



**FEED YOUR
FAMILY
FOR £5**

ROAST 
SWEET POTATO
AND CHICKEN
TRAYBAKE



INGREDIENTS

Main Ingredients	Cost £	Veggie Switch	Cost £
1kg Chicken Legs	£2.50	300g Quorn Chicken style pieces	£2.50
2 x Sweet Potatoes	£0.84		
1 1/2 x Red Onions	£0.30		
2g Dried Thyme	£0.11		
2 X Lemons	£0.34		
10g Parsley	£0.12		
30ml Vegetable oil	£0.06		
120g Cauliflower Florets	£0.50		
TOTAL COST	£4.77		£4.77

Prices correct at time of printing and my vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

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video online



1.

Pre heat the oven to 180°C

PREPARE THE VEGETABLES

2.

Wash the sweet potatoes and peel the onion. Dice both into bite-sized pieces.

3.

Add to a large bowl with the cauliflower florets and season with half the thyme, salt, pepper and juice of half a lemon. Mix well to combine.

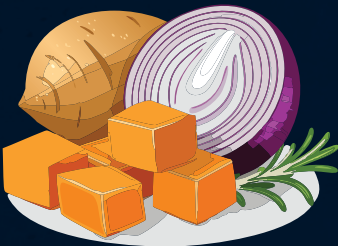
PREPARE THE CHICKEN

4.

Cut each chicken leg in half to separate the thigh and drumstick. Score the chicken pieces with a knife and place them in another bowl.

5.

Season with the rest of the thyme, salt, pepper and juice of half the lemon. Add a splash of olive oil and mix well to marinate.



COOK THE DISH

6.

Arrange the seasoned vegetables and marinated chicken pieces on a baking tray. Place the tray in the preheated oven and roast for 20 minutes.

7.

After 20 minutes, remove the tray from the oven and stir the ingredients to ensure even cooking. Return to the oven and continue roasting until the chicken is fully cooked and golden brown.

8.

Once cooked, remove from the oven. Slice the remaining lemon into wedges and roughly chop the fresh parsley.

9.

Plate the roasted chicken and vegetables, garnishing and serve!

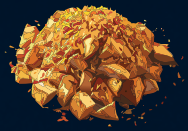


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FEED YOUR
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BBQ PULLED CHICKEN LOADED CHIPS





INGREDIENTS

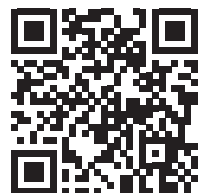
Main Ingredients	Cost £	Veggie Switch	Cost £
400g Chicken Breast Fillets (Frozen)	1.70	Jackfruit in water can 400g	1.75
500ml Diet Cola	0.16		
100g Classic BBQ Sauce	0.21		
1 x Brown Onion	0.12		
3 x Garlic Cloves	0.14		
1 tsp (2g) Smoked Paprika	0.04		
4 x Large Baking Potatoes	0.84		
1/2 Iceberg Lettuce	0.38		
2 x Carrots	0.18		
1/4 Red Cabbage	0.20		
100g Sour Cream	0.35		
1/2 Bunch of Spring Onions	0.25		
TOTAL COST	4.57		4.62

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PULLED BBQ CHICKEN

1.

Defrost the chicken in the fridge over night. Place the chicken fillets into a deep dish. Dice the onion into chunks & chop garlic add to the chicken.

2.

Mix the cola, bbq sauce & paprika together and place over the chicken, cover with foil tightly and cook at 180c in the oven until pull apart tender (60 to 90 mins).

3.

Once cooked pull the chicken apart with 2 forks and if you like the sauce a little thicker simmer on a stove until reduced and thickened.



VEGGIE SWITCH

For a great veggie version, switch out the chicken for Jackfruit. Just cut the cooking time to 30mins.



4.


HOME BAKED CHIPS

Peel and chop the potatoes into chips, place in a pan of cold water and bring to the boil, simmer for 3 mins.

Drain and drizzle with a little oil before baking at 180C until golden & cooked through (approx 30-40 mins in the oven).



- Good for you



- Good for the planet

5. CRUNCHY SALAD

Shred the cabbage & lettuce. Peel & grate the carrot & toss together.

ASSEMBLE THE MEAL

6.

Place the chips in a bowl & top with the pulled chicken, sour cream & some sliced spring onions.

7.

Serve with the crunchy salad on the side & enjoy your fakeaway!



ZERO WASTE

Keep your potato peelings to make crisps! Drizzle your peelings with a smidge of oil and bake into crispy snacks!



Cook the chicken & chips at the same time to save on the running costs of the oven.

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CHORIZO PAELLA



GOOD
FOR YOU &
GOOD
FOR THE
PLANET



INGREDIENTS

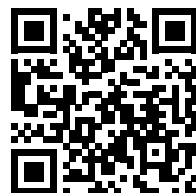
Main Ingredients	Cost £	Veggie Switch	Cost £
300g Paella Rice	1.35		1.35
200g Diced Frozen Chorizo	1.88	200g soy bean edamame	0.96
1 x Green Pepper	0.55		0.55
1 x 400g tin Butter Beans (alternatively cannellini or borlotti beans)	0.65		0.65
1 x Brown onion	0.12		0.12
3 cloves garlic	0.14		0.14
30g Tomato Puree Growers Harvest	0.08		0.08
1 tsp (2g) Smoked Paprika	0.04	2 tsp (4g) Smoked Paprika	0.08
1 tsp (2g) Turmeric	0.04		0.04
1 x Vegetable stock cube	0.09		0.09
TOTAL COST	4.94		4.06

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1.

Dice the onion and pepper, finely chop the garlic and drain the butter beans



2.

Make up the stock cube with 900ml of boiling water



3.

In a frying pan or paella pan gently fry the onion, chorizo & pepper together until the onion softens

4.

Add the garlic & tomato puree and gently fry for 1 to 2 mins

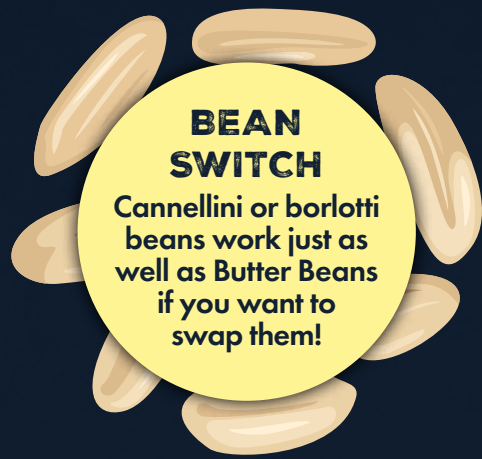


VEGGIE SWITCH

For a great veggie version, add an extra 2 grams of Smoked Paprika, leave out the Chorizo and add Soy Beans at the same time as the butter beans

5.

Add the rice, turmeric and paprika and gently fry for another minute



6.

On a low heat gradually add the stock 1/3rd at a time until rice is softening -

DO NOT STIR ANY MORE

7.

When all the stock has been added, top with the beans, cover with foil or a lid and leave on a low heat for 3-5 mins

8.

Tuck in and Enjoy!



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JERK CHICKEN WITH RICE AND BEANS



INGREDIENTS

Main Ingredients	Cost £	Veggie Switch	Cost £
1 x 1kg Chicken Legs	£2.50	1 x XL Cauliflower	£1.80
300g Long Grain Rice	£0.38		
400g Kidney Beans	£0.49		
400g Baked Beans	£0.45		
30g Schwartz Jerk Seasoning	£1.17		
TOTAL COST	£4.99		£4.29

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THE CHICKEN

1.

Pre heat the oven to 180°C

3.

Coat all the drumsticks in 20g of the jerk seasoning and a drizzle of oil.

2.

Slash the chicken legs with a sharp knife to make some deep ridges for the marinade to soak into.



4.

Leave to marinade covered in the fridge for an hour or two.

5.

Roast in the oven for approx 30 minutes and until the core temperature is a minimum of 75°C.



VEGGIE SWITCH

For a great veggie version, switch out the chicken for cauliflower.

- Remove the outer leaves and cut into large disks/steaks.
- Use 20g of jerk seasoning
- Cook for 20mins until golden instead of 35mins.



MEANWHILE...

THE RICE

6.

While the chicken is cooking, wash and boil the rice, seasoning the cooking water with half of the remaining 1/3 of jerk seasoning.

7.

5 minutes before the rice is finished cooking add the tin of drained kidney beans.



- Good for the planet



- Good for you

THE BEANS

8.

Add the baked beans to a heat proof bowl and add the remaining half of the 1/3 of the jerk seasoning.

9.

Place in the microwave until heated through.

ASSEMBLE THE MEAL

Remove the chicken from the oven when golden, crispy and a minimum of 75°C. Add the remaining fat and cooking juice from the chicken into the rice before serving them.



SALAD

9. Wash the lettuce and chop, slice cucumber and tomatoes and mix. This is your side salad!

SERVE

Remove the golden pasta bake and serve alongside your mixed salad.



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SALMON & SPINACH PASTA BAKE



INGREDIENTS

Main Ingredients	Cost £
400g Penne Pasta	£0.33
120g Spinach	£0.55
2 X Garlic Cloves	£0.06
3 Spring Onions	£0.34
300g Creme Fraiche	£0.85
213g The Fishmonger Pink Salmon	£1.39
10g Flat Leaf Parsley	£0.17
5g Salt	£0.02
1/3 Lettuce	£0.29
3 X Tomatoes	£0.51
1/4 Cucumber	£0.22
Total	£4.73

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THE PASTA

1. Bring a large pan of water to the boil, season with salt.
2. Add pasta and cook as per packet cooking instructions.

SALMON SAUCE

3. In a small sauce pan add the creme fraiche, chopped spring onions, garlic and drained salmon.
4. Heat until warmed through.
5. Add the spinach to the salmon sauce.
6. Once the pasta is cooked, drain the water and add the pasta to the salmon sauce.
7. Stir the salmon mixture with cooked pasta and add to baking dish.
8. Chop parsley and sprinkle over the top. Bake at 180 degrees for 25 minutes.





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SWEET CHILLI CHICKEN FRIED RICE



INGREDIENTS

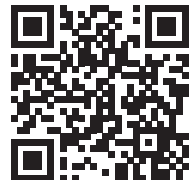
Main Ingredients	Cost £	Veggie Switch	Cost £
375g Chicken Thighs	£1.28	300g Plant Chef Chicken Style Pieces	£2.25
350g Long Grain Rice	£0.44		
150g Peas	£0.17		
150g Sweetcorn	£0.22		
3 x Garlic Cloves	£0.14		
1/2 bunch Spring Onions	£0.33		
300g Carrots	£0.22		
30ml Vegetable Oil	£0.06		
50g Ketchup	£0.08		
85ml Sweet Chilli Sauce	£0.47		
40ml Soy Sauce	£0.23		
6g Mild Curry Powder	£0.10		
Total	£3.74		£4.71

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1. THE RICE

Cook the rice according to the package instructions.
Once cooked, leave it to cool.

2. PREPARE THE VEGETABLES

Peel and dice carrots into small cubes. Grate your garlic
and set it aside.

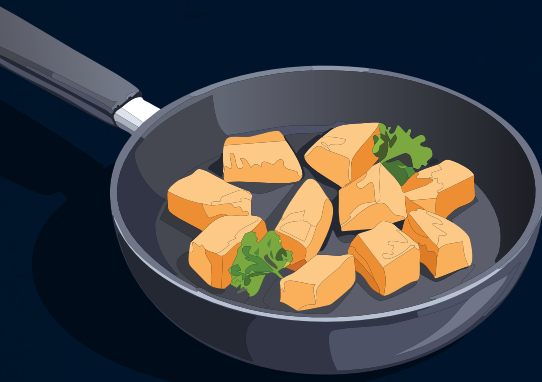
3. THE SAUCE

In a small mixing bowl, combine the sweet chilli sauce,
soy sauce and ketchup. Mix well.

THE CHICKEN

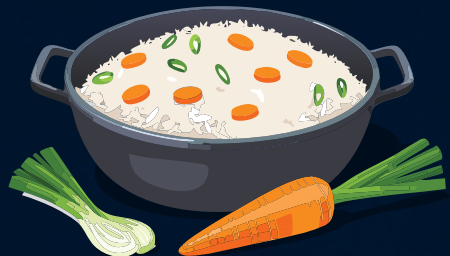
4.

Slice the chicken into strips.



5.

Heat oil in a large frying pan or wok on a medium-high heat. Add sliced chicken and cook for about 5 minutes.



COOK THE VEG

6.

Once the chicken is partially cooked, add the grated garlic and curry powder. Stir in the diced carrots, peas and sweetcorn. Cook for a further 4 mins, stir continuously.

7.

Add the cooked and cooled rice to the pan. Keep stirring to heat the rice through. Pour in the sauce mixture and cook for an additional 3-4 minutes, stirring continuously.

8.

Finely slice the spring onions, reserving some for garnish. Add the sliced spring onions to the pan and cook for 30 seconds.

SERVE

Serve the dish hot, garnished with the reserved spring onions. Enjoy!



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FEED YOUR
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VEGAN HARISSA 
**CHICKPEA &
LIME STEW**
WITH COUSCOUS





INGREDIENTS

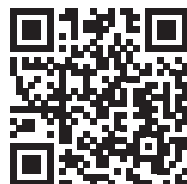
Main Ingredients	Cost £
2 x Tins of Chickpeas in Water	1.18
20g Harissa Paste	0.40
1 x Brown Onion	0.12
3 x Garlic Cloves	0.14
1 x Green Pepper	0.55
1 x Tin of Chopped Tomatoes	0.35
1/2 Aubergine	0.43
1 x Lime	0.24
1 x Vegetable Stock Cube	0.09
240g Couscous	0.55
360ml Water	0.00
15g Coriander	0.26
TOTAL COST	4.31

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THE STEW

1.

1st Preparation! Dice the onion, pepper and aubergine then grate the garlic cloves.

2.

Gently fry the onion and pepper in a saucepan with a little oil until softened and they start to brown. Then add the aubergine, garlic and harissa paste and fry for another 2-3 mins.

3.

Add the tinned tomatoes and fill the empty tin half full with water to rinse the tin out and add this to the stew.

4.

Add the zest and juice of the lime. *Then drain the chickpea water (save the water) and add the chickpeas to the stew.

5.

Simmer on a low heat for 30 minutes.

MEANWHILE...



- Good for you



- Good for the planet



THE COUSCOUS

6.

Boil the water in a saucepan and add the stock cube.

7.

Measure the couscous into a heat proof bowl, add the stock and boiled water. Cover tightly with cling film or a lid and leave for 10 minutes.

8.

Shred and add the coriander to garnish before serving.



ZERO WASTE

Save the chickpea water you have drained to make vegan meringues for your dessert! * additional cost, not costed into original recipe.

