

UPDATED  
VERSION



**21** NEW  
RECIPES

Designed to feed  
you and your family  
on a budget.

# NUTRITIOUS AND DELICIOUS, LOW-COST FAMILY MEALS

Created by Women's Voice's CIC from Longsight supported by a local NHS dietician. Includes a wide range of home-cooked favourites, all nutritionally balanced.



Department  
for Education



MANCHESTER  
CITY COUNCIL

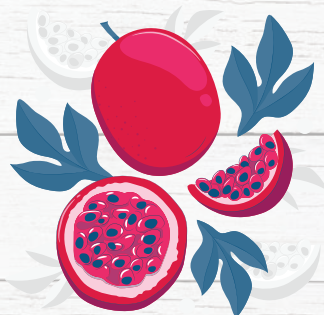
 MCRactive

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\* Note: all recipe suggestions serve 4 and have been based on guidance around appropriate portion sizes. Shopping list prices updated & correct January 2024. Where alternative options are provided for recipe ingredients, we have included the price range per meal.

# LOCAL FAMILIES FIRST

**Manchester remains committed to tackling the cost-of-living crisis, we're committed to supporting the thousands of families through these tough times, alleviating pressures, and building on the Council's existing efforts to address the root causes of inequality in our city.**

To make Manchester a fairer place to call home, we must ensure no child in Manchester goes hungry, especially during holidays.

Through our Holiday Activity Fund programme, we're investing millions to prioritise local families, offer nutritious meals and deliver fun activities to our city's children.

Our collaboration with over 350 Manchester clubs and organisations has already had a positive impact on children. Last year, we delivered free activities to 34,443 children and provided 164,000 free nutritious meals to children during school holidays.

Mitigating 'unhealthy holidays' by making nutritious cooking accessible to all through sharing affordable recipes, will help families manage their budgets better while enjoying delicious and healthy meals.

We will make Manchester fairer.

## HOLIDAY ACTIVITY + FOOD (HAF) IN MANCHESTER

**Hello and welcome to the HAF family recipe booklet.**

Who and what is HAF, you ask? The acronym stands for Holiday Activities and Food. This programme was established in 2018 to provide support to children who receive free school meals during school holidays.

The national HAF programme offers free holiday clubs that positively impact local children and young people. Attending our programmes ensures children eat healthily, stay active during school holidays, and participate in engaging activities that foster resilience, character development, well-being, and overall educational attainment.

Our sessions also provide a safe space for children to avoid social isolation, connect with schools and local services, and gain valuable knowledge about health and nutrition.

We aim to empower participating families by fostering a deeper understanding of nutrition and food budgeting. This booklet offers a collection of twenty-one nutritionally balanced recipes featuring meat, vegetarian options, and fish. These low-cost recipes are designed for you to cook at home with your family, promoting further education and understanding of healthy eating habits for everyone.

We want to demonstrate that delicious and varied meals can be prepared, cooked, and enjoyed without placing additional strain on your household budget.

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



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



# FREE SCHOOL HOLIDAY ACTIVITY

Manchester Active & Manchester City Council are offering thousands of FREE places for children eligible for benefits-related free school meals at holiday clubs across the city.

Activities can include:



Arts & crafts



Sports & exercise



Trips



FREE nutritious meal



& more



CHECK YOUR CHILD'S ELIGIBILITY OR BOOK HERE

[mcractive.com/activity/HAF](https://mcractive.com/activity/HAF)



DOWNLOAD THE APP



# HELPING YOU BE MORE ACTIVE

Manchester Active is dedicated to making our city a thriving, healthier and more active place.

We want to encourage every Mancunian to move more and give things a go. Ensuring access to free and low-cost opportunities to be more active is available to all. It's important to so many people and families across our city that we make it easier for everyone to get involved, regardless of age or income.

MCRactive.com offers a variety of affordable options to get your heart rate up.

You can explore classes, walking & cycling, sports, swimming, outdoor activities, health and wellbeing, events and much more – all designed to fit your budget and lifestyle.

We believe that everyone deserves the opportunity to participate in physical activity. Our free and low-cost programmes promote a healthy lifestyle and a sense of community, making Manchester a vibrant and active place to live.



# FREE SWIMMING IN MANCHESTER FOR AGES 16 OR UNDER

[f](#) [x](#) [@](#) #MCRactive

Find a swimming session near you at [mcractive.com/news/free-swimming-in-manchester](https://mcractive.com/news/free-swimming-in-manchester)

AVAILABLE DURING ALL SCHOOL HOLIDAYS

# 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.



## 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.

**i** For more information visit: [www.bda.uk.com/resource/salt.html](http://www.bda.uk.com/resource/salt.html)

**i** For more information and guidance on your recommended daily allowance, visit: [www.bda.uk.com/resource/food-facts-portion-sizes.html](http://www.bda.uk.com/resource/food-facts-portion-sizes.html)

## 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 free NHS food scanner app can help, you can scan your food and it can advise if high sugar and what to swap it with!

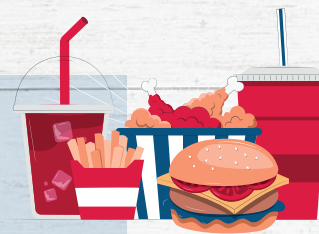
**i** For more information visit: [www.bda.uk.com/resource/sugar.html](http://www.bda.uk.com/resource/sugar.html)

## HOW CAN I REDUCE MY SUGAR INTAKE?

- 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

## 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 salt shaker 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 at [www.manchester.gov.uk/helpinghands](http://www.manchester.gov.uk/helpinghands)



**TOP TIP:**  
To save £1.10, substitute half of the chicken for a tin of chickpeas (35p)!

## SAJIDA'S CHICKEN TIKKA

Ingredients	Price
500g chicken, cubed	£2.77 for chicken thigh fillets (LIDL)
1/2 tsp red chilli powder	3p (ALDI / LIDL)
1 tsp Tandoori Masala	3p (ASDA)
Chopped fresh coriander	26p (LIDL or ALDI)
1/2 tsp cumin seeds	5p (ASDA)
1 tsp ginger and garlic paste	3p (Worldwide Foods)
2 tbsps yogurt	2p (ALDI / LIDL)
1 tbsp oil	5p (ALDI / LIDL)
200g long grain rice	10p (ALDI / LIDL)
400g peas	44p (LIDL)
<b>TOTAL</b>	<b>£3.78 (94p per portion)</b>

### METHOD

1. Put all chicken cubes in a large bowl, add the spices, yogurt, oil, and lemon juice. Mix well, cover with cling film and put in the fridge for 1 hour.
2. Then, heat a pan, add the chicken mixture. Stir for 2 minutes to stop from sticking.
3. Turn heat down, cover with a lid for around 15 minutes until chicken is cooked.
4. Serve with rice and peas.





## MARYAM'S STUFFED PEPPERS AND MEATBALLS

### For the stuffed peppers:

Ingredients	Price
Mixed peppers, halved (save the lids!)	£1.10 for 4 peppers (ALDI / LIDL)
200g part cooked rice – cook for around half usual cooking time on the packet	10p (ALDI / LIDL)
240g part cooked split peas – cook for around half usual cooking time on the packet	35p (ALDI)
1 tbsp parsley	13p (LIDL)
1 tbsp dill	13p (LIDL)
1 tbsp tarragon	3p (ASDA – dried only)
1 tbsp basil	13p (LIDL)
<b>TOTAL</b>	<b>£1.97 (49p per portion)</b>

### METHOD

1. Mix the rice, mixed herbs, and split peas in a bowl.
2. Remove the seeds from the inside of the peppers.
3. Stuff the mixture inside and put peppers to one side while making meatballs and sauce.

**TOP TIP:**  
For a smaller meal or a starter, you could just have the stuffed peppers!



### For the meatballs and sauce:

Ingredients	Price
1 onion, chopped	7p (ASDA / ALDI / LIDL)
2 tbsps tomato paste	8p (LIDL)
1 tsp black pepper	5p (ASDA)
1 tsp red chilli powder (optional)	6p (ALDI/LIDL)
1 tsp turmeric	4p (LIDL)
1 tsp oil (vegetable)	1p (LIDL or ASDA)
1 lemon, juiced	30p (ASDA)
600ml water	-
Meatballs – either bought in balls or shaped from mince by hand	£2.49 for 500g chicken mince (LIDL) OR £2.50 for 20 frozen Quorn meatballs (ASDA)
<b>TOTAL</b>	<b>£3.04 for chicken mince £3.05 for Quorn mince (76p per portion)</b>

**TOP TIP:**  
You could use this sauce to make meatballs and rice without the stuffed peppers if you don't have as much time!

**ALTERNATIVES:**  
Use minced beef, lamb, chicken, or vegetarian meatballs depending on your budget and taste!

### METHOD

1. Cook the onion slowly in a large pan for 5 minutes until brown and soft.
2. Add tomato paste and spices and mix well, not allowing it to stick.
3. Pour water into the pan and stand the peppers in the sauce (you can put the lids on top if you like), then place the meatballs in the sauce.
4. Keep the pan on low to medium heat and put the lid on – cook it for at least 45 minutes or until softened and half of the sauce absorbed.
5. Alternatively, put in the oven to finish cooking, using a big roasting tin, and keep an eye on it to make sure it doesn't go dry – Gas Mark 4 / 180 degrees.
6. Add lemon juice to taste.

## TANVEER'S PILAU RICE AND LAMB

Ingredients	Price
200g rice	10p (LIDL / ALDI)
300g lamb, chopped	£3.99 (ALDI) £1.38 for 250g chicken thigh (LIDL)
1 tin of chickpeas	35p (ASDA / ALDI / LIDL)
1/2 tsp red chilli, chopped finely	5p (ALDI / LIDL)
1/2 tsp Garam Masala	2p (Worldwide Foods)
2 large tomatoes, chopped	30p (ASDA / ALDI / LIDL)
1 tbsp garlic and ginger paste	9p (Worldwide Foods)
1 medium onion, chopped	9p (ASDA / ALDI / LIDL)
1/2 tsp turmeric	2p LIDL
<b>TOTAL</b>	<b>£5.01 (£1.25 per portion with lamb) £2.40 (60p per portion with chicken) £1.37 (34p per portion with 2 tins chickpeas and no meat)</b>

### METHOD

1. Heat oil in a pan, add the lamb, onion and spices and stir together for 5-10 minutes.
2. Add tomato and rice and stir until rice has been coated in all spices.
3. Add water and allow to simmer with the lid on for 20 minutes, or until all the water is absorbed, and the rice is cooked through.
4. Serve in a bowl and enjoy!

## TANVEER'S SAAG WITH POTATO

Ingredients	Price
500g tin of spinach	99p (Worldwide Foods)
1 tsp ginger and garlic paste	3p (Worldwide Foods)
1 medium tomato, chopped	15p (ASDA / ALDI / LIDL)
1 medium onion, chopped	9p (ASDA / ALDI / LIDL)
1/2 tsp cumin	3p (Worldwide Foods)
1/2 tsp coriander	3p (ASDA)
2 tbsps oil	2p (ALDI / LIDL)
3 potatoes, peeled, cubed, and partially boiled (boil for about 5 minutes)	28p (LIDL)
1 tin of chickpeas (optional)	35p (ASDA / ALDI / LIDL)
<b>TOTAL</b>	<b>£1.89 (46p per portion)</b>

### METHOD

1. Fry the onion for a few minutes in 1 tablespoon of oil.
2. Add ginger and garlic paste, green chilli and spices and cook for 5 minutes.
3. Add spinach and potatoes and cook together on low heat until potatoes tender.
4. Use as a side dish with the featured curries and dishes.



**TOP TIP:**  
Add mixed vegetables or peas to this to increase the vegetable content!

**TOP TIP:**  
Add chickpeas to make into a more balanced, filling meal



## NORA'S MALAYSIAN STYLE CHICKEN SOUP

Ingredients	Price
500g chicken, cubed	£2.77 for chicken thigh fillets (LIDL)
2 tomatoes, cut into 4	30p (ASDA / ALDI / LIDL)
2 carrots, chopped finely	12p (ALDI / LIDL)
1 spring onion, chopped finely	7p (ALDI / LIDL)
4 cardamom pods (optional)	15p (ASDA)
2 star anise (optional)	7p (ASDA)
1 stick cinnamon (optional)	4p (ASDA)
4 cloves (optional)	2p (ALDI)
3 cloves of garlic, chopped finely or sliced	9p (ALDI)
1 onion, chopped	9p (ASDA / ALDI / LIDL)
1 tbsp black pepper	15p (ASDA)
1 tsp cumin	5p (Worldwide Foods)
1 tbsp oil	3p (ASDA / ALDI / LIDL)
4 fresh chillies (optional)	28p (ALDI / LIDL)
3 potatoes, chopped (optional)	28p (LIDL)
<b>TOTAL</b>	<b>£4.51 (£1.12 per portion)</b>

**A tasty, warming meal!**

### METHOD

1. Heat 1 tablespoon of oil in a pan, add spices and stir constantly until they start to sizzle and smell nice.
2. Add onion and garlic, stir until golden brown.
3. Add chicken and stir for 5-10 minutes, then add 400ml water and bring to the boil.
4. Add the vegetables and put the lid on, letting it all cook through.
5. Turn off the heat when the chicken has cooked, and the vegetables are tender.
6. Serve with spring onion on top (if you have it).



**TOP TIP:**  
Add a tin of tomatoes if you would prefer a heartier meal and to boost up vegetable content.

**TOP TIP:**  
You could use pre-cooked microwave rice to make this dish even quicker – to do this you would need to just add the rice towards the end of the cooking process for around 5 minutes, and you wouldn't need any water.



## LUCY'S COD AND PAPRIKA TRAYBAKE

Ingredients	Price
Cod fillets	£3.49 for 400g – 1.75 for 200g
1 tin of chickpeas, drained	45p (ASDA)
Onion, chopped	9p (ASDA / LIDL / ALDI)
1 tbsp paprika	15p (Worldwide Foods)
400g peas	44p (LIDL)
200g rice	10p (ALDI / LIDL)
Around 500ml boiling water	-
<b>TOTAL</b>	<b>£2.98 (75p per portion)</b>

### METHOD

- Heat oven to Gas Mark 4 / 180 Degrees.
- Add onion to a roasting tray, put in the oven for 5 minutes.
- Remove tray from the oven, shake the tray and add chickpeas, paprika, peas (can be still frozen, straight from the bag) and rice. Mix until well combined.
- Pour half of the boiling water over the top of the mixture, lay the cod fillets on top.
- Put lid on the tray, or cover with foil, or put another tray on top and put back in the oven.
- After 10 minutes, give it a stir and check if water needs topping up – you don't want this to go dry as the rice won't cook.
- After another 10–15 minutes, when rice is cooked, and cod is flakey, it will be ready to serve.



## FAHIME'S KOTLET (PERSIAN MEAT PATTIES)

Ingredients	Price
500g minced meat	£2.49 for beef or chicken mince (ALDI / LIDL)
2 medium potatoes, grated	19p (LIDL)
1 egg	16p (LIDL)
2 tsps black pepper	5p (ASDA)
1 tsp turmeric	4p (Worldwide Foods)
1 medium onion, grated	9p (ASDA / ALDI / LIDL)
Wraps	99p for 8 (ALDI)
1 whole lettuce	29p (ALDI)
1/2 cucumber	45p (ASDA / ALDI / LIDL)
<b>TOTAL</b>	<b>£4.31 (£1.07 per portion)</b>

**TOP TIP:**  
These could be eaten cold in a packed lunch at school.

### METHOD

- Place grated vegetables in a bowl with the mince and mix until thoroughly combined.
- Add spices and egg and mix again.
- Shape into patties using either your hands or 2 spoons.
- Put in an air fryer or fry in a non-stick frying pan / cook in the oven until cooked through and crispy on the outside.
- Serve with a wrap and a salad.





## LUCY'S SALMON AND PEA SPAGHETTI

Ingredients	Price
300g spaghetti	17p (ALDI / LIDL)
2 cloves of garlic, crushed	6p (ASDA)
100ml yogurt	7p (ALDI / LIDL)
Around 400g salmon	£3.75 ALDI / LIDL
400g peas	44p (LIDL)
Pinch of black pepper	2p (ASDA)
<b>Total</b>	<b>£4.51 (£1.12 per portion)</b>

**TOP TIP:**  
Swap chicken instead of salmon if your budget doesn't allow it. Or add meat-free chicken pieces, or cannellini beans to make it vegetarian.

### METHOD

1. Boil spaghetti as per packet instructions.
2. Meanwhile, fry garlic in a little oil until starting to smell nice, add peas and stir.
3. Put in a pinch of black pepper and flake salmon into the pan in big chunks.
4. Add yogurt over the top and combine, allowing it to bubble while the salmon heats through.
5. Once the spaghetti is cooked, drain and add to the pan and stir until coated in the creamy sauce.
6. Serve in a bowl.

## LUCY'S BEANY STUFFED POTATO SKINS

Ingredients	Price
4 jacket potatoes	37p (ASDA / ALDI / LIDL)
1 tin of chickpeas (drained)	35p (ASDA / ALDI / LIDL)
1 tin of baked beans	28p (ASDA / ALDI / LIDL)
100g cheese, grated	28p (ALDI)
1 tbsp of butter	30p (ASDA / ALDI / LIDL)
Salad to serve (optional)	Around 60p lettuce and cucumber
<b>TOTAL</b>	<b>£1.58 (40p per portion – 55p with salad)</b>



OR 2 IF HAVING WITH SALAD

### METHOD

1. Preheat the oven to Gas Mark 4 / 180 Degrees.
2. Prick jacket potatoes with a fork and cook in the oven or air fryer for about 40 minutes (turning over halfway through) until crispy on the outside.
3. Cut jacket potato into halves, scrape potato out into a bowl.
4. Add butter and the tin of drained chickpeas to the potato and mash (breaking up chickpeas a little) using a potato masher or a fork if you don't have one.
5. Stir half grated cheese through the potato mixture before spooning back into the potato skins.
6. Put a tablespoon of baked beans on the top of each potato skin and sprinkle the remaining cheese on top.
7. Cook under the grill or air fryer until the cheese is melted and beans are bubbling.
8. Serve with a salad if you like.

## LUCY'S CAULIFLOWER CHEESE SOUP

Ingredients	Price
1kg bag of broccoli and cauliflower (frozen)	£1.09 (LIDL)
1 onion, diced	9p (ALDI / LIDL / ASDA)
500ml milk	37p (ASDA / ALDI / LIDL)
120g cheese	34p (ALDI)
50g butter	34p (ASDA / ALDI / LIDL)
3 potatoes, peeled and diced.	28p (LIDL)
1 vegetable stock cube	12p (ASDA / ALDI / LIDL)
<b>TOTAL</b>	<b>£2.61 (65p per portion)</b>



### METHOD

1. Melt butter in a pan, add diced onion, cook until softened (about 3 minutes).
2. Tip potatoes into the pan followed by the milk, 500ml boiling water and stock cube.
3. Boil for 20 minutes until the potatoes are almost cooked through, then add the cauliflower and broccoli (frozen vegetables don't take as long to cook as fresh vegetables – if using fresh you may need to add them a little earlier).
4. Simmer for a further 10 minutes until potato is crumbling and vegetables soft.
5. If you have a blender, you could whizz it in that, to make smooth at this point. Or use a potato masher for a chunkier soup.
6. Stir the cheese through just before serving.



## FARAH'S CHICKPEA CURRY

Ingredients	Price
2 tins of chickpeas, drained	70p (ASDA / LIDL / ALDI)
Chaat Masala (1/2 packet) or 1 tsp curry powder if you can't find it	37p for 25g (ASDA) or 4p for 1 tsp curry powder (LIDL)
1 medium onion, chopped	7p (ASDA / LIDL / ALDI)
200g long grain rice	10p
<b>TOTAL</b>	<b>£1.24 (31p per portion)</b>

### METHOD

- Put 400ml water in a pan, add chickpeas, bring to the boil.
- When water reduces by around 1/2, add spices and continue to cook for 10 minutes.
- In a separate pan, fry the onion in a little oil. Once the onion starts to colour slightly, add chickpea, spice mixture, and stir together. Cook for a further 10 minutes.
- Serve with rice.



**TOP TIP:**  
If you can't find Chaat Masala – try either curry powder or making your own spice mix made up of red chilli powder, turmeric, cumin, and coriander – 1/4 tsp each! And add boiled eggs for an increase in protein.



## MARYAM'S QUINOA SALAD

Ingredients	Price
250g quinoa	75p for 250g mixed with rice (ALDI / LIDL)
250g mung beans	35p (ASDA)
250g cooked salad prawns (can buy frozen and cook yourself)	£2.69 for 250g frozen (cooked – defrost overnight in the fridge)
1 spring onion, chopped	7p (ALDI / LIDL)
Fresh parsley and fresh mint (1 handful, chopped)	52p each (ALDI / LIDL)
Carrot	12p for 2 carrots (ALDI / LIDL)
1/2 broccoli	25p fresh (LIDL)
1/2 cauliflower	50p fresh (LIDL)
<b>If swap veg for 500g frozen mixed vegetables</b>	42p (ASDA)
Mixed bell peppers, chopped	55p for 2 peppers (ALDI / LIDL) Or 50p for 200g frozen
Lemon juice (optional)	30p (ASDA)
<b>TOTAL</b>	<b>£6.10 (£1.50 per portion)</b> <b>If using frozen vegetables:</b> <b>£5.05 (£1.26 per portion)</b>



### METHOD

- Cook the quinoa as per packet instructions until all water absorbed.
- Meanwhile, soak mung beans in a bowl of water (you may need a sieve for this), then transfer into a pan and boil for 25-30 minutes or until tender.
- While grains are cooking, prepare the vegetables and herbs – chopping into bite-size pieces (if using fresh vegetables).
- Cook broccoli, cauliflower, and carrot in boiling water (or steam it) for around 6 minutes or until tender – if using frozen vegetables, check packet instructions so you don't overcook them!
- Mix the quinoa, mung beans, cooked vegetables, peppers, spring onion, prawns and season together and serve with a squeeze of lemon if you wish.



## MARYAM'S MIRZA GHASEMI – IRANIAN BAKED AUBERGINE



Ingredients	Price
3 aubergines	89p each from LIDL or ALDI (£2.67 total)
1 tin of chopped tomatoes	35p for 400g tin (ALDI / LIDL / ASDA)
2 eggs	33p (LIDL)
1 bulb of garlic	25p (ALDI)
1 tbsp tomato paste	5p (LIDL / ALDI)
2 tsp turmeric	8p (LIDL)
1 tsp black pepper	5p (ASDA)
1 tbsp sesame oil	5p (ASDA)
1/2 lemon	15p (ASDA)
<b>Total</b>	<b>£4.43 total (£1.10 per portion)</b>

**DID YOU KNOW:**  
Traditionally the aubergine would be blackened over an open flame until they are soft, and the skin peels off easily!

### METHOD

- Place aubergines in the oven, roast whole for 40–45 minutes, peel skin and mash the flesh.
- In a medium frying pan over low heat, add aubergine, stir for 10 minutes with half tbsp oil. Remove from the pan into a bowl and leave on the side.
- In the same pan, on a medium heat, add chopped tomatoes, stir for 10 minutes until the juice evaporates. Add the spices and mix thoroughly.
- Finely chop garlic, fry with 1 tbsp of remaining oil until fragrant.
- Then, whisk eggs and add it to oil and mix well to scramble.
- Add all cooked ingredients together, squeeze half the lemon to taste, mix on a low heat for 5 minutes.
- Remove from heat, serve with rice or naan.

## MARYAM'S ROAST CHICKEN DRUMSTICKS

**DID YOU KNOW:**  
To make it vegetarian, swap to meat-free chicken pieces and still enjoy the spices!

Ingredients	Price
1kg chicken drumsticks	£2.25 (ALDI)
1 lemon	30p (ASDA)
1 tsp honey	1p (ALDI / ASDA)
1 tsp smoked paprika	5p (Worldwide foods)
1 tbsp tomato paste	4p (LIDL)
1 tsp black pepper	5p (ASDA)
1 tsp cumin	5p (Worldwide Foods)
1 tsp oregano	5p (ALDI)
3 cloves of garlic, crushed	9p (ALDI)
2 tbsp oil (olive / sunflower / vegetable)	15p olive / 5p veg / 6p sunflower (all ALDI / LIDL)
400g frozen peas	44p (LIDL)
200g long grain rice, cooked	10p (LIDL / ALDI)
<b>Total</b>	<b>£3.48 (87p per portion)</b>

### METHOD

- Mix all spices together in a large bowl.
- Add honey, garlic and oil and mix to a paste.
- Add chicken and mix until thoroughly coated.
- Roast in the oven for 30 minutes, keep foil or the lid on the roasting tray for the first 20 minutes, and then take the lid off so it can go crispy (or until cooked through).
- In the last 5 minutes in the oven stir some cooked rice and peas through the chicken in the roasting tray.





## SAJIDA'S MIXED DHAL

Ingredients	Price
60g Mung dhal (yellow split mung beans)	8p (ALDI)
60g Masoor dhal (split red lentils)	8p (ASDA)
1 tsp red chilli powder	3p (ALDI / LIDL)
1 tsp coriander	5p (ASDA)
1 tsp cumin powder	5p (Worldwide Foods)
1/2 tsp turmeric powder	2p (LIDL)
1 green chilli (chopped)	11p (ALDI / LIDL)
1 tbsp garlic and ginger paste	9p (Worldwide Foods)
1 tbsp oil	5p (ALDI / LIDL)
200g rice	10p (ALDI / LIDL)
400g peas	44p (LIDL)
<b>TOTAL</b>	<b>£1.10 (27p per portion)</b>



### METHOD

1. Wash lentils in a bowl, tip the water away (you may need a sieve to do this).
2. Then, heat oil in a pan, add all lentils, spices and 400ml water. Cook for 15-20 minutes.
3. Add chopped green chilli and garlic and ginger paste, stir thoroughly. Cook for a further 15-20 minutes.
4. Once all the liquid has been absorbed and the lentils are cooked (have a spoonful to taste and if the lentils are no longer hard it is ready).
5. Serve with rice, peas, and coriander (optional).

## JILA'S PERSIAN NOODLE SOUP

Ingredients	Price
1kg onion, thinly sliced	99p (ASDA / ALDI / LIDL)
1 tin of green lentils	59p (ASDA / ALDI / LIDL)
1 tin of chickpeas	35p (ASDA / ALDI / LIDL)
1 tin of haricot beans (or cannellini beans)	59p (ASDA)
400g frozen spinach	38p for 400g frozen (ALDI)
1 tsp turmeric	4p (Worldwide Foods)
1 leek (finely sliced)	30p (ALDI / LIDL)
Iranian noodles OR wholewheat spaghetti if you can't find it (300g)	45p (ALDI / LIDL)
4 tbsp yogurt	4p (ALDI / LIDL)
<b>TOTAL</b>	<b>£3.73 (93p per portion)</b>



### METHOD

1. In a large cooking pot, sauté the onions for 20-25 minutes with garlic until brown and caramelised.
2. Add turmeric and stir in.
3. Add all the beans and lentils, cover with water, and leave to simmer for 10 minutes.
4. Stir in spinach and spaghetti or noodles (depending on which you are using), simmer for a further 10 minutes while they cook.
5. Once noodles / spaghetti cooked, add blobs of yogurt to the top to serve.

## SHABNUM'S CHAPATIS

Ingredients	Price
500g chapati flour (or plain flour)	36p (ASDA)
400ml water	6p per chapati
<b>TOTAL</b>	<b>42p (7p per portion)</b>

### METHOD

1. Put flour in a bowl and make a well in the centre.
2. Add water a little bit at a time while mixing, once it comes together into a dough, put some flour on the surface and knead for 5 minutes until smooth.
3. Then, leave to rest in a bowl for 20 minutes.
4. Divide into 6 balls, flatten each ball with a rolling pin (or a bottle on its side if you don't have one).
5. Fry in a hot pan for 2 minutes on each side until charred patches to show it's done.

**TOP TIP:** Serve with any of the delicious dishes throughout this book, instead of rice.

## LUCY'S PEPPERY BEAN PASTA BAKE (& SARDINES)

Ingredients	Price
1 bag frozen peppers	99p (ALDI)
1 onion, diced	9p (ASDA / ALDI / LIDL)
2 tbsps tomato purée	10p (ALDI / LIDL)
300g pasta	17p (ALDI / LIDL)
1 tin butterbeans	49p (ALDI)
1 tin cannellini beans	59p (ALDI / LIDL)
100g cheese	28p (ALDI)
<b>TOTAL</b>	<b>£2.71 (68p per portion) (49p for tin of sardines)</b>

### METHOD

1. Preheat the oven to Gas Mark 4 / 180 Degrees.
2. Tip onion and peppers into a roasting tray and put in the oven for 10 minutes.
3. Meanwhile, cook pasta as per packet instructions, draining when cooked through.
4. Drain both tins of beans and add to the tray along with the cooked pasta, tomato purée and half of the cheese. Stir until thoroughly combined.
5. At this point you could add your sardines, if using, and stir through.
6. Sprinkle remaining cheese on top, put back into the oven until the cheese melts and browns, and the meal is piping hot.

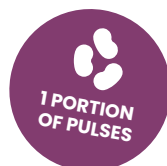


## FARAH'S CHICKPEA SALAD

Ingredients	Price
1 tin of chickpeas, drained	35p (ASDA / ALDI / LIDL)
1/2 cucumber, chopped	45p (ASDA / ALDI / LIDL)
1 small red onion, chopped	9p (ASDA / ALDI / LIDL)
3 tbsps yogurt	3p (ALDI / LIDL)
2 tomatoes, chopped	32p (ALDI / LIDL)
1 tbsp tamarind sauce	6p (ASDA)
Chaat Masala or lemon juice if you prefer – to taste	8p for 1tbsp (ASDA)
Pomegranate seeds	33p (ASDA)
<b>TOTAL</b>	<b>£1.71 (42p per portion)</b>

### METHOD

1. Place chickpeas in a big bowl and add cucumber, onion, tomato. Stir well.
2. Add yogurt and tamarind sauce and stir until combined thoroughly.
3. Add Chaat Masala / curry powder – according to taste.
4. Sprinkle with pomegranate seeds and enjoy!



## LUCY'S EASY BANANA AND OAT COOKIES (MAKES AROUND 8 – 10)

Ingredients	Price
1 banana, mashed	16p (ALDI)
100g oats	9p (ASDA / ALDI)
30g caster sugar	4p (ALDI / LIDL)
30g chocolate chips	22p (ALDI / ASDA / LIDL)
<b>TOTAL</b>	<b>51p (5-6p per cookie)</b>

### METHOD

1. Preheat oven to Gas Mark 4 / 180 Degrees.
2. Mix ingredients together in a bowl, allow to stand for a moment so the oats soak in the moisture from the bananas.
3. Take a sheet of baking paper and put onto a baking tray, dust with flour.
4. Use a tablespoon, take some of the mixture and roll into a ball onto the baking paper (it will spread out in the oven), space them an inch apart – making around 8-10 from your mixture.
5. Bake for 10-15 minutes or until golden and cookie shaped.

**TOP TIP:**  
You could add a spoonful of peanut butter to add a nutty flavour if you like.  
This is a wonderful way to use up overripe bananas!

## 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. Working with the Women's Voices CIC from Longsight, Lucy helped to create easy-to-follow recipes that 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



## WOMEN'S VOICES CIC

**Women's Voices is a not-for-profit organisation based in the Longsight area of Manchester. We work with women seeking asylum, refugees, and other vulnerable women from diverse backgrounds by providing a platform for them to meet in a safe and accessible environment.**

Women's voices offer training and activities to the women to enable them to learn and develop skills, to build up their resilience and confidence, and to encourage their independence.

Their mission is to enable women to achieve empowerment, equality, and inclusion, bringing them together in safe and non-judgemental spaces to build strong relationships that help them grow in confidence and engage more fully in community life.

Women's voices aim to break the cycle of deprivation amongst Black, Asian, Minority, Ethnic, Refugee (BAMER) women, to challenge the barriers that prevent them from reaching their full potential, and change the way that women are viewed within their own communities, and in wider society; to achieve empowerment, equality and inclusion in society.

The organisation offers a range of activities and training opportunities, full details of which can be found on their website [womensvoices.org.uk](https://www.womensvoices.org.uk)



**“Ensuring that the children of Manchester have access to proper nutrition is a cause that I am passionate about. I believe every child in Manchester deserves access to healthy, budget-friendly meals.**

**Alongside the school Holiday Activity programmes supporting local children to be more active, this recipe book is a great initiative, offering amazing support and inspiration to families of Manchester.”**

**Ella Toone,  
Manchester United & England**

**Grassroots Club: Astley & Tyldesley Girls  
County: Manchester CFA**



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