

HEALTHY EATING ON A BUDGET



THOMAS FRANKS

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Eating well doesn't have to break the bank. There are many savvy ways to keep costs down while still enjoying a varied, nutritious and tasty diet. We've created this booklet packed with budget-friendly tips, ideas and inspiration to help you along the way.

From hacks to keep your food bill down to cheap and delicious dishes that can be thrown together in a matter of minutes, we've got you covered. Find out how to save money while shopping, get ahead by using your freezer and whip up a tasty power breakfast from ingredients you already have in your cupboard!





IDEAS TO KEEP HEALTHY AND REDUCE YOUR FOOD BILL

Fresh and frozen: fruits and vegetables

Have a look in your supermarket's 'reduced' aisle for vegetables and fruit going cheap. If you can't use them immediately most can be frozen. Frozen fruits and vegetables are also a great standby for quick meals. They are usually cheaper, and as you only use what you need for each meal you avoid waste. They are a great time saver too as there is little if any preparation.



Frozen meat and fish portions

Individual meat and fish portions can be expensive so either buy large bags and freeze in portions or choose frozen bags of meat fillets and mince.

Try a local butcher's shop

If there is one nearby, take a trip to see your local butcher. They sometimes do cheap deals, and you can always freeze additional portions if you cannot use them all straight away.

Shop in the evening and focus on discount sections

This is when supermarkets sell food that's close to its sell-by date, such as bread, meat, fish, and vegetables at a reduced price. Much of it can be frozen if you cannot use it straight away.

Buy own brands

Often the main difference between basic and premium brands is in the packaging and the price. Switch to supermarket own brands to cut costs.

Buy in bulk

If your weekly budget allows, try and buy bigger packs of long-life ingredients like rice and pasta. Even canned food is often sold in packs of four or eight at a cheaper price per portion.



Meal planning

Plan your meals so you don't get tempted to overspend. If you know what you are eating each day, it will stop you buying impulse goods. Try and stock up on your staples in one trip to save money and time too.

Add flavour with dried spices and herbs

Even the simplest of dishes can be enhanced with a dash of herbs or spices. If you use garlic and ginger a lot, consider buying jars of chopped ginger and garlic which can be stored in the fridge.

Batch cooking

If you don't want to cook different dishes each day, simply double up a recipe or choose one that serves 2-4 portions. You can then either keep the rest in the fridge for 2-3 days or freeze.



Shop seasonally

It stands to reason that in the middle of winter you'll pay more for berries or tropical fruit. Select fruit and vegetables in season and you'll save money.

Market stalls

If there is a market nearby you will find plenty of cheap fruit and vegetables.



Adapt

If a recipe calls for canned tuna but there is a special offer on canned salmon or sardines that week in the supermarket, then change the recipe. The same applies to meat and poultry recipes - experiment with substitutions to save money. Remember too that vegan dishes using tofu, canned beans or lentils are often cheaper.

Love your leftovers

Recycle your food. With a few tweaks you can transform your leftovers into another meal for the following day. Do not throw the food out. Leftover vegetables, rice and pasta for example can be added to a soup or stew to bulk it up further.





FOOD STORAGE TIPS



One third of the world's food is wasted due to being stored incorrectly. Storing food properly not only increases its shelf life, it also helps retain its taste, texture and nutritional value. Here are our top food storage tips.

1. Once open, keep foods in airtight containers. This will protect against bruising, bacterial contamination, excess moisture, light and heat.
2. Know where certain fruit and vegetables should be stored. Some fruit and veg will continue to ripen after harvesting so can be stored at room temperature to ripen better (e.g. green bananas and mature green tomatoes, pears, mangoes, peaches, apples, and avocados). Others are best stored in the fridge to slow ageing (e.g. strawberries, grapes, raspberries, cherries).
3. Don't wash fruit and veg before storing. Instead, wash before using as moisture can promote mould growth.
4. Treat herbs like flowers – you can place them in glasses of water and then put them in the fridge to last for longer.
5. Check the packet guidelines to ensure you store correctly.
6. Decant foods from cans once opened – once it is opened it is best to transfer to a lidded container.
7. Freeze leftovers – many foods can be frozen. If you have leftovers, transfer to a freezer-proof container. Make sure you label and date the food before freezing.
8. Check your fridge temperature. It should be below 5C. Understand the Best Before and Use By dates. Best Before indicates when food quality may start to decline but it is still safe to eat. Use By is based on the growth of bacteria that can cause food poisoning. Do not eat food that has passed this date.



EVERYDAY STORECUPBOARD STAPLES



There are likely to be certain products or ingredients that you'll use regularly so it's worth making sure you have these to hand. Here are some popular cheap ingredients that can form the base to many different dishes.

- ♦ Porridge oats
- ♦ Brown / easy cook rice
- ♦ Pasta and spaghetti
- ♦ Red split lentils
- ♦ Canned food e.g. baked beans, tuna and other canned fish, chopped tomatoes, passata, lentils and pulses like chickpeas, cannellini beans, kidney beans, sweetcorn, canned potatoes
- ♦ Bags of nuts and seeds
- ♦ Peanut butter, tahini or other nut butter
- ♦ Soy sauce
- ♦ Olive oil
- ♦ Stock cubes or vegetable bouillon powder
- ♦ Plain flour, self-raising flour, cornflour
- ♦ Baking powder, bicarbonate of soda
- ♦ Dijon mustard, tomato purée, ketchup, mayonnaise
- ♦ Vinegars e.g. balsamic, apple cider vinegar
- ♦ Spices – keep a few of your staples to hand to add flavour to meals e.g. ground cumin, smoked paprika, salt and pepper, cinnamon, curry powder, garam masala, mixed herbs, oregano





EASY OPTIONS: **BREAKFAST**



Try and include some protein at breakfast to help balance blood sugar, keep you feeling fuller for longer and support energy levels. Here are a few ideas.

- ♦ Porridge oats, overnight oats, or baked oatmeal – top with seeds or add some nut butter or yoghurt for additional protein
- ♦ Baked beans with toast (add some grilled tomatoes or mushrooms or use leftover vegetables)
- ♦ Eggs – scrambled, eggy bread, omelettes, poached etc.
- ♦ Pancakes / waffles with fruit and yoghurt
- ♦ Yoghurt with berries and nuts and seeds
- ♦ Homemade granola with fruit
- ♦ Cottage cheese, fruit, and toast
- ♦ Peanut butter and toast
- ♦ Smoothies with yoghurt and /or milk for protein





SIMPLE IDEAS: LUNCH AND DINNER

Remember that adding more beans and lentils to family favourites like chilli helps to reduce the meat content and saves money.

You can also make up your favourites in bulk and portion into containers to freeze. Here are a few of our favourites.

- ♦ Soups – use canned beans or lentils to add bulk and protein/fibre
- ♦ Mixed salads with protein (use canned fish, beans, tofu, cottage cheese or eggs for cheap proteins)
- ♦ Baked potatoes with proteins and salad
- ♦ Omelette or frittata with salads
- ♦ Homemade quiche – use onion, eggs, cheese and frozen peas or spinach for an easy standby dish
- ♦ Jazzed up baked beans on toast – add some mustard and smoked paprika to jazz up baked beans then serve with salad or leftover vegetables
- ♦ Mixed bean tortillas – use canned mixed beans in chilli sauce with tortilla wraps
- ♦ Pitta pizzas – top pitta breads with tomato sauce and your favourite toppings then bake or grill
- ♦ Bean stews – make with canned tomatoes, spices, mixed canned beans, and vegetables
- ♦ Homemade meatballs with pasta – add extra onion or grated carrot to the meatballs for bulk
- ♦ Pasta bakes – one pan dishes baked in the oven or over the hob for ease
- ♦ Homemade bean burgers – use soft beans like butterbeans to make your own bean burger
- ♦ Homemade fish cakes – tuna is a great cheap option or use hot smoked mackerel fillets
- ♦ Chicken, vegetable, and potato casseroles – these can be cooked in the oven, instant pot or slow cooker for ease. Chicken thighs are generally cheaper than chicken breasts
- ♦ Homemade curries and rice (make use of frozen chicken breasts, canned lentils, or chickpeas)
- ♦ Dhal with rice
- ♦ Egg fried rice (useful way to use up leftover cooked rice)
- ♦ Kedgeree – use smoked haddock fillet, packs of vegetable rice, frozen peas and curry powder





BUDGET RECIPES:

CHUNKY MINESTRONE SOUP

A hearty, chunky soup packed with an array of nutrient-rich vegetables, protein and fibre.

Preparation time: 10 minutes

Cooking time: 30 minutes

Storage: This will keep in the fridge for 2 days. Cool and freeze in containers.

Serves: 4

Ingredients:

- ♦ 2 tbsp olive oil
- ♦ 2 carrots, roughly chopped
- ♦ 1 red onion, chopped
- ♦ 3 sticks celery, chopped
- ♦ 2 garlic cloves, crushed
- ♦ 2 leeks, sliced
- ♦ 1 medium potato, diced
- ♦ 400g can chopped tomatoes
- ♦ 600ml chicken or vegetable stock
- ♦ ½ savoy cabbage, shredded
- ♦ 1 x 400g can cannellini beans, drained and rinsed
- ♦ 2 tbsp parsley, chopped
- ♦ Sea salt and black pepper to taste
- ♦ Grated cheese to serve, optional

Method:

1. Heat the oil in a large saucepan and sauté the carrots, onion, celery, garlic, leeks, and potato over a low heat for about 10 minutes.
2. Add the tomatoes and stock. Simmer for 10 minutes. Add the cabbage and beans and simmer for a further 10 minutes. Season to taste.
3. Stir in the parsley and serve with a little grated cheese if desired.



Nutrition per serving:
201kcal, Total Fat 5.7g
of which saturates
0.9g, Carbohydrates
24.9g of which sugars
8.6g, Protein 7.1g

STORE CUPBOARD FRITTATA

Frittatas are a simple, healthy option and a great way to use up leftover vegetables in the fridge. This version is an easy store cupboard recipe making use of canned potatoes and frozen peas, but you could swap the peas for other vegetables you have available. You can easily halve this recipe if wished. Frittatas can be served hot or cold making them ideal as a grab and go option.

Preparation time: 5 minutes

Cooking time: 15 minutes

Storage: This will keep in the fridge for 2-3 days.

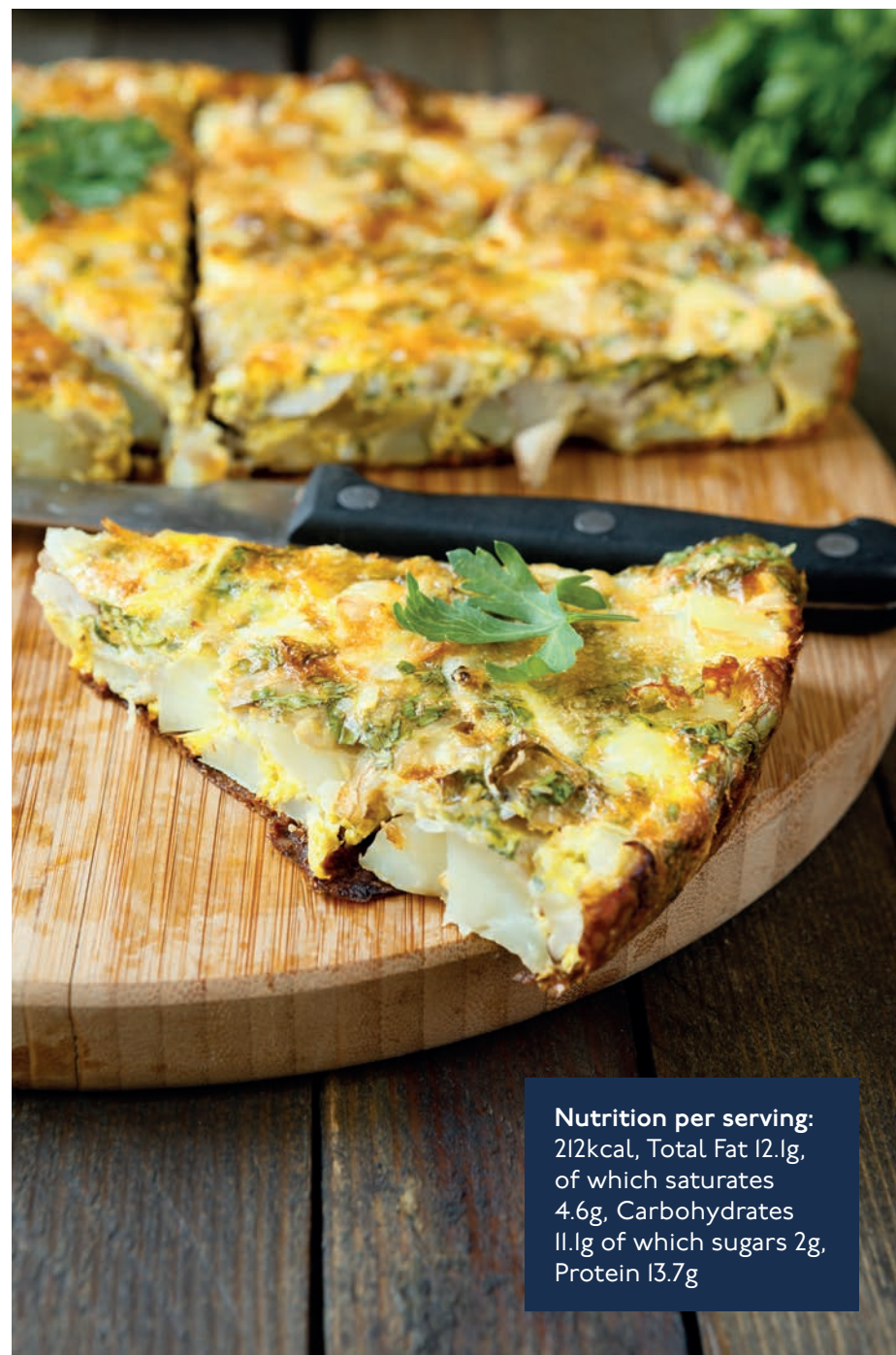
Serves: 6

Ingredients:

- ♦ 1 tbsp olive oil
- ♦ 4 spring onions, finely chopped
- ♦ 150g frozen peas
- ♦ 567g canned potatoes, drained well and sliced
- ♦ 8 eggs
- ♦ 75g cheese grated

Method:

1. Heat the olive oil in a large ovenproof frying pan. Add the spring onions and cook for 2 minutes to soften. Stir in the peas and potatoes and sauté over a medium heat for 5 minutes. The potatoes should start to turn golden.
2. Crack the eggs into a jug, season well and whisk lightly to combine. Stir in the cheese.
3. Pour the eggs into the frying pan, stir briefly then cook the frittata over a low heat for about 5 minutes until the underside and edges are just set.
4. Meanwhile, preheat the grill to high. Place the frittata under the grill and cook for about 3 minutes until golden and bubbling. Slice into wedges and serve



Nutrition per serving:
212kcal, Total Fat 12.1g,
of which saturates
4.6g, Carbohydrates
11.1g of which sugars 2g,
Protein 13.7g

GREEN SHAKSHUKA

A lovely vibrant, fresh dish which takes just minutes to make and ideal for using up leftover veggies in the fridge. Good as a brunch option at weekends too.

Preparation time: 15 minutes

Cooking time: 12 minutes

Storage: Store leftovers in the fridge and eat the next day.

Serves: 2

Ingredients:

- ♦ 1 tbsp olive oil
- ♦ 3-4 eggs (according to appetite)
- ♦ 3 spring onions, sliced
- ♦ 1 grated courgette (or use leftover cooked courgette)
- ♦ 100g broccoli (raw or cooked), broken into small florets
- ♦ Large handful of baby spinach leaves
- ♦ ½ tsp ground cumin
- ♦ Pinch of chilli flakes
- ♦ Juice of ½ lemon
- ♦ Sea salt and black pepper to taste
- ♦ 2tbsp pesto (optional)
- ♦ 30g crumbled or grated cheese, optional

Method:

1. Heat the oil in a large frying pan over a medium heat. Add the spring onions, raw courgette, and broccoli florets (if using leftover cooked vegetables add these a little later) and sauté for 5 minutes until the vegetables are softened.
2. Add the cumin, chili flakes, lemon juice, spinach and if using leftover cooked vegetables add them at this point. Cook for 1-2 minutes until the greens have wilted. Stir in the pesto if using and season to taste.
3. Create little dents in the mixture and crack in the eggs. Cover the pan with a lid and cook for 5 minutes until the eggs are just set.

Nutrition per serving:
334kcal, Total Fat 25.9g,
of which saturates
7.5g, Carbohydrates
3.2g, of which sugars
2.3g, Protein 20.4g



FISH CAKES

This is a great way of using up leftover mash. You could also use frozen mashed potato (defrosted). Although this recipe uses smoked mackerel you could swap for canned tuna or poached salmon. To make these gluten-free, use gluten-free flour and breadcrumbs.

Preparation time: 15 minutes

Cooking time: 29 minutes

Storage: Fish cakes will keep in the fridge for 2-3 days. Can also be frozen.

Serves: 4

Ingredients:

- ♦ 1 tbsp olive oil, for frying
- ♦ 350g potato cut into large chunks or use leftover mash
- ♦ 2 tsp butter or dairy-free spread
- ♦ 300g ready to eat smoked mackerel
- ♦ 2 tbsp chopped parsley or chives
- ♦ Salt and pepper

Coating

- ♦ 2 tbsp plain flour
- ♦ 1 free-range egg, beaten
- ♦ 100g dried breadcrumbs

Method:

1. Put the potatoes in a pan of cold water, bring to the boil and cook for 10 minutes or until tender. Drain then mash with a little butter or dairy-free spread. Cool.
2. Add the flaked fish and herbs and mix well. Season with salt and pepper.
3. Take the mixture and shape into 4 large fishcakes or 8 smaller ones.
4. Chill the fishcakes, ideally for 30 minutes.
5. Put the flour, egg, and breadcrumbs in separate bowls.
6. Coat each fishcake in the flour, then the egg and finally the breadcrumbs.
7. Preheat the oven to 220C, Gas mark 7.
8. Heat the oil in a frying pan over a medium heat. Fry the cakes for 2 minutes on each side until golden. Transfer to a baking tray and bake for 15 minutes.
9. Serve the fishcakes with steamed vegetables and salad.



Nutrition per serving:
450kcal, Total Fat 23.1g
of which saturates
5.4g, Carbohydrates
38.5g of which sugars
2g, Protein 21g

SLOW COOKER CHICKEN/ CHICKPEA CURRY

A simple curry made in the slow cooker or over the hob.

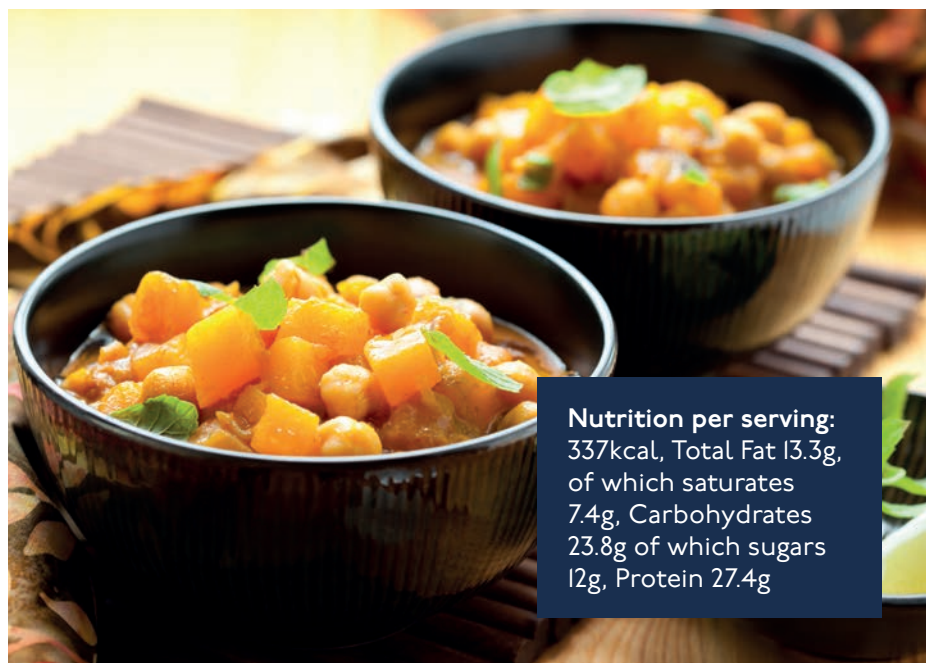
For a vegan option, swap the chicken for chickpeas or pan-fried tofu. Chicken thighs tend to be cheaper than chicken breasts. Vary the vegetables according to what you have available. Green beans and cauliflower would be great additions.

Preparation time: 10 minutes

Cooking time: Slow cooker – low 6-7 hours. In a large pan over the hob – 35 minutes

Storage: This will keep in the fridge for 2-3 days. You can also portion this into containers and freeze.

Serves: 4



Nutrition per serving:
337kcal, Total Fat 13.3g,
of which saturates
7.4g, Carbohydrates
23.8g of which sugars
12g, Protein 27.4g

Ingredients:

- ♦ 1 tbsp olive oil
- ♦ 400g boneless chicken thighs cut into large pieces (substitute with chickpeas if vegetarian/vegan)
- ♦ 2 onions, chopped
- ♦ 3 carrots, thickly sliced
- ♦ 1 medium potato (or sweet potato) cut into chunks
- ♦ 3 garlic cloves, crushed
- ♦ 5cm piece ginger, chopped
- ♦ 1 tbsp garam masala
- ♦ 2 tsp ground cumin
- ♦ ½ tsp ground turmeric
- ♦ Pinch of chilli powder or flakes
- ♦ Pinch of salt
- ♦ 400g passata or tin of chopped tomatoes
- ♦ 400ml can coconut milk
- ♦ 150g spinach leaves or frozen peas
- ♦ Coriander leaves to serve, optional

Method:

1. Heat the oil in a large pan over a medium-high heat. Brown the chicken for 5 minutes. Transfer to the slow cooker.
2. Add the remaining oil to the pan and cook the onions and carrots for 10 mins over a medium heat until softened. Add the garlic, ginger, and spices. Stir well and cook for a further minute until fragrant. Transfer everything to the slow cooker.
3. Add the chopped tomatoes or passata to the slow cooker and stir to combine. Cook on low for 6 hours in slow cooker.
4. Stir through the coconut milk and cook for a further 30 mins. Add the spinach (or peas) for 5 minutes at the end of cooking. Scatter with coriander leaves, and serve with rice or naan.
5. If cooking in a pan: use either a large pan or large casserole dish and follow steps 1-2 then simply add the remaining ingredients (except the spinach) and simmer gently covered for 30 minutes. Remove the lid and simmer to reduce the sauce for 5 minutes. Add the spinach and stir well until wilted.

FIVE-INGREDIENT SHREDDED SALSA CHICKEN

A simple way to create flavoursome shredded chicken using just a handful of ingredients. Serve over rice or add to tacos, tortilla wraps or spoon over baked potatoes. You can make this in an Instant Pot or in a casserole dish over the hob.

Preparation time: 10 minutes

Cooking time: Pressure cook 12 minutes or 30 minutes on the hob

Storage: This will keep in the fridge for 2-3 days. You can also portion this into containers and freeze.

Variations: You can use frozen chicken breasts instead of fresh (they will need thorough defrosting first). Add vegetables to the pot at the same time to bulk it up e.g. chopped onion, garlic, canned sweetcorn or kidney beans. You might need to add a little chicken stock over the vegetables.

Serves: 4



Ingredients:

- ♦ 2 tsp olive oil
- ♦ 1 jar (300g) tomato salsa (mild or hot depending on taste)
- ♦ 4 boneless, skinless chicken breasts
- ♦ 2 tbsp taco seasoning
- ♦ Salt and pepper to taste

Method:

1. Add the oil (2tsp) to your medium sized saucepan and pour the salsa into it.
2. Place chicken breasts on top of the salsa and season with salt and pepper (just sprinkle lightly) and add the taco seasoning.
3. Stir to coat the chicken in seasoning and salsa.
4. If using a pressure cooker / Instant Pot: put the lid on, turn the valve to sealing, and select Pressure Cook for 10-15 minutes. The exact cook time will depend on the size of your chicken breasts. When the cook time is up, turn the Instant Pot off and allow the pressure to release naturally before opening the valve and removing the lid.
5. If cooking on the hob, simply bring the mixture to a gentle simmer. Place lid on and cook over a low heat for about 30 minutes.
6. Remove the chicken breasts from the sauce and transfer to a plate. Shred using two forks. Place in a bowl and pour over the sauce.
7. Serve with rice, tacos, or baked potatoes. Accompany with vegetables or salad.

CHICKEN CACCIATORE

Using chicken thighs is typically cheaper than breasts and just as tasty. Vary the vegetables in this casserole according to what you have available. Frozen vegetables could be added at the end of cooking.

Preparation time: 10 minutes

Cooking time: Instant Pot 15 minutes. Hob 30-40 minutes

Storage: This will keep in the fridge for 2-3 days. You can also portion this into containers and freeze.

Serves: 4

Ingredients:

- ♦ 8 boneless chicken thighs
- ♦ 1 tbsp olive oil
- ♦ 1 onion, chopped
- ♦ 3 carrots, chopped
- ♦ 1 red pepper, chopped
- ♦ 100g mushrooms, cut into quarters
- ♦ 2 garlic cloves, chopped
- ♦ 1 tsp dried oregano
- ♦ 1 tsp smoked paprika
- ♦ 200ml chicken stock
- ♦ 400g passata
- ♦ 2 tbsp balsamic vinegar
- ♦ Salt and pepper
- ♦ To serve: rice and salad or extra steamed vegetables

Method:

1. Place the chicken on a board and season well with salt and pepper.
2. Set your pressure cooker to sauté setting if using. Add the oil to the inner bowl then sear the chicken until colour changes, about 2-3 minutes.
3. Add the remaining ingredients and stir well.
4. Place the lid on the pressure cooker, lock in place. Cook on high pressure for 12-15 minutes.
5. If cooking over the hob, once you have seared the chicken in a pan, add the remaining ingredients and bring to a simmer stirring well. Place a lid on top and cook for 30 minutes (stirring occasionally) until the chicken is tender. You can also cook this in the oven (bring to a simmer, place the lid on and bake in the oven at 180C, gas mark 4 for 45 minutes to 1 hour).
6. Serve with rice and salad.

Nutrition per serving:
202Kcal, Total Fat 5.1g
of which saturates 1g,
Carbohydrates 11.5g
of which sugars 10.8g,
Protein 25.1g



ONE POT SAUSAGE PASTA

Make this vegan or vegetarian by using veggie sausages instead. If you have chopped basil or parsley, then scatter this over the pasta just before serving. Instead of spinach you could add some frozen peas or canned sweetcorn at the end of cooking.

Preparation time: 10 minutes

Cooking time: 18 minutes

Storage: This will keep in the fridge for 2-3 days. You can also portion this into containers and freeze.

Serves: 4

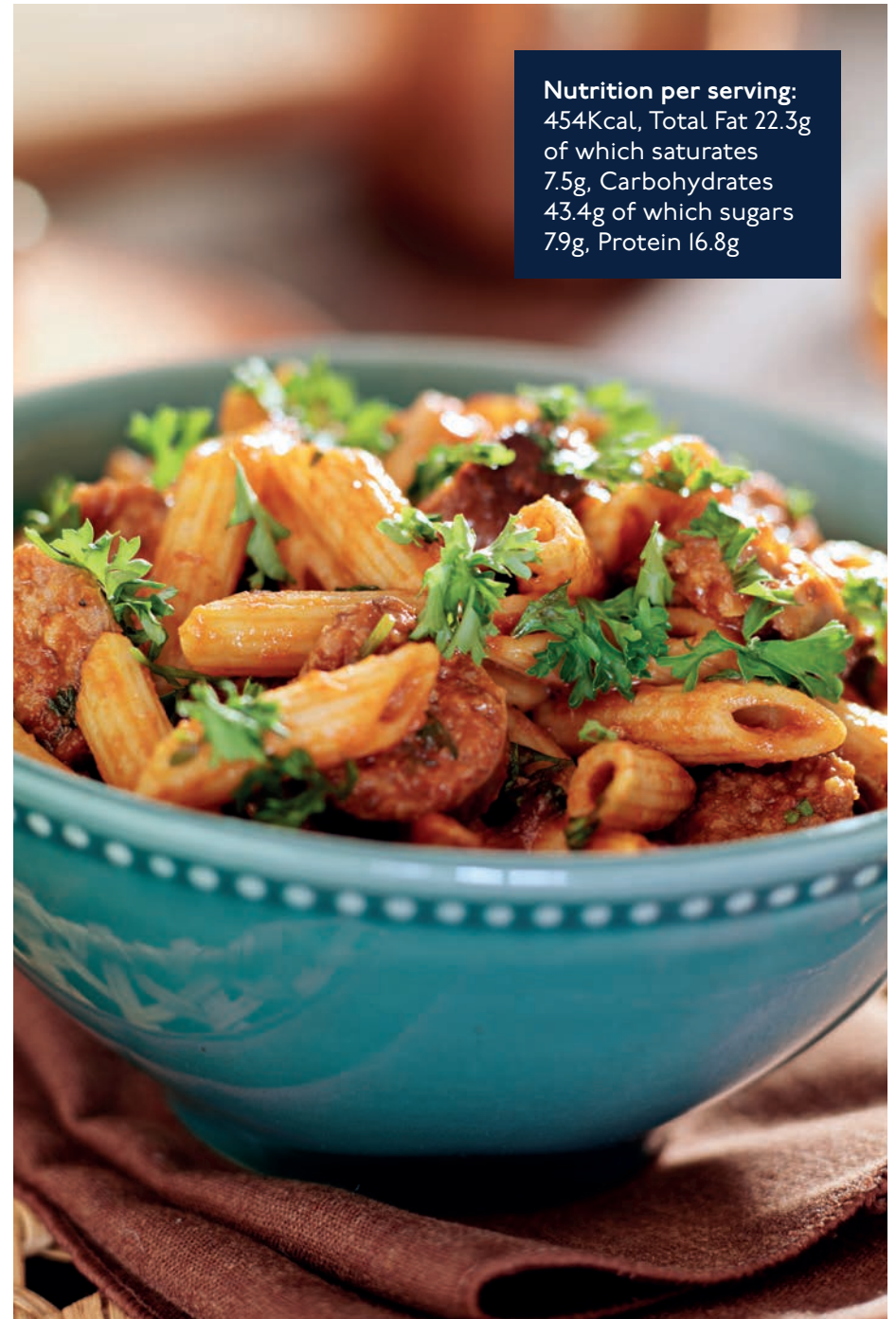
Ingredients:

- ♦ 1 tbsp olive oil
- ♦ 6 pork (or veggie) sausages, cut into chunks
- ♦ 1 red pepper, cut into chunks
- ♦ 1 clove garlic, chopped
- ♦ 1 tsp smoked paprika
- ♦ Pinch dried chilli flakes
- ♦ 400g passata
- ♦ 450ml chicken or vegetable stock
- ♦ 175g penne pasta
- ♦ 100g baby spinach leaves (or frozen peas)
- ♦ 2 tbsp soft cheese (or use soy cream for dairy-free)
- ♦ Black pepper
- ♦ To serve: grated cheese, salad to accompany or extra vegetables

Method:

1. Heat the oil in a large pan or casserole add the chunks of sausage and fry until browned all over, about 2-3 minutes.
2. Add the red pepper, garlic, smoked paprika and chilli flakes, and cook for 2 minutes.
3. Tip in the passata and stock and bring to a simmer. Stir in the pasta, put on a lid, and cook on a gentle simmer for 12-15 minutes, stirring occasionally.
4. When the pasta is almost cooked, stir in the spinach or frozen peas and soft cheese or cream. Take off the heat and stir for a couple of minutes until the spinach has wilted.
5. Serve in bowls with grated cheese and black pepper.

Nutrition per serving:
454Kcal, Total Fat 22.3g
of which saturates
7.5g, Carbohydrates
43.4g of which sugars
7.9g, Protein 16.8g



ONE POT SPANISH RICE

One pot dishes are simple to put together for minimal effort. This recipe also makes use of canned vegetables for ease.

Preparation time: 10 minutes

Cooking time: 23 minutes

Storage: This will keep in the fridge for 2-3 days. You can also portion this into containers and freeze.

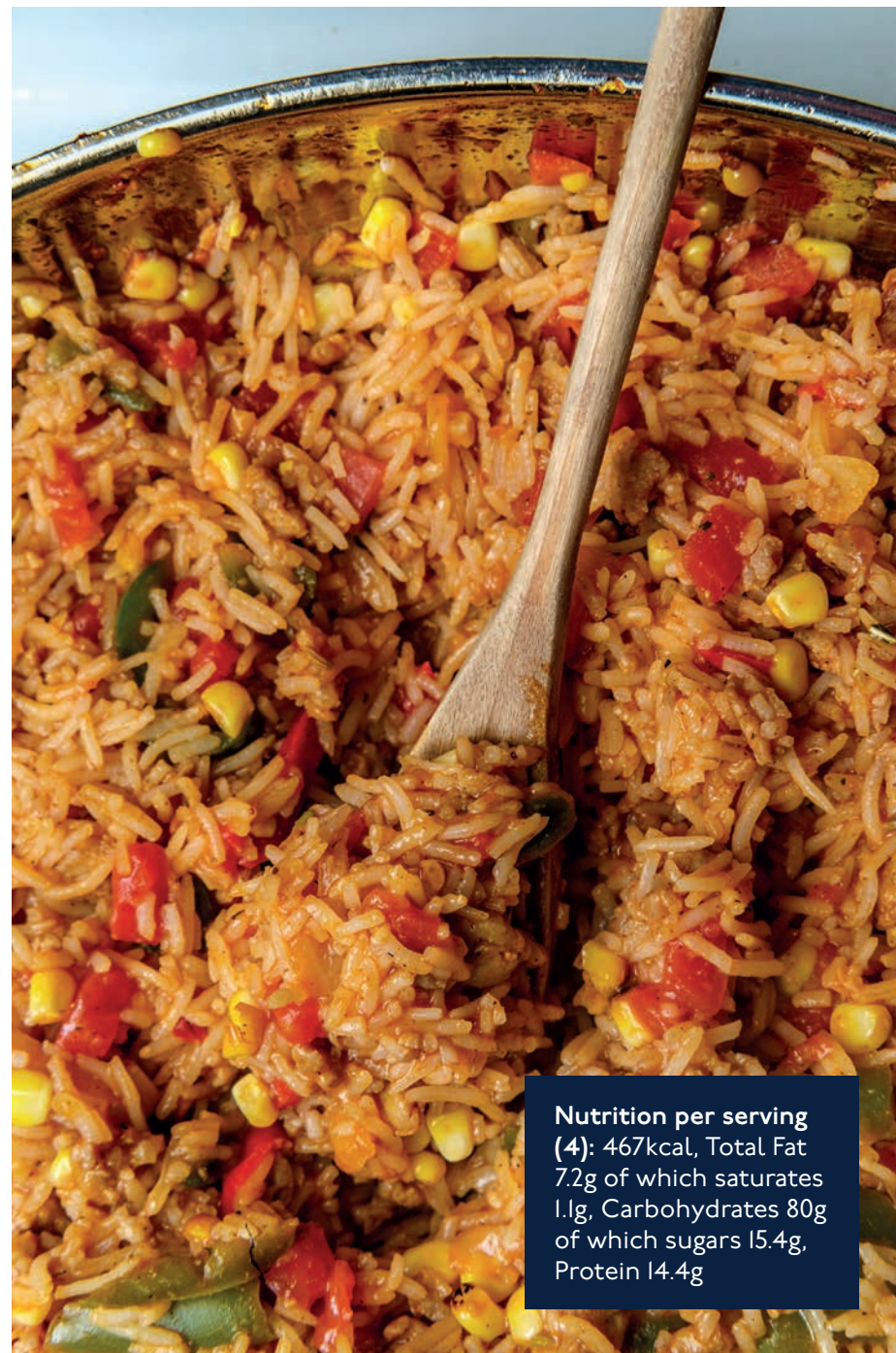
Serves: 4-6

Ingredients:

- ♦ 2 tablespoons olive oil
- ♦ 1 onion, diced
- ♦ 4 garlic cloves, chopped
- ♦ 2 carrots diced
- ♦ 250g basmati rice (1 mug)
- ♦ 1tsp smoked paprika
- ♦ 500ml vegetable or chicken stock (2 mugs)
- ♦ 1 x 400g can chopped tomatoes
- ♦ 1 x 400g can kidney beans drained
- ♦ 365g can sweetcorn, drained
- ♦ 100g frozen peas
- ♦ Salt and black pepper to taste
- ♦ To serve: grated cheese
- ♦ Mixed salad

Method:

1. Heat oil in a large sauté pan / casserole dish and add the onion and garlic. Sauté for 2-3 minutes until the onions are translucent and then add the carrots, rice and smoked paprika. Stir well to coat the rice in the oil.
2. Stir in rest of the ingredients. Bring to a boil, reduce the heat to a gentle simmer. Cover and simmer over a low heat for 20 minutes.
3. Leave to stand covered for 10 minutes, before fluffing with a fork. Season to taste. Top with grated cheese if wished.



Nutrition per serving (4): 467kcal, Total Fat 7.2g of which saturates 1.1g, Carbohydrates 80g of which sugars 15.4g, Protein 14.4g

OVEN BAKED COCONUT LIME DHAL

A brilliant way to cook dhal without having to stir the pan all the time. You could bake some potatoes at the same time and serve the dhal spooned over jacket potatoes. Alternatively serve with naan bread and salad or rice. Instead of baking it in the oven you can also cook this in a pan.

Preparation time: 5 minutes

Cooking time: 50 minutes

Storage: This will keep in the fridge for 2-3 days. You can also portion this into containers and freeze.

Serves: 4

Ingredients:

- ♦ 1 tbsp olive oil
- ♦ 40g red split lentils
- ♦ 1 x 400g can coconut milk
- ♦ 200g cherry tomatoes, halved
- ♦ 200ml boiling water
- ♦ 1 garlic clove, chopped
- ♦ 1 onion, halved and sliced
- ♦ 1 tsp ground turmeric
- ♦ 1 tsp ground cumin
- ♦ 100g baby spinach leaves
- ♦ 2 tbsp lime juice
- ♦ 50g desiccated coconut (optional)
- ♦ Salt and pepper to serve

Method:

1. Preheat the oven to 180°C / Gas mark 4.
2. Place everything (except the spinach) in a large baking dish and stir well.
3. Cover tightly with foil transfer to the oven and cook for 45-50 minutes.
4. Remove the foil. Stir through the spinach to wilt. Season with salt and pepper.
5. Serve with naan bread or rice and salad. Also delicious over baked potatoes.

Nutrition per serving:
245kcal, Total Fat 9g
of which saturates 7g,
Carbohydrates 27.3g
of which sugars 9g,
Protein 10.9g



VEGAN PEANUT BUTTER BANANA LOAF

This is a great way to use up leftover bananas. The addition of peanut butter provides additional protein making it an ideal healthy snack or breakfast option. If you like it a little sweeter add a spoonful of maple syrup to the batter.

Variations – you could remove the cocoa powder and just add a little more flour or porridge oats. Instead of chocolate chips add some dried fruit or mixed seeds.

Storage: Wrap and store in the fridge for 3–4 days. It also freezes well: slice, open freeze on a tray and when the slices are hard transfer to freezer-proof bags or containers.

Preparation time: 15 minutes

Cooking time: 40 minutes

Makes 1 x 2lb loaf

Makes around 10–12 slices



Ingredients:

- ♦ 3 ripe bananas
- ♦ 75ml light olive oil or other oil
- ♦ 75ml dairy-free milk
- ♦ 50g peanut butter
- ♦ 1 tsp vanilla extract
- ♦ 200g self-raising flour or gluten free self-raising flour
- ♦ 30g cocoa powder
- ♦ 2 tsp baking powder
- ♦ 1/2 tsp bicarbonate of soda
- ♦ 75g dairy-free chocolate chips, optional

Method:

1. Preheat the oven to 180C, gas mark 4.
2. Grease and line a 2lb loaf tin.
3. Place the bananas in a food processor with the oil, milk, peanut butter and vanilla extract and blend well. Alternatively place in a large bowl and use a hand whisk to blend.
4. Add the rest of the ingredients except the chocolate chips and blend to create a thick batter.
5. Stir in the chocolate chips.
6. Spoon the mixture into the loaf tin and smooth the top.
7. Bake in the oven for 40 minutes until cooked through and golden.
8. Allow to cool in the tin for 5 minutes then place on a wire rack to cool completely.
9. Delicious warm or cold served with dairy-free spread or nut butter.

CHOCOLATE BAKED OATMEAL

A simple recipe delicious hot or cold. Ideal for breakfast or dessert with yoghurt.

Preparation time: 10 minutes

Cooking time: 30 minutes

Storage: Store in the fridge for up to 2 days. To reheat microwave or reheat in the oven (cover with foil to reheat). Can also be served cold.

Serves: 2-4

Ingredients:

- ♦ 1 ripe banana, mashed
- ♦ 1 egg
- ♦ 100g porridge oats
- ♦ 200g milk
- ♦ 1 tsp baking powder
- ♦ 1 tbsp cocoa powder
- ♦ 2 tbsp honey
- ♦ 30g chocolate chips, raisins or other dried fruit
- ♦ Pinch of salt

Method:

1. Preheat the oven to 180C, gas mark 4.
2. Grease a small baking dish. You could also use individual ramekins
3. Combine all the ingredients except the chocolate chips in a bowl and beat well with a wooden spoon.
4. Stir in the chocolate chips or dried fruit.
5. Spoon the mixture into the dish or ramekins.
6. Bake for 20-30 minutes until golden and set. If using ramekins, they may only need 15 minutes in the oven.
7. Serve with yoghurt.



Nutrition per serving (4): 235kcal, Total Fat 6.6g of which saturates 2.7g, Carbohydrates 34.5g of which sugars 16.6g, Protein 7.8g

THOMAS FRANKS

Thomas Franks Ltd
The Stables
Hook Norton Brewery
Brewery Lane
Hook Norton
OX15 5NY

01608 738 070

www.thomasfranks.com

