

Make it on a budget tonight



These great-value suppers will keep you and your family happy all month

RECIPES **JENNY WHITE**
PHOTOGRAPHS **DAVID MUNNS**

Turkey meatballs in tomato & fennel sauce

SERVES 4 • PREP 15 MINS •

COOK 20-25 MINS **Easy**

✓ COUNTS AS 1 OF 5-A-DAY, LOW FAT

400g/14oz turkey mince
25g/1oz fresh white breadcrumbs
2 garlic cloves, crushed
2 tbsp olive oil
1 onion, chopped
1 carrot, diced
1 tsp fennel seeds
400g can chopped tomatoes
1 tbsp tomato purée
400g spaghetti, cooked, to serve

1 Put the mince in a mixing bowl with the breadcrumbs and half the garlic. Season and mix well to combine. Using your hands, shape the mixture into 12 balls, then chill for 10 mins.

2 Meanwhile, heat 1 tbsp oil in a pan. Add the onion, carrot and remaining garlic. Cook for 5-6 mins until softened. Add the fennel seeds and cook for a few secs. Tip in the tomatoes with half a can of water, then stir in the tomato purée. Season and simmer for 15 mins until thickened. Using an electric hand blender, whizz until roughly smooth.

3 Meanwhile, heat the remaining oil in a non-stick frying pan and fry the meatballs for 8-10 mins until cooked through. Transfer to the sauce and simmer until piping hot. Serve with spaghetti.

PER SERVING 216 kcals, protein 26g, carbs 12g, fat 8g, sat fat 1g, fibre 2g, sugar 6g, salt 0.46g

TIP Turkey mince is really low in fat and good value – look out for free-range packs.

Try turkey mince



Cherry tomato & ham bread & butter bake

SERVES 4 ● PREP 10 MINS ●

COOK 40 MINS **Easy**

25g/1oz butter, softened
1 garlic clove, crushed
4 thick slices stale white bread
12 cherry tomatoes
50g/2oz ham, roughly chopped
500ml/18fl oz milk
3 eggs
50g/2oz cheddar, grated

1 Heat oven to 180C/160C fan/gas 4. Mix the butter and garlic together, then use a little to grease a shallow baking dish or tin. Use the rest to butter the bread slices, then cut them in half diagonally.

2 Arrange the bread slices, overlapping, in the baking dish. Tuck the cherry tomatoes and ham in and around them.

3 Whisk the milk and eggs together, and season with salt and pepper. Pour over the bread and gently push the slices down in the liquid. Leave to stand for 5 mins. Scatter the cheese over the top, then bake for 35-40 mins until golden and just set. Serve with a crisp green salad.

PER SERVING 351 kcal, protein 20g, carbs 29g, fat 18g, sat fat 9g, fibre 1g, sugar 8g, salt 1.52g

MAKE IT DIFFERENT

Sausage & herb bread pudding

Replace the cherry tomatoes and ham with 3 sliced cooked sausages, tucking them amongst the bread with a few basil leaves. Pour on the egg mixture, sprinkle over the cheese and cook as above.



Sausages with apple mash

SERVES 4 ● PREP 10 MINS

● COOK 55-60 MINS **Easy P**

700g/1lb 9oz floury potatoes, cut into large chunks
8 sausages
25g/1oz butter
1 onion, thinly sliced
2 tsp plain flour
250ml/9fl oz beef stock
2 apples (about 280g/10oz), peeled and chopped into small chunks
3 tbsp milk

1 Cook the potatoes in boiling, salted water for 15 mins until tender. Meanwhile, heat a non-stick frying pan and add the sausages. Cook over a medium heat for 15-20 mins, turning occasionally, until

cooked through. Remove from the pan and keep warm.

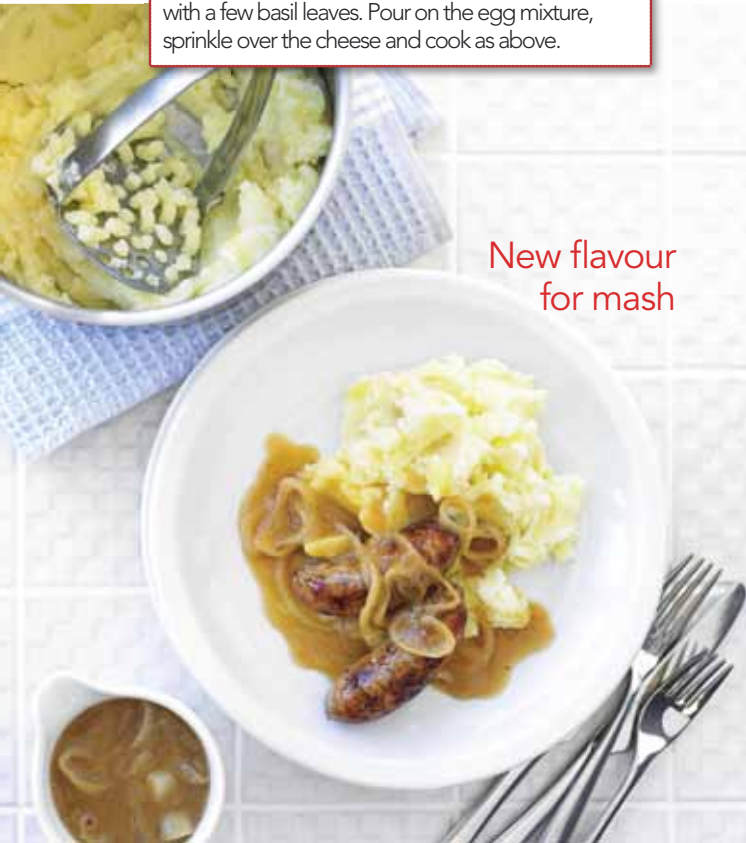
2 Add a knob of the butter and the onion to the pan, then cook for 15-20 mins until soft. Stir in the flour, then gradually add the stock, stirring to make a sauce. Simmer for 2 mins, then pour into a jug and keep warm.

3 Cook the apples in half the remaining butter for 5-10 mins until softened. Drain the potatoes and mash well with the rest of the butter and the milk. Fold in the apple, then serve with the sausages and onion gravy.

PER SERVING 513 kcal, protein 23g, carbs 52g, fat 25g, sat fat 11g, fibre 4g, sugar 12g, salt 1.78g

TIP This apple mash is also great with pork chops. Brush chops with a little grainy mustard, then grill or pan-fry.

New flavour
for mash



EVERYDAY VALUE

Rösti-topped fish pie

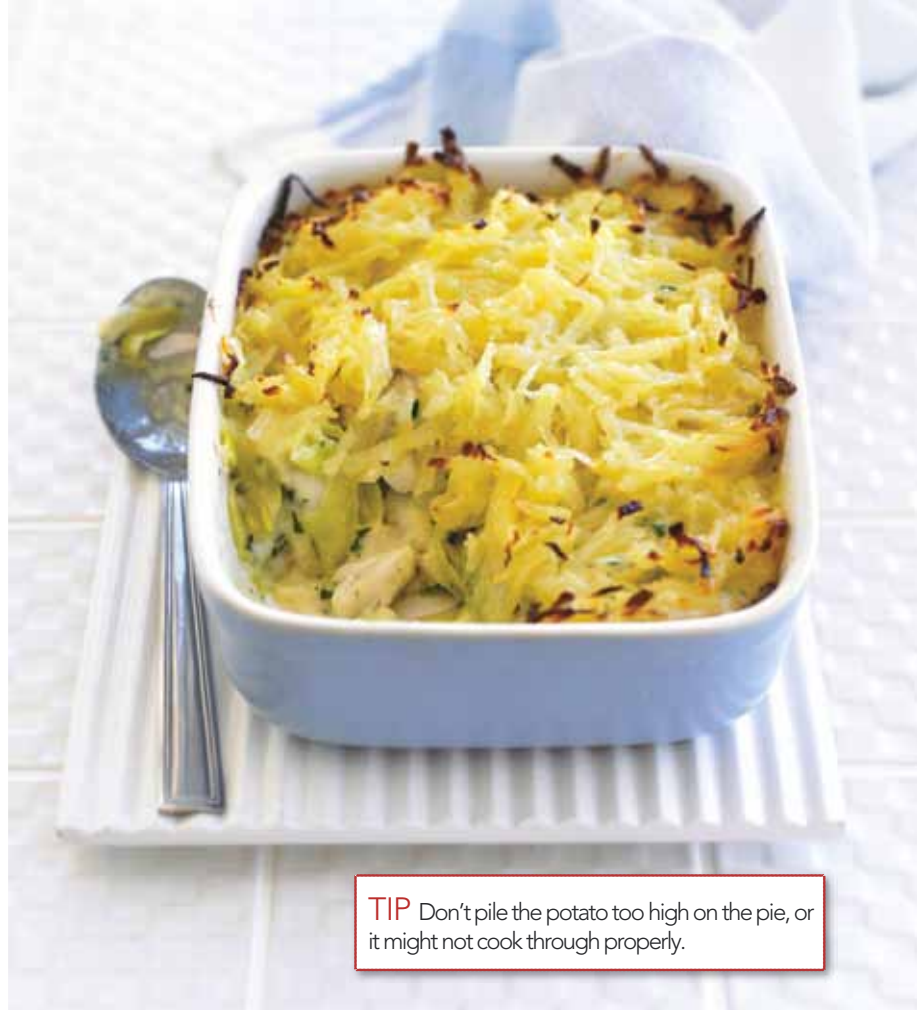
SERVES 2 PREP 15 MINS
COOK 20-25 MINS **Easy**

300g/10oz waxy potatoes, halved
250g/9oz skinless coley fillets
(look out for frozen coley)
300ml/½pt milk
50g/2oz butter
1 leek, finely sliced
25g/1oz flour
2 tbsp chopped parsley
2 tsp Dijon mustard

1 Cook the potatoes in boiling salted water for 5-7 mins, until almost tender but firm enough to grate. Drain and refresh under cold running water. Put the coley in a shallow saucepan and pour over the milk. Bring to a simmer and cook for 5 mins. Drain the fish, reserving the milk, then set aside.
2 Heat half the butter in a medium saucepan, add the leek, then cook for 5-6 mins until softened. Stir in the flour for 1 min, then remove from the heat. Gradually add the milk, stirring well between each addition. Return to the heat and stir until the sauce comes

to the boil. Simmer for 2 mins, then stir in the parsley and mustard.
3 Heat the grill to high. Flake the fish into large chunks, fold into the sauce, then place in a small ovenproof dish. Coarsely grate the potatoes. Melt the remaining butter, toss with the potatoes, season and scatter over the dish. Place under a medium grill for 5-10 mins until the potatoes are golden and tender.

PER SERVING 533 kcals, protein 34g, carbs 45g, fat 26g, sat fat 15g, fibre 4g, sugar 10g, salt 1.23g



TIP Don't pile the potato too high on the pie, or it might not cook through properly.

Sweet potato & chicken curry

SERVES 4 ● PREP 10 MINS ●
COOK 20 MINS **Easy**
✔ COUNTS AS 3 OF 5-A-DAY, LOW FAT

500g/1lb 2oz sweet potato, peeled and cut into bite-size pieces
1 tbsp olive oil
4 skinless chicken thigh fillets, each cut into large chunks
1 large red onion, cut into wedges
2 tbsp rogan josh curry paste
2 large tomatoes, roughly chopped
125g/4oz spinach

1 Cook the sweet potatoes in boiling, salted water for 5-7 mins until just tender. Drain well, then set aside. Meanwhile, heat the oil in a large frying pan, then add the chicken and onion. Cook for 5-6 mins until the chicken is browned and cooked through. Stir in the curry paste, cook for 1 min, add the tomatoes, then cook for another min.
2 Pour in 100ml boiling water and mix well. Simmer for 5 mins, add the spinach, then cook for 2 mins until wilted. Fold in the potatoes and heat through. Serve with rice and naan breads.

TIP The more portions of meat you buy, the cheaper they are. Look for big packs of chicken thighs, use what you need, then freeze leftovers for another time.

PER SERVING 281 kcals, protein 22g, carbs 32g, fat 8g, sat fat 2g, fibre 5g, sugar 12g, salt 0.75g



MAKE IT THAI
Green chicken curry with sweet potatoes
Replace the rogan josh curry paste with Thai green curry paste, and add ½ a 400ml can coconut milk instead of the water.