

## Eat well for £15 a week: Vegetarian Recipes

<b>Shopping List</b>			
Food item	Price	Food item	Price
1 Large sweet potato	£0.51 (LIDL)	Bread rolls	£0.15 each. LIDL
1 kg carrots	£0.45. LIDL	500g couscous	£0.69. ASDA
Vegetable stock cubes	£0.79. LIDL	2 tins chickpeas	£0.33 each. LIDL
Fresh Coriander	£0.35. LIDL	Rice	£0.40. LIDL
Bag onions	£0.69. LIDL	Chillis	£0.49. LIDL
Lettuce	£0.45. LIDL	180g Spinach	£1.00 ASDA
1 bulb garlic	£0.25. ASDA	1 tin chopped tomatoes	£0.31. ASDA
Penne Pasta	£0.29. LIDL	Sliced bread	£0.36. LIDL
Eggs (6)	£0.55. LIDL	Baked beans	£0.23. ASDA
Fresh tomatoes	£0.56. LIDL	Porridge Oats	£0.39. LIDL
1 courgette	£0.48. LIDL	Peppers	£0.89 (3 pack) LIDL
Milk	£0.44 (1 pint) LIDL	Butternut squash	£0.79. LIDL
Coconut milk	£0.79. LIDL	Bananas	£0.20 each. UWE fruit and Veg stand
Tinned tuna	£0.69. LIDL		
<b>Total price of shop = £14.59</b>			
<b>Prices are based on research conducted in January 2016 and may be subject to change.</b>			



### *What you will need from your store cupboard:*

- Salt and pepper
- Curry powder
- Cumin
- Oil
- Plain flour
- Mixed herbs

<h2>Meal Plan</h2>		
Breakfast	Lunch	Dinner
Beans on toast (half a tin)	Egg and salad sandwich	Butternut squash and chilli soup
Porridge with banana	Leftover butternut squash soup	Tomato and Spinach pasta
Boiled egg and toast	Leftover pasta	Vegetable couscous salad
Porridge with banana	Leftover couscous	Carrot and Coriander soup
Poached egg on toast	Leftover soup	Falafel burger
Porridge with banana	Leftover falafel with salad	Sweet potato and spinach curry
Beans on toast	Tuna and salad sandwich	Vegetable egg fried rice

### 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:

**Beans on toast**

## Lunch:

**Egg and Salad sandwich**

## Dinner:

**Butternut Squash and Chilli soup**

**(3 Bowls)**



### *What you will need:*

- 1 Butternut squash. 79p
- 1 onion. 8.6p
- 1 chilli. 16.3p
- 2 cloves of garlic. 5p
- 2 Vegetable stock cubes  
13.1p
- Handful Coriander 7p

**Total price = £1.29**

**Price per bow = 43p**



### *Recipe for Butternut squash and chilli soup:*

- 1) Peel and roughly chop the onion and chilli. Remove chilli seeds. Crush garlic. Fry over low heat for a few minutes until softened.
- 2) Peel and roughly chop the butternut squash. Add to pan and continue to fry for a few minutes.
- 3) Meanwhile boil the kettle. Mix 2 vegetable stock cubes with 750ml of boiling water. Add to pan.
- 4) Roughly chop a handful of fresh coriander. Add to pan. Add salt and pepper to taste.
- 5) Add lid to pan. Leave to simmer for 30 minutes or until the butternut squash is soft.
- 6) Remove from heat. If you have a hand blender, blitz the soup until smooth. If not, use a masher.
- 7) Enjoy with bread



# Monday

## Breakfast

*Porridge with banana*

## Lunch

*Leftover butternut squash soup*

## Dinner

*Tomato, garlic and spinach pasta*

*(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.



# Tuesday

## Breakfast

**Boiled egg with toast**

## Lunch

**Leftover tomato pasta**

## Dinner

**Vegetable couscous salad**

**(Makes 4 portions)**

### *What you will need:*

- 200g couscous. 26p
- Half a tin of chopped tomatoes. 15.1p
- Half a courgette 24p
- 1 pepper. 30p
- 1 tin chickpeas. 33p
- 2 vegetable stock cubes. 13p
- A handful of Fresh coriander. 7p
- 1 onion. 8.6p
- 1 chilli. 16.3p
- 1 garlic clove. 2.5p
- 2 handfuls spinach. 20p
- Seasoning – salt and pepper
- Cumin

**Total cost = £1.96**

**Cost per serving = 49p**



### *Recipe for Vegetable Couscous salad:*

1. Use a large pan/ pot. Peel and finely chop the onion, garlic and chilli and fry over low heat until soft.
2. Add 2 teaspoons of cumin and stir well.
3. Roughly chop the half courgette and pepper, and add to the pan. Fry for 5 minutes until the vegetables begin to soften.
4. Drain the chickpeas and then add to the pan.
5. Boil the kettle. Mix 2 vegetable stock cubes with 300ml of water.
6. Add couscous to the pan. Stir until the couscous is well mixed with the vegetables.
7. Add stock and chopped tomatoes to the pan.
8. Sprinkle a handful of fresh coriander. Add black pepper to taste and mixed herbs if you would like more seasoning.
9. Bring to the boil, and then remove from the heat. Add a lid, and leave for 10 minutes.
10. Serve over a bed of spinach.

# Wednesday

## Breakfast

**Porridge with banana**

## Lunch

**Leftover couscous salad**

## Dinner

**Homemade 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



# Thursday

## Breakfast

**Boiled egg on toast**

## Lunch

**Leftover Carrot and Coriander soup**

## Dinner

**Homemade falafel burger**

**(Makes 4 burgers)**

### *What you will need:*

- 1 carrot. 3p
- 1 tin chickpeas (400g) 33p
- Handful coriander. 7p
- 1 onion. 8.6p
- Lettuce. 5p
- 1 tomato. 9.8p
- Bread roll. 15p per serving.
- Generous sprinkle cumin
- Salt and pepper
- 1 tablespoon plain flour

**Total cost for falafel = 66.4p**

**Cost per serving 31.6p (including roll)**

*Leftover burgers can be wrapped in Clingfilm and kept in the refrigerator or freezer (uncooked).*



### *Recipe for homemade falafel burgers:*

- 1) Peel and finely chop the onion. Wash and grate the carrot
- 2) Fry onion and carrot with the cumin until soft.
- 3) Remove from heat and add to mixing bowl. Add chickpeas (drained), a handful of roughly chopped coriander, salt, pepper and the plain flour.
- 4) Blitz with a hand blender or mash by hand with a potato masher.
- 5) With floured hands shape the mixture into 4 burger patties.
- 6) Heat a little oil in a frying pan, and fry the burgers for about 10 minutes, flipping them half way until cooked through.
- 7) Serve in a bun with lettuce and tomato. Add a serving of couscous if hungry!

*This recipe was inspired by Jack Monroe's webpage 'cooking on a Bootstrap'. Please see link below for original source and for more budget recipes:*

<http://cookingonabootstrap.com/2013/03/06/carrot-coriander-falafels-23p/>



# Friday

## Breakfast

*Porridge with banana*

## Lunch

*Leftover falafel*

## Dinner

*Sweet Potato and Spinach curry*

*(Makes 2 portions)*

### *What you will need:*

- 1 large sweet potato (or 2 medium). 51p
- 2 handfuls spinach. 20p
- 2 Fresh tomatoes. 19.6p
- Half a chilli. 8p
- 1 onion. 8.6p
- 1 clove of garlic. 2.5p
- Coconut milk. 79p
- Rice to serve. 6p
- Curry Powder
- Salt and Pepper

**Total price = £2.00**

**Price per serving = £1.00**



### *Recipe for Sweet Potato and Spinach curry:*

- 1) Peel and roughly chop the onion. Crush garlic and finely chop the half chilli. Add to a pan.
- 2) Fry with a teaspoon of oil for 5 minutes until they are beginning to soften.
- 3) Peel the sweet potato and dice.
- 4) Add 2.5 teaspoons of curry powder to the pan with the onion. Add more or less depending on how hot you like your curries.
- 5) Add the diced sweet potato to the pan and stir so it is coated in the spiced.
- 6) Add the tin of coconut milk.
- 7) Add a splash more water if required. So that the potato is completely covered.
- 8) Leave on low heat. Meanwhile dice the tomatoes and add to the pan.
- 9) Cover and leave for 20 minutes to simmer. Whilst the curry is simmering cook the rice according to packet instructions.
- 10) Check the potato is soft. Once cooked through add the spinach and stir into the curry. Remove from the heat and serve with the rice.

# Saturday

## Breakfast

Beans on toast

## Lunch

Tuna and salad sandwich

## Dinner

Vegetable Egg Fried Rice

(1 portion)

### What you will need:

- Rice. 75g. 3p
- Half an onion. 4p
- 1 clove of garlic. 2.5p
- Half a courgette. 24p
- Half a pepper. 15p
- 2 eggs. 18.4p
- 1 fresh tomato. 9.8p
- A handful of spinach. 10p
- Half a chilli. 8p
- Salt and pepper.

**Total cost = 95p**

*This recipe can be made using any leftover vegetables. Use any frozen veg, e.g. peas, mushrooms, green beans as substitutes for above ingredients if preferred.*



### Recipe: Vegetable Egg Fried Rice

1. Cook rice according to packet instructions
2. Meanwhile, peel and roughly chop the onion and garlic. Deseed and roughly chop the chilli. Fry on medium heat for a few minutes until soft. Use a frying pan or wok if you have one.
3. Dice the courgette, pepper and tomatoes. Add to the wok and stir for a few minutes until the vegetables are heated through.
4. Check on the rice. Once it is cooked take it off the heat and drain. Add cooked rice to the wok and stir into the veg.
5. Add the spinach to the wok.
6. Using a spatula or spoon make a small pool in the centre of the wok. Break the 2 eggs into the pool.
7. Once the eggs begin to cook, stir them into the rice and veg.
8. Add seasoning to taste

