

# LET'S COOK.



Out North East and Gateshead College have come together with great ways to eat well for less. You can use these ideas to work within your budget and enjoy tasty, nutritional meals.

These instructions are basic, and you can customise the recipes based on your preferences. Adjust the seasoning and add herbs or spices according to your family's taste. Enjoy your budget-friendly meals!

## 3 meals for £10 from Aldi (plus snacks!)

### Breakfast - Scrambled Eggs on Toast

**Ingredients**  
Eggs (6): 89p  
Bread (1 loaf) 45p  
Butter (250g): 85p  
**Total: £2.19**

**Recipe**

1. Crack the eggs into a bowl and whisk them together.
2. Heat a pan over medium heat and add a small amount of butter.
3. Pour the beaten eggs into the pan, stirring continuously until they are cooked to your liking.
4. Toast slices of bread and spread with butter.
5. Serve the scrambled eggs over the buttered toast.

### Lunch - Vegetable and Bean Soup with Bread

**Ingredients**  
Mixed Vegetables (frozen, 500g): 79p  
Canned Mixed Beans (400g): 30p  
Chicken or Vegetable Broth (500ml): 35p  
Bread (remaining from breakfast): 0p  
**Total: £1.44**

**Recipe**

1. In a pot, combine the mixed vegetables, mixed beans, and chicken or vegetable broth.
2. Bring the mixture to a boil, then reduce the heat and simmer until the vegetables are tender.
3. Season with salt and pepper to taste.
4. Toast slices of bread to serve alongside the soup.

### Dinner - Pasta with Tomato Sauce and Salad

**Ingredients**  
Pasta (500g): 45p  
Canned Chopped Tomatoes (400g): 29p  
Onion (1): 12p  
Garlic (1 bulb): 30p  
Olive Oil (250ml): 75p  
Lettuce (1 head): 45p  
Salad Dressing (250ml): 45p  
**Total: £2.86**

**Recipe**

1. Cook the pasta according to the package instructions until al dente.
2. While the pasta is cooking, sauté chopped onions and minced garlic in olive oil until softened.
3. Add canned chopped tomatoes to the sautéed onions and garlic, and let it simmer to create a simple tomato sauce. Season with salt and pepper.
4. Toss the cooked pasta in the tomato sauce.
5. Prepare a simple salad with chopped lettuce and your favorite salad dressing.

### Snacks for the day

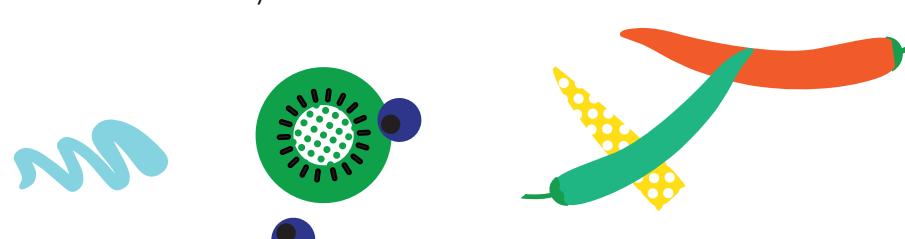
**Ingredients**  
Apples (4): 79p  
Greek Yogurt (500g): 85p  
**Total: £1.64**

**Recipe**

1. Wash and slice the apples for a refreshing snack.
2. Serve Greek yogurt in bowls, either plain or with a drizzle of honey.



**Grand Total: £8.13**



# 3 meals for 4 people from Aldi

## Breakfast - Pancakes with Syrup and Fruit

**Ingredients**  
Pancake Mix (500g): 45p  
Milk (1L): 85p  
Maple Syrup (250ml): 99p  
Bananas (4): 68p  
**Total: £2.97**

**Under £5 per meal**

**Recipe**

1. Prepare the pancake mix according to the package instructions, using milk instead of water for extra richness.
2. Heat a non-stick pan over medium heat and ladle the pancake batter onto the pan to make small pancakes.
3. Cook until bubbles form on the surface, then flip and cook until golden brown on both sides.
4. Slice the bananas.
5. Serve the pancakes with sliced bananas and drizzle with maple syrup.

## Lunch - Veggie Wrap with Hummus

**Ingredients**  
Flour Tortillas (8-pack): 99p  
Canned Chickpeas (400g): 45p  
Mixed Salad Greens (150g): 79p  
Red Bell Pepper (1): 45p  
Hummus (200g): 89p  
**Total: £3.57**

**Recipe**

1. Rinse and drain the canned chickpeas.
2. In a bowl, mix the chickpeas with a bit of olive oil, salt, and pepper.
3. Warm the flour tortillas in a dry pan or microwave.
4. Spread a layer of hummus on each tortilla.
5. Place a handful of mixed salad greens on top of the hummus.
6. Add some sliced red bell pepper for crunch and colour.
7. Spoon a portion of seasoned chickpeas onto each wrap.
8. Fold the wraps and serve.

## Dinner - Spaghetti Aglio e Olio with Salad

**Ingredients**  
Spaghetti (500g): 45p  
Olive Oil (250ml): 75p  
Garlic (1 bulb): 30p  
Red Chili Flakes (optional): 35p  
Parmesan Cheese (100g): 99p  
Mixed Salad Greens (150g): 79p  
Balsamic Vinaigrette Dressing (250ml): 49p  
**Total: £3.13**

**Recipe**

1. Cook the spaghetti according to the package instructions.
2. While the spaghetti is cooking, heat olive oil in a pan over medium heat.
3. Add minced garlic to the pan. Optionally, add red chili flakes for some heat.
4. Sauté the garlic until it's golden and aromatic.
5. Drain the cooked spaghetti and toss it in the garlic-infused olive oil.
6. Serve the spaghetti with a generous sprinkle of grated Parmesan cheese.
7. Toss the mixed salad greens in a bowl.
8. Drizzle the salad with balsamic vinaigrette dressing.

# 3 meals with meat for around £15

## Breakfast - Sausage and Egg Breakfast Burritos

**Ingredients**  
Pork Sausages (8): £1.89  
Eggs (1 dozen): £1.78  
Flour Tortillas (8-pack): 99p  
Cheese (200g): £1.00  
**Total: £5.66**

**Recipe**

1. Cook the sausages according to the package instructions.
2. Scramble eggs in a pan.
3. Warm tortillas in the oven or on a hot skillet.
4. Assemble the burritos by placing sausages, scrambled eggs, and cheese on each tortilla. Roll them up.

## Lunch - Chicken and Vegetable Stir-Fry with Rice

**Ingredients**  
Chicken Thighs (500g): £2.49  
Mixed Vegetables (frozen, 500g): 79p  
Soy Sauce (150ml): 45p  
Rice (1kg): 45p  
**Total: £4.18**

**Recipe**

1. Cut chicken thighs into bite-sized pieces.
2. Stir-fry chicken in a pan until cooked.
3. Add mixed vegetables and soy sauce to the pan. Cook until the vegetables are tender.
4. Prepare rice according to package instructions.
5. Serve the stir-fry over rice

## Dinner - Spaghetti Bolognese

**Ingredients**  
Minced Beef (500g): £1.69  
Spaghetti (500g): 45p  
Canned Chopped Tomatoes (400g): 29p  
Onion (1): 12p  
Garlic (1 bulb): 30p  
Olive Oil (250ml): 75p  
**Total: £3.60**

**Recipe**

1. In a pan, sauté chopped onions and minced garlic in olive oil until softened.
2. Add minced beef and cook until browned.
3. Pour in canned chopped tomatoes and let it simmer. Season with salt and pepper.
4. Cook spaghetti according to the package instructions.
5. Serve the Bolognese sauce over cooked spaghetti.

