Eat Smart
Save Better

IDEAS ON HOW TO EAT WELL & SAVE MONEY
SHOPPING BAG RECIPES

Shopping bag ingredients:

Ingredients
Porridge oats  Mushrooms
Tinned sliced peaches  Bread muffins
Plain natural yoghurt  Apples
Self raising flour  Tomato puree
Free range eggs  Onions
Tinned potatoes  Tinned chopped tomatoes
Bunch of spring onion  Dried whole-wheat pasta shapes
Block of cheese  Carrots
Tinned mixed beans (chili)

*Additional ingredients needed: vegetable oil, margarine, mixed herbs, milk, black pepper

Garlic, chilli powder and any additional herbs and spices can be added to all the savoury dishes according to individual taste preferences.

Overnight Breakfast Oats makes 1 pot

Ingredients:
3-4 Tinned peach slices and juice
2 dessert spoons, plain natural yoghurt
2 dessert spoons, porridge oats

Directions:
• Place 2 dessert spoons of porridge oats in the bottom of a container
• Pour some of the peach juice onto the oats and combine
• Place peach slices on top of the porridge oats
• Spoon 2 dessert spoons of plain natural yoghurt on top of the peach slices
• Put lid on top of container and leave in fridge overnight

Equipment:
Small container with lid
Dessertspoon

Allergy Awareness:
Milk
Oats
Breakfast Pancakes makes 4-6

Ingredients:
50g/2oz self-raising flour
1 egg beaten
3 tablespoons milk

Equipment:
Measuring jug
Bowl
Frying pan
Wooden spoon
Dessert spoon

Allergy Awareness:
Measuring jug  Milk
Bowl   Eggs
Frying pan  Wheat
Wooden spoon Gluten
Dessert spoon

Directions:
• Beat the egg and the milk in a measuring jug
• Put flour in a bowl and stir in the egg and milk mixture
• Heat a frying pan with a little oil and drop spoonfuls of the mixture onto the surface
• Let bubbles come to the surface and then turn over. Cook for 2-3 minutes each side
• Serve with fruit and plain natural yoghurt

Mini Breakfast Frittatas makes 6

Ingredients:
2 tinned potatoes, diced
2 spring onions, finely sliced
3 eggs, beaten
15g cheese, grated
60ml milk
3 mushrooms, sliced
1 tablespoon sweetcorn
Black pepper

Equipment:
Muffin tin
Baking tray
Chopping board
Sharp knife
Grater
Mixing bowl
Measuring jug
Fork
Teaspoon

Allergy Awareness:
Muffin tin  Milk
Baking tray  Eggs
Chopping board Cheese (made with milk)
Sharp knife
Grater
Mixing bowl
Measuring jug
Fork
Teaspoon

Directions:
• Heat the oven to 170°C/Gas 4
• Place the muffin tin on a baking tray
• Mix the potatoes, spring onion, mushrooms and sweetcorn in a bowl and divide between the 6 muffin moulds
• In a measuring jug, beat the eggs with the milk, grated cheese and black pepper
• Carefully pour the egg mixture into the moulds until ¾ full
• Bake for 20 minutes until golden and set. Leave to cool for a few minutes before loosening with a knife
• Carefully tip out onto a serving plate, serve warm
Lunchtime Pizza Muffins makes 8 halves

Ingredients:
- 4 bread muffins, each cut in half
- 1 teaspoon tomato puree, per half a muffin
- 60g/2oz grated cheese
- 1-2 dessert spoons sweetcorn, for 8 halves
- 2 spring onions, sliced for 8 halves

Equipment:   Allergy Awareness:
Baking tray   Cheese (made from milk)
Chopping board   Wheat
Sharp knife   Gluten
Grater   Table spoon
Teaspoon

Directions:
• Heat the oven to 180°C/Gas 4
• Cut each muffin in half, and spread the tomato puree onto each half
• Sprinkle grated cheese over the top
• Arrange sweetcorn and spring onion over the top
• Put on baking tray and bake for 10 minutes until cheese is melted and muffin lightly toasted

Tomato and Cheese Pasta Bake serves 4

Ingredients:
- 250g/9oz pasta shapes
- ½ onion, chopped
- 1 tin of chopped tomatoes
- 60g/2oz grated cheese
- 1 teaspoon mixed herbs (optional)

Equipment:   Allergy Awareness:
Frying pan   Cheese (made with milk)
Sharp knife   Wheat
Chopping board   Gluten
Wooden spoon
Large pan
Grater
Teaspoon
Oven proof baking dish

Directions:
• Heat oven to 180°C/Gas 4
• Fry onion in a small amount of oil (approx. 1 teaspoon)
• Add chopped tomatoes and stir. Leave to simmer for 10 minutes
• Boil pasta in pan of water for 15 minutes, then drain
• Add pasta to the tomatoes and onion and combine
• Transfer into an oven proof baking dish and sprinkle over cheese
• Place in the oven for 15-20 minutes
Homemade Pizza

serves 4

Ingredients:
250g/9oz self-raising flour
1 tablespoon vegetable oil
150ml/5floz warm water
4 tablespoons tomato puree
60g/2oz grated cheese
2 spring onion, sliced
2 dessert spoons sweetcorn
Mixed herbs (optional)
(More toppings can be added)

Equipment: Sieve
Baking tray
Chopping board
Sharp knife
Grater
Mixing bowl
Measuring jug
Fork
Teaspoon
Wooden spoon
Rolling pin

Directions:
• Heat the oven to 180°C/Gas 4
• Sieve flour and mixed herbs if using into a mixing bowl, add oil
• Stir slowly adding water to form a soft dough
• Turn out the dough onto a floured surface. Knead for 5 minutes
• Using a rolling pin, roll out to fit on to a baking tray (it doesn’t have to be round)
• Spread tomato puree onto dough along with grated cheese, spring onion and sweetcorn. (Extra toppings can be added)
• Cook for 15-20 minutes until golden brown

Vegetarian Bolognese Sauce

serves 4

Ingredients:
2 carrots, grated
2 spring onions, chopped
3 mushrooms, chopped
2 dessert spoons sweetcorn
1 tin of chopped tomatoes
1 tin of green lentils, drained
100ml water
1 dessert spoon tomato puree
1 teaspoon mixed herbs (optional)

Equipment: Large saucepan
Sharp knife
Chopping board
Wooden spoon
Measuring jug
Tablespoon
Dessertspoon
Teaspoon

Directions:
• Heat small amount of oil (approx. 1 teaspoon) in a large saucepan
• Add the onion and carrot and simmer gently for 10 minutes, stirring regularly until softened
• Stir in tomato puree and cook for 1 minute
• Add mushrooms, sweetcorn, lentils, chopped tomatoes and 100ml water
• Stir in the mixed herbs if using
• Serve with pasta shapes
Mixed Bean Chilli serves 4

Ingredients:
- ½ onion, chopped
- 1 tin of chopped tomatoes
- 1 tin of taco mixed beans
- 2 tablespoons sweetcorn
- 100ml water
- 1 teaspoon mixed herbs (optional)

Equipment: Large saucepan

Directions:
- Heat small amount of oil (approx. 1 teaspoon) in a large saucepan
- Add the onion and simmer gently for 10 minutes, stirring regularly until softened
- Add the chopped tomatoes, mixed beans, sweetcorn and 100ml water
- Stir in the mixed herbs if using
- Serve with plain boiled rice or potato wedges

Tinned Potato Wedges Serves 2-3

Ingredients:
- 8 tinned potatoes, halved then quartered
- 1 tablespoon vegetable oil
- 1 tablespoon tomato puree
- Mixed herbs (optional)

Equipment: Chopping board

Directions:
- Heat the oven to 200°C/Gas 6
- Mix the oil, herbs and puree in a bowl
- Coat the wedges in the oil mix
- Spread wedges on a baking tray
- Bake in the oven for 20 minutes, turning halfway through cooking
- Serve with mixed bean chilli
Quick and Easy Fruit Crumble  Serves 4

Ingredients:
4 apples, peeled and chopped
1 tin of sliced peaches including juice
150g/5oz self raising flour
75g/3oz margarine
75g/3oz porridge oats

Directions:
• Heat the oven to 180°C/Gas 4
• Place fruit including juice in an oven proof dish
• In a mixing bowl rub the flour and margarine together with fingertips gently until they look like breadcrumbs
• Add the porridge oats and mix well
• Pour crumble mix evenly over fruit
• Bake in the oven for 25-30 minutes until top is golden
• Serve with plain natural yoghurt

Equipment:
Chopping board
Sharp knife
Table spoon
Large bowl
Wooden spoon
Oven proof dish
Baking tray

Allergy Awareness:
Wheat
Gluten
Oats

SHOPPING BAG ITEMS
FINISHED DISH
INGREDIENTS