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COOKING ON A BUDGET

GREAT FOOD • STUDENT PRICES



Organised by Met Res Life and Student Services



**DID YOU KNOW THAT
3 FOOD DELIVERIES
OR TAKE-AWAYS
= ALMOST 3 WEEKS
WORTH OF FOOD
IF YOU COOK ALL
THE RECIPES FROM
FROM THIS BOOKLET?**



Student Services and Met Res Life have come together to deliver “Cooking on a Budget”. COAB will help you to improve not only your cooking skills but also save money with your shopping and cooking at home!

When selecting the following recipes, we wanted to offer options for the different dietary requirements and choices, based on:

- Serving cost needed to be less than £2
- Preparation and cooking time under 30 minutes
- A reduced number of uncommon ingredients, with leftovers that could be easily used on a daily basis for preparing other dishes



THE FOLLOWING ICONS IDENTIFY DIFFERENT DIETARY OPTIONS:



GLUTEN FREE



DAIRY FREE



VEGAN



VEGETARIAN



PEA & GAMMON SOUP

Ingredients

Serves 4

1tbsp of butter

1 onion, chopped

**1 medium potato,
peeled and diced**

**2 slices of
unsmoked gammon**

500g frozen peas

Method

- Heat the butter in a saucepan and when lightly foaming, gently cook onion until softened, but not coloured. Add the diced potato and stir to coat in butter.
- Add the slices of gammon along with 1 litre of hot water and bring it to the boil until the gammon is cooked and the potatoes are soft.
- Tip in 500g frozen peas and bring back to the boil. Cook until peas are floating.
- Remove from the heat, remove the gammon and blend until smooth. Dice the gammon and add it to the soup.



Tip: You can replace the peas for carrots, but let them boil until softened



Make it **dairy free** by swapping the butter for olive oil



SPANISH TORTILLA WITH CHORIZO

Ingredients

Serves 6

1kg new potatoes

**1 onion, thinly sliced
(not chopped)**

7 free-range eggs

3tbsp olive oil

**125g Spanish
chorizo ring, diced**

Ingredients for salad

**120g mixed
leaf salad**

1½ tsp salt

100g cherry tomatoes

2 spring onions

½ cucumber

1tbsp vinegar

Salt & pepper

Method

- Peel the potatoes, slice thinly and boil them until softened. Drain them and set them aside.
- In a big mixing bowl, beat the eggs. Season with salt and pepper. Add the diced chorizo.
- Heat the olive oil in a frying pan/skillet, add the onion and cook until golden. Remove onion from pan, leaving the remaining oil in it.
- Add the potatoes and onion to the bowl with the beaten eggs. Mix everything together and let it rest for a couple of minutes.
- Re-heat the olive oil left in the frying pan/skillet. Wait until the oil is hot and only then pour in the potato mixture. Push down the edges with a spatula or fork. Let it cook until the edges are set (a few minutes).
- Cover the pan with a large plate. With one hand hold the plate tight and with the other one hold the handle of your pan/skillet. Quickly flip over the pan so that the plate is underneath.
- Lift the empty pan/skillet and place it back onto the heat. Add a little oil (1tbs). Slide the omelette back into the pan. Cook until set to your liking.
- Prepare a salad with the rest of the ingredients while the omelette is still being cooked.

Tip:  **Make it vegetarian...** just don't add the chorizo



FRUITY PORK STEAKS

Ingredients

Serves 4

4 boneless pork
shoulder steaks,
trimmed of any fat
2tsp Chinese
five-spice powder
200ml chicken stock
1tbsp sunflower oil
1 large onion, thinly
sliced through the root
3 red apples, cored
and cut into eighths
2tbsp berry jam
1tbsp red wine vinegar
or cider vinegar

Ingredients for mashed potatoes:

1kg maris piper
potatoes, peeled
and halved
200ml milk
2tbsp butter
Salt & pepper

Method

- Dust the pork steaks with the Chinese five-spice powder.
- Cook the potatoes in simmering water for 15 minutes, or until cooked through. Drain well, cover and set aside.
- Heat half the oil in a frying pan and fry the pork for about 3mins on each side until browned and cooked through. Transfer to a plate. Add the remaining oil to the frying pan, reduce the heat slightly, then fry the onion for 2mins. Add the apples and cook, stirring occasionally, for another 5mins or until golden.
- Add the berry jam to the pan, followed by the vinegar and then the stock. Bring to the boil and simmer rapidly, uncovered, for 8-10mins until the sauce is slightly syrupy and the apples are tender. Gently reheat the pork in the sauce, turning to glaze each side.
- Warm up the milk. Mash the potatoes and butter, adding milk until it smooth and creamy. Add salt and pepper to taste.



CHILINDRON CHICKEN & COUSCOUS

Ingredients

Serves 4

**1kg chicken thighs,
fat trimmed**

5tbsp olive oil

**80g serrano
ham, sliced**

1tsp paprika

**400g tinned
chopped tomatoes**

1 cup white wine

**4 cloves of garlic,
peeled and chopped**

**1 big onion, thinly
sliced longways**

1tbsp butter

**1 red pepper, thinly
sliced longways**

1tsp sugar

**1 green pepper, thinly
sliced longways**

300g couscous

Salt & Pepper

Method

- Pour olive oil in a frying pan and heat. When hot, add the chicken thighs. Fry on a high heat until golden brown. Remove from the pan and set aside.
- Add more olive oil to the pan if necessary. Add the chopped onion, garlic and peppers. Fry until golden brown.
- Add the tomatoes and stir thoroughly. Add the serrano ham, paprika and sugar, and stir again. Pour in the wine and let simmer for 15mins on a low heat.
- Place the chicken back into the pan and cover with a lid. Remove from the heat when the chicken is cooked through.
- Place couscous in a big bowl, pour in 300ml of boiling water and a drizzle of oil, stir and cover with a lid for 5mins or until soft and all the water has been absorbed. Add the butter and fluff with a fork.



Tip:  Make it **dairy free** by swapping the butter for olive oil



FAST-FIX FRIED RICE

Ingredients

Serves 4

2tbsp vegetable oil
300g basmati rice
3 eggs, beaten
1tsp turmeric
4 bacon rashers, chopped
3 spring onions, sliced
200g chestnut mushrooms, sliced
3tbsp dark soy sauce, plus extra to serve
150g frozen peas
1tsp sugar
3 garlic cloves, crushed

Method

- Cook the rice according to instructions on the packet and set aside.
- Heat the oil in a frying pan, and when hot tip in the eggs. Leave to set for 30secs-1 min, swirling occasionally until dry, then tip out and finely slice.
- Add bacon and mushrooms to pan, and fry until golden (about 3mins).
- Add peas, garlic and spring onions, then cook for 1min.
- Mix the dark soy sauce, sugar and turmeric together. Turn up the heat, add the cooked rice to the pan, heat through, then splash in the sauce. Stir through the egg and serve straight away, adding more dark soy sauce to taste.



Tip:



Make it **gluten-free** by swapping the dark soy sauce for a gluten-free version



MED'S BEANS & KALE STEW

Ingredients

Serves 4

1 onion, chopped
3 garlic cloves,
chopped
1 red pepper, chopped
1tsp sweet paprika
1tsp nutmeg
2 celery sticks,
chopped
1 carrot, chopped
400g tinned
chopped tomatoes
600ml
vegetable stock
400g tinned
black beans
400g tinned
cannellini beans
200g kale
2tbsp vegetable oil
Salt & pepper

Method

- Cook the onion, red pepper and garlic in the vegetable oil until golden. Add the paprika and cook for a minute.
- Tip in the celery, carrot and tomatoes, plus a cup of water and simmer for 10mins, until thickened.
- Add the vegetable stock, drained beans and kale and cook for 10mins.



SUNDRIED TOMATO & FETA CHEESE PASTA

Ingredients

Serves 4

500g short pasta,
cooked according
to directions

200g feta cheese,
crumbled

145g drained sundried
tomatoes, sliced
(Keep oil in the jar)

2tbsp dried basil
or 4tbsp fresh
basil, chopped

150g shredded Grana
Padano cheese

Salt & pepper

Method

- In a large bowl, combine feta cheese, tomatoes, olive oil, basil, salt and pepper. Allow to rest while the pasta cooks.
- Drain the pasta and immediately add it to the cheese mixture, while it's still hot.
- Toss to coat and allow cheese to melt, adding Grana Padano.



Tip:



Make it **gluten-free** by swapping to a gluten-free pasta



PEANUT NOODLES WITH VEGGIES

Ingredients

Serves 4

3tbsp peanut butter
150g spinach
40ml lime/lemon juice
2 carrots,
cut longways
3tbsp sesame oil
200g chestnut
mushrooms, sliced
3tbsp dark soy sauce
300g dry egg noodles
1tbsp olive oil
3 spring onions, sliced
2 garlic cloves,
finely minced
1 red chilli pepper,
sliced

Method

- In a small bowl, thin the peanut butter with the lime juice, whisking until smooth. Whisk in the sesame oil and dark soy sauce. Stir in a little water as needed to get a pourable sauce, creamy and not too thin.
- Cook the noodles according to instructions and drain when cooked. Set aside.
- In the meantime, in a large skillet, heat the 1tbsp olive oil, add the spinach, carrot, mushrooms and garlic, and cook 4-5mins, until softened.
- Add the noodles, the peanut sauce and spring onions to the vegetables, and stir to combine. Cook for a couple of minutes. Season to taste and serve with the red chilli pepper sprinkled on top.

Tip:



Make it **gluten-free** by swapping the soy sauce for a gluten-free version.



CREAMY VEGAN CHICKPEA & SPINACH CURRY

Ingredients

Serves 4

2tbsp olive oil or
coconut oil
3 garlic cloves,
crushed
1 onion, roughly diced
1tsp paprika
1/2tsp cayenne pepper
1/2tsp ground
coriander
Pinch of chilli flakes
2tbsp tomato puree
400g x 2 tinned
chickpeas
200ml veg stock
400g tinned
coconut milk
60g ground almonds
250g spinach
300g basmati rice

Method

- Cook the rice according to instructions and set aside.
- Heat a large pot on a medium heat, add oil and crushed garlic.
- Meanwhile, roughly dice the onion and add to the pot to cook down for a minute. Add all the spices and tomato puree and stir.
- Add the chickpeas, coconut milk and veg stock, and cook on a medium/high heat for 5mins stirring occasionally. Add the ground almonds and stir. Allow to cook down for a further 2-3mins.
- Finally, take off the heat and stir through the spinach until wilted.



GLUTEN-FREE BROWNIES

Ingredients

Serves 9

100g gluten-free
plain flour
150g dark chocolate
100g butter
200g brown sugar
1tsp gluten-free
baking powder
3 eggs

Method

- Preheat the oven to 180°C and line a 15x20cm/6x8" baking dish with parchment paper.
- Gently melt together the chocolate and butter.
- In another bowl mix in the sugar, flour and baking powder.
- Beat the eggs into the dry ingredients.
- Stir in the melted chocolate and butter.
- Pour into your prepared parchment lined baking dish.
- Bake in a pre-heated oven for 22-25mins.
- Cut into squares or slices before serving warm or cold.



PENNY PINCHER TIPS!

- Check the price per grams! Don't be misguided by the price per unit, usually it is not the cheapest option.
- Buy own-brand items. Supermarket own brand items are often better value for money than premium brands.
- Reduce the number of trips you make to the shops. This decreases the chances of you making impulse purchases.
- Check the lower shelves. Items that are shelved in your eye line are designed to catch your attention, but the better deals are often found stacked lower on supermarket shelves.
- Bigger supermarkets stock a larger range of items. They also normally stock lower priced items, and make it easier for you to bulk buy staples like pasta or rice. Smaller "convenience" stores may only stock premium brands, along with a smaller range at higher prices.
- Shopping at night! Most supermarkets begin to reduce prices in the early evenings for items nearing their sell by date. An hour or two before closing is a good time to find some bargains.
- Switching to supermarket brand items, instead of premium brands, can save you roughly one third on your food spending.
- Rice, pasta, cereal... Buy in bulk if you have space. You can also stock up if they are on offer. In general, bigger packages are a lower cost per gram than smaller packages and you could buy it with your housemates and split the cost between you!
- Buy wonky veggies, they are as tasty as the "perfect" ones but with more personality and much cheaper.
- Chicken thighs are always cheaper than legs or breasts... and tastier!
- Pork tenderloin can go far and is easy to cook... leave it marinating with some spices (paprika, thyme, rosemary) and just pan-fry the whole piece!



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AND SHARE
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financeadvice@cardiffmet.ac.uk and they will be able to help you.