

Together We Can

Cooking on a Budget

Within we show you some really simple recipes that are quick and easy to do and won't hurt your pocket...

Make sure to also check out our Homemade V Takeaway where you can see the price and time difference when eating healthy.

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Jacket Potatoes

Jacket potatoes are excellent fast foods. They are nutritious, delicious and simple to prepare. They provide complex carbohydrates, B vitamins, vitamin C, iron and fibre. Here's how to bake the perfect potato:

Method

1. Wash the potatoes and pierce the skin with a fork.
2. Bake directly on the oven shelf at 220°C / 425°F / gas mark 7 for about 1 – 1¼ hours (depending on the size of the potato) or until the flesh is very tender.
3. For a crispy skin, rub lightly in a little olive oil.

Toppings for jacket potatoes

- Baked beans
- Cheddar cheese
- Mozzarella cheese
- Plain yogurt
- Half-fat crème fraiche
- Salsa
- Stir-fried vegetables
- Chicken mixed with a little mayonnaise
- Hummus
- Cottage cheese
- Prawns with mayonnaise or salad cream
- Ratatouille
- Lentil dahl
- Tuna mixed with plain yogurt or mayonnaise
- Grilled mushrooms
- Chilli con carne
- Scrambled egg and tomato
- Sweetcorn
- Bolognese sauce
- Vegetarian Bolognese
- Vegetable korma

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Juicy Tomato Burgers

These homemade meat burgers are made with lean mince and cooked without extra oil. This means they are low in fat – and at least you know exactly what's in them!

Ingredients (makes 6-8 medium burgers).

- 500g (16 oz) extra lean mince meat (beef, turkey, pork)
- 60 g (2 oz) dried breadcrumbs
- 3 tbsp (45 ml) water
- 1 small onion, chopped finely
- 2 tbsp (30 ml) fresh sage or parsley, chopped (or 1 tbsp (15 ml) dried)
- 2 tbsp tomato puree
- Dash of Worcester sauce
- Freshly ground black pepper

Method

1. Place the minced meat, breadcrumbs, water, onion, tomato puree, herbs and pepper in a bowl. Mix well to combine.
2. Divide the mixture into 4 or 8 balls and flatten into burgers.
3. Dry fry in a hot non-stick pan for 4 – 5 minutes each side.
4. Alternatively, place the burgers on a baking sheet and cook in the oven at 200°C / 400°F / gas mark 6 for 10 – 15 minutes, depending on the size of the burgers.
5. Test by inserting a skewer into the middle of a burger – there should be no trace of pink in the meat and the juices should run clear.

Tip: To balance the meal, add a wholemeal barm, shredded lettuce, tomatoes, relish or salsa and plenty of salad.

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Turkey Burgers

Ingredients (serves 4)

450g minced turkey
1 onion, very finely chopped
1 carrot, grated
50g sweetcorn, thawed if frozen
2 teaspoons dried mixed herbs
ground black pepper
4 standard burger buns, sliced in two
shredded lettuce and sliced tomatoes

Method

1. In a large bowl, mix together the minced turkey, onion, carrot, sweetcorn and herbs. You can use your hands to mix everything together. Season with some pepper. Shape the mixture into 2 large burgers and 2 small burgers. Cover and chill the burgers if you're cooking them later.
2. Preheat the grill. Place the burgers on the grill rack and grill them for 12 – 15 minutes, turning them over once, until browned and cooked through.
3. Lightly toast the burger buns on the cut sides only.
4. Place the cooked burgers on the toasted bun with lettuce and tomato.

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Tuna Fishcakes

Ingredients (serves 4)

500g (18oz) potatoes, peeled and quartered
25g (1 oz) margarine (for the mash)
6 spring onions, washed and finely chopped
2 heaped teaspoons English mustard
2 tablespoons finely chopped fresh parsley
1 tablespoon plain flour, plus extra for dusting
1 large egg yolk
1 X 200g can tuna in spring water, drained
3-4 tablespoons olive oil

Method

1. Put the potatoes in a large saucepan, cover with water, bring to the boil and simmer until soft, about 15-20 minutes. Mash the potatoes, adding the margarine. Transfer to a large mixing bowl.
2. Fry the spring onions for 1-2 minutes in olive oil to soften them. Add to the potatoes along with the mustard, chopped parsley and the flour. Mix well, then add the egg yolk and drained tuna, and mix well again.
3. On a lightly floured surface, with floured hands, shape the mixture into eight rounds. Flatten lightly and dust with flour. Heat the olive oil in a large frying pan and fry the fishcakes gently for 5-6 minutes on each side until light gold in colour.

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Vegetable Casserole

Ingredients

- 2 onions, each cut into 6 wedges
- 3 carrots, cut into chunks
- 3 celery sticks, cut into chunks
- 400 g (14 oz) sweet potato or Swede, cut into chunks
- 1 litre (1¾ pints) hot vegetable stock, low salt variety
- 2 garlic cloves, finely chopped
- 3 leeks, about 300 g (10½ oz) in total, thickly sliced
- 150 g (5½ oz) pearl barley
- 2 tsp dried sage
- Pepper
- 3 tbsp coarsely chopped fresh flat-leaf parsley to garnish

Preparation

1. Preheat the oven to 180 degrees/ gas mark 4. Put the onions, carrots, celery, sweet potato or swede in a large flameproof casserole. Pour in the stock and bring to the boil.
2. Add the garlic, leeks, pearl barley, sage and seasoning. Stir to mix the vegetables together. Cover and transfer to the oven to cook for about 1 hour or until the vegetables are soft and the barley is tender.
3. Sprinkle with parsley and serve

Bagel with scrambled egg and tomato

Serves 1

Ingredients

- 1 Food Doctor Bagel
- 2 large eggs
- dash of milk
- 1tsp butter
- seasoning
- 1 vine ripened tomato, sliced

Method

- Cut the bagel in half and lightly toast the bready side.
- Meanwhile crack open the egg and whisk with a dash of milk and add butter.
- Cook on a medium heat whisking to make scramble egg. Season with pepper.
- Slice the tomato and place a layer of tomato on the bagel and top with scrambled egg. Place the top on the bagel

Alternatively use wholemeal bread or seeded batch loaf

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Smoky Beans on Toast

4 of your 5 a day are included in this generous portion, for just over £1

Ingredients

- ½ tbsp olive oil, plus extra for drizzling
- ½ small onion, sliced
- ½ small red pepper, thinly sliced into strips
- 1 garlic clove, halved
- 227g can chopped tomatoes
- ½ tsp smoked paprika
- 2 tsp red wine vinegar
- 210g can butter beans or chickpeas, drained
- ¼ tsp sugar
- 1 slice seeded bread
- a few parsley sprigs, finely chopped

Method

1. Heat the oil in a small pan, add the onion and pepper, and fry gently until soft, about 10-15 mins. Crush half the garlic and add this to the pan, along with the tomatoes, paprika, vinegar, beans, sugar and some seasoning. Bring to a simmer and cook for 10-15 mins or until slightly reduced and thickened.
2. Toast the bread, rub with the remaining garlic and drizzle with a little oil. Spoon the beans over the toast, drizzle with a little more oil and scatter over the parsley.

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Porridge with Blueberry compote

A hearty start to your day for only 60p per serving.

Ingredients

- 6 tbsp porridge oats
- just under ½ x 200ml tub 0% fat Greek-style yogurt
- ½ x 350g pack frozen blueberries
- 1 tsp honey (optional)

Method

1. Put the oats in a non-stick pan with 400ml water and cook over the heat, stirring occasionally for about 2 minutes until thickened. Remove from the heat and add a third of the yogurt.
2. Meanwhile, tip the blueberries into a pan with 1 tbsp water and the honey if using and gently poach until the blueberries have thawed and they are tender, but still holding their shape.
3. Spoon the porridge into bowls, top with the remaining yogurt and spoon over the blueberries.

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