



HEALTHY MEALS UNDER £5

Reduced Veg & Chickpea Stir-Fry

Ingredients (TWO PORTIONS) :

- 1 reduced pack of broccoli
- 1 reduced pepper pack
- 1 courgette
- 1 tin chickpeas
- 1 tbsp soy sauce
- 1 tsp oil
- Garlic



Calories (per portion): 320 kcal

Method:

- Chop broccoli, pepper and courgette into small pieces.
- Drain and rinse the chickpeas.
- Heat oil in a frying pan or wok.
- Add garlic and vegetables and cook for 5 - 6 minutes.
- Add chickpeas and soy sauce.
- Stir-fry for another 3 - 4 minutes until hot.
- Optional: serve with reduced rice or noodles.





HEALTHY MEALS UNDER £5

Lentil & Tomato One-Pot Stew

Ingredients (THREE PORTIONS) :

- 1 tin chopped tomatoes
- 1 tin lentils
- 1 reduced carrot pack
- 1 onion
- 1 tsp paprika & curry powder
- 500 ml vegetable stock

Calories (per portion): 350 kcal

Method:

1. Slice mushrooms.
2. Heat oil in a pan and cook mushrooms for 4–5 minutes.
3. Add cooked rice and stir well.
4. Stir in spinach and soy sauce.
5. Push rice to the side and scramble egg if using.
6. Mix everything together and cook for 2 minutes.





HEALTHY MEALS UNDER £5

Mushroom & Spinach Healthy Fried Rice

Ingredients (TWO PORTIONS) :

- 1 reduced mushroom pack
- 1 reduced spinach bag
- 1 cup cooked rice
- 1 egg optional
- 1 tbsp soy sauce



Calories (per portion): 280 kcal



Method:

1. Dice the onion and carrots.
2. Heat a pan with a little oil and cook the onion for 3 minutes.
3. Add carrots and spices and cook for another 2 minutes.
4. Add tomatoes, lentils and stock.
5. Simmer for 15 minutes until thick.
6. Taste and season.

Optional: Great served with reduced bread or rice.

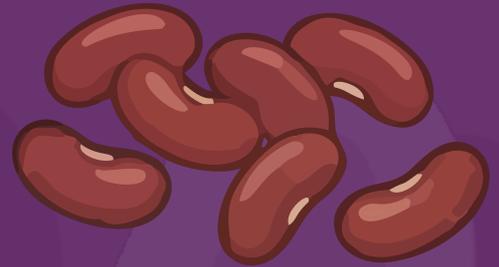


HEALTHY MEALS UNDER £5

1. Roasted Veg & Bean Tray Bake

Ingredients (THREE PORTIONS) :

- Reduced potatoes
- Reduced peppers
- 1 courgette
- 1 tin butter beans or kidney beans
- 1 tbsp olive oil
- Mixed herbs



Calories (per portion): 330 kcal

Method:

1. Preheat oven to 200°C.
2. Chop potatoes, peppers and courgette.
3. Place on a baking tray with oil and herbs.
4. Roast for 25 minutes.
5. Drain beans and add to the tray.
6. Roast another 10 minutes.



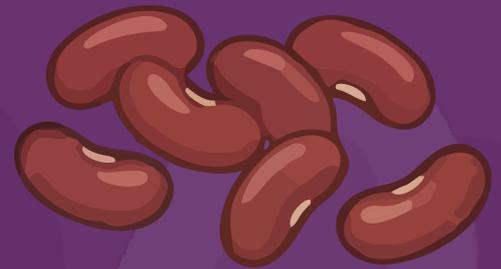


HEALTHY MEALS UNDER £5

Healthy Vegetable & Bean Pasta

Ingredients (THREE PORTIONS) :

- 1 reduced courgette
- 1 reduced pepper
- 1 tin chopped tomatoes
- 1 tin of kidney beans
- 150 g wholewheat pasta
- 1 tsp olive oil
- Garlic or herbs



Calories (per portion): 390 kcal

Method:

1. Cook pasta according to packet instructions.
2. Chop the courgette and pepper into small pieces.
3. Heat oil in a pan and cook the vegetables for 5 - 6 minutes.
4. Add chopped tomatoes and drained kidney beans.
5. Simmer for 10 minutes until thick.
6. Stir the cooked pasta into the sauce.
7. Season with herbs or pepper.



Optional: add reduced mushrooms or spinach if available.



HEALTHY MEALS UNDER £5

Healthy Banana & Oat Breakfast Cups

Ingredients (THREE PORTIONS) :

- 2 reduced bananas
- 1 cup oats
- 1 egg
- 1 tbsp honey
- Handful of reduced berries



Calories (per cup): 120 kcal



Method:

1. Preheat oven to 180°C.
2. Mash bananas in a bowl.
3. Mix with oats, egg and honey.
4. Stir in berries.
5. Spoon into a muffin tray.
6. Bake for 15 - 18 minutes.



Great for breakfast or healthy snacks.