

WELL-BALANCED, LOW-COST FAMILY MEALS

Created by a local NHS dietician,
includes a variety of new and
traditional home-cooked,
nutritionally balanced choices.

20 meal recipes
to feed you and
your family.



NUTRITIONALLY
RECIPES
BALANCED



Department
for Education

NHS



MANCHESTER
CITY COUNCIL

MCRactive

CONTENTS PAGE

PRIORITISING LOCAL FAMILIES	P.4
WELCOME	P.5
HAF IN MANCHESTER	P.6
FOOD FACTS	P.7
HOW TO SHOP ON A BUDGET	P.8
RECIPES	
BAKED BEAN & SAUSAGE PIE	P.9
LENTIL DAHL	P.10
TUNA FISHCAKES	P.11
SAUSAGE PASTA	P.12
CORNED BEEF HASH	P.12
SAUSAGE & VEGGIE SOUP	P.13
ROASTED CHICKPEA PITTA BREADS	P.14
CHICKEN CURRY	P.15
COTTAGE PIE	P.16
TUNA PASTA	P.17
SARDINE STEW	P.17
SPICY MACKERAL RICE	P.18
TURKEY MEATLOAF	P.19
EASY CHICKEN PIE	P.19
CREAMY PEA & HAM PASTA	P.20
TURKEY BOLOGNESE	P.21
BEANY STEW	P.22
COMFORTING TOMATO SOUP SPAGHETTI	P.23
POTATO & PEA CURRY	P.23
EASY FRUIT CRUMBLE	P.24
HELPING YOU MOVE MORE IN MANCHESTER	P.25
SIGNPOSTING LOCAL SERVICES	P.26
ABOUT THE RECIPE CREATOR	P.27



* **NOTE:** all recipe suggestions serve 4 and have been based on guidance around appropriate portion sizes. Shopping list prices updated & correct January 2023. Where alternative options are provided for recipe ingredients, we have included the price range per meal.

PRIORITISING LOCAL FAMILIES

Manchester is leading the way in our response to the cost-of-living crisis facing communities across the city. With over 100,000 households in Manchester directly affected this past winter, we understand the financial pressures families are facing, and we're committed to supporting you through this difficult time. Our support will build on the millions of pounds the Council has already spent, working to address the root causes of poverty in Manchester.



We believe that no child should go hungry. We are dedicated to reducing the number of Manchester children experiencing 'unhealthy holidays', caused by increased holiday hunger, limited access to nutritious and healthy meals alongside limited access to physical and fun activities. To combat this, we are prioritising local families through our Holiday Activity and Food programme. Over the past two years, we have worked with clubs and organisations across the city to develop a food and activity programme, which we know has and will continue to make a positive impact on the children and young people of Manchester.

We believe in widening access not only to activity, but to the knowledge of healthy eating and nutritious cooking for Mancunians young and old. With this recipe book, we hope to do just that. Eating well doesn't have to break the bank, by sharing simple and affordable recipes, we can help families stretch their budgets further. Ensuring that everyone in Manchester has access to delicious and nutritious food, helping you become healthier and happier.

Finally, I'd like to give thanks to Lucy for helping put together 20 tasty meals packed with healthy ingredients! My favourite is the Lentil Dhal, what's yours?

Cllr Garry Bridges,
Executive Member for Early Years, Children and Young People
Manchester City Council

WELCOME

Hello and welcome to the HAF family recipe booklet.

Who and what is HAF I hear you ask? HAF is the Holiday Activities and Food programme, set-up in 2018, to provide support to children in receipt of free school meals through holiday periods.

We know school holidays can be a pressure point for some families, with children from low-income households experiencing a holiday gap. This results in children being less likely to access organised out-of-school activities, more likely to experience 'unhealthy holidays' in terms of nutrition and physical health and more likely to experience social isolation.

The national HAF programme is a response to this issue providing free holiday clubs that can have a positive impact on local children and young people. In 2021, Manchester welcomed the HAF programme to our city for local families. Currently, Manchester has approximately 134,000 children and young people, with nearly 36,000 children and young people in receipt of Free School Meals across the City – this is and will continue to rise.



On the next page, you can see the type and level of impact we're already having locally for children and young people.

For those who attend, they eat healthily and are more active over the school holidays, and they take part in engaging and enriching activities which support the development of resilience, character, and wellbeing along with their wider educational attainment.

Sessions also provide a space to be safe and not to be socially isolated, a way to be more engaged with school and other local services and provide a useful knowledge of health and nutrition.

We want to ensure that the families who participate also develop their understanding of nutrition and food budgeting, and are signposted towards other information and support, for example, health, employment, and education, if needed.

This booklet offers a mix of 20 nutritionally balanced red meat, white meat, vegetarian and fish, low-cost recipes to cook at home for you and your family. Further extending the education and understanding of health and nutrition for all. And showing that a tasty, variety of meals can be prepared, cooked and enjoyed without putting additional stress and strain on your household budget.

We hope you enjoy cooking and eating all of our recipes.

HAF IN MANCHESTER

A YEAR REVIEW

115 VERIFIED AND REGISTERED PROVIDERS

FROM ACROSS ARTS & CULTURE, OUT OF SCHOOL, OUTDOOR ADVENTURE, SCHOOLS (INCL. SEND/PRU), SPORT & LEISURE, SUPPLEMENTARY SCHOOLS & YOUTH & PLAY

EACH OFFERING

1 MEAL & 4 HOURS OF ACTIVITY!



VERIFIED

REGISTERED

VISITED
183,308
TIMES



39,646
LOCAL KIDS



WITH AN AVERAGE

83%

ELIGIBLE FOR FSM



43%
BOYS



54%
GIRLS

66%
5-11
YR. OLDS

34%
11-16
YR. OLDS

FROM ALL MANCHESTER'S
32 WARDS



FOOD FACTS

PORTION SIZES

What is a portion of food?

A portion is the amount of a food that you eat at one time, for example how much food you put on your plate at a meal or how much is in a packet.

Why are portion sizes important?

The key to eating a balanced diet is to eat a wide variety of foods in appropriate amounts. Making healthier choices and choosing to eat some foods more often, and in larger amounts, than others.

It is important to be aware of portion sizes, as eating too much or not enough of any type of food can increase your risk of health problems. This is because your body may be getting too much or too little of what it needs to stay healthy.

As every person is different, the recommended number of portions for each food will vary according to age, sex, size, health and other factors.

For more information and guidance on your recommended daily allowance, visit: www.bda.uk.com/resource/food-facts-portion-sizes.html

How can I reduce my sugar intake?

SUGAR

Sugar is a type of carbohydrate, which provides calories (energy). In general, we eat too many free sugars in our diet, with sugar-sweetened drinks being one of the biggest concerns. Too many free sugars in our diet are linked to obesity and tooth decay.

Sugar found naturally in milk, fruit and vegetables isn't classed as free sugar and therefore we don't need to limit the amount we eat. You should always read food labels and aim to eat food and drinks which are classed as low in sugar (some products will provide a traffic light summary, and a product which is 'red' should be eaten with caution and less often).

If you choose to eat sugary food or drinks, it's best to have them at mealtimes. Fresh fruit in between meals is a nutritious snack.

The **NHS Free Food scanner App** can help, you can scan your food and it can advise if high sugar and what to swap it with!

For more information visit:
www.bda.uk.com/resource/sugar.html

- 1. Stop sugary breakfast cereals and choose something simple instead like Weetabix, porridge oats with fruit, a piece of toast, an omelette or shreddies**
- 2. Stop sugary drinks – this should be an easy one! Swap to water or milk**
- 3. Try to eat fruit instead of having it in juices and smoothies**
- 4. Watch out for packaged sauces, try to make your own using fresh ingredients (such as chopped tomatoes and vegetables) as this will be lower in sugar**
- 5. No more sugary snacks such as sweets, cake, sugary yogurts and chocolate – choose fruit, natural yogurt topped with fruit, vegetables and dips, or wholegrain crackers instead as these will keep you fuller for longer**

SALT

How much salt is it recommended we have in our diet?

This is less than 1 teaspoon per day (5g). It is recommended that children do not have any added salt in their diet.

Why?

Too much salt in the diet raises our blood pressure and can increase risk of heart disease and stroke. It is estimated that adults in the UK consume on average 9-12g of salt, which is over the recommended intake.

For more information visit:

www.bda.uk.com/resource/salt.html



How can I reduce my salt intake?

1. Do not add salt when boiling pasta or vegetables
2. Choose 'no added salt' or 'reduced salt' tinned baked beans, stock cubes and soups
3. Try to use herbs and spices instead to strengthen the flavour in your food
4. Always taste food before adding any salt – you may find that you don't need it
5. If buying beans in salted water, rinse them before adding to your food
6. Reduce your intake of fast food, or ready meals and try to cook from fresh
7. Take the saltshaker off the table to stop you feeling tempted
8. Limit consumption of salty snacks (salted nuts or crisps). Try lightly salted or buy plain
9. Keep an eye on table sauces such as mayonnaise, ketchup and soy sauce

HOW TO SHOP ON A BUDGET

Below we have provided a few top tips for shopping and cooking on a budget.

- ✓ Make a meal plan at the beginning of the week, use this to make a shopping list to make sure no food is wasted
- ✓ Batch cook and freeze extra portions so you can avoid convenience foods on a busy day
- ✓ When using meat, use half of the tray and add tinned beans to keep the protein (and fibre) content high and to make it go further
- ✓ Have some vegetarian days, vegetables tend to be lower in price than meat
- ✓ Frozen and tinned vegetables are just as nutritious as fresh!
- ✓ Be freezer smart – if buying meat or fish in bulk; freeze portions you won't use before the use-by date
- ✓ Tinned fish is cheaper than fresh fish and can be a nutritious addition to a meal

Are you skipping meals to make the weekly shop go further or so the kids can eat? Help is available.

Call the free Cost of Living Advice Line on

0800 023 2692
(open Mon–Fri 9am–4.30pm)

or find your local food bank or community grocer
www.manchester.gov.uk/helpinghands



BAKED BEAN & SAUSAGE PIE

£3.06

(77p per portion - for pastry)

TOP TIP!

You could use veggie sausages to make this dish vegetarian. If using mashed potatoes on top, sprinkle the cheese on top of the potato before it goes in the oven.



✓ Contains 1 portion of pulses

✓ Contains 1 portion of vegetables

✓ Filling meal

Ingredients

- 4x** Sausages (chopped into small pieces)..... **89p (LIDL)**
- 1x** Tin baked beans..... **26p (LIDL or ASDA)**
- 1x** Tin chopped tomatoes..... **32p (ASDA)**
- 50g** Cheese, grated..... **50p (LIDL)**
- Sheet of pastry OR
500g potatoes..... **£1.09 pastry**
..... **42p potatoes (LIDL for both)**

Total..... **£3.06 (77p per portion - for pastry)**

Method

- 1.** Preheat oven to gas mark 4, 180 degrees.
- 2.** Fry sausages in a pan until they start to colour.
- 3.** Transfer the sausages into a pie dish and pour over the tin of baked beans and chopped tomatoes.
- 4.** Sprinkle cheese on top of the mixture and cover with either sheet of pastry or mashed potatoes.
- 5.** Bake in the oven for 45 minutes or until golden and starting to bubble and serve.

LENTIL DHAL

£1.58

(40p per portion)

TOP TIP!

This dish is nice with spinach added at the very end and stirred through. This can be eaten on its own or with a small portion of rice or bread. It also freezes well.



- ✓ Contains 1 portion of pulses
- ✓ Contains 1 portion of vegetables
- ✓ Vegan

Ingredients

1x	Onion, diced or 1 handful of frozen chopped onions.....	9p (LIDL or ASDA)
2x	Garlic cloves (or 2 teaspoons frozen).....	.2p (ASDA frozen)
1x	Tablespoon curry powder.....	12p (LIDL)
1x	Tin green lentils (drained and rinsed).....	59p (LIDL)
1x	Tin chopped tomatoes.....	32p (ASDA)
½x	Tin coconut milk (standard size).....	35p (LIDL)
200g	Long grain rice.....	9p (LIDL)

Total..... £1.58 (40p per portion)

Method

1. Fry the onion in a little oil until softened, then add the garlic and the curry powder and stir together.
2. Add lentils to the pan and stir until they are coated in the onion and curry powder.
3. Tip the tomatoes and coconut milk in and simmer until thick and comforting.

TUNA FISHCAKES

£2.52

(63p per portion)

TOP TIP!

You could use any tinned fish or add some spring onions to give a different flavour if you have them.



✓ Contains 1 portion of vegetables

Ingredients

500g	Potatoes	26p (LIDL or ASDA)
	Splash of milk	1p (ish)
	Blob of butter	3p (ish)
2x	Tins tuna (drained).....	89p (LIDL)
100g	Frozen sweetcorn - take out of the freezer and put in a bowl.....	30p (LIDL)
50g	Cheese, grated.....	50p (LIDL)
350g	Peas (to serve)	89p (LIDL)

Total..... £2.52 (63p per portion)

Method

1. Boil potatoes in a pan of water for 10-12 minutes or until tender.
2. Once cooked, drain and transfer into a bowl – mash together with the milk and butter until smooth. Give the potatoes a moment to cool as they will be difficult to handle if hot.
3. Once cooled for a few minutes, stir in the drained tins of tuna, sweetcorn and cheese until evenly mixed together.
4. Separate into approximately 8 patties by rolling into a ball and pressing down. Fry on either side until piping hot all the way through to the centre.
5. Serve with a portion of peas.

SAUSAGE PASTA

CORNERED BEEF HASH

£1.82

(45p per portion)

TOP TIP!

Add chilli powder if you like spicy food! Or cheese to give it a calorie boost.

✓ Contains 1 portion of vegetables

✓ Filling meal!

Ingredients

- 4x Sausages (skins removed and crumbled)..... **89p (LIDL)**
- 350g Mixed frozen veg..... **36p (ASDA or LIDL)**
- 1x Tin chopped tomatoes..... **32p (ASDA)**
- 300g Pasta..... **25p (LIDL)**
- 50g Cheese, grated (optional)..... **50p (LIDL)**

Total. £1.82 without cheese (45p per portion)
..... **£2.32 with cheese (58p per portion)**

Method

1. Fry sausages in 1 tablespoon of oil until browned.
2. Add mixed vegetables, followed by the chopped tomatoes and stir until bubbling.
3. Boil the pasta as per packet instructions, drain.
4. Serve with cheese sprinkled on top if you would like.

✓ Contains 2 portions of vegetables



Ingredients

- 600g Potatoes (fresh or tinned) peeled and chopped into bitesize pieces
..... **28p if fresh (ASDA)**
..... **74p if tinned (ASDA)**
- 1x Onion, diced (fresh or frozen)..... **9p (ASDA or LIDL)**
- 1x 350g Tin corned beef..... **89p (LIDL)**
- 2x Tins baked beans..... **52p (ASDA or LIDL)**

Total.....£2.74 - £3.20 (68p-80p per portion)

Method

1. If using fresh potatoes, add to a pan of boiling water, boil for 7-8 minutes until tender.
2. If using tinned potatoes, add to a pan of gently boiling water, boil for 3 minutes.
3. While the potatoes are boiling, heat 1 tablespoon of oil in a large pan and add onion, frying for 3-4 minutes until softened.
4. Add the corned beef and boiled potatoes to the pan and press down (a bit like a frittata) and allow it to crisp. Turn the mixture to ensure it colours all over, but be gentle, so the meat doesn't crumble.
5. Once piping hot, heat your beans either in a pan or the microwave and serve alongside.

SAUSAGE & VEGGIE SOUP

£1.95
(49p per portion
for pastry)



Ingredients

- 4x** Sausages (skins removed and crumbled) ... **89p (LIDL)**
- 300g** Frozen peppers **65p (ASDA)**
- 1x** Tin chopped tomatoes **32p (ASDA)**
- 1x** Veg or chicken stock cube **5p (LIDL)**
- 4x** Slices of bread (to serve) **4p (LIDL or ASDA)**

Total **£1.95 (49p per portion)**

Method

- 1.** Fry crumbled sausages in a pan with a tablespoon of oil until crispy and browned. Remove from pan and set aside.
- 2.** Add frozen vegetables and chopped tomatoes to the pan and stir together, then pour over 1.5 litre boiling water and heat until bubbling.
- 3.** Crumble stock cube into the mixture and simmer for 1 hour until soft. You can blend this using a stick blender or eat as a chunky stew if you don't have one.
- 4.** Once ready – add chopped sausages to the top.
- 5.** Can be eaten with a slice of toast if you would like!

✓ **Contains 2 portions of vegetables**

ROASTED CHICKPEA PITTA BREADS



TOP TIP!

You could use wraps instead. Most vegetables will go well with this – tomatoes / cauliflower / broccoli / spinach.

£2.44
(61p per portion)



- ✓ Contains 1 portion of pulses
- ✓ Contains 1 portion of vegetables
- ✓ Full of calcium

Ingredients

1x	Onion, sliced or diced.....	9p (ASDA or LIDL)
300g	Frozen peppers.....	67p (ASDA)
1x	Tin chickpeas, drained.....	41p (LIDL)
1x	Tablespoon paprika.....	1p (LIDL)
100g	Yogurt (optional).....	21p (ASDA)
50g	Cheese, grated.....	50p (ASDA frozen)
6x	Pitta breads.....	55p (ASDA or LIDL)

Total.....£2.44 (61p per portion)

Method

1. Preheat oven to gas mark 4, 180 degrees.
2. Spread onion out on a roasting tray with a drizzle of oil, put in the oven for about 5 minutes.
3. Then, add the frozen peppers and shake the tray until spread out and roast for a further 10 minutes.
4. When the peppers are soft, add the chickpeas and paprika and stir until mixed well on the roasting tray. Put back into the oven for a further 15 minutes or until slightly charred and the chickpeas are tender.
5. Warm the pitta breads either in the toaster or oven.
6. Serve the chickpea mix inside the pitta breads with a sprinkle of cheese and a blob of yogurt (if you like).

CHICKEN CURRY

£2.70

(68p per portion)

TOP TIP!

You could add potatoes to the curry and have it without rice or with bread instead. Make it vegetarian by removing the chicken and adding an extra tin of beans.



✓ Contains 2 portions of vegetables

Ingredients

1x	Onion, diced.....	9p (ASDA or LIDL)
200g	Chicken thighs, chopped into bite-size pieces.....	£1.05 (LIDL)
1x	Tablespoon curry powder.....	12p (LIDL)
1x	Tin chickpeas, drained.....	41p (ASDA or LIDL)
½x	Tin coconut milk.....	32p (LIDL)
1x	Tin chopped tomatoes.....	32p (ASDA)
350g	Peas.....	30p (LIDL)
200g	Long grain rice.....	9p (ASDA)

Total..... £2.70 (68p per portion)

Method

- 1.** Fry the onion in 1 tablespoon of oil until it goes clear, then add the chicken and the curry powder. Stir until the chicken is coated in curry powder. Add the chickpeas and continue to stir frequently.
- 2.** Once the chicken has turned white, add the coconut milk, chopped tomatoes and peas.
- 3.** Turn the heat down and allow to simmer for around 30 minutes.
- 4.** Cook the rice as per packet instructions and serve.

COTTAGE PIE

£2.58
(64p per portion)

TOP TIP!

You can replace the beef mince with Quorn, lentils or more beans to make a vegetarian option.

- ✓ Contains 2 portions of vegetables
- ✓ Contains 1 portion of pulses
- ✓ Full of protein and very filling



Ingredients

250g	Beef mince.....	98p (LIDL)
1x	Tin chickpeas, drained.....	41p (ASDA)
350g	Frozen mixed vegetables	36p (ASDA or LIDL)
1x	Tin chopped tomatoes	32p (ASDA)
2x 500g	Tins potatoes OR 500g potatoes.....	74p (ASDA - 2 tins) 42p (LIDL fresh)
1x	Teaspoon marmite OR 1 stock cube.....	5p (LIDL)
	Splash of milk	1p (ish)
	Blob of butter.....	3p (ish)

Total.....£2.58 - £2.90 (61p - 72p per portion)

Method

1. Preheat the oven to gas mark 4, 180 degrees.
2. If using fresh potatoes, add to a pan of boiling water, boil for 10-12 minutes or until tender.
3. If using tinned potatoes, add to a pan of gently boiling water, boil for 3-4 minutes or until tender.
4. Fry the beef until starting to brown, then add the chickpeas and mixed veg. Stir until combined and then add chopped tomatoes and 1 tin of water.
5. Once bubbling, add stock cube or marmite and allow to simmer until the water has reduced.
6. Mash potatoes with butter and milk until smooth.
7. Transfer meat into an oven-proof dish and spread the mash on top, bake in the oven until the top is crispy (about 30 minutes).

TUNA PASTA BAKE

TOP TIP!

Bread that has gone stale can be frozen and saved to use as breadcrumbs. You could also use a few crisps to give a crunchy top.

✓ Contains 2 portions of vegetables

Ingredients

300g	Pasta.....	25p (LIDL)
1x	Onion, diced or 1 handful of frozen chopped onion.....	9p (ASDA or LIDL)
1x	Tin chopped tomatoes.....	32p (ASDA)
1x	Tin sweetcorn.....	30p (LIDL)
2x	Tins tuna, drained.....	£1.29 (LIDL)
1x	Slice bread (toasted and cooled).....	9p (ASDA)
50g	Cheese, grated.....	50p (LIDL or ASDA)

Total..... £2.76 (69p per portion)

Method

1. Boil the pasta in water as per the packet instructions, and then drain.
2. Fry the onion in small amount of oil until softened, then add tomatoes and sweetcorn and stir. Flake the tuna into the sauce and allow to simmer.
3. Pour your cooked pasta into the sauce and stir until all the pasta is coated in sauce.
4. Take your slice of toast and dice into small, crumbly pieces.
5. Sprinkle it on top of the pasta, and then cover with cheese (this will make a nice crunchy layer on top).
6. Grill until the cheese is crispy and melted (about 10 minutes) – and serve.

SARDINE STEW

TOP TIP!

Worcester sauce, chilli sauce or paprika could give this recipe a bit of a kick.

✓ Contains 2 portions of vegetables

✓ Contains 1 portion of pulses

✓ Sardines are an oily fish - Full of omega 3 and calcium

Ingredients

1x	Onion, diced or 1 handful of frozen chopped onion.....	9p (ASDA or LIDL)
2x	Teaspoons frozen garlic.....	2p (ASDA)
1x	Tin chopped tomatoes.....	32p (ASDA)
1x	Tin butterbeans, drained.....	54p (LIDL)
350g	Frozen peas.....	30p (LIDL)
2x	Tins sardines.....	74p (LIDL)
200g	Long grain rice.....	9p (LIDL)

Total..... £2.10 (52p per portion)

Method

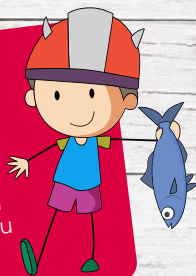
1. Heat 1 tablespoon of oil in a pan, fry onion with garlic until starting to colour. Add the chopped tomatoes, butterbeans and peas and stir until combined and starting to bubble.
2. Then break the sardines into the tomato sauce being gentle not to stir them too much as then they will break up a lot. Add around 500ml water so the sauce is soupy.
3. Leave the sauce to bubble while you cook the rice as per packet instructions and drain.
4. Serve the stew with the rice mixed in for a warming meal.

SPICY MACKEREL RICE

£2.35
(58p per portion)

TOP TIP!

You can jazz this recipe up with spices such as chilli powder or paprika or use tinned tuna if you don't like mackerel.



- ✓ Contains 2 portions of vegetables
- ✓ Mackerel is an oily fish – full of omega 3, Calcium and vitamins A and D

Ingredients

200g	Long grain rice.....	9p (ASDA)
1x	Tin chopped tomatoes.....	32p (ASDA)
350g	Frozen mixed vegetables	36p (ASDA or LIDL)
2x	Tins mackerel in tomato sauce (or chilli sauce if you like spice)	£1.58 (LIDL)

Total..... £2.35 (58p per portion)

Method

1. Cook your rice as per packet instructions and drain.
2. Heat 1 tablespoon of oil in a pan and add chopped tomatoes and mixed vegetables, stir until bubbling, and then pour the cooked rice in.
3. Combine until the rice is evenly coated in tomato sauce, and then crumble the mackerel fillets into the dish – trying not to break up too much as it provides a nice texture to the dish.
4. Once cooked through, serve.

TURKEY MEATLOAF

EASY CHICKEN PIE

TOP TIP!

You can jazz this recipe up with spices such as chilli powder or paprika or add some Worcester sauce for a tangy flavour.

✓ Using half of the turkey mince and replacing with chickpeas keeps the protein content high but reduces the price

✓ Contains 1 portion of vegetable

Ingredients

- 250g Turkey mince..... **£1.25 (LIDL)**
- 1x Onion, diced or 1 handful frozen chopped onion..... **9p (LIDL or ASDA)**
- 1x Garlic clove, crushed or 1 teaspoon frozen garlic..... **2p (ASDA)**
- 1x Tin chickpeas, partially drained and mashed..... **41p (ASDA)**
- 2x Tablespoons tomato purée..... **3p (LIDL)**
- 2x Slices of bread (shredded or grated)..... **2p (ASDA or LIDL)**
- 350g Peas (to serve)..... **30p (LIDL)**

Total..... **£2.12 (53p per portion)**

Method

1. Preheat oven to gas mark 4, 180 degrees.
2. Put turkey mince, onion and garlic into a bowl and combine.
3. Add the mashed chickpeas to the bowl and the tomato purée and mix it all together until well combined. Then, mix the shredded bread into the meatloaf.
4. Spread into a loaf tin and cook in oven for 40 minutes. Great hot or cold!
5. Serve with peas.

TOP TIP!

You could cover the top of the pie with mashed potatoes, or ready-rolled pastry if you would prefer. This could also be made using tofu.

✓ Contains 1 portion of vegetables

✓ Filling meal!

Ingredients

- 1x Tin chicken in white sauce... **£1.25 (ASDA)**
- 1x Tin mushroom soup..... **59p (LIDL)**
- 1x Tin peas, or 350g frozen peas... **30p (LIDL)**
..... **30p for tin (ASDA or LIDL)**
- Ham shredded (optional)... **84p FOR 200g (ASDA or LIDL)**
- 1x Slice of toast (shredded or grated)..... **1p (ASDA)**
- 50g Cheese, grated..... **50p (LIDL or ASDA)**
- 1x Large tin potatoes, sliced (or around 500g fresh potatoes, peeled, sliced and boiled)..... **23p if fresh (ASDA)**

Total..... **£2.10 (52p per portion)**

Method

1. Preheat the oven to gas mark 4, 180 degrees.
2. Empty the tin of chicken into a pan and stir as it heats up, add the mushroom soup, peas, ham (if using) and combine.
3. Mix shredded toast with a handful of grated cheese.
4. Pour the chicken mixture into an oven proof dish, layer the sliced potatoes over the top and then sprinkle the cheesy breadcrumbs on. Put in the oven and bake for around 30 minutes or until the top is golden and the chicken is bubbling.

CREAMY PEA AND HAM PASTA

TOP TIP!

You could use chopped bacon in this or pesto to add a different flavour.

£1.84

(46p per portion)



✓ Contains 1 portion of vegetables

Ingredients

300g Pasta.....	25p (ASDA)
200g Ham, shredded.....	84p (LIDL or ASDA)
½x Tub (200g) cream cheese.....	45p (LIDL)
350g Frozen peas.....	30p (LIDL)

Total..... **£1.84 (46p per portion)**

Method

1. Cook pasta in water as per packet instructions and drain.
2. Whilst it is cooking, add the ham to a hot pan stirring frequently until starts to sizzle a bit or curl at the edges. Turn the heat down and add the cream cheese, followed by 2 tablespoons of water to loosen the mixture. Keep stirring to ensure it doesn't burn.
3. Add the peas and stir in allowing them to cook through before also adding the pasta to the pan and stirring until evenly coated with the cream cheese.

TURKEY BOLOGNESE

£3.08
(77p per portion)

TOP TIP!

This recipe freezes well. Or make a double portion and save leftovers for on top of a jacket potato or even add chilli powder and kidney beans to make a chilli.



✓ Contains 2 portions of vegetables

Ingredients

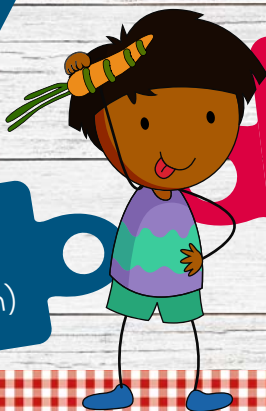
1x	Onion, diced.....	9p (ASDA or LIDL)
2x	Tablespoons frozen garlic.....	5p (ASDA)
250g	Turkey mince.....	£1.25 (LIDL)
300g	Frozen peppers.....	32p (LIDL)
1x	Tin chopped tomatoes.....	32p (ASDA)
300g	Pasta or spaghetti.....	25p (LIDL)
50g	Cheese, grated.....	50p (ASDA or LIDL)

Total.....£3.08 (77p per portion)

Method

1. Heat 1 tablespoon of oil in a pan, then fry onion with garlic, once it goes clear, add the turkey mince, and break it up in the pan.
2. Once it starts to colour, add the peppers and stir until fully defrosted and then tip in the tin of chopped tomatoes followed by half a tin of water.
3. Simmer for 30 minutes.
4. Whilst it is simmering, cook the pasta as per packet instructions and drain.
5. Serve with a handful of grated cheese on the top if you have it.

BEANY STEW



£1.75

(44p per portion)

TOP TIP!

If you have sausages, these can be added instead of the chickpeas just before the stock and simmered until cooked through for a sausage bake (veggie sausages also go well in this).



- ✓ High in plant protein
- ✓ Contains 2 portion of pulses

Ingredients

- 1x Onion, diced or 1 handful frozen chopped onion..... **9p (ASDA or LIDL)**
- 2x Carrots (sliced) or 1x tin..... **16p (ASDA or LIDL)**
- 2x Cloves garlic, crushed (or 2 teaspoons frozen) **2p (ASDA - frozen)**
Chilli powder/
paprika - optional..... **12p**
- 1x Veggie stock cube **5p (LIDL)**
- 1x Tin butter beans, drained..... **54p (LIDL)**
- 1x Tin chopped tomatoes..... **32p (ASDA)**
- 1x Tin chickpeas, drained **41p (ASDA)**
Bread - to serve..... **4p (ASDA)**

Method

1. Fry onion in a little oil until softened. Add carrots and garlic and fry together for 10 minutes, then add the spices (if using).
2. Crumble the stock cube into the pan and pour 300ml boiling water over the top. Bring to the boil and simmer for 25 minutes – stir occasionally.
3. Then, add both tins of beans and chopped tomatoes. Once piping hot can be served with bread.

Total.....£1.75 (44p per portion)

COMFORTING TOMATO SOUP SPAGHETTI

TOP TIP!

Add any green vegetables to this, spinach or broccoli also go well. You can jazz this recipe up with spices such as chilli powder or paprika or add some Worcester sauce for a tangy flavour.

✓ Contains 1 portion of vegetables

✓ One portion of Calcium

Ingredients

300g	Pasta or spaghetti.....	25p (LIDL)
2x	Tins tomato soup.....	60p (ASDA)
350g	Frozen peas.....	30p (LIDL)
50g	Cheese, grated.....	50p (ASDA or LIDL)

Total..... £1.73 – £1.98 (45p per portion)

Method

1. Put your pasta or spaghetti into a large pan, pour the tins of soup over it. Then refill the tin with water and pour this into the pan too.
2. Bring the pan to the boil stirring every now and again to ensure the soup doesn't catch on the bottom of the pan. You may need to add more water as you go along.
3. Once the pasta is cooked and the soup is thick and not watery, stir in your peas until heated through and serve in a bowl with cheese on top and some black pepper.

POTATO AND PEA CURRY

TOP TIP!

Add chilli powder if you like spicy food. Can be served with rice or crusty bread for a heartier meal.

✓ Contains 1 portion of vegetables

Ingredients

1x	Onion, diced or 1 handful frozen chopped onion.....	9p (LIDL or ASDA) fresh
		20p (ASDA) frozen
1x	Teaspoon frozen garlic.....	2p (LIDL)
1x	Tablespoon curry powder.....	12p (LIDL)
1x	Tin potatoes-cut into bitesize pieces OR 500g fresh potatoes peeled, chopped and boiled.....	Tin 37p (ASDA or LIDL)
		Fresh 23p (ASDA)
350g	Frozen peas.....	30p (LIDL)
1x	Tin coconut milk.....	65p (ASDA)
1x	Tin chopped tomatoes.....	32p (ASDA)

Total..... £1.73 (44p per portion)

Method

1. Fry onion and garlic with a tablespoon of oil in pan until soft, then add tablespoon of curry powder and stir through.
2. Add cooked potatoes and mix. Pour in the peas followed by the chopped tomatoes, a dash of water and the coconut milk.
3. Combine and leave to simmer for 30 minutes until piping hot all the way through and the potatoes are tender.

EASY FRUIT CRUMBLE

£1.10

(28p per portion)



TOP TIP!

You can use any fruit for this but choose natural juice not syrup – the syrup is very sugary.



✓ Contains 1 portion of fruit!

Ingredients

100g	Flour.....	4p (ASDA)
50g	Butter.....	15p (ASDA)
25g	Handful of oats.....	3p (LIDL)
50g	Sugar.....	8p (ASDA)
2x	Tinned fruit (any, partially drained)	68p (ASDA - frozen)
25g	Handful of raisins.....	12p (ASDA)

Total.....£1.10 (28p per portion)

Method

1. Preheat the oven to gas mark 4, 180 degrees.
2. Weigh the flour into a bowl, add the butter and use a knife to chop it into cubes.
3. Then use your fingers to gently rub the butter into the flour until it resembles breadcrumbs.
4. Then, add the oats and sugar to the mixture and stir it through.
5. Pour the tins of fruit with half of the juice in an oven-proof bowl. Pour the raisins over the top and then sprinkle the flour mixture over until it completely covers it.
6. Put in the oven for about 20-30 minutes or until golden and bubbling.

HELPING YOU MOVE MORE IN MANCHESTER

MCRactive are here to inspire and encourage people to lead a more active lifestyle. Across our city we work with all sport, physical activity, and health providers to encourage all Mancunians to move more each day.

Moving more, and being physically active benefits not only our physical health but also our mental, social, and emotional well-being. Moving more, even if just a little, improves your overall fitness and reduces the risk of conditions such as diabetes, heart disease, and obesity. Engaging in a more active lifestyle will also boost confidence, lower feelings of stress and anxiety, increase social interaction through the formation of new friendships and support networks, and provide a sense of accomplishment and satisfaction.



In the spirit of building stronger neighbourhoods, MCRactive offer choice and inspiration, for everyone in our city, to lead healthier and more fulfilling lifestyles, in a way that works for you.

Whether you are big or small, young or old, everyone can take part. There are a whole host of local activities that parents, children, young adults and families can take part in and feel inspired through... be that in your own home, garden or nearest outdoor green space, joining your local club, volunteering, learning a new sport or visiting any one of the community leisure and national centres across the breadth of Manchester.

We are committed to supporting you to be active, wherever and whenever that may be.

To help you on your journey, we encourage you to find out more at www.mcractive.com.

And if you needed a little more motivation - be sure to follow MCRactive on Facebook, Instagram and Twitter.



#MCRactive



MANCHESTER
CITY COUNCIL



We will get through the cost of living crisis.

Find out what help is
available for you at

[manchester.gov.uk/
helpinghands](https://manchester.gov.uk/helpinghands)



ABOUT THE RECIPE CREATOR



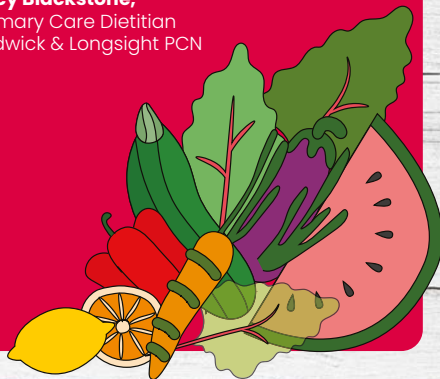
Lucy is a Registered Dietitian who has worked in the NHS for 8 years in both adults' and children's hospitals. She is now working in Ardwick & Longsight across 10 GP practices in the area, visiting local community groups, running clinics and delivering healthy eating courses. Her main aim is to improve the diets of individuals in Manchester.

The cost-of-living crisis and particularly the rising cost of food is what prompted her to start devising these healthy, balanced recipes on a budget. These easy-to-follow recipes have been created to include foods that are easily available from shops around Ardwick & Longsight and can be found in foodbanks too.

It is essential to have a varied diet containing lots of colourful vegetables, which is why each recipe contains at least one of your 5 a day. When children are young, they should be exposed to as many new textures and flavours as possible to help them to develop a healthy appetite when they grow up. Eating (and cooking!) as a family can be really important for encouraging children to try new foods, and it is hoped that these recipes can help with this.

Lucy enjoys cooking and experimenting with foods, she uses lots of these recipes regularly. Nutritious food should be affordable for everybody – and hopefully with his book it can be tasty as well!

Lucy Blackstone,
Primary Care Dietitian
Ardwick & Longsight PCN





Department
for Education



MANCHESTER
CITY COUNCIL



MCRactive