

Super smoky bacon & tomato spaghetti



Ingredients

- 400g spaghetti (45p)
- 1 tbsp olive oil
- 120g smoked streaky bacon, sliced into matchsticks (75p)
- 1 onion, finely chopped (15p)
- 1 garlic clove, finely chopped (30p)
- 2 tsp sweet smoked paprika (59p)
- 2 x 400g cans chopped tomatoes (28p)
- grated parmesan, to serve (optional)

TOTAL COST £2.52

Method

- **STEP 1** Bring a large pan of water to the boil and cook the spaghetti following pack instructions. Meanwhile, heat the oil in a large non-stick frying pan and cook the bacon for 3-4 mins until just starting to crisp. Stir in the onion and cook for another 3-4 mins, then add the garlic and smoked paprika, and cook for 1 min more.
- **STEP 2** Pour in the chopped tomatoes, bring to the boil and bubble for about 5 mins until thickened, stirring every so often to stop it catching on the bottom. Drain the pasta and toss with the sauce. Serve with Parmesan, if you like.

Pizza Baked Potato



Ingredients

- 4 baking potatoes (49p)
- 1 tbsp olive oil
- ½ red onion , finely chopped (10p)
- 1 garlic clove , crushed (30p)
- 60g pack sliced pepperoni , torn(50p)
- 400g can chopped tomato (28p)
- ½ small pack basil leaves , shredded (55p)
- 100g grated mozzarella (57p)

TOTAL COST £2.79

Method

- **STEP 1** Heat oven to 200C/180C fan/gas 6. Scrub the potatoes and dry well, then prick several times with a fork. Bake directly on the oven shelf for 1-1½ hrs, until they feel soft. If you are short of time, prick each potato with a fork, wrap in a sheet of kitchen paper and microwave on High for 8-10 mins until soft inside.
- **STEP 2** While the potatoes cook, heat the oil in a small pan and sauté the onion for 5 mins to soften. Stir in the garlic and pepperoni, and cook for 1-2 mins, then add the chopped tomatoes. Bring to the boil, then simmer for 5 mins. Season and stir in half the basil. Spoon over the split potatoes and top each one with a good handful of cheese and the rest of the basil.

Sticky ribs with roast potato salad



Ingredients

- 3 racks of pork spare ribs, or about 1.5kg/3lb 5oz single pork spare ribs (£6.00)
- 1 small onion , diced (15p)
- 1 tbsp olive oil
- 1 garlic clove , crushed (30p)
- 2 tbsp smoked paprika (59p)
- 1 tsp mild chilli powder (59p)
- 300ml tomato passata (33p)
- 2 tbsp tomato purée (30p)
- 150ml cider, white or red wine vinegar (75p)
- 125g dark muscovado sugar (45p)

For the potatoes

- 1 ½kg new potatoes, skin on (49p)
- 2 tbsp olive oil
- 1-2 rosemary sprigs, finely chopped, or a pinch of mixed dried herbs (50p)
- 2 tbsp white or red wine vinegar

TOTAL COST £10.48

Method

- **STEP 1** Heat oven to 150C/130C fan/gas 2. Put the ribs in a roasting tin in a single layer and just cover with water. Cover with foil and cook for 1½ hrs. Drain well. If you are not finishing these straight away, cover and chill until ready to cook.
- **STEP 2** Meanwhile, fry the onion in the oil in a pan until soft. Add the garlic, smoked paprika and chilli powder and fry for 1 min. Add the passata, purée, vinegar and sugar and bring everything to a simmer. Cook for 10 mins. If you are not using this sauce straight away, cool and chill.
- **STEP 3** Heat oven to 220C/200C fan/gas 7. Brush the ribs all over with the sauce and lay on a baking sheet. Mix the potatoes with the oil, rosemary and seasoning in a large roasting tin. Roast for 40 mins on a middle shelf, with the ribs on the shelf above. Turn the ribs and potatoes halfway, until both are nicely browned all over. Tip the potatoes into a large bowl sprinkle with the vinegar and serve hot, warm or cold. Slice the ribs to serve and put any extra sauce into bowls for dipping.

Sweet and sour chicken skewers with fruity noodles



Ingredients

- 425g can pineapple chunks, drained, juice reserved (1.10)
- 4 tbsp tomato ketchup
- 2 tbsp white wine vinegar (75p)
- 6 skinless chicken thighs , cut into chunks (1.98)
- 2 red chillies , deseeded and chopped (45p)
- 1 red pepper , cut into chunks (45p)
- 3 egg noodles nests (53)
- small bunch spring onions , sliced (40p)

TOTAL COST £5.66

Method

- **STEP 1** Mix the pineapple juice, tomato ketchup, vinegar and some seasoning together. Reserve half, then add the rest to a bowl with the chicken and half the red chilli. Marinate for 5 mins.
- **STEP 2** Thread the chicken, pepper and half the pineapple onto 8 skewers.
- **STEP 3** Heat your grill, or fire up a barbecue. Brush any excess marinade over the skewers, then grill or barbecue, turning regularly, for about 8 mins or until the chicken is starting to char at the edges and is cooked through.
- **STEP 4** Meanwhile, cook the noodles following pack instructions, drain, then stir through the remaining pineapple, chilli and spring onions. Serve with the remaining sauce on the side or drizzled on top of the skewers.

Chicken and lemon skewers



Ingredients

- 1 small pack mint , leaves picked (50p)
- 150g natural yogurt , plus extra to serve (optional) (1.50)
- 1 lemon , zested and juiced (49p)
- ½ tsp ground cumin (59p)
- ½ tsp ground coriander (50p)
- 2cm piece ginger , grated (50p)
- 4 skinless chicken breasts, each cut into 6 pieces (3.82)
- 4 wholemeal flatbreads or pittas (79)
- 2 Little Gem lettuces , sliced (70p)
- 1 small red onion , sliced, to serve (49p)
- pickled red cabbage , chilli sauce and hummus, to serve (all optional)

TOTAL COST £9.97

You will need 4 metal or wooden skewers

Method

- **STEP 1** Chop half the mint and put in a bowl with the yogurt, half the lemon juice, all the lemon zest, spices and ginger. Mix well and season with lots of black pepper and a pinch of salt. Add the chicken pieces, mix well and put in the fridge for 20-30 mins. Meanwhile, soak 4 large wooden skewers in water for at least 20 mins (or use metal ones).
- **STEP 2** When you're ready to cook the chicken, heat your grill to a medium heat and line the grill tray with foil. Thread the chicken onto the soaked wooden or metal skewers and grill for 15-20 mins, turning halfway through, until browned and cooked through.
- **STEP 3** Warm the flatbreads under the grill for a couple of seconds, then serve them topped with the lettuce, chicken, red onion, remaining lemon juice and mint, and any optional extras such as extra yogurt or pickled cabbage, chilli sauce and hummus.

Carrot biryani



Ingredients

- 2 tbsp olive oil
- 1 onion , sliced (30p)
- 1 green chilli , chopped (deseeded if you don't like it very hot) (45p)
- 1 garlic clove , peeled (30p)
- 1 tbsp garam marsala (97p)
- 1 tsp turmeric (59p)
- 3 carrots , grated (44p)
- 2 x 200g pouch brown basmati rice (70p)
- 150g frozen peas (20p)
- 50g roasted cashews (75p)
- coriander and yogurt, to serve (1.00)

TOTAL COST £5.70

Method

- **STEP 1** Heat the oil in a large frying pan, tip in the onion with a big pinch of salt and fry until softened, around 5 mins, then add the chilli and crush in the garlic and cook for 1 min more. Stir in the spices with a splash of water and cook for a couple of mins before adding the carrots and stirring well to coat in all of the spices and flavours.
- **STEP 2** Tip in the rice, peas and cashews, then use the back of your spoon to break up any clumps of rice and combine with the rest of the ingredients, cover and cook over a high heat for 5 mins (it's nice if a bit of rice catches on the base to give a bit of texture to the dish). Scatter over the coriander with spoonfuls of yogurt, then serve straight from the pan.

Swedish meatballs



Ingredients

- 2 tsp olive oil
- 12 British beef meatballs (3.00)
- 15g butter (10p)
- 1 tbsp plain flour (5p)
- ½ tsp allspice (50p)
- 200ml chicken stock (39p)
- 175ml single cream (55p)
- A squeeze of lemon juice (15p)
- A splash of Worcestershire sauce (20p)
- A pinch of salt and ground black pepper
- A small handful of chopped fresh dill (50p)
- Mashed potato and a dollop of lingonberry or cranberry sauce to serve (75p)

TOTAL COST £6.19

Method

STEP 1 Heat 2 tsp olive oil in a heavy-based frying pan (with a lid) over a medium-high heat, then brown 12 meatballs all over. Remove with a slotted spoon and set aside.

STEP 2 Turn down the heat to low-medium, add 15g butter to the pan and whisk until melted. Whisk in 1 tbsp plain flour and ½ tsp allspice, then cook until smelling toasty

STEP 3 Gradually add 200ml chicken stock and 175ml single cream, whisking all the time, until smooth.

STEP 4 Return the meatballs to the pan, cover and simmer gently for 10-12 minutes or until cooked through. Season with a squeeze of lemon juice, a splash of Worcestershire sauce and a pinch of salt and ground black pepper.

STEP 5 Sprinkle with a small handful of chopped fresh dill and serve with mashed potato and a dollop of lingonberry or cranberry sauce.

Turkish macaroni cheese (firin makarna)



Ingredients

- 200g halloumi, grated (1.75)
- 200g cheddar, grated (1.00)
- 1 tsp dried mint (69p)
- 500g macaroni (54p)
- Olive oil for drizzling and frying
- 1 onion, finely chopped (15p)
- 500g British lamb mince (4.00)
- 1 tsp ground cinnamon (69p)
- Handful fresh flatleaf parsley, chopped
- 1 tbsp sweet red pepper paste (from Turkish grocers or good delis) or tomato paste (55p)

TOTAL COST £10.36

For the béchamel sauce

- 60g butter (40p)
- 75g plain flour (10p)
- 600ml milk (80p)
- 1 large free-range egg, beaten (12p)
- ½ tsp ground cinnamon

Method

STEP 1 Mix the grated cheeses with the dried mint, then divide in half and put in 2 bowls. Cook the macaroni in boiling salted water for 8-10 minutes until al dente. Drain, rinse quickly with cold water, put back into the pan and toss in a little olive oil.

STEP 2 Meanwhile heat a good splash of olive oil in a large, deep frying pan and fry the onion on a low-medium heat for around 8 minutes until softened and only just colouring.

STEP 3 Add the mince, turn up the heat to medium-high and stir regularly to brown the meat. When nearly all the meat is browned, stir in the cinnamon, chopped parsley and pepper/tomato paste. Season with salt and pepper and set aside. Heat the oven to 200°C/180°C fan/gas 6.

STEP 4 To assemble the macaroni cheese, lightly oil a 2 litre ovenproof dish. Put half the pasta in the dish and sprinkle over one third of the cheese mixture from the first bowl. Add all the mince and sprinkle again with half the remaining cheese. Top with the rest of the pasta and, finally, the rest of the cheese from the first bowl.

STEP 5 For the béchamel sauce, melt the butter in a large pan slowly over a medium heat until starting to froth. Add the flour and start to whisk (the mixture will be a thick paste). Continue to cook until the paste turns golden and starts to smell biscuity. While vigorously whisking, slowly pour in the milk, keeping the mixture moving all the time to prevent lumps. Carry on whisking until the mixture thickens enough to coat the back of a wooden spoon. Take off the heat and whisk in the beaten egg. Return to the heat for a few seconds until it just starts to bubble.

STEP 6 Add most of the second bowl of grated cheeses and the ½ tsp cinnamon to the sauce and stir until smooth. Pour the sauce over the top of the pasta and mince, making sure it spreads to the very edges by smoothing it over with a spatula. Top with the remaining cheese.

STEP 7 Transfer the dish to the oven and bake for around 40 minutes until the top is golden brown and the sauce appears to have set. Remove from the oven and leave to rest for 15 minutes before serving.