



£5

BUDGET

BANGING

*Meals*

FEED THE  
FAMILY  
FOR £5  
OR LESS!

EDMONTON  
GREEN

Bread  
n Butter  
nourishing skills

## FRUITY COUSCOUS SALAD (SERVES 4-5 AS A SIDE)

### INGREDIENTS

- 300g couscous
- 400ml boiling stock (chicken or vegetable)
- 3 tbsp dried apricots
- 5 tbsp raisins
- ½ tsp. powdered cinnamon
- A good pinch of seasoning
- 1 small handful of fresh coriander, finely chopped (optional)



### METHOD

1. Chop up the apricots into small pieces and place them in a bowl with the dry couscous, raisins, spices and salt & pepper. Mix well with a spoon
2. Pour the hot stock over the couscous, stir and cover with a plate or cling film and leave for 5 minutes until all of the stock has been absorbed.
3. When ready to serve, use a fork to fluff up the couscous in order to separate the grains
4. Chop up the coriander and sprinkle over the couscous.

### TOP TIPS

- Switch fresh coriander with parsley
- Switch cinnamon to a ¼ tsp of turmeric and ¼ tsp of cumin
- Add some cooked meat or cheese such as halloumi to make it a complete meal
- Couscous is so versatile; change this recipe completely by using chopped peppers with paprika or go simple using ingredients from the freezer (sweetcorn and peas) without any herb or spice additions

### NUTRITIONAL INFO

- Apricots are packed full of antioxidants which have many beneficial effects on our health
- Try and choose wholegrain couscous where possible as it contains more fibre which helps us stay fuller for longer
- Cinnamon is a healthy way of sweetening a dish without using sugar and also helps lower blood sugar levels

## VEGETABLE TAGINE (SERVES 6-8)

### INGREDIENTS

- 2 red onions, sliced into wedges (optional)
- 2 tsp ground coriander
- 2 tsp cumin
- 2 tsp cinnamon
- 2 garlic cloves, crushed
- 20g fresh ginger, grated
- 2 tbsp harissa paste
- 1 small butternut squash, peeled & diced into 2cm cubes
- 3 parsnips, peeled and cut into similar size to squash
- 2 carrots, peeled and cut into similar size to squash
- 200g split red lentils
- 2 x 400g tin tomatoes
- 1 litre of vegetable stock
- 80g dried apricots (optional)



### METHOD

1. Heat 2 tbsp of oil in a large saucepan or casserole dish. Add the onions and fry for 5 minutes until softened, then add the spices, ginger and garlic and cook for another 2 minutes
2. Add the harissa paste, stirring to cover the onions and then add the squash, parsnips and carrots, and continue to cook whilst stirring - getting the paste over the veg for 2 minutes
3. Add the lentils, tomatoes, apricots and stock and season. Cover and bring up to a simmer then leave for 50 minutes remembering to stir so as not to stick to the bottom – or transfer to a baking dish, cover and put in the oven
4. Serve with couscous

### TOP TIPS

1. If you don't have harissa paste, switch to 2 tbsp of smoked paprika and add some chilli if you want some heat
2. Switch butternut squash to sweet potatoes

### NUTRITIONAL INFO

- Lentils are a great source of fibre which is important to keeping our gut healthy
- Carrots contain beta carotene which our body converts to vitamin A which is important for eye health and immune health
- Ginger is high in gingerol the active ingredient with aids digestion, helps with nausea and helps keep colds at bay.

## LEEK AND POTATO SOUP (SERVES 4-6)

### INGREDIENTS

- 4 large leeks
- 1 medium onion, chopped small
- 3 medium potatoes, peeled and diced
- 25g butter
- 75ml milk
- 1.5 ltrs. vegetable stock

### METHOD

1. Begin by trimming the leeks and removing the outer layer. Wash under running water then cut into thin slices
2. Melt the butter in a large pan then add the leeks, onion and potatoes and stir to cover the vegetables in the butter. Leave to sweat in the pan with the lid on for about 15 minutes over a low heat. Check to make sure the vegetables don't burn.
3. After that add the stock and bring to a simmering point, cover and cook for a further 20 minutes
4. Add the milk and pour the mixture into a blender and blend until smooth – in batches if needed.
5. Put back into the pan to re-heat if necessary, then serve with a dash of cream and a sprinkle of chives if you have them.

### TOP TIPS

- For extra fibre, don't peel the potatoes.
- For a vegan option, replace the butter with olive oil and the milk with a plant based substitute

### NUTRITIONAL INFO

Leeks are a great source of vitamin K which helps to clot our blood.

Onions are packed with antioxidants to help with cellular damage that can occur in our bodies.



## VEGETABLE COUSCOUS (SERVES 4-5 AS A SIDE)

### INGREDIENTS

- 300g couscous
- 400ml boiling water
- 1 stock cube
- 150g peas, defrosted
- 150g sweetcorn, defrosted
- 2 tbsp. olive oil
- Good pinch of black pepper



### METHOD

1. Place the couscous in a bowl with the vegetables. Add a stock cube to the boiling water and mix it until it dissolves. Pour the stock over the couscous and cover the bowl with a plate and leave to rest for 5-10 minutes (until all the stock water has been absorbed)
2. Once the couscous is ready, fluff it up using a fork (this process parts the individual grains)
3. Next, drizzle over a little olive oil and some black pepper and give it a good stir making sure everything is evenly mixed
4. Serve straight away or keep refrigerated for a couple of days.

### TOP TIP

- This is a perfect carbohydrate side to accompany chicken nuggets, sausages or stew
- Add any other vegetable (cooked or raw) to change this up and add some herbs or spices for additional flavour
- Add some cooked meat or cheese such as halloumi to make it a complete meal

### NUTRITIONAL INFO

- Peas are a great plant based source of protein and contain phosphorus which we need to build strong bones and teeth
- Sweetcorn contains lutein and zeaxanthin, two compounds which are needed for optimum eye health

## CHICKEN NUGGETS (1 CHICKEN BREAST SERVES 2-4)

### INGREDIENTS

- Chicken breast
- 1 egg
- Flour for dusting
- Breadcrumbs to coat

### METHOD

1. To make fresh breadcrumbs put a slice of bread into a blender and blitz. Place into a shallow bowl.
2. Break the egg into a shallow bowl and whisk to mix.
3. Place some flour in another bowl.
4. Cut the chicken breast into bite sized nuggets then dust in the flour, dip in the egg and roll in the breadcrumbs until coated. Place on a clean chopping board
5. Heat a little oil in a frying pan and when hot enough to make a bit of bread sizzle, fry the chicken for approx. 3 minutes on each side (depending on thickness of nugget).

### TOP TIPS

- The ends of the loaf or stale bread are perfect to make into breadcrumbs. Blitz them up and store in a bag in the freezer so you'll never need to buy shop bought breadcrumbs again!
- Add any herbs, spices or sesame seeds to the breadcrumbs to add flavor and extra nutrition
- Make an adult dish by making a lemon and pepper chicken escalope - simply put a chicken breast between two large pieces of clingfilm and using a rolling pin, hit the breast repeatedly to flatten it out to 1cm thickness (into an escalope). Then coat it in breadcrumbs as instructions above, having added the zest of a lemon and a good grinding of black pepper to the breadcrumbs first.

### NUTRITIONAL INFO

- Chicken is very high in protein which we need for growth and to repair the body's tissues.
- Use wholegrain bread to make breadcrumbs as it has more fibre and b vitamins which we need for energy production



## APPLE & CARROT COLESLAW

### A 'SLAW' LOVED BY KIDS

#### INGREDIENTS

- 4 carrots
- 1 apple

#### FOR THE DRESSING:

- Juice of half a lemon
- 2 tbsp. olive oil
- Pinch of seasoning

#### METHOD

1. Peel the carrots and then grate into a bowl
2. Grate the apple and mix into the bowl with carrots
3. In a separate bowl make the dressing by adding all the ingredients and mixing well together
4. Pour the dressing over coleslaw, give it one last mix and serve

