



COOKING ON A BUDGET



INTRODUCTION

The cost of living is rising rapidly and although we hear a lot about our energy bills going up, our food expenses are also increasing. Everything in the supermarket seems to have become more expensive – or if the price has stayed the same, then the pack size has shrunk. Do not despair! This booklet contains some useful tips for saving money on groceries as well as some low-cost yet tasty recipes for the whole family to enjoy. The recipes contain easy to find and budget friendly ingredients like vegetables and pulses. Are you looking for ways to cut down on household expenses? Then you will certainly find some tips to help you by reading the following pages.

Energy tips

- When boiling water in a pan, always put the lid on. This traps the heat so that the water boils faster.
- When making an oven-baked dish, don't pre-heat the oven first. Today's ovens heat up so quickly that you can usually put the dish in the oven immediately.
- Some kitchen appliances use electricity even when they are in stand-by mode. To avoid this, unplug as many appliances as possible when they are not in use.

10 CLEVER SHOPPING TECHNIQUES TO KEEP YOUR COSTS DOWN

1. Plan your weekly meals and make a grocery list

This is by far the best money-saving tactic. If you want to eat healthy meals on a budget, plan your weekly meals (based on the promotions, see tip #2). Then write your shopping list accordingly, this ensures you buy only the specific ingredients you need and prevents expensive impulse purchases. If you need a little help to get started, get my insanely useful meal planner for busy parents [here](#).

2. Bag the bargains

Check the deals at your three favourite food stores. Shops usually don't have the same items on sale, so it's worthwhile checking in more than one place. Then plan your healthy meals according to these promotional items. An interesting bonus: you'll find yourself trying different things, making your diet more varied.

3. Buy local and in season

Buy your fresh fruit and vegetables when they're in season; they are cheaper and tastier. Focusing on local produce means your items didn't have to travel far, which might reduce cost.

4. Pick up budget-friendly vegetables

If you have big eaters at the table, choose large vegetables like aubergine, leek, courgette and cauliflower. They're great value: cheap and extremely rewarding to cook with, bringing both nutrition and volume to your dish.

5. Shop later in the evening

This shopping technique saves you money instantly. Simply do your shopping at the end of the day, when stores are trying to get rid of perishable foods. Your bakery, fruit and veg grocer and even your regular supermarket all mark down items when the day comes to a close.

6. Skip prepared and packaged foods

While it's more convenient to buy the washed and chopped veggies, remember that you pay extra for that. Same goes for prepared salads, cut fruits, marinated meats, canned beans, lentils and peas.

7. Buy in bulk and batch cook

After checking what's on offer, stock up on deals. Buy extras of any product you use regularly. Not only canned, boxed and frozen foods, also buy your fresh produce in bulk, batch cook your meals and freeze the extras. Check my post on batch cooking for some tips and tricks.

8. Switch to own label products

On average store brands are a whopping 39% cheaper than their name-brand counterparts. And since own label products often have the same ingredients and nutritional value (and were probably manufactured by the same company), this is an effective way to get bigger bang for your buck.

9. Join store loyalty schemes

They're called REWARD programs for a reason! Extra discounts, freebies or early-bird offers; all money in disguise you don't want to miss out on. Sign up, digitise cards on your phone and you're good to go.

10. Leave the kids at home (if you can!)

Yes, I'm serious! Shopping with your kids can make your trip more expensive, when they bug you for their favourite products or distract you from your grocery list. Shopping alone is a quick win for your wallet.

*Tips by
Karin Louzado*

*with
aubergine*



PASTA ALLA NORMA

INGREDIENTS

- 300 g spaghetti
- 2 aubergines
- 2 cloves of garlic
- 1 tbsp oregano
- 1 can of diced tomatoes (400 g)
- Oil for frying
- Salt and pepper

HOW DO YOU PREPARE IT?

Prepare the spaghetti according to the instructions on the packet.

Cut the aubergine into evenly sized slices. Heat a frying pan over medium-high to high heat and add oil. If necessary, fry the aubergine slices in batches until browned and cooked on both sides. Remove them from the pan and season with salt and pepper. When frying aubergine it is important not to let the slices dry out so that the flesh remains nice and soft.

Heat a saucepan containing oil over medium-high heat. Finely chop or crush the garlic cloves. Add the diced tomatoes and stir through along with the oregano. Let simmer on a low heat for a while. Season to taste with salt and pepper.

When the spaghetti is ready, mix it with the tomato sauce and serve with the fried aubergine.



Servings: 4



25 minutes

*with
courgette*



SLOPPY JOE

INGREDIENTS

- 1 red onion
- 1 tbsp white wine vinegar
- 1 tsp sugar
- 2 garlic cloves
- 1 courgette
- 1 green blocky pepper
- ¼ tsp chilli powder
- 300 g beef mince
- 2 tbsp tomato puree
- 1 tbsp ketchup
- 1 tsp Worcestershire sauce
- 4 buns
- Oil
- Salt and pepper



Servings: 4



30 minutes

HOW DO YOU PREPARE IT?

Heat the white wine vinegar in a saucepan and dissolve the sugar in it. Slice the onion and mix the slices into the wine vinegar mixture. Leave to stand until ready to use.

Finely slice or crush the garlic cloves. Deseed the pepper and dice the flesh as small as possible. Grate $\frac{2}{3}$ of the courgette finely and $\frac{1}{3}$ coarsely. Keep separate.

Heat a large frying pan containing oil on medium-high heat. Fry the garlic for a few minutes. Add the minced meat and cook until it falls apart.

Add the pepper, finely grated courgette and chilli powder. Fry for a few minutes until the courgette has released most of its moisture. Next add the tomato puree, ketchup and Worcestershire sauce, bring to the boil and then turn the heat down low. Simmer for 10 minutes until the liquid has evaporated and season with salt and pepper.

Slice open the buns and, if you like, grill the cut surfaces in a dry frying pan or grill pan. Top the buns with the mince mix and cover with the coarsely grated courgette and the sweet and sour onion mix. Serve immediately.

with
pepper



SWEET AND SOUR DRUMSTICKS

INGREDIENTS

- 300 g rice
- 600 g chicken drumsticks
- 3 blocky peppers
- 3 spring onions
- 1 small tin of tomato puree (70 g)
- 1 can of pineapple pieces
- 5 tbsp pineapple juice (from the can)
- 3 tbsp sweet chilli sauce
- Oil for frying
- Salt and pepper



Servings: 4

25 minutes

HOW DO YOU PREPARE IT?

Prepare the rice according to the instructions on the packet.

Heat the oil in a large frying pan and fry the drumsticks until cooked.

Deseed the peppers and cut the flesh into thin strips. Cut the white of the spring onions into thin rings. Finely chop the green of the spring onions. Keep separate.

Heat oil in a large frying pan or wok. Fry the white of the spring onions for 1-2 minutes on high heat. Add the pepper strips and stir-fry for 2-3 minutes. Add the tomato puree and fry for 1 minute. Then add the pineapple juice, sweet chili sauce, and pineapple pieces and stir-fry.

Serve the rice together with the drumsticks and sweet & sour pepper. Spread the remaining sauce over the drumsticks and rice. Garnish with the green spring onion.

Tip – you can bake the chicken drumsticks rather than fry if you prefer.

*with
tomatoes and peas*



TOMATO BEAN CURRY

INGREDIENTS

- 2 onions
- 2 garlic cloves
- 5 tomatoes
- 2 tsp garam masala
- 1 tsp cinnamon
- 150 ml tinned tomatoes
- 1 jar white beans (360 g)
- 200 g peas
- Oil for frying
- Salt and pepper

HOW DO YOU PREPARE IT?

Chop the onions and finely chop or crush the garlic cloves. Coarsely chop the tomatoes.

Heat a large frying pan containing oil over medium-high heat. Fry the onion and garlic until the onion is translucent. Add the garam masala and cinnamon and fry briefly. Then add the coarsely chopped tomatoes and tinned tomatoes. Bring to the boil, then turn down the heat and simmer for 10 minutes.

Next add the white beans and peas to the curry and briefly reheat. Season the curry with salt and pepper.



Servings: 4



30 minutes

*with
leek*



CHICKEN AND LEEK PIES

INGREDIENTS

- 10-12 sheets of frozen puff pastry
- 400 ml of vegetable stock
- 300 g chicken breast
- 2 leeks
- 125 ml creme fraiche
- 300 g peas
- 4 eggs
- 100 grated cheese, your choice
- Oil or butter for frying/greasing
- Salt and pepper

EQUIPMENT

- 4 quiche dishes of approx. 12 cm diameter or 1 quiche dish of 21 cm diameter

HOW DO YOU PREPARE IT?

Defrost the puff pastry sheets. Preheat the oven to 220 degrees and grease the quiche dish(es) with butter or oil and line them with the puff pastry.

Bring the stock to the boil in a pan. Cook the chicken breast in the stock for about 10 minutes until the chicken is cooked. Then pull the chicken apart with two forks.

Cut the leeks into rings. Heat some oil in a large frying pan. Fry the leeks until soft. Then add the creme fraiche, pulled chicken and peas, and stir well. Season with salt and pepper.

Beat the eggs in a bowl and add the grated cheese.

Fill the quiche dish(es) with the chicken-vegetable mixture and pour the egg on top. Bake the quiche(s) in the oven for 25-45 minutes (depending on the size of dish you chose) until the egg is cooked and the puff pastry is golden brown.

Allow the quiche(s) to cool slightly and then serve immediately. Delicious with a green cucumber side salad.



Servings: 4



55 minutes

*with
cauliflower*



COTTAGE PIE

INGREDIENTS

- 1 onion
- 2 peppers
- 1 cauliflower
- 300 g beef mince
- 1 can tomato puree (70 g)
- 200 ml broth of your choice
- 2 tbsp Worcestershire sauce
- 150 g peas
- 2 tsp thyme
- 500 g mashed potato
- 150 g grated cheese, your choice
- Oil for frying
- Salt and pepper

EQUIPMENT

- Large oven dish

HOW DO YOU PREPARE IT?

Chop the onion. Deseed the peppers and dice the flesh. Cut the cauliflowers into small florets.

Heat a large frying pan containing oil over medium-high heat. Fry the onion until it's translucent. Add the mincemeat and fry until brown and falling apart.

Preheat the oven to 180 degrees. Add the leeks, peppers and cauliflower to the onions and fry briefly. Add the tomato puree and fry briefly. Then add the broth and Worcestershire sauce to the vegetables and bring to the boil. Turn down the heat, place a lid on the pan and simmer for 10 minutes. Add the peas for the last minute. If needed, season with salt and pepper.

Place the vegetables in the oven dish and cover with mashed potato. Sprinkle with grated cheese. Bake for 10-20 minutes until the cheese is melted and golden brown.



Servings: 4



55 minutes

*with
veggies*



VEGETABLE TRAYBAKE

INGREDIENTS

- 500 g of potatoes
- 1 courgette
- 2 blocky peppers
- 1 aubergine
- 2 red onions
- 2 tsp Italian herbs
- 4 small sausages
- 50 g green pesto
- Oil
- Salt and pepper

HOW DO YOU PREPARE IT?

Preheat the oven to 220 degrees and line a baking tray with baking paper.

Dice the potatoes. Boil these for about 10 minutes and drain.

Cut the courgette into chunks.

Deseed the peppers and slice the flesh into strips. Cut the aubergine into chunks and quarter the red onions.

Mix a sizeable splash of oil with the Italian herbs and salt and pepper. Spread the vegetables, potatoes, and sausages over the baking tray, top with the oil. Place the tray in the oven and bake for 20-25 minutes until the vegetables and sausages are done.

Spread the pesto over the traybake and serve immediately.



Servings: 4



40 minutes



*with
pepper and courgette*

QUICK MAC AND CHEESE

INGREDIENTS

- 300 g (whole wheat) macaroni
- 1 onion
- 2 garlic cloves
- 1 red pepper
- 1 courgette
- 2 tbsp Worcestershire sauce
- 700 g tomato sauce
- 150 g grated cheese
- A couple of tbsp of panko or breadcrumbs

EQUIPMENT

- Large oven dish



Servings: 4



40 minutes

HOW DO YOU PREPARE IT?

Prepare the macaroni according to the instructions on the packet. Drain it.

Chop the onion. Chop or crush the garlic gloves. Deseed the pepper and dice the flesh. Grate the courgette as finely as possible.

Heat a large frying pan containing oil over medium-high heat and fry the onion and garlic until the onion is translucent. Add the pepper and courgette and fry until the pepper has lost most of its moisture. Then add the Worcestershire and tomato sauces. Bring to the boil, lower the heat and simmer for 5-10 minutes. Season with salt and pepper and remove from heat.

In the meantime, preheat the oven to 180 degrees.

Mix the macaroni through the tomato-vegetable sauce and mix in the cheese. Put the mac and cheese in the oven dish and spread the panko or breadcrumbs on top. Briefly bake the mac and cheese in the oven until the panko or breadcrumbs turn golden brown.

If desired, garnish the mac and cheese with fresh parsley before serving. Serve with peas for a meal with even more vegetables!

SAVE MONEY WITH A MEAL PLANNER

If you want to cut back on your grocery spend, a weekly meal planner helps. Imagine only having to think about what you're going to eat – and having to buy groceries – once a week. This can take a weight off your mind and can also help you to save a lot of time and money.

After all, after a busy day at work, the last thing you want to do is go to the supermarket not only lacking inspiration but also at risk of spending too much money.

Scan the QR code to download and print our weekly meal planner.



MEAL PLANNER

LOVE *My*
SALAD

WEEK OF: _____

SHOPPING LIST	
SUNDAY	<div> <div>Dairy</div> <div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div> </div> <div> <div>Produce</div> <div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div> </div>
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TUESDAY	
WEDNESDAY	<div> <div>Grains</div> <div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div> </div> <div> <div>Meat</div> <div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div><div>○</div> </div>
THURSDAY	
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SATURDAY	



Love my Salad is an online platform all about vegetables. It's packed with recipes and blogs showcasing unique ways to prepare delicious vegetable dishes. Love my Salad is an initiative of vegetable seed company Rijk Zwaan.

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