

Family Food Favourites for a



Shared by the children, families and staff at



Summer 2023

Glade Hill - Family Meal for £5 or less

STAPLETON'S SURPRISE PASTA!

Ingredients	Cost
Packet of pasta (Tesco Fusilli Pasta 500g)	£0.75
1/2 pack of Bacon (Unsmoked Tesco 300g)	£0.93
Mushrooms (Tesco closed cup 400g)	£1.25
Tin of chopped tomatoes (Tesco Growers' Harvest 400g)	£0.35
Salt, pepper and herbs (e.g. basil) to season	£0.90
Total Cost £4.18	

Instructions

- Boil the pasta in a pan with water and then drain
- Fry the bacon and mushrooms in a non-stick pan
- Add the chopped tomatoes and seasoning to the bacon and mushrooms, and bring to a simmer
- Serve the pasta topped with the sauce
- For an extra treat add some grated cheese

SAUSAGE + VEG PIE

- * Peel potatoes then put onto boil
- * Cook sausages
- * Add veg + sauce into a pan
- * Cut up sausages when cooked then add into the sauce
- * Mash the potatoes and add onions
- * Add sausage + sauce mix to an oven proof dish, put potato on top and cook in the oven for 25 minutes then serve (Season to your liking)



Cheesy Tuna Pasta

Ingredients (serves 4)

- 1 tin of tuna
- 1 broccoli
- 50g soft cheese
- 400g pasta
- 100g frozen peas
- 1 garlic baguette

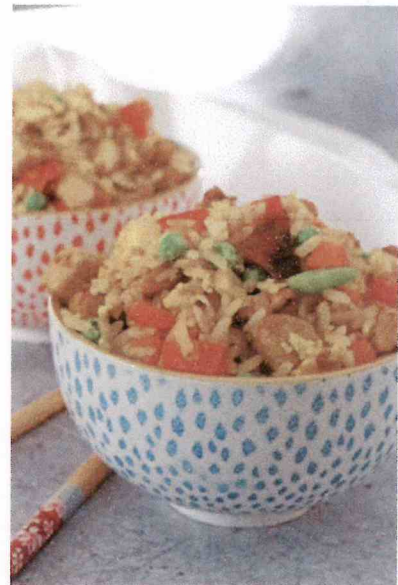
Method

- Place the garlic bread in a pre-heated oven for 10-15 minutes
- Boil the pasta for approximately 10 minutes (until pasta is fully cooked).
- Boil or steam the peas and broccoli for approximately 5 minutes (until cooked and soft).
- Drain the pasta and the vegetables, add in the tuna and cheese and mix together.
- Serve with the garlic bread and enjoy!

Miss Jardine's CHINESE FRIED RICE

INGREDIENTS

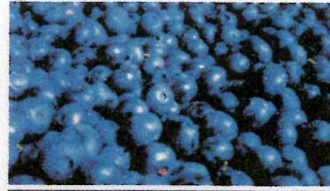
- 200g cooked and chopped pork/chicken
- 1 tsp Chinese Five Spice
- 1 tbsp sesame oil
- 2 medium eggs
- 1 medium onion, finely chopped
- 1 clove garlic, crushed or finely chopped
- 100g chopped frozen vegetables
- ½ red pepper, chopped
- 350g cooked and cooled long grain rice
- 1 tbsp soy sauce



INSTRUCTIONS

1. Sprinkle the Chinese Five Spice onto the meat and mix well.
2. Heat a wok or large frying pan on the hob and add in half of the oil. Crack in the eggs and mix quickly, almost like making scrambled eggs. Cook the eggs whilst stirring continuously for about 2-3 minutes. Transfer the eggs to a bowl.
3. Add the remainder of the oil to the wok and then add in the onions. Cook for 2-3 minutes until they have softened. Add the garlic, frozen vegetables, red pepper and chopped meat and cook for a further 4 minutes. Transfer all of this into the bowl with the eggs.
4. To the wok add the cooled rice and soy sauce and mix well. Cook for 2-3 minutes until the rice is warmed through. Add back in the eggs, vegetables and meat, and mix everything together.
5. Serve immediately.

FLAVOURFUL SCRUMPTIOUS FRUIT SALAD



<u>INGREDIENTS & PRICE:</u>	<u>METHOD:</u>
• BlueBerries £0.89 • Bananas £0.85 • Satsumas £0.95 • Apples £0.95 • Strawberries £1.19 Total Cost: £4.85 All ingredients: Aldi	• Wash your hands. • Get a chopping board and knife. • Wash(apples,blueberries,strawberries) and peel (bananas and satsumas), the fruits as required. • Chop all the fruits (except the blueberries and satsumas) into chunks sizes of your choice. • Gently scrap the chopped fruits into a bowl. • Cover the bowl with a lid then safely and firmly shake so the fruit mixes. • Put in the fridge for 10 to 15 mins to allow the flavours to release and mix.



You can make this as a healthy snack or a healthy dessert served with ice cream is yummy. Or if you use the fruit for pack lunches or individual snacks, you can make my fruit salad with what's left before they go bad.

"ENJOY it's SUPER HEALTHY"
TAHNIA MANSARAM-HUDSON
YR 3
FANTASTIC FIRS.

Perfect pasta plate!

Ingredients – feeds 4

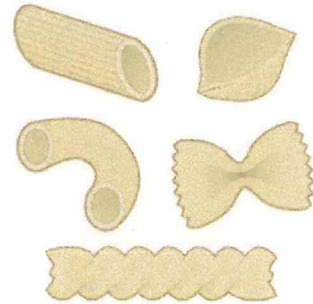
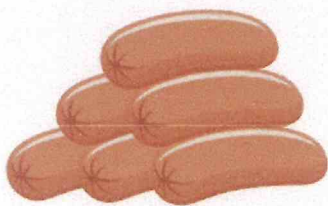
- **Pasta** (of your choice)
- **Tomato based pasta sauce** - 1 jar
- **Mushrooms** – 250g
- **Broccoli**
- **Frozen sausages** – 8

The vegetables can be substituted for any veg of your choice!

Chicken is also nice with this!

Equipment

Large pan
Frying pan
Chopping board and knife
Oven tray



Recipe

1. Place your sausages into a pre-heated oven to cook.
2. Whilst they are cooking, prepare your mushrooms into slices and broccoli into small florets.
3. When the sausages have 10 minutes left, boil a pan of water and add your pasta of choice and broccoli.
4. Take the sausages out the oven and cut into chunks.
5. Place the sausages and mushrooms into a frying pan and fry off until golden brown for 3-5 minutes.
6. Drain the water from the pasta and broccoli and place the pan back on a very low heat.
7. Add the sausage and mushrooms to your pasta and broccoli, giving it a good mix.
8. Add the pasta sauce and mix, allowing it to gently heat.
9. Serve and enjoy!



This dish is perfect with a sprinkle of cheese on top or served with some garlic bread!



Receiving

you need summer time
chickening
chickening wings £1.00

chickening drum stick £1.00

cherry to mato 54p

x2 Red onions 30p

x1 orange 29p

cous cous 89p

Feat a chus 70p

Total £4.77

From notisans

Sever about 4
before maybe 5

Mrs Ozkaya's

PUFF PASTRY PIZZA



1 packet Asda Ready Roll Puff Pastry - £1.25

$\frac{1}{2}$ packet Asda Ready Grated Mild Cheddar - (£2.60 a bag) £1.30

$\frac{1}{2}$ carton of Asda Passata Sauce - (60p carton) 30p

$\frac{1}{2}$ packet Asda Sliced Mushrooms - (£1.00 a packet) 50p

Total cost of the used ingredients - £3.35. Serves 4 large slices or 6 small slices.

Roll out the puff pastry and place on a baking tray.

Score around the edges with a knife, approx. 1 inch from the edge.

Partially bake the puff pastry in the oven, for around 10-15 mins on 200 degrees (until it puffs up and is a light golden colour).

Take it out of the oven. Push down the centre part up to the scored edges, so the edges stay raised.

Spoon on $\frac{1}{2}$ the carton of passata sauce, into the centre of the puff pastry and spread it around, not touching the edges.

Place $\frac{1}{2}$ the packet of sliced mushrooms, scattering them on top, avoiding the edges of the puff pastry.

Sprinkle $\frac{1}{2}$ the packet of grated cheddar over the top, again avoiding the edges.

Season if necessary.

Bake in the oven at about 200 degrees for around 20-25 minutes.

Onion: £0.12
 Garlic £0.55
 Chillies £0.57 (£0.19 each)
 Ground cumin £0.90
 Two large baking potatoes £0.42
 Two loose carrots £0.18
 Tinned chopped tomatoes £0.35
 Veg stock cubes £0.90 (£0.09 each)
 Microwave rice £0.42
 Mangetout £1.05

Total £5.46



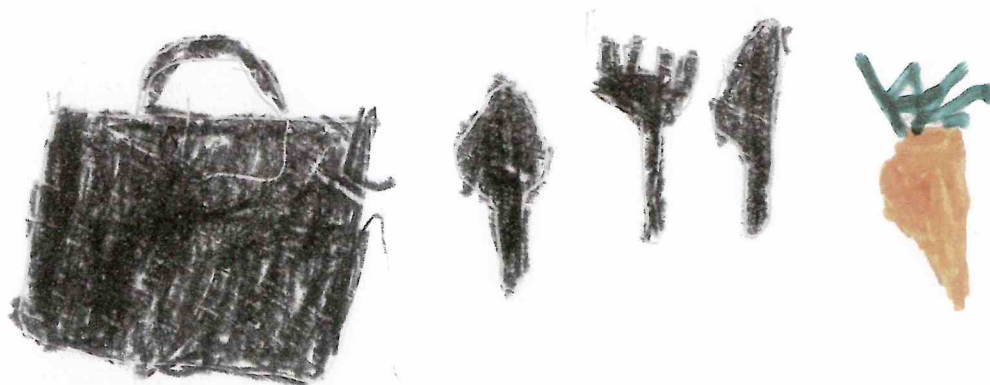
First cut onion, garlic and one chilli, fry on low heat with a heaped table spoon of ground cumin.

Next chop potatoes and carrots, add to the pan with the made up veg stock.

After chop mangetout (or other green beans) into small pieces and add to pan.

Once everything is soft stir in one bag of microwaveable rice (or cook non microwaveable rice separately and add once cooked)

Leave to simmer adding more veg stock if necessary, or once cooked turn off the heat and leave to stand for flavour to intensify and reheat before serving.



2 nes



Easy Italian Sausage Spaghetti

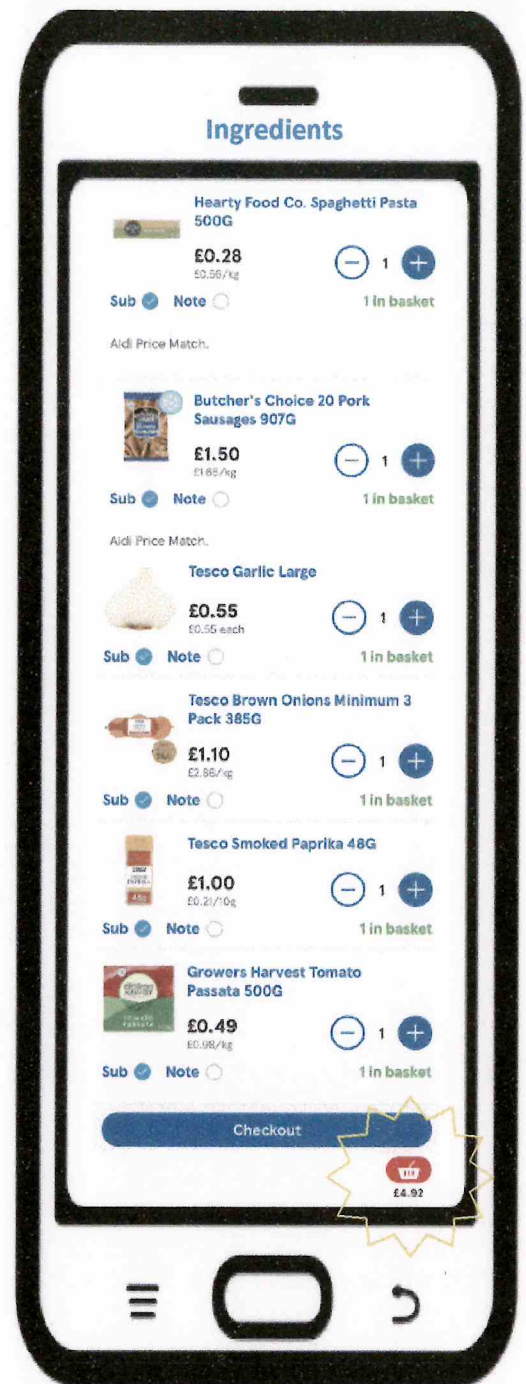
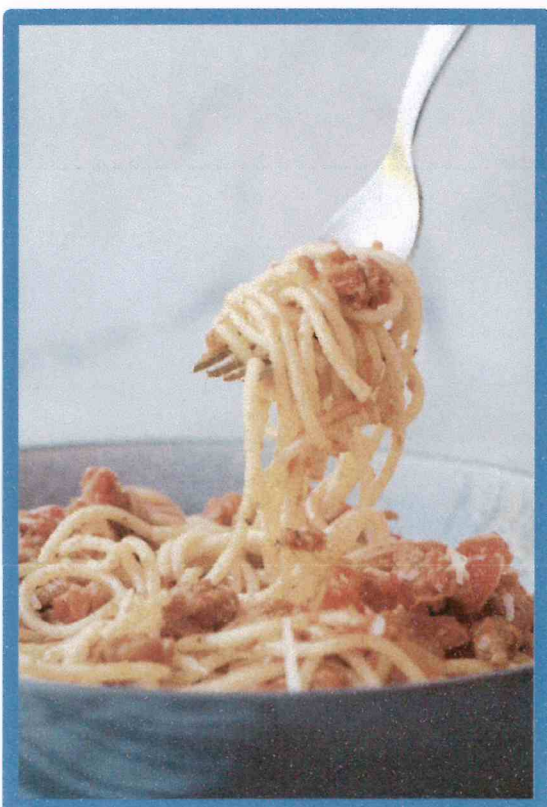
A twist on a family favourite - meatballs and spaghetti - brings you an affordable alternative! Sausage and spaghetti for less than £5!

Step 1: Grill the sausages from frozen for 15-20 minutes turning occasionally (roughly 12 sausages for a family of four).

Step 2: Meanwhile dice a large onion (or two smaller ones) and a couple of cloves of garlic. Fry in a pan until softened.

Step 3: After the sausages have been on for ten minutes, cook the spaghetti (roughly 3/4 of the pack - 75g per person) for about 11mins.

Step 4: Add the whole carton of passata and a few teaspoons of smoked paprika to the onions in the frying pan and heat up. Add a little bit of water to the passata carton, swirl round and add to the pan to make the sauce stretch further. Simmer whilst sausages are cooking.



Step 5: Once the sausages are cooked, chop them into bite sized pieces and add to the frying pan. (The smaller the pieces, the more people will think they're getting!)

Step 6: Drain the spaghetti and serve. Serve the sausage and sauce mix on top of the spaghetti and voila!

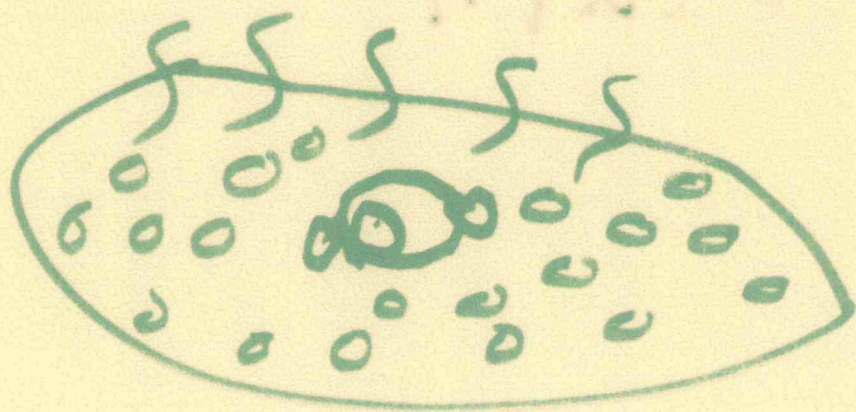
The best bit about this recipe is you still have some of the ingredients left for another recipe! Or, if you've got hungry children, use more spaghetti or more sausages!

ENJOY!

Mrs Lineker

Kushari

- white rice 1 lb / 250g
- brown lentils 1 lb / 250g
- macaroni 1/2 cup
- tomato 1 can
- onions
- chick peas 1 can
- Garlic 2 cloves



Kushari

Ingredients



- White rice 250g: £0.50
- Brown lentils 250g: £0.75
- 250g macaroni: £0.35
- 2 onions: £0.27
- Tomato paste: £0.65
- Can of chopped tomatoes: £0.67
- Can of chickpeas: £0.40
- 1/2 cup vegetable oil: £0.46
- 2 cloves of garlic: £0.20
- **Total : £4,25**
- 2 spoons of vinegar (optional)
- Chilli flakes (optional)

Instructions:

Boil the rice and drain it.

Boil the lentils and drain them.

Boil the macaroni and drain it.

Slice the onions and fry them until they are brown. Set them aside.

Sauce: In a pan, heat the oil and add the chopped garlic gloves. Sauté for 3 minutes. Add the tomato sauce, a pinch of cumin, and salt to the pan. Chilli flakes are optional. Simmer the mixture.

Blend the chopped tomatoes in a blender and pour them into the pan. Mix well with all the ingredients and add 1 spoon of white vinegar.

Serve the rice, lentils, chickpeas, and macaroni in bowls. Pour the tomato sauce over the ingredients and garnish with fried onions.

Mrs Fowler's Beef Bake

Ingredients

- . Two tins of corned beef
- . 6 large Potatoes
- . Gravy

Recipe

1. First peel and slice the potatoes .
2. Carefully open the tins of corned beef and slice .
3. Next layer the potatoes and corned beef in a casserole type dish . (You can use a deep baking tray for this too).
4. Top layer should be potatoes .
5. Finally pour over the gravy mix , cover and bake on about gas mark 4 or 180 electric for about an hour .
6. Uncover and potatoes when pricked should be soft . (If not uncover and bake a little longer .
7. Enjoy with favourite vegetables . !

VEGETABLE PASTA

* Put pasta in a pot and cook for 10-15 minutes once water is boiling (Half a bag of pasta)

* Put sauce and veg together in a pot to warm through

* Drain the pasta once cooked, then add the sauce and pasta together

* Season to your liking and serve.



Miss Doel's Tuna Melt Quesadillas



Serves 4

10 minutes prep time

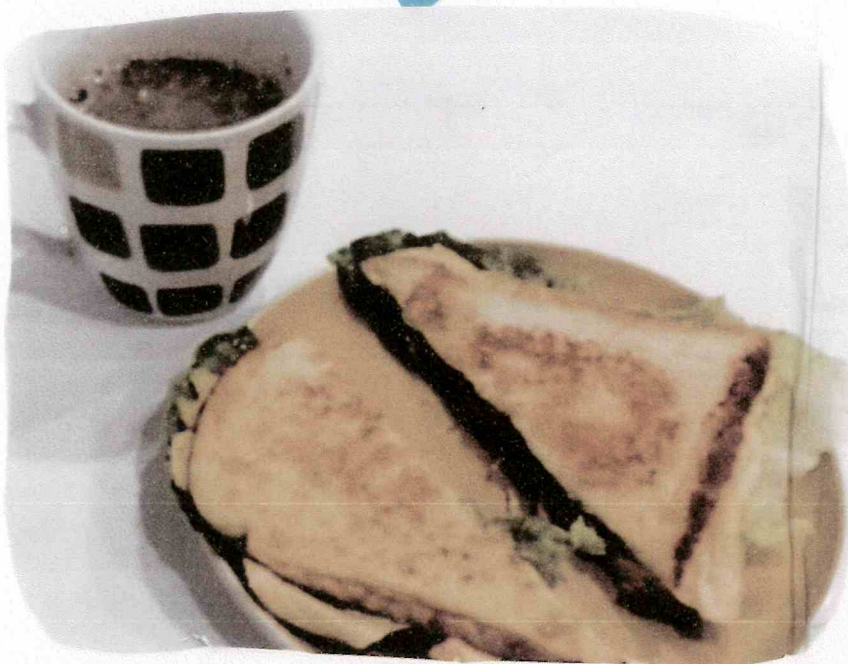
Ingredients

- 2x tin of tuna in spring water drained
- 2 tbsp mayonnaise
- 80g tinned sweetcorn in water drained
- 8 plain tortilla wraps
- 80g cheese
- 40g spinach

Method

1. Mix the tuna, mayonnaise and sweetcorn in a bowl with black pepper.
2. Lay half of wraps on table and spread over the ingredients
3. Sprinkle over cheese and spinach and place another wrap on top.
4. Heat 1tsp oil in frying pan and toast tortillas for 2-3 minutes each side and until cheese is melted.
5. Serve with your choice of salad

French Toast with Hot chocolate



Rating
Rate Out of 10. 10/10 ?

<u>INGREDIENT</u>		<u>Amount</u>
Eggs	→	€1.65
Lettuce	→	€1.09
Bread	→	€1.39
Hot chocolate	→	€1.49
Vegetable oil	→	30p

PREPARATION

1. Break ~~two~~ two eggs into a bowl.
2. Whisk the egg.
3. Add vegetable oil to the pan.
4. On the gas and put the egg ~~in~~ in.
5. Get two slices of Bread.
6. Flip the bread whilst it's yolk.
7. Wait for that side to cook.
8. Flip it. ~~The cut in half.~~
9. When it's finished cooking put it in a plate.
10. Add lettuce and you're done. ~~After your hot chocolate.~~

Honey chicken and egg fried rice

(Miss Dymond's favourite dinner)

Ingredients (Serves 4 people)

- 300g of easy cook rice
- 300g of frozen mixed vegetables
- 2 eggs
- 2 diced chicken breasts
- Pinch of salt and pepper
- 1tsp of garlic powder
- 30ml of soy sauce
- 15ml rice wine vinegar
- 60g of honey
- 40g of tomato ketchup
- 3 diced garlic cloves

Cost

Tesco Grower Harvest long grain rice - 15p for 300g
Tesco Grower Harvest frozen veg - 30p for 300g
Tesco medium free-range eggs - 48p for 2 eggs
Tesco 2 British chicken breast fillets (300g) - £2.29
5p
5p
Tesco dark soy sauce - 13p for 30ml
Tesco rice wine vinegar - 20p for 15ml
Tesco Stockwell & Co honey - 15p for 60g
Heinz tomato ketchup - 34p for 40g
Large garlic - 15p for 3 cloves

Total = £4.29

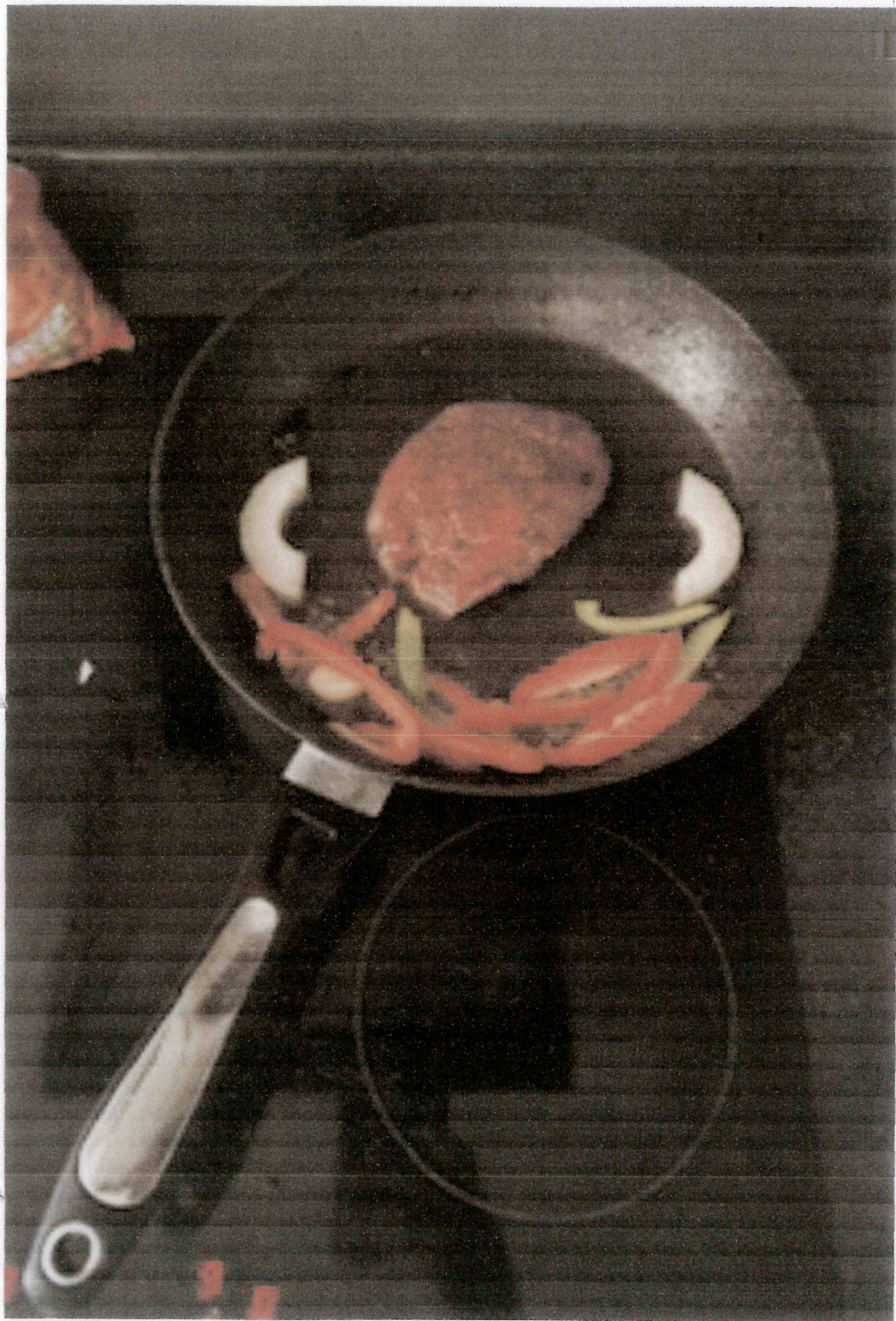
Method

1. Boil the rice as per packet instructions.
2. Whilst the rice is boiling, fry the mixed frozen vegetables and 2 eggs for around 2-3 minutes. Once the eggs have scrambled, take it off the heat.
3. Mix in the boiled rice with the veg and rice then set aside.
4. Season the chicken breast with salt, pepper and garlic powder.
5. Fry the chicken in a frying pan until it is cooked.
6. Whilst the chicken is cooking, make the sauce. Mix together the honey, soy sauce, ketchup, rice wine vinegar and garlic cloves in a bowl.
7. When the chicken is cooked, pour the sauce over the chicken.
8. Add the rice into the frying pan with the chicken. Mix it all together and serve.

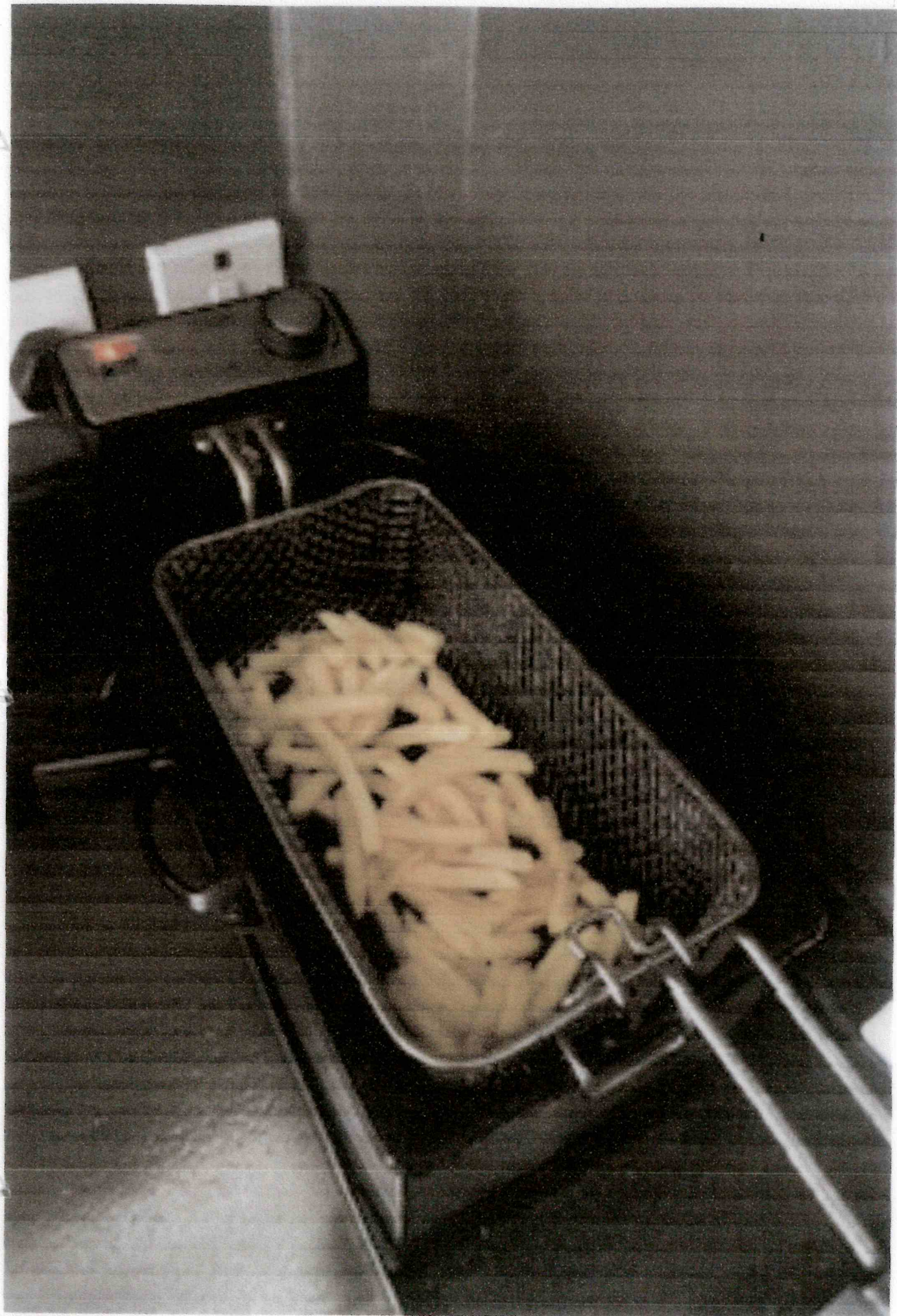










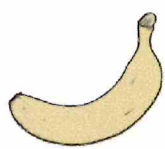
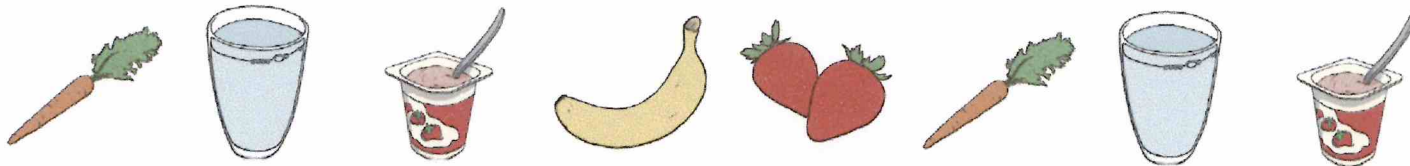


STEAK DINNER

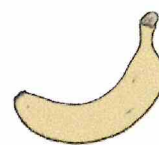
X1	STEAK	(ASDA)	£2.70
X1	PEPPER	(TESCO)	£0.55 - HALF - £0.25
X1	ONION	(TESCO)	£0.50 - HALF - £0.25
X1	GARLIC	(TESCO)	£0.50 - 1/4 - £0.12
X1	CHIPS	(ASDA)	£1.65

£4.97

JAYDEN EDWARDS



Spiced chickpea dinner

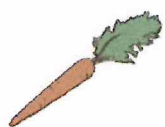
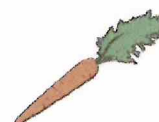
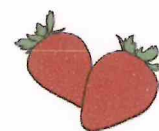


By Miss Ross

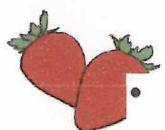


Ingredients:

- 2 tbsp Vegetable oil
- 2 white onions, thinly sliced
- 2 tins Chickpeas, 400g
- 1 tsp coriander seeds
- 0.5 tsp turmeric
- 30 g coriander, finely chopped
- 1 red chilli, deseeded and finely diced

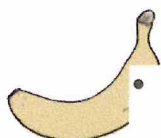


Method:



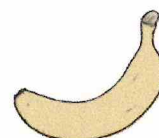
Step 1

- Heat the oil in a large heavy based saucepan and add the sliced onions. Cook the onion over a medium heat until very soft and translucent, then up the heat and cook until golden and caramelised.



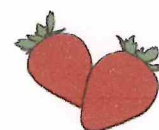
Step 2

- Toast the coriander seeds in a dry frying pan until fragrant then use a pestle and mortar to grind to a powder. Add the ground coriander seeds and turmeric to the browned onions, stirring to coat. Cook out for a couple of minutes.



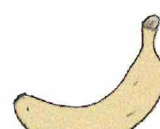
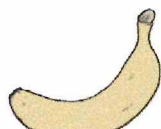
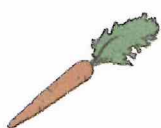
Step 3

- Drain the chickpeas, reserving 200ml of the liquid. Add the chickpeas and liquid to the onion mix. Stir frequently so that nothing sticks to the base of the pan. cook for 5 to 10 minutes.



Step 4

- Stir the chopped coriander and chilli into the chickpea mix just before serving and season to taste, then split between four bowls.



Family recipe: Loaded Jacket Potatoes by Miss Wardle

A tasty spin on a classic Jacket potato tea, easy to make your own by adding you children's favourite foods. Can be vegetarian.

Not quite a family recipe but a neighbour taught me how to make these when I was growing up, hope you enjoy!

Ingredients:

4 x jacket potatoes

1 x pepper (any colour)

2 x spring onions

Bacon (optional – could be substituted for mushrooms)

Cheddar cheese

Butter

OR other toppings of your choosing!

Method:

1. Pre heat your oven to 200°C. pierce your potatoes several times with a fork and then wrap in tinfoil. Bake until soft about 1 hour.
2. Whilst your potato is cooking finely chop your pepper, spring onion and then grate some cheese.
3. Next, carefully slice the bacon into small pieces and fry this for a few minutes until cooked and then put the bacon on a plate to one side ready to add to your potatoes later.
4. Once cooked, take out your potatoes and cut in half. Next scoop out the potato from each of the halves and place into a bowl. Next mix in one spoonful of butter. After that add the peppers, spring onion and bacon. Sprinkle half of your grated cheese into the potato and mix together.
5. Using a spoon put the filling back into each potatoes skin. Sprinkle the remaining cheese on and then place on an oven tray.
6. Oven your loaded jacket potatoes until melted, about 5 minutes.
7. Take them out of the oven and once cool enough enjoy!



Oven baked Jackets

with Veggie chilli

Rames

Y5 M.

Maples

Ingredients

British baking potatoes

400g kidney beans in water

500g meat-free mince

400g store chopped tomatoes

1lg Hot Chilli con carne mix

150ml soured cream

Method

Step 1

make a small incision each of the baking potatoes and place into the oven at 200C for 40m or until the potatoes are cooked through

Step 2

Whilst the potatoes are cooking, place a saucepan over a medium heat and add $\frac{1}{2}$ tbsp olive oil. Add the meat free mince and cook until lightly browned. Add the chilli con carne sachet and stir into the meat free mince. Now add the chopped tomatoes and 500ml of water, bringing the pan to a gentle simmer. Simmer for 10 minutes and allow the sauce to thicken slightly. Turn to next

Step 3

Drain the kidney beans from the liquid and add to the pan, stirring. Cook for further 20 min.

Step 4

Slice the sweet potatoes in half and serve each onto 4 plates, top with a dollop of soured cream and the chilli con carne mix.

total 70%

Rares 1/6 M. Maples

Mrs York's
SAUSAGE & POTATO TRAYBAKE



Shopping List

8 Asda Just Essentials pork sausages £1.50
500g Asda Extra Special British Baby potatoes 80p
1 green pepper 60p
1 red pepper 60p
Asda packet of sliced red onion 40p
1 lime 20p
30g Asda Aromatic & Zesty coriander 55p (only need 10g)

TOTAL: £4.65

Method

1. Preheat oven to gas 6, 200°C, 180°C fan. Wash and lightly scrub the potatoes, taking care not to remove any of the skin. Halve then scatter into a large oven dish. Toss with 1 tbsp oil, season, then add sausages. Bake for 2 minutes.
2. Thinly slice peppers.
3. Zest and half the lime.
4. Roughly chop the coriander
5. In a small bowl, whisk together 1tbsp oil with lime juice and half the coriander. Stir through the peppers, onion and the lime dressing, then return to the oven for 35 - 40 mins until the potatoes are tender and the sausages cooked through.
5. Scatter with lime zest and the remaining coriander.

Garlic Bread - 37P

Macaroni - 75P

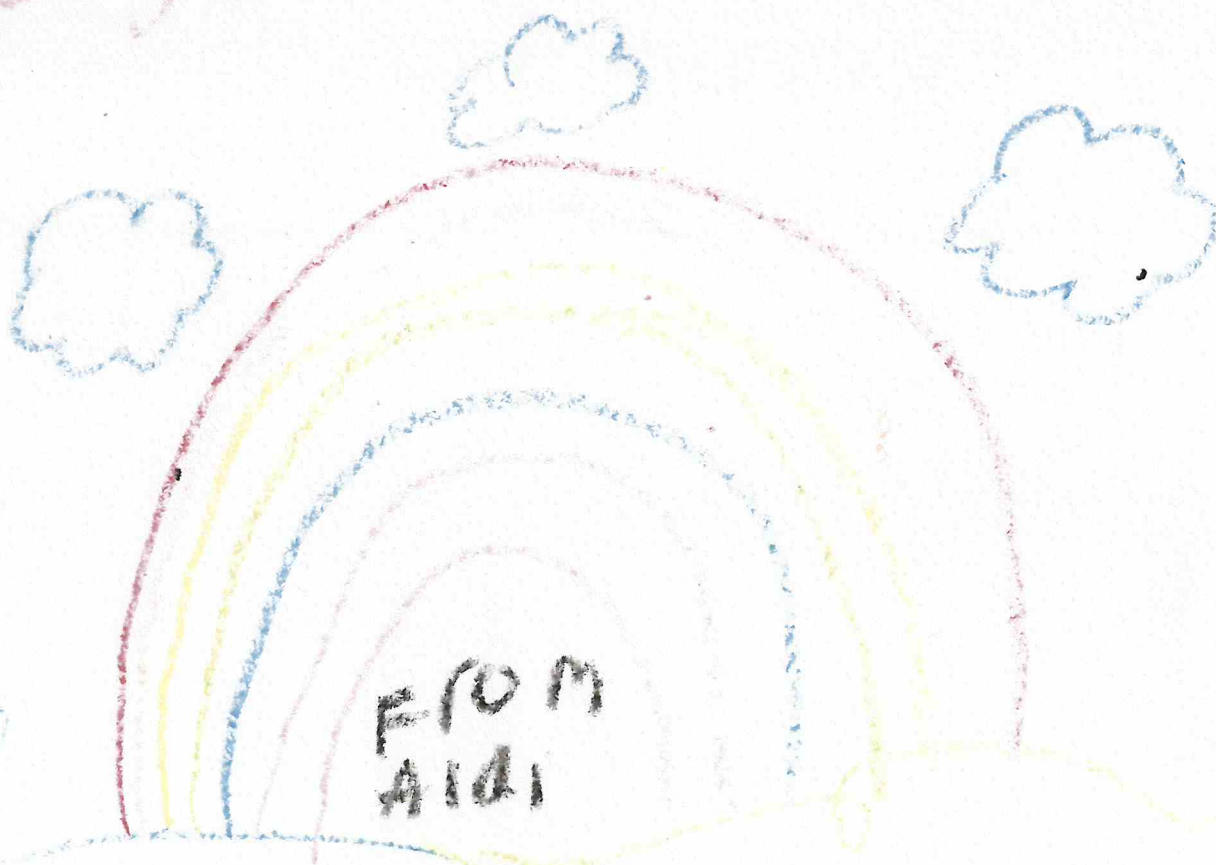
Chorizo - 99P

Cheese Slices - 60P

Onion - 33P

Peppika - 59P

100g cheese - 75P

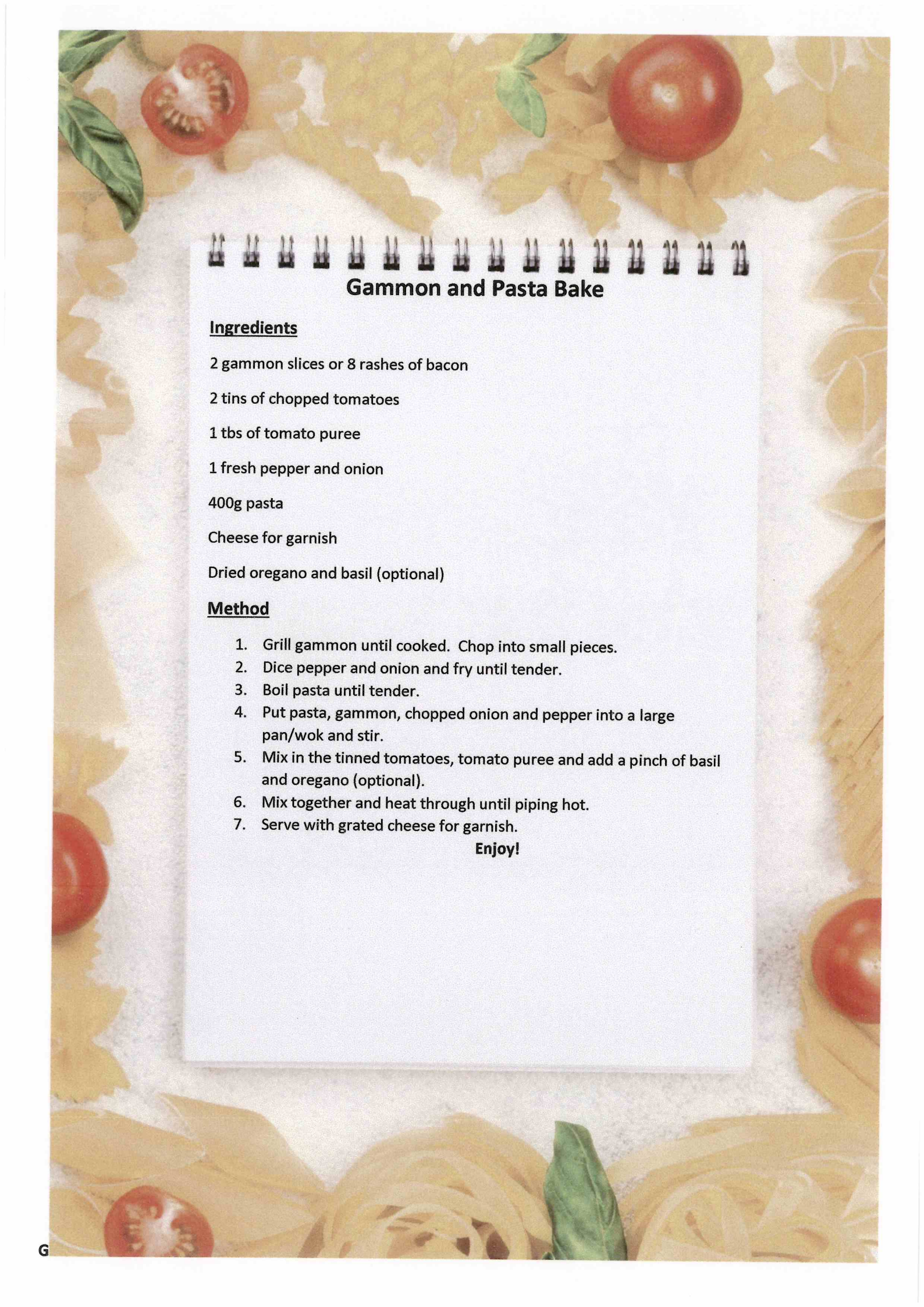


Boil Pasta till cooked and drain
Boil water in kettle
and add to Pan
Then add Pilex dish
TO Pan
Add water and
cheese sauces
Milk and Peppikn
Then Boil Marie
Whilst cheese is melting
Chop onion
and Chopped TO macaroni
and mix

once The cheese
is melted

add to Pan and
charizomix together
Til Warm and Covered
Seave and put it
together



A decorative border surrounds the page, featuring fresh ingredients: a halved tomato, a whole tomato, and a sprig of basil at the top; a whole tomato and a sprig of basil at the bottom; and a tomato half and a sprig of basil on the left. A large, coiled piece of pasta is at the bottom center. The background is a light, textured surface.

Gammon and Pasta Bake

Ingredients

2 gammon slices or 8 rashers of bacon

2 tins of chopped tomatoes

1 tbs of tomato puree

1 fresh pepper and onion

400g pasta

Cheese for garnish

Dried oregano and basil (optional)

Method

1. Grill gammon until cooked. Chop into small pieces.
2. Dice pepper and onion and fry until tender.
3. Boil pasta until tender.
4. Put pasta, gammon, chopped onion and pepper into a large pan/wok and stir.
5. Mix in the tinned tomatoes, tomato puree and add a pinch of basil and oregano (optional).
6. Mix together and heat through until piping hot.
7. Serve with grated cheese for garnish.

Enjoy!

The Davies family enjoy making Mince and sweet potato pie

Ingredients

500g mince £2.09

1 onion, chopped 10p

2 carrots, chopped 20p

200g frozen peas 78p

300g baked beans 28p

2 sweet potatoes (large) 70p

Total cost £4.15

Method

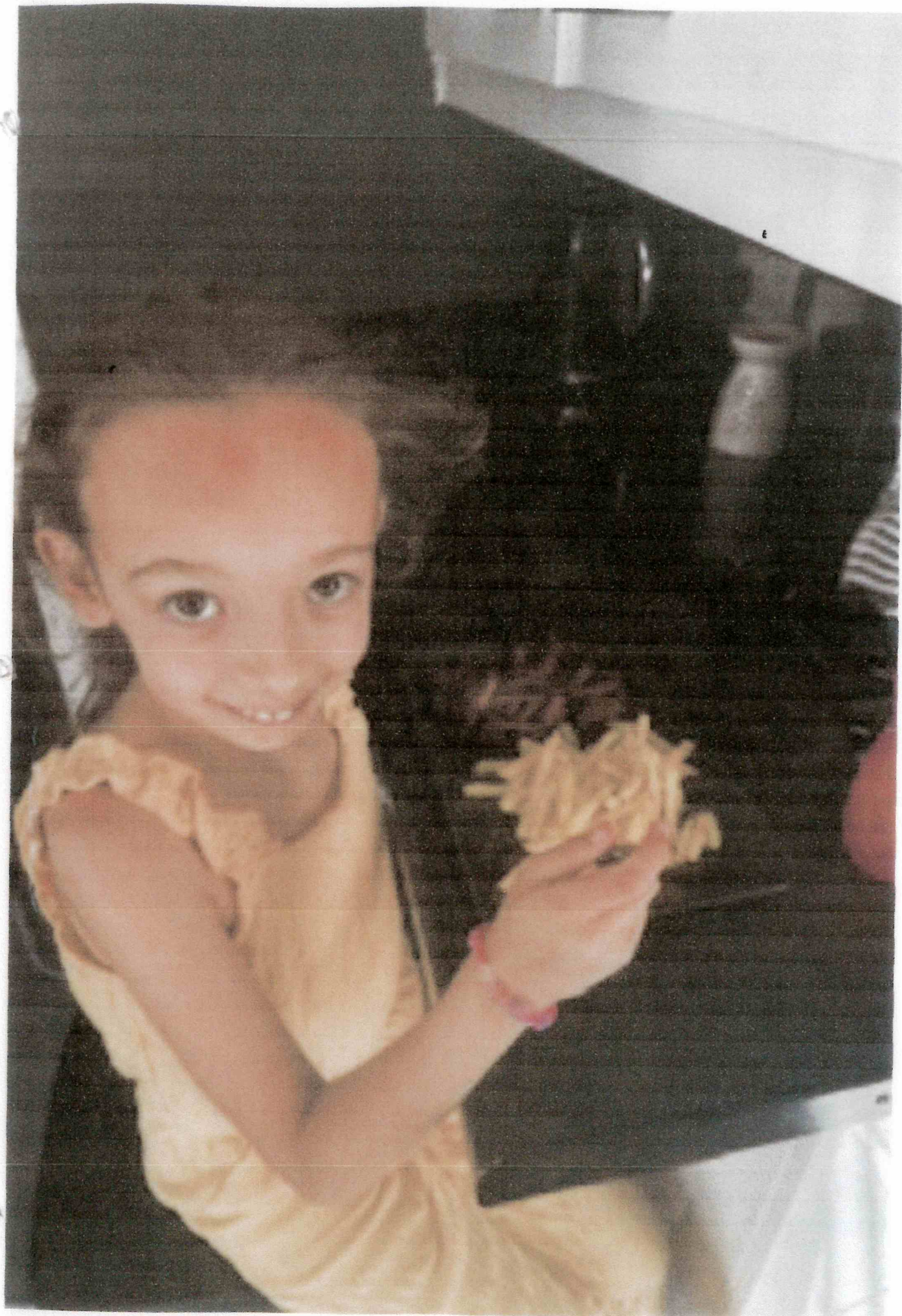
1. Preheat the oven to 190°C/Gas mark 5
2. Peel and chop the sweet potatoes into chunks and heat a large pan of water - add the potato chunks when boiling
3. In a large pan, heat the oil and add the chopped onions and chopped carrots and gently fry for 3-4 minutes until the onions have softened
4. Add the mince and fry off, ensuring it's browned all over
5. Cook on a medium heat for about 10-12 minutes
6. Add the peas and tin of beans and continue to cook for another couple of minutes, stirring occasionally
7. Check the sweet potatoes and see if they are tender, drain (but keep a small amount of water to help you mash if needed) and mash
8. Empty the mince into a large ovenproof dish and spread the sweet potato mash on top
9. Pop it in the oven for 40 minutes

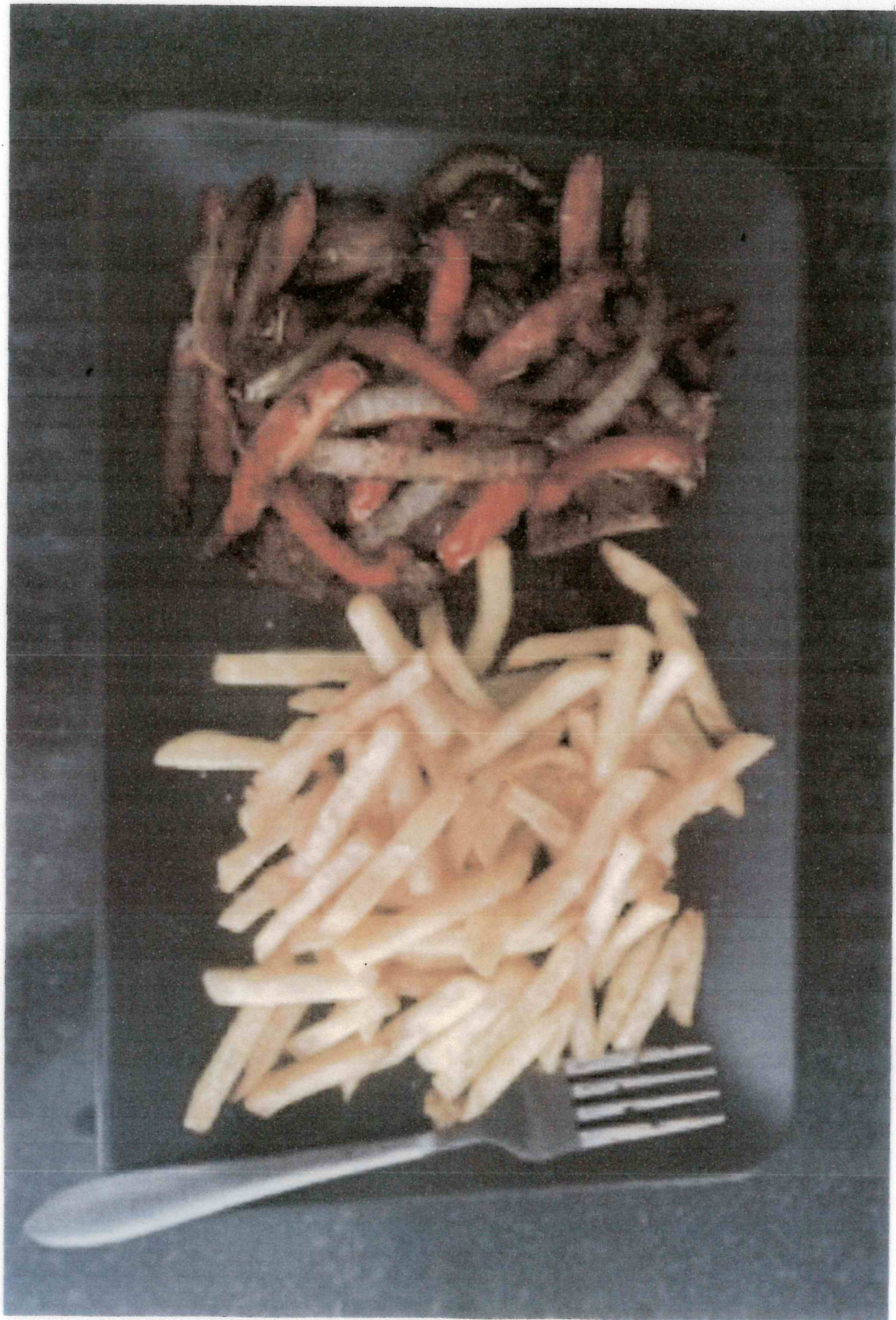
Tips

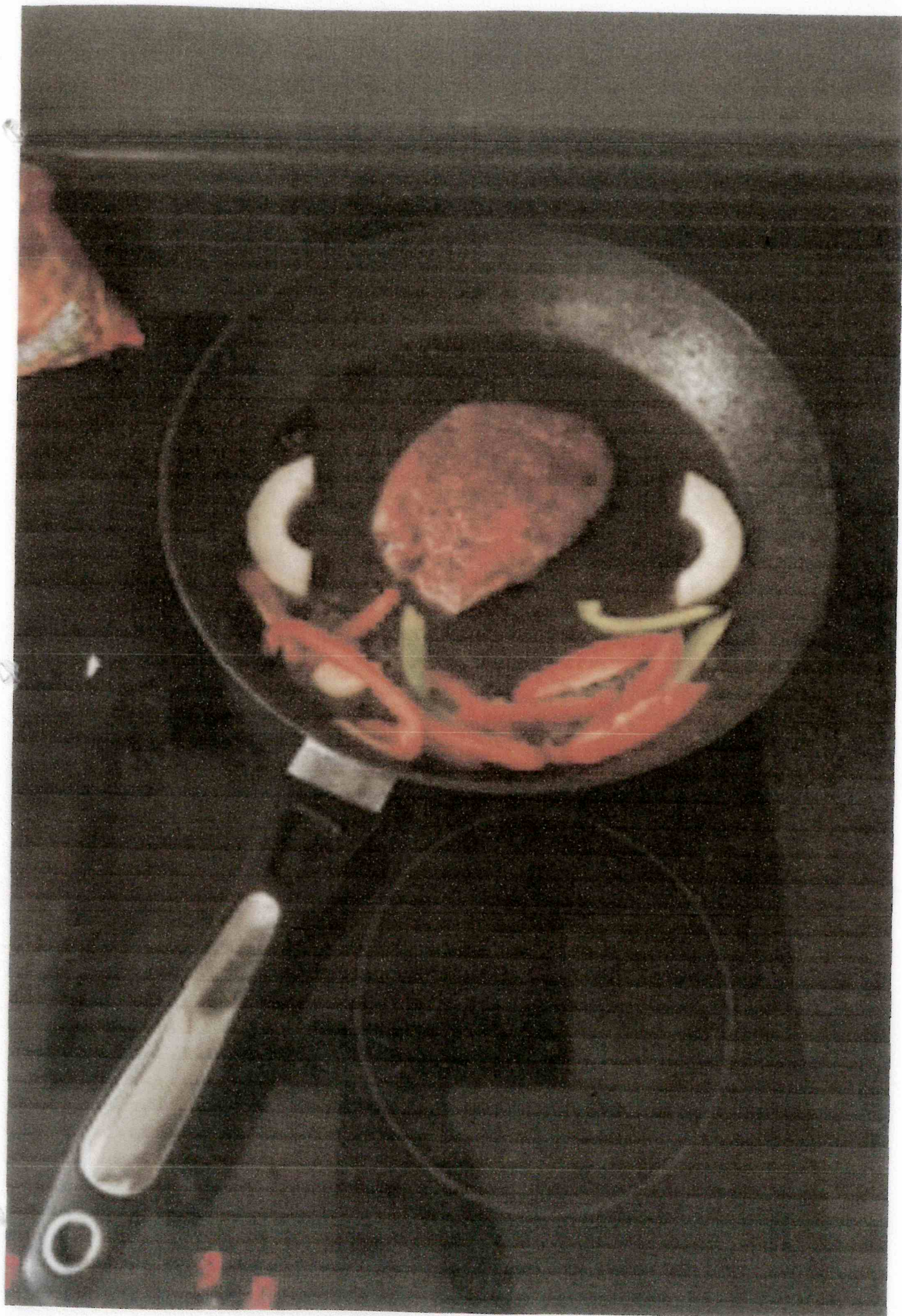
You can make this with either beef or lamb mince - both taste great!

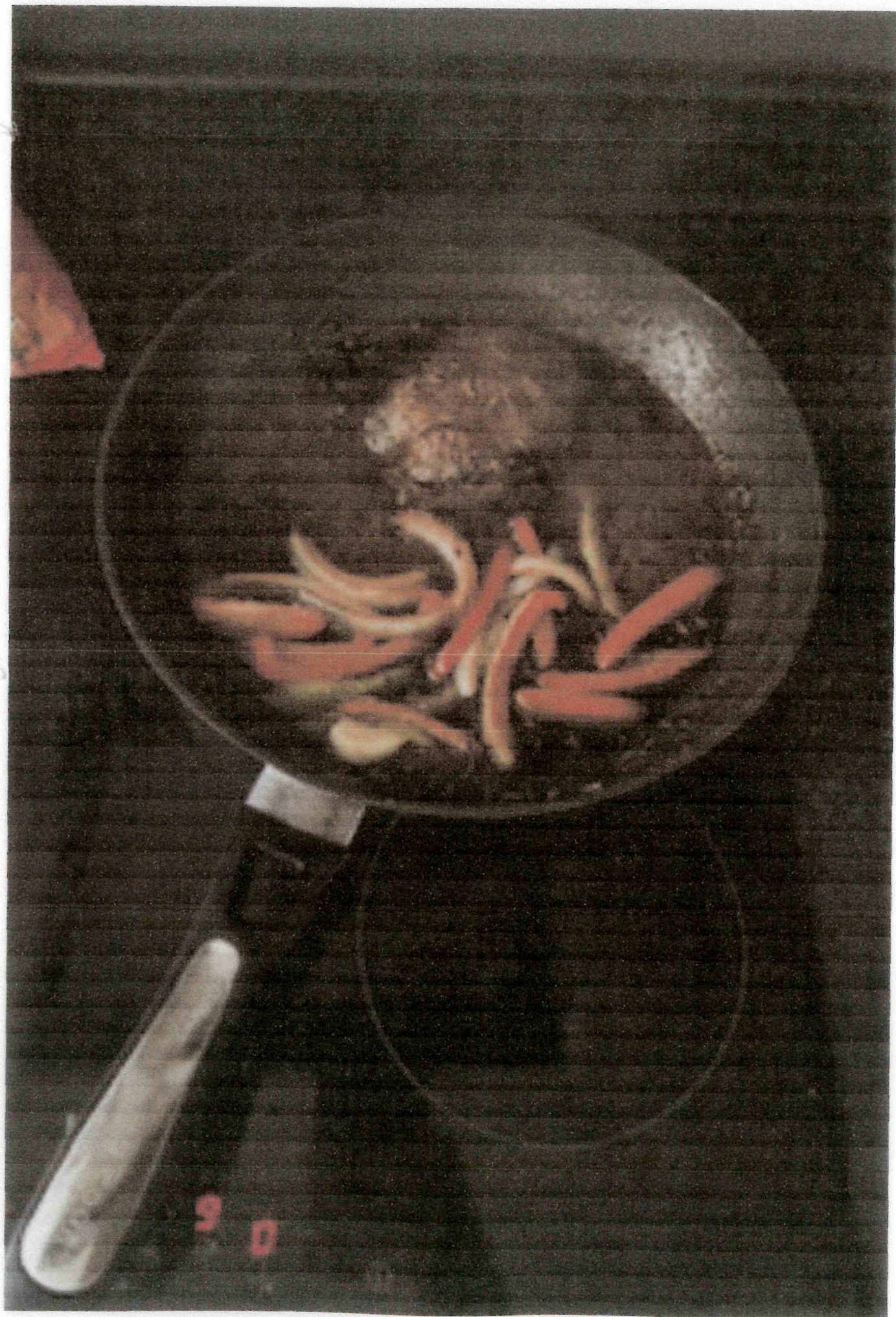
Top tip: Add some cheese to the top of your pie for an extra tasty treat!











BAK DINNER

(ASDA) £ 2.70

(TESCO) £ 0.55 - HALF - £ 0.25

(TESCO) £ 0.50 - HALF - £ 0.25

(TESCO) £ 0.50 - $\frac{1}{4}$ - £ 0.12

(ASDA) £ 1.65

£ 4.97

Darrell Family Chicken Fried Rice



Ingredients

- 1 cup rice
- 1 pkg Stamford Street Co. cooked chicken breasts
- 6 eggs
- 1 bunch spring onions
- 1 tin carrots
- 3 tbsp. soy sauce
- 2-3 tbsp olive or sesame oil
- Salt/pepper
- Garlic powder



Directions

- Boil 1 cup of rice and set aside.
- Scramble the eggs and set aside.
- In a pan or wok heat olive/sesame oil and add the package of chicken, spring onions, carrots and egg. Once sauteed, add rice, seasoning to taste and soy sauce. Mix well.
- Ready to serve

Asda -	Just Essential long grain rice (1 kg) - .55p
Sainsbury -	Stamford Street Co. cooked chicken breasts - £1.95
Aldi -	Four Seasons sliced carrots (300g) - .36p
	Asia Specialties dark soy sauce (150ml) - .55p
Tesco -	Eggs (6) - £1.45
	Spring Onions - .50p

Total: £5.36

Naked Burrito Bowl - Miss Dredge

- 150 g Sainsbury's Sliced Red Onions, Inspired to Cook (60p)
- 1 red pepper (90p)
- 90 g Chipotle Paste, Inspired to Cook (£1.45)
- 400 g Sainsbury's black beans (61p)
- 250 g Sainsbury's microwave Mexican spicy rice (75p)
- 200 g Just Snax tortilla chips, basics (57p)

£4.88

Method

Step 1

- Heat 1 tbsp vegetable oil in a pan and add the sliced onions and sliced pepper. Sweat for 5 to 10 minutes or until soft and starting to caramelise. Stir through the chipotle paste and drained black beans. Cook for a further couple of minutes.

Step 2

- Heat the rice in the microwave according to pack instructions.

Step 3

- Arrange the rice onto a serving dish and top with the bean chipotle pepper mix. Use the tortilla chips to dig in!

Step 4

- Additional Extras: Add soured cream and guacamole to lift the heat!

THE OKORI FAMILY'S TASTY PASTA

Ingredients (£4.84)

x1 pack of Fusilli wholewheat pasta (Aldi 75p)
X1 Jar of tomato & mascarpone sauce (Tesco 95p)
250g of Frozen mixed vegetables (Asda 85p)
Chicken Fillets (Aldi £2.29)
X2 tbs of Chicken seasoning

Instructions

1. Boil the pasta
2. Whilst the pasta is boiling dice the chicken fillets
3. Add oil to a frying pan and when it's hot add the chicken
4. Sprinkle the seasoning on top of the chicken and mix it together. Keep stirring the chicken until it's cooked
5. When the pasta is almost ready put the mixed vegetables in the pot for 3-5 minutes
6. Drain the water from the pasta
7. Now add the chicken to the pasta and pour all of the Tomato and mascarpone sauce
8. Mix everything until the pasta and chicken are covered with the sauce



Bon Appetite!



Mrs Brown's Baked Tortillas

Ingredients

1 tbsp olive oil

- 1 onion, finely chopped .10p
- 1 red pepper, chopped .55p
- 400g chopped tomatoes (1x tin) .35p
- 400g beans (1x tin), mixed .75p
- 400g red kidney beans (1x tin) .50p
- 125g mature cheddar, grated £1.50
- 5 tortillas .80p
- Total £4.55

Method

- Preheat oven to 190'C/Gas mark 5 and lightly oil a large ovenproof dish
- Heat the oil in a frying pan and fry the onion and pepper 5 minutes until softened, stirring occasionally
- Add the tomatoes and beans to the pan, season with black pepper and heat through 5 minutes, stirring to mix lightly
- Divide half the cheese between each tortilla then divide the tomato and bean mixture between them (add an extra tortilla if there is any mixture left over!)
- Roll up and arrange in the dish, seam side down
- Sprinkle with remaining cheddar and bake 15 minutes until golden



Yummy Tomato Pasta



4 servings



30 minutes

INGREDIENTS

1.5 TBSP OLIVE OIL (10P LIDL)
 2 ONIONS, CHOPPED (70P LIDL)
 2 GARLIC CLOVES CRUSHED (10P LIDL)
 CAN OF CHOPPED TOMATOES (60P TESCO)
 200G OF PASSATA (30P B&M)
 1 VEG STOCK POT (50P)
 1/2 TSP SUGAR
 1 TSP RED WINE VINEGAR (10P TESCO)
 A FEW DASHES OF HENDERSON'S RELISH (10P)
 250G WHOLEMEAL PASTA (40P LIDL)
 100G GRATED CHEDDER CHEESE (£1 COOP)
 BREADCRUMBS MADE FROM A SLICE OF BREAD
 HANDFUL OF FRESH BASIL

TOTAL = £3.90

DIRECTIONS

1. Heat oil in a medium frying pan, add onions and fry for 5 mins until soft.
2. Stir in garlic, cook for 1 more minute.
3. Mix in tomatoes, passata, sugar, red wine vinegar, herbs & stock pot and simmer for 20 mins
4. Add Henderson's Relish and season.
5. While the sauce simmers, cook pasta (see pack for instructions) & heat grill to high.
6. Mix the cheese & breadcrumbs together.
7. Drain pasta & stir it in to the sauce then transfer to a heatproof dish.
8. Scatter over the cheesy breadcrumb mix & grill for 3-5 mins until bubbling. Serve



Miss Roome's Super Spaghetti Lasagne

Serves: 4

Calories per serving: 495



Ingredient

1 onion, finely chopped (40p Asda)
500g 20% fat beef mince (£2.49 Asda)
400g tin chopped tomatoes (55p Asda)
300g spaghetti (75p Asda)
340g white sauce (80p Asda)

Method

Heat the oven to gas 6, 200°C, fan 180°C. Heat the oil in a deep-frying pan set over a medium-high heat and fry the onion for 7-10 mins until tender. Add the garlic for another min, then stir in the beef mince. Cook, stirring occasionally, for 8-10 mins until golden brown and any liquid has been absorbed.

Stir in the tomato purée for 1 min, then tip in the chopped tomatoes and half a can of water. Season and gently simmer for 10 mins until the sauce has thickened slightly. Cook the spaghetti for 6 mins, then drain. Spoon over three-quarters of the white sauce, then top with the meat sauce. Dot with the remaining white sauce and mozzarella; bake for 20-25 mins until lightly golden on top and gently bubbling.

The Livermore's homemade pizza and chips

Ingredients

- 10 small pitta breads 50p
- 1 tube tomato puree 55p
- 250g grated mozzarella £1.99
- 200g frozen chips £1.25
- Total £4.29

Instructions

- preheat oven to 200
- put chips in baking tray for 25 minutes
- put 6 pitta breads on baking tray
- spread a layer of tomato puree on pitta
- add the mozzarella cheese
- put in middle of oven for 10 minutes

Chicken wraps

Tempura chicken £2.49 200g

Both in one wraps. 99p 8 wraps

Tomato puree 59p 200g

Mozzarella. 69p 200g

Total cost £4.76

Instructions

1. Cook chicken following instructions on the pack
2. Once chicken is nearly cooked put a tablespoon of tomato puree on to a wrap and spread it round.
3. Cut chicken up once cooked and put onto wrap.
4. Add some Mozzarella on top of chicken
5. Wrap up and put into oven/airfryer until golden and crispy. Enjoy 😊

Oliver Leivers

The Leiver's family spaghetti bolognaise

Ingredients

- beef steak mince £2.09
- Jar of bolognaise sauce 89p
- everyday spaghetti 500g 28p
- cheese grated £1.49

Total £4.75

Instructions

- boil pan of hot water.
- place mince in pan and fry until brown.
- add the bolognaise sauce.
- Add the spaghetti to boiling water.
- drain spaghetti and mix into bolognaise.
- add the cheese and serve

Miss Marshall's Halloumi Traybake



Ingredients:

Aldi halloumi cheese £2.15
Aldi 4 x baking potatoes 67p
Aldi 2 x red peppers £1.10
Aldi red onions 95p

Total □ **£4.87**

Add 4 tea spoons of pesto to taste
-Aldi pesto 99p

Instructions:

1. Chop the potatoes, peppers and red onions into medium sized chunks and drizzle with olive oil
2. Bake in the oven at 180°C for approximately 20 minutes
3. Slice the halloumi into 1cm slices
4. Add to the tray after the 20 minutes and bake for another 10 minutes
5. Mix 4 tea spoons of pesto with a dash of olive oil
6. Remove tray from the oven and drizzle with pesto mixture



Miss Atkin's Veggie Pasta!

INGREDIENTS

Penne pasta (500g)	- <u>41p</u>	Aldi
chopped tomatoes (400g)	- <u>35p</u>	
Soft cheese (100g)	- <u>95p</u>	
Mushrooms (250g)	- <u>95p</u>	
Red pepper (1)	- <u>55p</u>	
Spinach (150g)	- <u>89p</u>	Tesco
Onion (1)	- <u>12p</u>	
Courgette (1)	- <u>56p</u>	

Total Cost:
£4.78

PREP → Chop the veg to desired size.

METHOD

Fry the onion, pepper and courgette in a pan until soft.

Add the mushrooms to the pan and fry.

Meanwhile, boil salted water. Add the pasta and cook for 9 minutes.

Once the veg is cooked, add chopped tomatoes and stir through. Then, add spinach and leave to wilt.

When the spinach has shrunk, stir in the soft cheese. Season the sauce with salt, pepper and herbs. Drain the pasta when it's cooked and stir into the tomato sauce.

Serve in two bowls and enjoy 😊

Veggie Spanish Omelette.



Serves: 4

Time to make: 35 minutes

Gluten Free and vegetarian!

By Mrs Turner

Ingredients

4 eggs

200g potatoes, finely chopped

1 carrot, finely chopped

2 florets of broccoli, finely chopped

$\frac{1}{2}$ red pepper, finely chopped

Method

1. Finely dice the vegetables and steam them until the potatoes and carrots are soft.
2. Whilst the vegetables are steaming, whisk the eggs in a bowl.
3. Heat some oil in a pan, add the all the vegetables until golden. Pour the egg on top.
4. Gently move the edges of the egg in until the egg starts to cook.
5. When the bottom of the omelette is cooked, remove from the hob and place under the grill to finish cooking the top.
6. Once the omelette is fully cooked, remove from the heat and slide onto a plate and allow to cool before serving.

Pricing!

4 eggs = £1.80

200g potatoes = £1.59

1 carrot = 55p

1 broccoli (2 florets) = £1.00

$\frac{1}{2}$ red pepper = 55p

Total = £5.49

Doughty Family's Beef Casserole

By Emily Doughty: Yr5 Maples

Ingredients

(All from Sainsbury's)	Cost
Diced beef	£2.70
Carrots	£0.40
Chopped Tomatoes	£0.35
Diced Onions	£0.60
Beef stock cube	£0.90
Total:	£4.95

Instructions

- Fry the onion in a non -stick pan and add the diced beef.
- Chop the carrots and add to the beef and onion, along with 1 tin of Chopped tomatoes.
- Add 500ml Beef stock and simmer.
- Transfer to an ovenproof dish and cover, then cook on 180 degrees Celsius (fan) for 2 and a half hours (uncover for the last 30mins of cooking).



MRS ROWE'S

SAUSAGE ONE POT



Ingredients:

8 sausages – £2.35
mixed broccoli and
cauliflower 400g bag -
£1.45

baby potatoes - £1.19
a dash of olive oil – from
my own cupboard.

£4.99

(Serves 4 people)

Instructions:

1. Turn your oven on to 200°C (gas mark 6)
2. Get a large oven proof dish.
3. Put the bag of mixed cauliflower and broccoli in the dish.
4. Chop the baby potatoes in half and add to the dish.
5. Spread them out evenly and sprinkle over some olive oil.
6. Place your sausages on top.
7. Cook for 30-40 minutes until the sausages are nicely browned.
8. And Serve!
(we love it with some tomato ketchup!)

Name: Isabelle Pike 3F15 | Allergy advice: Onion, garlic, Paprika and dairy
Name & Food: sausage Pasta | Is allergic to Dairy don't put it in this meal the same
With onion, garlic and paprika.

Ingredients:

Pasta (any pasta you want)
Sausage (if you are vegetarian put in vegan sausages)
Sauce
Parsley,
Dill,
Onion granules,
garlic granules,
Paprika,
Salt,
Pepper,
Cheese.

Steps: First, put hot water in to a pan then put some oil in the water. Next, when boiled put the pasta in. After that, when the pasta is soft pour the water out of the pan. Put the sauce in, paprika, parsley, dill, onion, garlic, salt, pepper and cheese. Finally enjoy! I hope you like it!

Price: £4.38

Herbs from your cupboard don't count
(Prices are from Lidl and Aldi)

Pasta 0.89p

Sausage 4 x 2.20 = 8.80p

Pasta (I would choose Linguine) 0.69p

Cheese 100g 0.70p

Glade Hill - Family Meal for £5 or less

THE WANT FAMILY'S

READY STEADY RICE

(MEAT FREE)

Ingredients	Cost
Packet of long grain rice (Grower's Harvest from Tesco)	£0.52
3 eggs (half a pack of Tesco large free range eggs)	£0.90
Tin of sweetcorn (Tesco 200g)	£0.65
Frozen peas (Grower's Harvest 900g bag)	£0.78
Mushrooms (Tesco closed cup 400g)	£1.25
Total Cost	£4.10

Instructions

- Boil the rice in a pan with water and then drain
- Fry the mushrooms in a non-stick pan and then put to one side
- Beat the eggs
- Put the eggs in the pan and start to scramble them
- Quickly add the rice and fry until the egg is cooked
- Add the mushrooms, frozen peas and sweetcorn and fry until cooked.



Rice +

Picon-Peas

& Chicken

Basmati

Rice - 1.00

Picon Peas - 1.00

Total

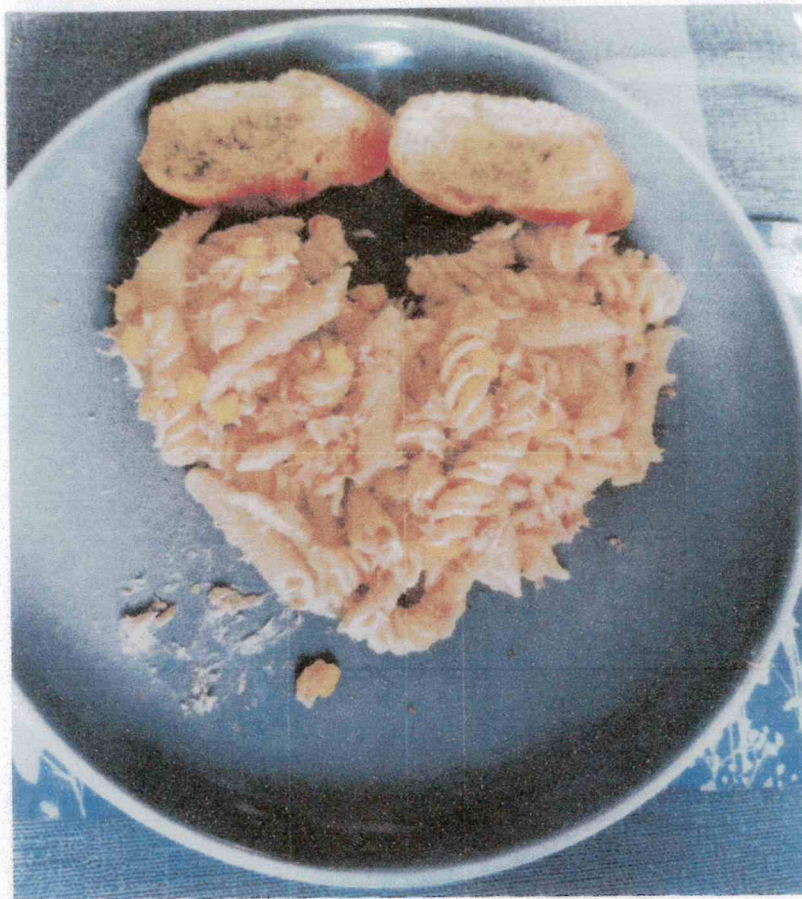
4:30 / 2:30

Chicken

1.) Put ^{some rice} in the
boiler for 40 mins. (To save
time, add the peas.

2.) Cook the chicken for
20-30 mins.

3.) Set out portions and verbs.



Macmill tuna Pasta

Ingredients

Sweet corn from tesco 200g x1 Price £0.65

2x tuna from tesco 145g Price £0.55
= £1.10

Penne Pasta 500g Price £0.61

Stockwell Mayonnaise x1 £0.65

2x Garlic Bread £0.37 = £0.74

Total cost = £3.55 under 5 pence

How to Cook

1. Get a large pan of cold water, put it on the hob to boil. Once boiling, add the pasta.
2. Turn the oven to gas mark 6 or 200°. Once warmed, add the garlic bread for ^{12-15 mins} 12 mins.
3. Open the tins of tuna and drain the brine, set aside till later.

Name: Isabelle Pine yr 3 F11
Name of food: Mac and cheese

Allergy advice: Dairy, garlic, onion, Praxica, etc.
If allergic to Dairy you can not have this in cu
If allergic to onion, paprika or garlic don't put it in

Ingredients:

Cheddar
mozzarella
macaroni,
parsley,
Dill,
Salt,
Pepper or garlic best with both,
garlic,
onion

First boil water until it is boiled then add macaroni until it is soft. Next, put in cheddar and mozzarella. Then add Parsley, dill, Salt Pepper, garlic and onion. Finally ready to serve! Hope you enjoy it!

Price: £4.48

Herbs from your cub and don't count?
CP prices ^{are from} ~~are from~~ like oddli.)

Cheddar 400g £2.50
Mozzarella 200g £1.69p
Macaroni 500g £1.20

Miss Heffernan's £5 meal recipe (ALDI £4.77)

Yummy Veggie Pasta with garlic bread

You will need:

- 1 tin of chopped tomatoes (35p)
- 100g Soft cheese (83p)
- 200g Penne pasta (41p)
- 1 red pepper (55p)
- Tinned peas (45p)
- Handful of mushrooms (89p)
- 1 brown onion (20p)
- 1 garlic clove (20p)
- Garlic bread (89p)
- Seasoning of your choice
- Tablespoon of oil



1. Peel and roughly chop the onion, pepper and mushrooms.
2. If using an oven for garlic bread, preheat it to 180 degrees. (if you are using your air fryer, you can skip this step).
3. Place a large pan on a medium heat with a tablespoon of oil of your choice.
4. Add the chopped onion, pepper and mushrooms to the pan and let cook for 10 minutes or until they have softened.
5. Finely chop your garlic clove and add it to the pan. Give it a good stir.
6. Drain your peas from the tin and add them to your pan.
7. Put your garlic bread in the air fryer/oven for 10 minutes on 180.
8. Cook the pasta in a pan of boiling salted water for 6 minutes.
9. Add the tin of tomatoes to your pan and stir. Then add your soft cheese. Give this a good stir until all is combined into a nice sauce. Add your seasoning of choice.
10. Drain and tip in the cooked pasta, give it a good stir!
11. Serve and ENJOY!

may a pasta recipe.

Ingredients

- * a packet of penne noodles £1
(asda)
- * a glass of cream 18% £0.30
(polish shop)
- * 3 triangles of melted cheese £0.90
(asda)
- * 3 table spoons grated cheese £0.80
(Polish shop cheese bought in a small
piece)
- * a pack of broccoli 2 fresh £0.79
(Lidl)

Instructions total cost: 4.29£

- Cook the pasta in salted water
- Boil the broccoli in water, then divide it into pieces
- heat a tbsp of olive oil in a pan, add melted
cheese and cook until melted.
- add sour cream to the pan and mix, add grated
cheese and heat. Season with salt and pepper. add
broccoli and pasta.

enjoy your meal

Pasta in Cream cheese sauce
with broccoli.



Mrs Gadsby's Tuna pasta bake 😊

500g any pasta- 41p asda essentials bag of pasta shapes

Jar of white sauce - 80p Asda essentials white sauce

250g cheddar cheese – asda essentials cheddar cheese £2.79 (price for 400g)

Can of tuna in brine – Asda essentials tuna in brine 65p

Can of sweetcorn- Asda sweetcorn 65p

£5.30

Method

STEP 1

Heat oven to 180C/fan 160C/gas 4.

STEP 2

Boil 500g of pasta for 2 mins less time than stated on the pack.

STEP 3

Drain the pasta, mix with the white sauce, drained can of tuna, drain can of sweetcorn and add then to the pasta and sauce.

STEP 4

Transfer to a baking dish and top with the rest of the grated cheddar.

STEP 8

Bake for 15-20 mins until the cheese on top is golden and starting to brown.

cregan Chicken Soup Mahsa

305 gram ~~carrot~~ chicken = 2 Pound

300 gram Potato = 80p

320 gram carrots = 20p

80 gram Peper = 60p

3 Small Size onion = 45

2 Small chilli = 10 p

4 Pice of garlic = 10p

a Packet of Chicken noodles = 35p

1 Cup oil = 75p

1 tea spoon of black Peper = 10p

250 grams chana dal = 75p

Cost = 6 Pounds
30 p

ingredients





Tomato and Cream Cheese Pasta!

By Miss Wright

Ingredients:

400g Dried Fusilli Pasta - 95p
2 Tins of chopped tomatoes -
£1.30
1 Brown Onion – 35p
100g Soft Cheese - £1.25
1 Teaspoon of Garlic Puree –
80p
Garlic bread – 37p
Total - £5.02

Feeds 4
People



Recipe: *Preheat your oven*

- 1, Cook the pasta according the instructions on the packet.
- 2, Add the onion and garlic to a sauce pan and cook for 3 minutes on a medium heat.
- 3, Cook your garlic bread in 200 degrees/gas mark 6 for 13 minutes.
- 4, Once the onions are cooked add the chopped tomatoes and cream cheese to the mixture and simmer for 1 minute.
- 5, Once the pasta is cooked add to the sauce and stir in until fully combined.
- 6, Add the pasta and garlic bread to 4 plates!

ENJOY!