



COOKING ON A BUDGET

POCKET FRIENDLY,
NUTRITIOUS AND
FAST EVERYDAY
RECIPES TO COOK
AS A FAMILY

ABOUT GROUNDWORK YORKSHIRE

Groundwork was founded in the North of England. It was at a time of political, social and economic challenge. It was an experiment. To help communities cope with change. To work together. To make their lives and neighbourhoods better. That spirit of enterprise and innovation have never been more needed.

In every community – however disadvantaged – there are deep reserves of pride. People with the passion and ideas to improve their circumstances and surroundings.

Groundwork exists to harness that pride. To unlock that passion. Our services, projects and programmes change people's lives. They can also make our communities more resilient for the future.

Groundwork is an organisation that embraces transformation. We positively change places and people's lives, in partnership where we can.



TOP TIPS

✓ **USE BY VS BEST BEFORE DATES**

Use by dates generally refer to fresh, ready to eat food and is related to safety. Best before dates are around food quality and are usually ok to eat after the date but use your eyes and nose to judge whether it's okay.

✓ **PUT A LID ON YOUR PAN**

Save heat and energy, as well as cooking quicker.

✓ **FREEZE YOUR FOOD**

If you have left overs or decide to batch cook, you can freeze your food in a suitable container for up to six months. When the food starts to look like it's developing its own ice, it's been in too long and may not be safe to eat.

✓ **EAT SEASONALLY**

Look at what fruit and vegetables are grown and harvested in that season. They're generally cheaper to buy in shops and may be better quality too.

✓ **BUY WONKY FRUIT AND VEGETABLES**

Wonky fruit and vegetables are better value and help to reduce food waste.

✓ **USE YOUR MICROWAVE**

A microwave is cheaper to run than a hob and an unfilled oven. You can batch cook your food and reheat in the microwave as needed.

✓ **REGROW**

Potato eyes can be planted, herbs can produce new roots and seeds can grow new flowers.

✓ **TINNED FOOD LASTS LONGER**

Items like beans, tomatoes and coconut milk are great store cupboard essentials and can help to bulk out a meal. They also last a while so are good to stock up, use when needed and reduce food waste.

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VEGETABLE FAJITAS

SERVES 4

COOKING TIME: 20 MIN

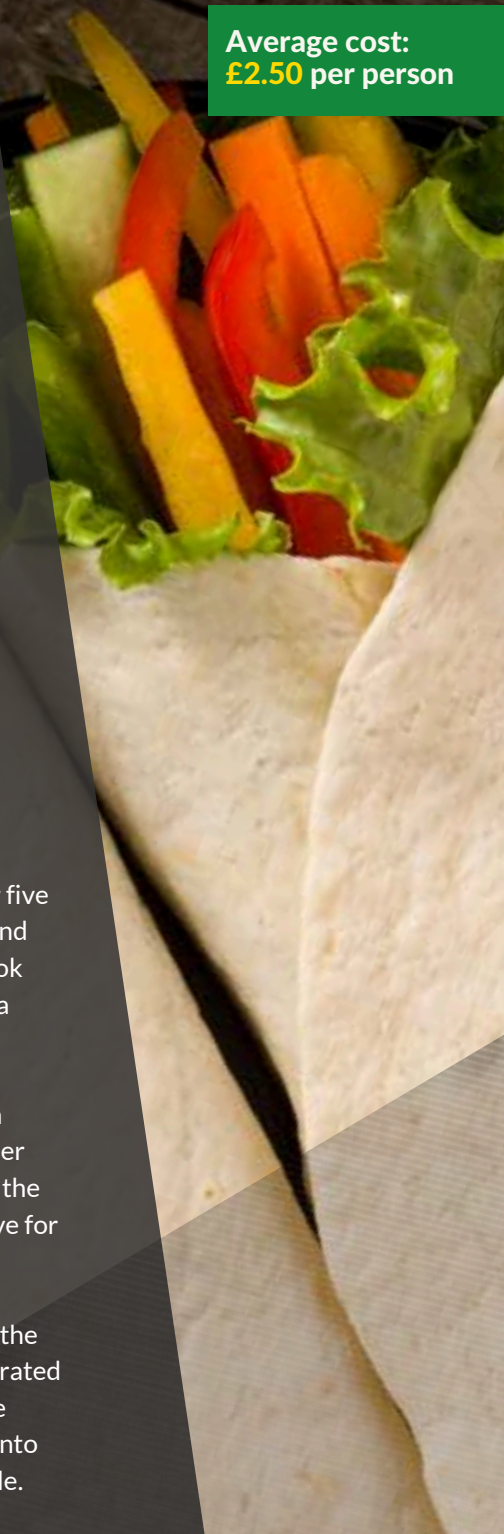
INGREDIENTS

- 4 carrots
- 1 onion diced
- 1 red or yellow pepper (optional)
- 2 courgettes
- Bag of rocket or lettuce
- Fajita spice mix
- Wraps
- 1 tbsp vegetable oil
- 150g block of cheese, grated
- 200g cooked chicken or roasted butternut squash, cubed and skin off (optional)

COOKING INSTRUCTIONS

- ✓ Cut the vegetables into short, thin strips (julienne). Microwave or boil the carrots for five minutes, then add them all, except lettuce and rocket, to a pan with a tablespoon of oil. Cook until soft (around 10 minutes.) Add the fajita spice mix and cook for another minute.
- ✓ Whilst this is cooking, layer your wraps on a plate. To prevent them from sticking together place one towards the left and one towards the right, then alternate. Warm in the microwave for one minute.
- ✓ Once cooked through, put a scoop of veg in the middle of each wrap, top with a handful of grated cheese, lettuce/rocket and wrap, folding the bottom up by about 5cm, then the left side into the middle then the right side into the middle.

Average cost:
£2.50 per person



EGG FRIED RICE

SERVES 4

COOKING TIME: 20 MIN

INGREDIENTS

- 3 eggs
- Spring onions
- 2 garlic cloves
- 1 tbsp vegetable oil
- 3 red peppers diced
- Dark soy sauce
- 240g boiled long grain rice
- Salt and pepper to season

COOKING INSTRUCTIONS

- ✓ Cook the rice as per packet instructions (usually add to boiling water for 15 minutes.) Once cooked, drain any excess water and set aside.
- ✓ Fry the garlic, chopped spring onions and diced peppers in a frying pan for four minutes until softened
(Optional: add diced chicken and cook for eight minutes until browned.)
- ✓ Add three beaten eggs, stir well in the frying pan
- ✓ Add the boiled rice. Flavour to taste with dark soy sauce (around 1/4 bottle), salt and pepper.

Average cost:
£1.03 per person



HIDDEN VEGETABLE TOMATO PASTA

Average cost:
£1.84 per person

SERVES 4

COOKING TIME: 20 MIN

INGREDIENTS

- 2 cans chopped tomatoes
- 4 garlic cloves
- 2 onions diced
- 2 red peppers, sliced
- 3 tbsp tomato puree
- 3 stalks or 1 tsp basil *
- 3 stalks or 1 tsp oregano *
- 360g pasta (1 big cup per person)
- 50g cheese, grated

COOKING INSTRUCTIONS

- ✓ Dice the onions and finely chop or crush the garlic cloves and fry for three minutes in a saucepan.
- ✓ Chop the peppers into small pieces and fry off in the saucepan for five minutes. Add the chopped tomatoes and 3 tbsp tomato puree to the sauce, stir well.
- ✓ Roughly chop the stalks of basil and oregano (or use 1 tsp dried herbs if you prefer). Stir in well. Leave to simmer on a low heat for 20 minutes with the lid on.
- ✓ Bring another pan of water to the boil and add the pasta and cook for 20 minutes.
- ✓ Take the tomato sauce off the heat and carefully transfer the sauce to a food blender and blend until smooth. Alternatively you can mash this which will give a chunkier sauce.
- ✓ Drain the pasta and serve into bowls, add the sauce and garnish with a basil leaf.

* You can use herbs chopped from Incredible Edible gardens. Find your local one by visiting incredibleedible.org.uk/find-a-group



TOMATO AND BASIL SOUP

SERVES 4

COOKING TIME: 25 MIN

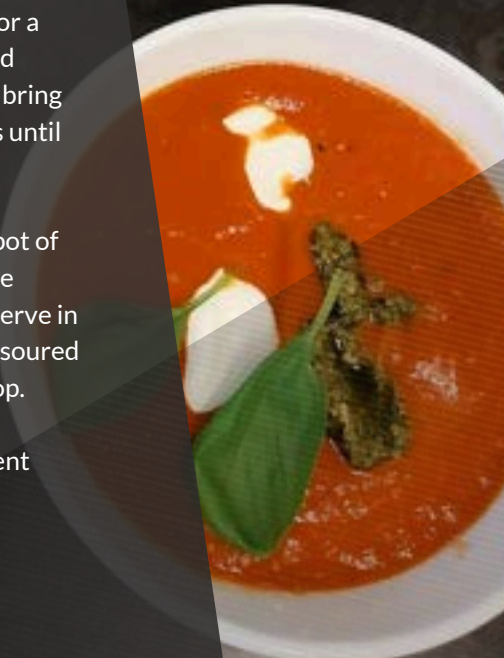
INGREDIENTS

- 1 tbsp vegetable oil
- 2 garlic cloves crushed
- 3 x 400g cans plum tomatoes
- 500ml vegetable stock
- 1 tsp sugar
- 142 pot soured cream
- 125g basil pesto jar
- Salt and pepper to season
- (Optional basil leaves to serve)

COOKING INSTRUCTIONS

- ✓ Heat the oil then add the garlic and soften for a few minutes over a low heat. Add the canned tomatoes, stock, sugar, and seasoning, then bring to a simmer. Let the soup bubble for 10mins until the tomatoes have broken down a little.
- ✓ Whizz with a stick blender, adding half the pot of soured cream as you go. Taste and adjust the seasoning - add more sugar if you need to. Serve in bowls with 1 tbsp of the pesto, a little more soured cream, and scatter basil leaves swirled on top.
- ✓ See our bread recipe as a nice accompaniment

Average cost:
£0.62 per person



BREAD

Average cost:
£0.64 per person

MAKES 8 SLICES PREP:15 MINS

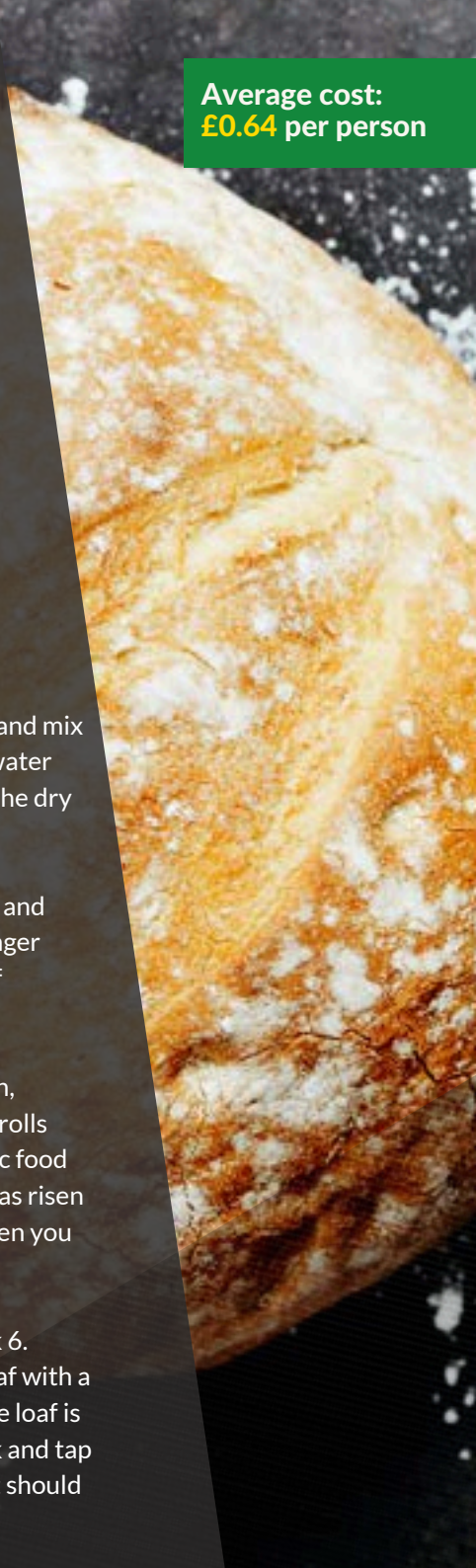
COOKING TIME: 35 MINS

INGREDIENTS

- 500g granary, strong wholewheat or white bread flour
- 7g sachet fast action yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 tbsp clear honey (optional)

COOKING INSTRUCTIONS

- ✓ Tip the flour, yeast and salt into a large bowl and mix together with your hands. Stir 300ml warm water with the oil and honey (if using) and stir into the dry ingredients to make a soft dough.
- ✓ Turn the dough onto a lightly floured surface and knead for five minutes, until the dough no longer feels sticky. Sprinkle with a little more flour if needed.
- ✓ Oil a 900g loaf tin and put the dough in the tin, pressing it in evenly, or shape a loaf or bread rolls onto an oiled baking tray. Put in a large plastic food bag and leave to rise for one hour or until it has risen to fill the tin and it no longer springs back when you press it with your finger.
- ✓ Heat the oven to 200°C/180°C (fan)/gas mark 6. Make several slashes across the top of the loaf with a sharp knife then bake for 30-35 mins until the loaf is risen and golden. Remove onto a cooling rack and tap the base of the bread to check it is cooked - it should sound hollow. Leave to cool.



CRISPY BLACK BEAN TACOS

Average cost:
£1.95 per person

SERVES 8

COOKING TIME: 40 MIN

INGREDIENTS

- 3 tbsp olive oil
- 1/2 medium white onion
- 3 garlic cloves
- 1 tsp cumin
- 1/2 tsp paprika
- 2 tins black beans/ mixed beans rinsed & drained
- 8 corn tortillas
- 600g rice

COOKING INSTRUCTIONS

- ✓ Measure rice, rinse in cold water and cover the rice with cold water plus an extra 1cm. Put lid on and cook for 15 minutes.
- ✓ Chop and fry the onion for 3-4 minutes. Add crushed or finely chopped garlic and fry for another 1-2 minutes. Mix in cumin, paprika, salt, pepper and remove from the heat.
- ✓ Put the black beans in a bowl and mash with a fork. Add to the pan with the onion and spices. Cook through and place the mixture in a bowl. Add cooked rice and mix together.
- ✓ Add 1 tbsp oil to the pan and fry one side of a tortilla for roughly 10 seconds. Flip the tortilla and add 3-4 tbsp of the black bean and rice filling on to one half of the tortilla.
- ✓ Fold the tortilla in half and press down with a spatula. Cook each side until golden brown (around one to three minutes.) Repeat with more tortillas and filling.



Average cost:
£0.70 per person

JACKET POTATO

SERVES 4

COOKING TIME: 20 MIN

INGREDIENTS

- 4 big potatoes, washed
- Toppings - Butter, grated cheese, tuna, beans, chilli

COOKING INSTRUCTIONS

- ✓ Prick the potatoes all over with a fork and cook in the microwave for four minutes. Turn over, and cook for another four minutes.
- ✓ Check if the potato is soft with a fork and microwave for a further two minutes on each side if needed. Once it feels soft inside, add toppings and enjoy.
- ✓ For a crispy outer skin, after microwaving rub with a little oil, salt and pepper then put in the oven for 30 minutes on 200°C/180°C (fan)/gas mark 6. You may consider doing more than one potato if turning the oven on to reheat the next day for lunch or dinner.



LENTIL SHEPHERD'S PIE

Average cost:
£2.25 per person

SERVES 6

COOKING TIME: 40 MIN

INGREDIENTS

- 6 large potatoes
- 70ml milk (or non-dairy alternative)
- 2 tsp olive oil
- 1 medium onion
- 4 garlic cloves
- 1 tsp rosemary
- 1 tsp thyme
- 1 carrot
- 800ml cooked brown/green lentils
- 2 tbsp cornflour
- 3 tbsp soy sauce
- 250ml tomato passata
- 250ml vegetable stock

COOKING INSTRUCTIONS

- ✓ Preheat oven to 200°C/gas mark 6. Chop the potatoes and boil for 15 minutes until soft. Drain, cool and add milk and butter (optional) and mash until creamy.
- ✓ Chop and fry the onions, garlic and carrot. Add the herbs, cooked lentils and cornflour. Stir well and add soy sauce and passata.
- ✓ Add the stock, mix well and bring to the boil. Season with salt and pepper to taste.
- ✓ Put the mix in an oven proof dish and cover with mash. Use a fork to fluff up the top and add a brush of oil or butter for extra crispiness. Bake for 30 minutes and grill for an extra one to two minutes until golden.



CARROT & CORIANDER SOUP

SERVES 4

COOKING TIME: 40 MIN

INGREDIENTS

- 1 medium sweet potato (approx. 150g)
- 5 carrots (approx. 400g)
- 1 medium white onion
- 20g fresh coriander or 1 tbsp dried coriander
- 400ml vegetable stock
- 400ml semi skimmed milk (or non dairy alternative)
- 1 tbsp vegetable oil
- Ground black pepper

COOKING INSTRUCTIONS

- ✓ Peel and finely chop the onion.
- ✓ Peel and chop the sweet potato and carrots into 1cm chunks.
- ✓ Wash the fresh coriander, remove the leaves and chop finely.
- ✓ Add the oil and onions to a large saucepan and cook until soft
- ✓ Add the carrots, sweet potato, vegetable stock and milk. Simmer with the lid on until soft then add the coriander.
- ✓ Blend the soup using a blender (or mash if you haven't got one) and season with pepper to taste.

Average cost:
£0.99 per person



ONE POT CREAMY MUSHROOM PASTA

SERVES 4

COOKING TIME: 20 MIN

INGREDIENTS

- 300g pasta
- 1/2 an onion
- 2 cloves of garlic
- 1 vegetable stock cube
- 300g mushrooms
- 1 tin full fat coconut milk
- 1 tsp light soy sauce
- Baby spinach or kale (optional)

COOKING INSTRUCTIONS

- ✓ Dice the onion and mince or finely chop the garlic and fry for 2-3 minutes. Slice the mushrooms and add to the pan. Fry for 5 minutes.
- ✓ Add the dry pasta, coconut milk and vegetable stock. Make sure the liquid covers the pasta and add water if needed. Add 1 tsp of soy sauce.
- ✓ Cover and bring to the boil. Reduce the heat and simmer for 10 minutes, stirring frequently.
- ✓ When the pasta looks creamy, take off the heat and stir in your preferred leafy greens to wilt.

Average cost:
£1.33 per person



SPINACH AND CHICKPEA CURRY

SERVES 4

COOKING TIME: 15 MIN

INGREDIENTS

- 2 tbsp mild curry paste
- 1 onion
- 1 tin tomatoes
- 2 tins chickpeas, drained and rinsed
- 250g baby leaf spinach
- Squeeze of lemon juice (optional)
- Rice

COOKING INSTRUCTIONS

- ✓ Add 200g rice (50-75g rice per person) to a large saucepan of boiling water and cook for 10 minutes.
- ✓ Heat the curry paste in a large non-stick frying pan. Once it starts to split, add the onion and cook for a further 2 minutes to soften. Add the tomatoes and simmer for 5 minutes or until the sauce has reduced.
- ✓ Add the chickpeas and season with salt and pepper and cook for a further minute. Take off the heat and mix in the spinach to wilt the leaves. Season, add the lemon juice, and serve with the rice.

Average cost:
£1.06 per person



KIDNEY BEAN AND POTATO CHILLI

Average cost:
£0.88 per person

SERVES 4

COOKING TIME: 30 MIN

INGREDIENTS

- 2 baking potatoes
- 1/2 tin chopped tomatoes
- 1 tin kidney beans
- 1 onion
- 1 tsp coriander powder
- 1 tsp paprika powder
- 1 tsp thyme
- 1/2 tsp turmeric
- 1 tsp garlic powder
- 1 tsp ginger powder

COOKING INSTRUCTIONS

- ✓ Chop and boil the potatoes. Simmer for 10-15 minutes until soft.
- ✓ Dice and fry the onion. Add the tinned tomatoes and spices and cook for 10 minutes.
- ✓ Add the boiled potatoes and kidney beans and simmer for at least five minutes until soft.
- ✓ Serve with rice.



PERFECT MY PIZZA

SERVES 4

COOKING TIME: 30 - 60 MIN

INGREDIENTS

- Frozen, basic pizza (margherita/pepperoni)
- Garlic bread as a side (cook as per pack instructions)
- Small potatoes (filler to make pizza go further)
- Additional toppings - frozen sweetcorn, frozen mushrooms, frozen peppers, frozen onions etc.

COOKING INSTRUCTIONS

- ✓ Add frozen ingredients to the pizza
- ✓ Cook the pizza as per pack instructions until hot and doesn't look watery.

A good way to feed more people is by adding garlic bread and potatoes.
- ✓ Cook garlic bread as per instructions, usually 15 minutes and in at the same time as the pizza. (Saver garlic bread tends to be vegan too as it's made with margarine, not butter!)
- ✓ Boil the potatoes in water for 10-15 minutes. Chop bigger chunks to help them cook quicker.

Average cost:
£2.08 per person



PUMPKIN SOUP

Average cost:
£1.12 per person

SERVES 6

COOKING TIME: 45 MIN

INGREDIENTS

- 2 tbsp olive oil
- 2 onions
- 1kg pumpkin or squash, peeled, deseeded and chopped into chunks
- 700ml vegetable or chicken stock
- 150ml double cream (optional)
- (Optional thyme for garnishing)

COOKING INSTRUCTIONS

- ✓ Heat 2 tbsp olive oil in a large saucepan. Finely chop the onions gently cook for five minutes until soft.
- ✓ Add the pumpkin or squash and carry on cooking for 8-10 minutes, stirring occasionally until it starts to soften and turn golden.
- ✓ Pour the stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 minutes until the pumpkin/squash is very soft.
- ✓ If using, pour the double cream into the pan, bring back to the boil, then purée with a hand blender. Alternatively, use a masher for a chunkier version. Add a garnish of thyme as shown on the picture



BANANA BREAD

SERVES 8

COOKING TIME: 30 - 55 MIN

INGREDIENTS

- 3 medium ripe bananas
- 75g butter (1/3 cup)
- 1/2 tsp baking soda
- A pinch of salt
- 150g sugar (3/4 cup)
- 1 medium or large egg
- 1 tsp vanilla extract
- 180g plain flour (1 1/2 cups)

COOKING INSTRUCTIONS

- ✓ Preheat oven to 175°C/gas mark 4 and grease and line a loaf tin. Mash the bananas in a bowl. Melt the butter and add to the mashed bananas.
- ✓ Mix in the baking soda and salt. Add the sugar, beaten egg and vanilla extract. Mix in the flour.
- ✓ Pour the batter into a loaf tin and bake for 55 minutes. You can use a baking tin instead and bake for 30 minutes. Check if the banana bread is done when a skewer or a knife comes out of the middle almost clean.

Average cost:
£1.45 per person



APPLE CRUMBLE

SERVES 6

COOKING TIME: 30 - 60 MIN

INGREDIENTS

FOR THE CRUMBLE

- 300g plain flour, sieved
- Pinch of salt
- 175g brown sugar
- 200g margarine

FOR THE FILLING

- 450g apples, peeled and cored
- 50g brown sugar
- 1 tbsp plain flour
- Pinch of ground cinnamon

COOKING INSTRUCTIONS

- ✓ Preheat oven to 180°C/gas mark 4.
- ✓ Mix the flour, sugar and salt in a bowl. Chop the butter into 1cm cubes and rub in with your fingertips until the mix resembles breadcrumbs.
- ✓ Chop the apples into 3cm cubes and mix together with the sugar and cinnamon.
- ✓ Grease an ovenproof dish, add the apple mix and sprinkle the crumble mix on top. Bake for 30-45 minutes until golden.
- ✓ Serve on it's own or with custard, cream or ice cream.

Average cost:
£1.50 per person



PUMPKIN SPICE LOAF

SERVES 8

COOKING TIME: 60 MIN

INGREDIENTS

- Pumpkin (approx. 200g)
- 100g dark brown sugar
- 225g caster sugar
- 120ml sunflower or vegetable oil
- 75ml water
- 2 medium eggs
- Zest of 1 lemon
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp allspice or mixed spice
- 1/2 tsp nutmeg
- 180g plain flour
- 1 tsp baking powder
- 30g pumpkin seeds (optional, to top)

COOKING INSTRUCTIONS

- ✓ Preheat oven to 160°C/gas mark 3 and grease and line a loaf tin with baking paper.
- ✓ Beat together the pumpkin, sugars, oil, water, eggs, lemon zest, salt and spices until combined.
- ✓ In another bowl, combine the flour and baking powder and add to the other dry ingredients. Add mixed dry ingredients into wet bowl and stir until combined and smooth.
- ✓ Pour into the loaf tin and sprinkle on pumpkin seeds (if using.) Bake for about 60 minutes until cooked through and a skewer comes out of the middle clean. *(Check after 45 minutes but it may take up to 1 hour 15 depending on your oven.)*

Average cost:
£3.27 per person



SLOW COOKER ADAPTATIONS

✓ SOUPS

It has never been easier to cook our soup recipes. Prepare ingredients as in the recipe, then simply add to your slow cooker and cook on high for six hours or until cooked and tender. For a smooth soup, blend with a hand held blender.

✓ LENTIL SHEPHERD'S PIE

Put aside the potatoes and milk. Add all of the remaining ingredients to your slow cooker and cook on a low heat for six to eight hours, or on high for approximately three hours, until all ingredients are tender.

While the lentil mix is cooking, prepare your mashed potato topping as per the recipe.

When the lentil mix is ready, spoon out into an oven proof dish, top with the mashed potato and place under a hot grill until the top is golden brown.

✓ ONE POT CREAMY PASTA

Prepare ingredients as in the recipe, then simply add to your slow cooker and cook on high until the pasta is cooked. Remember to check and stir occasionally to prevent your pasta from over cooking.

✓ SPINACH AND CHICKPEA CURRY

Prepare ingredients as in the recipe, then simply add to your slow cooker and cook on high for six hours or until all ingredients are tender.

✓ KIDNEY BEAN AND POTATO CURRY

Prepare ingredients as in the recipe, then simply add to your slow cooker and cook on high for six hours or until all ingredients are tender.

SLOW COOKER ADAPTATIONS

✓ BANANA BREAD

Line your slow cooker with tin foil, ensuring to push the foil into the base of the pot and smooth out along the bottom and edges. The edges of the foil should reach about half way up the sides of the pot. Make a second lining using baking parchment or grease proof paper.

Preheat your slow cooker on high for 20 minutes and prepare your banana bread mix as per the recipe.

Measure out four sheets of kitchen roll, leaving the join intact. Fold in half and place over the top of the slow cooker, trapping the excess kitchen roll in place with the lid.

Bake on high for a minimum of two hours, 15 minutes. The banana bread is done when a skewer inserted in to the middle comes out clean.

(Keep cooking and checking periodically until it's done.)

✓ APPLE CRUMBLE

Prepare all the filling ingredients as per the recipe. Add to the slow cooker and cover the ingredients with the crumble topping mix. Lay two sheets of kitchen paper or kitchen roll on top of the crumble. Cover with the lid and cook on a low heat for three and a half hours.

✓ PUMPKIN SPICED LOAF

Prepare your cake mix as per the recipe.

Place a trivet or small plate (upside down) in the slow cooker and fill with boiling water up to the height of the trivet/plate. Preheat the slow cooker on high.

Add the cake mix to a tin - You cannot use a springform or a loose bottomed base tin, as the water will get into the cake mix. Place tin foil over the top of the tin, ensuring it is sealed. Place the tin on the trivet or plate in the slow cooker, then fill with boiling water again, half way up the side of the cake tin. Place the lid on the slow cooker and cook for approximately three hours.








**FROM WARMING BUTTERNUT SQUASH
SOUP TO LENTIL SHEPHERD'S PIE TO
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POKE BOWL (VEGAN)

SERVES 4

COOKING TIME: 20 MIN

INGREDIENTS

- 2 carrots
- 160g spinach
- Falafel mix or balls
- Cous cous
- 1 yellow or red pepper
- Frozen broccoli florets
- Frozen sweetcorn

COOKING INSTRUCTIONS

- ✓ Boil a kettle. For each person, fill 1/3 cup with couscous and pour the boiled water to just cover the couscous. Put a plate on top and leave for three minutes or until the rest of the food is ready.
- ✓ Peel the carrots and cut them, along with the pepper, in to strips to make batons.
- ✓ Cook the broccoli florets in a pan of boiling water for five minutes, then add the sweetcorn for a further three minutes.
- ✓ Whilst the broccoli is cooking, make the falafels according to pack instructions.
- ✓ Add everything to a bowl to serve, layering with the cous cous on the bottom.



SPAGHETTI CARBONARA

SERVES 4

COOKING TIME: 12 MIN

INGREDIENTS

- 350g spaghetti
- 140g pack diced pancetta or smoked streaky bacon
- 2 tsp veg oil
- 1 garlic clove crushed
- 1 egg plus 4 yolks
- 50g parmesan grated (or cheddar)
- salt and pepper to season

COOKING INSTRUCTIONS

✓ Boil the pasta in water. Meanwhile fry pancetta in oil in a frying pan for three minutes or until golden and crisp. Add garlic, fry for one minute, then turn off the heat. Briefly whisk egg and yolks in a bowl with 30g cheese and some seasoning.

✓ Drain the pasta, reserving a little of the cooking water, add eggs and a tbsp of cooking water then mix until the pasta is coated and creamy. The heat from the pasta will gently cook the sauce. Stir in the pancetta/bacon and garlic and then serve topped with the remaining 20g of cheese.



CHICKEN AND CHORIZO JAMBALAYA

SERVES 4

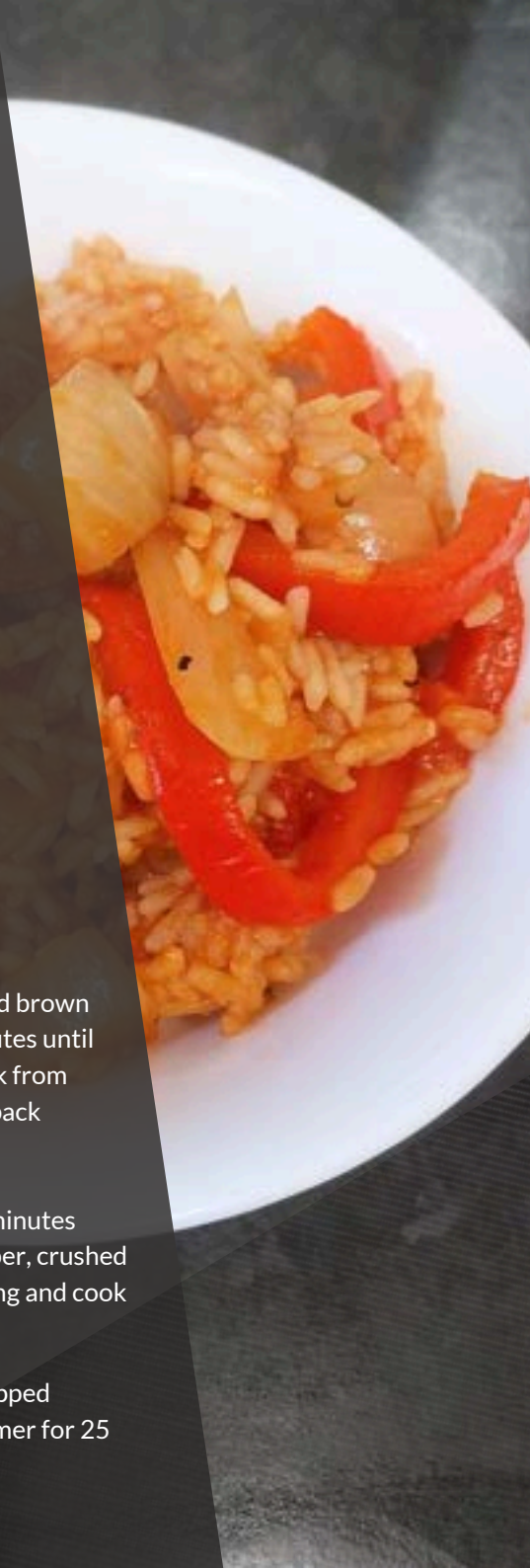
COOKING TIME: 40 MIN

INGREDIENTS

- 1 tbsp vegetable oil
- 2 chicken breasts, chopped, or meat free 'chicken' (approx 400g)
- 1 onion, diced
- 1 red pepper, thinly sliced
- 2 garlic cloves
- 75g chorizo, sliced
- 1 tbsp cajun seasoning
- 250g long grain rice
- 400g can plum tomatoes
- 350ml chicken or vegetable stock

COOKING INSTRUCTIONS

- ✓ Put 1 tbsp oil in a large pan with a lid and brown the chicken breast for five to eight minutes until golden. If using meat free 'chicken', cook from frozen for 14 minutes (or according to pack instructions.) Remove and set aside.
- ✓ Add the diced onion and cook for four minutes until soft. Add the thinly sliced red pepper, crushed garlic cloves, chorizo and cajun seasoning and cook for five more minutes.
- ✓ Stir in the chicken and rice, add the chopped tomatoes and the stock. Cover and simmer for 25 minutes until the rice is tender.



PEA RISOTTO

SERVES 4

COOKING TIME: 30 - 60 MIN

INGREDIENTS

- 100g frozen peas, cooked
- 1 tbsp olive oil
- 2 garlic cloves
- 8 spring onions
- 25g butter or margarine
- 200g risotto rice
- 1L vegetable stock
- 50g grated parmesan (or vegetarian alternative)

COOKING INSTRUCTIONS

- ✓ Mince or finely chop the garlic and chop the spring onions into small pieces.
- ✓ Heat 1 tbsp oil with the butter over a medium heat. Add the spring onions and garlic. Once the spring onions are soft but not brown, add the rice. Stir well to coat in the buttery mix for around 1 minute.
- ✓ Add 1/2 cup of stock, and stir regularly until it has disappeared into the rice. Repeat with large splashes of stock until you have used it up (approx. 20 minutes.) Continue if the rice is still undercooked.
- ✓ Once the rice is soft enough to eat, remove from the heat and gently stir in the grated cheese and peas.



DHAL

SERVES 4

COOKING TIME: 20 MIN

INGREDIENTS

- 1/2 tin of chopped tomatoes
- Red lentils 1 and 1/2 cups
- 1 medium onion
- 1/2 tsp chili powder
- 1 tsp coriander
- 1 tsp turmeric
- 1 tsp ground ginger
- 1 tsp garlic powder
- 1 tsp cumin seeds (optional)
- 1 tsp mustard seeds (optional)

COOKING INSTRUCTIONS

- ✓ Wash the lentils, cover with just enough water to cover them and bring to the boil. Simmer for 10 minutes on a low heat.
- ✓ While the lentils are boiling, fry the onion until golden. Add some cumin seeds and mustard seeds if using.
- ✓ Add the tinned tomatoes and spices and cook on the lowest heat for 10 minutes. If the mix starts to look dry, add a little bit of water.
- ✓ Add in the lentils once cooked. For a smoother Dhal, use a hand blender.

Serve with rice or naan bread.



“BEEF” STEW

SERVES 4

COOKING TIME: 20 MIN

INGREDIENTS

- Veg oil
- Italian herbs
- Garlic powder
- Onion powder
- Salt
- Pepper
- Onion
- Vegan mince
- 2 tins carrots
- 2 tins potato
- 1 tin tomatoes chopped
- 1 tube tomato paste
- 1 tin green beans
- Beef stock/bouillon

COOKING INSTRUCTIONS

- ✓ Add 1 tbsp oil to pan, add mince, add all the spices (1 tsp onion powder, 1 tsp garlic powder, 1 tsp salt and 1 tsp pepper, 2tsp Italian herbs).
- ✓ Add chopped onions cut into wedges. Cook for 4 mins to brown slightly and soften the onion, then add 2 tins of carrots (or 4 fresh sliced carrots), 2 tins of potato (or 3 fresh potatoes that have been microwaved for 4 mins on either side to soften, alternatively use raw fresh potato and cook for an extra 20mins), 1 can chopped tomatoes, half a tube of tomato puree, and beef stock or bouillon (this is cheaper than stock cubes gram for gram) simmer on medium to low heat for 20mins
- ✓ Add tin green beans, cook for 4 mins to warm through and serve with rice.



THAI GREEN CURRY (VEGAN)

SERVES 4

COOKING TIME: 20 MIN

INGREDIENTS

- 225g new potatoes
- 100g green beans
- 100g baby sweetcorn
- 1 red pepper, diced (save and plant seeds)
- 1 tbsp vegetable oil
- 1 garlic clove, chopped
- boiled rice, to serve
- 400ml can coconut milk
- good handful of basil leaves (optional).
- 1 rounded tbsp or 4 tsp Thai green curry paste (you can't fit the tablespoon into some of the jars)

COOKING INSTRUCTIONS

- ✓ Cut pre-cooked new potatoes into chunks. Trim and halve green beans
- ✓ In the pan, heat 1 tbsp vegetable oil until very hot, then drop in 1 chopped garlic clove and cook until golden, this should take only a few seconds. Don't let it go very dark or it will spoil the taste.
- ✓ Spoon in 1 rounded tbsp Thai green curry paste and stir it around for a few seconds to begin to cook the spices and release all the flavours.
- ✓ Next, pour in a 400ml can of coconut milk
- ✓ Tip in the cooked potatoes, sweetcorn, red pepper and beans and let them warm through in the hot coconut milk. Cook for 20 mins.
- ✓ Serve with boiled rice. Add a good handful basil leaves, but only leave them briefly on the heat or they will quickly lose their brightness.

