar, eggs and salt
3. Whisk and watch it very diligently for about 10 minutes until the mixture thickens right up. If you stop mixing, the eggs can curdle (this is a great job for older kids!)
4. Once the mixture has thickened, remove it from the heat and add the cold cubed butter and whisk until the butter has completely melted and the mixture is smooth.
5. Pour the lemon curd into a container or jar, put a layer of glad wrap over the top, right against top of the curd, put the lid on and refrigerate for at least 2 hours.
6. Once the curd is set, you can remove the plastic wrap and try your hardest not to eat it all! You can store it for 7-10 days in the fridge.

A little love note for Chelsea Goodwin...

This Christmas menu wouldn't exist without the absolute kitchen wizardry of Chelsea Goodwin. If you're new to her world, she's the genius behind the internet's favourite budget-friendly meals that actually taste incredible. Chelsea has a real gift for making food feel doable, delicious and never complicated, which is exactly why we adore her.

She's the creator of the cookbook **\$10 Meals with Chelsea + Money Saving Meal Plans**, packed with comforting, clever recipes that don't require a full trolley or a whole afternoon in the kitchen. It's the kind of books you reach for when you want something impressive without the stress, and every recipe feels like a little win for your budget and your sanity.

If you loved cooking this menu (and we hope you did), you'll fall head over heels for everything else she shares online.

Find Chelsea online:

INSTAGRAM: @itschelseagoodwin

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