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# VITALITY'S EATING WELL ON A BUDGET

With the cost of living going up, we are all starting to feel the pinch, but delicious healthy food doesn't need to break the bank, you don't need to sacrifice nutrition.



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## DID YOU KNOW?

The average UK monthly food budget is £189 per person.

£124 is spent on grocery shopping, whereas the £65 is on food prepared out of homes such as on takeaways or meals out i.e., at restaurants.

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# WAYS TO HELP YOUR BUDGET, COOK SMART AND WASTE LESS

## WHAT DO YOU ALREADY HAVE?

Before you go shopping, **double-check what you already have** in your cupboard, fridge, and freezer. This will give you a good starting point before planning and adding additional items to your shopping list, to make delicious meals for the rest of the week.

## BULK BUY

**Bulk purchase items** such as tinned foods, rice, pasta or even frozen fruit and vegetables, this can often be cheaper, just as nutritious, and a great way to reduce food waste. If you are worried about purchasing in bulk, go shopping with a friend so you can split the purchase! That way you can save and reduce the risk of wastage.



## EMBRACE YOUR LEFTOVERS

Use them for lunch or dinner the following day. Once cool, pop them in the freezer to have on a later date!

## MAKE YOUR FOOD GO FURTHER

**Bulk up your meals** to add delicious fruit, vegetables, beans or even pasta and rice! This is a great way of adding more nutritional value to your meals and making them extra tasty.



## BATCH COOK

Where you can, try and cook in bulk- it's one of the easiest and most efficient ways to save. But it can also help reduce food waste and save time in the long run.



## CELEBRATE SEASONALITY OR GROW YOUR OWN

Purchasing seasonal produce or growing your own is a great way to try new foods but also it tends to be kinder on your wallets, more sustainable and more nutritious!

## PLAN YOUR MEALS

Planning weekly menus can help streamline your shopping list before heading out to the shops. Make sure you take a list with you to prevent any rogue food items from sneaking into your shopping trolley (especially those high in fat, salt, or sugar). The bonus is it helps reduce the waste of food items you won't use.

**Get creative!** Try going meat-free once or twice a week- using other protein sources such as eggs, beans, and other legumes. Beans and Legumes are very versatile and provide you with the additional benefits of fibre too!

**Tip:** When planning, try to think of your family favourites and comfort meals, don't be too adventurous as if it's not convenient at the time you may end up being tempted to get a takeaway instead!



## NEVER SHOP ON AN EMPTY STOMACH!

You would be surprised what additions are added to your trolley that you don't need. When you're hungry, these additions tend to be more emotional choices such as food items high in fat, sugar, and salt.

## LOOK FOR SAVINGS ON REGULAR PURCHASES

Choose own-label supermarket brands instead of main brands. Check out the reduced sections and value-for-money offers to see if you can get yourself a bargain that you can freeze for a later date or use money-saving schemes/ supermarket points to help reduce the spending on future shops!



## YOUR FREEZER IS YOUR FRIEND

We aren't always using our freezers to their full potential. Use your freezer not just to store leftovers or batch cooks, but ingredients that may go out of date quickly or need rescuing such as fruit or vegetables on the turn or wilting herbs.

### Did you know?

Frozen fruit & Vegetables are just as nutritious as fresh, and they have a lovely long shelf life, so you don't need to worry about spoilage.

# STORE CUPBOARD LENTIL & CHICKPEA SOUP

Portion Sizes:  
**4**

Cooking time:  
**30 mins**



This comforting lentil and chickpea soup is a great way of using up **store cupboard** food items!

## INGREDIENTS

- 300g drained tinned chickpeas
- 300g drained tinned lentils
- 500ml vegetable stock
- 2tsp cumin
- 1tsp chilli powder
- 1tsp turmeric
- 1tsp paprika
- 1tbsp olive oil

## METHOD

1. Peel and finely chop the garlic.
2. Put aside 2 tbsp of chickpeas. Add the remaining chickpeas in pan along with the garlic, lentils, and stock, bring to the boil.
3. Add the spices to the pan and simmer for 20-25minutes until the lentils and chickpeas are falling apart.
4. To add texture to your soup, fry the remaining chickpeas in a little olive oil until crispy and use to top the soup when serving.

# MACARONI CHEESE WITH BROCCOLI

Portion Sizes:  
**4**

Cooking time:  
**35 mins**



A firm family favourite, with extra vegetables counting towards your 5ADAY that is quick and reasonably inexpensive - you won't feel guilty enjoying it!

## INGREDIENTS

- 200g dry macaroni
- 350g broccoli florets
- 340g tinned sweetcorn, drained
- 40g butter
- 40g plain flour
- 600ml milk of choice, warmed
- 1 tsp English mustard
- 175g strong cheddar cheese, grated.

## Healthy Choice options:

- Swap your macaroni to a wholegrain variety this will add more fibre!
- Swap you milk and cheese for a lower-fat alternative.

## METHOD

1. Preheat the oven to 200°C/Gas mark 6.
2. Cook the macaroni in a large pan of water for 5 minutes.
3. Cut the broccoli into small florets and add to the pan and cook for a further 3 minutes until the macaroni and broccoli is al dente (still has a little bite/crunch to it). Drain, and place into an ovenproof dish.
4. To make the white sauce: melt the butter in a pan over a medium heat, slowly adding and stirring in the flour and cook for 1 minute.
5. Remove from the heat and gradually add the milk, stirring well after each addition. Once you have added all the milk, return to the heat, and bring to a boil, continuously stirring until the sauce thickens.
6. Remove from the heat, add the mustard  $\frac{3}{4}$  of the grated cheese, stir until the cheese is melted.
7. Add the drained sweetcorn and pour the sauce into the ovenproof dish, stir well until the pasta and broccoli is evenly coated. Scatter the remaining cheese on top and bake in the oven for 20minutes until golden brown.

# LEFTOVER VEGETABLE TOMATO SAUCE

Portion Sizes:  
**2-3 litres of sauce**

Cooking time:  
**Approx 1hour 30mins**



**Batch cook**  
this great recipe to use any  
**leftover vegetables!**  
Whether they be fresh, frozen,  
or tinned, to create this versatile  
pasta sauce! You can use it in  
your homemade bolognese,  
lasagne, pizza base,  
curry or even  
chilli.

## METHOD

1. Preheat your oven to 200°C. Add 1 tablespoon of vegetable oil onto a baking/roasting tray.
2. Prep you veg- cut them chunky and place onto the baking/roasting tray along with the oregano and garlic cloves.
3. Roast your vegetables for approx. 1 hour or until they are soft and caramelised.
4. Once cooked, and the roasted vegetables into a saucepan and pour in the tinned tomatoes, breaking them up with a wooden spoon, then just under half-fill each tin with water, swirl around and pour into the pan.
5. Simmer for approx. 25mintues or until the sauce has reduced. Leave to cool a little, then blitz until smooth.

## INGREDIENTS

- 2 carrots
- 2 celery sticks
- 2 courgettes
- 2 red peppers
- 2 small onions
- 2 small leeks
- 600g butternut squash
- 2 cloves of garlic
- 2 tsp dried oregano
- 2 x 400g tinned plum tomatoes
- 1 tbsp vegetable oil

# WAST-ED PORRIDGE BREAD

Portion Sizes:  
**1 Loaf (Approx 10 Slices)**

Cooking time:  
**Approx. 40mins**



Great recipe  
to use **leftover**  
porridge to make  
delicious fresh  
bread!

## INGREDIENTS

- 200g leftover chilled porridge
- 250g flour
- 5g dried yeast
- 5g Salt
- 100g warm water
- 50g oats or seeds - *optional topper*
- 1 tsp English mustard
- 175g strong cheddar cheese, grated

## Healthy Choice options:

- Use water or low fat milk to help reduce the amount of saturated fat.
- Use 50/50, half wholemeal and half white flour to add more fibre!
- Look to choose a lower fat alternative cheese.

## METHOD

1. Dissolve yeast in warm water.
2. Mix the yeast and water with the rest of the ingredients and knead for 10 minutes.
3. Allow to rest in the fridge overnight.
4. On the following day, bring out the dough and shape and transfer it to a loaf tin.
5. Cover the top with either oats or seeds.
6. Cover with a towel or clingfilm and allow to prove.
7. Bake at 200°C for approx. 40 minutes or until it sounds hollow when you tap the bottom.

# EASY FISH CAKES

Portion Sizes:  
**4**

Cooking time:  
**35 mins**

## INGREDIENTS

- 400g frozen fish pie mix
- 450g potatoes
- 3 spring onions
- 100ml milk of choice
- 80g frozen sweetcorn
- 30g grated cheddar cheese
- Pinch of black pepper
- 1 large egg
- Flour, for dusting
- 1 tsp English mustard
- 175g strong cheddar cheese, grated

Simple to make and **freezer friendly**. These fish cakes are a great way of getting more fish in your diet.



## METHOD

1. Preheat oven to 200°C.
2. Chop the potatoes and add to a pot of boiling water and cook until tender. Drain well and mash, then set aside to cool.
3. Add the fish, spring onion and milk to a saucepan on a low heat and gently cook until the fish is just opaque and cooked through.
4. Drain the fish and spring onion through a sieve, and gently mix through the potatoes to avoid the fish breaking up too much, along with the sweetcorn, cheddar, and a pinch of black pepper.
5. Form into 8 patties (the cooler the mash potato, the easier it will be).
6. Get two plates, one for the beaten egg and another for the flour.
7. Dip the patties in the egg and then the flour, place them onto a greased baking tray. Place the tray in the fridge for half an hour to firm up (at this point you can freeze the fish cakes individually) and then place into the oven until golden and cooked through.

# BUBBLE & SQUEAK QUICHE

Portion Sizes:  
**24**

Cooking time:  
**Approx 1hour 30mins**

## INGREDIENTS

- 375g ready rolled shortcrust pastry
- 275g any leftover roasted vegetables - cut into chunks
- 4 large eggs, beaten
- 75ml milk of choice
- 150ml single cream
- ¼ tsp of dried sage
- 1 pinch of black pepper

Use your **leftover veg** from a roast to create this delicious hearty dish!



## Healthy Choice options:

- Use lower-fat alternative for the pastry, milk and cheese you use in this recipe.
- Try making your own pastry with 50% wholemeal flour for additional fibre.

## METHOD

1. Preheat the oven to 180°C/160°C fan. Remove the pastry from the fridge about 15 minutes before use.
2. Unroll the pastry and use to line a 20cm round tart case. Prick the base using a fork, line the case with baking paper and fill with dried rice (or baking beans), then blind bake for 10 mins. Remove the beans and paper and bake for another 10 mins or until the pastry starts to brown around the edges.
3. Once the tart case is baked, carefully trim the edges, if necessary, then reduce the oven temperature to 160°C/140°C Fan/Gas 3.
4. Arrange the chopped roasted vegetables evenly over the base of the pastry case. Beat together the eggs, milk, single cream, and sage, then season with black pepper.
5. Pour the quiche mixture into the case over the roasted vegetables and bake for 45-50 mins or until set and golden on top. Cool in the tin for 15 mins, then remove the quiche from the tin.

# 50/50 BOLOGNAISE

Portion Sizes:  
12

Cooking time:  
Approx. 2 hours

# SWEET POTATO CHILLI

Portion Sizes:  
12

Cooking time:  
Approx. 2 hours



A great recipe to **Batch cook** and super versatile! You can serve it as a spaghetti bolognese, pasta bake, cottage pie or a sloppy joe. Can even spice it up and use it for chilli with rice or jacket potato.



## INGREDIENTS

- 10g fresh rosemary (1 tsp if you have dried in your cupboard or spice rack)
- 750g minced beef
- 8 cloves of garlic
- 2 tbsp olive oil
- 500g chopped mixed onion, carrot, and celery (*frozen or fresh*)
- 3 x 400g tin of lentils
- 5 tablespoons of balsamic vinegar
- 1.5 litres of leftover veg tomato sauce (see above recipe) – *Pushed for time? Use 4 x 400g plum tinned tomatoes*

### Healthy Choice options:

- Use lower-fat beef mince such as Less than 5%.



A great recipe to **Batch cook** and super versatile! You can serve it with rice, nachos, in a wrap or as a jacket potato topping. You can even freeze this dish for a busy or rainy day.



## INGREDIENTS

- 6 sweet potatoes (Approx 250g each)
- 500g chopped mixed onion, carrot, and celery (*frozen or fresh*)
- 95g chipotle chilli paste
- 3 x 400g tins of black beans
- 1.2ltr of leftover veg tomato sauce (see above recipe) – *Pushed for time? Use 3 x 400g tinned plum tomatoes.*
- 15g coriander
- 1 tsp cumin seeds
- 60g feta cheese (*optional*)
- 1 tbsp olive oil

## METHOD

1. Preheat the oven to 180°C/Gas 4.
2. Put a large deep pan on medium-high heat. Peel the sweet potatoes, and once diced add them to the pan. Add 1 tablespoon of olive oil and fry for 5 minutes, turning occasionally, until starting to get golden. Push to one side, add the cumin, let it sizzle, then spoon in the jar of chipotle chilli paste and add 2 jars' worth of water.
3. Add in the chopped mixed veg, finely chop, and add the coriander stalks, reserving the leaves, then bake for 1 hour.
4. Remove from the oven and add the beans, juice, and all, then the leftover vegetable tomato sauce (tinned tomatoes that have been mashed or chopped, along with 1 tin's worth of water). Stir well, then roast for another hour, or until the sweet potatoes are tender.
5. To enjoy straight away – crumble over the feta and tear over the coriander leaves, to serve.

# BERRY FOOL

Portion Sizes:  
6

Cooking time:  
Approx. 1 hour

Delicious and creamy fool, with reduced fat and the perfect way to use frozen **berries** in your **freezer** whilst helping contribute to your 5ADAY!



## INGREDIENTS

- 500g frozen mixed berries
- 200ml light double cream
- 300ml ready-made, low-fat custard
- Fresh mint leaves, for decoration

## METHOD

1. Add the frozen berries into a medium non-stick pan and gently heat for approx. 5 minutes. Stir occasionally until the berries begin to soften and release their juice.
2. Increase the heat and allow to simmer for 10 minutes, stirring regularly until the fruit is very soft.
3. Remove from heat and pass the berries through a sieve over a bowl, press the berries into the sieve to help extract as much puree as possible. Leave the puree to cool and throw away any seed left over in the sieve.
4. Whip the light double cream until stiff peaks form.
5. In a separate bowl, mix the low-fat custard and whisk in the whipped light cream. Stir in  $\frac{3}{4}$  of the fruit puree until well combined. Then add the remaining puree and gently combine to get a marbling effect.
6. Spoon the fool into individual serving bowls, cover and chill in the fridge for at least 30 minutes.
7. To serve, scatter a few tiny mint leaves on top.

# FRUITY CRUMBLE

Portion Sizes:  
6

Cooking time:  
Approx. 40 mins

A comforting dish for the whole family to enjoy, that you can make using food items from your **cupboard and Freezer!**



## INGREDIENTS

- 750-800g fruit of your choice – *fresh, frozen or tinned.*
- 3 tbsp of demerara sugar
- 1 orange- zested and 1/2 juiced
- 2tsp cinnamon
- 250g precooked quinoa - (*a good source of plant protein and fibre*)
- 75g oats
- 50g butter

## METHOD

1. Preheat the oven to Gas mark 4/180°C/ Fan 160°C.
2. In a bowl, mix the fruit with 2 tbsp demerara sugar, the orange zest and juice, and 1tsp cinnamon. And place into an oven-proof dish.
3. In a separate bowl, mix the quinoa, oats, 1 tbsp of demerara sugar, remaining 1 tsp of cinnamon and butter until clumps form. Spread over the top of the fruit in each baking dish.
4. Bake for 25-30 mins, until the crumble, is golden on top.

# SPICED APPLE CAKE

Portion Sizes:  
**4**

Cooking time:  
**35 mins**



Who doesn't like a cake with their cuppa? Great cake to use up any apples, plums, or pears you have in your fruit bowl! Extra bonus - its freezable!

# CREAMY RICE PUDDING

Portion Sizes:  
**6**

Cooking time:  
**Approx. 1 hour**



A firm family favourite, full of comfort with **less calories and fat!** Great dessert to top with fruit, nuts, and seeds to give it an extra nutritious boost.

## INGREDIENTS

- 100g pudding rice
- 750ml milk of choice
- 1 tsp vanilla bean paste or essence.
- 1tbsp of Honey (*optional*)
- 4 tbsp of low-fat Greek yoghurt, to serve
- Fruit (*fresh or frozen*), seeds & nuts of choice! - to serve

## Healthy Choice options:

- Great toppers to help towards your 5DAY, add additional fibre, healthy fats and essential vitamins & minerals to your meal.

## METHOD

1. Add the pudding rice, milk, and vanilla to a large saucepan, and gently simmer over very low heat, stirring frequently.
- Continue to simmer for approx. 50 minutes, stirring more often as the rice swells, until it's tender and the consistency is creamy. (*Optional-stir in 1tbsp of honey*).
2. Divide the rice pudding between 6 bowls and top with a tablespoon of low-fat Greek yoghurt, and fruit, seeds and nuts of your choice!

## INGREDIENTS

- 750g apples - you can use other fruits such as pears and plums
- 250g self-raising flour
- 1tbsp lemon juice & ½ a lemon's zest
- 1tsp baking powder
- 1tsp ground cinnamon
- 2 large free-range eggs
- 150g demerara sugar
- 200ml milk of choice
- 100ml rapeseed oil
- ½ tsp cinnamon and ¼ tsp icing sugar to dust

## METHOD

1. Preheat the oven to 190°C/ 170°C Fan/ Gas mark 5. Line and grease a 23cm cake tin.
2. Peel the apples, and cut them into 1/4s. Remove the core and cut them into thin slices. Place the apple slices into a bowl and toss with the lemon juice and zest.
3. Add all the dry ingredients into the bowl (apart from the sugar and dustings).
4. In a separate bowl, whisk together the eggs, 100g sugar, milk, and oil. Then pour into the dry ingredients until combined. Add the apples to the batter and mix well.
5. Pour the mixture into the prepared tin.
6. Sprinkle over 50g of demerara sugar evenly over the top of the cake and bake in the middle of the oven for approx. 1hr until golden brown and well risen.
7. Leave the cake to cool, once cool- sprinkle with cinnamon and icing sugar.

## Healthy Choice options:

- Try using 50/50 wholemeal and white flour to add more fibre!
- Leave the peel on the fruit to add extra fibre and essential vitamins and minerals.
- Choose lower-fat alternatives for milk.



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