

## EAT WELL FOR LESS



*Easy economical recipes to feed 4 for £5*

*National Student Money Week 2016*

# Brilliant beef curry



**This tasty beef curry is easy to make, either on the hob or in a slow cooker.**

If you're feeding children, remember that they don't need to eat as much as an adult and need kid-sized portions. If you're cooking for fewer people you can simply reduce the quantities, or why not make the full amount and freeze extra portions for another day?

Serves: 4 adults

Preparation time: 20 minutes

Cooking time: 120 minutes

## **Ingredients:**

240g lean braising steak cut into chunks  
2 medium onions chopped  
1 peppers, any colour deseeded and chopped  
2 carrots  
2 garlic cloves  
2 tbsp curry powder  
2 cans chopped tomatoes  
2 tbsp mango chutney  
2 tbsp tomato puree  
200g easy cook long grain white rice

## **What to do:**

1. Brown the beef in a large saucepan or flameproof casserole dish over a low heat. Add the onion and cook for 5 minutes, stirring occasionally.
2. Add the peppers, carrots and garlic. Cook for 5 minutes, stirring often to stop it from sticking, adding a little water if necessary.
3. Add the curry powder and stir well to mix, then add the tomatoes, mango chutney, 300ml water and the tomato puree. Cover and simmer gently for about 1 ½-2 hours, or until the meat

is tender, adding more water if necessary.

4. About 15 minutes before serving, cook the rice according to packet instructions. Serve with the curry.

**Tips:**

1. For a vegetarian version, use soya chunks instead of beef.
2. You could make this in a slow cooker, transferring it at step 3, though you won't need the 300ml water.
3. For extra heat, add a generous pinch of dried chilli flakes when you stir in the curry powder.

Nutritional information: Per adult portion (i.e. ¼ recipe)

1607kJ / 384kcal

22g protein

67g carbohydrate of which 23g sugars

3.5g fat of which 1g saturates

5g fibre

312mg sodium equivalent to 0.7g salt

Suitable for freezing

# Corned Beef Hash with Pancakes

Really filling. Really cheap. Don't forget the Hendersons Relish - it really compliments this meal.

## What to do:

1. Boil a pan full of white potatoes (chopped up quite small) until they start to fall into the water.
2. Then add 3 beef stock cubes and a large chopped up tin of corned beef (get the low salt one) and a large drained tin of cooked carrots (pop a knife in the tin and chop up a little) and any other veg you might have left over but just the carrots would be sufficient.
3. Keep it on low to thicken but remember to keep stirring or it will stick to the bottom of the pan and burn.
4. Once it is cooked it is ok to turn it off and reheat later. This is an ideal meal if your housemates are arriving home at different times.
5. Make a pile of pancakes, these also can be pre cooked and warmed in the microwave later. Stack with a sheet of kitchen roll between each one. Do some thick ones and some thinner ones for the lighter appetite.

## Ingredients for Pancakes

1 cup self-raising flour

1 cup semi skimmed milk

1 egg

oil for cooking

Put the flour, milk, egg and salt in a mixing bowl and whisk until smooth. Once combined, heat a little oil in a frying pan, make sure it is really hot then add a small amount of batter depending on the size and thickness of pancake required. Cook for a minute until golden on the bottom and then flip over and cook for another minute.

Any left over batter can be kept in the fridge for a couple of days and remember you can cook these and turn them into sweet pancakes by sprinkling on sugar/lemon/honey/fruit for breakfast or a quick snack.

# Korma Nugget Pasta

A recipe for those of you who really cannot cook!

## Ingredients

Bag of frozen chicken breast nuggets (dippers)

Packet Pasta

Jar Korma Sauce

## What to do:

- 1) Put the chicken breast nuggets in the oven according to instructions on the packet.
- 2) Start to cook your pasta (instructions on the packet).
- 3) Once pasta is cooked add the jar of sauce and re-heat. Then add the cooked nuggets to the pasta, place in a bowl and serve.

It is as simple as that.

**Tip:** You could also substitute rice for the pasta.

# Meatballs 'n' sauce



**An easy way to round up a hearty meal for the family and include some of your 5 A DAY.**

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Serves: 4 adults

Preparation time: 15 minutes

Cooking time: 35 minutes

## **Ingredients:**

1 medium onion finely chopped  
2 garlic cloves finely chopped  
200g lean lamb mince  
1 tbsp olive oil  
400g chopped tomatoes  
2 tbsp tomato puree  
2 tsp dried mixed herbs  
200g closed cup mushrooms sliced  
1 peppers, any colour chopped  
200g macaroni (any pasta shape is fine)

## **What to do:**

1. Mix some of the chopped onion and garlic with the mince. Shape the mince into small balls about half the size of a golf ball.
2. Heat the oil in a non-stick frying pan and brown the meatballs on all sides. Remove and put onto a plate.
3. Add the remaining onion to the frying pan and cook for 2-3 minutes until soft. Add the

remaining garlic and cook for another minute.

4. Add the tomatoes, tomato puree, herbs, mushrooms and peppers to the pan with 150ml water. Bring to the boil, then add the meatballs. Reduce the heat, cover with a lid and simmer for 30 minutes.

5. About 10 minutes before serving, put the pasta on to cook in plenty of boiling water. Serve with the meatballs and tomato sauce.

**Tips:**

1. Try using turkey mince as a lower fat alternative to lamb.

2. Add a grated carrot or courgette to the meatball mixture to make them go a bit further, and to add more vegetables.

3. Serve with wholegrain brown rice as an alternative to pasta, though remember that it takes 25-30 minutes to cook.

Nutritional information: Per adult portion (i.e.  $\frac{1}{4}$  recipe)

1339kJ / 320kcal

19g protein

46g carbohydrate of which 9g sugars

8g fat of which 0.5g saturates

4g fibre

70mg sodium equivalent to 0.2g salt

Suitable for freezing

# Pork & Bean casserole



**This cheap and cheerful casserole is perfect for an economical midweek meal.**

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Serves: 4 adults

Preparation time: 15 minutes

Cooking time: 90 minutes

## **Ingredients:**

- 1 tsp vegetable oil
- 350g lean pork shoulder cut into chunks
- 1 large onion chopped
- 1 garlic clove crushed
- 2 carrots sliced
- 1 medium apple cored and chopped (not peeled)
- 400g chopped tomatoes
- 2 cans haricot beans in water rinsed and drained
- 300ml reduced salt vegetable or chicken stock
- 2 tsp tomato puree
- 1 tbsp Worcestershire sauce
- 2 tsp dried mixed herbs
- 1 pinch ground black pepper
- 2 tbsp fresh parsley chopped

## **What to do:**

1. Preheat the oven to 180°C, fan oven 160°C, gas mark 4.
2. Heat the vegetable oil in a large flameproof casserole dish. Add the chunks of pork, cooking them over a high heat for 3-4 minutes until seared and browned.



3. Add the onion, garlic, carrots and apple. Cook, stirring, for 2 more minutes.
4. Add the tomatoes, haricot beans, the reduced salt stock, tomato puree, Worcestershire sauce and mixed herbs. Season with some pepper. Put the lid on and transfer to the oven to cook for 1 ½-2 hours. Serve, sprinkled with chopped fresh parsley (if using).

**Tips:**

1. Why not serve with some jacket potatoes? Just scrub some large even-sized potatoes and bake them on the shelf above the casserole for the final hour.
2. You could make this casserole with chunks of turkey or chicken breast instead of pork.

Nutritional information: Per portion (i.e ¼ recipe)

1586 kJ / 379kcal

33g protein

5.5g fat of which 1.5g saturates

40g carbohydrate of which 16.5g sugars

12g dietary fibre

210mg sodium

0.5g salt

# Sausage, tomato & butter bean bake



**With chunky sausages and filling butter beans, this recipe is perfect for a satisfying midweek meal.**

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Serves: 4 adults

Preparation time: 5 minutes

Cooking time: 40 minutes

## **Ingredients:**

8 reduced fat sausages  
2 tsp olive oil  
1 large onion finely chopped  
1 tbsp dried sage  
1 can chopped tomatoes  
2 cans butter beans in water drained and rinsed  
1 pinch ground black pepper

## **What to do:**

1. Preheat the grill. Grill the sausages under a medium heat for 1-2 minutes, or until just sealed and lightly browned on both sides. Transfer to a plate and set aside.
2. Preheat the oven to 180°C, 350°F, gas mark 4.
3. Put the olive oil in a frying pan, add the onion and sage and fry very gently for about 10 minutes. The onion should be completely softened but not coloured. Add the tomatoes, bring to a simmer, then cook for about 5 minutes, stirring now and then until the sauce is slightly reduced and thickened. Season with pepper.

4. Transfer the tomato mixture to an oven dish and stir in the butter beans. Arrange the sausages on top, before burying them in the mixture.

5. Cook in the oven for 15-20 minutes, until everything is bubbling and the sausages are cooked through and tender. Serve straight to the table and let everyone tuck in.

**Tips:**

1. Try adding chopped courgettes or other veg to get more of your 5 A DAY.

Nutritional information: Per adult portion (i.e. ¼ recipe)

1802kJ / 431kcal

29g protein

20g fat of which 6.5g saturates

34g carbohydrate of which 9g sugars

9g dietary fibre

2020mg sodium

4.8g salt

This is a recipe from Ainsley Harriott and has been taken from the Change4Life 'Supermeals for under a fiver' cookbook

# Spaghetti bolognese



This easy version of a classic Italian recipe will ensure everyone gets their 5 A DAY as well as a yummy and filling meal. You can make the bolognese sauce in advance and freeze in batches.

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Serves: 4 adults

Preparation time: 15 minutes

Cooking time: 25 minutes

## Ingredients:

- 300g extra lean minced beef
- 1 large onion finely chopped
- 2 garlic cloves crushed or finely chopped
- 400g chopped tomatoes
- 2 tsp tomato puree
- 2 tsp dried mixed herbs
- 1 red pepper deseeded and chopped
- 3 handfuls mushrooms (cup or button) sliced
- 1 carrot finely chopped
- 1 courgette chopped
- 150ml reduced salt vegetable or chicken stock
- 300g dried spaghetti
- 1 pinch ground black pepper

## What to do:

1. Heat a large saucepan and add the minced beef, a handful at a time, cooking it until browned. Add the onion and cook for another 2-3 minutes.

2. Add the remaining ingredients, apart from the spaghetti. Bring to the boil, then lower the heat and simmer gently for 15-20 minutes.

3. When the sauce has been cooking for 10 minutes, start to cook the spaghetti. Bring a large saucepan of water to the boil, add the spaghetti and bring back to the boil. Stir well and cook for about 8-10 minutes, until tender.

4. Season the bolognese sauce with pepper. Drain the spaghetti and serve with the sauce.

**Tips:**

1. If you don't like one of the vegetables, swap it for another to get more of your 5 A DAY.

2. Use linguine, tagliatelle or any other pasta shapes instead of spaghetti.

Nutritional information: Per portion (i.e. ¼ recipe)

1803kJ / 431kcal

30g protein

5.4g fat of which 1.6g saturates

70g carbohydrate of which 15g sugars

6g dietary fibre

140mg sodium

0.3g salt

Suitable for freezing (sauce only)

# Five-a-day Tagine

**Go vegetarian and get your five a day all in one dish!**

Makes four portions. Less than £1 per portion!

Prep time: only 10 mins

Cooking time: 35 mins

## Ingredients

4 carrots, cut into chunks

4 small parsnips (or 3 large) cut into chunks

3 red onions cut into wedges 2 red peppers, deseeded and cut into chunks

2 tbsp olive oil

400g can chopped tomatoes

2 tsp honey

2 small handfuls soft dried apricots

1 tsp each ground cumin, paprika cinnamon and mild chilli powder

## What to do:

1. Heat oven to 200°/fan 180°/gas mark 6.
2. Scatter the veg over a couple of baking trays, drizzle with half the oil, season, then rub the oil over the veg with your hands to coat. Roast for 30 minutes until tender and beginning to brown.
3. Meanwhile, fry the spices in the remaining oil for 1 minute. They should sizzle and start to smell aromatic.
4. Add in the tomatoes, apricots, honey and a can of water. Simmer for 5 minutes until the sauce is slightly reduced and the apricots plump, then stir in the veg and some seasoning.
5. Serve with couscous, rice or jacket potatoes.

# Tasty tuna & sweetcorn pasta



**This is a quick and simple recipe that will boost your 5 A DAY intake and includes a portion of fish - a great source of protein.**

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Serves: 4 adults

Preparation time: 10 minutes

Cooking time: 20 minutes

## **Ingredients:**

300g wholemeal pasta shapes

1 tsp olive oil

1 medium red onion chopped

1 garlic clove crushed or finely chopped

400g chopped tomatoes

1 tsp tomato puree

150g sweetcorn drained

2 tsp dried mixed herbs

2 cans tuna in water drained and flaked

## **What to do:**

1. Cook the pasta following the instructions on the packet.
2. While the pasta is cooking, heat the olive oil in a large non-stick frying pan. Add the onion and garlic and cook gently until soft, about 4-5 minutes.
3. Add the tomatoes, tomato puree, sweetcorn, mixed herbs and cook for 5 minutes. Just before serving, add the tuna and stir through gently.

4. When the pasta is cooked, drain well and serve with the tuna and sweetcorn sauce.

**Tips:**

1. This recipe can be served cold as a salad, making it perfect for packed lunches.
2. Fresh herbs add a delicious flavour, so try adding a few torn-up basil leaves or some chopped fresh parsley.

Nutritional information: Per portion (i.e.  $\frac{1}{4}$  recipe)

1774kJ / 406kcal

31g protein

3.6g fat of which 0.75g saturates

64g carbohydrate of which 10g sugars

9g dietary fibre

227mg sodium

0.5g salt



# Vegetable Chilli

## Ingredients:

- A spoonful or two of cooking oil
- Packet of Mexican spices (e.g. Old el Paso)
- Onion
- Garlic
- Chilli
- Ginger
- Tinned tomatoes
- Vegetables (any – I like mushrooms, green beans and broccoli)
- Tomato ketchup
- Rice (note: you could have jacket potato instead)
- Tinned kidney beans / chick peas (optional)
- Cheese, natural yogurt, coriander (optional)

## What to do:

- Fry some chopped onions, garlic, chilli and grated ginger in a pan for a few minutes
- Sprinkle on some of the Mexican spices and stir. If it gets a bit dry, just put a dribble of water in the mix
- Bung in the beans (optional) and stir over a moderate heat
- Add the veg and possibly some more water. Fry for about 3-4 minutes or until the veg begin to soften
- In a separate pan, put the rice on to boil (takes about 10 mins)
- Pour the tinned tomatoes on top of the onions etc. and stir, breaking them up with the spoon. Add a splash of ketchup and some salt and pepper to taste
- Pop the lid on the pan and simmer for as long as you like – 5-10 mins should do it
- Rinse the rice in hot water and drain
- Serve the rice and veg mix with grated cheese and natural yogurt to taste. If you want to go herbal, chop up some coriander on top.

All recipes have been kindly provided by SHU staff or taken from the NHS Change4Life website <http://www.nhs.uk/change4life>

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If any of this information is out of date please contact the Student Funding and Money Skills team at Sheffield Hallam University.

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