

Eat well for £15 a week: Non-vegetarian Recipes

Shopping List	
Food Item	Our Price Recommendation
Bread	£0.36. LIDL
Baked beans	£0.23. ASDA
3 tins chopped tomatoes	£0.31 each. ASDA
1 garlic bulb	£0.25 ASDA
Bag of fresh spinach	£1.00. 180g. ASDA
Sausages (8 pack)	£0.89. 8 pack. LIDL
Green beans	£1.00. ASDA
Minced lamb (400g)	£1.89. LIDL
Courgette	£0.48. LIDL
Mushrooms	£0.50. ASDA
Tomato Puree	£0.37. LIDL
Beef Stock	£0.79. Oxo. LIDL
Butterbeans	£0.33. LIDL
Kg bag of carrots	£0.45. LIDL
Pasta	£0.29. LIDL
Bread rolls	£0.15 each. LIDL
Lettuce	£0.45. LIDL
Vegetable Stock	£0.79. LIDL
Tomatoes	£0.56. LIDL
Porridge oats	£0.39. LIDL
Milk	£0.44. 1 pint. LIDL
Bananas	£0.20 each. UWE fruit and veg stall.
Eggs	£0.55. 6 pack. LIDL
Coriander	£0.35. LIDL
Onions	£0.67. LIDL
Total	
£14.86	
<i>Prices based on research conducted in Jan 2016 and may be subject to change</i>	



Things you will need from your kitchen cupboard:

- Salt and pepper
- Dried herbs for seasoning
- oil

Meal Plan			
Day	Breakfast	Lunch	Dinner
Sunday	Boiled egg on toast	Jacket potato with beans	Chunky vegetable soup
Monday	Porridge with banana	Leftover soup	Sausage, mash and veg
Tuesday	Scrambled egg on toast	Sausage sandwich	Bolognese with courgette and mushroom with jacket potato
Wednesday	Porridge with banana	Leftover Bolognese with penne pasta	Sausage and butterbean casserole
Thursday	Porridge with banana	Beans on toast	Pasta with tomato and spinach
Friday	Fried egg on toast	Leftover pasta	Soup – carrot and coriander
Saturday	Boiled egg on toast	Leftover soup	Mushroom and mince burger with wedges

Making the most of your £15:

- 1) The meal plan and recipes provided are a rough guide only – designed to give you ideas and inspiration about how to eat well spending just £15 a week. Feel free to adjust the plans according to your personal tastes and dietary requirements.
- 2) You may find the plans have limited variability. This is due to the price restriction and consequently similar ingredients being used across recipes. At the end of the week you should have some leftover ingredients. Add these to your £15 budget for the following week and over time you will have a more varied diet.
- 3) A lot of these recipes make more than one serving. Keep the extras for lunch the next day as suggested, or freeze them for a future occasion.
- 4) Cook with a friend. £30 goes a lot further than £15!
- 5) **Shop Around:** Once that you have your plan and know what you'll need for the week, shop around to see where the cheapest deals are.
- 6) **Don't just consider the supermarkets:** Supermarkets have some cheap prices and many products but for fresh produce consider places like the on campus fruit and veg man and other independent retailers.



Sunday

Breakfast

Boiled egg on toast

Lunch

Jacket potato with half a tin of baked beans

Dinner

Chunky Vegetable soup

(Makes 2 portions)

What you will need:

- Half a packet of green beans. 50p
- 2 large carrots. 6p
- Half a tin of butterbeans. 16.5p
- 1 tin chopped tomatoes. 31p
- 2 vegetable stock cubes. 13.1p
- 1 onion. 8.6p
- 2 garlic cloves. 5p
- Seasoning

Feel free to add any extra veg you have leftover in the fridge. For instance I added celery.

Total cost = £1.30

Cost per serving = 65p



Recipe for homemade chunky vegetable soup

- 1) Peel and roughly chop the onion and garlic. Fry with a spoonful of oil over medium heat for a few minutes until soft.
- 2) Wash and chop the celery and carrot into 1cm chunks. Add to the pan and continue frying.
- 3) Wash the green-beans and remove the tips. Chop in half and add to the pan.
- 4) Meanwhile boil the kettle. Add the 2 stock cubes to 750ml hot water
- 5) Add the tin of chopped tomatoes and stock to the pan. Turn down the heat to low.
- 6) Add salt, pepper and mixed herbs to taste.
- 7) Drain and rinse the butterbeans. Add half of the tin to the pan. Keep the other half covered and refrigerated.
- 8) Leave to simmer for 20 minutes until the carrots have softened. Take off the heat.
- 9) Enjoy with bread



Monday

Breakfast

Porridge with banana

Lunch

Leftover chunky vegetable soup

Dinner

Sausage and mash (1 portion)

What you will need:

- 2 sausages 22.25p
- 1 large baked potato 17.25p
- Handful of green beans 25p

Total cost of meal = 64.5p



Recipe for Sausage and Mash

- 1) Pre-heat oven to 180 degrees or as instructed on sausage packet instructions.
- 2) Boil kettle
- 3) Peel baking potato. Quarter potato into smaller pieces.
- 4) Add potato and boiling water to pan. Once boiling reduce the heat and allow to simmer.
- 5) Meanwhile add sausages to oven. Set a timer based on packet instructions.
- 6) When there is only 10 minutes left on the timer, add green beans to a separate pan with water. Bring to the boil and then turn down the heat. Leave to simmer.
- 7) Check the potatoes are soft. If they are, remove from the heat, drain water. Add salt, pepper and a splash of milk to the pan. Use a potato masher to get the potato to a smooth consistency.
- 8) Drain beans, remove sausages from oven and enjoy.



Tuesday

Breakfast

Scrambled egg on toast

(Beat together 2 eggs, a splash of milk, salt and pepper). Add a little butter to pan if you have any. Heat pan, once hot add mixture and stir continuously until you have scrambled eggs).

Lunch

Sausage sandwich

Dinner

Lamb and Vegetable Bolognese with baked potato

(Makes 2 servings)

What you will need:

- Half a pack (200g) mince. 95p
- 1 courgette 48p
- 1 onion 8.6p
- 2 cloves garlic. 5p
- 100g mushrooms 20p
- 2-3 tbsp. tomato paste. 3p
- Half a tin of chopped tomatoes – 15.5p
- 1 Beef stock cube (can substitute for marmite if you have it!) 6.6p
- Seasoning – mixed herbs, salt and pepper
- 1 baking potato. 17.25

Total price = £2.19

Price per serving = £1.10



Recipe for Beef and Vegetable Bolognese:

- 1) Either microwave the potato for 10 minutes, or cook in oven for 1 hour. Check it is soft in the centre before serving. Meanwhile...
- 2) Peel and roughly chop the onion. Crush garlic. Fry on medium heat for 5 minutes until soft.
- 3) Add the mince and stir until browned.
- 4) Dice the courgette and mushrooms. Add to pan.
- 5) Add the tomato paste and mix in with the meat and vegetables.
- 6) Add the half tin of chopped tomatoes.
- 7) Mix the stock cube with 200ml boiling water. Add to pan.
- 8) Add seasoning and leave to simmer for 20 minutes.



Wednesday

Breakfast

Porridge with banana

Lunch

Penne Pasta with leftover Bolognese

Dinner

Sausage and Butterbean Casserole

(2 portions)

What you will need:

- 4 sausages. 45p
- 1 onion. 8.6p
- 2 cloves garlic. 5p
- 1 tin chopped tomatoes. 31p
- Tomato puree. 2 tablespoons. 3p
- 2 carrots. 6p
- 50g mushrooms. 10p
- 2 Baking potatoes. 25p
- Half a tin of Butterbeans 39.5p
- Seasoning: Salt, pepper, mixed herbs

Total cost = £1.74

Price per serving = 87p



Recipe for Sausage and Butterbean Casserole:

- 1) Either microwave the potato for 10 minutes, or cook in oven for 1 hour. Check it is soft in the centre before serving. Meanwhile...
- 2) Brown the sausages in a pan for 10 minutes. Set aside in a casserole dish.
- 3) Peel and chop the onion. Crush the garlic. Add to the same pan the sausages were fried in. Fry over medium heat for 5 minutes until soft.
- 4) Dice the mushrooms and carrots. Add to the pan and continue to fry for 5 more minutes, stirring continuously.
- 5) Add 2 tablespoons of tomato puree and the tin of chopped tomatoes.
- 6) Drain and rinse the butterbeans. Add to the pan. Continue to cook for a few more minutes. Season with salt, pepper and mixed herbs.
- 7) Add to casserole dish and cook at 200 degrees Celsius for 20 minutes in a pre-heated oven.



Thursday

Breakfast

Porridge with banana

Lunch

Beans on toast

Dinner

Pasta with tomato and Spinach

(2 portions)

What you will need:

- Pasta (200g) 14p
- Half tin chopped tomatoes 15.5p
- 2 garlic cloves 5p
- Handful of spinach 10p
- 2 fresh tomatoes 19p
- 1 onion 8.6p
- Seasoning (salt, pepper, mixed herbs)

Total price = 72.1p

Price per serving = 36p



Recipe for tomato, garlic and spinach pasta:

- 1) Boil kettle. Add 200g pasta to pan of hot water.
- 2) Peel and chop onion, crush garlic cloves. Add to a separate frying pan with a teaspoon of oil. Fry for five minutes until soft.
- 3) Add the half tin of chopped tomatoes.
- 4) Dice the fresh tomatoes. Add to frying pan.
- 5) Add seasoning. Leave to simmer for another 5 minutes until the pasta is cooked.
- 6) Drain pasta
- 7) Add the spinach to the frying pan. Stir in so the spinach begins to wilt. Take off the heat.
- 8) Add the tomato mixture to the pan with the pasta. Mix well and serve.



Friday

Breakfast

Fried egg on toast

Lunch

Leftover pasta

Dinner

Carrot and Coriander Soup

(Makes 3 bowls)

What you will need:

- 8-10 carrots (1 small, or 4-5 large carrots) 24p
- Handful of fresh coriander 12p
- 1 onion 8.6p
- 2 cloves of garlic. 5p
- 2 vegetable stock cubes. 13.1p
- Seasoning. Pepper.

Total cost = 62.7p

Price per serving = 20.9p



Recipe for Carrot and Coriander soup:

- 1) Peel and roughly chop onion and garlic. Fry over medium heat for a few minutes until soft.
- 2) Wash and chop carrots. Add to pan and stir for a few more minutes.
- 3) Boil kettle. Add 2 stock cubes to 1L water. Roughly chop a handful of coriander. Add to pan.
- 4) Cover and leave to simmer for 20 minutes or until carrots are soft.
- 5) Add salt and pepper to taste. Add mixed herbs for further seasoning if preferred.
- 6) If you have a hand blender, use this to blitz the mixture to a smooth consistency. If not, use a hand masher or leave the soup chunky.
- 7) Enjoy with bread



Saturday

Breakfast

Boiled egg on toast

Lunch

Leftover Soup

Dinner

Mushroom and lamb burger with homemade wedges

(Makes 2 portions)

What you will need:

- Half a pack of mince (200g) 95p
- 100g Mushrooms. 20p
- Half an onion. 4.3p
- Lettuce 4.5p
- Bread roll. 15p each
- 1 Baked potato. 17.25p
- Seasoning – salt, pepper and dried herbs to flavour. I used rosemary.

Total price = £1.71

Price per serving = 86p

Please note lamb and beef mince can be used interchangeably for this recipe, with up to 250g mince used for a meatier burger.



Recipe for homemade wedges:

- 1) Wash potato and cut into wedge size pieces. Put on a baking tray and drizzle with a little oil, sprinkle over salt and pepper. Add to a pre-heated oven (180 degrees) for half an hour, until the wedges are soft in the centre and the skins have browned.

Recipe for Homemade mushroom and lamb burgers:

- 1) Peel and finely chop the onion, finely dice the mushrooms. Note the finer you chop the onion and mushroom, the better the burger will bind together.
- 2) Fry the onion and mushroom in a teaspoon of oil over medium heat for 5 minutes, until softened.
- 3) Remove from the heat, and add the mushroom and onion to a separate mixing bowl. Leave to cool.
- 4) Add the mince, salt, pepper and any other seasoning to the bowl. Mix well with your hands and shape into 2 burgers. If you find the mixture is sticky you may want to add a sprinkle of plain flour.
- 5) Re-heat the frying pan. Once hot, add the burgers and fry for about 5 minutes on either side or until cooked throughout.
- 6) Serve in a bun with lettuce, and a side of wedges.

