



Budget Friendly Recipe eBook

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G'day!

When it comes to eating healthier and saving cash - I know it can be a challenge to do both. That's why my team and I created this Budget Friendly e-Book to help you on your way to eat well, stick to your food budget and make your life that little bit easier (and tastier!).

A few budget-friendly tips:

- Buy in bulk where you can
- Eat what's in season, these fruits and veggies will be the most affordable
- Hit up your local farmers market, you can always find a few good deals where they're getting rid of produce that's close to its use by date, but is perfectly good to eat! Plus this helps food wastage too.
- Think soups and smoothies for wilting veggies and fruits to minimise waste

Keep these tips in mind the next time you go grocery shopping! Now, let's get stuck into some incredible, delicious family-friendly recipes that are going to have you salivating in no time.

Lots of love,

Sam xx



Healthy Cottage Pie

Serves 4 **Preparation 10 mins** **Cook 40 mins**

Ingredients

1 tablespoon olive oil (extra virgin)
400 g beef mince
1 onion (brown) diced
1 carrot medium, diced
2 stalks celery diced
1 zucchini medium, diced
2 tablespoons tomato paste
250 ml tomato passata or puree
2 tablespoons worcestershire sauce
2 bay leaves
1 teaspoon thyme (dried)
3 cloves
250 ml beef stock (or bone broth)
3 potatoes
1 tablespoon butter
1/4 teaspoon nutmeg (ground)
salt & pepper to taste

Ingredients for serve

4 cups mixed salad
1 lemon juiced
sea salt to taste

Method

1. Heat oil in a large, heavy based saucepan on medium heat and brown beef mince. Remove from pan and set aside.
2. In the same saucepan cook onion, carrot and celery with a pinch of salt. Cook gently for 10 minutes until vegetables are soft.
3. Add zucchini, tomato paste, passata and worcestershire, increase heat and cook for a few minutes.
4. Add beef back to the pan with herbs and stock and bring to a simmer and cook to reduce and thicken for 20-25 minutes.
5. To make mash: peel and dice potatoes into 4cm pieces. Place in a large saucepan, cover with cold water and add a pinch of salt. Bring to the boil over a medium-high heat and cook for 20 minutes or until tender. Drain and return to the pan, add chopped butter and nutmeg and mash until smooth.
6. Spoon beef mixture evenly into an ovenproof dish. Cover with mash.
7. Turn grill on to high and toast the top until golden.
8. Serve plated with mixed green salad leaves, topped with fresh lemon juice and salt.

Chicken Cacciatore

Serves 4 **Preparation 10 mins** **Cook 25 mins**

Ingredients

1 tablespoon olive oil (extra virgin)
1 onion (brown) finely chopped
2 cloves garlic finely chopped
500 g chicken thigh fillets skinless
800 g diced tomatoes (canned)
100 g olives (black) pitted
1 tablespoon rosemary (dried or fresh) finely chopped

Ingredients for Cauliflower Mash

1 cauliflower cut into florets
2 teaspoons olive oil (extra virgin)
1 tablespoon parmesan cheese grated
salt & pepper to taste
1 dash black pepper (ground) to taste
1/4 cup parsley (fresh) roughly chopped
2 tablespoons walnuts, roughly chopped
1/2 tablespoon maple syrup

Method

1. Heat oil in a large frypan with lid over medium-high heat. Cook onions, garlic and rosemary for a couple of minutes until soft. Add chicken and brown on both sides for a few minutes, then add in tomatoes and olives. Season with salt and pepper and allow to simmer with lid on for 20-25 minutes.
2. Meanwhile, add cauliflower to a pot of boiling water and cook for 10 minutes or until soft. Drain and then mash and gently fold in olive oil, parmesan, salt and pepper.
3. Remove lid from chicken and let simmer uncovered for five minutes more. Sprinkle with parsley then serve with cauliflower mash.





Lemon & Herb Roast Chicken

Serves 6 **Preparation 20 mins** **Cook 1 hr 30 mins**

Ingredients

1.5 kg chicken (whole)
1 tablespoon oregano
1/2 tablespoon thyme (dried)
2 lemons
2 tablespoon(s) olive oil (extra virgin)
2 cloves garlic minced
2 bay leaves

Ingredients for Roast Veg

3 potatoes chopped
2 carrots cut into chunks
12 brussel sprouts halved
1 tablespoon olive oil (extra virgin)
salt & pepper to taste

Ingredients for Serving

4 cups mixed salad

Method

1. Preheat oven to 200°C/400°F/Gas Mark 6.
2. In a small bowl, combine the oregano, thyme, juice from one lemon, garlic and olive oil.
3. Place chicken into a roasting dish and drizzle over the lemon and herb mixture. Massage mixture into the chicken.
4. Cut the used lemon halves in half again and stuff into the chicken cavity.
5. Cut the remaining lemon into wedges and add them to the roasting pan.
6. Add bay leaves and place the tray into the oven to roast for 45 minutes.
7. Remove chicken from the oven and add in potatoes, carrot and Brussel sprouts to the roasting pan.
8. Drizzle the remaining olive oil over the veg and season everything with sea salt and freshly cracked black pepper.
9. Place tray back into the oven to roast for another 45 minutes.
10. Remove from oven, divide between 6 plates and serve with salad leaves.

Perfect Zucchini Slice

Serves 6 **Preparation 10 mins** **Cook 30 mins**

Ingredients

1 teaspoon butter for greasing
150 g cheddar (or tasty) cheese
8 free range eggs
1.5 cups wholemeal (or gluten free) self-raising flour
1/2 bunch kale destemmed and leaves finely sliced
2 cloves garlic minced
2 tablespoons thyme (dried)
500 g zucchini grated with extra moisture squeezed out
salt & pepper to taste
75 g Dodoni feta cheese crumbled

Method

1. Preheat oven to 200°C/400°F/gas mark 6 and grease a baking dish with butter.
2. In a medium bowl, whisk together the eggs until light and slightly foamy. Add the garlic, kale, cheese, half the thyme leaves, grated zucchini and whisk again until combined. Stir through the flour until smooth and season generously with sea salt and freshly cracked pepper.
3. Pour the mixture into the prepared baking dish, arrange the 4 remaining thyme sprigs and the crumbled feta on top.
4. Place into the preheated oven and bake for 30 minutes, or until the filling is cooked through and the top is golden brown.
5. Meanwhile, make green salad by tossing all ingredients together.
6. Once cooked, remove from the oven and allow to cool slightly. Slice into six chunks. Serve with a green leafy salad.

Ingredients for Green Salad

3 cups rocket leaves
2 cucumbers sliced
2 tablespoons olive oil (extra virgin)



Cheat's Pea & Halloumi Soup

Serves 2 Preparation 15 mins Cook 35 mins



Ingredients

1/2 tablespoon butter
1 onion (brown) finely diced
2 stalks celery finely chopped
1 zucchini finely diced
2 cloves garlic minced
100 g McKenzie's Green Split Peas
1.5 cups vegetable stock
1 cup green peas (frozen)
2 cups baby spinach
60 g Dodoni halloumi
salt & pepper to taste

Method

1. In a medium-sized pot over low-medium heat, add butter, onion, celery, zucchini and garlic. Saute for 5 minutes until softened.
2. Add in split peas, stock and 2 cups of water. Bring to the boil, then reduce to a simmer for 30 minutes, or until split peas are tender but not mushy. Add in most of the frozen peas (reserving a few for garnishing) and stir through soup until defrosted.
3. Meanwhile, pan-fry the halloumi for a few minutes, until golden brown.
4. Remove soup from the stove and stir through spinach leaves. Then, blitz all together using a stick blender. Alternatively, you can transfer soup to a blender, to blend in batches instead.
5. Ladle soup into two serving bowls. Season each with salt and pepper and garnish with remaining peas and the halloumi.

Mexican Bowl

Serves 2 Preparation 10 min Cook 15 min

Ingredients

1 capsicum (red) inside hollowed out and sliced into strips
1 corn cob (sweet corn) husks removed
2 teaspoons olive oil (extra virgin)
1 teaspoon smoked paprika
1/2 teaspoon cumin (ground)
2 cups mixed salad
50 grams corn chips
1/2 avocado
50 grams Dodoni feta cheese crumbled
1/3 cup Greek yoghurt
1/2 lime juiced

Method

1. Preheat grill to high and line a baking tray with baking paper. Add capsicum and corn to the tray drizzle over olive oil and sprinkle over paprika and cumin.
2. Cook for 10-15 minutes, until veggies are slightly charred. Remove and let cool for a few minutes. Carefully cut the corncob in thirds or slice off the kernels.
3. Separate the grilled veggies, salad leaves, corn chips, avocado and feta between two bowls. Serve both with a dollop of greek yoghurt and drizzle with lime juice.



Quick Moroccan Chickpea Stew

Serves 2 **Preparation** 10 mins **Cook** 30 mins

Ingredients

- 2 teaspoons olive oil (extra virgin)
- 1 onion (brown) finely chopped
- 1 capsicum (red) halved, deseeded, cut into 2 cm chunks
- 1 clove garlic crushed
- 1 teaspoon cumin (ground)
- 1 teaspoon coriander (ground)
- 1/2 teaspoon chilli flakes or to your liking
- 1 teaspoon turmeric (ground or fresh)
- 1 carrot diced
- 1 sweet potato peeled and diced
- 1 tomato diced
- 1 cup chickpeas (tinned) drained and rinsed
- 1/2 cup vegetable stock

Method

1. Heat oil in a medium saucepan over medium-high heat. Add onion, cook for 5 minutes until soft. Add capsicum, garlic and spices. Cook stirring for 2 minutes. Add carrot, sweet potato, tomato, chickpeas and stock. Bring to a boil.
2. Cover. Reduce heat and cook for 20 minutes or until potato is tender.
3. Divide the stew between two bowls. Dollop with yoghurt and sprinkle with coriander leaves to serve.





Slow Cooked Beef with Root Veggies

Serves 4

Preparation 15 mins

Cook 8 hours

Ingredients

500 grams beef chuck (casserole steak)
salt & pepper to taste
1/2 tablespoon olive oil (extra virgin)
1 onion (brown) sliced
2 cloves garlic minced
2 cups chicken stock (or bone broth)
1 cup red wine
1 tablespoon coconut oil (extra virgin)
2 carrots cut in quarters, lengthways
2 parsnips cut in quarters, lengthways
1 swede cut into wedges
1/2 cup parsley (fresh) to serve

Method

1. Cut steak into large cubes, trimming off excess fat. Sprinkle with salt and pepper and rub into the meat.
2. Heat oil in a large pan over high heat and add meat, cook for about 3 minutes, stirring until the meat is browned all over.
3. Transfer meat into a slow cooker.
4. To the same frying pan add onion and cook on medium heat for about 2 minutes, stirring. Add garlic and cook for a further minute. Add 1 cup of the chicken stock to the pan and bring to a boil to deglaze the pan.
5. Transfer liquid into the slow cooker. Top with the rest of the stock, red wine and coconut oil. Cook on high for 4 hours or low for 8 hours.
6. With around an hour to go, add extra water if required and veggies and cook covered for them to soften. If cooking on low add veggies in with 3 hours to go.
7. Divide the meat and veggies between four plates. Sprinkle fresh parsley and serve.

