



# The **Afoodable** Guide - The Sequel

More recipes and food  
hacks to save you money

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# Here we go again...

After the huge success of our original Afoodable Guide, we're back with the sequel. Featuring more amazing recipes, whether you're cooking for one, looking for leftovers, or wanting to sample new cuisine from a different culture there is something for everyone. It doesn't matter whether you're a food novice or head chef in your kitchen, we've got you covered!

As always, we're about saving you money so you'll also find tips on eating well on a budget, reducing food waste, and keeping the cost down when it comes to food shopping.

Happy eating!



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
**Finding  
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We're big fans of meal planning! Planning ahead and only buying what you need is a great way to stick to your food budget and cut back on waste. But how do you actually do it?

## Get yourself a planner


You can find so many different options available to buy online. We prefer a laminated version that can be wiped clean and reused each week!



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# Weekly Meal/ Shopping Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Shopping List:

What's in the fridge/freezer?

What needs used this week?

Visit [www.uws.ac.uk/money-fees-funding](http://www.uws.ac.uk/money-fees-funding) for tips on making your money go further.

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## Inventory

Know what ingredients you already have and plan your meals around this to reduce the need to buy more. Pay particular attention to perishable ingredients that won't last long.

## Shopping List

A meal plan on its own is no good. Link it up with your shopping list to ensure you only buy what you need, when you need it.

## Involve Everyone

Take the time to plan together as a family/group. If you are stuck for ideas, try focussing on a theme such as Meat Free, Mexican, Italian, Seafood, etc. If you are planning for your family, let the kids contribute ideas for the week, and keep a note of the meals that everyone enjoyed. If you are planning together as a group, share responsibility over the week so everyone takes a turn.

## Calendar

Keep track of where you/everyone involved will be that week. There is no point in planning a meal if most of the family has other plans. If you have a busy schedule, this can also help you work out when you might need to choose quick and easy meals instead of those that might take a little longer to prepare.

**Remember**, there are no rules, so if you find a system that works best for you, go for it!

# Downshift Challenge

If you are living on a budget, it's really important that you get the most out of the money you spend on food. The Downshift Challenge, championed by [moneysavingexpert.com](http://moneysavingexpert.com) can save you a considerable amount on your food bill.

The idea is simple. Supermarkets separate their products into different categories, using language like 'luxury' or 'basic' to help you make a choice. Try dropping one brand level on everything and see if you can tell the difference. If not, stick with the cheaper one.

## Typical Supermarket Brands

### Premium Brands

e.g. Tesco Finest Chocolate Treats,  
Sainsbury's Taste the Difference Salmon En Croute

### Manufacturer's Brand

e.g. McVitie's Jaffa Cakes, Kellogg's Cornflakes

### Supermarket Own-Brand

e.g. Sainsbury Cornflakes, Morrisons Coffee

### No-Frills Brands

e.g. Tesco Value Washing Up Liquid, Asda Smart Price Orange Juice

## Top Tips for Downshifting Success:

### Downshift cleaning products and cosmetics:

Don't stop with food! Try downshifting washing powder, shower gels, bleaches and other cleaning products.

### Don't stop downshifting:

Keep dropping brand levels and trying out cheaper products. The whole idea behind downshifting is about trying new things. If you find a product you don't like, it's perfectly fine to go back to what you used to have.

### Always watch out for promotions:

If a higher branded product is on offer, making it cheaper than downshifting, by all means, buy the higher brand. Try comparing the different prices of products based on the cost per gram.

### The most expensive isn't always the best:

The packaging and language used are designed to make you think you are choosing between 'luxury' or 'basic' so be sure to taste with your mouth rather than your eyes.

### Downshift supermarkets:

The downshifting logic also applies to supermarkets. If you don't already, shop in places like Aldi and Lidl and see what you can save.

You'll find a lot of helpful information on Downshifting, as well as a handy calculator that can show you what you could save, at **[www.moneysavingexpert.com/shopping/downshift-challenge](http://www.moneysavingexpert.com/shopping/downshift-challenge)**



# Cook Once, Eat Twice

## (maybe even three, four or five times!)

Not everyone enjoys the process of preparing a home cooked meal every day or has the time to do this. The best way around this is to get the most out of the time you spend preparing a meal by doubling up and having an extra portion, without the need for any extra effort.

### A Sunday Roast that can last all week:

No matter the joint of meat or poultry, you can get plenty of leftovers from a roast that you can enjoy throughout the week. We even have a whole section devoted to getting the most out of a single chicken, so check that out for inspiration.

Once everyone has had their fill of roast dinner, you can turn that leftover meat into a curry, pie, stew, tacos, stir-fry, pasta dishes, salad, and even sandwiches or wraps. You'll find lots of inspiration online.

There are a number of different ways to do this. Whether it's stocking up the freezer with meals that simply need to be defrosted and heated, or planning ahead for how to use leftovers, there is something for everyone.



### Batch cook and stock up the freezer:

- Pick recipes that freeze and reheat well. Chilli con carne, stews and soups work well.
- Double (or triple) the recipe and portion the excess into containers. This is also handy if you are cooking for one but the recipe is for more servings.
- Make sure to let the food cool completely before putting a lid on your container.
- Add a label so you know what you have. There is nothing more disappointing than looking forward to something specific and realising you have defrosted something else!
- Don't forget to lift your food out of the freezer to defrost. The safest way is to defrost slowly in the fridge, so you need to plan ahead.
- Keep an eye on what you have in the freezer and try and use within 3 months.





# One Chicken, Four Meals

A whole chicken can be a cost effective meal that keeps giving and fits with the cook once, eat twice approach. Buying two chicken breasts on their own can cost about two-thirds of the price of a medium-sized whole chicken, so why not get more bang for your buck?

You also get more flavour by cooking chicken on the bone and can experiment with different flavours and spice. A traditional roast chicken flavoured with garlic will give you a completely different meal than one flavoured with warming spices such as cumin, paprika and chilli. The variations are endless.

We have four different recipes for meals that you can get from a single whole chicken. This is based on 2 people sharing each meal, and starting with a large chicken weighing between 2-2.3kg. If you are cooking for one, portion up the leftovers and keep in the freezer.

## TOP TIPS

*If you like the value of buying a whole chicken but don't want to cook it immediately, you will find lots of videos online that show you how to butcher the bird into traditional pieces that you can use immediately or freeze for later.*

*If you are short of time and want to roast your whole chicken more quickly, you can reduce the cooking time significantly by spatchcocking the chicken. This involves using kitchen scissors to remove the backbone (save this for stock) so that the bird can be opened out flat. This is sometimes called butterflying and you will find lots of how-to videos online.*





# Meal 1:

## Roast Chicken Dinner

**Large chicken weighing between 2-2.3kg**

**500g maris piper potatoes, peeled and cut into even sized pieces**

**50g duck/goose fat (optional)**

**250g carrots, peeled, trimmed & cut into chunks (you can choose any vegetable)**

**Gravy granules**

Take the chicken from the fridge about an hour before you wish to cook it and remove the packaging and string. It's important to know how much your chicken weighs so make a note of this from the packaging.

Preheat your oven to 180°C.

Put your chicken into a roasting tray, season with salt and pepper and rub a little vegetable oil over the skin. Cover the chicken loosely with foil.

Roast for 20 minutes per 450g, plus an extra 20 minutes. For the last 20 minutes, remove the foil so the skin crisps. A 2kg chicken will take approx. 1hr 50mins.

When the chicken has been in the oven for 1hr, pre-heat a baking tray in the oven with the duck/goose fat (or vegetable oil).

Add the potatoes to a pan of boiling water and boil for 5 minutes. Drain and let the steam evaporate before giving them a really good shake. Add them to the pre-heated baking tray, ensuring you coat each one in the fat before returning to the oven for approx. 45 minutes. You will need to turn them halfway through.

Remove the chicken from the oven and let it rest, still in the roasting tray, for about 15 – 20 minutes before carving.

While the roasted chicken is resting, add the carrots to a pan of boiling water and boil for 6-7 minutes. Drain and set aside to keep warm. For an extra bit of luxury, you can add some honey and set them in the oven to keep warm.

Make the gravy as per packet instructions, adding the chicken juices for a little extra flavour.

Carve the chicken. There are lots of how-to guides online, and you can select the piece that you prefer – breast, thigh or leg.

Serve your chicken, potatoes and carrots on warm plates, with plenty of gravy.





## Meal 2: Chicken Fajitas

1tbsp olive oil

2 peppers, sliced

1 medium red onion, sliced

1 tsp smoked paprika

½ tsp ground cumin

250g leftover roast chicken, breast meat if possible

1 lime

2 large tortillas

**Soured cream, salsa, guacamole and/or grated cheese to serve, it's up to you.**

Heat the oil in a frying pan over a medium heat, add the peppers and onion and fry for 3 minutes until they start to soften.

Add the spices and chicken to the pan and mix well. Cook for 3-4 minutes, until the chicken is heated through.

Squeeze the lime juice over the chicken mixture.

Warm the tortillas in the microwave and build your fajita however you would like. You can serve with some potato wedges or Mexican style rice.

### TOP TIP

*Experiment with the spices to get a seasoning that you love. Try adding some chilli powder for a spicier version.*



# Meal 3:

## Chicken Curry

1tbsp olive oil

1 medium onion, diced

1 clove of garlic, chopped

Small tin of chopped tomatoes, approx. 220g

1 tbsp curry powder

½ tsp ground ginger

250g leftover chicken, thigh meat is great

50ml Greek-style natural yoghurt

Long grain rice and naan breads to serve

Heat the oil in a frying pan over a medium heat, add the onion and garlic and fry for 3 minutes until they start to soften.

Add the tomatoes, curry powder & ground ginger and cook for 3-4 minutes. Add a spoonful of water if the pan gets dry.

Add the chicken and 125ml of water. Bring to the boil before reducing the heat and simmering for 5-8 minutes, until the chicken is heated through.

Remove from the heat and stir in the yoghurt.

Serve with rice and naan breads, cooked as per packet instructions.

### TOP TIP

*You can add anything to this curry, so if you have leftover cooked peppers from your fajitas, add them along with the tomatoes and spices.*





# Meal 4:

## Chicken Stock

The remainder of your roast chicken

Bulb of garlic – you used a clove of garlic when making the curry so this is what's left over, skin and all

2 medium onions – cut in half but leave the skin on

2 carrots – roughly chopped, no need to peel or trim

Celery heart – roughly chopped, no need to trim, use everything, leaves included

5 whole black peppercorns

2/3 sprigs of rosemary

5/6 sprigs of fresh thyme

2/3 bay leaves

Pick off any remaining meat from your chicken and set aside. You can use this with the stock to make soup, use it for sandwiches or wraps, or use it in another recipe. The choice is yours!

Add the chicken carcass to a large, deep pan with the vegetables, peppercorns and herbs. It doesn't matter if you don't have any of these ingredients. Use what you do have and you will still end up with a great stock.

Add enough cold water (about 6 litres) to cover the chicken and bring to the boil, then turn the heat down and simmer gently for 2-3 hours.

Pass through a fine sieve and allow to cool before putting it in the fridge.

### TOP TIP

*You'll end up with approx. 4 litres of stock, which is a lot. You can make a big batch of soup and freeze some for later, but you can also freeze the stock for using later. It will keep for 2-3 months in the freezer.*





# Use the Chicken Stock to make: Chicken Soup

**Makes 4 big bowls**

**50g butter**

**2 medium onions, diced**

**2 sticks of celery, finely sliced**

**2 carrots, finely sliced**

**25g plain flour**

**1.2 litres chicken stock**

**400g leftover chicken, shredded**

**1 tbsp chopped parsley**

Melt butter in a large pan over a medium heat and add the onions, celery and carrots. Fry gently for 4-5 minutes, until they start to soften.

Stir in the flour and cook for a further 2 minutes, before adding the stock. Stir well and bring to the boil. Reduce the heat and simmer for 10 minutes, until the vegetables are tender.

Add the cooked chicken and season with salt and pepper. Once the chicken is heated through, stir in the parsley and serve.







## Use the Chicken Stock to make: Chicken Pie

**Serves 4**

**2 tbsp butter**

**1 tbsp plain flour**

**200ml chicken stock**

**3 tbsp double cream**

**1 green pepper, sliced**

**200g button mushrooms, halved**

**400g leftover chicken, shredded**

**1 sheet of ready-rolled puff pastry**

**1 medium egg, beaten**

Preheat oven to 200C/180C (fan).

Melt the butter over a low heat in a heavy-based saucepan and add the flour. Cook slowly for 3 minutes, stirring continuously. Pour in the chicken stock and turn up the heat, stirring continuously until the sauce simmers. Add the cream and continue to simmer until the sauce thickens. Remove from the heat.

In another pan, heat a little oil and fry the peppers and mushrooms over a medium heat for 6–8 minutes, then add to the sauce with the chicken.

Grease a large ovenproof dish and add the chicken mixture.

Unroll the pastry, place over the filling and trim the excess. Make a hole in the middle to allow steam to escape, and brush the pastry with beaten egg.

Bake the pie in your preheated oven for 25–35 minutes. Remove from the oven and allow to cool slightly before serving.





Love Food Hate Waste are a great organisation that can help people to reduce household food waste and to save money. The average household could save £460 a year, simply by throwing away less food. Who wouldn't want a slice of that action?!

Visit **lovefoodhatewaste.com** for amazing tips on cutting your food bill, keeping your food fresher for longer, understanding food labels and planning your meals to name a few. They also have great recipes and tips on portion planning.

The Love Food Hate Waste App is also available on iPhone and Android and allows you to easily keep track of food planning, shopping, cooking meals and making the most of leftovers.

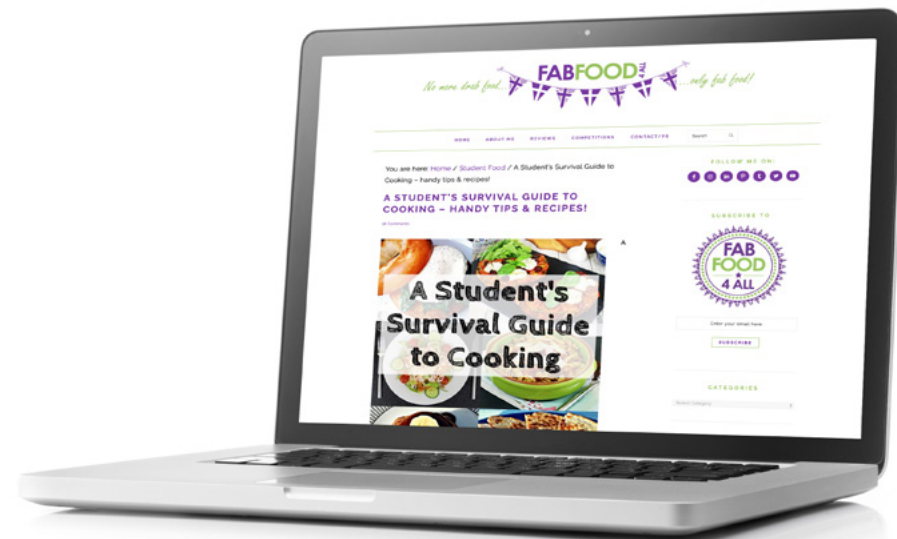
## The Internet is Your Friend

We have tried our best to pull together a variety of recipes for you to try, but we understand that not everyone is confident in the kitchen.

Throughout this guide, you'll find recipes for all levels of confidence in the kitchen, but we'll also share online resources that can help you. Whether it's a blog, video or recipe, there are a wealth of online resources that can help you shop on a budget, learn how to cook and become more confident in the kitchen.

Get started by checking out the Fab Food 4 All blog, A Student's Survival Guide to Cooking – Handy Tips & Recipes:

**<https://www.fabfood4all.co.uk/students-survival-guide-to-cooking/>**



# Herbs and Spices on a Budget

Sometimes you can come across a recipe that looks great, only to be put off by a massive list of ingredients, including all sorts of herbs and spices that can be costly to buy. Here are some tips to help you to bring some flavour to your meals, without breaking the bank.

- **Frozen herbs and spices** – Many supermarkets now offer frozen herbs that have been pre-chopped and are ready to use, straight from the freezer. From garlic and chilli, to chopped basil and coriander, you can use only what you need without any waste.
- **Spice Mixes** – Instead of forking out for a number of different spices, buy single spice mixes, such as Cajun or Peri Peri. As these are already blended, you only need to buy one jar instead of several.
- **Dried Herbs and Spices** – Think about the meals you regularly prepare and don't be afraid to buy the herbs and/or spices needed. As long as you use what you buy, it will be cost effective. Don't splurge on half a dozen jars of herbs and spices for a recipe you might only make once!
- **Shop Around** – Try budget supermarkets like Aldi and Lidl, buy supermarket own brand or look in Asian or Chinese supermarkets.
- **Grow Your Own** – If you are feeling adventurous, have a go at growing your own. You can find lots of growing tips at [www.bbcgoodfood.com/howto/guide/growing-your-own-herbs](http://www.bbcgoodfood.com/howto/guide/growing-your-own-herbs)



# Recipes from Around the World

At UWS we are proud to have students representing 132\* different nationalities. We have asked them to share their favourite recipes from their culture, whether near or far.

Why not try something new?

We have something for everyone.



*\*Correct at time of print, 19-20 academic year.*



# Finnish Brownies

Makes a big batch, but the precise quantity will depend on how big you like your brownie!

**2 eggs**

**250g castor sugar**

**150ml milk**

**240g plain flour**

**2tsp baking powder**

**2 tbsp cocoa powder**

**150g butter**

**For the topping:**

**4 tbsp butter**

**250g icing sugar**

**3 tbsp strong, cold coffee**

**2 tbsp cocoa powder**

**Some desiccated coconut, chopped nuts or whatever you fancy sprinkling on top**

Preheat your oven to 180°C and line a deep baking tin (approx. 12 x 14 inches) with greaseproof paper.

Whisk the eggs and sugar into a fluffy foam and add the milk. Sieve in the flour, baking powder and cocoa powder and mix gently.

Melt the butter and let it cool slightly before adding to your batter and giving it one last mix.

Pour the batter into your baking tin and bake in the oven for 15 – 20 minutes. Keep an eye on them. Unlike most other cake, a brownie should wobble slightly in the middle.

While the brownies are baking, prepare the icing by melting the butter and mixing in the icing sugar, cocoa powder and coffee.

When the brownies are out of the oven but still warm, pour over the icing and sprinkle with desiccated coconut or chopped nuts (or whatever you choose).

Let the brownies cool before cutting into pieces.

*TOP TIP*

*These make a great gift.*



Tarita, Health and Life Sciences



# Tarita's Grandma's Meatloaf, with a modern twist (Finland)

250g beef mince

1 onion, finely diced

1 clove garlic

1 egg

70g olives (you can buy this exact quantity of pitted olives in a pouch in most supermarkets, often with extra flavouring which adds to the meatloaf)

100g goats cheese

½ tsp salt

1tsp paprika

1tsp white pepper

Preheat your oven to 180°C and line a loaf tin with greaseproof paper.

Slice the olives and cheese into whichever size you prefer. This will be mixed through the meatloaf.

Add all ingredients (olives and cheese included) to a mixing bowl and mix well – clean, wet hands are best for doing this.

Add the mix to your prepared loaf tin and bake for 30–35 minutes. Serve the meatloaf in thick slices with your favourite side.

## TOP TIP

*If you don't have a loaf tin, shape the meat mix by hand on a baking tray.*



Tarita, Health and Life Sciences



# Irish Champ

These super creamy and buttery mashed potatoes are a great side dish that goes with everything. Try it with sausages, pork chops or roast chicken.

**Serves 4**

**900g King Edward or Maris Piper, cleaned but with skin still on**

**100g butter**

**100g spring onions, finely sliced**

**150ml full-fat milk**

Boil the potatoes in salted water until tender. Drain well and peel off the skin.

While the potatoes are boiling, add the milk and spring onions to a small saucepan and gradually bring to the boil. As soon as it starts boiling, remove from the heat and leave to one side, allowing the spring onions to infuse into the milk.

Thoroughly mash the potatoes with the butter – there should be no lumps.

Bring the milk and spring onion mixture back to the boil, then gradually mix this into the potatoes. Season with salt and pepper and serve warm, with an extra dollop of butter on top.



# Algerian Hmiss

This Algerian salad can be served warm or cold, and can be served with bread, or as an accompaniment to couscous dishes. We think you can get about 6 servings from this recipe.

**6 peppers (2 x red, 2 x green and 2 x yellow)**

**1 green hot pepper (optional)**

**3 tomatoes, coarsely chopped.**

**2 garlic cloves, crushed**

**Handful of black olives (optional)**

**Olive oil**

Roast the peppers until the skin chars. You can do this by setting the peppers on a gas burner and turning to repeat the process on all sides. You can also put the peppers under a very hot grill. You'll find lots of how-to videos online to help with this process.

Once blistered and charred from the heat, put the peppers in a sealed plastic bag for 5 minutes. The steam will help you remove the skin, seeds and stem. Coarsely chop the flesh of the peppers.

Heat some oil in a pan over a medium heat and add the garlic. Cook for a few minutes before adding the chopped peppers and tomatoes, and seasoning with salt and pepper.

After a few minutes, add the olives if using, a drizzle of oil, and your dish is ready to serve.



Hakima, PhD student

# French Crêpes

Crêpes are a thin pancake that can be a useful addition to any home cook's recipe catalogue. Once you master this very basic recipe, you have a versatile base for savoury or sweet fillings.

**Serves 8**

**100g plain flour**

**2 eggs**

**300ml semi-skimmed milk**

**1 tbsp melted butter, plus extra for frying**

**Pinch of salt**

Add the flour and salt to a large mixing bowl and make a well in the centre. Crack both eggs into the well and add the melted butter and a big splash of the milk before starting to whisk from the centre, gradually pulling more flour into the mix.

Your aim is to incorporate all of the flour and beat until you have a smooth, but thick, paste. If your batter is too stiff, simply add more milk.

Continue to whisk the batter while gradually pouring in the remaining milk until you have a batter that is the consistency of cream.

Heat a pan over a medium heat and brush with melted butter (or oil). You don't want a lot of excess butter.

Ladle some of your batter into the pan, constantly moving and tilting the pan so the batter spreads evenly over the pan. Return the pan to the heat.

Do not poke or move your crepe. Let it cook for about 30–45 seconds and the bottom should be golden.

Carefully flip your crepe and cook the other side for another 30–45 seconds. Tip out onto a warm plate or serve immediately, and carry on using the rest of your batter.

## **Sweet Filling Ideas:**

- Fresh berries, syrup and a dusting of icing sugar
- Banana and chocolate spread
- Castor sugar and a squeeze of lemon juice

## **Savoury Filling Ideas:**

- Ham and cheese
- Smoked salmon and cream cheese
- Bacon and eggs





# Pimp up the Basics

## – for Beginners

Not everyone is comfortable cooking a meal from scratch, and that kind of confidence in the kitchen won't come overnight. Ease yourself into it by taking ready or instant meals, and adding your own twist to make them better. Check out the following ideas to get you started:

### Boxed Cheesy Pasta

Start with boxed cheesy pasta and add something extra to make it a completely new meal. Try adding small florets of cooked broccoli, grated cheese for some indulgence, or bits of crispy bacon. The options are endless and you can find lots of tips online.

### Microwaveable Sides

You don't have to prepare every element of a meal from scratch. Make life a little easier by taking advantage of microwaveable mashed potatoes, vegetables, etc.

### Really Special Noodles

Try stir-frying some vegetables, such as peppers and onions, and adding to cooked packet noodles with some leftover chicken. In no time at all, and with very little effort, you have a much more filling meal than noodles alone.

### Ready to Roast

Most supermarkets sell joints of meat in ready to roast containers. The package tells you everything you need to know about the cooking temperature and timings, so you have nothing to worry about. Try the whole chickens that come in a ready to roast bag. The whole thing, bag included, goes straight into the oven.



### Frozen Prepared Vegetables

As well as the standard packs of frozen veg, supermarkets are now also selling frozen prepared veg, such as sliced onion, peppers and mushrooms that can all be pan fried from frozen. Give these a go when making Really Special Noodles.

# Fakeaways are the New Takeaways

We've all been there. You're tired, hungry and can't be bothered cooking, so the idea of a takeaway is very appealing, especially if it can be delivered directly to your door. There's nothing wrong with the occasional treat, but just take a minute and think about the cost if you do this several times a week.

## The solution? A Fakeaway!

We've pulled together the best of the internet, and provided some easy peasy recipes, to show you how easy it can be to recreate popular takeaway meals at home, for a fraction of the price.



## Quick and Spicy Prawn Curry – Fab Food 4 All

This curry really is quick, taking less than 20 minutes to make, and using microwaveable rice for extra convenience. You can vary the heat by adding more or less chilli powder.

<https://www.fabfood4all.co.uk/quick-spicy-prawn-curry/>

## Sweet Chilli Halloumi Noodles – Crunch & Cream

This is a veggie noodle dish that is super easy to make and only uses one pan. Prep all of your ingredients before you start as the process is fast and you need to be ready.

<https://crunchandcream.com/sweet-chilli-halloumi-noodles/>

## Fried Chicken with Cashew Nuts – Farmersgirl Kitchen

Plan ahead so you have plenty of time to marinate the chicken in this recipe, which is well worth it when you taste the end result. This simple recipe can be cooked in one pan, saving on the washing up as well as money.

<https://www.farmersgirlkitchen.co.uk/fried-chicken-with-cashew-nuts-fro/>

## Thai Green Curry with Jasmine Rice – Tin & Thyme

This super speedy recipe is a veggie version of the popular Thai green curry that can be made with whatever vegetables you happen to have in the house. As well as being quick and easy to make, it's a good way to use up veg that might otherwise end up in the bin.

<https://tinandthyme.uk/.../thai-green-curry-with-cashew.../>

Don't limit yourself...the internet is full of ideas so experiment a little and find your favourites.





# CBC – Cornflake Baked Chicken

**1 whole chicken, cut into pieces & skin removed – wings, legs, thighs, breasts**

**Large bowl of cornflakes, crushed into 'breadcrumbs'**

**2 eggs – beaten in a shallow dish/bowl**

**2 heaped tablespoons of plain flour**

**2 tsp Cajun seasoning**

**Salt**

**Pepper**

Preheat the oven to 180°C,

Add the chicken pieces, flour, Cajun seasoning, salt and pepper to a large sandwich bag, seal tightly and shake until all the chicken is coated.

Once at a time, shake off any excess flour and dip each piece of chicken into the egg mix, before coating with the crushed cornflakes.

Place a baking rack on top of a baking tray and place the chicken pieces on the rack. If you do not have a rack, you can place the chicken pieces on a baking tray, but make sure they are in one layer.

Bake in the oven for 30 minutes and enjoy with your favourite side. We prefer coleslaw and potato wedges!

## TOP TIP

*There are lots of videos online to help you butcher the chicken into portions.*



# Grab a PIZZA the action!

This easy alternative to takeaway pizza is much cheaper, can be topped with your favourite toppings for a quick and easy meal that is also easy on the bank balance.

**1 x large tortilla wrap per person**

**Jar of ready-made pizza sauce – available from most supermarkets**

**50g of grated cheese per wrap**

**Toppings of your choice – try leftover chicken, a jar of roasted peppers, chilli flakes, pepperoni, mushrooms, etc.**

Preheat the oven as high it will go, usually 220°C in a fan oven, and position the shelves before they are too hot to handle.

Lightly oil a baking tray and set the wraps on, ensuring they do not overlap. You might be able to fit two wraps on each tray.

Lightly oil each wrap before spreading over some of the pizza sauce and a sprinkling of cheese. Add your preferred toppings.

Put the baking tray(s) into the oven and bake for approximately 5 minutes. Keep a close eye and remove once the cheese is melted and the wrap is crisp and golden on the edges.

How easy was that! Try topping with a handful of rocket and/or watercress salad and a drizzle of your favourite salad dressing or balsamic vinegar.

## TOP TIP

*If you want to make your own pizza sauce, start with passata and add some garlic, olive oil, oregano, basil, salt and pepper to flavour.*







## One Pot Wonders

What's not to love? Not only do you get a great meal at the end of the process, but you only have one pot or pan to wash up. These recipes are great when you don't have the time to stand over a pan, and want something that can be left alone to cook while you get on with other things.

The internet has lots of ideas, but we've pulled together some to get you started.

### One Pot Halloumi Bake – Crunch & Cream

This veggie bake involves throwing all ingredients into a dish and letting the oven do the work. You can serve with rice, pasta or bread, so it really is versatile.

<https://crunchandcream.com/one-pot-halloumi-bake/>

### One Pot Minced Beef Hotpot – Fab Food 4 All

After a little prep and assembly, this dish bakes for an hour in the oven giving you time to spend on other things. Great comfort food for cold days.

<https://www.fabfood4all.co.uk/one-pot-minced-beef-hotpot/>

### TOP TIP

*Consider how useful a slow cooker might be for you and your family. There are lots of recipes online, and the type of things you can cook in the slow cooker are endless. You might find that a little investment in a slow cooker will be beneficial in the long run.*



# One Pan Chicken, Pepper and Tomato Bake

Serves 4

8 chicken thighs (boneless is best)

3 large peppers, sliced (any colour)

1 large onion, sliced (thick slices is best)

500g new/baby potatoes

300g cherry tomatoes

3 tbsp olive oil

3 tsp dried mixed herbs

Preheat your oven to 180°C.

Add the chicken, peppers, onion, potatoes, tomatoes, olive oil and herbs to a large baking tray and mix well to coat everything in the tray.

Bake in the oven for 40-45mins, or until the potatoes are cooked through.

Give everything a mix after about 20 minutes. The tomatoes will now be soft. Gently squash them to release their juices.

Serve immediately. If you want to be fancy, you can also sprinkle over some freshly chopped parsley before serving.

## TOP TIP

*Skinless chicken thighs are a great choice if you are trying to be healthy.*







## One Pot Pasta Dishes

Most of us will be used to preparing a pasta sauce in one pot and boiling the pasta in another, but did you know that it's possible to do everything at once? And the added bonus is you don't have to strain the pasta...Amazing!

As the pasta cooks, the cooking water reduces, blending with other ingredients to create your sauce. This means you can prepare a meal with minimal prep and only a 10 minute cooking time.

The internet is full of ideas, but check out the following to get you started:

### **5 One Pot Pasta Dinners with only 5 ingredients – thekitchn**

With not just one, but five recipes to choose from, this webpage has lots of tips to get you started on your one pot pasta adventure.

**<https://www.thekitchn.com/one-pot-pasta-recipes-261459>**

### **One-Pot Recipes from Tasty**

If you are not very confident in the kitchen, many recipes on the Tasty website and social media channels are in a video format. This makes it super simple to follow and understand exactly how to get the finished result. Check out their One Pot Garlic Parmesan Pasta...tasty indeed!

**<https://tasty.co/recipe/one-pot-garlic-parmesan-pasta>**



# Almost one pan sausage and crispy potato bake

**Serves 4**

**700g potatoes, peeled and cut into large cubes (Maris Piper or King Edward)**

**2 tbsp olive oil**

**8 sausages**

**6 small shallots, halved**

**a pinch of chilli flakes (optional)**

**2 tbsp thyme leaves**

**200g cherry tomatoes**

**100g mature cheddar cheese, grated**

**2 tbsp chopped chives**

**30g pine nuts, toasted**

Preheat the oven to 220°C (fan 200°C).

Add the potatoes to a pan of boiling salted water and boil for 6 minutes. Drain really well.

Add the olive oil and potatoes to a roasting tray and mix well before adding the sausages, shallots, chilli flakes and thyme leaves. Roast in the preheated oven for 30 minutes, until the potatoes and the sausages are golden, turning the sausages once during cooking.

Add the tomatoes to the tray and return to the oven for a further 10 minutes.

Sprinkle the cheese into the tray and add to the oven for a final couple of minutes, until the cheese is melted.

Scatter the chives and toasted pine nuts over the top and serve immediately.







## Kit out your Kitchen

You don't need to have cupboards full of kitchen gadgets to be able to cook well on a budget. To get the most out of our recipes, meal planning and leftover ideas, kit out your kitchen with the following:

- **Reusable food containers** – Invest in a set of reusable food containers and you won't look back. This means you can use the Cook Once, Eat Twice approach and safely store the leftovers in the fridge or freezer.
- **Food bags** – It usually works out cheaper to buy in bulk instead of buying just what you need so take advantage of the freezer. Buy large packs of meat and portion into food bags and store in the freezer.
- **Pots and pans** – You don't need a whole set of pots and pans in varying sizes. You can get a lot of use out of a frying pan and a saucepan with a lid.
- **Oven trays** – Oven trays come in all shapes and sizes but you won't need this much variety. Try and invest in a basic baking tray, and a roasting tin with higher sides.
- **Chopping board** – Many people will say that you need a range of chopping boards to avoid cross contamination, but if you are careful with your prep and clean the board between uses, you can get away with needing only one.
- **Food bag clips** – These clips are perfect for resealing all sorts of food bags and keeping your food fresher for longer. Most are freezer friendly, so are ideal for all sorts of food storage.

# Finding Inspiration and Ideas...

Whether you are new to cooking for yourself, or already have a collection of go-to recipes and are looking for something new, inspiration is not hard to find.

## TV

With food based shows being more popular than ever, and even specific channels devoted to cooking and baking shows, there is no shortage of inspiration available on television.

Many TV channels will also have webpages devoted to the recipes from their TV shows, often organised into categories including quick and easy, budget, vegetarian etc. Check out BBC Good Food, the Food Network and Channel 4.

Relax in front of the TV and soak up tips and new ideas that you can put into practice.

## Social Media

Social media is full of endless ideas and inspiration to keep you going, from Instagram to You Tube. As well as the usual recipes and food hacks, you can often find short and easy to follow videos that will give you confidence in the kitchen. Check out Tasty, Goodful and Pinterest.



## Supermarkets

Supermarkets will often have recipe sections on their websites, showcasing the ingredients you can buy from them. Take advantage of these if you are stuck in a rut and need new ideas. Check out Tesco, Asda, Sainsbury's, Lidl and Aldi.

## Restaurants and Cafes

Enjoyed your meal in a restaurant or café? Why not try and recreate this in the comfort of your own home? Chances are high that it might not turn out identical, but with a little trial and error, you could discover a new dish for your collection.

## Food Bloggers

Why reinvent the wheel when the internet is full of ideas that have been tried and tested by Food Bloggers? Many bloggers will feature easy to follow recipes, but some will also feature full meal plans that you can take advantage of. We've even featured some ideas from bloggers throughout this guide.

Check out Fab Food 4 All, Crunch and Cream, Searching for Spice, Tin and Thyme, Farmers Girl Kitchen, Feast Glorious Feast, Kavey Eats, Something Sweet, Something Savoury and Utterly Scrummy Food for Families to name but a few.







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