

Low Cost Family Meals

Sweet & Sour Chicken (Serves 4)

Here's what you'll need:

2 chicken breasts or 4 chicken thighs with skin removed

12-20 sprays of rapeseed oil (enough to coat the bottom of the pan)

2 cloves garlic (or 2 teaspoons of garlic paste)

1 thumb size piece ginger (or 1 teaspoon of ginger paste)

2 tablespoons of tomato paste

1 tablespoon soy sauce

1 tablespoon cornflour

220g tin of pineapple rings or chunks in juice not syrup

1 carrot (chopped)

1 onion (sliced)

1 red, green or yellow pepper chopped up with the seeds removed

Pinch of pepper

Pinch of Chinese Five Spice (optional)



Here's how to make it:

1. Cut the chicken into bite size pieces and place in a bowl. (Remember to wash your hands thoroughly after handling raw chicken)
2. In a large frying pan, heat the oil on a medium heat until it is hot (allow a full coating of the pan to avoid burning onions, etc)
3. Add the chicken and fry on a medium heat until it is lightly browned all over. Remove the chicken from the pan and put into a bowl
4. In the frying pan, add the onions, carrots and peppers. Fry for about 5 minutes until slightly soft
5. Add the garlic and ginger and stir for about a minute. Add the tomato paste, soy sauce and cornflour and stir for 30 seconds. Open the tin of pineapple and add the chunks and the juice
6. Add the chicken pieces into the pan with the sauce. Stir gently and wait for it to boil. Reduce the heat to low, and simmer for 5-10 minutes until the sauce is thick and the chicken is cooked (to check the chicken is cooked slice a piece in half and it should no longer be pink inside)



Serving suggestion:

Serve with boiled rice or noodles

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Low Cost Family Meals

Cabbage Sauté (Serves 4)

Here's what you'll need:

- 450g lean minced pork
- 1 medium cabbage (chopped)
- 1 400g tin of chopped tomatoes
- 1 medium onion (chopped)
- 180g sauerkraut
- 60ml white or cider vinegar
- 60g uncooked brown rice
- 4 cloves of garlic – chopped finely or grated (or 4 teaspoons of garlic paste)
- 6-10 sprays of olive/rapeseed oil (enough to coat the bottom of the pan)
- 2 tablespoons tomato paste
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1 reduced fat and salt stock cube (follow instructions on packet)
- Salt and pepper to taste



Here's how to make it:

1. Cook the rice according to the package directions, then set aside
2. Bring a large saucepan of salted water to the boil.
3. Add the cabbage and cook for about 5 minutes or until softened then drain and set aside
4. Heat oil in a large frying pan over a medium to high heat. Add the garlic and onion, and cook until just softened, about 2 minutes.
5. Add the pork and season with salt and pepper. Cook until the meat is browned
6. Stir in chopped tomatoes, sauerkraut, tomato paste, broth, vinegar, thyme and paprika. Lower the heat to medium and simmer for about 10 minutes
7. Add the cabbage and rice, stir until hot

Serving suggestion:

You could add a portion (2 handfuls) of fresh or frozen vegetables to increase the fibre content



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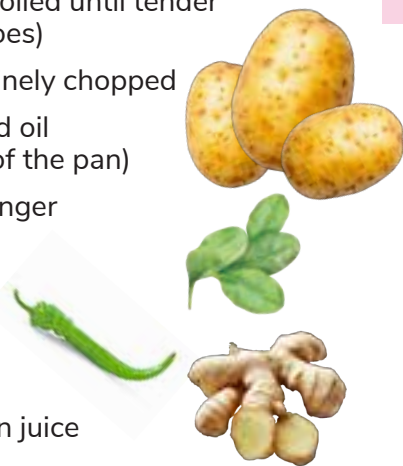
Low Cost Family Meals

Mung Dahl with Spinach

(Serves 6)

Here's what you'll need:

- 150g mung dahl (split or husked mung beans/peas)
- 100g potatoes, halved and boiled until tender (or you can use tinned potatoes)
- 250g spinach, washed and finely chopped
- 6-10 sprays of olive/rapeseed oil (enough to coat the bottom of the pan)
- 1 teaspoon chopped fresh ginger (or 1 teaspoon ginger paste)
- 1 – 2 green chillies chopped
- ½ teaspoon cumin seeds
- ½ teaspoon turmeric
- 1 tablespoon of lime or lemon juice



Here's how to make it:

1. Rinse the dhal/split or husked mung beans/peas thoroughly in cold water three times
2. Heat the oil in a pan and fry the ginger, green chillies and cumin for about 1 minute
3. Add the dhal/split or husked mung beans/peas and spinach and cook for another 1 – 2 minutes
4. Add the turmeric and 1½ litres of water
5. Cook, uncovered on a low heat, stirring from time to time till the dhal is tender. You may need to add extra water.
6. Stir in lime juice and cooked potatoes and warm through

Serving suggestion:

Serve with white or brown boiled rice or a side salad

Mutter Paneer with a Twist

(Serves 6)

Using tofu instead of paneer cheese provides a heart-healthy twist to this classic Indian dish and also makes it dairy-free and vegan-friendly too

Here's what you'll need:

- 300g firm tofu
- 12 – 15 sprays of rapeseed oil (enough to coat the bottom of the pan)
- 1 teaspoon cumin seeds
- 1 small onion, chopped
- 1 teaspoon chopped garlic (or 1 teaspoon garlic paste)
- ½ teaspoon chopped ginger (or ½ teaspoon ginger paste)
- 2 green chillies, finely chopped
- ½ can of tinned tomatoes
- ½ teaspoon turmeric powder
- ½ teaspoon garam masala
- 100ml water
- 450g frozen peas



Here's how to make it:

1. Cut the tofu into 2cm cubes and set aside
2. In a wok or large frying pan, add the spray oil cumin seeds and onion. Cook until onions are soft
3. Add the garlic, ginger and green chillies and continue to cook for another 2 minutes
4. Add the tomatoes and turmeric, cook for 5 minutes
5. Add the tofu pieces and water. Bring to the boil then add the peas. Reduce heat and simmer for 10 minutes

Serving suggestion:

Serve with wholemeal pitta bread and a side salad

Low Cost Family Meals

Caribbean Rice & Peas (Serves 4)

Here's what you'll need:

- 1 tin of kidney beans in water (220g drained weight)
- 6 Spring onions
- 150g Basmati rice
- 1 medium onion, chopped
- ½ teaspoon salt
- 1 tin reduced fat coconut milk
- 1 clove garlic, chopped (or 1 teaspoon of garlic paste)
- 600ml - 700ml of water
- 4 Sprays of olive/rapeseed oil (enough to coat the bottom of the pan)



Here's how to make it:

1. Empty the kidney beans into a colander or sieve and rinse with water.
2. Heat up a cooking pot (that has a lid) at low heat and spray with 4 sprays of oil spray
3. Add the onions, garlic and spring onions then fry for 2 minutes or until softened
4. Stir in the rice and cook for 2 minutes, then pour in the kidney beans and reduced fat coconut milk
5. Add the water and stir for about 1 minute



6. Bring to the boil on high for 3- 4 minutes, pop on the lid then reduce the heat and simmer for 20-25 minutes or until the water has been absorbed and the rice is fluffy

Serving suggestion:

Serve with baked chicken

Red Lentil and Sweet Pepper Curry (Serves 4)

Here's what you'll need:

- 6-10 sprays of rapeseed oil (enough to coat the bottom of the pan)
- 2 onions, peeled and chopped
- 4 garlic cloves, peeled and crushed (or 4 teaspoons garlic paste)
- 1 red, 1 green and 1 yellow pepper, chopped with seeds removed
- 1 aubergine and 1 courgette chopped
- 2 large fresh tomatoes chopped
- ½ jar madras curry paste
- 300g dried red lentils
- 400g tinned chopped tomatoes
- 2 pints vegetable stock (2 stock cubes dissolved in water)
- 2 tablespoons fresh coriander, chopped (optional)
- Salt and freshly ground black pepper



Here's how to make it:

1. Spray a large saucepan with the oil and cook the onion, until soft but not brown
2. Add garlic, peppers, aubergine, courgette and fresh tomatoes to the pan and mix well
3. Stir in the curry paste so it coats the vegetables
4. Add the lentils, tinned tomatoes and vegetable stock then bring to the boil.
5. When it's boiling lower the heat and simmer for 30 minutes, or until lentils and vegetables are tender.
6. Stir occasionally to make sure it's not sticking to the pan, lower the heat more if needed. Cook until the sauce is the texture or thickness you prefer.
7. Season with salt and pepper and sprinkle the coriander on top

Serving suggestion:

Serve with rice, chapatti or pitta bread

Low Cost Family Meals

Chicken Balti (Serves 4)

Here's what you'll need:

450g skinless, boneless chicken breasts or 5 skinless, boneless chicken thighs cut into bite-sized pieces

1 tablespoon lime juice

1 teaspoon paprika

1 teaspoon hot chilli powder

12-15 sprays of rapeseed oil

1 cinnamon stick, 3 cardamom pod, split

1 small to medium green chilli

1 teaspoon cumin seed

1 medium onion, grated or finely chopped

2 garlic cloves, finely chopped
(or 2 teaspoons of garlic paste)

2cm piece of fresh ginger, grated or chopped
finely (or 1 teaspoon of ginger paste)

1 teaspoon of turmeric, ground cumin and
ground coriander

1 teaspoon garam masala

250ml passata or half a can of chopped tinned tomatoes

1 red pepper cut into small chunks with seeds removed

1 medium chopped tomato

85g fresh or frozen spinach leaves (¼ tin of spinach)

Handful of
fresh coriander,
chopped
(optional)



Here's how to make it:

1. Put the chicken in a medium bowl. Mix in the lime juice, paprika, chilli powder and season with black pepper, cover and then leave to marinate for at least 15 minutes in the fridge. (Remember to wash your hands thoroughly after handling raw chicken)
2. Heat oil in a large non-stick wok or frying pan
3. Add the cinnamon stick, cardamom pods, whole chilli and cumin seeds, and stir-fry briefly just to colour and release their fragrance
4. Stir in the onion, garlic and ginger and fry over a medium-high heat for 3 – 4 minutes until the onion starts brown
5. Add the remaining oil (or use spray oil to coat the pan) then add the chicken and stir-fry for 2 – 3 minutes or until it no longer looks raw
6. Mix the turmeric, cumin, ground coriander and garam masala together
7. Add to the pan, lower the heat to medium and cook for 2 – 3 mins until just starting to brown
8. Pour in the passata and 150ml water, then add the pepper. When starting to bubble, lower the heat and simmer for 15 – 20 mins or until the chicken is cooked through and tender
9. Stir in the tomato, simmer for 2 – 3 mins, then add the spinach and turn it over in the pan to just wilt. Season with a little salt. If you want to thin down the sauce, add a little more water. If you prefer, remove the cinnamon stick, chilli and cardamom pods, before serving. Scatter with fresh coriander



Serving suggestion:

Serve with wholegrain chapattis, pitta bread, rice or a side salad.

Low Cost Family Meals

Potato and Pea Curry

(Serves 4)

Here's what you'll need:

12-15 sprays of rapeseed oil
(to coat the bottom of the pan)

1 teaspoon cumin seeds

1 medium onion, finely chopped

2 garlic cloves, finely chopped
(or 2 teaspoons of garlic paste)

400g tin chopped tomatoes

Pinch of salt

1 teaspoon dried chilli flakes

1 teaspoon ground cumin

3 medium-sized potatoes (about 650g),
peeled and cut into 2-3 cm pieces

300g frozen peas



Here's how to make it:

1. Heat the oil in a large saucepan and add the cumin seeds. Once they start to sizzle, add the onion and cook for 5 – 6 minutes over a medium heat until golden-brown, stirring regularly

*(if using spray oil then make sure the pan is fully coated to avoid burning the onions, etc)
2. Add the garlic and cook for another minute
3. Add the tomatoes with 200ml water and bring to the boil. Cover and cook over a low to medium heat for 15 minutes, or until the amount of liquid has reduced, stirring regularly
4. Add the salt, spices, potatoes and 300ml (½ pint) of boiling water.
5. Cover and cook over a low to medium heat for about 15 minutes, or until the potatoes are softened but not breaking apart, stirring regularly
4. Add the peas with an extra splash of water (if needed) cover and cook for 5 minutes

Serving suggestion:

Serve hot with flat breads or boiled rice. A spoonful of natural yoghurt is also a nice addition



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Low Cost Family Meals

Ham Hash (Serves 4)

Here's what you'll need:

- 2 x 540g tins whole new potatoes
- 6-10 sprays of olive/rapeseed oil (enough to coat the bottom of the pan)
- 1 medium onion, chopped
- 1 pepper (any colour), de-seeded and chopped into small chunks
- 200g cooked ham cut into bite-size pieces
- 4 eggs
- Black pepper



Here's how to make it:

1. Drain the tinned potatoes and pat dry with kitchen paper or a clean tea towel. Tip onto a board and cut into small chunks
2. Heat the oil in a large non-stick frying pan over a medium heat. Fry the potato pieces for around 6 – 8 minutes, or until they are beginning to brown in places, stirring regularly. Add the onion and peppers and gently fry until softened. Add another spray of oil to prevent sticking if needed
3. Add the ham and cook for a further 2 – 3 minutes, stirring occasionally to prevent sticking
4. Make four wells or holes in the mixture and crack an egg into each. Cover the pan with a lid, or a large piece of kitchen foil, and cook over a low-medium heat for around 5 – 7 minutes, or until the egg white is set but the yolk is still runny. Remove the lid and check the eggs every now and then. (Or if you prefer, you can cook for 3 – 4 minutes then finish under a hot grill for 5 minutes, or until the eggs are cooked to your liking)
5. Season with a little black pepper and serve

Chicken Nuggets (Serves 4)

Here's what you'll need:

- 3 chicken breasts or 5 chicken thighs, boneless and skinless
- 85g breadcrumbs
- 90ml water
- 1 egg whisked



Here's how to make it:

1. Preheat the oven to 200°C/400°F/Gas mark 6
2. Cut the chicken breasts into small chunks. (Remember to wash your hands thoroughly after handling raw chicken)
3. Put the breadcrumbs into a large plastic food bag
4. Combine the egg and water in a bowl and dip each piece of chicken in the egg mixture then drop it into the breadcrumb bag. Shake until the chicken is thoroughly coated
5. Place the coated chicken on a baking tray and bake for 10 – 15 minutes turning once midway until thoroughly cooked



Serving suggestion:

Serve with vegetables or celeriac oven chips or potato wedges (recipe over page), baked beans or a side salad

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Low Cost Family Meals

Potato Wedges (Serves 4)



Here's what you'll need:

3 large baking potatoes or sweet potatoes

6 – 8 sprays of oil

Salt and pepper to taste and seasoning of your choice

Here's how to make it:

1. Heat the oven to 200°C/400°F/Gas mark 6
2. Bring a large pan of lightly salted water to boil.
3. Cut the potatoes into chunky wedges, then boil in the water for 7 minutes. Drain and leave to dry
5. In a bowl, coat the potatoes with the oil and seasoning then spread out on a baking tray
7. Roast for about 30 minutes, turning halfway until golden and crisp

Serving suggestion:

Sprinkle with herbs and spices before roasting for different flavours e.g. rosemary, dried herbs or smoked paprika

Cooking with a slow cooker

Donner Kebab (Serves 4)

Here's what you'll need:

500g lamb mince

1 egg

2 teaspoons garlic powder, 1 teaspoon of black pepper, salt, oregano, paprika, chilli powder

4 – 6 sprays of oil

Tin foil

Here's how to make it:

1. Whisk the egg slightly, then add all the ingredients into a bowl, mix thoroughly with your hands until its almost a past
2. Form into a thick sausage shape, wrap in foil (Remember to wash your hands thoroughly after handling raw egg and raw meat)
3. Make 2 balls out of foil and put in the bottom of the slow cooker, poke 2 – 4 holes in the bottom of your kebab sausage and place on top of the 2 foil balls
4. Cook on low for 6 hours with the lid on till cooked
5. Use a vegetable peeler to slice the meat

Serving suggestion:

Serve in pitta breads with salad and a spoon of natural yoghurt

Chinese Chicken (Serves 4)

Here's what you'll need:

2 skinless boneless chicken breasts or 4 chicken thighs

1 medium courgette

1 red pepper

25 gram spring onion

5 tablespoons soy sauce

2 tablespoons Chinese five spice

1 teaspoon of coriander

1 tablespoon garlic paste, ginger paste

Sprinkle of salt and pepper



Here's how to make it:

1. Clean and thinly slice the spring onion
2. Dice the red pepper and the courgette
3. Dice the chicken breasts. (Remember to wash your hands thoroughly after handling raw egg and raw meat)
4. Put everything into the slow cooker and mix thoroughly. Cook on high for 4 hours

Serving suggestion:

Serve with boiled rice or noodles

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Low Cost Family Meals

Fakeaway Curry (Serves 4)

Here's what you'll need:

Use your choice of one of the following:

- 450g raw skinless chicken breast cut into bite sized pieces.
- Chicken thigh meat cut into bite sized pieces
- Cashew nuts
- Low fat paneer
- Tin of chickpeas



Spray oil

- 1 onion, peeled and roughly chopped
- 2 garlic cloves, peeled and crushed
- ½ jar curry paste (your choice of madras/vindaloo/tikka etc)
- 1 tablespoon of tomato paste
- 400g tin of chopped tomatoes
- 200ml water
- 2 tablespoons of fresh coriander chopped (optional)
- Bunch of fresh spinach (optional)



Here's how to make it:

1. Prepare all of the ingredients (chop the onion and garlic, wash the spinach, chop off the stalks and put the leaves to one side in a separate pile
2. Spray a large frying pan with the spray oil and add the onions. Cook over a medium heat until golden
3. Add the fresh spinach stalks (if using), then add the garlic and stir but don't allow it to brown
4. Add your choice of chicken or cashew nuts or paneer or chickpeas. If you're using chicken you need to cook it until it turns white. (Remember to wash your hands thoroughly after handling raw chicken)
5. Add the curry paste and cook for 1 minute to cook off the spices
6. Add the tomato paste, chopped tomatoes and 200ml of water to the frying pan
7. Bring it to the boil then turn the heat down to a gentle simmer then add half of the spinach leaves if using.
9. Cook uncovered for around 15 minutes, stirring occasionally
8. If you're using chicken, check it's cooked all the way through by cutting into a thick chunk to make sure it is cooked through with no pink showing
9. Season to taste with a little salt, pepper, sprinkle on the coriander to garnish then serve

Serving suggestion:

Serve with wholegrain chapattis, pitta bread, rice or a side salad

Low Cost Family Meals

Fakeaway Curry (Serves 4)

Here's what you'll need:

Use your choice of one of the following:

- 450g raw skinless chicken breast cut into bite sized pieces.
- Chicken thigh meat cut into bite sized pieces
- Fresh or frozen prawns
- Tin of black beans



Spray oil

Tin of sweetcorn

1 onion, peeled and cut into thin wedges



1 garlic clove, peeled and crushed

½ teaspoon chilli powder

½ teaspoon smoked paprika

½ teaspoon ground cumin



1 lime, cut in half and juiced

Wholemeal tortillas



Here's how to make it:

1. Prepare all of the ingredients (drain the sweetcorn, chop the onion, garlic)
2. Heat the oil in a frying pan and fry the onion until soft and starting to brown at the edges
3. Add the garlic and cook for 1 minute, then add the spices and stir.
4. Cook for another couple of minutes until the spices become aromatic
5. Squeeze the juice from one half of the lime into the mixture and stir, then spoon the mixture into a separate dish (leaving the juices behind) and keep warm
6. Add your choice of chicken or prawns or black beans into the pan along with the remaining juices. Then squeeze in the juice from the other half of the lime. (Remember to wash your hands thoroughly after handling raw chicken)
7. Stir the chicken or prawns or black beans around the pan to cook through. If you're using prawns make sure they are thoroughly cooked. If you're using chicken, cook it until it turns white. Cut into a thick piece and make sure it is cooked through with no pink showing
8. Add the sweetcorn and cook for 5 minutes
9. Warm the tortillas in a microwave then wrap them so they don't dry out. Or you can wrap them in foil and warm in a low oven
10. Spoon some of the chicken or prawn or black bean mixture into each tortilla along with some of the pepper and onion mixture and then serve

Serving suggestion:

Serve with a side salad