

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!



**Grand
Total:
£8.13**

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

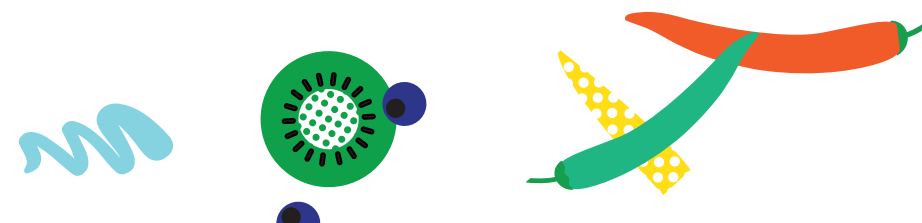
Ingredients

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.



3 meals for 4 people from Aldi

Under
£5 per
meal

Breakfast - Pancakes with Syrup and Fruit

Ingredients

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

Total: £2.97

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.

Under
£6 per
meal

