

HEALTHY EATING ON A BUDGET

1





Cottage Pie

Ingredients

Filling

- 500g minced beef (£2.50) or vegetarian mince eg Quorn (£1.50-£2.50)
- 1 onion, chopped (15p)
- 2 carrots, chopped (15p)
- 1 clove of garlic, crushed (30p)
- 1 tin of chopped tomatoes (28p)
- 2tbsp tomato purée (39p)
- 1tbsp Worcestershire sauce (Optional)
- 1tsp mixed herbs
- 200ml beef stock (39p)
- Pinch of salt and pepper
- 1tbsp oil

Topping

- 500g potatoes(84p)
- 25g marg/butter(25p)
- 10ml milk (30p)

Total cost £5.55

Instructions

1. Heat the oil in a pan and fry the carrot, onions and garlic.
2. Add in the beef and fry until browned.
3. Add all the other ingredients to the pan, give it a stir and leave it to simmer for 45 minutes, stirring occasionally.
4. In the meantime, boil the potatoes until tender, then mash them with the butter and milk.
5. After 45 minutes, add the filling to a oven proof dish and top with the mash and put in the oven till golden brown.



Meat Balls and Spaghetti

Ingredients

For the sauce

- 1 tbsp olive oil(50p)
- 1 brown onion, chopped(15p)
- 1 garlic clove, finely chopped(30p)
- 1 tsp dried mixed herbs
- 400g tin tomatoes(28p)
- 500ml/18fl oz vegetable or beef stock (from a cube)(39p)
- 400g/14oz dried spaghetti(45p)
- salt and pepper

For the meatballs

- 400g beef mince (£2.50)
- 1 garlic clove, finely chopped (30p)
- Half tsp dried mixed herbs
- 1 tbsp olive oil

Total cost £4.87

Instructions

1. Heat a large saucepan over a medium heat and add the olive oil. Once hot, add the onion and cook gently without browning for 4–5 minutes, or until softened and translucent. Add the garlic, continue to cook for 2 minutes until aromatic, then add the dried herbs, tomatoes and stock. Bring the sauce to a simmer, reduce the heat and simmer gently while you make the meatballs.
2. For the meatballs, mix together the beef, garlic and herbs along with a decent pinch of salt and pepper. Using wet hands roll into 20 balls.
3. Heat a frying pan over a medium heat and add the olive oil. Once hot, fry the meatballs on all sides until nicely coloured, being careful not to burn them. You may need to do this in batches. Transfer to the saucepan containing the sauce.
4. Continue to simmer the sauce for 10 minutes while you cook the spaghetti.
5. Bring a large saucepan water to the boil, add a pinch of salt and cook the spaghetti according to the packet instructions. Once cooked, drain and tip into the saucepan with the meatball sauce. Mix well and season.



Easy Fish Cakes

Ingredients

- 1 x pack fish pie mix (cod, salmon, smoked haddock etc, weight around 320g-400g depending on pack size) (£3.95)
- 3 spring onions, finely chopped (40p)
- 100ml milk (80p)
- 450g potato, peeled, large ones cut in half (600g 85p)
- 75g frozen sweetcorn, defrosted (1K 99p)
- handful of grated cheddar cheese (50p)
- 1 large egg, beaten (12p)
- flour, for dusting (10p)
- olive oil, for frying

TOTAL COST £6.81

Instructions

1. Cook the potatoes in boiling water until just tender. Drain well and return to the pan on a low heat. Heat for another minute or two to evaporate excess liquid. Mash the potato with a small knob of butter. Allow to cool.
2. Put the fish spring onions and milk in a shallow dish, cover with cling film and cook in the microwave for 1 ½ - 2 mins until just cooked. If you don't have a microwave, put everything in a saucepan and gently cook until just opaque and cooked through.
3. Drain the fish and spring onions through a fine sieve. Gently mix through the potatoes, avoiding breaking up the fish too much, along with the sweetcorn, cheddar and a generous grind of black pepper. Form into 6 - 8 patties. The cooler the mash potato is when you do this, the easier it will be to form the patties as the mixture will be very soft when warm.
4. Pour the egg on one plate and scatter flour on the other. Dip the patties in egg and then flour and arrange on a sheet of baking paper on a tray. Put the patties in the fridge for at least half an hour to firm up if the patties feel very soft. At this point you can freeze the patties, wrapped individually. Defrost thoroughly before moving onto the next stage.
5. Heat a large frying pan with a generous glug of olive oil. When the oil is hot, carefully lower the fish cakes into the pan. Cook for 5 - 7 minutes or until golden brown underneath and then carefully flip them over. Fry for another 5 - 7 minutes or until golden on the bottom and heated all the way through.



Sausage & leek mash pie

Ingredients

- 4 large potatoes , peeled and cut into 3cm chunks (85p)
- 2 tbsp oil
- 6 pork sausages (95p) or vegetarian sausages eg Quorn (£1.50-£2.50)
- 1 tbsp plain flour (10p)
- 450ml fresh chicken or veg gravy (£1.65) or make your own from a stock cube, thickening with flour
- 150g kale, shredded (49p)
- 3 leeks, finely sliced (65p)
- ½ tbsp wholegrain mustard (34p)
- 2-3 tbsp whole milk (80p)
- 50g smoked or ordinary cheddar, grated (£1.50)

TOTAL COST £6.33

Instructions

1. Boil the potatoes for 12 mins or until tender. Drain and leave to steam-dry.
2. Heat 1 tbsp oil in a shallow casserole or deep skillet (20-25cm). Pinch the sausages out of their skins into large pieces. For vegetarian sausages chop into pieces. Add directly into the pan, and fry over a medium heat for 7-8 mins or until golden brown.
3. Add the flour and stir everything together, cooking for 1 min. Pour in the gravy and 100-200ml water (depending on how thick you like your gravy), bring to a simmer, then add the kale and cook for 5 mins. Remove from the heat.
4. Meanwhile, in a separate pan, add the remaining 1 tbsp oil, then the leeks and fry for 5-10 mins until tender, adding a small splash of water to help them cook. Heat your grill to its highest setting.
5. Mash the potatoes until smooth. Stir through the leeks, mustard and milk, and season. Spoon and swirl the mash on top of the sausage mixture, then scatter over the grated cheese and grill for 3-5 mins or until golden and bubbling.



Pork & apple burgers

Ingredients

- 300g sausage meat (£2.35)
- 4 wholemeal burger buns (98p)
- 4 tsp onion chutney (1.19)
- 2 apples , cored and thinly sliced (59p)
- 2 handfuls rocket (50p)
- 2 tsp mayonnaise (1.17)
- a little English mustard (optional) (37p)
- sweet potato wedges , to serve (optional) (66p)

TOTAL COST £7.63

Instructions

1. Divide the sausage meat into four portions and shape into patties. Fry in a non-stick pan for 10-12 mins, flipping a couple of times, until golden on both sides and cooked all the way through.
2. Heat grill to high. Slice the buns in half and toast under the grill, cut-side up.
3. Spread the bottom halves of the toasted buns with the marmalade, then add the burgers, apple slices, rocket, mayonnaise and mustard (if using). Top with the bun lids and serve alongside sweet potato wedges, if you like.

And For a Treat...





Classic Victoria sandwich recipe

Ingredients

- 200g caster sugar (25p)
- 200g softened butter (80p)
- 4 eggs, beaten (80p)
- 200g self-raising flour (15p)
- 1 tsp baking powder (30p)
- 2 tbsp milk (20p)

For the filling

- 100g butter, softened (40p)
- 140g icing sugar, sifted (50p)
- drop vanilla extract (optional)
- half a 340g jar strawberry jam (65p)
- icing sugar, to decorate

Total cost £4.05

Instructions

- **STEP 1** Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper.
- **STEP 2** In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.
- **STEP 3** Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.
- **STEP 4** Bake for about 20 mins until golden and the cake springs back when pressed.
- **STEP 5** Turn onto a cooling rack and leave to cool completely.
- **STEP 6** To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract (if you're using it).
- **STEP 7** Spread the buttercream over the bottom of one of the sponges. Top it with 170g strawberry jam and sandwich the second sponge on top.
- **STEP 8** Dust with a little icing sugar before serving. Keep in an airtight container and eat within 2 days.



gg111736026 GoGraph.com

Shortbread biscuits

Ingredients

- 150g plain flour, plus extra for dusting (15p)
- 100g butter, chilled and cubed (40p)
- 50g caster sugar, plus 1 tbsp for sprinkling (10p)

Instructions

- **STEP 1** Heat the oven 170C/150C fan/gas 3. Put the flour, butter and sugar into a mixing bowl. Use your hands to combine the ingredients until the mixture looks like breadcrumbs, then squeeze until it comes together as a dough.
- **STEP 2** On a lightly floured surface, use a rolling pin to roll out the dough to ½ cm thick. Cut the dough into fingers and place on a lined baking tray. Use a fork to create imprints, then sprinkle with the remaining caster sugar.
- **STEP 3** Chill the dough in the fridge for 20 mins, then bake for 15-20 mins until golden brown. Remove the shortbread fingers from the oven and leave to cool on the tray for 10 mins.