



Free  
Cookbook

Eat Delicious.

How to Eat Well for £18 / Week

Limahl Asmall

TINY BUDGET'S  
**EAT  
DELICIOUS**

EAT WELL FOR £18 /WEEK

SHOPPING LISTS  
WEEKLY MEALPLANS  
SWAPPABLE INGREDIENTS

**Limahl Asmall**

More  
Recipes...

[www.tinybudgetcooking.com](http://www.tinybudgetcooking.com)

4 Week meal  
plan for **£18.00** person  
/week\*

7 Delicious  
breakfasts, lunches  
and dinners

flexible recipes  
and swappable  
ingredients

Inc. price checked  
shopping lists for your  
convenience.

**Save Money,  
waste Less, and Eat  
Delicious**

\*That's £0.86p /meal

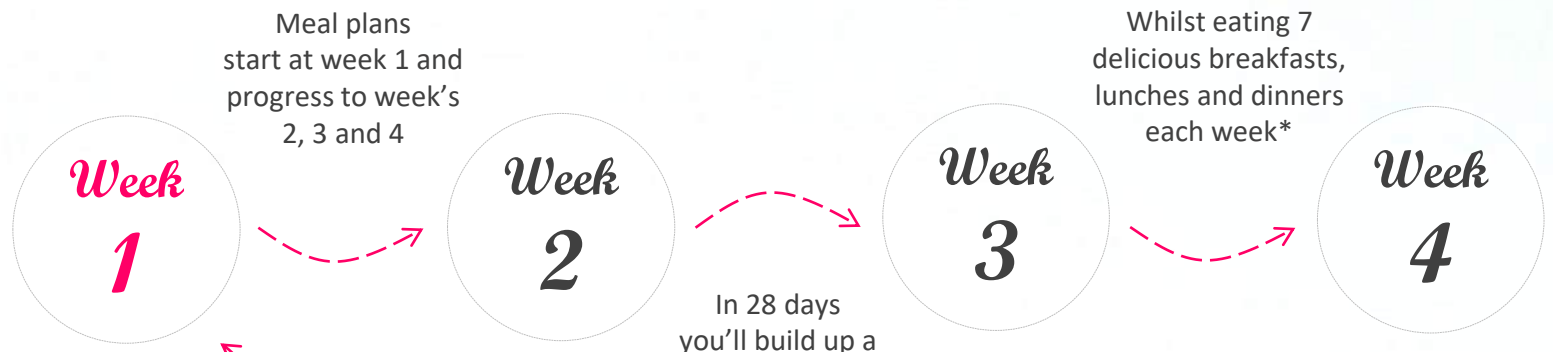


\*Approximately £0.86p /meal

\*Average £36.00 /week total based on two people

\*Ingredients may not be available at all supermarkets.

\*In store prices may fluctuate



In 28 days you'll build up a cupboard of new ingredients

\*All for £0.86p /meal

Click on a circle to go to each week's meal plan



Or scroll down to see the recipe list.



# How to use this cookbook

Makes 8

Ready in 20 Mins

Vegetarian option

Weekend breakfast

This section tells you things like cooking time and whether there is a veg option. It also tells you how many meals the recipe covers.

Cook once Eat twice: Sun-Thurs dinner recipes make four portions. That's dinner for two and the next day's lunch for two.

## Oven Temperature

Oven times vary between brand and type. Ours have been calculated using a fan assisted electric oven. Here's a simple conversion guide.

Fahrenheit	Gas	Electric	Electric (Fan)
375	5	190	170
400	6	200	180
425	7	220	200
450	8	230	210

The How to section is a step by step guide to making the meal. If you follow these instructions the recipe should turn out just fine.

## Measurements

Teaspoon (tsp)

Tablespoon (Tbsp.)

Millilitre (ml)

Grams (g)

Cups

We chose Cups as a measurement because it makes life so much easier than weighing everything. For consistent measurements, choose a standard coffee cup and use it each time. Unlike baking, cooking is ultimately forgiving and small variations will make no difference.

When there is a side dish or instructions for lunch you can access them by clicking this link.

How to instructions...

This is the ingredients list to make the Original Recipe. It will taste great with these quantities.



### Original Recipe

1 Ripe Banana

¾ cup Plain Flour

1 tsp Baking Powder

But if you don't have an ingredient, or just don't like one, you can change it for one in the Swap Shop.



### Swap Shop

Nectarine, Peach,

-

-

This area is for tips and any other information that can make life easier.



And to take the recipe to the next level this section highlights complimentary ingredients for adding more big flavours.



### Additions

½ tsp Ground Cinnamon

½ tsp Vanilla Essence

The term al dente is usually used to describe pasta that has a small bite left to it, but it can be used for perfectly cooked mushrooms

# Kitchen Equipment



## The essentials for a modern kitchen

Some equipment you'll need and some that just makes life easier. For example a wine bottle doubles as a rolling pin and a fork can be used to mash potato and whisk eggs. Some good advice is to get a sharp knife and a non-stick frying pan.

### Very Useful

### Essential

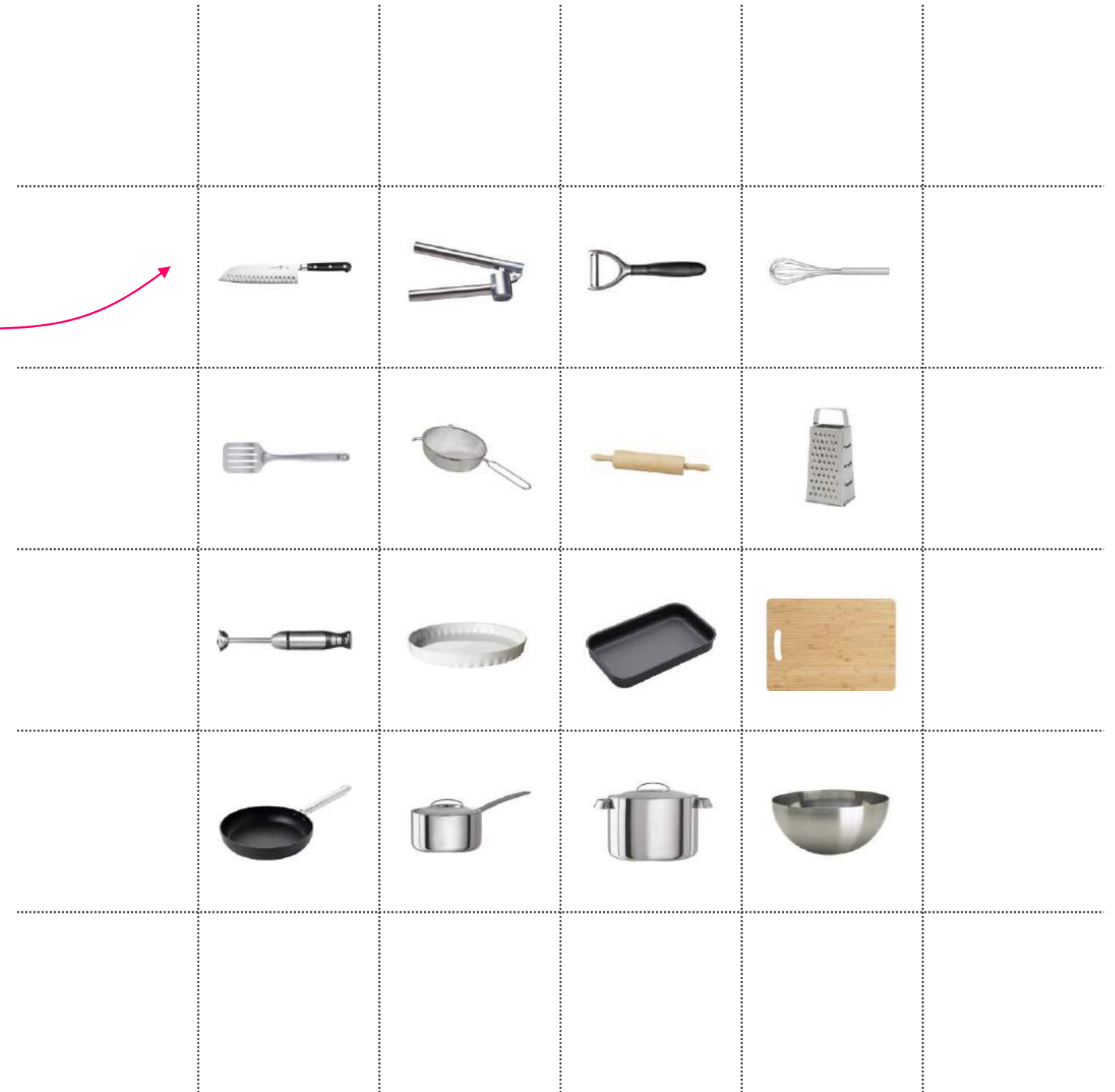
- Garlic Press
- Balloon Whisk
- Rolling Pin
- Aluminium Foil
- Cling Film
- Lunch Boxes
- Freezer Boxes
- Freezer Bags
- Sharp Knife**
- Vegetable Peeler**
- Grater**
- Sieve**
- Spatula**
- Chopping Board**
- 18-21 cm Oven Dish**
- Mixing Bowl**
- Large Deep Pot**
- Medium Pot**
- Large Roasting Tray**
- 18-21 cm Non-Stick Frying Pan**
- Electric Hand Blender**

If you've most of the items in the list you'll be able to easily create the recipes in this cookbook.

A great rule of thumb is to buy less but at the best quality you can comfortably afford.

For example, it's better to save for a decent chopping board than replace a poorly made one every 6 months.

In the long run you'll end up with great equipment that will last a lifetime.



“Your guide to eating mouth-watering meals made on a tiny budget.”



[Recipe Index](#)

## Breakfast & brunch

### Banana pancakes

w/ Madagascan vanilla yoghurt

*Meat free*

### Mighty omelette

w/ sundried tomato and bacon

*Meat free option*

### Pan-fried courgette

On toast

*Meat free*

### Simple bruschetta

w/ tomato and sundried tomato oil

*Meat free*

### Egg and bacon sandwich

On toasted bread

*Meat*

### Garlic butter mushrooms

On toast

*Meat free*

### Shakin' shakshuka

Middle Eastern style baked eggs

*Meat free*

### Far East style egg

w/ greens

*Meat free*

### Perfect scrambled eggs

On toast

*Meat free*

### Mighty omelette

w/ spring onion and cheddar cheese

*Meat free*

### King's Breakfast

Deluxe sandwich w/ bacon, egg, cheddar & tomato

*Meat free option*

Click on a link to go to that page



“Meal plans  
start at week 1 and  
progress to week’s  
2, 3 and 4.”



## Breakfast & brunch cont'd

**Full English breakfast**  
w/ giant Yorkshire pudding

*Meat free option*

**Smashed avocado**  
On toast

*Meat free*

**Fresh egg roll-ups**  
w/ grated courgette and spring onion

*Meat free*

## Soup & broth

**Carrot & sweet potato soup**  
w/ crème fraiche

*Meat free*

**French onion soup**  
w/ melted cheese crouton

*Meat free option*

**Cabbage & white bean stew**  
w/ potatoes, carrots and herbs

*Meat free*

**Sweet potato soup**  
w/ sundried tomato oil and feta shavings

*Meat free*

**Butternut squash, ginger & coconut soup**  
w/ fresh coriander

*Meat free*

**Monday's roast chicken soup**  
w/ barley

*Meat*

**Leek & potato soup**  
Countryside style

*Meat free*

Click on a  
link to go to  
that page



*“In 28 days  
you’ll build up a  
cupboard of new  
ingredients.”*



## Mains & meals

### Lucky chicken bake

w/ Mediterranean roast veg and couscous

*Meat*

### Sammy T’s dirty rice

A mouth-watering medley of flavours

*Meat free option*

### Fresh Frittata

w/ bacon & courgette

*Meat free option*

### Chick ‘n’ chorizo

w/ lemon butter broccoli

*Meat*

### Lentil & bacon hotpot

w/ carrots

*Meat free option*

### Crème fraiche spaghetti

w/ chorizo sausage & spinach

*Meat free option*

### The best marinated veg

w/ herby rice

*Meat free*

### Pizza Sunday

Create your own

*Meat free option*

### Meatball marinara

w/ smoky tomato sauce and spaghetti

*Meat*

### Cracking couscous

Another mouth-watering medley of flavours

*Meat free option*

### Chicken fajitas

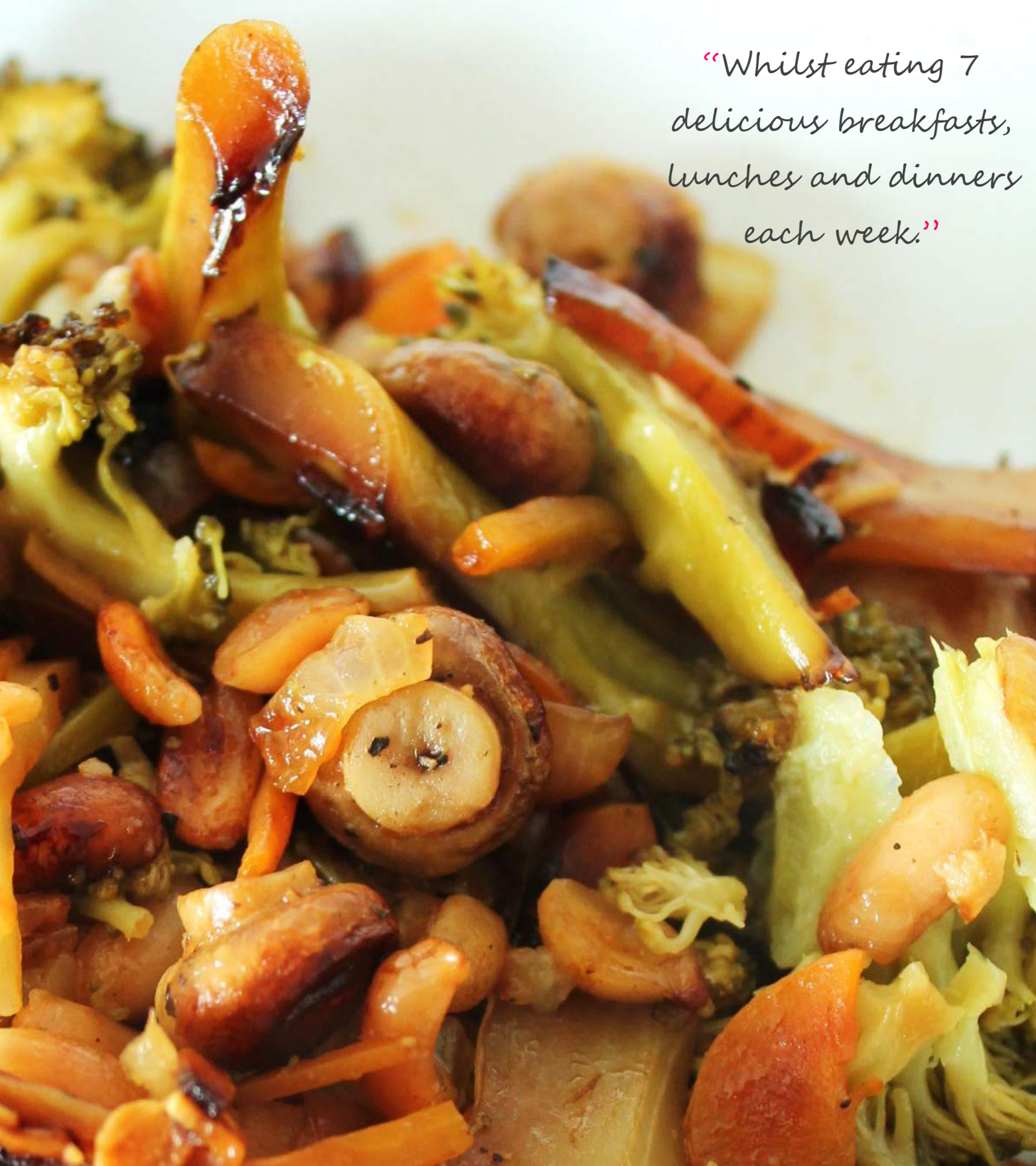
w/ smashed avocado

*Meat free option*

*Click on a  
link to go to  
that page*







“Whilst eating 7  
delicious breakfasts,  
lunches and dinners  
each week.”

## Mains & meals cont'd

- |  |                  |
|--|------------------|
| <b>Veg stir-fry</b><br>w/ noodles  | <i>Meat free</i> |
| <b>Tiph's potato rosti</b><br>w/ super slaw                                      | <i>Meat free</i> |
| <b>Onion Bhaji</b><br>w/ super slaw  | <i>Meat free</i> |
| <b>Thai green curry paste</b><br>Better than a takeaway                          | <i>Meat free</i> |
| <b>Thai green curry</b><br>w/ chicken & rice                                     | <i>Meat</i>      |
| <b>Melt in the mouth bean burger</b><br>w/ toasted bun and customisable fillings | <i>Meat free</i> |
| <b>Chicken tagine</b><br>w/ couscous   | <i>Meat</i>      |
| <b>Chickpea, spinach &amp; feta salad</b><br>w/ a light lemon and oil dressing   | <i>Meat free</i> |
| <b>One pot pasta</b><br>w/ a rich sundried tomato, herb & feta sauce             | <i>Meat free</i> |
| <b>Perfect parmigiana</b><br>w/ layers of baked aubergine, tomato and mozzarella | <i>Meat free</i> |
| <b>Spring potato salad</b><br>w/ fresh parsley, mint, spring onion and mayo      | <i>Meat free</i> |

Click on a  
link to go to  
that page



“With flexible  
meals and swappable  
ingredients”



## Mains & meals cont'd

### Roast veg medley

w/ baked feta

*Meat free*

### Succulent roast chicken

w/ all the trimmings

*Meat*

### Extra crispy roast potatoes

For any occasion

*Meat free*

### Spaghetti puttanesca

w/ garlic, chilli, olives and anchovies

*Meat free option*

### Aubergine green curry

Thai style w/ rice

*Meat free*

### Broccoli & button mushrooms

Baked in foil Asian style

*Meat free*

### Butternut squash and bacon risotto

w/ herb roasted squash & crispy bacon

*Meat free option*

### Roast chicken salad

w/ olive tapenade and crisp vegetables

*Meat free option*

### Ricotta, thyme and tomato tart

w/ shortcrust pasty

*Meat free*

Click on a  
link to go to  
that page



“...and price  
checked shopping lists  
at £18 /person\*”



## Leftover rice, pasta & potato

Pan-fried Asian style rice cakes  
w/ griddled tomatoes

*Meat free*

Spaghetti cakes  
w/ carrot and courgette ribbon salad

*Meat free*

Pan-fried potato cakes  
w/ griddled tomatoes

*Meat free*

Pan-fried risotto cakes  
w/ cherry tomatoes

*Meat free option*

## Dessert & treats bonus recipe

Peach clafoutis  
Soft fruit baked in a sumptuous batter

*Meat free*

## Bonus article

How to create a weekly meal plan  
Your guide to budget planning

*Meat free*

Click on a  
link to go to  
that page



\*Approximately £0.86p /meal

\*Average £36.00 /week total based on two people

\*Ingredients may not be available at all supermarkets.

\*In store prices may fluctuate

# Week One!

## Menu for two people

This mouth-watering meal plan for two people uses an array of healthy vegetables, succulent meats and big flavours all for a shopping bill of £18.00 per person. That's seven days of delicious meals that you don't have to think about. (P.S. If you don't have time for cooked breakfast in the morning, simply go for toast, cereal or fruit and yoghurt)

**£20**  
per person\*

Don't worry, the price will go down next week as you build up a cupboard of ingredients

\*In store prices may fluctuate  
\*Ingredients may not be available at all supermarkets.  
\*Approximate cost per person, based on two people.

Click on an item to go to that recipe

Meal plans start on a Sunday so you can shop on the weekend and be prepared for the week.

But feel free to choose which days to eat what. Simply work it around your lifestyle. It's up to you.

Just remember, Sunday to Thursday's dinner becomes the next day's packed lunch, saving you time during the busy week.

	Breakfast	Lunch	Dinner	
	Banana Pancakes w/ Madagascan vanilla yoghurt	Pan-fried Asian style rice cakes	Lucky chicken bake w/ Mediterranean roast veg & couscous	Sunday
	Mighty omelette w/ sundried tomato and bacon	(Lucky chicken bake w/ Mediterranean roast veg & couscous)	Sammy T's dirty rice	Monday
	Pan-fried courgette on toast	(Sammy T's dirty rice)	Carrot and sweet potato soup w/ crème fraiche	Tuesday
	Simple Bruschetta	Fresh Frittata w/ bacon and courgette	Chick 'n' chorizo w/ Lemon butter broccoli	Wednesday
	Toasted egg and bacon Sandwich	(Chick 'n' chorizo w/ Butter lemon broccoli)	Lentil and bacon hotpot w/ carrots	Thursday
	Garlic butter mushrooms On toast	(Lentil and bacon hotpot w/ carrots)	Spaghetti w/ crème fraiche spinach and chorizo sausage	Friday
	Shakin' shakshuka	Spaghetti cake w/ carrot and courgette ribbon salad	The best marinated veg w/ rice	Saturday

# Week One Shopping list

## Price checked against major supermarkets

We checked the prices at Sainsbury, Asda and Tesco supermarkets and all three came in approx. £40.00 for the entire shopping list for two people. Lidl may be cheapest overall but did not sell green lentils. (You could always go to a corner store or ethnic shop for these). Remember that the weekly shop will get cheaper as you build up a cupboard of ingredients! The shopping list opposite is compiled using supermarket own-brand ingredients where possible.

Say Goodbye to the 'What's For Dinner' game, and Hello to fuss free food

*\*Starred Ingredients will not be finished this week and can be used as part of another meal plan.*

*Basic ingredients are not included so if you don't have the following items, add them to the list.*

*(Salt, Pepper, Chicken Stock Cubes, Beef stock Cubes, Vegetable Stock Cubes, Olive Oil, Vegetable Oil, Sugar)*

*If you don't like an ingredient or simply don't have it, check out the Swap Shop section on each recipe. You can easily personalise your meals to suit your taste buds.*

### Fresh Produce to buy

### Meat and Dairy to buy

### Store Cupboard to buy

### From previous weeks

Sweet Potato x 2

Chicken Thighs x 1kg

Canned Tomato x 4

\*Spring Onion x 1 Bunch

Chorizo Sausages x 400g

Canned Butterbeans x 2 cans

Carrots x 1kg

\*Cooking Bacon x 670g

Sundried Tomato x 280g

Broccoli x 1

Back Bacon x 250g

\*Light Soy Sauce x 150ml

Peppers x 600g

\*Salted Butter x 250g

\*Mixed Herbs x 14g

Mushrooms x 800g

Crème Fraiche x 300ml

\*Tandoori Masala x 100g

Tomatoes x 12

Free Range Eggs x 12

\*Green Lentils x 500g

Courgette x 3

\*Mature Cheddar x 400g

\*Couscous x 500g

Spinach x 260g

Organic Milk x 1 pint

\*White Rice x 1kg

Lemon x 1

Vanilla Yoghurt x 150g

\*Spaghetti x500g

\*Onion x 1.5kg

Farmhouse Bread x 800g

Garlic bulbs x 4

\*Plain Flour x 1.5kg

Fairtrade Banana x 1

\*Baking Powder x 160g

# Banana pancakes

A fluffy no-egg pancake recipe

Makes  
8

Ready in  
20 Mins

Vegetarian  
option

Weekend  
breakfast

*Delicious  
with vanilla  
yoghurt*

*These fluffy pancakes can be eaten as an indulgent breakfast or dessert and can be made with bananas or other fruits such as nectarines. They are great served with yoghurt and fresh berries and equally delicious with ice cream, maple syrup or honey (as is everything).*

## Original Recipe

**1 Ripe Banana**

**¾ cup Plain Flour**

**1 tsp Baking Powder**

**¼ cup Sugar**

**¾ cup Milk**

**1 tbsp. Cooking Oil**

**Madagascar Vanilla Yoghurt 150g**

## Swap Shop

Nectarine, Peach,

-

-

-

-

-

## Additions

½ tsp Ground Cinnamon

½ tsp Vanilla Essence

Honey or Maple Syrup

Icing Sugar

Ice Cream



How to  
instructions...



## Kitchen & shopping tips 01

### The Food Movement

Currently, there are over 13 million people living under or around the poverty line in the UK, and in the U.S. one sixth of the population (47 million people) receive food stamps, (SNAP).

In recent years, emergency Food Bank use in the UK has tripled and is set to rise across the country with **1,109,309** three-day emergency food parcels given out in 2015-2016, and a reported 1 in 6 parents having skipped a meal so their families can eat. These aren't isolated cases, (and there are many more that go unreported), these are real issues faced by couples, students, families and the elderly, not just in our own country, but in countries throughout the world. It has become a global problem and it needs addressing.

Whilst food banks are an essential lifeline to those at crisis point, they are limited in their ability to create lasting change. Cheaper rent and a pay rise would be a good start, but we believe the most effective way to reduce food poverty is by **knowing how to cook mouth-watering food on even the tiniest budget.**

And that's what this cookbook is about.

Big Love,  
Lim & Tiph Xx

# How to make banana pancakes

- 1.** Sift  $\frac{3}{4}$  cup flour, 1 tsp baking powder,  $\frac{1}{4}$  cup sugar and a pinch of salt into a mixing bowl and stir together. (Add  $\frac{1}{2}$  a tsp cinnamon if using).
- 2.** Pour in  $\frac{3}{4}$  cup milk (and  $\frac{1}{2}$  tsp vanilla essence if using) and gently beat together with a whisk or fork until the batter has just combined. If there are small lumps in the batter that is ok. Over mixing the batter will activate the gluten in the flour and result in chewy pancakes, so keep the mixing time minimum for a fluffy texture.
- 3.** Thoroughly mash a ripe banana in a separate bowl then add to the batter and mix through.
- 4.** Get a non-stick frying pan medium-hot and add a dash of oil or butter. Slowly pour a  $\frac{1}{4}$  cup of batter into the pan and wait 60-90 seconds before turning the pancake with a spatula. Bubbles will have formed and popped on the surface by this point, but make sure not to leave them too long as they burn easily.
- 5.** Cook for a further 60-90 seconds before sliding onto a plate. You can keep them warm by loosely wrapping in foil or placing in a warm oven. Eat fresh with Madagascan vanilla yoghurt or a scoop of ice cream!

# Pan-fried rice cakes

w/ Far East dipping sauce

Two servings

Ready in 15 Mins

Vegetarian option

Weekend lunch

Love your leftovers

*This is a great recipe for using up leftover rice so if you have some lying around in the fridge consider making a portion of these. If not, simply cook a batch of rice and spread thinly over a plate to cool and dry for a 5 minutes before making the cakes. They also make a great packed lunch.*

## Original Recipe

**2 cups Cooked Rice**

**1 Egg**

**½ Grated Onion**

**½ Grated Clove Garlic**

**2 Spring Onions**

**½ cup Chopped Spinach**

**2 tbsp. Soya Sauce**

**1 tsp Mixed Herbs**

**Salt and Pepper**

## Swap Shop

(approx. ¾ cup uncooked)

-

2 cm Grated Ginger

-

½ cup Chopped Coriander

-

## Additions

1 tsp Chilli Flakes

½ cup Coriander

Small can of Tuna

2 cm Grated Ginger





*“It sounds silly but  
don't go food shopping  
when hungry.”*



# How to make Pan-fried rice cakes

- 1.** Finely chop the spring onions and spinach. Grate the onion and garlic and add to a mixing along with the rice, mixed herbs and soya sauce.
- 2.** Crack the egg into the bowl and add a good pinch salt and pepper. Use a fork to thoroughly mix the egg through the ingredients.
- 3.** Add 1 tbsp. oil to a non-stick frying pan and heat to medium. Divide the rice into 8-10 portions and form into burger sized patties. Cook the first batch by gently adding 4-5 patties to the frying pan. (If the rice is too moist to shape into patties, spoon individual portions onto the frying pan).
- 4.** Using the back of a spoon, shape into 1 cm thick burger sized patties and cook for 6-8 minutes on one side taking care not to move them.
- 5.** Gently turn the cakes with a spatula, add a second tbsp. oil and cook for a further 5 minutes. Transfer the cooked cakes to a tray and keep in a warm oven.
- 6.** Serve with a dipping sauce made with 2 tbsp. soya sauce, 1 tbsp. water, ½ a chopped spring onion and 1 cm grated ginger if available.

# Lucky chicken bake

w/ Mediterranean roast veg and couscous

Four servings

Ready in 60 Minutes

Vegetarian option

Dinner & lunch

*This is a firm favourite for feeding groups . It's as simple as throwing the ingredients into an oven and leaving to become delicious. There's really no need to spend hours slaving away only to find your guests have finished all the drink and cheated at monopoly.*

## Original Recipe

4 Chicken Thighs

3 Medium Onions

4 Cloves Garlic

2 Peppers

8 Mushrooms

1 can Tomatoes

4 Sundried Tomatoes

1 Chicken Stock Cube

2 tsp Mixed Herbs

2 tbsp. Olive Oil

Salt and Pepper

## Swap Shop

4 Sweet Potatoes

-

-

2 Sweet Potatoes

1 Aubergine

8 Medium Tomatoes

12 Olives

1 Beef or Veg Stock

2 tsp Rosemary

2 tbsp. Cooking Oil

-

## Additions

4 Rashers Bacon

2 cups Couscous

¼ cup Crumbled Feta

Lemon Quarters



*“Cook an extra portion to save time and keep you from buying expensive lunch at work”*

# How to make Lucky chicken bake

- 1.** Preheat the oven to 190 Celsius.  
Slice the onions into quarters and finely mince the garlic.
- 2.** Place into an oven tray along with a pinch of salt and pepper, the mixed herbs, olive oil, roughly chopped olives and crumbled stock cube.
- 3.** Pour in three tbsp. water. Halve each tomato and squeeze them into the roasting pan so that their juice comes out.
- 4.** Halve the mushrooms, roughly chop the peppers and add to the dish along with the chicken. Thoroughly mix everything together and place the chicken skin side up on top of the veg.
- 5.** Bake in the middle of the oven for approx. 40-45 minutes. The chicken skin will turn crisp and golden and the veg soft and juicy. Serve with couscous cooked in stock water.

# Butter lemon broccoli

Making great veg taste even greater

Two  
servings

Ready in  
10 Mins

Vegetarian  
option

Side  
dish

Use this  
dressing on  
all veg

Whether you're trying to get more veg in your diet or in need of a child friendly vegetable solution, this should do the trick.

It's the age old dilemma, how do you get veg haters to eat more? Give them butter lemon broccoli.

## Original Recipe

½ Head Broccoli

3 Carrots

3 tsp Butter

2 tsp Lemon Juice

Salt and Pepper

## Swap Shop

French Beans

Peas

Olive Oil

-

-

## Additions

Chives

Garlic

Broccoli stalk is an underused and delicious part of the vegetable that can be eaten raw or cooked. Peel away the outside skin and slice the inside into long batons. Boil or steam with the florets or add raw to salads.





## Kitchen & shopping tips 02

### Buy Big Flavours

Budget cooking is a game of flavour combinations, where the addition of ‘big flavours’ can transform recipes from mundane to mouth-watering. A good tip is to identify the big flavours that you like. Make a list and start adding these ingredients into your recipes. If you cook like this, expensive meat doesn’t have to be the centre of a meal. You can use less and still eat well. Here’s a suggested list of Big Flavours that can transform meals.

#### Fresh & Dairy

Eggs  
Butter  
Bacon  
Chorizo  
Cheddar Cheese  
Feta Cheese  
White Onions  
Garlic  
Fresh Coriander  
Spring Onions  
Fresh Ginger  
Fresh Chilli  
Lemon  
Lime

#### Spices & Herbs

Salt  
Pepper  
Tandoori Spice  
Garam Masala  
Chinese Five Spice  
Coriander Powder  
Cinnamon Powder  
Chilli Flakes  
Dried Thyme  
Dried Rosemary  
Mixed Herbs  
Chicken Stock Cubes  
Vegetable Stock Cubes  
Beef Stock Cubes

#### Cupboard

Olive Oil  
Sesame Oil  
Sundried Tomatoes  
Olives  
Capers  
Soya Sauce  
Anchovies  
Peanuts  
Mustard  
Tahini Paste  
Tomato Ketchup  
Honey  
Vanilla Essence  
Coconut Milk



# How to make Butter lemon broccoli

- 1.** Chop the veg into 3-4 cm pieces and throw into a pot of salted boiling water.
- 2.** Cook until they are just tender and with a little crunch, (approx. 3-4 minutes with a lid on), remove the pan from the heat and drain the water away.
- 3.** Add the butter and lemon juice to the still hot pan along with a pinch of salt and pepper. Wait for the butter to melt and then put the veg back in the pan and shake around to mingle with the juices.
- 4.** Serve and pour the remaining juices over the veg.

**Note.** This dressing goes especially well with lightly boiled carrots, peas, broccoli, green beans and baby potatoes. Don’t be put off by a tiny bit of butter. It’s less than the amount you’d spread on toast and really turns the ordinary into the extraordinary.

# Mighty omelette

w/ sundried tomato and bacon

Two servings

Ready in 15 Mins

Vegetarian option

Breakfast or brunch

Quick and easy, great to share

*Start your day with a nutritious omelette which will keep you going until lunch. There's tons of combos to create and plenty of vegetarian options, just swap out the ingredients you don't want and swap in the ones you do. The key to a great omelette is the process, so prep all the ingredients before cooking.*

## Original Recipe

**3 Eggs**

**2 Rashers Bacon**

**2 Sundried Tomatoes**

**3 tbsp. Grated Cheddar**

**1 tsp Butter**

**Salt and Pepper**

## Swap Shop

-

¼ Diced Courgette

1 Medium Tomato

3 tbsp. Crumbled Feta

1 tsp Olive Oil

-

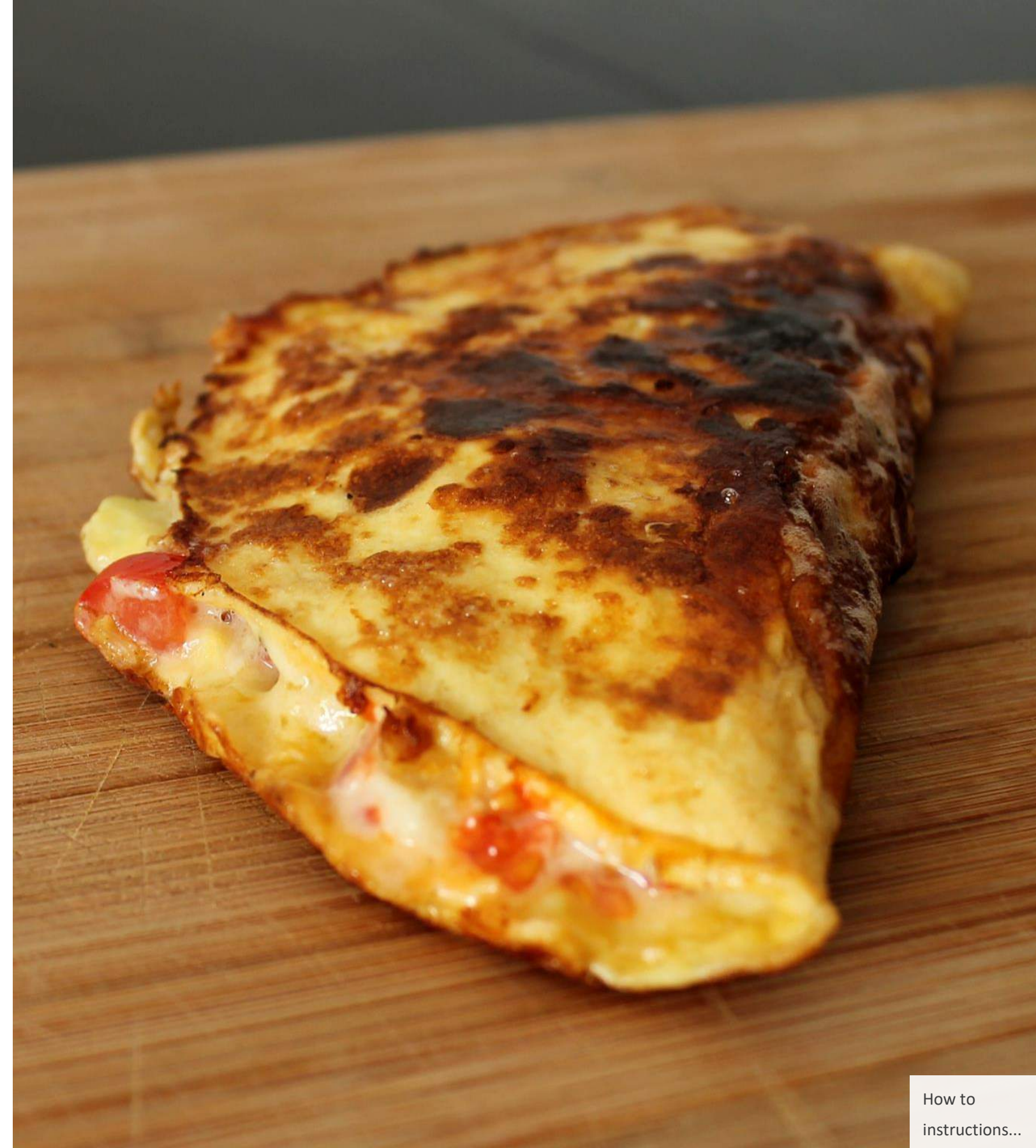
## Additions

¼ Spring Onion

½ tsp Mixed Herbs

¼ cup Fresh Spinach

¼ tsp Mustard



*“Say yes to own brand.  
Often the only difference  
between basic and premium  
food is the packaging and  
marketing budgets.”*



# How to make Mighty omelette

- 1.** Prep the fillings by cutting into 1cm pieces. Fry the bacon in a tsp oil for 3 minutes and reserve on a plate.
- 2.** Crack the eggs into a bowl and add a good pinch salt and pepper. (Add the mustard and finely chopped spring onion if using). Whisk the ingredients together with a fork.
- 3.** Heat a small non-stick frying pan to medium-low heat, and melt the butter. Pour in the egg mix and wait 30 seconds before scattering the filling evenly over the omelette.
- 4.** Cook for 4-5 minutes until the omelette begins to firm up with just a little wobbly on the surface. Take a spatula and gently fold in half.
- 5.** Cook for a further 2-3 minutes to finish the inside. Slide onto a plate and enjoy!

# Sammy T's dirty rice

a mouth-watering recipe bursting with flavour

Great for  
picnics

Four  
servings

Ready in  
30 Mins

Vegetarian  
option

Dinner  
& lunch

*This recipe originated whilst at University and received its name from the variety of ingredients friends put into their own versions. It wows the taste buds every time. Give it a go. For meat free, use a veg stock cube and remove the chorizo.*

## Original Recipe

**2 Onions**  
**2 Cloves Garlic**  
**2 Chorizo Sausages**  
**1 Carrot**  
**4 Tomatoes**  
**1 Spring Onion**  
**2 Cups Spinach**  
**6 Sundried Tomatoes**  
**½ cup Diced Cheddar**  
**3 tbsp. Soy Sauce**  
**2 tbsp. Olive Oil**

## Swap Shop

-  
½ tsp Garlic Powder  
4-6 Rashers Bacon  
1 Pepper  
1 can Toms (Drained)  
-  
1 cup Green Beans  
12-16 Olives  
½ cup Feta Cheese  
2 tbsp. Lemon Juice  
-

## To Make the Rice

1 ½ cups Rice  
4 cups Boiling Water  
2 tbsp. S.D Oil\*  
2 Chicken Stock Cube  
½ Clove Garlic

\* Sundried Tomato Oil





*“In cities, local veg markets can offer amazing value for money, and ethnic shops are generally cheaper for herbs and specialty ingredients.”*



# How to make Sammy T's dirty rice

- 1.** Cook the rice by pouring the ingredients into a large pot and heating through to infuse for 2 minutes. Then add the water and cook as normal. Drain and reserve the cooked rice in a large mixing bowl.
- 2.** Cut the chorizo sausages lengthways and then dice into tiny cubes. Finely slice the onion and mince the garlic.
- 3.** Add a tbsp. oil to a non-stick frying pan and fry the sausage, garlic and onion over a medium heat for 4-5 minutes. Add to the rice and stir together.
- 4.** Finely dice the pepper, sundried tomato, spring onion, cheddar cheese, spinach and tomatoes, and add to the rice. (If using canned tomato, drain off the liquid and add the tomato only).
- 5.** Pour in the soya sauce and mix well. Taste test, season with salt and pepper and finish with a squeeze of lemon juice. If you want to take this to the next level add a handful of peanuts and some chopped coriander.

**Vegetarian.** Remove the chorizo and swap the chicken stock in the rice for vegetable stock cubes.

# Pan-fried courgette on toast

w/ sundried tomato

Two servings

Ready in 10 Mins

Vegetarian option

Breakfast or brunch

*Pan-fried courgette combines with sundried tomato and hot buttered toast to make a nutritious and delicious start to the day. Don't be afraid of eating it for breakfast, I promise you won't be disappointed. The soft inside is complemented by crunchier edges giving great texture in each mouthful.*

## Original Recipe

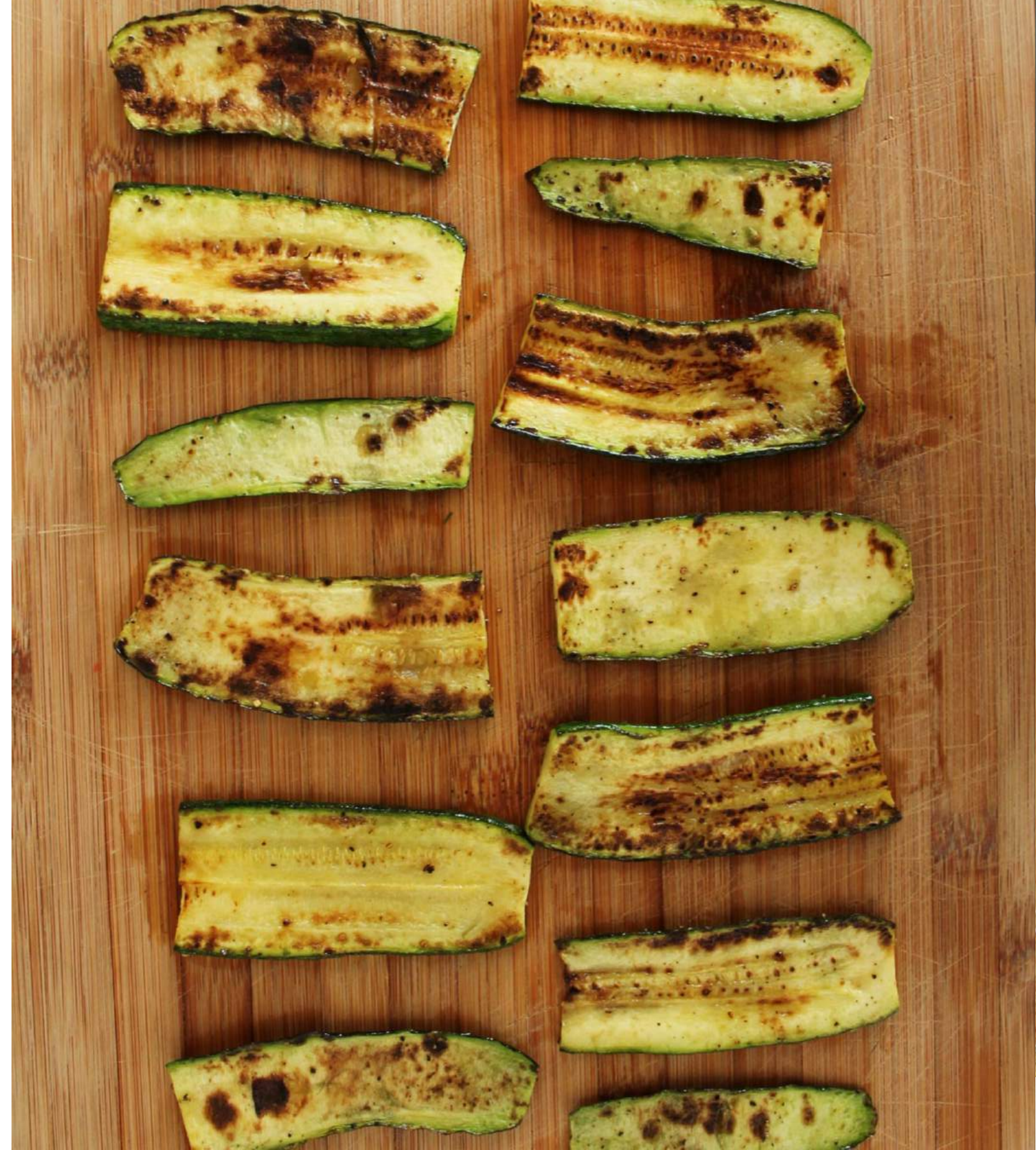
**1 Courgette**  
**2 Slices Toasted Bread**  
**1 tsp Olive Oil**  
**2 Sundried Tomatoes**  
**Salt and Pepper**

## Swap Shop

Mushrooms  
-  
1 tsp Butter  
- (optional)

## Additions

Mozzarella  
Cheddar Cheese  
Basil  
Crème Fraiche





## Kitchen & shopping tips 03

### When to Shop

It sounds silly, but don't go food shopping when hungry! How often do we find ourselves walking down the food aisles, drooling over the goods because we're shopping at the wrong time? Shopping when hungry is a sure-fire way to spend more on things you don't need. (I have found myself buying snacks for the short journey home even though I have a bag full of great food to cook, when I get home).

Listen to your body, and if you're hungry, eat first.



# How to make Pan-fried courgette on toast

- 1.** Cut the courgette into two and then along the length into slices approx. ½ cm thick. Drizzle with olive oil and season with salt and pepper
- 2.** Get a non-stick frying pan medium-hot and fry the courgette each side for 2-4 minutes until golden. When you turn the courgette begin toasting the bread.
- 3.** If using sundried tomatoes or bacon, roughly chop and add to the pan for a couple minutes.
- 4.** Butter the toast, pile over the courgette and enjoy.

# Carrot & sweet potato soup

w/ sundried tomato and crème fraiche

Four servings

Ready in 30 Minutes

Vegetarian option

Dinner

*My brother loves sweet potatoes. That's what I learned this week! In fact, I bet most people secretly love sweet potatoes. Their unique flavour makes a great change to normal potatoes. This soup can be made to suit vegetarians and is exceptional topped with grated feta. If you don't have feta, try a spoon of crème fraiche .*

## Original Recipe

1 ½ Sweet Potatoes

1 Carrot

1 Onion

2 Cloves Garlic

2 Sundried Tomatoes

1 tbsp. S.D Tomato Oil\*

3 cups Boiling Water

1 Chicken Stock Cube

Salt and Pepper

## Swap Shop

1 cup Red Lentils

-

-

-

1 tbsp. Tomato Puree

1 tbsp. Cooking Oil

-

1 Vegetable Cube

## Additions

Grated Feta

Crispy Bacon

Lemon Juice

Crème Fraiche

\*Sundried Tomato Oil



*“More than anything,  
enjoy yourself and take a  
light-hearted approach to cooking.  
If it didn't go to plan this time,  
you'll perfect it next time.”*



# How to make Carrot & sweet potato soup

- 1.** Roughly chop the sundried tomatoes, dice the onion and mince the garlic. Pour 1 tbsp. sundried tomato oil into a medium-hot pot and fry together for 3-4 minutes until soft.
- 2.** Chop the sweet potato (skin on) into 3 cm cubes and add to the pot along with the boiling water and stock cube.
- 3.** Simmer on a medium heat for 15-20 minutes until the sweet potato is soft.
- 4.** Blitz the soup with an electric hand blender, taste test and season with salt and pepper if needed.
- 5.** Serve into bowls and top with crème fraiche, crispy bacon or a squeeze of lemon juice.

# Simple bruschetta

A rustic Italian antipasto

Two servings

Ready in 10 Mins

Vegetarian option

Breakfast or brunch

Summer for breakfast

*Bruschetta is a delicious Italian recipe which consists of toasted bread rubbed with garlic and topped with fresh ingredients. In this version we're using juicy tomatoes and a little sundried tomato oil to give a real depth of flavour. Feel free to add basil and mozzarella to take this to the next level.*

## Original Recipe

**1 cup Chopped Tomatoes**

**3 Slices Toast Bread**

**1 tbsp. Olive Oil**

**1 Clove Garlic**

**2 tbsp. S.D Tomato Oil**

**Salt and Pepper**

## Swap Shop

Grilled Peppers

-

-

-

Olive Oil or Butter

-

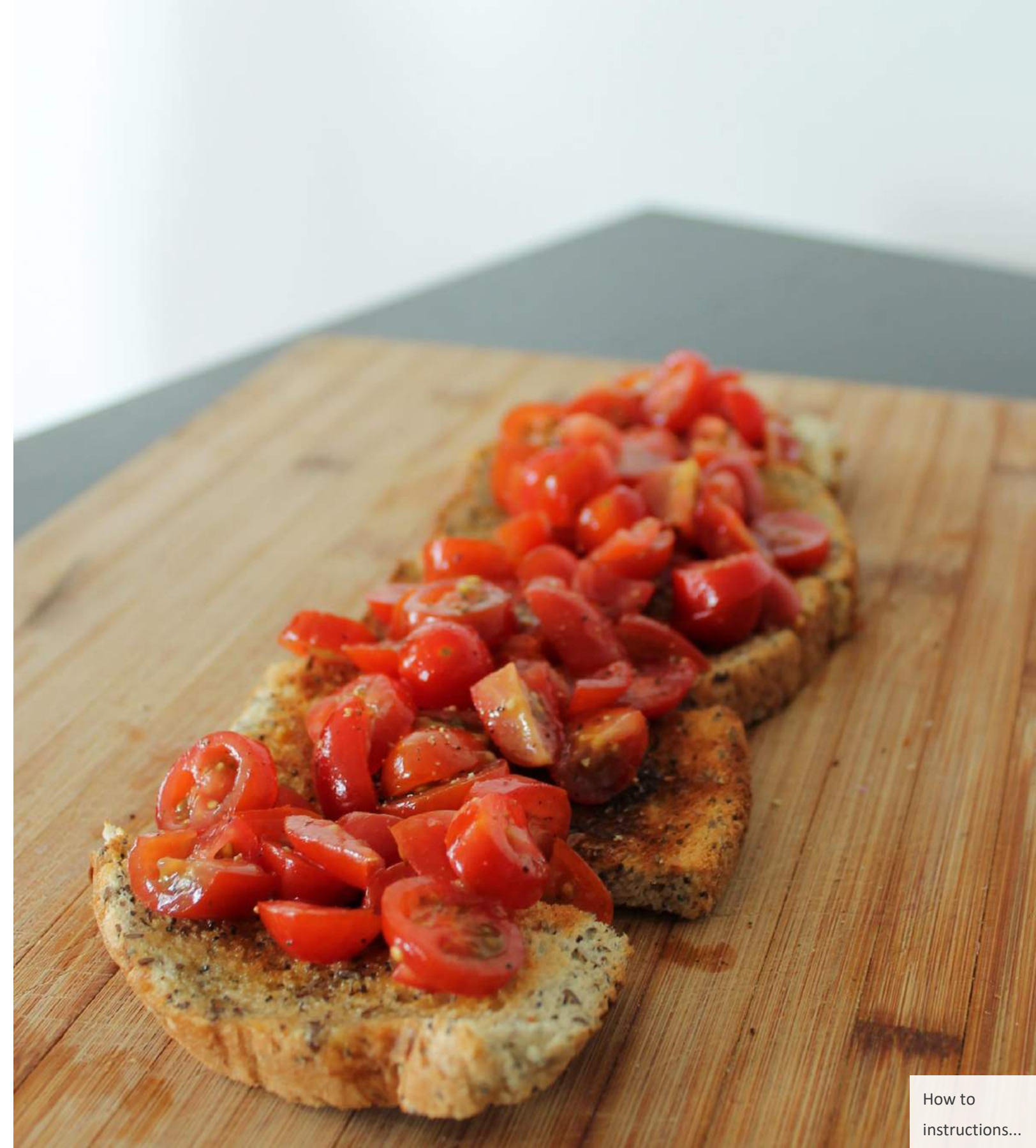
## Additions

Mozzarella

Basil

Balsamic Vinegar

Olives



*“The best advice?  
Read each recipe all  
the way through before  
you begin.”*



# How to make

## Simple bruschetta

- 1.** Cut the tomatoes into small pieces and add to a bowl. Season generously with salt and pepper and drizzle over the olive oil. Mix together and leave to rest.
- 2.** Toast the bread and cut it into 6 strips. Cut a clove of garlic in half and gently rub the cut end over the surface of the toast.
- 3.** Drizzle the sundried tomato over the bread then top with tomatoes. Make sure to pour over any juices as this contains massive flavour.

# Fresh frittata

w/ mushroom and bacon

Two servings

Ready in 20 Mins

Vegetarian option

Lunch

Makes a great pizza fix

*The simple frittata can be eaten hot or cold and is perfect for breakfast or a packed lunch. It is quick to make and really hits the spot when in need of a takeaway pizza. It is easily adapted to suit fussy eaters, but have fun pimping it up with more unusual ingredients if you have them.*

## Original Recipe

**3 Eggs**

**2 Rashers Bacon**

**4 Mushrooms**

**1/2 Onion**

**1 Clove Garlic**

**¼ cup Grated Cheddar**

**½ tsp Mixed Herbs**

**1 tbsp. S.D Tomato Oil\***

**Salt and Pepper**

## Swap Shop

-

3 Sundried Tomatoes

½ Courgette

1 Spring Onion

-

¼ cup Feta or Goat cheese

½ tsp Thyme

1 tbsp. Cooking Oil

## Filling Ideas

Chorizo, Onion and Peppers

Spinach, Feta and Sundried Tomato

Leek, Pre-cooked Potato and Garlic

\*Sundried Tomato Oil found in the jar the tomatoes come in.



How to instructions...





## Kitchen & shopping tips 04

### Where to Shop

Many of us don't live near a supermarket, and will make frequent trips to the local corner shop throughout the week. I agree we should all support our local shops, but if you are on a tight budget, making that one weekly trip to a large supermarket will bring down the cost of your food bill, (you can always shop local if you missed something). Prices in supermarkets are often (but not always) cheaper.

All the meals in the Eat Delicious cookbook have been prepared with ingredients from major supermarkets.

# How to make Fresh frittata

**If following the Meal Plan, prepare this lunch at the same time as cooking the Sweet Potato soup.**

- 1.** Break the eggs into a bowl and add a good pinch of salt and pepper, the mixed herbs and grated cheese. Beat with a whisk or fork until well mixed.
- 2.** Finely dice the onion and mince the garlic, then chop the remaining ingredients into approx. 1-2cm pieces.
- 3.** Add 1 tbsp. oil to a non-stick frying pan and fry the bacon, onion and garlic together over a medium heat for 2 minutes. Then add the vegetables and pan-fry for another 3 minutes.
- 4.** Pour in the egg mixture and arrange the ingredients in the pan so there is even coverage. Cook gently for 5-6 minutes before placing under a hot grill for 2-3 minutes to give a golden top.

**Note.** If you don't have a grill, place a lid (or large plate) over the frying pan and cook on a lower heat for 10-12 minutes in total, or until the top is no longer liquid. Serve with a salad, some ketchup, mayo or chilli sauce!

# Chick 'n' chorizo

w/ butterbeans and butter lemon broccoli

Four servings

Ready in 30 Mins

Vegetarian option

Dinner & lunch

Tapas style

*There's something irresistible about the combination of tender chicken, smoky chorizo, and soft butterbeans in a rich tomato ragu. Spanish cuisine can provide big flavours and this recipe doesn't disappoint. Serve this over toast for a light brunch, or wrap it up in a flat bread with a spoon of crème fraiche.*

## Original Recipe

**2-4 Chicken Thighs**

**2 Chorizo Sausages**

**2 Onions**

**4 Cloves Garlic**

**2 Peppers**

**2 cans Butterbeans**

**2 cans Chopped Tomatoes**

**1 Chicken Stock Cube**

**2 tbsp. Water**

**Salt and Pepper**

## Swap Shop

Breast, Drumsticks

Chorizo or Bacon

-

-

(Optional)

2 cans Cannellini Beans

2 cans Tomato Passata

1 Veg Stock Cube

2 tbsp. Red Wine

-

## Additions

Fresh Chilli

Ground Paprika

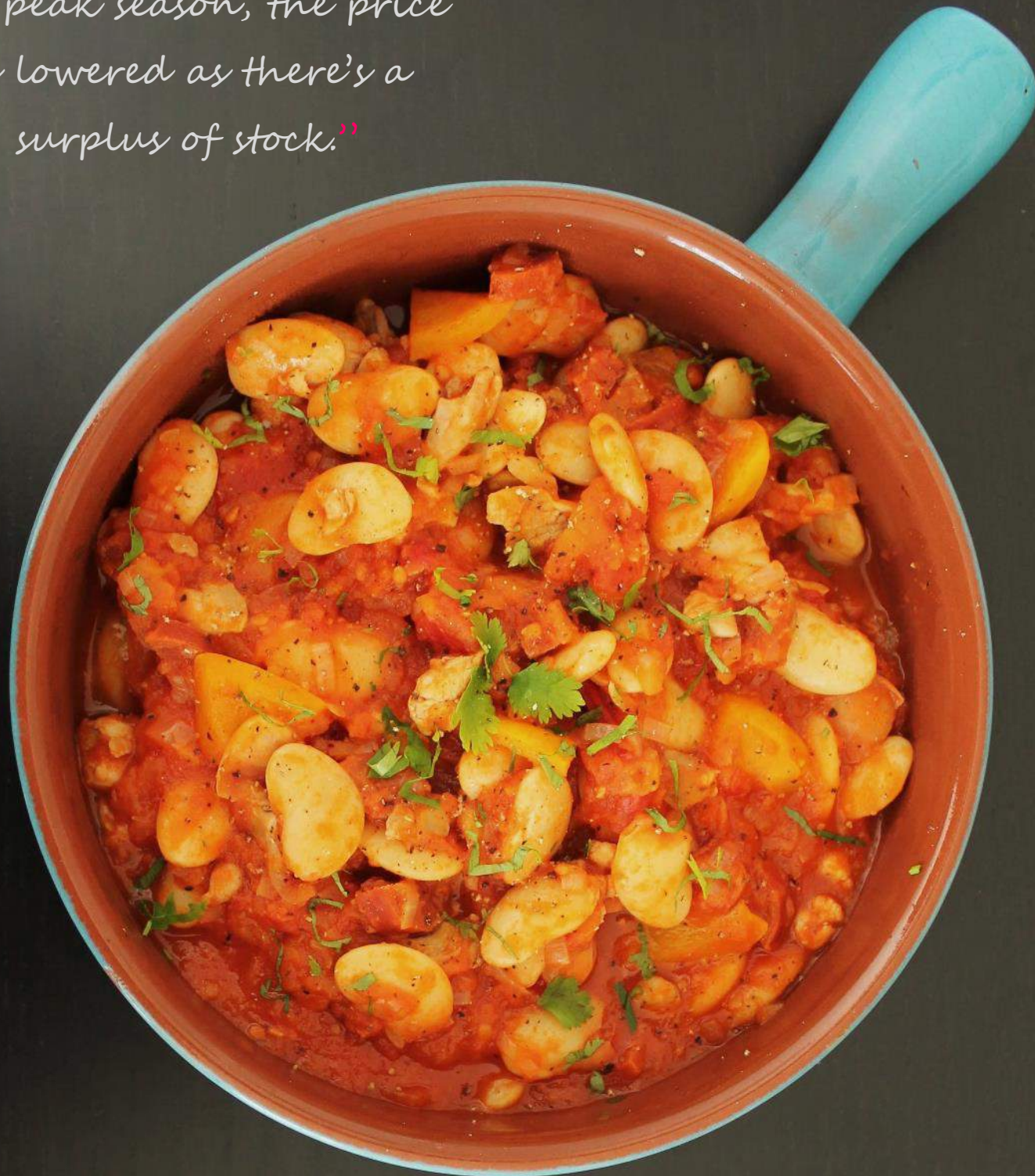
Sweet Corn

Fresh Coriander

Rice



*“When fruit and veg hit peak season, the price is lowered as there’s a surplus of stock.”*



# How to make Chick ‘n’ chorizo

**1.** Using a sharp knife, carefully remove and discard the skin, fat and bone from the chicken thighs and chop the meat into 2-3 cm pieces.

**2.** Finely dice the onion, mince the garlic and roughly chop the pepper, then place the onion and garlic in a large pan with 1 tbsp. oil and sauté over a medium heat for 3 minutes. Add the pepper and turn the heat to medium-low.

**3.** Meanwhile, slice the chorizo sausages lengthways and then dice into small cubes.

**4.** Add the sausage and chicken to the pan and stir-fry for a further 5 minutes.

**5.** Pour in 2 tbsp. water, the tomatoes and butter beans. Crumble in a stock cube, stir well, bring to the boil and then lower the temperature to a gentle simmer for 15-20 minutes.

**6.** After approx. 10 minutes keep an eye on the sauce and add in another tbsp. water to loosen up if necessary.

**Note.** If feeding hungry mouths you can serve with some rice or couscous. Feel free to wrap it all up in a flat bread with some salad, smashed avocado and grated cheddar.

# Butter lemon broccoli

Making great veg taste even greater

Serves  
Two

Ready in  
10 Mins

Vegetarian  
option

Side  
dish

Use this  
dressing on  
all veg

*Whether you're trying to get more veg in your diet or in need of a child friendly vegetable solution, this should do the trick.*

*It's the age old dilemma, how do you get veg haters to eat more? Give them butter lemon broccoli.*

## Original Recipe

½ Head Broccoli

3 Carrots

3 tsp Butter

2 tsp Lemon Juice

Salt and Pepper

## Swap Shop

French Beans

Peas

Olive Oil

-

-

## Additions

Chives

Garlic

Broccoli stalk is an underused and delicious part of the vegetable that can be eaten raw or cooked. Peel away the outside skin and slice the inside into long batons. Boil or steam with the florets or add raw to salads.





## Kitchen & shopping tips 05

### Late Night Shopping

Give late night shopping a go; discounted sell by date meats can be snapped up and frozen at home for later use. Search out the reduced aisle and if you find discounted meat with a day left, consider buying it and freezing it for up to three months. Just remember, once defrosted you've got to use it the same day.

Meat and veg are usually fine at their 'use by' or 'sell by' date, but you might want to give fish a miss. Both Tiphaine and I have suffered the consequences of out of date fish and wouldn't wish it on you.



# How to make Butter lemon broccoli

- 1.** Chop the veg into 3-4 cm pieces and throw into a pot of salted boiling water.
- 2.** Cook until they are just tender and with a little crunch, (approx. 3-4 minutes with a lid on), remove the pan from the heat and drain the water away.
- 3.** Add the butter and lemon juice to the still hot pan along with a pinch of salt and pepper. Wait for the butter to melt and then put the veg back in the pan and shake around to mingle with the juices.
- 4.** Serve and pour the remaining juices over the veg.

**Note.** This dressing goes especially well with lightly boiled carrots, peas, broccoli, green beans and baby potatoes. Don't be put off by a tiny bit of butter. It's less than the amount you'd spread on toast and really turns the ordinary into the extraordinary.

# Toasted egg & bacon sarnie

The perfect mid week pick me up

One  
Sandwich

Ready in  
15 Mins

Vegetarian  
option

Breakfast  
or brunch

*Everyone needs a mid-week treat. Not only does it set you up for a productive day, it's a celebration of the halfway point between work and the weekend. This simple toasted sarnie can be pimped up with other ingredients or enjoyed in its minimalist perfection. The choice is yours.*

## Original Recipe\*

2 Slices Toasted Bread

1 Egg

2 Rashers Bacon

1 tsp Cooking Oil

2 tsp Butter

Salt and Pepper

## Swap Shop

Any Bread

½ Pan-fried Mushrooms

2 Sundried Tomatoes

-

-

-

## Additions

Spring Onion

Fresh Tomato

Cheddar Cheese

Brown Sauce

\*Double the ingredients to make a second sandwich





## Kitchen & shopping tips 06

### Make a Shopping List

Throughout the week, make a note of any ingredients that need replacing and just before heading out finalise your shopping list.

Do a quick stock take and check quantities of Big Flavours, then decide on the Meat for the week followed by Canned and Store Cupboard Ingredients, Vegetables and Dairy. If you're following the meal plans simply take a list of the ingredients page, (you could take a photo on a phone) and search for the cheapest version of each product. Alternatively, go on the supermarkets web page and 'click and collect' or arrange a delivery.



# How to make Toasted egg & bacon sarnie

- 1.** Add a dash of oil to a non-stick frying pan and fry the bacon over a medium heat for 3 minutes before cracking the egg into the empty part of the pan and lightly seasoning with salt and pepper.
- 2.** Turn the bacon over and fry until the egg is cooked. For a runny yolk cook until the white is set but there is a noticeable wobble to the yolk.
- 3.** Meanwhile, toast two slices of bread and butter each slice.
- 4.** Add the egg and bacon to the sandwich along with any additions such as tomato slices, cheese or spring onions.
- 5.** Pour yourself a cup of tea and enjoy the mid week pick-me-up.

# Lentil & bacon hotpot

w/ carrots

Four servings

Ready in 60 Mins

Vegetarian option

Dinner & lunch

*A bowl of comfort to warm those cooler nights. The original French recipe calls for a slightly different spice mix and a piece of salt-cured pork. Our version is delicious with bacon and can be enriched by adding thyme, bay leaf and Chinese five spice. It's simple rustic cooking at its finest. Serve with crusty bread.*

## Original Recipe

**1 ½ cups Green Lentils**  
**½ pack Cooking Bacon**  
**4 Carrots**  
**2 Onions**  
**3 Clove Garlic**  
**1 tsp Mixed Herbs**  
**2 Chicken Stock Cubes**  
**5 cups Water (1250ml)**  
**1 tbsp. Olive Oil**  
**Salt and Pepper**

## Swap Shop

1 ½ cup Split Peas  
4 - 6 Rashers Bacon  
4 Potatoes  
-  
-  
1 tsp Thyme  
2 Beef or Veg Stock  
-  
1 tbsp. Cooking Oil  
-

## Additions

2 Bay Leaves  
2 ½ tsp Five Spice  
2 Potatoes  
½ cup Peas  
  
\*Some supermarkets sell *cooking bacon* made from cuts that aren't the right shape to be sold separately. It is about half the price of bacon and perfect for this recipe. The cuts are often 3-4 cm thick. If you find a pack like this, you can cook ½ of the pack with the lentils instead of adding at the end.





*“The best way to save time is to cook extra meals and freeze them in plastic containers with lids.”*



# How to make Lentil & bacon hotpot

**1.** Finely dice 1 onion and mince 2 cloves garlic. Heat the oil in a large pot and fry together for 4-5 minutes until the onion is translucent .

**2.** Cut the carrots into 3 cm pieces and add to the pot along with the green lentils, the other onion and 1 whole garlic clove, (peeled).

**3.** Crumble in a stock cubes and pour in the boiling water. (At this point, add the bay leaves, herbs and five spice, if using).

**4.** Stir well, bring to the boil, then lower the heat to a gentle boil. Check after 30 minutes, locate the whole garlic clove, mash to a paste and gently stir through the lentils. Cook for a further 20-30 minutes until the lentils are soft.

**5.** Meanwhile, chop the bacon or sausages into 2 cm pieces and fry in a non-stick pan with a dash of oil for 5 minutes until almost crispy. Then stir through the cooked lentils just before serving.

**Vegetarian.** Swap the chicken stock cube for vegetable stock and replace the bacon with crispy onions. Finely slice an onion and mix it with 1 tbsp. flour plus a good pinch salt and pepper. Fry in 2 tbsp. oil until crispy, then stir through the cooked lentils.

# Garlic butter mushrooms

w/ wilted spinach on toast (optional)

Two servings

Ready in 15 Mins

Vegetarian option

Breakfast or brunch

*A quick and easy recipe that can be served with toast or added to a full English breakfast with beans, fried eggs and crispy bacon. If you don't have mushrooms give courgette a try. It works equally well.*

## Original Recipe

8 Mushrooms

½ Clove Garlic

1 tbsp. Butter

Salt and Pepper

## Swap Shop

1 Courgette

-

1 tbsp. Olive Oil

-

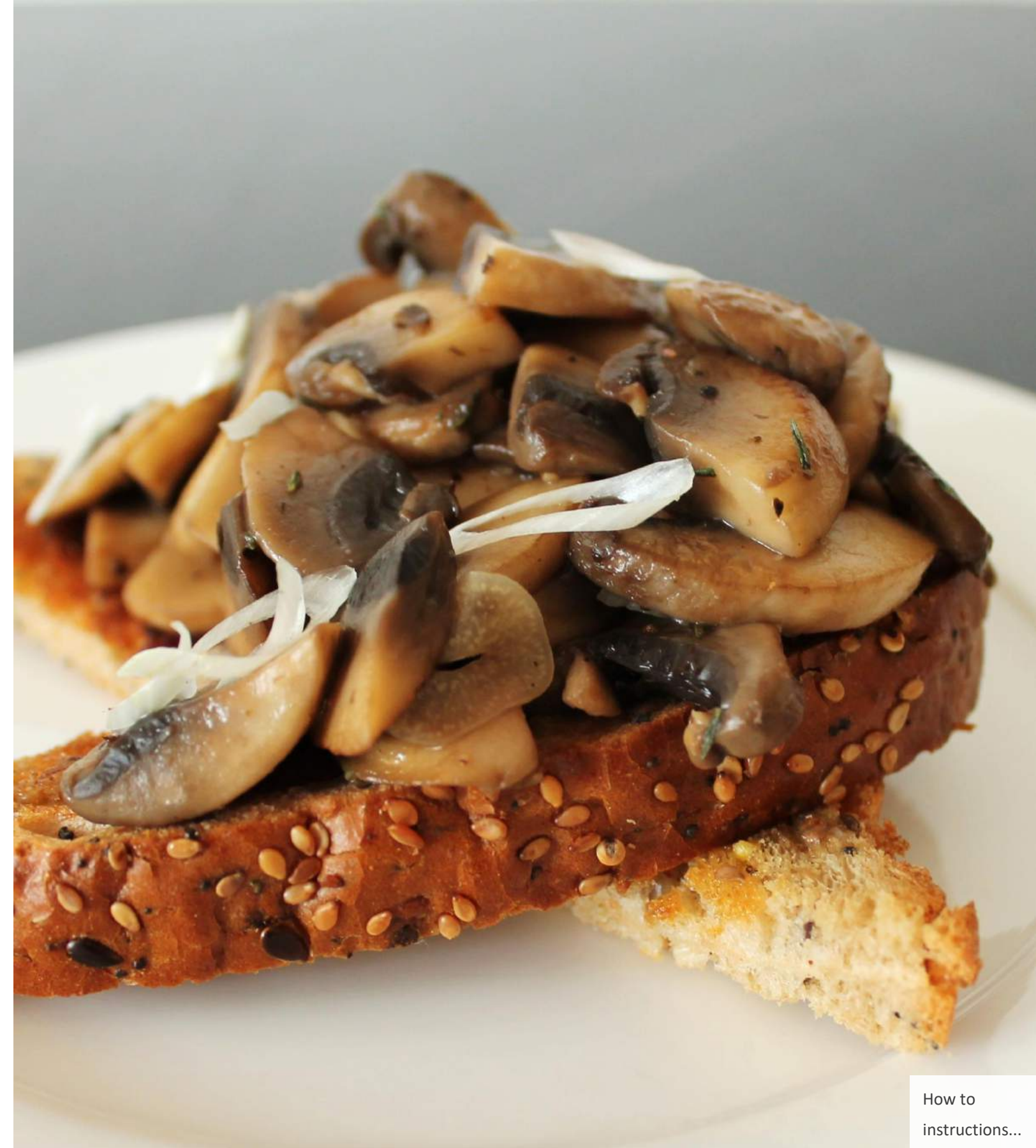
## Additions

½ tsp Thyme

½ Spring Onion

½ cup Fresh Spinach

The term al dente is usually used to describe pasta that has a small bite left to it. Let's borrow the terminology to describe perfectly cooked mushrooms. Keep an eye on yours and taste test them after a couple minutes. Remove from the heat as soon as they're al dente.



How to instructions...

*“Use by dates should be strictly followed. Best before dates are only a guideline. Proceed, but with caution.”*



# How to make Garlic butter mushrooms

- 1.** Slice the mushrooms about ½ cm thick and melt one tbsp. butter into a non-stick pan over a medium heat.
- 2.** Fry the mushrooms for 2 minutes before adding the chopped garlic, thyme (if using) and a good pinch of salt and pepper.
- 3.** Cook for a further 2-4 minutes until the mushrooms are soft with a small bite.
- 4.** If you're using spinach, add it at this point and gently turn around the pan until it is wilted. Serve over hot buttered toast.

# Crème fraiche spinach & chorizo

w/ tagliatelle or spaghetti

Four  
servings

Ready in  
20 Mins

Vegetarian  
option

Dinner  
and lunch

*This has bags of flavour and goes well with almost everything. Pile over toast, wraps, potato, rice or pasta for a delicious meal. If you're looking for a new filling for savoury pancakes, this might just do the trick. It's awesome.*

## Original Recipe

**2 Chorizo Sausages**

**Crème Fraiche (300ml)**

**3 cups Fresh Spinach**

**Salt and Pepper**

## Swap Shop

2-4 Rashers Bacon

Sour Cream or Cream

6-8 Mushrooms

## Additions

Spaghetti

1 Finely Diced Onion

1 Minced Clove Garlic

6 Chopped Mushrooms

This can easily be tweaked into a more substantial dish with the addition of one diced onion, a clove of garlic and a handful of sliced mushrooms.





## Kitchen & shopping tips 07

### City Markets

In cities, local veg markets can offer amazing value for money, and ethnic shops are cheaper for herbs and specialty ingredients. In London, I have picked up 8 ripe avocados for £1 in Lewisham market, 5 peppers for £1 in Whitechapel market, and a kilo of fresh mussels for £4 from Billingsgate Fish Market.

Ask around for info on your local market and check it out. Chances are you'll walk away with a bargain.

# How to make Crème fraiche spinach & chorizo

**1.** Fill a large pot with salted boiling water and add four portions of spaghetti or tagliatelle, (cook enough to have leftovers for tomorrow's spaghetti cake). A good rule of thumb is that one portion of spaghetti is approximately the diameter of a 20p coin.

**2.** Dice the chorizo into tiny cubes and fry over a medium heat in a non-stick pan for 2-3 minutes until golden. (If using onion, garlic and mushrooms, fry together with the chorizo sausage for 4-5 minutes over a medium heat).

**3.** Heat the crème fraiche in another pan until it just begins to bubble then remove from the heat and stir in the spinach until it is wilted.

**4.** Mix in the chorizo sausage (inc. onion, garlic and mushrooms if using), plus any of the fat and add the sauce to the spaghetti. Taste test and season with a good pinch of salt and pepper.

**5.** Reserve half of the spaghetti for tomorrow's Spaghetti Cake lunch.

**Vegetarian.** A vegetarian version can be made by swapping the chorizo for 6 finely chopped sundried tomatoes.

# Shakin' shakshuka

Spiced Middle Eastern style baked eggs

Two servings

Ready in 20 Mins

Vegetarian option

Weekend breakfast

Brighten up your day

*This recipe originates from the middle east and consists of beautifully baked eggs in a rich and spiced tomato sauce. The use of a pre-mixed tandoori spice is recommended here as it contains paprika and many of the originals Shakshuka spices.*

## Original Recipe

2-4 Eggs

1 can Chopped Tomatoes

1 Pepper

1 Small Onion

1 Clove Garlic

2 tsp Tandoori Spice

1 tbsp. Olive Oil

Salt and Pepper

## Swap Shop

-

8 Peeled Tomatoes

½ Courgette

2 Spring Onions

-

1 tsp Cumin & Paprika

1 tbsp. Cooking Oil

-

## Additions

Grated Feta

Fresh Coriander

Chilli Flakes

Sundried Tomato

Toast





## Kitchen & shopping tips 08

### Shop Weekly

When buying fresh fruit and veg focus on what you need for that week only. It's so easy to look at all the amazing produce and before you know it your basket is full of things that you don't need, or that will go off before you get around to using them.

Also, try to build up a cupboard full of staples. Each week buy a new staple such as a packet of rice, beans, lentils, pasta, canned goods or a new spice. It's amazing what you can do with simple ingredients, check out the veggie burger.



# How to make Shakin' shakshuka

- 1.** Roughly dice the onion and pepper into small (1-2 cm) cubes.
- 2.** Heat 1 tbsp. oil in a small, non-stick frying pan and cook the onion, pepper and garlic (over a medium heat) for 5 minutes until the pepper is softening.
- 3.** Mix in the tandoori spice along with 1 can of tomatoes and give it a good stir.
- 4.** Take a spoon and make 2-4 small wells in the sauce. Gently crack an egg into each of these wells and season with salt and pepper.
- 5.** Cook for 10-15 minutes until the egg whites are no longer translucent. You can place a lid on the pan to speed reduce the cooking time by a couple minutes.
- 6.** Sprinkle over a ¼ chopped spring onion and a small handful coriander. Eat on it's own or with hot buttered toast.

# Pan-fried spaghetti cake

w/ carrot and courgette ribbon salad

Two  
Servings

Ready in  
15 Mins

Vegetarian  
option

Weekend  
lunch

*No one, in the history of the world, has ever cooked the correct amount of spaghetti, rice or potatoes. So what do you do with the leftovers? Combine them with new ingredients and quickly turn them into delicious pan fried cakes. Eat with a simple salad.*

## Original Recipe

Leftover spaghetti w/  
crème fraiche spinach &  
chorizo sauce

2 Eggs

¼ cup Cheddar Cheese

2 tbsp. Olive Oil

Salt and Pepper

## Swap Shop

-

-

¼ cup Parmesan Cheese

2 tbsp. Cooking Oil

-

## Additions

1 Minced Clove Garlic

Crispy Bacon

Sundried Tomatoes

½ Diced Courgette







## Kitchen & shopping tips 09

### Think Multiples

Buy ingredients that can be used in several meals so you have options. When you write your weekly shopping list, remember to be flexible and try to choose ingredients that can be used in two or more recipes.

For example, sweet potatoes can be made into a delicious soup, roasted with tomato and served with couscous, or even marinated, grilled and tossed in a hearty salad.



# How to make Pan-fried spaghetti cake

- 1.** Break the eggs into a mixing bowl and whisk together with the grated cheddar cheese (and the minced garlic, crispy bacon or sundried tomatoes if using).
- 2.** Add the spaghetti w/ crème fraiche spinach and chorizo sauce and thoroughly mix together.
- 3.** Add 1 tbsp. oil to a non-stick frying pan and heat to medium. Pour in the noodle mixture and spread over the entire pan like a big pancake, (press down to around 1-2 cm thick).
- 4.** Cook over a low heat for 10-12 minutes then turn the cake. (To flip the cake, use a spatula to loosen the base then place a plate on top of the noodles and turn the pan over. The cake will come out and can then be slid back the other side up).
- 5.** Add 1 tbsp. oil and cook the other side for 8-10 minutes. Slide onto a plate and serve with a fresh carrot and courgette ribbon salad.

# Courgette and carrot ribbons

w/ a honey lemon dressing

Two servings

Ready in 10 Mins

Vegetarian option

Side dish

*A fresh salad with a tangy honey lemon dressing. Pair this with a savoury frittata or pan-fried spaghetti cakes. The freshness of the ingredients goes really well with heavier dishes and makes a lovely balanced meal.*

## Original Recipe

**1 Courgette**  
**2 Carrots**  
**2 tsp Honey**  
**1 tbsp. Olive Oil**  
**1 tbsp. Lemon Juice**  
**1 Clove Garlic**  
**Salt and Pepper**

## Swap Shop

½ Cucumber  
3 Tomatoes  
1 tsp Sugar  
1 tbsp. Cooking Oil  
-  
-  
-

## Additions

Spring Onion  
½ tsp Mustard  
Avocado



*“From cucumbers to  
aubergines, cabbages to carrots :  
if you shop seasonally you  
will save money.”*



# How to make Courgette and carrot ribbons

- 1.** Use a vegetable peeler to peel a carrot and a courgette lengthways until you have a bowl full of thin strips. (The courgette centre can be cut into pieces as it won't peel very smoothly).
- 2.** To make the dressing, gently crush one garlic clove so that it is broken but not in pieces, and whisk together (with a fork), the garlic, honey, mustard, olive oil, and lemon juice.
- 3.** Remove the garlic and discard. Add a pinch of salt and pepper and taste test, adding more honey or lemon juice depending on how sweet / sour you like your dressing.
- 4.** Gently toss the courgette and carrot in the dressing and serve.

# The best marinated veg

w/ rice cooked in aromatic stock

Four servings

Ready in 60 Mins

Vegetarian option

Weekend dinner

*I was a vegetarian for nineteen years and know the struggle to find decent veg in restaurants. This dish blows the competition out the water and even your most veg averse friend will appreciate the flavours. Eat this alongside rice, meat or BBQ's.*

## Original Recipe

**1 Metre Kitchen Foil\***

**1 Pepper**

**1 Courgette**

**½ Sweet Potato**

**8 Mushrooms**

**6 Tomatoes**

**1 cup Rice**

## Marinade

2 tbsp. Olive Oil

2 Cloves Garlic

1 tsp Mixed Herbs

2 tbsp. Lemon Juice

½ tsp Salt

Pinch of Pepper

-

## Additions

8 Kalamata Olives

1 Onion (in layers)

Lemon Quarters

\*If you don't have kitchen foil the veg can be oven baked in an open tray. Add three tbsp. water to the marinade to keep things juicy.



*“When deciding on ingredients, choose the ones that can be used in two or more meals.”*



# How to make The best marinated veg

**1.** Preheat the oven to 200 degrees Celsius. Finely dice the garlic and place into a large bowl with the rest of the marinade ingredients.

**2.** Cut the veg into approx. equal pieces (3cm cubes) and place in the bowl with the marinade. Use your hands to toss and turn the ingredients until they are well covered.

**3.** Lay out the metre of kitchen foil and place the veg in the middle. Fold over the foil from one side and then the other to make a parcel. Pinch and roll the open ends together to make an airtight parcel. Place in an oven tray (to safeguard in case the foil tears), and bake in the middle of the oven for 45 minutes to 1 hour.

**(4.)** If using wooden skewers instead of foil, soak them in water for 10 minutes so they do not burn. Distribute the veg evenly along the skewers and grill or BBQ over a medium heat until the veg is tender (20-25 minutes). Turn every 5 minutes to cook equally.

**5.** Cook 1 cup of rice in stock water and drain when ready. Add in ½ a tsp mixed herbs, a pinch of salt and pepper and a squeeze of lemon juice. Pile the veg on top, pour over any juices from the foil parcel and drizzle with olive oil.

# Week Two!

## Menu for two people

This mouth-watering meal plan for two people uses an array of healthy vegetables, succulent meats and big flavours all for a shopping bill of just over £16.00 per person. That's seven days of delicious meals that you don't have to think about. (P.S. If you don't have time for cooked breakfast in the morning, simply go for toast, cereal or fruit and yoghurt)



*Click on an item to go to that recipe*

*Meal plans start on a Sunday so you can shop on the weekend and be prepared for the week.*

*But feel free to choose which days to eat what. Simply work it around your lifestyle. It's up to you.*

*Just remember, Sunday to Thursday's dinner becomes the next day's packed lunch, saving you time during the busy week.*

	Breakfast	Lunch	Dinner	
	Mushrooms on toast	Leek and Potato soup	Pizza Sunday	Sunday
	Far East style egg w/ greens	(Pizza Sunday)	Meatball marinara	Monday
	Cereal or buttered toast	(Meatball marinara)	French onion soup w/ melted crouton	Tuesday
	Perfect scrambled egg on toast	Cracking couscous	Chicken fajitas w/ smashed avocado	Wednesday
	Cereal or Buttered toast	(Chicken fajitas w/ smashed avocado)	Veg stir-fry w/ noodles	Thursday
	Buttered toast and a banana	(Veg stir-fry w/ noodles)	Tiph's potato rosti w/ super slaw	Friday
	Mighty omelette	Onion Bhaji w/ super slaw	Cabbage and white bean stew	Saturday

\*In store prices may fluctuate  
 \*Ingredients may not be available at all supermarkets.  
 \*Approximate cost per person, based on two people.

# Week Two Shopping list

## Price checked against major supermarkets

We checked the prices at Sainsbury, Asda and Tesco supermarkets and all three came in under £35.00 for the entire shopping list for two people. Lidl will most likely be cheapest overall but did does not always sell everything on the list. (You could always go to a corner shop for these). The shopping list opposite is compiled using supermarket own-brand ingredients where possible.



*\*Starred Ingredients will not be finished this week and can be used as part of another meal plan.*

*Basic ingredients are not included so if you don't have the following items, add them to the list.*

*(Salt, Pepper, Chicken Stock Cubes, Beef stock Cubes, Vegetable Stock Cubes, Olive Oil, Vegetable Oil, Sugar)*

*If you don't like an ingredient or simply don't have it, check out the Swap Shop section on each recipe. You can easily personalise your meals to suit your taste buds.*

### Fresh Produce to buy

Leek x 1

Lemon x 1

\*Small Red Cabbage x 1

\*Small White Cabbage x 1

Tomato x 6

\*Potatoes x 1kg

\*Onions x 1.5kg

Spinach x 260g

Loose Mushrooms x 16

\*Peppers x 600g

\*Ginger x 1 piece

\*Garlic x 4

### Meat and Dairy to buy

Chicken Thighs x 460g

Pepperoni x 1 pack

Beef Mince x 500g

Back Bacon x 300g

Milk x 2 pints

\*Mayonnaise x 250ml

Free Range Eggs x 12

Mature Cheddar x 400g

### Store Cupboard to buy

\*Granola Cereal x 1kg

Plain Tortilla Wraps x 8

Canned Tomatoes x 5

Pesto x 1 jar

\*Spaghetti x 500g

\*Sesame Oil x 250ml

\*Salted Peanuts x 200g

\*Crushed Chillies x 32g

\*Thick Slice Bread x 800g

\*Pearl Barley x 500g

\*Soy Sauce x 150ml

White Beans x 1 can

### Saved from previous week

Spring Onions

Cooking Bacon

Salted Butter

Soy Sauce

Mixed Herbs

Tandoori Masala Spice

Green Lentils

Couscous

White Rice

Spaghetti

Plain Flour

Baking Powder

Sundried Tomato Oil

# How to use this cookbook

Makes 8

Ready in 20 Mins

Vegetarian option

Weekend breakfast

This section tells you things like cooking time and whether there is a veg option. It also tells you how many meals the recipe covers.

Cook once Eat twice: Sun-Thurs dinner recipes make four portions. That's dinner for two and the next day's lunch for two.

## Oven Temperature

Oven times vary between brand and type. Ours have been calculated using a fan assisted electric oven. Here's a simple conversion guide.

Fahrenheit	Gas	Electric	Electric (Fan)
375	5	190	170
400	6	200	180
425	7	220	200
450	8	230	210

The How to section is a step by step guide to making the meal. If you follow these instructions the recipe should turn out just fine.

## Measurements

Teaspoon (tsp)

Tablespoon (Tbsp.)

Millilitre (ml)

Grams (g)

Cups

We chose Cups as a measurement because it makes life so much easier than weighing everything. For consistent measurements, choose a standard coffee cup and use it each time. Unlike baking, cooking is ultimately forgiving and small variations will make no difference.

When there is a side dish or instructions for lunch you can access them by clicking this link.

How to instructions...

This is the ingredients list to make the Original Recipe. It will taste great with these quantities.



### Original Recipe

1 Ripe Banana

¾ cup Plain Flour

1 tsp Baking Powder

But if you don't have an ingredient, or just don't like one, you can change it for one in the Swap Shop.



### Swap Shop

Nectarine, Peach,

-

-

This area is for tips and any other information that can make life easier.



And to take the recipe to the next level this section highlights complimentary ingredients for adding more big flavours.



### Additions

½ tsp Ground Cinnamon

½ tsp Vanilla Essence

The term al dente is usually used to describe pasta that has a small bite left to it, but it can be used for perfectly cooked mushrooms



# Kitchen Equipment



## The essentials for a modern kitchen

Some equipment you'll need and some that just makes life easier. For example a wine bottle doubles as a rolling pin and a fork can be used to mash potato and whisk eggs. Some good advice is to get a sharp knife and a non-stick frying pan.

### Very Useful

### Essential

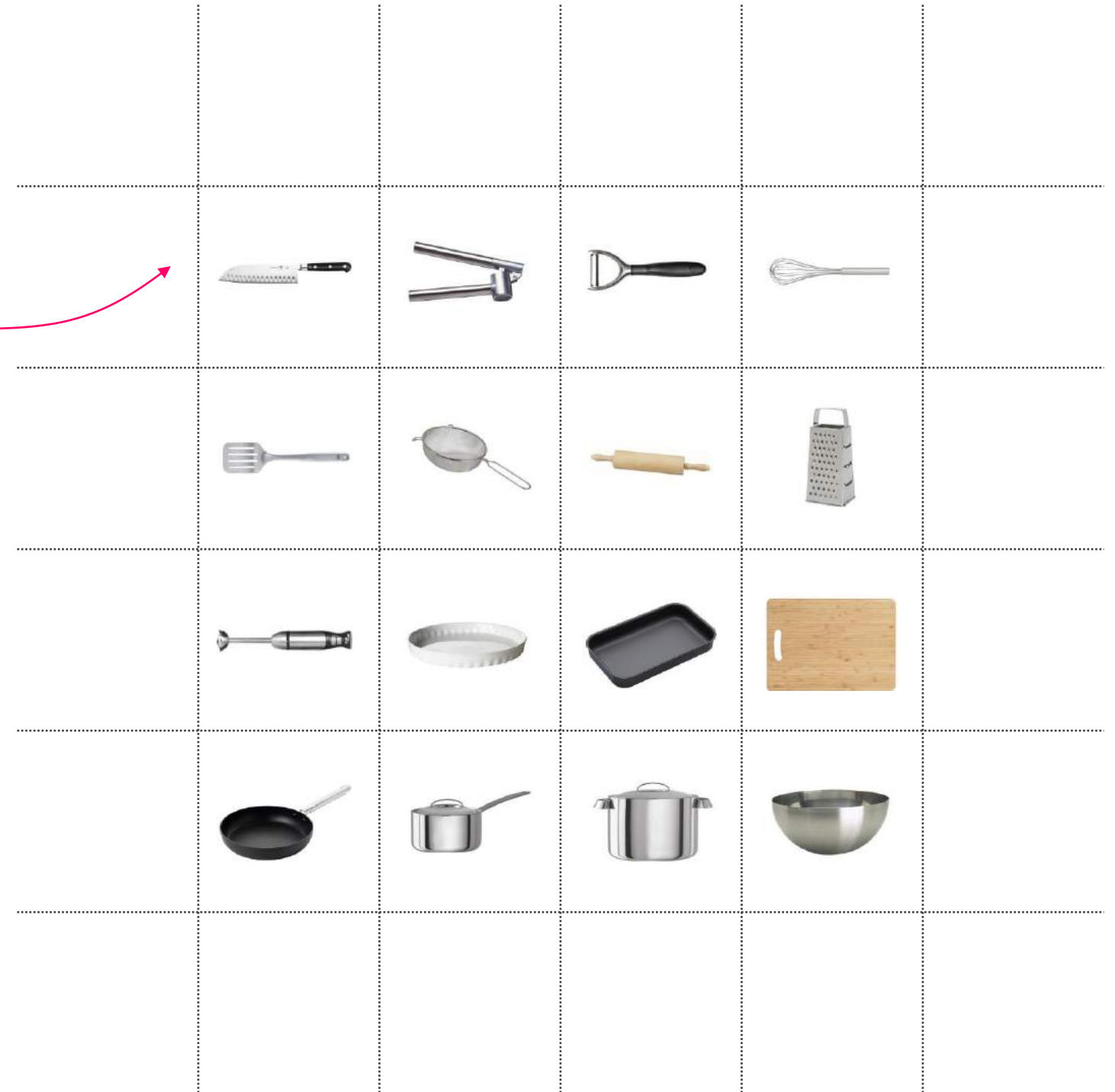
- Garlic Press
- Balloon Whisk
- Rolling Pin
- Aluminium Foil
- Cling Film
- Lunch Boxes
- Freezer Boxes
- Freezer Bags
- Sharp Knife**
- Vegetable Peeler**
- Grater**
- Sieve**
- Spatula**
- Chopping Board**
- 18-21 cm Oven Dish**
- Mixing Bowl**
- Large Deep Pot**
- Medium Pot**
- Large Roasting Tray**
- 18-21 cm Non-Stick Frying Pan**
- Electric Hand Blender**

If you've most of the items in the list you'll be able to easily create the recipes in this cookbook.

A great rule of thumb is to buy less but at the best quality you can comfortably afford.

For example, it's better to save for a decent chopping board than replace a poorly made one every 6 months.

In the long run you'll end up with great equipment that will last a lifetime.



# Mushrooms on toast

A classic way to start the day

Two  
servings

Ready in  
15 Mins

Vegetarian  
option

Breakfast  
or brunch

Aim for al  
dente

*A quick and easy recipe that can be served with toast or added to a full English breakfast with beans, fried eggs and crispy bacon. If you don't have mushrooms give courgette a try. It works equally well.*

## Original Recipe

8 Mushrooms

2 tsp Butter

Salt and Pepper

## Swap Shop

1 Courgette

2 tsp Olive Oil

-

## Additions

½ tsp Thyme

½ Spring Onion

½ cup Fresh Spinach

½ Clove Garlic

The term al dente is usually used to describe pasta that has a small bite left to it. Let's borrow the terminology to describe perfectly cooked mushrooms. Keep an eye on yours and taste test them after a couple minutes. Remove from the heat as soon as they're al dente.



*“Not going to finish your sliced bread? Pop it in the freezer. It will keep for 3 months and can be toasted from frozen.”*



# How to make

## Mushrooms on toast

- 1.** Slice the mushrooms about ½ cm thick and melt one tbsp. butter into a non-stick pan over a medium heat.
- 2.** Fry the mushrooms for 2 minutes before adding the chopped garlic, and thyme (if using) and a good pinch of salt and pepper.
- 3.** Cook for a further 2-4 minutes until the mushrooms are soft with a small bite.
- 4.** If you're using spinach, add it at this point and gently turn around the pan until it is wilted. Serve over hot buttered toast.

# Leek and potato soup

A hearty soup for all occasions

Two servings

Ready in 25 Mins

Vegetarian option

Weekend lunch

*The trick to achieving those big bold flavours is to spend a few minutes more sautéing the veg before adding the stock. Those extra few minutes will see the onion and garlic begin to caramelise, the leeks soften and the flavours become more concentrated. Keep the temperature medium-low and stir occasionally to stop the veg sticking to the pan.*

## Original Recipe

2 Medium Potatoes

1 Leek

1 Small Onion

2 Cloves Garlic

1 Chicken Stock Cube

2 cups Water (750ml)

1 tbsp. Olive Oil

Salt and Pepper

## Swap Shop

2 cups Chopped Celeriac

-

-

-

2 Veg Stock Cubes

-

1 tbsp. Vegetable Oil

## Additions

1 Bay Leaf

½ tsp Thyme

2 Rashers Bacon



*“Extract more juice from lemons and limes by firmly rolling them on a surface before cutting.”*



# How to make Leek and potato soup

- 1.** Boil a full kettle of water. Finely dice the onion and mince the garlic. Add to a deep pot along with 1 tbsp. olive oil and fry over a medium-low heat.
- 2.** Wash the leek and cut in half lengthways, then slice into 1 cm thick half-moon pieces and add to the pot. Throw in a pinch of salt and gently sauté the veg for 10 minutes. Take care to stir every so often to stop the veg sticking to the pot. (If you find the veg is sticking, you can add a couple tbsp. water).
- 3.** Peel the potato and roughly chop into 1-2 cm cubes. Add to the pot along with a crumbled stock cube and a pinch of pepper.
- 4.** Pour in 2 cups boiling water and stir to dissolve the stock cube. Bring to the boil and then lower the heat to a gentle simmer for 10 minutes.
- 5.** Taste test and season with salt and pepper if necessary. Serve with crusty bread if available.

# Pizza Sunday

or any day

Four servings

Ready in 60 Mins

Vegetarian option

Dinner & lunch

Makes 2 extra large pizzas

*Sunday is the day to indulge. A food fiesta of roast chicken with extra crispy roast potatoes or creating your own pizza. On Sunday, spend a fraction more time making a meal and in return get big flavour rewards and an awesome lunch for Monday. For an extra indulgence try soft baking an egg. Crack one onto the pizza prior to cooking.*

## Tomato Sauce

**1 can Chopped Tomatoes**  
**½ Onion**  
**1 Clove Garlic**  
**1 tsp Mixed Herbs**  
**2 tbsp. Tapenade** (optional)  
**2 tbsp. Water**  
**Salt and Sugar**

## Pizza Base

3 cups Flour (210g)  
1 ¼ cups Water (275ml)  
3 tbsp. S.D Tomato Oil  
½ tsp Salt

## Topping Ideas

Cheese and tomato, pepperoni, onion and olives.

Cheese and tomato, sundried tomato, soft egg and chilli flakes.

Cheese, bacon, spinach, mushrooms and crème fraiche.

P.S. if you don't have time to make the pizza base, you can use fajita wraps, pitta bread or a shop bought base!



*“Roll out the dough the same size as the wire oven rack for a two person pizza base.”*



# How to make Pizza Sunday

**Tomato sauce.** Finely dice  $\frac{1}{2}$  an onion and mince 1 garlic clove. Pour 1 tbsp. oil into a pot on a medium heat and fry the onion and garlic for 3 minutes. Add the tomatoes and water along with a good pinch salt, a small pinch of sugar and mixed herbs (if available). Simmer on a low heat for 12 minutes.

**Pizza base.** Preheat the oven to 180 Celsius and remove two wire shelves. Pour the flour into a large mixing bowl and add the oil, warm water and a good pinch salt. Use your hands to mix together until it forms a soft dough. Divide into two or four portions. (This quantity of dough will make 2 extra large pizzas or four plate sized round ones).

**2.** Sprinkle a thin layer of flour onto a clean worktop surface and knead the dough for 2 minutes. Add small amounts of flour as needed to avoid sticking. Roll out each base, use a rolling pin or wine bottle until they are 1-2mm thin, and either individual sizes or double. (The same size as the wire shelves.)

**3.** Gently slide your arm under the dough and carefully lie flat on the wire shelves. Bake in the oven for 6-10 minutes or until just firm.

**4.** Remove from the oven and spoon over the tomato sauce and any toppings that take your fancy. Bake a second time for 8-12 minutes then slide it off the wire rack onto a chopping board.

# Far East style egg w/ greens

A taste of the Orient for breakfast

Two  
servings

Ready in  
15 Minutes

Vegetarian  
option

Breakfast  
or brunch

*This Far Eastern delight makes a nourishing start to the day. In Singapore the egg is very lightly boiled so that even the white is runny! I don't recommend that as uncooked egg can contain salmonella. Instead opt for a free range (organic is best) egg and soft boil it for 5 minutes.*

## Original Recipe

2 Eggs

2 Slices Bread

2 cup Fresh Spinach

2 tbsp. Soy Sauce

½ tsp Chilli Flakes

1 tsp Sesame Oil

## Swap Shop

-

-

2 cups Fresh Kale

-

-

1 tsp Olive Oil

## Additions

Spring Greens

Spring Onion





*“Remember that you’re in charge, recipes aren’t written in stone: adapt them, experiment and adjust to your liking.”*



# How to make Far East style egg w/ greens

- 1.** Boil a deep pan of water and then lower the heat to a gentle simmer.
- 2.** Carefully place your eggs in the water (lower them in using a spoon) and cook for 5 minutes.
- 3.** Remove with a spoon and place under cold running water for 30 seconds.
- 4.** Turn the heat off and pour out most of the boiling water leaving 1 cm in the bottom of the pan. Add the spinach and a lid. Put some toast on.
- 5.** Gently tap and roll the egg on a flat surface to crack the shell, then carefully peel.
- 6.** By now the spinach should have wilted, (if not, turn the heat on and gently stir until the leaves wilt). Butter the toast and cut into strips. Place into bowls. Drain the spinach and arrange over the toast. Place an egg on top and drizzle with soya sauce, sesame oil and chilli flakes.

# Meatball marinara

(beef, pork, lamb or turkey mince)

Four  
servings

Ready in  
30 Mins

Makes 32  
meatballs

Dinner  
& lunch

You'll be  
back for  
more

*Serve this mouth-watering recipe with spaghetti cooked in salted water. Just toss the marinara sauce through the spaghetti and top with the meatballs and a generous grating of cheese. The bacon adds a beautiful smoky / salty layer to the marinara, but it will still taste great without.*

## Meatballs

**500g Beef Mince**

**1 Egg**

**1 Onion**

**2 Cloves Garlic**

**½ tsp Chilli Flakes**

**1 tbsp. Cooking Oil**

**Salt and Pepper**

## Tomato Marinara

2 cans Chopped Tomatoes

2 Rashers Bacon (optional)

1 Onion

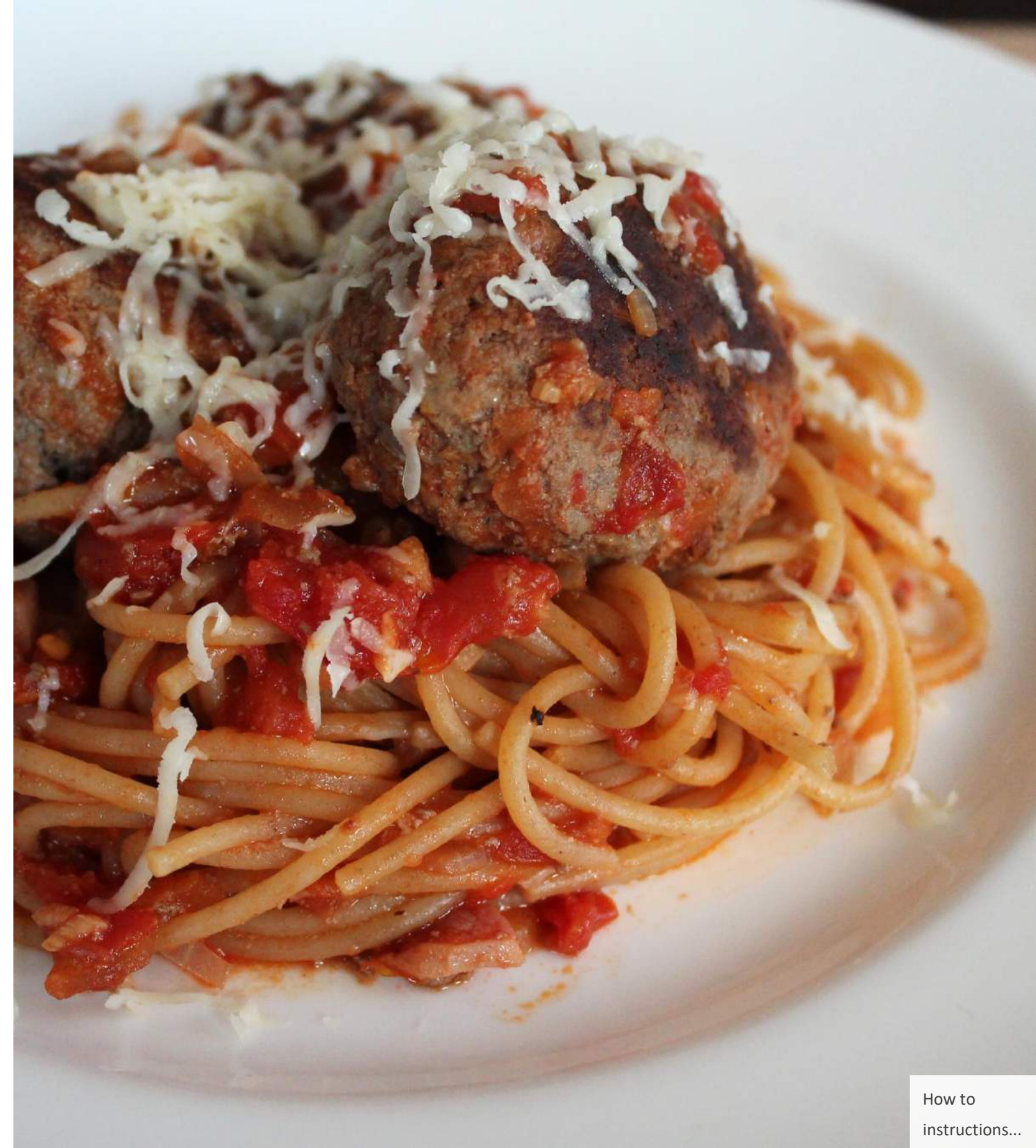
3 Clove Garlic

1 tbsp. Cooking Oil

Salt, Pepper and Sugar

## Spaghetti

Cook up a big batch of spaghetti for four people. Approximately 250g - 350g (½ - ¾ of a 500g pack).





## Kitchen & shopping tips 10

### Buy Own Brand

Turn your shopping trip into modern bargain hunting and don't be ashamed to buy own brand. Often the only difference between basic and premium food is the packaging and marketing budgets.

If you're unsure, compare the ingredients label and try to stay away from the one with added sugar, sweeteners and e-numbers.

# How to make Meatball marinara

**Tomato Marinara.** Heat the oil in a pot over a medium heat and add the finely diced onion and roughly chopped bacon rashers. Cook for 4-5 minutes before adding the minced garlic. Cook for another minute and add the tomatoes, a good pinch salt and a small pinch pepper and sugar. Cover and simmer on a low heat for 10-15 minutes. Prepare the meatballs.

**Meatballs.** If you have a grater, finely grate the onion and garlic and place in a mixing bowl. (If you don't have a grater, the onion and garlic will need frying for a couple of minutes until soft.

**3.** Place in a bowl along with the beef, chilli flakes, egg, and a good pinch salt and pepper. Mix together with your hands and form into approx. 32 small balls. Put the spaghetti on to cook.

**4.** Heat 1 tbsp. oil in a non-stick frying pan and cook the meatballs over a medium heat. Turn the balls every 3 minutes, cooking for a total of 12-15 minutes until the inside has changed colour.

**5.** Drain the spaghetti and place in the empty pot. Add the marinara sauce and gently mix. Divide onto plates and finish with 8 meatballs per portion. Serve with a grating of cheese.

# Breakfast cereal

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 2 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

2 Bowls Cereal

2 cups Milk

## Swap Shop

-

-

## Additions



“A good breakfast will set you up for a good day”



## Kitchen & shopping tips 11

### Don't Buy Drinks

It seems like an obvious point, but soft drinks are expensive and offer little nutrition. Most packaged drinks (except milk) are overpriced. Water is free and much better for you. Even fruit juice offers less nutrition than eating a piece of fruit. (Whole fruit contains the fibre and other nutrients not found in the juice). I'm not suggesting fruit juice is bad, (It makes a great treat and can be frozen in an ice tray for a summery lolly) but if you're on a very tight budget, stick to whole fruit instead of juice.

Also, if you're after something cold and sweet but don't want the ice cream calories, eat some frozen grapes. Try them, they're delicious.



# How to make Quick Breakfast Ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# French onion soup

w/ melted crouton

Two servings

Ready in 45 Mins

Vegetarian option

Dinner

*This classic import is most often seen in average French restaurants, but don't let that put you off. At it's best, it has a full bodied flavour with deep layers of caramelised onion, beef, butter and thyme. The cheesy melted crouton tips this into the feed me now category.*

## Original Recipe

5 Medium Onions

2 Clove Garlic

½ tsp Sugar

½ tsp Mixed Herbs

1 tbsp. Butter

2 Beef Stock Cube

3 cups Water (750ml)

Salt and Pepper

## Swap Shop

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1 tsp Sage

1 tbsp. Olive Oil

2 Veg Stock Cubes

(2 Water, 1 Red Wine)

-

## Additions

1 Bay Leaf

½ cup Red Wine

1 tsp Flour



*“If you’ve over salted a soup add in a peeled potato. It will absorb the excess salt.”*



# How to make French onion soup

**Soup.** Finely chop the garlic and slice the onions into thin half moon strips. Take a pan and melt the butter over a medium heat before adding the onions, garlic, sugar, thyme, and a pinch of salt.

**2.** Cook on a low heat and stir occasionally for 20 minutes to caramelise the onions.

**3.** Add in 750 ml - 1 litre beef stock, (1 litre will need approx. 2 beef stock cubes) and stir well. Bring to the boil before dropping the temperature and simmering for 15 minutes.

**4.** Prepare the melted croutons and ladle into bowls. Add a pinch of pepper and enjoy.

**Melted crouton** *(optional).*

2 Slices Crusty Bread  
1 Cup Grated Cheddar  
Pepper

Take some crusty bread and toast each side. Layer with cheddar cheese and grill until melted, golden and bubbling. (You can use any bread and swap cheddar for goats cheese, parmesan, gruyere or comte).

# Crackin' COUSCOUS

A mouth-watering medley of big flavours

Two  
servings

Ready in  
20 Mins

Vegetarian  
option

Lunch

A firm  
favourite

*Cracking Couscous relies on a beautiful combination of big flavours to tie everything together. The proportion of the veg and other ingredients isn't very important, and if you are a meat eater, definitely throw in some bacon or chorizo. If you opt for meat-free then go for sundried tomatoes and olives.*

## Original Recipe

- 1 cup Couscous
- 2 Rashers Bacon
- ¼ cup Diced Cheddar
- 3 Sundried Tomatoes
- 4 Fresh Tomatoes
- ½ Courgette
- ½ Pepper
- 1 Onion
- 2 Cloves Garlic
- 2 tbsp. S.D Tomato Oil
- 1 Chicken Stock Cube
- ½ cup Peanuts
- Salt and Pepper

## Swap Shop

- 1 cup Pasta
- 6-8 cm Chorizo
- 1/4 cup Crumbled Feta
- 6-8 Olives
- ½ can Tomatoes
- 1/2 Cucumber
- 1/3 cup Sweet Corn
- 2 Spring Onions
- ¾ tsp Garlic Powder
- 2 tbsp. Olive Oil
- 1 Veg Stock Cube
- 

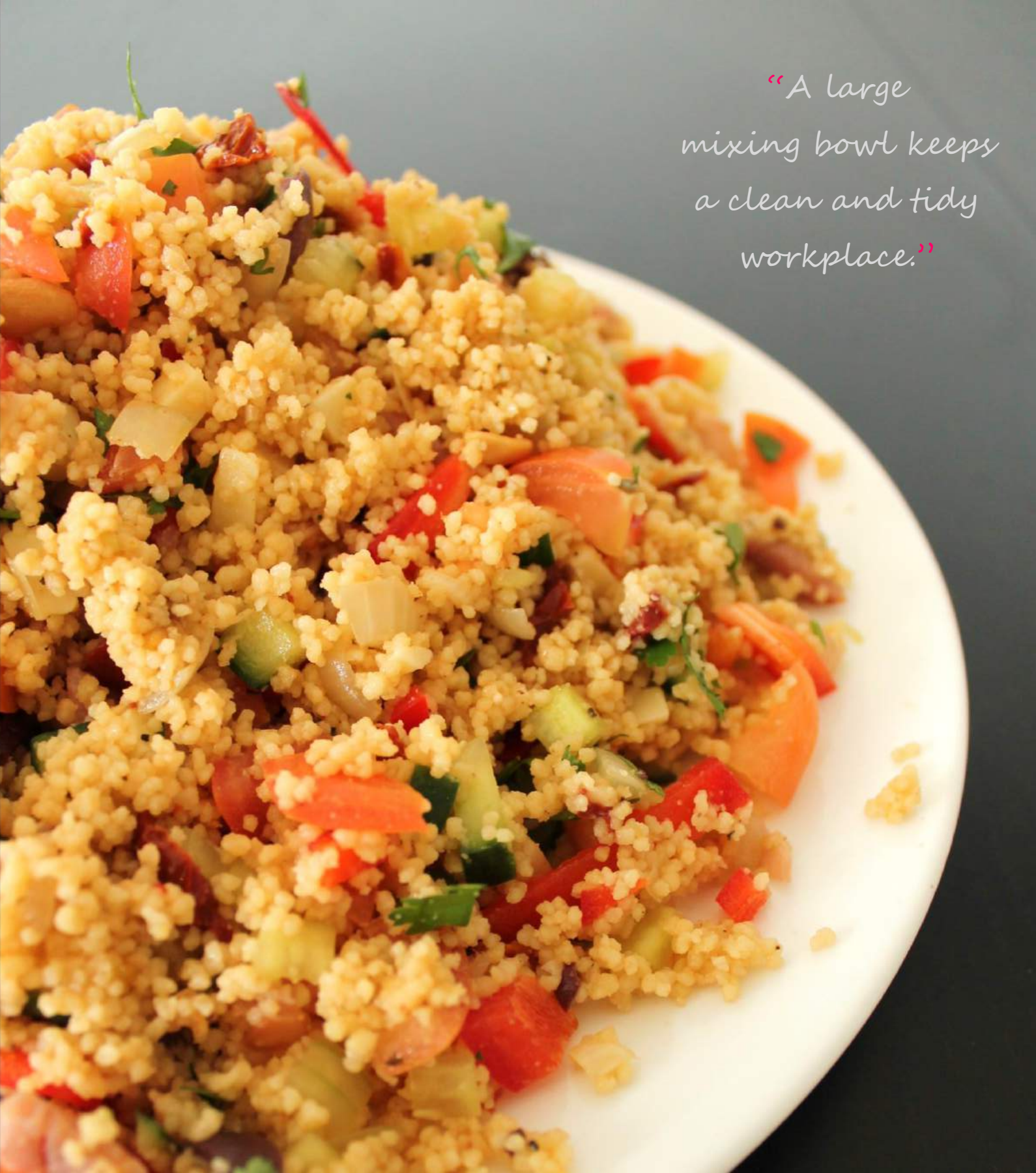
## Additions

- ½ cup Fresh Coriander
- ½ Fresh Chilli
- 2 tbsp. Soy Sauce
- 1 tbsp. Lemon Juice

\*Sundried Tomato Oil is the delicious oil that the sundried tomatoes come in. It's brilliant for frying and baking veggies.







*“A large mixing bowl keeps a clean and tidy workplace.”*

# How to make Crackin’ couscous

- 1.** Pour one cup of couscous into a large bowl and crumble in the stock cube, tbsp. sundried tomato oil and a pinch of pepper. Mix together and pour in boiling water until it is 1 cm above the couscous. Cover the bowl with a plate and leave for 8 minutes.
- 2.** Dice the onion and mince the garlic. Add to a non-stick frying pan along with a tbsp. oil and fry over a medium heat for 2 minutes. Roughly chop the bacon and add to the pan for a further 4 minutes. Once cooked, add to the couscous and pour in any fat as this contains tons of flavour.
- 3.** Finely chop the tomatoes and add to the couscous. (If using canned tomatoes, drain off the liquid first and add the tomato pieces only). Roughly chop the sundried tomato and olives. Dice the cucumber, pepper and cheese into tiny cubes, and add to the couscous.
- 4.** Mix well and taste test. Season with 1 tbsp. soya sauce, a small handful of chopped coriander and plenty of peanuts.

# Perfect scrambled egg

w/ crispy bacon on toast

Two servings

Ready in 10 Mins

Vegetarian option

Breakfast or brunch

*At their best scrambled eggs are soft and silky with a smooth texture. They can be eaten at any time of day and dressed up to make a complete meal. The key to perfect eggs is to gently (and slowly) pull and push them around the pan rather than continuously stirring. The temperature should be medium-low.*

## Original Recipe

**3 Eggs**

**½ tbsp. Butter**

**Salt and Pepper**

**2 Rashers Bacon**

**1 tbsp. Grated Cheddar**

**2 Bread Slices**

## Swap Shop

-

½ tbsp. Olive Oil

-

## Dress Up

Tomato, chorizo and butter beans

Avocado, spring onion and feta cheese

Bacon, bacon and more bacon



*“If your butter is too cold to cut, try grating it. Works like a dream.”*



# How to make Perfect scrambled egg

- 1.** Add a dash of oil to a pan and fry two rashers of bacon until almost crispy over medium-low heat.
- 2.** Meanwhile, break the eggs into a cup and whisk together with a pinch salt.
- 3.** Heat a non-stick frying pan to a medium-low heat and melt the butter. Pour in the eggs and wait 15 seconds. Take a spatula and slowly pull the sides into the middle of the pan and begin gently folding and moving the eggs over each other.
- 4.** Wait for soft, silky curds to form then remove from the heat as soon as no more liquid egg is visible. Season with salt and pepper and serve over hot buttered toast. Finish with a rasher of bacon and a few slices of spring onion.

**Note.** If you want to add ingredients to the eggs, wait until the soft curds have formed and then fold in chopped ham, sundried tomatoes or smoked salmon. To dress up the eggs, cook the ingredients separately and pile on top.

# Chicken fajitas

w/ smashed avocado and cheese

Four  
servings

Ready in  
40 Mins

Vegetarian  
option

Dinner  
& lunch

Bursting  
with flavour

*Who can resist a delicious mix of rich tomatoes with tender spiced meat and a fresh avocado wrap? If meat's not your thing, go vegetarian with a handful of whole button mushrooms or a couple more coloured peppers.*

## Original Recipe

**3-4 Chicken Thighs**  
**8 Fajita Wraps**  
**1 can Chopped Tomato**  
**2 Peppers**  
**3 Cloves Garlic**  
**½ tsp Chilli Flakes**  
**3 tsp Tandoori Spice**  
**1 tsp Olive Oil**  
**1 Chicken Stock Cube**  
**Salt and Pepper**

## Swap Shop

Pork, Beef, Lamb  
1 cup Rice  
3 tbsp. Tomato Puree  
1 Spring Onion  
-  
½ Fresh Chilli  
3 tsp Fajita Spice Mix  
1 tbsp. Cooking Oil  
1 Veg Stock Cube  
-

## Additions

½ Onion  
¼ cup Coriander  
Crème Fraiche  
Cheddar Cheese  
Smashed Avocado  
Tomato Salsa  
Iceberg Lettuce  
Rice





## Kitchen & shopping tips 12

### Buy in Bulk

If your budget allows it, buy bigger packs of long-life ingredients like rice, canned goods, frozen produce, and toilet paper. This can often reduce the per portion price and unlike fresh ingredients they will not spoil before you get around to using them. In UK supermarkets you can check which option is cheapest by comparing the per Kilo price.

You can also apply this thinking to other household items like toilet paper, soap and cleaning products.

# How to make Chicken fajitas

**1.** Finely slice the garlic, chilli (and onion if using) and cut the meat into approx. 3cm pieces. Fry in a big pot with 1 tbsp. oil over a medium-low heat for 5 minutes until the garlic turns translucent.

**2.** Slice the peppers into long batons and add to the pot along with the tandoori spice and 1 can of tomatoes. Add a  $\frac{1}{4}$  cup water and gently simmer on a low heat for 30 minutes until the sauce has thickened. (Stir occasionally and if too dry add small amounts of water).

**3.** Season with salt and pepper and mix in some chopped coriander if available. Prepare the smashed avocado, grate some cheese and heat the fajita wraps in a microwave or oven. Spoon in the ingredients and tuck in.

**Smashed Avocado.** Cut 1 ripe avocado into small cubes and add a  $\frac{1}{4}$  finely chopped spring onion. Squeeze over the juice from half a lemon or lime and season with a good pinch salt and pepper. Smash together with a fork until nice and creamy.

**Note.** If you're a big hungry (m)animal cook some rice and spoon some into your wrap. Congrats, you've now turned your fajita into a tasty Burrito.

# Breakfast cereal

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 2 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

2 Bowls Cereal

2 cups Milk

## Swap Shop

-

-

## Additions



“A good breakfast will set you up for a good day”



## Kitchen & shopping tips 13

### Shop Seasonally

When fruit and veg hits peak season, the price is often lowered as there is a surplus of stock. From cucumbers to aubergines, cabbage to carrots; if you shop seasonally you will save money.

Keep an eye out for the fresh fruit and veg that is on discount. That's the stuff that's generally in season. If you want to find out more about seasonal eating the guys at Eat Seasonably have a pretty amazing calendar that tells you when veg is in season.

Check out their website for more information.

[www.eatseasonably.co.uk](http://www.eatseasonably.co.uk)

# How to make Quick Breakfast Ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Stir-fry veg w/noodles

Crunchy, healthy and bursting with flavour

Four  
servings

Ready in  
20 Mins

Vegetarian

Dinner  
& lunch

Vibrant  
and tasty

*Quick cooking time is the secret to an exquisite stir fry. You want to aim for fresh and slightly crunchy vegetables and avoid soggy, overcooked ones. Make sure to taste test as you go along and remove from the heat when the vegetables reach your desired crunch levels.*

## Original Recipe

**2 Portion Spaghetti**

**2 Carrot**

**1 ½ Courgettes**

**1 ½ Peppers**

**8 Mushrooms**

**3 Cloves Garlic**

**3 cm Ginger**

**1 Onion**

**½ cup Salted Peanuts**

**3 tbsp. Soy Sauce**

**4 tbsp. Water**

**Salt and Pepper**

## Swap Shop

2 Portions Rice Noodles

¼ Head Broccoli

½ Aubergine

2 Tomatoes

½ cup Mange Tout

¼ tsp Garlic Powder

½ tsp Chilli Flakes

3 Spring Onion

½ cup Sesame Seeds

2 tbsp. Oyster Sauce

-

-

## Additions

¼ cup Fresh Coriander

½ Fresh Chilli

Fresh Lime

1 tsp Sesame Oil

1 tbsp. Sesame Seeds





*“Taste and season your cooking. It’s easier to fine tune the flavours as you go rather than once at the end.”*



# How to make Stir-fry veg w/noodles

- 1.** Success here is in the preparation, so cut and prep all the vegetables before heating the frying pan. Put the rice noodles on to cook and once ready, drain and set aside.
- 2.** Dice the onion and very finely mince the ginger and garlic, then cut the carrot and the pepper into thin strips and slice the courgette and mushroom into similar pieces.
- 3.** Pour 3 tbsp. water into a wok or large pan, and add a pinch of salt. Water-fry the onion, garlic and ginger over a medium heat for 4 minutes.
- 4.** Add the carrot, peanuts and another 3 tbsp. water and cook for 2 minutes before adding the mushroom, courgette and soya sauce.
- 5.** Gently stir-fry for 6-8 minutes or until the veg are cooked but have retained a little crunch. Add the noodles and heat through.
- 6.** Taste test, and season with salt and pepper if necessary. Finish with a sprinkle fresh coriander, a drizzle of sesame oil and a squeeze of lime if available.

# Buttered toast & banana

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 5 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

4 Slices Toast

Butter

2 Bananas

## Swap Shop

-

-

-

## Additions



“A good breakfast will set you up for a good day”




## Kitchen & shopping tips 14

### Love your Freezer

The best way to save time is to batch cook meals and freeze them. Buy plastic takeaway containers (with lids), and sandwich bags (with ties). Not only can you create your own ready meals, you can split large meat packs, control portions and store food for longer. As a general rule, freeze items for up to 3 months and use the oldest items first. We try to use most items by six weeks in our house otherwise we forget what's in the freezer. Remember to defrost meat in the fridge or with a microwave on defrost setting.

It's good to note that you can freeze meats on their best before or use by date. Just remember that once defrosted it will need to be used within 24 hours.

# How to make Quick Breakfast Ideas



1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Tiph's potato rosti

w/ bacon and super slaw

Two  
servings

Ready in  
20 Mins

Vegetarian  
option

Dinner

*This is an excellent way to use up old potatoes and makes a satisfying lunch or sharing plate for large meals. Great with a full English, or eaten with the Super Slaw. Add a tsp mustard and some crispy bacon for another delicious layer of flavour.*

## Original Recipe\*

**3-4 Medium Potatoes**

**1 Egg**

**2 Rashers Bacon**

**1 Clove Garlic**

**½ Onion**

**2 tsp Cooking Oil**

**Salt and Pepper**

## Swap Shop

3 Sweet Potatoes

-

2 Sundried Tomatoes

-

2 Spring Onions

2 tsp Olive Oil

-

## Additions

½ tsp Mustard

¼ cup Diced Cheddar

1 Spring Onion

3 Sundried Tomatoes

1 tsp Mixed Herbs

You can also make the rosti with sweet potato, but be sure to thoroughly squeeze out the excess water and use a non-stick frying pan.



*“Make sure to squeeze the water out of the potato before cooking.”*



# How to make Tiph's potato rosti

- 1.** Wash the potatoes and grate them (skin on) into a large mixing bowl. Finely slice the onion into half moons and add to the bowl along with a good pinch salt and pepper and 1 minced garlic clove. Add any additional flavours and mix well.
- 2.** Take the bowl to the sink and pull out a handful of the mixture at a time, and squeeze out as much water as you can. Once the bowl has been completed, re-season with a pinch of salt and pepper. Break an egg into the bowl and mix through.
- 3.** Heat up 1 tsp oil in a non-stick frying pan and pour in the mixture. Pat down so it is around 2-3 cm thick maximum. (I use an 18cm medium frying pan but larger pan is fine). Cook over a medium-low heat for 10 minutes.
- 4.** Turn the Rosti by putting a plate snugly on top of it and turn over the frying pan so it comes out. Add another tsp oil to the pan and slide the Rosti back in to cook the other side. Allow 5-8 minutes more cooking.
- 5.** Enjoy hot or cold with a super slaw salad.

# Super slaw

Go for classic or try the Middle Eastern version

Four  
servings

Ready in  
10 Mins

Vegetarian  
option

Side  
dish

Brighten up  
your day

*Slaw is the obvious companion to BBQ's and burgers, but it adds an explosion of colour and taste to recipes such as the potato rosti, potato cakes and frittata. It takes minutes to make and is easy on your wallet.*

## Original Recipe

**2-3 tbsp. Mayonnaise**  
**½ Small White Cabbage**  
**¼ Red Cabbage**  
**2 Carrots**  
**½ Spring Onion**  
**1 tbsp. Lemon Juice**  
**1 tsp Honey**  
**½ tsp Salt**

## Swap Shop

2-3 tbsp. Yoghurt  
-  
-  
-  
¼ Grated Onion  
-  
1 tsp Sugar  
-

## Additions

½ tbsp. Mustard  
½ Grated Apple  
1 tsp Cumin Seeds  
1 tbsp. Nuts or Seeds  
1 tbsp. Raisins





## Kitchen & shopping tips 15

### Recipes aren't set in stone

Repeat after me.

Recipes. aren't. set. In. stone.

How many of us pick up a cookbook, flip through to a recipe we like and then put the book down because we don't have one or two ingredients? To solve this age old problem, you can use our really clever swappable ingredients section that shows you how to swap out ingredients that you don't have or dislike, and swap in the ones that you do.

Each recipe can be personalised to suit your taste buds and made with the contents of your fridge. So whenever you cook from this book, have a look at the suggested swaps. In good time you'll build up a picture of which ingredients go together and which can be swapped.

Once confident, you'll find you can open the fridge and cook from scratch without a cookbook to hand. You'll never be stuck for a meal again.

# How to make Super slaw

**Classic Slaw.** Cut the red and white cabbages into quarters and then grate a quarter of each into a large mixing bowl. Grate the carrots and then add the mustard, (wholegrain if available), salt, honey, and lemon juice. Add 2 tbsp. mayonnaise and thoroughly mix together. Taste test, season with salt and lemon if needed.

### Middle Eastern Version.

1 tsp Cumin Seeds  
¼ cup Chopped Nuts  
¼ cup Raisins  
1 tbsp. Honey  
Salt

**2.** Make the classic slaw and then add the cumin seeds, chopped nuts and raisins to a frying pan and cook for 2-3 minutes over a medium heat . Add the honey and a pinch of salt. Heat and stir together for 30 seconds before transferring to a plate. Allow to cool down before mixing through the slaw

# Mighty omelette

w/ spring onion and cheddar cheese

Two servings

Ready in 15 Mins

Vegetarian option

Breakfast or brunch

Quick and easy, great to share

*Start your day with a nutritious omelette which will keep you going until lunch. There's tons of combos to create and plenty of vegetarian options, just swap out the ingredients you don't want and swap in the ones you do. The key to a great omelette is the process, so prep all the ingredients before cooking.*

## Original Recipe

**3 Eggs**

**½ Spring Onion**

**3 tbsp. Grated Cheddar**

**1 Tomato**

**1 tsp Butter**

**Salt and Pepper**

## Swap Shop

-

¼ diced onion

3 tbsp. Crumbled Feta

¼ Diced Pepper

1 tsp Olive Oil

-

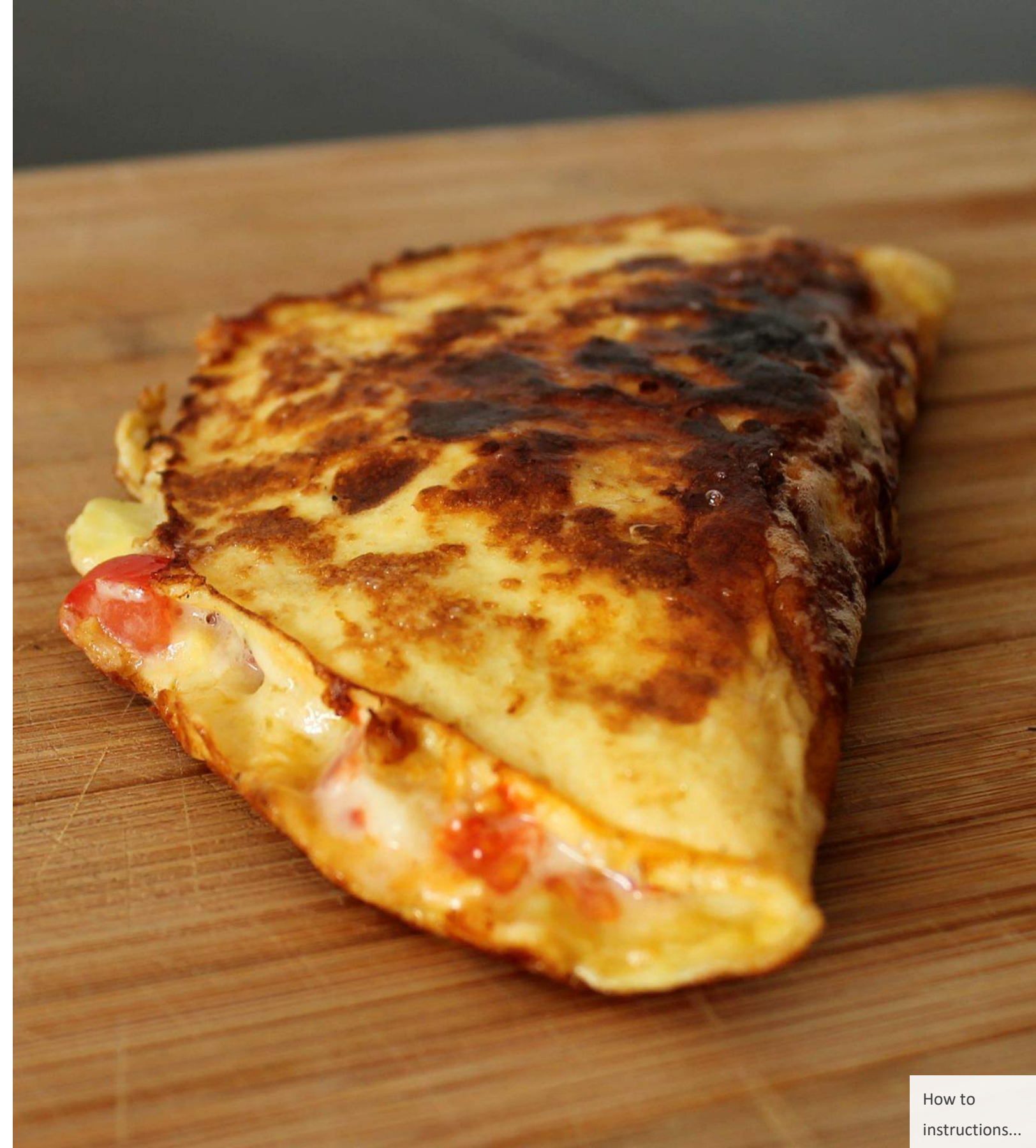
## Additions

¼ Fresh Chilli

½ tsp Mixed Herbs

¼ cup Fresh Spinach

¼ tsp Mustard





*“Rub olive oil onto your fingers before chopping chillies, it will prevent your skin from absorbing the spicy chilli.”*



# How to make Mighty omelette

- 1.** Prep the fillings by cutting into 1cm pieces.
- 2.** Crack the eggs into a bowl and add a good pinch salt and pepper. (Add the mustard and finely chopped spring onion if using). Whisk the ingredients together with a fork.
- 3.** Heat a small non-stick frying pan to medium-low heat, and melt the butter. Pour in the egg mix and wait 30 seconds before scattering the filling evenly over the omelette.
- 4.** Cook for 4-5 minutes until the omelette begins to firm up with just a little wobbly on the surface. Take a spatula and gently fold in half.
- 5.** Cook for a further 2-3 minutes to finish the inside. Slide onto a plate and enjoy!

# Onion bhaji

w/ super slaw

Two servings

Ready in 15 Mins

Vegetarian option

Weekend lunch

Oh. So. Good.

*I'd eat these every day if Tiphaine allowed me. It's really quite difficult to stop eating them as they hit all the right notes of flavour, crunch and saltiness. What's even better is that they cost pennies and take minutes to make. In fact, I'm off to make some now. Bye.*

## Original Recipe

**2 Onions**  
**1 Clove Garlic**  
**1 Egg**  
**2 tbsp Tandoori Spice**  
**½ tsp Chilli Flakes**  
**2 tbsp. Flour**  
**1 tbsp. Milk**  
**2 tbsp. Cooking Oil**  
**Salt and Pepper**


## Swap Shop

1 Grated Beetroot  
-  
-  
-  
-  
-  
Bread

## Additions

¼ cup Grated Cheddar  
½ Spring Onion





*“Easily peel  
ginger with a spoon,  
just scrape the skin  
to peel it off.”*

# How to make Onion bhaji

- 1.** Slice the onions into very thin, half-moon strips. (Peel the onion, cut in half from stalk to tip, then slice half-moon shapes and break apart with your fingers into long strips). Add to the mixing bowl.
- 2.** Mince the garlic and add to the bowl. Then add in 2 tbsp. flour, 2 tbsp. tandoori spice mix, ½ a tsp chilli flakes, and a good pinch of salt and pepper.
- 3.** Break the egg into the bowl and add 1 tbsp. milk or water. Very thoroughly mix the ingredients together. The consistency should be like a paste and should coat the onions.
- 4.** Heat a non-stick frying pan to medium-hot and add in 1 tbsp. oil. Use a spoon to gently drop in dollops of onion onto the pan. Flatten with the back of the spoon and leave to cook for 2-4 minutes before flipping to cook the other side. They are ready when golden in colour.
- 5.** You may have to cook them in two batches. Keep the first set warm in the oven, or lightly wrapped in foil.

# Cabbage & white bean stew

w/ potato and carrot

Two servings

Ready in 45 Mins

Vegetarian option

Weekend dinner

*Like a hug in a bowl, this warming stew is a health bringing pick-me-up. It can be made with whatever veg is in the fridge but goes particularly well with the below combination. Throw in a bay leaf at the beginning and some bacon towards the end to take it one step further.*

## Original Recipe

**½ Small White Cabbage**  
**1 Onion**  
**3 Cloves Garlic**  
**2 Carrots**  
**3 Small Potatoes**  
**1 tsp Mixed Herbs**  
**1 tbsp. Olive Oil**  
**1 Chicken Stock Cubes**  
**2 cups Water (500ml)**  
**1 can White Kidney Beans**  
**Salt and Pepper**

## Swap Shop

½ Celeriac  
-  
-  
1 Courgette  
½ cup Diced Celeriac  
Thyme and Rosemary  
1 tbsp. Cooking Oil  
1 Veg Stock Cube  
-  
White Beans  
-

## Additions

2 Rashers Bacon  
½ tsp Thyme  
1 Bay Leaf  
1 Tomato



*“Put a lid on your pots and pans to quickly bring water to the boil.”*



# How to make Cabbage & white bean stew

**1.** Boil a large kettle of water. Finely dice the onion and mince the garlic. Add a tbsp. oil to a large pot over a medium heat. Fry the onion and garlic for 3-4 minutes and then add the chopped cabbage. Lower the temperature slightly and cook the ingredients for 10 minutes. Stir occasionally to stop from sticking to the pan.

**2.** Add the roughly cubed potato, carrots and mixed herbs. (Add the tomato, bay leaf and bacon at this point if using and continue to cook for a couple minutes.

**3.** Pour in 2 cups of boiling water and stir well.

**4.** Crumble in the stock cube, bring to a boil, then reduce the temperature so the water is just bubbling and cook for 20 minutes.

**5.** Taste test and season generously with salt and pepper. You can also add a sprinkle of herbs at this point if necessary.

**6.** Allow the stew to rest for five minutes and serve.

# Week Three!

## Menu for two people

This mouth-watering meal plan for two people uses an array of healthy vegetables, succulent meats and big flavours all for a shopping bill of under £20.00 per person. That's seven days of delicious meals that you don't have to think about. (P.S. If you don't have time for cooked breakfast in the morning, simply go for toast, cereal or fruit and yoghurt)

**£19**  
per person\*

Click on an item to go to that recipe

Meal plans start on a Sunday so you can shop on the weekend and be prepared for the week.

But feel free to choose which days to eat what. Simply work it around your lifestyle. It's up to you.

Just remember, Sunday to Thursday's dinner becomes the next day's packed lunch, saving you time during the busy week.

	Breakfast	Lunch	Dinner	
	Full English w/ giant Yorkshire pudding	Sweet potato soup w/ sundried tomato oil and feta shavings	Thai green curry w/ chicken and rice	Sunday
	Granola and yoghurt	(Thai green curry w/ Chicken and rice)	Melt in the mouth bean burger	Monday
	Buttered toast	(Melt in the mouth bean burger)	Chicken tagine w/ couscous	Tuesday
	Smashed avocado on toast	Chickpea, spinach and feta salad	One pot pasta	Wednesday
	Granola and yoghurt	(One pot pasta)	Perfect parmigiana	Thursday
	Buttered toast	(Perfect Parmigiana)	Spring potato salad	Friday
	Fresh egg roll-ups	Pan-fried potato cakes w/ griddled tomatoes	Roast veg medley w/ baked feta	Saturday

\*In store prices may fluctuate  
\*Ingredients may not be available at all supermarkets.  
\*Approximate cost per person, based on two people.

# Week Three Shopping list

## Price checked against major supermarkets

We checked the prices at Sainsbury, Asda and Tesco supermarkets and all three came in under £40.00 for the entire shopping list for two people. Lidl may be cheapest overall but does not always stock the full list of ingredients. (You could always go to a corner store or ethnic shop for these). The shopping list opposite is compiled using supermarket own-brand ingredients where possible.

Say  
Goodbye to the  
'What's For Dinner'  
game, and Hello to  
fuss free food

*\*Starred Ingredients will not be finished this week and can be used as part of another meal plan.*

*Basic ingredients are not included so if you don't have the following items, add them to the list.*

*(Salt, Pepper, Chicken Stock Cubes, Beef stock Cubes, Vegetable Stock Cubes, Olive Oil, Vegetable Oil, Sugar)*

*If you don't like an ingredient or simply don't have it, check out the Swap Shop section on each recipe. You can easily personalise your meals to suit your taste buds.*

<i>Fresh Produce to buy</i>	<i>Meat and Dairy to buy</i>	<i>Store Cupboard to buy</i>	<i>Saved from previous week</i>
Fresh Mint x 28g	Chicken thighs x 1kg	*Cocktail Gherkins x 227g	Ginger
Fresh Parsley x 28g	*Mature Cheddar x 400g	Black Olives x 350g	Granola
Fresh Coriander x 150g	Mozzarella x 3 packs	Canned Tomatoes x 4	Mayonnaise
Peppers x 600g	Greek Feta x 200g	*Fusilli Pasta x 500g	Light Soy Sauce
Tomatoes x 6	*Free Range Eggs x 12	*Mixed Herbs x 14g	Sesame Oil
Sweet Potato x3	Coconut Milk x 400ml can	*Couscous x 500g	Peanuts
*Salad Potatoes x 1kg	*Salted Butter x 250g	Chickpea x 1 can	Green Lentils
*Onions x 1kg	Unsmoked Bacon x 250g	Black Eye beans x 2 cans	Crushed Chillies
Spring Onions x 1 Bunch		*Bread x 800g	Pearl Barley
Fresh Spinach x 100g			Soy Sauce
Loose Mushrooms x 8			Plain Flour
Lemongrass x 2 sticks			Baking Powder
Lemon x 1			Tandoori Spice
Courgette x 3			Potatoes
Garlic bulbs x 4			Onions
Fresh Chillies x 50g			Rice
Carrots x 2			Pepper
Avocado x 1			Bread
Aubergine x 4			Sundried Tomato Oil

# How to use this cookbook

Makes 8

Ready in 20 Mins

Vegetarian option

Weekend breakfast

This section tells you things like cooking time and whether there is a veg option. It also tells you how many meals the recipe covers.

Cook once Eat twice: Sun-Thurs dinner recipes make four portions. That's dinner for two and the next day's lunch for two.

## Oven Temperature

Oven times vary between brand and type. Ours have been calculated using a fan assisted electric oven. Here's a simple conversion guide.

Fahrenheit	Gas	Electric	Electric (Fan)
375	5	190	170
400	6	200	180
425	7	220	200
450	8	230	210

The How to section is a step by step guide to making the meal. If you follow these instructions the recipe should turn out just fine.

## Measurements

Teaspoon (tsp)

Tablespoon (Tbsp.)

Millilitre (ml)

Grams (g)

Cups

We chose Cups as a measurement because it makes life so much easier than weighing everything. For consistent measurements, choose a standard coffee cup and use it each time. Unlike baking, cooking is ultimately forgiving and small variations will make no difference.

When there is a side dish or instructions for lunch you can access them by clicking this link.

How to instructions...

This is the ingredients list to make the Original Recipe. It will taste great with these quantities.



### Original Recipe

1 Ripe Banana

¾ cup Plain Flour

1 tsp Baking Powder

But if you don't have an ingredient, or just don't like one, you can change it for one in the Swap Shop.



### Swap Shop

Nectarine, Peach,

-

-

This area is for tips and any other information that can make life easier.



And to take the recipe to the next level this section highlights complimentary ingredients for adding more big flavours.



### Additions

½ tsp Ground Cinnamon

½ tsp Vanilla Essence

The term al dente is usually used to describe pasta that has a small bite left to it, but it can be used for perfectly cooked mushrooms



# Kitchen Equipment



## The essentials for a modern kitchen

Some equipment you'll need and some that just makes life easier. For example a wine bottle doubles as a rolling pin and a fork can be used to mash potato and whisk eggs. Some good advice is to get a sharp knife and a non-stick frying pan.

### Very Useful

### Essential

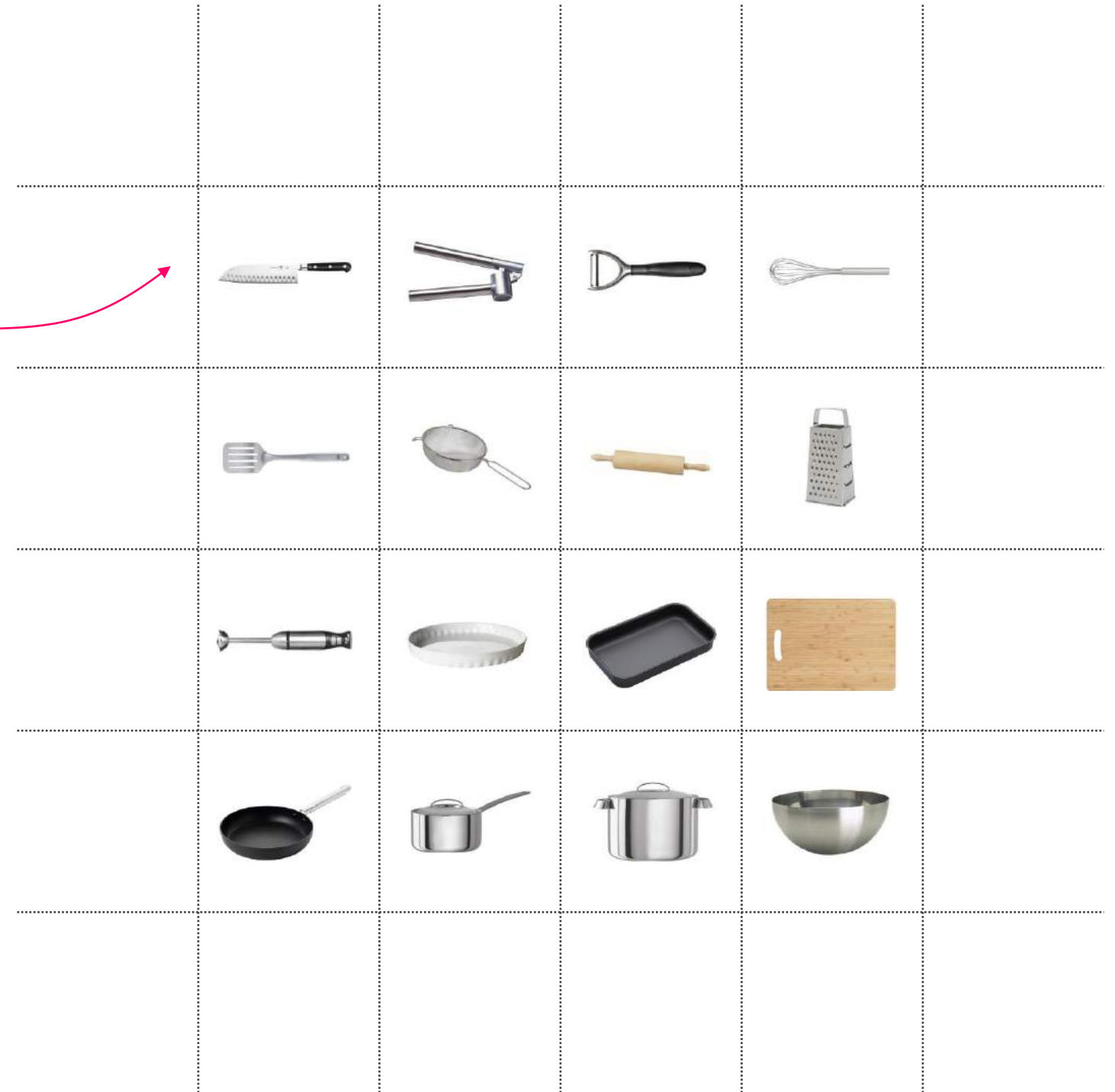
- Garlic Press
- Balloon Whisk
- Rolling Pin
- Aluminium Foil
- Cling Film
- Lunch Boxes
- Freezer Boxes
- Freezer Bags
- Sharp Knife**
- Vegetable Peeler**
- Grater**
- Sieve**
- Spatula**
- Chopping Board**
- 18-21 cm Oven Dish**
- Mixing Bowl**
- Large Deep Pot**
- Medium Pot**
- Large Roasting Tray**
- 18-21 cm Non-Stick Frying Pan**
- Electric Hand Blender**

If you've most of the items in the list you'll be able to easily create the recipes in this cookbook.

A great rule of thumb is to buy less but at the best quality you can comfortably afford.

For example, it's better to save for a decent chopping board than replace a poorly made one every 6 months.

In the long run you'll end up with great equipment that will last a lifetime.



# English breakfast

In a giant Yorkshire pudding

Two servings

Ready in 30 Mins

Vegetarian option

Weekend breakfast

*The perfect breakfast?*

*It's morning, you've crawled out of bed after a long night and your partner presents you with a Full English in a Giant Yorkshire Pudding. Do you? A. Make a mental note, (they're a keeper). B. Praise them as your saviour. C. Commit to marrying them there and then. D. All of the above.*

## Original Recipe

**4 Rashers Bacon**

**8 Mushrooms**

**1 Spring Onion**

**½ Clove Garlic**

**2 Eggs**

**½ tbsp. Butter**

**Salt and Pepper**

## Swap Shop

4 Sundried Tomatoes

1 Courgette

-

-

-

½ tbsp. Olive Oil

## Yorkshire Pudding

2-3 Eggs

½ cup Flour

½ cup Milk

1 tbsp. Cooking Oil

Salt and Pepper

\*If you're having trouble getting rid of small lumps in your batter you can pour it through a sieve. The lumps will be left behind and you'll get a lovely silky batter.



*“Vegetarians take note:  
sundried tomatoes make an excellent  
swap for bacon or chorizo.”*



# How to make English breakfast

- 1.** Preheat the oven to 200 Celsius. Take a mixing bowl and break in 2 eggs. Add the milk and lightly whisk together. Gradually add the flour (slowly through a sieve is best). Whisk until a smooth batter has formed with no \*lumps.
- 2.** Add 1 tbsp. cooking oil to an 18-21 cm round oven dish and spread the oil onto the sides and base. Pour in the batter and place in the middle of the oven for 20-25 minutes. Do not open the oven for the first 20 minutes. Remove from the oven when it is puffed and golden and the top is crisp.
- 3.** With 12 minutes oven time left, cut the mushrooms into quarters and finely mince ½ a garlic clove. Melt the butter in a large pan over a medium heat and add the mushrooms, garlic and a pinch of salt and pepper. Stir and cook for 6-10 minutes until they are just al dente.
- 4.** At the same time, place a dash of oil into a non-stick frying pan and turn the heat to medium-high. Fry the bacon for 3 minutes and then move to one side of the pan. Finely chop a spring onion, crack the eggs into the frying pan and season with salt, pepper and the spring onion. Flip the bacon, fry until the egg has set, remove the Yorkshire pudding and add your fillings.

# Sweet potato soup

w/ sundried tomato oil and feta shavings

Two servings

Ready in 25 Mins

Vegetarian option

Weekend lunch

*My brother loves sweet potatoes. That's what I learned this week! In fact, I bet most people secretly love sweet potatoes. Their unique flavour makes a great change to normal potatoes. This soup can be made to suit vegetarians and is exceptional topped with grated feta. If you don't have feta, try a spoon of crème fraiche .*

## Original Recipe

1 ½ Sweet Potatoes

1 Onion

2 Cloves Garlic

1 tbsp. S.D Tomato Oil\*

3 cups Boiling Water

1 Chicken Stock Cube

Salt and Pepper

## Swap Shop

1 cup Red Lentils

-

-

1 tbsp. Tomato Puree

1 tbsp. Cooking Oil

-

1 Vegetable Cube

## Additions

Grated Feta

Crispy Bacon

Lemon Juice

Crème Fraiche

\*Sundried Tomato Oil



*“Keep your knives sharp, they’re less likely to slip off the veg and onto your fingers.”*



# How to make

## Sweet potato soup

- 1.** Finely dice the onion and mince the garlic. Pour 1 tbsp. sundried tomato oil into a medium-hot pot and fry together for 3-4 minutes until soft.
- 2.** Chop the sweet potato (skin on) into 3 cm cubes and add to the pot along with the boiling water and stock cube.
- 3.** Simmer on a medium heat for 15-20 minutes until the sweet potato is soft.
- 4.** Blitz the soup with an electric hand blender, taste test and season with salt and pepper if needed.
- 5.** Serve into bowls and drizzle with sundried tomato oil. Top with a squeeze of lemon juice and a grating of feta cheese.

# Thai green curry paste

Simplify your life with big batch cooking

Ten  
servings

Ready in  
25 Mins

Vegetarian  
option

Lunch  
& dinners

Frozen  
instant  
meals

*Make this mouth watering green curry paste on the weekend when you have 30 minutes to spare. The idea is to batch produce several portions which can be frozen and used over the next couple of months. When using your frozen paste, the curry can be served within 30 minutes, start to finish.*

## Original Recipe

**2 Lemon Grass Stalks**

**1 Large Bunch Coriander**

**3 cm Ginger**

**2 Small Onions**

**10 Cloves Garlic**

**2-4 Green Chillies**

**1 tbsp. Butter**

**3 tbsp. Water**

**1 ½ tbsp. Salt**

**Pepper**

## Swap Shop

1 tbsp. Lime peel

-

-

-

-

2-4 Red Chillies

1 tbsp. Olive Oil

-

-

-

## Additions

1 tbsp. Shrimp Paste

1 tsp Cumin Seeds

5 Lime Leaves



How to  
instructions...



## Kitchen & shopping tips 16

### Things to Freeze

**Bacon** – Split the pack into portions and freeze 2 slices per bag. If you can find it, buy cooking bacon, it's just as good and cheaper!

**Boneless Pork (and other large meats)** – Buy around 1kg of meat and cut into 6 pieces. freeze 2 pieces per bag.

**Chicken thighs** – Split into portions and freeze 2 pieces per bag.

**Bread** – Slice bread and freeze. Just pop in toaster to defrost.

**Spinach, peas, corn, fresh herbs** – Contain all the nutrients and will not spoil in the freezer.

**Other things to freeze** – Chopped onion, garlic, ginger, chilli, coriander and fresh herbs, chicken stock, soups, sauces, pizza dough, bread dough, pie dough, mashed potato, par-boiled and seasoned potatoes ready for roasting, curry pastes, milk, butter, grapes, juices, fresh fruit, cooked fruit, curry pastes.

**How to Freeze certain vegetables** – Vegetables like broccoli, carrots, green beans and mushrooms need to be quickly blanched in boiling water and chilled in cold before freezing. It's simple to do and the best bet is to Google how.

# How to make Thai green curry paste

**1.** Peel and chop all the ingredients, (include the coriander stalks) into approx. 1 cm pieces and add to a deep cooking pot, (no heat).

**2.** Blitz the ingredients together with a hand blender until it makes a smooth paste. The aroma will be very strong and will not taste good until cooked. Just trust in the ingredients!

**3.** Take 4-6 plastic sandwich bags and spoon in 2 tbsp. of paste into the corner of each bag. One bag will serve two people. Seal with a knot or plastic tie and store in the freezer for up to 4 months.

**Note.** If you like it hot, throw in a few more chillies. You can always add a squeeze of lime juice to cool things down again. You will also need a hand blender and some closing sandwich bags to store the curry paste. Buy a budget hand blender for around £10, they are incredibly useful for soups, sauces and hummus and curry pastes.

# Thai green curry

w/ chicken and rice

Four servings

Ready in 30 Mins

Vegetarian option

Dinner & lunch

Perfect for mid-week meals

*This is a definite favourite and you'll be salivating from the aroma as it cooks. If you've pre-made the Thai green curry paste you can whip this up in less than 30 minutes. It's brilliant for those mid week meals where you want something hot and tasty without the effort. Make a fresh batch of curry paste on the Weekend and freeze portions for later use.*

## Original Recipe

**2 Chicken Thighs**  
**2 tbsp. Curry paste**  
**1 can Coconut Milk**  
**1 Courgette**  
**1 Pepper**  
**1 Chicken Stock Cube**  
**Salt and Sugar**

## Swap Shop

Aubergine, or Prawns  
-  
-  
½ Aubergine  
½ cup Frozen Peas  
1 Veg Stock Cube  
-

## Topping Ideas

Peanuts  
Fresh Coriander  
Fresh Chilli  
Chilli Flakes





*“Make sure your food is room temperature before putting it into the fridge or freezer.”*



# How to make Thai green curry

**1.** Using a sharp knife, carefully cut away the fat, skin and bones from the chicken thighs and discard. Roughly chop the meat into 3-4 cm pieces. Empty a freezer bag of curry paste (or 2 tbsp. fresh) into a large pot and gently heat until melted.

**2.** Add the chicken and stir-fry over a medium heat for 3 minutes. Pour in a can of coconut milk and crumble in the stock cube. Stir well. Cut the courgette into 1 cm rounds and the pepper into 2-3 cm pieces and add to the pot. Gently simmer on a medium-low heat for 25 minutes. (Cook the rice at during this time).

**3.** Taste test and season the curry with salt and pepper if necessary. Serve over a bowl of steaming hot rice and finish with some chopped coriander.

**Vegetarian.** Make a vegetarian version by changing the chicken stock for vegetable stock and swapping chicken for tofu. Another option is to cut an aubergine into finger sized pieces and add to the curry along with courgette and peppers. This makes an awesome veggie version.

# Granola & yoghurt

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 2 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

2 Bowls Granola

1 cup Yoghurt

## Swap Shop

-

-

## Additions



“A good breakfast will set you up for a good day”

How to instructions...



## Kitchen & shopping tips 17

### Make Meat go Further

Fancy a Sunday roast? No problem! But before you throw away the leftovers, consider that the chicken carcass can be boiled to make a highly nutritious bone broth.

Find a big pot and fill it with water, throw in 1 tbsp. gravy granules, a stock cube, an onion, a couple cloves garlic and 1 tsp herbs. Gently boil for an hour or two, remove the bits with a sieve and put the liquid back into the pot. Add in a handful of shredded chicken and any leftover roast potatoes, carrots and stuffing. Heat through and Voila, another tasty meal.

Another way to make meat go further is to cut it into wafer thin pieces. It increases the surface area and will absorb huge amounts of flavour. By cutting super thin you actually taste more meat than there really is. It's a perfect way to economise whilst maximising taste.



# How to make Quick Breakfast Ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Melt in the mouth bean burger

Whoever said veggie burgers are boring needs to eat one of these

Four servings

Ready in 15 Mins

Vegetarian option

Dinner & lunch

*We created this little masterpiece as an alternative to the beef burger. Yep that's a veggie burger right there, in all it's glory. Start to finish ready in 15 minutes. To all us meat eaters, give this one a go. You'll be really surprised how good it is. Use a heaped tsp tandoori spice to give more flavour.*

## Original Recipe

**2 cans Black Eye Beans**

**1 Small Onion**

**1 Clove Garlic**

**2 ½ tsp Tandoori Spice**

**2 tsp Flour**

**4 tbsp. Cooking Oil**

**Salt and Pepper**

## Swap Shop

2 cans Kidney beans

4 Spring Onions

-

1 tsp Masala Spice

-

4 tbsp. Olive Oil

-

## Additions

4 Toasted Buns

Mayonnaise

Ketchup

Coriander Leaves

Lettuce

Tomato

Cheese

Avocado

Fried Egg

Hot Sauce



How to instructions...

*“Try it for  
your next meat  
free Monday”*



# How to make

## Melt in the mouth bean burger

**1.** Drain the beans and rinse under water. Shake very well to dry and add to a bowl. Finely grate the onion and garlic and add the tandoori spice (Lidl do a good cheap one), flour and a pinch salt and pepper. If you don't have a grater then chop the onion and garlic super finely and fry in oil for 3 minutes to soften before adding to the beans.

**2.** Thoroughly mix and mash the ingredients together using your clean hands to break up most of the beans.

**3.** Get a non-stick frying pan medium-hot and add 1 tbsp. oil. Form the burger mix into four equal patties and fry on each side for 4 minutes. Toast the bread, layer with the fillings and enjoy your masterpiece.

# Buttered toast

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 5 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

4 Slices Toast

Butter

## Swap Shop

-

## Additions



“A good breakfast will set you up for a good day”




## Kitchen & shopping tips 18

### Why Chicken Thighs

Chicken thigh is tastier and much more succulent than breast. Yes, it needs a little prep work to remove the skin, fat and bone, but you are more than rewarded for your labour. On the plus, it costs less than breast, the bones can be used to make stock, and the skin can be used to make schmaltz. (Google it!)

A good way to bring the cost down is to buy a large pack of chicken thighs and split the pack into two thigh portions. Place each portion in a sealable freezer bag and defrost when needed.

# How to make Quick Breakfast Ideas



1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Chicken tagine

w/ veg and couscous

Four servings

Ready in 60 Mins

Vegetarian option

Dinner & lunch

Great depth of flavour

*This is my old friend Kether's go to dish. He loves the simplicity of it and how the spices can be tweaked to create new versions. For such a simple recipe there are some incredible flavour layers. If you can get your hands on some preserved lemons, (or lime pickle), add a chopped tsp to the finished dish. It'll blow your mind.*

## Original Recipe

**2 Chicken Thighs**

**1 Onion**

**2 Cloves Garlic**

**2 Carrots**

**1 Courgette**

**1 tsp Mixed Herbs**

**2 tsp Tandoori Spice**

**1 Chicken Stock Cube**

**2 tbsp. Olive Oil**

**2 cups Water (500ml)**

**Salt and Pepper**

**1 cup Couscous**

## Swap Shop

Drumsticks or Legs

3 Spring Onions

-

½ Sweet Potato

1 tsp Thyme

2 tsp Ras El Hanout\*

1 Veg Stock Cube

2 tbsp. Cooking Oil

-

-

-

1 cup Rice

## Additions

½ tsp Cinnamon

½ cup Fresh Coriander

2 tsp Preserved Lemon

2 tsp Lime Pickle

1 tsp Fresh Chilli





*“Always cook with alcohol.  
Occasionally add some to whatever it  
is that you're cooking.”*



# How to make Chicken tagine

**1.** Slice the onion into half moon strips and mince the garlic. Add to a deep and wide pot along with 2 tbsp. oil and fry over a medium heat for 4 minutes.

**2.** Add the mixed herbs, tandoori spice and chicken thighs and cook for a further 5 minutes, stirring occasionally.

**3.** Roughly chop the carrot and courgette into 3-4 cm pieces and add to the pot along with the crumbled stock cube and boiling water. Stir together, bring to the boil and put a lid on. Drop the temp to a low simmer and cook for a total of 1 hour (flipping the chicken after 30 minutes and removing the skin).

**4.** Check the water levels and stir occasionally to stop any sticking to the bottom of the pan. The tagine should be moist with a little juice. If there is too much water, turn up the heat and cook off some liquid.

**Couscous.** Pour one cup of couscous into a large bowl and crumble in 1 chicken stock cube, 1 tbsp. oil and a pinch of pepper. Mix together and pour in boiling water until it is  $\frac{3}{4}$  cm above the couscous. Stir again, cover the bowl with a plate and leave for 6-8 minutes

# Smashed avocado on toast

A mouth-watering medley of big flavours

Two servings

Ready in 10 Mins

Vegetarian option

Breakfast or brunch

*Without wanting to sound like an Instagram health guru pushing the boundaries of avocado eating, I'd like to point out just how delicious they are. And it's true, they are packed full of goodness. If you were stranded on a island with only a couple of ingredients, you'd be wise to choose the avocado, or coconut, (or mother's milk, so I'm told).*

## Original Recipe

1 Avocado

2 Slices Toast

Salt and Pepper

## Swap Shop

-

Any Bread

-

## Additions

Squeeze of Lime Juice

Pinch of Chilli Flakes

1 tsp Olive Oil

Chopped Spring Onion



*“Keep bunches of herbs fresh by placing the roots in a glass with 2cm of fresh water.”*



# How to make Smashed avocado on toast

- 1.** Cut a ripe avocado in half and remove the seed and skin.
- 2.** Roughly chop it into pieces and place in a mixing bowl along with a good pinch of salt and pepper. (Add in any additions such as lime or lemon juice, olive oil and chilli flakes at this point).
- 3.** Use the back of a fork to mash the avocado into a paste.
- 4.** Toast some bread, lightly butter one side and spoon over the avocado.

**Note.** If you have an unripe avocado and want to bring it to ripeness you can put it in a paper bag with a banana, (or leave them next to each other in the fruit bowl). The banana gives off ethylene which triggers the ripening process in mature fruit.

# Chickpea, spinach and feta salad

w/ a light lemon and olive oil dressing

Two  
servings

Ready in  
15 Mins

Vegetarian  
option

Lunch

*This is a good one to spoon over buttery toast. The soft chickpeas and simple lemon and oil dressing adds a lightness to the dish that reminds me of Mediterranean cooking. If you want to take this to the next level, grate a little nutmeg over the chickpeas.*

## Original Recipe

**1 can Chickpeas**  
**1 Onion**  
**2 Clove Garlic**  
**¼ cup Feta Cheese**  
**2 cups Fresh Spinach**  
**1 tbsp. Lemon Juice**  
**2 tbsp. Olive Oil**  
**Salt and Pepper**

## Swap Shop

1 can Butter Beans  
-  
-  
¼ cup Goats Cheese  
1 cup Frozen Spinach  
-  
-  
-

## Additions

Toast  
Nutmeg

If you're looking for a more substantial meal you can double up the ingredients, add a stock cube and eat as a big hot stew with toast as a side.





## Kitchen & shopping tips 19

### Eggs Eggs Eggs a guide to freshness

Ah eggs, one of the most versatile ingredients in the kitchen. If you can afford it, we suggest opting for free-range or organic as the living conditions for caged eggs aren't pretty. On the plus, free-range eggs aren't expensive with 12 costing around the £2.00 mark.

To check the freshness of an egg, submerge one in bowl of water. If the egg lies flat on the bottom it is fresh. The more it tilts on one end the less fresh it is. If it is standing almost vertical it needs to be eaten as soon as possible. If it is almost floating, or indeed floating, discard it.

# How to make Chickpea, spinach and feta salad

**If following the meal plan, prepare this lunch at the same time as cooking the chicken tagine.**

- 1.** Finely slice the onion and mince the garlic. Heat 1 tbsp. oil in a pot and fry for 4 minutes over a medium heat until soft and translucent.
- 2.** Drain the chickpeas and add to the pot along with a good pinch salt and pepper. Roughly chop the fresh spinach and add to the pot. Heat through for a couple minutes until wilted.
- 3.** (If using frozen spinach, add in a  $\frac{1}{4}$  cup water and the frozen spinach. Bring to a boil, then drop the temperature so the water is gently bubbling. Cook until the spinach is soft and can be broken into little pieces, then stir well and cook for a further 5 minutes to remove the water).
- 4.** Meanwhile, pour the olive oil and lemon juice into a mixing bowl and add a pinch of salt and pepper. Vigorously whisk together for 20 seconds. Crumble the feta into the spinach and chickpeas and stir together. Drizzle over the dressing, eat as is or poon over hot buttered toast.

# One pot pasta

In a rush? Make a bowl of this.

Four  
Servings

Ready in  
20 Mins

Vegetarian  
option

Dinner  
& lunch

Perfection  
in minutes

*It's amazing how much flavour you can squeeze out of a one pot pasta recipe. This version results in a creamy tomato sauce and makes for a brilliant mid-week taste sensation. Really, this should be in everyone's repertoire. As the name suggests, it's a one pot wonder. Simply put, that's less washing up and tons of big flavours.*

## Original Recipe

**3 cups Pasta**

**2 Onions**

**4 Cloves Garlic**

**8 Sundried Tomatoes**

**2 cans Chopped Tomatoes**

**6 tsp Mixed Herbs**

**½ tsp Chili Flakes**

**2 Veg Stock Cubes**

**½ cup Feta Cheese**

**2 ½ cups Water (625ml)**

**Salt and Pepper**

## Swap Shop

3 Portions Spaghetti

-

-

12 Olives

2 can Passata

6 tsp Dried Herbs

½ Fresh Chilli

2 Chicken Stock Cubes

½ cup Goats Cheese

-

-

## Additions

Pepper

Courgette

Spinach

Chilli Flakes

Sausage

Crispy Bacon



*“If you don't have feta, try goats cheese or cheddar. They both make a good swap.”*



# How to make

## One pot pasta

- 1.** Finely slice the onion, mince the garlic and roughly chop the sundried tomato.
- 2.** Add 1 ½ cups boiling water to a deep pot and crumble in the stock cube, dried herbs and can of tomato.
- 3.** Add the pasta, onion, garlic and sundried tomato, then stir together.
- 4.** Place a lid on the pot and boil over a medium-high heat for 10 minutes. Remove the lid and continue to boil for 7 more minutes, (stirring occasionally).
- 5.** Chop the feta into ½ cm pieces and stir through the hot pasta. Taste test, season with salt and pepper if needed.

# Granola & yoghurt

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 2 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

2 Bowls Granola

1 cup Yoghurt

## Swap Shop

-

-

## Additions



“A good breakfast will set you up for a good day”






## Kitchen & shopping tips 17

### Make Meat go Further

Fancy a Sunday roast? No problem! But before you throw away the leftovers, consider that the chicken carcass can be boiled to make a highly nutritious bone broth.

Find a big pot and fill it with water, throw in 1 tbsp. gravy granules, a stock cube, an onion, a couple cloves garlic and 1 tsp herbs. Gently boil for an hour or two, remove the bits with a sieve and put the liquid back into the pot. Add in a handful of shredded chicken and any leftover roast potatoes, carrots and stuffing. Heat through and Voila, another tasty meal.

Another way to make meat go further is to cut it into wafer thin pieces. It increases the surface area and will absorb huge amounts of flavour. By cutting super thin you actually taste more meat than there really is. It's a perfect way to economise whilst maximising taste.



# How to make Quick Breakfast Ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Perfect parmigiana

Layers of goodness with a tomato and mozzarella kick

Four  
servings

Ready in  
50 Mins

Vegetarian  
option

Dinner  
& lunch

*Parmigiana is a beautiful Italian dish consisting of fried aubergine baked in layers of mozzarella and tomato. Our version uses grilled aubergine lightly brushed with olive oil and is equally delicious. If you want to add a smoky / salty layer to the dish you can throw in a handful of chopped bacon.*

## Original Recipe

**4 Aubergines**  
**2 Tomatoes**  
**3 Balls Mozzarella**  
**4 Cloves Garlic**  
**2 Rashers Bacon** (optional)  
**2 cans Chopped Tomatoes**  
**1 Egg** (optional)  
**5 tbsp. Olive Oil**  
**4 tsp Mixed herbs**  
**½ tsp Sugar** (optional)  
**Salt and Pepper**

## Swap Shop

6 Courgette  
-  
-  
-  
-  
2 cans Passata  
-  
-  
4 tsp Thyme/Rosemary  
-

## Additions

2 Rashers Bacon  
1 Onion  
½ cup Basil Leaves  
½ cup Bread Crumbs  
½ cup Parmesan



*“For a perfect top, whisk an egg with a handful of cheese and pour it over the parmigiana before baking.”*



# How to make Perfect parmigiana

**1.** Finely mince 2 cloves garlic and add to a pot along with a tbsp. olive oil and a good pinch of salt. Gently fry for a minute before adding the chopped tomatoes and  $\frac{1}{2}$  a tsp sugar. Stir in 2 tsp herbs (and the chopped bacon if using) then simmer over a medium heat whilst preparing the aubergine.

**2.** Pour 4 tbsp. olive into a cup. Finely mince 2 cloves garlic and add to the cup along with a tsp mixed herbs and a good pinch of salt and pepper. Stir well.

**3.** Slice the Aubergine lengthways into approx.  $\frac{3}{4}$  cm thin slices. Lay them out flat and spoon over the garlic oil. Season with salt and pepper and place on a wire oven rack. Grill over a high heat until they turn brown, (approximately 3-5 minutes), then turn and brown the other side. You will have to cook the aubergine in batches. Once finished, preheat the oven to 200 Celsius.

**4.** Squeeze the water out the mozzarella then cut into very thin slices. Take an oven dish and begin layering the ingredients. One layer aubergine, followed by a layer of tomato sauce, mozzarella and seasoning. Try to finish with a top layer of mozzarella, then thinly slice the two tomatoes and place in between the top layer of mozzarella slices.

**5.** Whisk an egg (with a handful of grated cheddar if available) and pour over the top. Season with salt, pepper and herbs, and bake in the middle of a preheated oven for 30 minutes.

# Buttered toast

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 5 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

4 Slices Toast

Butter

## Swap Shop

-

-

## Additions



“A good breakfast will set you up for a good day”



## Kitchen & shopping tips 21

### Ugly fruit & veg

Vegetables are shaped by nature and come from large muddy fields in the middle of the countryside. It's easy to forget that fact when they're presented to us in their uniform shape and perfect pristine packaging. In reality, there's just tons of perfectly edible vegetables going to waste as they aren't the right shape for the supermarkets strict criteria. Fortunately, that's now beginning to change, with 'ugly fruit and veg' being introduced back into the shops.

Please buy it. It's how nature intended the veg to be; knobbly, bent and with interesting colours. It tastes great and could save you money too.

# How to make Quick breakfast ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Spring potato salad

A fresh and herby salad

Two servings

Ready in 25 Mins

Vegetarian option

Diner

*Make this beauty with baby potatoes or baking potatoes, it doesn't really matter. And if you find you don't have all the right fresh herbs, don't worry. The dressing will still taste good even if reduced to spring onion, mayo, lemon juice and salt.*

## Original Recipe\*

4 cups Diced Potato

4 Spring Onions

1 pepper

¼ cup Mayonnaise

1 Clove Garlic

2 tbsp. Olive Oil

1 tbsp. Lemon Juice

3 tbsp. Chopped Gherkin

½ cup Chopped Parsley

¼ cup Chopped Mint

Salt and Pepper

## Swap Shop

4 cups Diced Celeriac

½ Onion

-

-

-

Ume Plum Vinegar

(Optional)

(Optional)

(Optional)

## Additions

1 Diced pepper

½ Diced Cucumber

1 cup Green Beans

½ tsp Mustard

Hard Boiled Eggs

Smoked Mackerel

¼ cup Chopped Mint

Keep the unused herbs in a bag inside the fridge and use them for next weeks three bean salad.





*“Capers make  
a good swap for  
gherkins.”*

# How to make Spring potato salad

- 1.** Wash the potatoes and roughly cut into 3 cm cubes, (skin on). Bring a large pot of salted water to the boil and cook the potatoes for 10-15 minutes or until they are soft all the way through. Try not to overcook them, you don't want mushy potatoes.
- 2.** Meanwhile, add the olive oil and lemon juice to a bowl along with a good pinch salt and pepper. Crush a clove of garlic with the back of a knife and add to the bowl along with  $\frac{1}{2}$  a tsp mustard. Vigorously whisk together with a fork for 30 seconds then remove and discard the garlic.
- 3.** Finely chop the pepper, gherkins, parsley and mint and add to the bowl. Stir together. (If you like a sweeter dressing you can add  $\frac{1}{2}$  a tsp honey or sugar at this point).
- 4.** Once the potatoes are cooked, drain them well and return to a large serving bowl. Add the dressing and gently mix through the potatoes to coat all the surfaces. Do this whilst the potatoes are warm and they will absorb the flavour.
- 5.** Now wait 5-8 minutes for the potatoes to cool and then mix in the mayonnaise. Serve immediately or refrigerate for later.

# Fresh egg roll-ups

A light and healthy breakfast without the bread.

Quick, light  
and tasty

Makes  
one

Ready in  
5 Mins

Vegetarian  
option

Breakfast  
or brunch

*These egg roll-ups are simpler than can be, and healthy too. Perfect for a fresh and light start to the day. Don't be put off by eating courgette for breakfast, it becomes lightly steamed inside the egg and is delicious with a grating of cheddar and dipped in chilli sauce.*

## Original Recipe\*

1 Egg

½ Courgette

1 Spring Onion

1 tbsp. Water

1 tsp Olive Oil

Salt and Pepper

## Swap Shop

-

-

1 tbsp. Milk

1 tsp Cooking Oil

-

## Additions

1 tbsp. Grated Cheddar

\*Double the ingredients to make a second portion





*“Clean as you go...  
it's a great way to reduce  
the pile of washing at  
the end of cooking”*



# How to make

## Fresh egg roll-ups

- 1.** Success here is in the preparation, so make sure everything is ready to roll before you begin. Start by grating the courgette, taking it to the sink, and squeezing the water out of it. Then leave on the chopping board ready to use.
- 2.** Very finely chop a spring onion.
- 3.** Break an egg into a cup. Add a tbsp. water, a good pinch salt and pepper and  $\frac{1}{2}$  the spring onion. Vigorously whisk together.
- 4.** Get a non-stick frying pan medium hot and pour in a tsp oil. In one move, pour in the egg and swoosh the pan around to make the egg cover the entire bottom surface, (a bit like make a pancake).
- 5.** Wait 15 seconds, then add the courgette and the second half of the spring onion in a line a near the front edge of the egg.
- 6.** Wait 30 seconds and then either using your fingers (if you can handle the heat) or a spatula, lift up the edge of the egg and fold it over the courgette. Then roll the egg up into a sausage.
- 7.** Cook for 20 seconds then roll it over and cook for another 20 seconds. Slide onto a plate, grate over a bit of cheese and dip it in some chilli sauce. P.S. still tastes great without the cheese and chilli sauce.

# Pan-fried potato cakes

What to do with leftover potato

Two servings

Ready in 20 Mins

Vegetarian option

Weekend lunch

*No one, in the history of the world, has ever cooked the correct amount of spaghetti, rice or potatoes. So what do you do with the leftovers? Combine them with new ingredients and quickly turn them into delicious pan fried cakes.*

## Original Recipe

**1-2 cups Potato**  
**1 Egg**  
**1 tsp Flour**  
**½ cup Cheddar Cheese**  
**2-3 Spring Onions**  
**2 tbsp. Olive Oil**  
**Salt and Pepper**

## Swap Shop

1-2 cups Sweet Potato  
-  
-  
½ cup Cheese  
½ Onion  
2 tbsp. Cooking Oil  
-

## Additions

1 Rasher Cooked Bacon  
1 tsp Mustard  
½ Clove Garlic  
½ cup Sweet Corn  
  
You can save prep time by purposefully cooking too much rice, potatoes or spaghetti. Just keep it in the fridge for a day or two until you are ready for some leftover goodness.



*“Let’s make  
food poverty  
history.”*



# How to make Pan-fried potato cakes

**1.** Break the egg into a mixing bowl and add the potato, finely chopped spring onion, cheddar cheese, (cut into ½ cm cubes or coarsely grated) and a good pinch salt and pepper. Thoroughly mix the ingredients together.

**2.** Add 1 tbsp. oil to a non-stick frying pan and heat to medium. Shape the potato cakes into burger sized patties, around 1-2 cm thick, and cook for 6-8 minutes on one side.

**3.** Add another tbsp. oil to the pan, very gently turn the cakes and cook for a further 6-8 minutes. Try not to move the cakes around too much as they can easily break apart until a crisp surface has formed.

**Pan-fried Tomatoes.** Pair these fluffy potato cakes with some sweet and juicy pan-fried tomatoes. Simply cut them in half and season with a little salt and pepper. Fry in the pan for 3-4 minutes each side.

# Roast veg w/ baked feta

w/ Mediterranean veg and sweet potato

Two  
servings

Ready in  
60 Mins

Vegetarian  
option

Weekend  
dinner

*Every household should have a couple throw together recipes that are ridiculously easy and taste amazing. You know the score, long day at work, deciding between take-away and not eating. Give this one a go, it's a favourite. P.S. Shout out to Tash for the inspiration for this recipe!*

## Original Recipe

**2 Sweet Potatoes**

**2 Cloves Garlic**

**1 Onion**

**2 Peppers**

**4 Tomatoes**

**10 Olives**

**4 cm Feta Cheese**

**2 tbsp. S.D Tomato Oil**

**½ Lemon**

**Salt and Pepper**

## Swap Shop

2 Potatoes

-

½ Leek

6 Mushrooms

½ can Tomatoes

4-6 Sundried Tomatoes

2 tbsp. Cottage Cheese

2 tbsp. Olive Oil

-

## Additions

Chicken Thighs

Broccoli

Bacon

Mixed Herbs

The feta cheese is an important ingredient in this recipe and really ties everything together. But if you don't fancy feta, try finely chopping ½ a spring onion and combining with some cottage cheese.



How to  
instructions...



## Kitchen & shopping tips 22

### Dried Herbs

Herbs fit nicely into the Big Flavour category which means they can take your meals to the next level without blowing your budget. Over time you can build up a well-stocked herb drawer but to start go for a 'mixed herb' which will add depth to your savoury meals. (A good mixed herb will most likely be a combination of marjoram, thyme, oregano, basil and sage, but does vary from shop to shop). Solo herbs to consider are thyme, rosemary, sage, and oregano.

If you have unused fresh herbs, chop them up and mix with equal amounts of butter or olive oil. Freeze in an ice tray (or sandwich bags for later use. Just pop into a pan over a medium heat to melt your flavour bombs, then add your onion and garlic as normal.



# How to make Roast veg w/ baked feta

**1.** Preheat the oven to 190 C. Cut the vegetables to various sizes depending on their hardness, (see note) and place in an oven proof dish.

**2.** Finely chop the garlic, and cut the Olives into small pieces. Add to the vegetables along with the olive oil (or sundried tomato oil) and a good pinch salt and pepper. Using your hands, toss and mix the veg in the oil so they have a light coating.

**3.** Sprinkle 3 tbsp. water into the roasting pan and roast in the middle of the oven for 40-45 minutes or until the sweet potato is soft.

**4.** Crumble the feta onto the vegetables and gently mix through. If you are feeding hungry mouths you can serve this with some couscous cooked in stock water.

**Note.** Arrive at equally cooked veg by cutting to different sizes depending on density. For example: hard and dense veg can be cut smaller at 1-2cm thick, whilst soft and watery veg can be cut larger at 3-4 cm thick.

# Week Four!

## Menu for two people

This mouth-watering meal plan for two people uses an array of healthy vegetables, succulent meats and big flavours all for a shopping bill of approx. £18.00 per person. That's seven days of delicious meals that you don't have to think about. (P.S. If you don't have time for cooked breakfast in the morning, simply go for toast, cereal or fruit and yoghurt)



*Click on an item to go to that recipe*

*Meal plans start on a Sunday so you can shop on the weekend and be prepared for the week.*

*But feel free to choose which days to eat what. Simply work it around your lifestyle. It's up to you.*

*Just remember, Sunday to Thursday's dinner becomes the next day's packed lunch, saving you time during the busy week.*

	Breakfast	Lunch	Dinner	
	Tomato bruschetta	Butternut squash, ginger and creamed coconut soup	Roast Chicken w/ all the trimmings	Sunday
	Buttered toast	(Roast chicken salad)	Monday's roast chicken soup w/ barley	Monday
	Granola or cereal w/ milk	Fresh Frittata	Spaghetti Puttanesca	Tuesday
	Scrambled eggs on toast	(Spaghetti Puttanesca)	Thai green curry w/ aubergine and rice	Wednesday
	Granola or cereal w/ milk	(Thai green curry w/ aubergine and rice)	Broccoli and Portobello mushroom Asian style	Thursday
	Buttered toast	(Broccoli and Portobello mushroom Asian style)	Butternut squash and bacon risotto	Friday
	King's breakfast	Pan-fried risotto balls	Ricotta, tomato and thyme tart	Saturday

\*In store prices may fluctuate  
 \*Ingredients may not be available at all supermarkets.  
 \*Approximate cost per person, based on two people.

# Week Four Shopping list

## Price checked against major supermarkets

We checked the prices at Sainsbury, Asda and Tesco supermarkets and all three came in under £38.00 for the entire shopping list for two people. Lidl may often be cheapest overall but does not always stock the full list of ingredients. (You could always go to a corner store or ethnic shop for these). The shopping list opposite is compiled using Sainsbury's basic ingredients where possible.

Say  
Goodbye to the  
'What's For Dinner'  
game, and Hello to  
fuss free food

<i>Fresh Produce to buy</i>	<i>Meat and Dairy to buy</i>	<i>Store Cupboard to buy</i>	<i>Ingredients leftover from previous weeks</i>	
Button Mushrooms x 400g	Medium Whole Chicken 1.75kg	*Arborio Risotto Rice x 500g	Ginger	Mature Cheddar
Butternut Squash x 1	Ricotta Cheese x 250g	*White Rice x 1kg	Granola	3 Eggs
Cherry Tomatoes x 335g	Anchovy Fillets x 50g Tin	Sage Stuffing x 85g	Mayonnaise	Salted Butter
Tomatoes x 12	Milk x 2 pints	*Dried Thyme x 12g	Light Soy Sauce	Fusilli Pasta
Baby leaf Spinach x 100g	Free Range Eggs x 6	*Dried Rosemary x 22g	Sesame Oil	Mixed Herbs
*White Potatoes x 1.5kg	Unsmoked Bacon x 300g	Tomatoes x 2 cans	Peanuts	Couscous
*Onions x 1kg	*Unsalted Butter x 250g	Spaghetti x 500g	Green Lentils	Spring Onions
Iceberg Lettuce x 1		*Salted Peanuts x 200g	Crushed Chillies	Cocktail Gherkins
Lemon x 1		Black Olives x 350g	Pearl Barley	Potatoes
*Ginger x 1 piece		*Creamed Coconut x 200g	Plain Flour	Onions
*Garlic bulbs x 4		Coconut Milk x 400ml can	Baking Powder	Rice
Cucumber x 1		*Capers x 198g	Tandoori Spice	Pepper
Courgette x 1		*Bread x 800g	Sundried Tomato Oil	Bread
Carrots x 1kg				
Broccoli x 2				
Aubergine x 2				
Coriander x 1 bunch				

\*Starred Ingredients will not be finished this week and can be used as part of another meal plan.

Basic ingredients are not included so if you don't have the following items, add them to the list.

(Salt, Pepper, Chicken Stock Cubes, Beef stock Cubes, Vegetable Stock Cubes, Olive Oil, Vegetable Oil, Sugar)

If you don't like an ingredient or simply don't have it, check out the Swap Shop section on each recipe. You can personalise your meals to suit your taste buds.

# How to use this cookbook

Makes 8

Ready in 20 Mins

Vegetarian option

Weekend breakfast

This section tells you things like cooking time and whether there is a veg option. It also tells you how many meals the recipe covers.

Cook once Eat twice: Sun-Thurs dinner recipes make four portions. That's dinner for two and the next day's lunch for two.

## Oven Temperature

Oven times vary between brand and type. Ours have been calculated using a fan assisted electric oven. Here's a simple conversion guide.

Fahrenheit	Gas	Electric	Electric (Fan)
375	5	190	170
400	6	200	180
425	7	220	200
450	8	230	210

The How to section is a step by step guide to making the meal. If you follow these instructions the recipe should turn out just fine.

## Measurements

Teaspoon (tsp)

Tablespoon (Tbsp.)

Millilitre (ml)

Grams (g)

Cups

We chose Cups as a measurement because it makes life so much easier than weighing everything. For consistent measurements, choose a standard coffee cup and use it each time. Unlike baking, cooking is ultimately forgiving and small variations will make no difference.

When there is a side dish or instructions for lunch you can access them by clicking this link.

How to instructions...

This is the ingredients list to make the Original Recipe. It will taste great with these quantities.



### Original Recipe

1 Ripe Banana

¾ cup Plain Flour

1 tsp Baking Powder

But if you don't have an ingredient, or just don't like one, you can change it for one in the Swap Shop.



### Swap Shop

Nectarine, Peach,

-

-

This area is for tips and any other information that can make life easier.



And to take the recipe to the next level this section highlights complimentary ingredients for adding more big flavours.



### Additions

½ tsp Ground Cinnamon

½ tsp Vanilla Essence

The term al dente is usually used to describe pasta that has a small bite left to it, but it can be used for perfectly cooked mushrooms



# Kitchen Equipment



## The essentials for a modern kitchen

Some equipment you'll need and some that just makes life easier. For example a wine bottle doubles as a rolling pin and a fork can be used to mash potato and whisk eggs. Some good advice is to get a sharp knife and a non-stick frying pan.

### Very Useful

### Essential

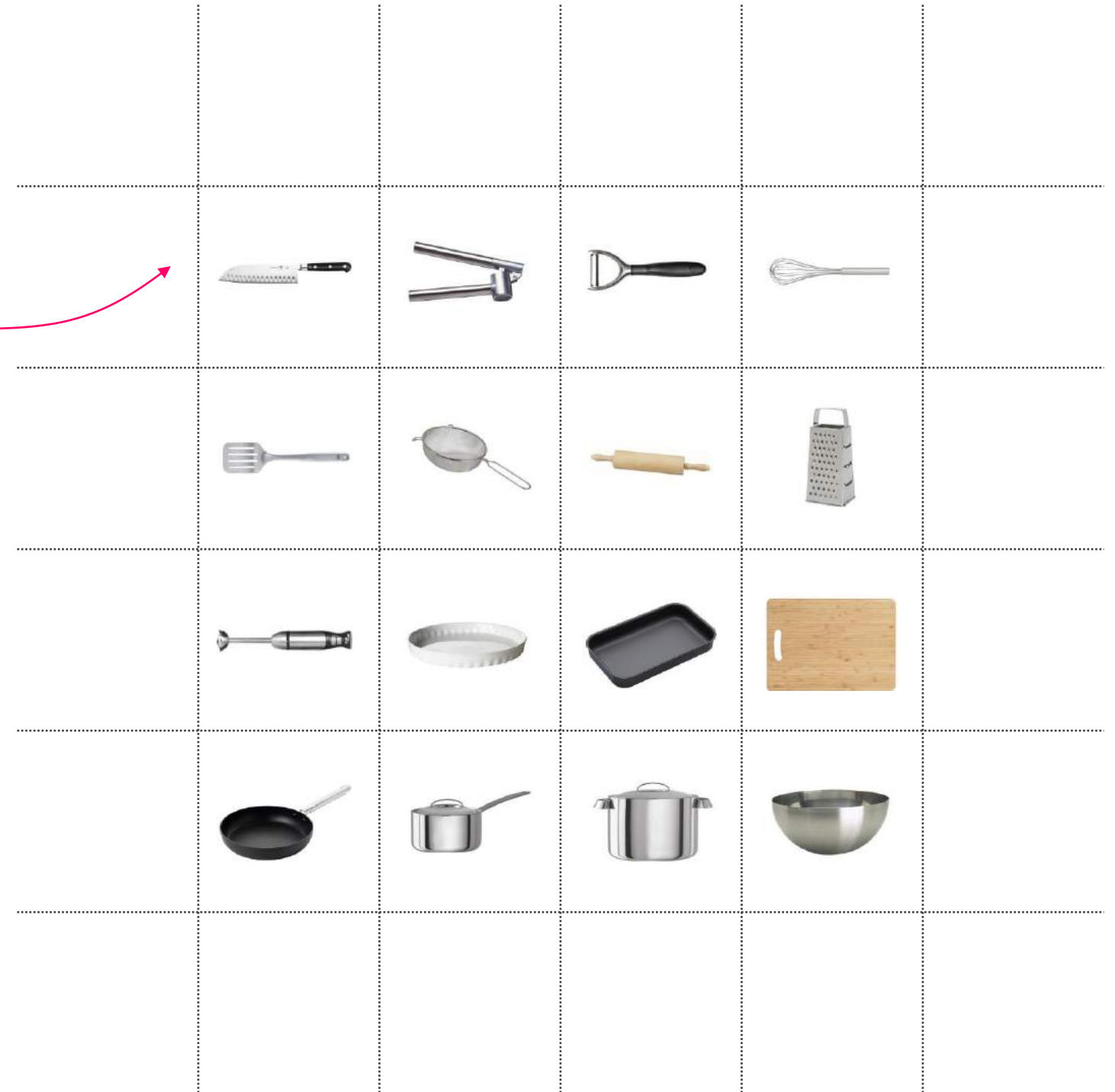
- Garlic Press
- Balloon Whisk
- Rolling Pin
- Aluminium Foil
- Cling Film
- Lunch Boxes
- Freezer Boxes
- Freezer Bags
- Sharp Knife**
- Vegetable Peeler**
- Grater**
- Sieve**
- Spatula**
- Chopping Board**
- 18-21 cm Oven Dish**
- Mixing Bowl**
- Large Deep Pot**
- Medium Pot**
- Large Roasting Tray**
- 18-21 cm Non-Stick Frying Pan**
- Electric Hand Blender**

If you've most of the items in the list you'll be able to easily create the recipes in this cookbook.

A great rule of thumb is to buy less but at the best quality you can comfortably afford.

For example, it's better to save for a decent chopping board than replace a poorly made one every 6 months.

In the long run you'll end up with great equipment that will last a lifetime.



# Simple bruschetta

A rustic Italian antipasto

Two servings

Ready in 10 Mins

Vegetarian option

Breakfast or brunch

Summer for breakfast

*Bruschetta is a delicious Italian recipe which consists of toasted bread rubbed with garlic and topped with fresh ingredients. In this version we're using juicy tomatoes and a little sundried tomato oil to give a real depth of flavour. Feel free to add basil and mozzarella to take this to the next level.*

## Original Recipe

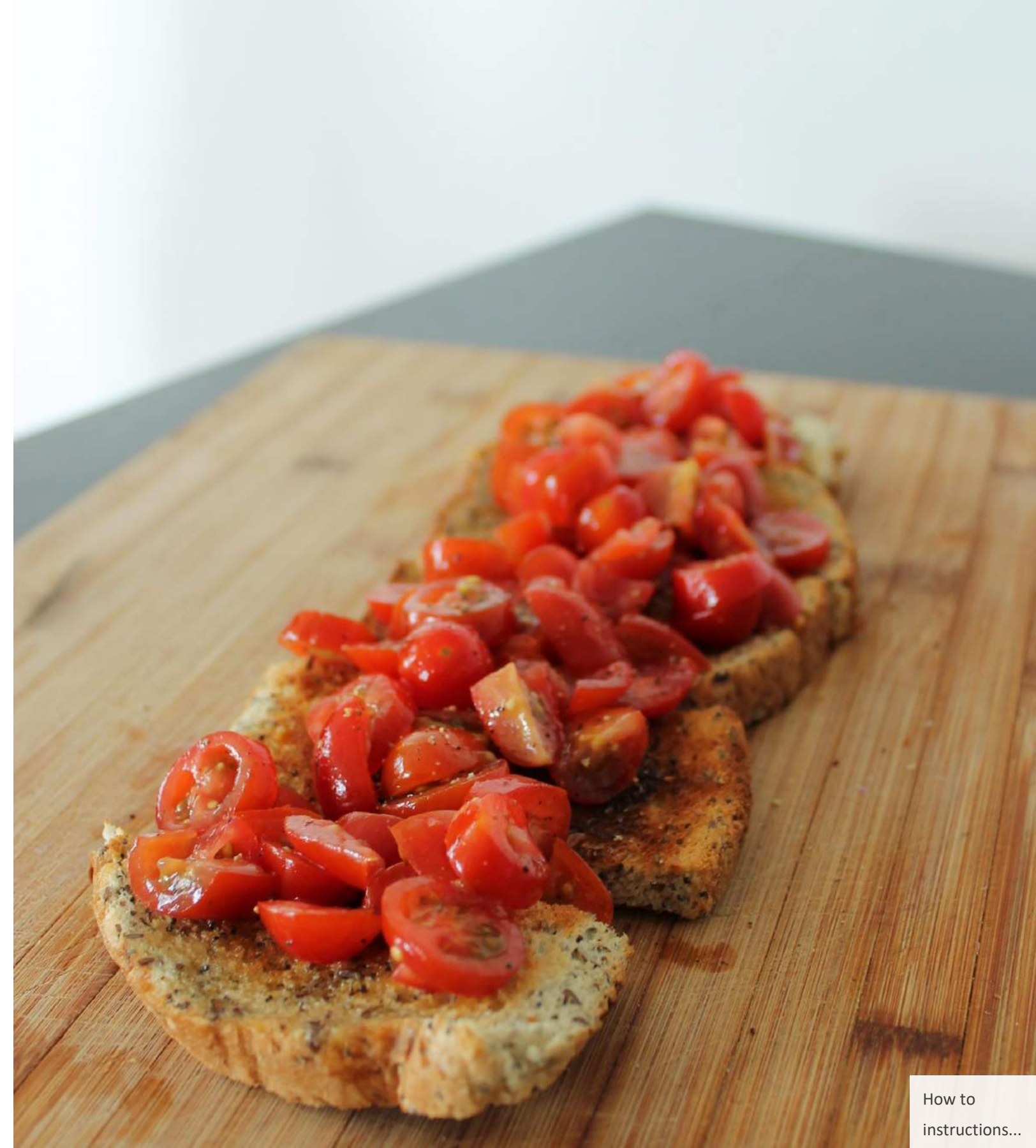
- 1 cup Chopped Tomatoes
- 3 Slices Toasted Bread
- 1 tbsp. Olive Oil
- 1 Clove Garlic
- 2 tbsp. S.D Tomato Oil
- Salt and Pepper

## Swap Shop

- Grilled Peppers
- 
- 
- 
- Olive Oil or Butter
- 

## Additions

- Mozzarella
- Basil
- Balsamic Vinegar
- Olives



*“Grill peppers in olive oil and garlic to create a delicious alternative.”*



# How to make

## Simple bruschetta

- 1.** Cut the tomatoes into small pieces and add to a bowl. Season generously with salt and pepper and drizzle over the olive oil. Mix together and leave to rest.
- 2.** Toast the bread and cut it into 6 strips. Cut a clove of garlic in half and gently rub the cut end over the surface of the toast.
- 3.** Drizzle the sundried tomato over the bread then top with tomatoes. Make sure to pour over any juices as this contains massive flavour.

# Butternut squash, ginger & creamed coconut soup

A warming soup with fresh coriander

Two servings

Ready in 30 Mins

Vegetarian option

Weekend lunch

*This simple recipe combines big flavours to reward you with an exotic soup that hits all the right notes. If you're looking to save time later, double up the ingredients and freeze the second portion for up to 3 months. Defrost overnight in the fridge, or gently heat from frozen over a medium-low heat.*

## Original Recipe

½ Butternut Squash

1 Onion

3 Cloves Garlic

1 ½ tbsp. Grated Ginger

2 tbsp. Olive Oil

3 cups Water (750ml)

1 Chicken Stock Cube

3 tbsp. Creamed Coconut

1 ½ tbsp. Coriander

Salt and Pepper

## Swap Shop

Sweet Potato

-

-

½ tsp Black Pepper

Sundried Tomato Oil

-

1 Vegetable Cube

¼ can Coconut Milk

## Additions

Grated Feta Cheese

Lemon Juice

Sundried Tomato Oil



*“Ginger, garlic  
and onions can all be  
grated if you don't fancy  
cutting them.”*



# How to make Butternut squash soup

- 1.** Finely dice the onion and mince the ginger and garlic. Pour 1 tbsp. olive oil into a medium-hot pot and fry together for 5 minutes until soft.
- 2.** Chop the butternut squash in half, remove the seeds and skin and dice into 3 cm cubes. Add to the pot along with the boiling water and stock cube.
- 3.** Simmer on a medium heat for 15-20 minutes until the butternut squash is soft.
- 4.** Blitz the soup with an electric hand blender, taste test and season with salt and pepper if needed.
- 5.** Add the coconut cream and stir until it has dissolved into the soup. Throw in the chopped coriander and allow the flavours to combine for 5 minutes before serving.

# Sunday's roast chicken

w/ succulent meat and crispy skin

Multiple  
meals

Ready in  
75 Mins

Weekend  
dinner

+ Lunch  
& dinner

*Roast chicken is what Sunday's are made for but it's such a shame to end up with dry meat. So here's a tip for soft and succulent meat whilst keeping that crispy skin! Try adding a cm of water to the roasting tray. It will gently steam through the chicken and create a very juicy meat. You can then use this cooking juice as the base for a gravy.*

## Original Recipe

**Whole Chicken**  
**(Free Range if Possible)**  
**1 Onion**  
**2 Cloves Garlic**  
**2 Carrots**  
**1 tbsp. Olive Oil**  
**Salt and Sugar**

## Swap Shop

Chicken Legs  
(Optional)  
(Optional)  
(Optional)  
(Optional)  
1 tbsp. Cooking Oil  
1 Chicken Stock Cube

## Gravy

Juices from Tray  
1 Chicken Stock Cube  
½ tbsp. Flour  
½ cup Water  
Salt and Pepper

Pour the juices into a cooking pot and thoroughly whisk the ingredients over a little heat. Thicken with more flour if necessary.





## Kitchen & shopping tips 23

### Fresh Herbs

Not only do herbs fit into the superfood category, they add depth of flavour and can transform recipes. The only problem with herbs is that they tend to wilt after a couple of days. Keep your herbs fresh by standing them in 2 cm of water (in a cup), and remember to change the water every day.

If you want to keep them even longer, finely chop the herbs into pieces and mix with butter or olive oil. Pour this mixture into an ice cube tray and keep in the freezer for up to three months. When ready to use, simply pop out a cube and melt in a pan over a medium heat. Garlic and ginger can also be kept this way.

# How to make Sunday's roast chicken

- 1.** Preheat the oven to 210 Celsius. Place the chicken in a roasting tray and put half a peeled onion, a carrot, and a clove of garlic into the chicken's inner cavity, then rub the oil over its skin and season with a good pinch salt and pepper.
- 2.** Pour a cm of water into the bottom of the tray and add ½ a chopped onion, a carrot and one crushed clove of garlic. Season the water with a good pinch salt and pepper.
- 3.** Roast on the middle shelf for 30 minutes, (roast potatoes on the top shelf) then carefully turn the chicken over using two forks and roast for another 30 minutes.
- 4.** Turn the bird again so the skin is facing up, and roast for the remaining time listed on the packaging. The chicken is cooked when the juices run clear. To check, use a sharp knife and insert near the leg and breast.
- 5.** Tilt the chicken to drain away the juices from the cavity and move to a chopping board. Leave to rest whilst making the gravy and then carve. Don't forget to keep the carcass and a little meat to make Monday's Chicken Soup.

# Extra crispy roast potatoes

For a Sunday roast or any other occasion

Four servings

Ready in 60 Mins

Vegetarian option

Multiple meals

*Everyone seems to have a recipe for the perfect roast potato. Some use bucket loads of fat, others use specialty potatoes. My method uses any roasting potatoes and combines oil and butter in moderate quantities. The potatoes are cut a little smaller and are fluffed up to create more surface area for an extra crispy potato.*

## Tomato Sauce

8-10 Potatoes

3 tbsp. Olive Oil

3 tbsp. Butter

2 tsp Dried Rosemary

½ Clove Garlic

Salt

## Swap Shop

-

3 tbsp. Cooking Oil

-

Fresh Rosemary

-

-

## Tip

Cook roast potatoes near the top of the oven and turn only once or twice during cooking.

Did you know you can par-boil and season the potatoes and then freeze batches of them ready for roasting at a moment's notice. Wait until they are cool before popping into freezer bags and freezing for up to 3 months.





*“Par-boil, butter and season potatoes, then freeze in batches ready to cook at a moments notice.”*



# How to make Extra crispy roast potatoes

- 1.** Preheat the oven to 200 Celsius. Peel the potatoes and cut into 4-5 cm wedges. (Try not to make perfect cubes as shape variety will give crispier potatoes).
- 2.** Place in a large pan and cover with boiling salted water. Boil for 8-12 minutes or until a knife easily slips into the first 1 cm of potato. Drain very well and leave to rest on a plate (or in the colander) for 5 minutes to air dry.
- 3.** Very finely mince  $\frac{1}{2}$  a clove of garlic, add to the dry pot along with the rosemary, oil, butter and a good pinch salt. Add the potatoes and gently toss in the pot, (or if they are too fragile, lift and stir with a spoon), until the outer surface is fluffy and they are covered in the oil and butter.
- 4.** Pour onto a hot oven tray and arrange in a single layer. Roast for 30 minutes before turning and then bake for 20-30 minutes more, or until crisp and golden.
- 5.** Generously season with salt and serve in an open bowl. Do not cover as they will steam and lose their magnificent crunch.

# Butter lemon broccoli

Making great veg taste even greater

Two  
servings

Ready in  
10 Mins

Vegetarian  
option

Side  
dish

*Eat more  
vegetables*

*Whether you're trying to get more veg in your diet or are in need of a child friendly vegetable solution, this should do the trick. It's the age old dilemma, how do you get veg haters to eat more? Give them butter lemon broccoli.*

## Original Recipe

½ Head Broccoli

4 Carrots

3 tsp Butter

2 tsp Lemon Juice

Salt and Pepper

## Swap Shop

French Beans

Peas

Olive Oil

-

-

## Additions

Chives

Garlic

Broccoli stalk is an underused and delicious part of the vegetable that can be eaten raw or cooked. Peel away the outside skin and slice the inside into long batons. Boil or steam with the florets or add raw to salads.



How to  
instructions...



## Kitchen & shopping tips 24

### Powdered Spices

Over the next couple of weeks, it's a good idea to build up a spice cupboard. No need to go crazy, just a few carefully chosen spices that will open up a world of flavour. Have a look at the Big Flavours tips for information on how these can transform meals.

When starting to stock your spice cupboard I recommend picking up a couple of mixes rather than individual spices. Chinese Five Spice is a good one, as is Tandoori spice and Garam Masala. With these three you can bring in the flavours of the Far East, India, Mexico and the Middle East.

Some individual spices that can make a big difference are powdered cinnamon, powdered coriander and cumin seeds.

# How to make Butter lemon broccoli

- 1.** Chop the veg into 3-4 cm pieces and throw into a pot of salted boiling water.
- 2.** Cook until they are just tender and with a little crunch, (approx. 3-4 minutes with a lid on), remove the pan from the heat and drain the water away.
- 3.** Add the butter and lemon juice to the still hot pan along with a pinch of salt and pepper. Wait for the butter to melt and then put the veg back in the pan and shake around to mingle with the juices.
- 4.** Serve and pour the remaining juices over the veg.

**Note.** This dressing goes especially well with lightly boiled carrots, peas, broccoli, green beans and baby potatoes. Don't be put off by a tiny bit of butter. It's less than the amount you'd spread on toast and really turns the ordinary into the extraordinary.

# Sage stuffing

A helping hand from pre-packaged goods

Four servings

Ready in 30 Mins

Vegetarian option

Multiple meals

Great in soups too

*Sage stuffing punches well above its weight for something so cheap and easy. It adds a fantastic flavour addition to roast dinners and brings Monday's chicken soup to life. Come to think of it, it would probably be delicious dipped in hummus, or on its own with chilli sauce. If you cook it in balls, you could even add it to a wrap with sundried tomatoes and salad.*

## Original Recipe

1 Packet of Sage Stuffing  
Boiling Water

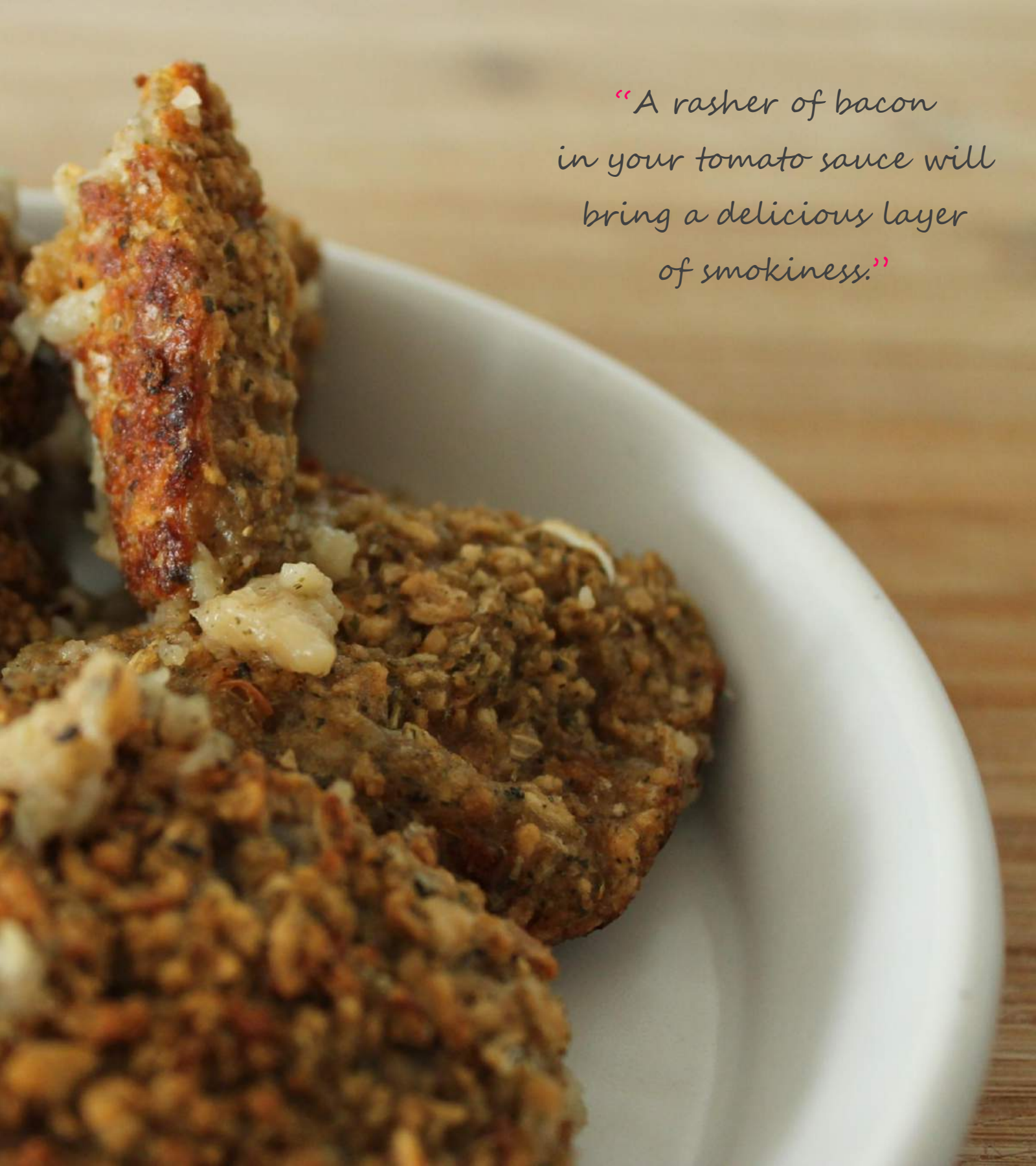
## Swap Shop

Onion Stuffing

## Additions

-





*“A rasher of bacon  
in your tomato sauce will  
bring a delicious layer  
of smokiness.”*

# How to make Sage stuffing

- 1.** Follow the instructions on the packet.
- 2.** You can either make a giant flat stuffing in one oven tray or create 6-8 golf ball sized stuffing balls to bake in the oven.

# Buttered toast

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 5 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

4 Slices Toast

Butter

## Swap Shop

-

-

## Additions



“A good breakfast will set you up for a good day”



## Kitchen & shopping tips 21

### Ugly fruit & veg

Vegetables are shaped by nature and come from large muddy fields in the middle of the countryside. It's easy to forget that fact when they're presented to us in their uniform shape and perfect pristine packaging. In reality, there's just tons of perfectly edible vegetables going to waste as they aren't the right shape for the supermarkets strict criteria. Fortunately, that's now beginning to change, with 'ugly fruit and veg' being introduced back into the shops.

Please buy it. It's how nature intended the veg to be; knobbly, bent and with interesting colours. It tastes great and could save you money too.

# How to make Quick breakfast ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Chicken salad

w/ olive tapenade

Two servings

Ready in 15 Mins

Vegetarian option

Lunch

Loved up leftovers

*We created this tasty salad to use up leftover chicken from a Sunday roast. Don't worry if you've already finished the chicken, just increase the quantity of veg and you'll have an equally good salad to take to work.*

## Original Recipe

**1 cup Leftover Chicken**  
**3 Tomatoes**  
**½ Iceberg Lettuce**  
**2 Carrots**  
**½ Cucumber**  
**¼ Onion**  
**2 tbsp. Olive Tapenade**  
**½ tbsp. Mayonnaise**  
**1 tsp Lemon Juice**  
**Salt and Pepper**

## Swap Shop

Increase Veg Quantity  
1 Avocado  
Watercress, Rocket  
½ Stick Celery  
2 Beetroot  
1 Spring Onion  
10 Olives  
1 tbsp. Yoghurt  
-  
-

## Additions

Avocado  
Basil  
Pepper  
Radish





*“Olive tapenade is great on toast too.”*



# How to make

## Chicken salad

- 1.** Very finely slice the onion and add to a mixing bowl. Chop the carrot into thin batons and shred the lettuce. Dice the tomato and cucumber into bite sized pieces and add to the bowl.
- 2.** Shred the chicken and add to the bowl. Generously season with salt and pepper.
- 3.** In a separate bowl mix the olive tapenade, mayonnaise and lemon juice then gently toss everything together so that the dressing coats the salad.
- 4.** Serve fresh or refrigerate for a couple hours until lunch.

# Monday's chicken broth

w/ barley and leftover roast

Two  
servings

Slow  
cook

Vegetarian  
option

Dinner

*After a roast, never throw away the chicken carcass or bones as they make an incredible stock. Begin by removing any small bits of chicken from the carcass and reserve in a cup along with any uneaten chicken pieces. Whilst the bone broth needs time to draw out the flavour and goodness from the bones, it is quite a simple straightforward process. It's pretty much throw in a boiling pot of water and wait. Please note this is a 2 step recipe.*

## Bone Broth Recipe

**1 Chicken Carcass + Bones**

**Leftover Gravy**

**1 Onion**

**2 Cloves Garlic**

**1 Carrot**

**1 tsp Mixed Herbs**

**2 Chicken Stock Cubes**

**4 cups Water (1Litre)**

**Salt and Pepper**

## Swap Shop

-

1 tbsp. Gravy Granules

-

-

1 Potato

½ tsp Rosemary

2 Veg Stock Cubes

-

-

## Additions

1 Bay Leaf

½ Fresh Chilli

½ Glass Red Wine

Chicken stock is packed full of vitamins, minerals and gelatine which are released from the bones when cooked under high heat for a long time. Be happy if your stock turns to jelly when cold. This is a sign of well made stock! Just heat through to return to liquid.



*“If you’re in a rush,  
leave out the barley and add  
in a handful of rice.”*



# How to make Monday's chicken broth

**Step One: Bone Broth.** Start cooking the stock straight after eating your Sunday roast dinner.

**2.** Roughly chop and add the ingredients to a large pot and bring to the boil. Lower the heat so the liquid is gently bubbling and brew for 1-2 hours before bed, (the liquid should reduce by one third). Turn the heat off and cover with a lid. Leave on the stovetop overnight and resume cooking for 20 minutes on Monday night.

**3.** Sieve the liquid into a pot and discard the solids. Follow the instructions below to complete the broth.

## **Step Two: Chicken Soup.**

½ cup Pearl Barley (45 minutes to cook) (Optional Ingredient)

½ Onion

Leftover Carrots

Leftover Stuffing

Leftover Roast Potatoes

Leftover Roast Chicken (1 cup)

Handful Chopped Spinach

Once the Bone broth has been made add the leftover roast ingredients and simmer for 45 minutes. Top up with boiling water if necessary and taste test. Season with salt and pepper, throw in some chopped spinach and serve hot. (If you're not using barley, reduce the cooking time to 15 minutes).

# Granola & milk

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 2 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

2 Bowls Granola  
2 cups Milk

## Swap Shop

-

## Additions



“A good breakfast will set you up for a good day”



## Kitchen & shopping tips 26

### It's all in the Prep

Take a peek into any professional kitchen and you'll notice that everything is perfectly prepped allowing the chef to focus on the timings, flavour profiles and the control of heat. Let's borrow the principles from the pros and take the time to get our ingredients ready-to-roll before we start. Cook like this and you'll find yourself in control of the cooking process from start to finish.

A good way to achieve this is to read the ingredients list and recipe all the way through before beginning, then chop, slice and dice accordingly.

# How to make Quick breakfast ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Fresh frittata

w/ cheese and tomato

Two servings

Ready in 20 Mins

Vegetarian option

Lunch

Bursting with flavour

*The simple frittata can be eaten hot or cold and is perfect for breakfast or a packed lunch. It is quick to make and really hits the spot when in need of a takeaway pizza. It is easily adapted to suit fussy eaters, but have fun pimping it up with more unusual ingredients if you have them.*

## Original Recipe

3 Eggs

3 Tomatoes

½ cup Cheddar Cheese

½ Onion

½ tsp Rosemary

½ tbsp. Olive Oil

Salt and Pepper

## Swap Shop

-

½ Courgette

Any Hard Cheese

2 Spring Onions

½ tsp Mixed Herbs

½ tbsp. Cooking Oil

-

## Additions

½ tsp Mustard

2 Sundried Tomatoes

2 Rashers Bacon



How to instructions...

*“Can be  
eaten hot or  
cold.”*



# How to make Fresh frittata

**Prepare this lunch at the same time as cooking the Sweet Potato soup.**

**1.** Break the eggs into a bowl and add a good pinch of salt and pepper, the mixed herbs and grated cheese. Beat with a whisk or fork until well mixed.

**2.** Finely dice the onion and mince the garlic, then chop the remaining ingredients into approx. 1-2cm pieces.

**3.** Add 1 tbsp. oil to a non-stick frying pan and fry the bacon, onion and garlic together over a medium heat for 2 minutes. Then add the vegetables and pan-fry for another 3 minutes.

**4.** Pour in the egg mixture and arrange the ingredients in the pan so there is even coverage. Cook gently for 5-6 minutes before placing under a hot grill for 2-3 minutes to give a golden top.

**Note.** If you don't have a grill, place a lid (or large plate) over the frying pan and cook on a lower heat for 10-12 minutes in total, or until the top is no longer liquid. Serve with a salad, some ketchup, mayo or chilli sauce!

# Spaghetti puttanesca

Hits all the right notes if you like big flavours

An Italian classic

Four servings

Ready in 20 Mins

Vegetarian option

Dinner & lunch

*If you love chilli, garlic and salt, you'll totally love this. Ready in 15 minutes, it has massive flavour using basic store cupboard ingredients! The classic recipe calls for anchovies, but try sardines as it gives more body. My dad perfected this recipe and we make heaps of it together. He tells me the name literally translates to spaghetti in the style of a whore.*

## Original Recipe

**4 Portions Spaghetti**  
**1 can Anchovies (50g)**  
**4 Cloves Garlic**  
**1 Medium Onion**  
**3 tbsp. Capers**  
**1 tsp Chilli Flakes**  
**12 Black Olives**  
**2 tbsp. Olive Oil**  
**1 can Chopped Tomatoes**  
**Salt and Pepper**

## Swap Shop

4 Portions Pasta  
1 can Sardines  
-  
-  
-  
1 Fresh Chilli  
-  
1 tbsp. Cooking Oil  
1 can Passata

## Additions

Grated Parmesan  
Grated Cheddar  
2 tsp Mixed Herbs  
  
If the idea of anchovies or sardines puts you off, why not give them a try, you can always leave them out next time. Also, feel free to increase or decrease the chilli quantity to suit your taste buds. P.S. A vegetarian version can be made by removing the sardines and increasing the quantity of olives.





*“Quickly peel garlic by squashing pieces with the back of a knife. The skin will become loose and easy to remove.”*



# How to make Spaghetti puttanesca

- 1.** Put your spaghetti on to cook in pan of salted boiling water. Finely dice the onion, garlic and chilli, and roughly chop the olives.
- 2.** Place the oil into a frying pan and get hot. (If using sardines, you can use the oil inside the tin instead of olive oil. Just tip the can into the frying pan). Add the finely diced onion, garlic and chilli and sauté for 3 minutes until translucent.
- 3.** Add the Anchovies to the pan and stir for 1 minute until they begin to disintegrate. Then add the can of tomatoes and stir. Add the chopped olives and the capers and leave the sauce to simmer on a medium heat until the spaghetti is cooked.
- 4.** Drain the spaghetti and stir the sauce through. Split into portions and pile onto a plate, Season with salt and pepper and a grating of cheese if available. Enjoy.

# Perfect scrambled egg

w/ crispy bacon on toast

Two servings

Ready in 10 Mins

Vegetarian option

Breakfast or brunch

*At their best scrambled eggs are soft and silky with a smooth texture. They can be eaten at any time of day and dressed up to make a complete meal. The key to perfect eggs is to gently (and slowly) pull and push them around the pan rather than continuously stirring. The temperature should be medium-low.*

## Original Recipe

**3 Eggs**

**½ tbsp. Butter**

**Salt and Pepper**

**2 Rashers Bacon**

**1 tbsp. Grated Cheddar**

**2 Bread Slices**

## Swap Shop

-

½ tbsp. Olive Oil

-

## Dress Up

Tomato, chorizo and butter beans

Avocado, spring onion and feta cheese

Bacon, bacon and more bacon



*“Think low and slow when scrambling eggs. Low heat and slow push – pull movements.”*



# How to make Perfect scrambled egg

- 1.** Add a dash of oil to a pan and fry two rashers of bacon until almost crispy over medium-low heat.
- 2.** Meanwhile, break the eggs into a cup and whisk together with a pinch salt.
- 3.** Heat a non-stick frying pan to a medium-low heat and melt the butter. Pour in the eggs and wait 15 seconds. Take a spatula and slowly pull the sides into the middle of the pan and begin gently folding and moving the eggs over each other.
- 4.** Wait for soft, silky curds to form then remove from the heat as soon as no more liquid egg is visible. Season with salt and pepper and serve over hot buttered toast. Finish with a rasher of bacon and a few slices of spring onion.

**Note.** If you want to add ingredients to the eggs, wait until the soft curds have formed and then fold in chopped ham, sundried tomatoes or smoked salmon. To dress up the eggs, cook the ingredients separately and pile on top.

# Aubergine green curry

w/ coconut milk and Thai green curry paste

Four servings

Ready in 30 Mins

Vegetarian option

Dinner & lunch

*This is a definite favourite and you'll be salivating from the aroma as it cooks. If you've pre-made the Thai green curry paste you can whip this up in less than 30 minutes. It's brilliant for those mid week meals where you want something hot and tasty without the effort. Make a fresh batch of curry paste on the Weekend and freeze portions for later use.*

## Original Recipe

**2 cups Rice**

**2 Portions Thai Curry Paste**

**1 can Coconut Milk**

**1 Courgette**

**2 Aubergines**

**1 Chicken Stock Cube**

**Salt and Pepper**

## Swap Shop

2 cups Barley

(4 tbsp. Curry Paste)

-

1 Pepper

½ Cauliflower

1 Veg Stock Cube

-

## Additions

Fresh Coriander

Fresh Chillies



How to instructions...



## Kitchen & shopping tips 27

### How to tame your onions

Perhaps you are one of the many who avoid adding raw onion to your salads because of the strong flavour and possibility of onion breath. Don't despair, there are two tricks to soften the onion flavour and reduce their overpowering intensity.

Method one: cut your onions into very fine slices and place in a bowl with a large pinch of salt. Mix together and leave for 5 before rinsing under cold water. The salt will draw out the intense flavour and create a mellow onion perfect for salads. This trick also works with acids like lime or lemons.

Method two: Boil the kettle and pour boiling water into a bowl. Add the finely sliced onions for 45 seconds before removing and rinsing them under cold water to refresh. Pat them dry and use as normal. Works like a charm.



# How to make Aubergine green curry

- 1.** Take two portions of Thai green curry paste from the freezer (approx. 4 tbsp.) and add to a deep pot.
- 2.** Add the can of coconut milk to the pot along with a chicken stock cube. Turn the heat to medium and stir every minute or so to melt the curry paste.
- 3.** Slice the aubergines into quarters along the length, and then again into 8 finger like pieces per aubergine, (16 in total). Slice the courgette into 1 cm thick rounds and add the vegetables to the pot.
- 4.** (Put the rice onto cook at this point). Bring a large pot of salted water to the boil and add in two cups rice. Approx. 5 cups water to 2 cups rice.
- 5.** Stir the veg together and place a lid on the curry pot. Cook gently for 10 minutes until the aubergine is cooked. Remove the lid and cook for a further 5 minutes to reduce the liquid.
- 6.** Drain the rice when cooked and dived into portions. Spoon over the curry and season with salt and pepper if necessary.

# Granola & milk

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 2 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

2 Bowls Granola  
2 cups Milk

## Swap Shop

-

## Additions



“A good breakfast will set you up for a good day”



## Kitchen & shopping tips 26

### It's all in the Prep

Take a peek into any professional kitchen and you'll notice that everything is perfectly prepped allowing the chef to focus on the timings, flavour profiles and the control of heat. Let's borrow the principles from the pros and take the time to get our ingredients ready-to-roll before we start. Cook like this and you'll find yourself in control of the cooking process from start to finish.

A good way to achieve this is to read the ingredients list and recipe all the way through before beginning, then chop, slice and dice accordingly.

# How to make Quick breakfast ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Button mushrooms & broccoli

Baked in foil Asian style

Four servings

Ready in 35 Mins

Vegetarian option

Dinner & lunch

*Here's a vegetarian recipe that's big on flavour and full of goodness. The addition of peanuts rounds off the recipe and provides a dose of polyunsaturated fats – the good kind that had been shown to reduce cardiovascular disease!*

## Original Recipe

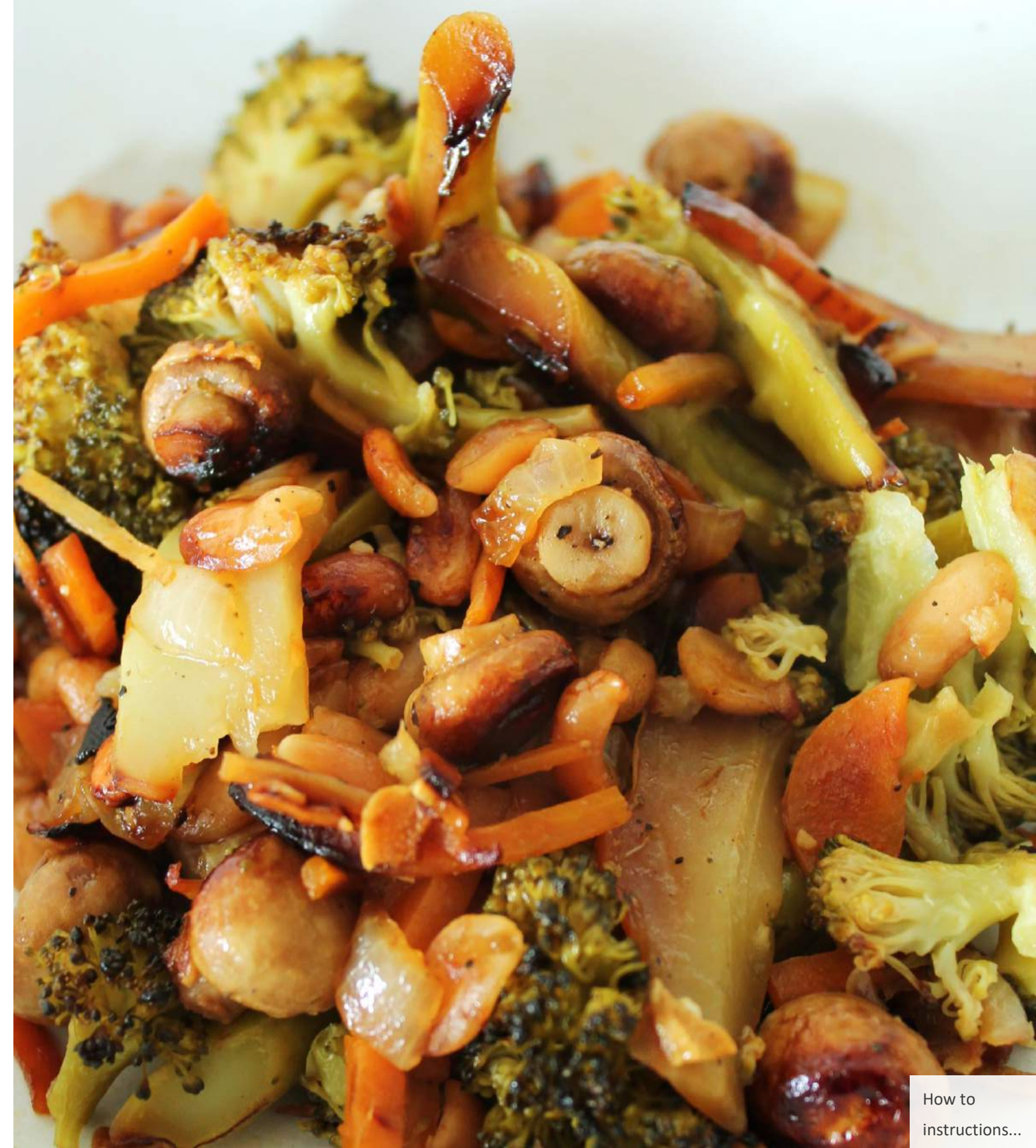
1 ½ Whole Broccoli  
Button Mushrooms (400g)  
2 Carrots  
4 cm Fresh Ginger  
4 Cloves Garlic  
2 tbsp. Soya Sauce  
2 tsp Sesame Oil  
2 tsp Olive Oil  
½ cup Peanuts  
1 Onion  
Salt and Pepper

## Swap Shop

-  
Any Mushrooms  
2 Courgette  
-  
-  
-  
-  
2 tsp Cooking Oil  
½ cup Cashew Nuts  
-  
-

## Additions

Fresh Coriander  
1 Sweet Potato  
4 Tomatoes







## Kitchen & shopping tips 29

### Pre-packaged vs. loose goods

Here's a simple one. Would you rather spend £2.20 per kilo of courgettes or £1.60 per kilo? There's no difference to the vegetable, it's just that one is packaged and one is loose. Put it another way, do you really want to spend an extra £0.60p for packaging which will just end up in a landfill site?

How about this one. Would you rather spend £2.00 on 400g cheddar that you have to grate yourself, or £2.80 for 400g of pre-grated cheddar? It doesn't sound much, but if you bought that grated cheddar each week you'd spend £41.60 more per year. Now apply those savings to your whole shopping list and you can see how it quickly adds up.



# How to make Button mushrooms & broccoli

- 1.** Preheat the oven to 200 Celsius. Very finely slice the garlic and ginger and add to a mixing bowl. Pour in the soya sauce, sesame oil and olive oil along with a good pinch of salt and pepper.
- 2.** Chop off the stalk of the broccoli and peel to reveal the core. Slice the into 1 cm thick pieces and add to the bowl. Now chop the florets into equal sized (large) pieces and add to the bowl.
- 3.** Cut the carrot into batons and dice the onion. Add to the bowl along with the peanuts.
- 4.** Mix together so the sauce coats the vegetables.
- 5.** Tear off ½ a metre of kitchen foil and lay it inside an oven tray. Pour the veg into the centre of the foil. Fold over one side of the foil and then scrunch the edges together along the open sides to seal it. Fold over the other half and repeat the scrunching. You should now have a closed parcel.
- 5.** Bake in the middle of the oven for 25-30 minutes. Carefully unwrap the parcel (using a fork) as the steam can escape and burn. Serve with fresh coriander.

# Buttered toast

Quick and easy breakfasts for busy lifestyles

Two portions

Ready in 5 Mins

Vegetarian option

Breakfast

Whatever your morning routine make some time for breakfast. It'll set you up for a productive day and keep your mind off food until lunchtime. Generally speaking, during the working week the easy options are buttered toast, banana, granola and yoghurt, or cereal with milk. You can follow the meal-plan suggestions or decide between the above. It's up to you.

## Original Recipe

4 Slices Toast

Butter

## Swap Shop

-

-

## Additions



“A good breakfast will set you up for a good day”



## Kitchen & shopping tips 21

### Ugly fruit & veg

Vegetables are shaped by nature and come from large muddy fields in the middle of the countryside. It's easy to forget that fact when they're presented to us in their uniform shape and perfect pristine packaging. In reality, there's just tons of perfectly edible vegetables going to waste as they aren't the right shape for the supermarkets strict criteria. Fortunately, that's now beginning to change, with 'ugly fruit and veg' being introduced back into the shops.

Please buy it. It's how nature intended the veg to be; knobbly, bent and with interesting colours. It tastes great and could save you money too.

# How to make Quick breakfast ideas

1. Buttered toast
2. Granola with yoghurt or milk
3. Toast and banana
4. Cereal with milk
5. Fried egg on toast
6. Smashed avocado on toast
7. Egg roll-ups
8. Porridge with honey
9. Scrambled eggs
10. Bacon and egg sandwich

# Butternut squash & bacon risotto

Please don't feed the vegetarians

Four  
servings

Ready in  
35 Mins

Vegetarian  
option

Dinner  
& lunch

*This is the risotto recipe that converted me from a vegetarian at aged 19 to a meat eater. I ate this meal one lunch break whilst working at the Queen Street Cafe in Edinburgh. I thought I was eating a meat free dish, but as it turns out, the amazing flavour comes from the addition of bacon. Also, as it turns out, I love bacon.*

## Original Recipe

**2 cups Risotto Rice**  
**½ Butternut Squash**  
**4 Rashers Bacon**  
**2 Onions**  
**3 Cloves Garlic**  
**1 tsp Mixed herbs**  
**1 ½ tbsp. Butter**  
**2 Chicken Stock Cubes**  
**3 cups Boiling Water**  
**1 tbsp. Olive Oil**  
**Salt and Pepper**

## Swap Shop

1 ½ cups Rice  
2 Sweet Potatoes  
3-6 Sundried Tomatoes  
-  
-  
1 tsp Thyme  
1 ½ tsp Olive Oil  
2 Veg Stock Cubes  
(750ml Water)  
1 tbsp. Cooking Oil  
-

## Additions

Grated Parmesan  
Grated Cheddar  
  
Any risotto can be made by gradually adding hot stock to risotto rice. For vegetarians, try roasting mushrooms in garlic, butter and thyme and adding to the pot when the rice is almost ready. If you have parmesan, grate a ¼ cup into the pot at the end of cooking. If not, cheddar is also good.





*“Cook extra risotto to make the mouth watering risotto balls.”*

# How to make Butternut squash & bacon risotto

**1.** Preheat the oven to 200 Celsius and boil a full kettle. Remove and discard the skin from the butternut squash and cut the flesh into 2-3 cm cubes. Toss in a mixing bowl with a tbsp. olive oil, one minced garlic clove and a good pinch salt and pepper. Bake on a tray for 20 minutes.

**2.** Meanwhile, finely dice the onion and mince 2 cloves garlic. Place in a large and deep pot over a medium heat along with the butter and a tsp herbs. Fry for 5 minutes then add the rice. Make the stock in a mixing bowl by pouring 3 cups boiling water over 2 crumbled stock cubes.

**3.** Add ½ a cup stock to the rice and stir until the stock is almost absorbed. Then add another ½ cup. Continue to stir and repeat this process until the rice is glutinous and almost cooked throughout. (approx. 2 ½ - 3 cups stock and approx. 20-25 minutes stirring).

**4.** Remove the butternut squash from the oven and stir through the rice. Turn the heat off, grate in a ¼ cup cheese and add a lid to the pot.

**5.** Chop the bacon into small pieces. Add a tsp oil to a non-stick frying pan and cook on a medium heat for 4-5 minutes. Stir the bacon into the risotto, taste test and season with salt and pepper if necessary.

# King's breakfast

Wake up like Royalty with this breakfast feast

Makes two

Ready in 15 Mins

Vegetarian option

Breakfast or brunch

Veggie option available

*Make this on a Sunday morning and you'll definitely feel like royalty. It's the perfect breakfast, brunch, lunch, linner, dunch, snack or dinner. People have been known to eat these at any time of day and night. I use two slices of my homemade bread, but it is also excellent with shop bought bread, muffins or toasted crumpets.*

## Original Recipe

4 Slices Bread

2 Eggs

4 Rashers Bacon

½ cup Grated Cheese

½ Spring Onion

1 Tomato

1 tbsp. Cooking Oil

Salt and Pepper

## Swap Shop

Crumpets, Muffins

1 tbsp. Cottage Cheese

4 Sundried Tomatoes

Grated Feta Cheese

Finely Sliced Onion

½ Grilled Pepper\*

1 tbsp. Olive Oil

-

## \*Grilled Peppers

1 Pepper

1 tsp Olive Oil

Salt and Pepper

Cut a pepper into quarters and remove the seeds. Drizzle over the oil and season with salt and pepper. Press flat and grill (or pan-fry) for 4-5 minutes each side.



# How to make King's breakfast

**1.** Prep the ingredients for your masterpiece. Finely chop the spring onion, grate  $\frac{1}{4}$  cup cheddar cheese and slice the tomato and avocado.

**2.** Add 1 tbsp. of oil to a non stick frying pan and fry the bacon on a medium/high heat for 2 minute. Move the bacon to one side and break the egg into the pan. Sprinkle the spring onion onto the egg with a pinch of salt and pepper.

**3.** Turn the bacon and let it cook until the desired crispiness. (I like mine crispy and let it cook for 4-5 minutes in total. Put the bread on to toast. The egg should finish cooking at roughly the same time. If you like a runny yolk, remove the egg from the heat as soon as the white has set

**4.** Lay out your toast and stack the ingredients. Try adding the cheese between the bacon and egg so that it melts from the heat. Eat your masterpiece.

**Note.** Make a vegetarian version by swapping the bacon for sundried tomato. Also, why not try swapping the tomato and avocado for caramelised onions and garlic butter mushrooms.

*“Wrap it up  
in a tortilla and  
take to work.”*

# Pan-fried risotto balls

w/ cherry tomatoes

Two servings

Ready in 20 Mins

Vegetarian option

Weekend lunch

*If you're looking to love you leftovers then please cook too much risotto and make a batch of these beautiful balls. It's a bit fiddly coating them in the flour, egg and bread crumbs but you'll be more than compensated by the final result. Throw together a little salad or pan-fry some cherry tomatoes to accompany your masterpiece.*

## Original Recipe

2 cups Leftover Risotto  
1 Egg  
½ cup Flour  
2 Slices Bread  
8-10 Cherry Tomatoes  
1 tbsp. Olive Oil  
Salt and Pepper

## Swap Shop

-  
-  
-  
-  
1 tbsp. Cooking Oil  
-

## Additions

½ cup Cheddar Cheese





*“If you’re feeling adventurous, try stuffing the balls with cubes of cheddar”*



# How to make Pan-fried risotto balls

- 1.** Roughly chop 2 slices of bread, place in a large bowl and blitz into bread crumbs using a hand blender. (If you don’t have a hand blender you can substitute bread crumbs for sesame seeds, or indeed leave out the bread crumbs altogether.)
- 2.** Lay out three small bowls and place the flour in one, the egg in another, and the bread crumbs in the third.
- 3.** Form the risotto into golf ball sized balls and then one by one, roll in the flour, dip in the egg and finally into the bread crumbs. You may have to wash your hand half way through as they will get sticky.
- 4.** Pour 1 tbsp. oil into a non-stick frying pan and fry the balls over a medium heat for 8-10 minutes. Turn every 2 minutes so that they cook evenly.
- 5.** Season with salt and pepper and eat hot.

**Pan-fried Tomatoes.** Pair these risotto balls with some sweet and juicy pan-fried tomatoes. Simply cut them in half and season with a little salt and pepper. Fry in the pan for 2 minutes each side.

# Tomato & ricotta tart

Invest in a tart dish and you'll be seriously rewarded

Two servings

Ready in 45 Mins

Vegetarian option

Weekend dinner

*It might look like a lot of effort to make your own shortcrust pastry, but do give it a go; it's super easy, super quick and there's a ton of satisfaction around the corner for those that do it. This delicious tart uses Italian ricotta which is soft and mild in flavour and similar to cream cheese. When it's paired with thyme and tomatoes it's a match made in heaven.*

## Tart Filling

**250g Ricotta**

**3 Large Tomatoes**

**8 Cherry Tomatoes**

**½ tsp Thyme**

**Salt and Pepper**

## Swap Shop

-

Any Tomatoes

Any Tomatoes

½ tsp Mixed Herbs

-

## Shortcrust Pastry

1 ½ cup Plain Flour

½ pack Butter (125g)

½ tsp Thyme

3 tbsp. Cold Water

½ tsp Salt

If you don't have time to make shortcrust pastry you can use shop bought puff pastry or shortcrust pastry. Simply follow the cooking instructions on the packet.



How to instructions...

*“Slow roasting tomatoes increases the intensity and depth of their flavours.”*



# How to make Tomato & ricotta tart

**1.** Preheat the oven to 190 Celsius. Take a large mixing bowl and add 1 ½ cups flour, ½ a tsp salt and ½ a tsp thyme. Finely chop the butter, (or grate it) into the bowl and using your fingers mix and rub together until it forms a breadcrumb like consistency.

**2.** Add 3 tbsp. water and gently mix together until a dough forms. You might need to add a 4<sup>th</sup> tbsp. of water but try to keep the water content to a minimum.

**3.** Flour a surface and roll out the pastry into a circle approx. ¾ cm thick and 5 cm larger than the tart dish. Add flour to stop the rolling pin, (or wine bottle) sticking to the pastry.

**4.** Gently lift the pastry into the tart dish and press into the side walls of the dish. Trim the excess pastry, but leave a little hanging over the edges. Prick the base 12 times with a fork then place in the middle oven for 10-12 minutes. Usually, when blind baking, you would add dry beans to the base to hold it down, but in our case, if you see it rising, re-prick with a fork.

**5.** Meanwhile, mix the ricotta with a good pinch of salt, pepper and ½ a tsp thyme, then cut the tomatoes into thin slices.

**5.** Remove the base from the oven, add a layer of tomatoes to the base then smooth over with the ricotta. Finish the top with tomatoes and return to the middle oven for 20 minutes. Can be enjoyed hot or cold.

# Peach clafoutis

Soft fruit baked in a sumptuous sweet batter

Four  
servings

Ready in  
35 Mins

Vegetarian  
option

Dessert

Great with  
Ice cream

*Clafoutis is a beautiful French recipe from the Limousin region and consists of fresh cherries baked into a soft and light batter. Our version replaces the cherries with juicy canned fruit. Buy two or three different fruit tins and store them in your cupboard until needed. In this way you can eat clafoutis whenever the mood takes you.*

## Original Recipe

**2 Eggs**

**¼ cup Plain Flour**

**¼ cup sugar**

**½ cup milk**

**1 can Peach Halves**

**½ tbsp. Butter**

**Salt**

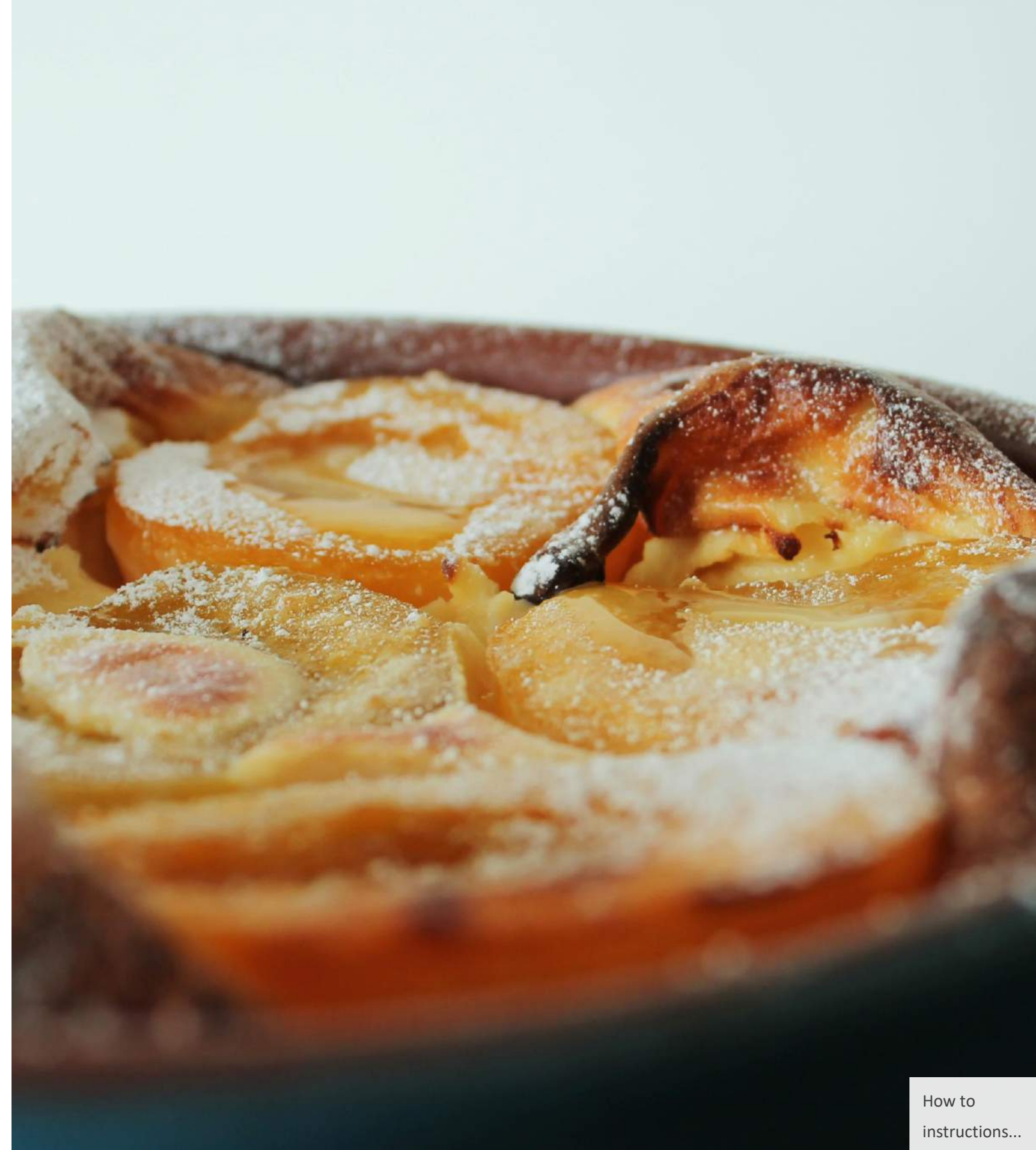
## Swap Shop

You can use most tinned fruit. In the UK wild blackberries can be picked from bushes during the months of August, September and October. Keep your eye out for them as they make a lovely clafoutis.

## Additions

½ tsp Vanilla Essence

Fresh pineapple makes a surprisingly good clafoutis. Take a ¼ of a pineapple and cut it into 6 pieces. Caramelize it by cooking it for 4-5 minutes in a tbsp. sugar, 3 tbsp. water, ½ a tsp vanilla essence and 1 ½ tsp lemon juice. Add to the oven dish once caramelised.



*“Swap peach for  
caramelised pineapple.  
It makes for a delicious  
all-weather dessert.”*



# How to make Peach or pineapple clafoutis

**1.** Preheat the oven to 200 C. Break the eggs into a mixing bowl and whisk together. Add the flour, sugar and a pinch of salt and then whisk again until a paste is formed.

**2.** Slowly pour in the milk and whisk until the consistency is smooth with no lumps, (you can also add 1 tsp vanilla essence at this point). If you find you cannot get rid of the small lumps, try pouring the batter through a sieve. You'll be left with a perfectly smooth consistency.

**3.** Grease an 18-21 cm ovenproof dish by rubbing the butter onto the surface and sides.

**4.** Drain the can of fruit. Reserve the juice in a small cooking pot and gently boil for 3-6 minutes until a syrup has formed.

**5.** Place the fruit pieces 1-2 cm apart on the bottom of the oven dish, pour over the batter and bake in the middle of the oven for 25-30 minutes, or until the batter has risen and has a golden top. Oven times vary with clafoutis so you may need more or less time depending on your oven. Better to overcook it than undercook it.

**5.** Sprinkle over some icing-sugar and serve with the hot fruit syrup, a spoon of yoghurt or masses of vanilla ice cream.



# How to Create your own meal plan

Meal planning is a smart way to eat well and save money. It takes a small amount of practice, but the rewards are more than worth it. Here's a rundown of the best way to create your own budget meal plan.

## **1. Check the weather and visualise your week**

You wouldn't want to plan a week of fresh salads only to find it is cold and raining, (this is London after all). So the first place to start is by checking the weather and planning accordingly. Secondly, try to visualise your week. Are there events taking place? Do you have guests coming over? Sketch out your schedule and build your plan around your life.

## **2. List the ingredients you already have**

A simple way to save money and waste less is to eat what you already have. Make a list of your available ingredients and use that as the foundation of your meal plan.

## **3. Cook once, eat twice**

That's a good motto for budget cooking. It simply means the evening's cooking effort gives you dinner and the next day's lunch. Do this Monday to Friday and you'll have saved yourself from cooking five additional lunches. It's a million times better than that meal-deal sandwich and is cheaper and healthier.



[Click Here  
to peek inside our  
Print Cookbook](#)

#### **4. Start with the dinners and the lunches will follow**

When building your meal plan, a good place to start is with dinner. Leave the fancy lunches for the weekend and focus on the evening meals. So in a one week meal plan all you have to think about are 7 breakfasts, 7 dinners and 2 weekend lunches.

#### **5. Let the ingredients inform the next recipe**

Decide on the meals you know you want to cook and then use that as the basis to fill in the blanks. For example if you know you want to eat baked chicken w/ sweet potato and sundried tomato, you will most likely have leftover sweet potatoes in the packet. So the logical step is to use sweet potato for the base of another meal, (a soup for example).

#### **6. Select recipes from budget cookbooks or your own list**

Spend some time flipping through cookbooks and recipe websites and start collating a selection of recipes. If you don't already have a go-to list, try searching online for budget recipes, (or use this book). Keep a file of the ones you like and refer to this list when planning your meals.

#### **7. Fill out A meal plan template and create A shopping list**

Grab a pencil and eraser and fill out your meal plan template. It's good to remember that creating meal plans is a bit of an art, but definitely worth the effort!

#### **8. Shop once per week and store ingredients properly**

Find your biggest, nearest supermarket and head there with a shopping list. Don't go shopping on an empty stomach and only buy the things you need