

ready in 30

One shopping trip, six meals, no waste – and all for just £30
Recipes LULU GRIMES Photographs DAVID MUNN



INGREDIENTS CHECKLIST

SHOPPING

- red chilli 1
- shallots 8
- spring onions 1 bunch
- spring greens 1 large bunch
- coriander 1 pack
- lemon 2
- fennel 1 bulb
- salad potatoes 1 bag
- pumpkin or butternut
- squash 1 medium
- kale 1 x 200g bag
- parsley 1 pack
- carrots 2
- red pepper 1
- chicken thighs 4 large or 8 small
- turkey 2 or 3 large slices
- streaky bacon 1 pack
- ham 3 or 4 thick slices
- trout 1, whole, gutted and scaled
- low-fat yoghurt 1 small tub
- sourdough bread
- rice vermicelli 100g
- fettucini 200g
- sweet chilli sauce
- harissa to serve (optional)
- ras-el-hanout
- chopped tomatoes 1 tin
- chickpeas 1 tin

STORECUPBOARD

- chicken stock
- rice vinegar or cider vinegar
- soy sauce
- oil
- Dijon mustard
- breadcrumbs fresh or dried
- butter
- olive oil
- white wine
- garlic
- couscous
- rice
- ground cumin
- ground cinnamon

TOTAL FOR SHOPPING APPROX £30



Asian hot and sour turkey soup

SERVES 2 • PREP 20 mins **Easy**

- red chilli 1, shredded (make sure it's a hot chilli)
- shallots 2, peeled and quartered
- chicken stock 500ml
- rice or cider vinegar 2 tbsp
- soy sauce 1 tbsp
- spring onions 1/2 bunch, sliced
- turkey 2 or 3 large slices (chopped or shredded)
- coriander 1/2 pack, roughly chopped
- rice vermicelli 100g, cooked (optional)

LOW FAT

UNDER 300 CALORIES

1 Put the chilli and shallots in a pan with the stock, bring to a simmer and cook for 3 minutes. Add the vinegar and soy sauce. Taste and add more vinegar if you want more of a sour flavour.
2 Add the spring onions and cook for a minute, then add the turkey and cook for another minute. Stir in the coriander and spoon over the noodles (if using) to serve.

PER SERVING 250 kcals, protein 46.8g, carbohydrate 3.7g, fat 5.5g, saturated fat 1.2g, fibre 1g, salt 2.83g

LOW FAT

UNDER 500 CALORIES

Spiced vegetable couscous

SERVES 2 • PREP 30 mins **Easy**

- couscous 100g
- olive oil
- carrots 2, peeled and chopped
- shallots 2, peeled and cut into quarters
- ras-el-hanout 2 tsp, or cinnamon 1 tsp
- plus ground cumin 1 tsp
- red pepper 1, cubed
- chopped tomatoes 1 tin
- chickpeas 1 tin
- coriander 1/2 pack, roughly chopped
- low-fat yoghurt 1 small tub (optional)
- harissa to serve (optional)

1 Cook the couscous using pack instructions. n Heat 1 tsp oil in a deep frying pan, add the carrots and shallots and fry briefly. Add the ras-el-hanout and peppers and fry for a minute until the spices start to smell fragrant.
2 Add the tomatoes, bring to a simmer, put a lid on the pan and cook for 20 minutes or until the veg is tender – add a splash of water if it looks too dry. Season well. Stir in the chickpeas and heat through, then stir in the coriander. Spoon over the couscous and serve with yoghurt and harissa if you like.

PER SERVING 423 kcals, protein 16.1g, carbohydrate 64.7g, fat 11.9g, saturated fat 1g, fibre 10.5g, salt 1.17g



Asian hot and sour turkey soup



Baked trout in paper

SERVES 2 • PREP 30 mins Easy

- lemon 1, 1/2 sliced and the rest cut in half**
- trout 1, whole, gutted and scaled**
- fennel 1 bulb, finely sliced**
- shallots 2, sliced**
- white wine or Vermouth a splash**
- olive oil**
- parsley 1/2 pack, finely chopped**
- steamed potatoes to serve**



Heat the oven to 200C/fan 180C/gas 6. Stuff the lemon slices into the trout. Scatter the fennel in the centre of a large piece of baking paper or foil and lay the trout on top. Sprinkle with the shallots and wine or Vermouth, add a drizzle of oil and fold into a parcel. Put on a baking sheet and cook for 25 minutes. Open the parcel and sprinkle with parsley. Serve with steamed potatoes.

PER SERVING (without potatoes) 200 kcals, protein 28.4g, carbohydrate 3g, fat 8.1g, saturated fat 1.6g, fibre 1.8g, salt 0.23g

Stir-fried greens with sweet chilli ham

SERVES 2 • PREP 15 mins Easy

- oil**
- spring greens a large bunch (or kale, a large bunch or bag, or 1/2 green cabbage stalk removed, shredded)**
- spring onions 1/2 bunch, shredded**
- ham 3 or 4 thick slices, leftovers or ready cooked, cut into pieces**
- garlic 2 cloves, sliced**
- sweet chilli sauce 3 tbsp**
- soy sauce 1 tbsp**
- rice vinegar or cider vinegar 1 tbsp**
- steamed rice to serve**

1 Heat 2 tsp oil in a wok and add the greens and spring onions and a splash of water. Stir-fry until just wilted, then tip onto a plate.
2 Heat 1 tsp more oil in the wok and add the ham and garlic, and fry for a minute. Then add the sweet chilli sauce, soy sauce and vinegar and toss together until the ham is covered in a sticky sauce. Adjust the flavour with more vinegar or sweet chilli if you like. Add back the greens and toss briefly. Serve with steamed rice.

PER SERVING 238 kcals, protein 17.8g, carbohydrate 15.2g, fat 12g, saturated fat 2.3g, fibre 1.4g, salt 4.43g



Chicken with a mustard crust

SERVES 4 • PREP 25 mins Easy

- Dijon mustard 1 tbsp**
- breadcrumbs 2 tbsp, fresh or dried**
- shallot 1, finely chopped**
- butter 1 tbsp, softened**
- lemon 1, zested and halved**
- parsley 1/4 pack, chopped**
- chicken thighs 4 large or 8 small, skin removed**
- olive oil**
- white wine a splash (optional)**
- fettucini 250g**



1 Mix the mustard with the breadcrumbs, shallot, butter, lemon zest and parsley and spread onto the chicken thighs.
2 Heat a splash of olive oil in an ovenproof frying pan and put the thighs in crust-side up. Fry for 5 minutes then add a splash of wine or water and cover, then cook for another 5 minutes. Meanwhile cook the fettucini following the pack instructions.
3 Take the lid off the pan and put it under a hot grill for 5 minutes or until the crust is browned and bubbling and the chicken is cooked through. Serve with the fettucini, a squeeze of lemon and any juices from the pan.

PER SERVING 451 kcals, protein 34g, carbohydrate 51.5g, fat 13.5g, saturated fat 4.2g, fibre 1.8g, salt 0.74g



Kale, pumpkin and bacon pot

SERVES 4 • PREP 30 mins Easy

streaky bacon 1 pack rashers, finely chopped
pumpkin or butternut squash 1 medium, peeled and cut into small cubes (buy ready prepared cubes if you like)
shallots 3, peeled and halved
chicken or vegetable stock
kale 1 x 200g bag, stalks removed and finely chopped
parsley 1/4 pack, chopped
sourdough bread toasted, to serve

1 Fry the bacon in a medium saucepan until crisp – you shouldn't need any oil as the bacon fat will melt quickly. Add the pumpkin and shallots and fry until the edges start to brown, then add the stock and bring to a simmer. Cover and cook for 15 minutes or until the pumpkin is tender.

2 Stir in the kale, cover and cook for 5 minutes or until tender. Stir in the parsley and season well. Serve with the toast.

PER SERVING 225 kcals, protein 13.8g, carbohydrate 5.5g, fat 16.5g, saturated fat 5.8g, fibre 4.0g, salt 3.11g



Kale, pumpkin and bacon pot