

# Meals On A Budget

INTERFACE

## CookBook

FRESH AND FRUGAL IDEAS FOR SINGLES, COUPLES & FAMILIES



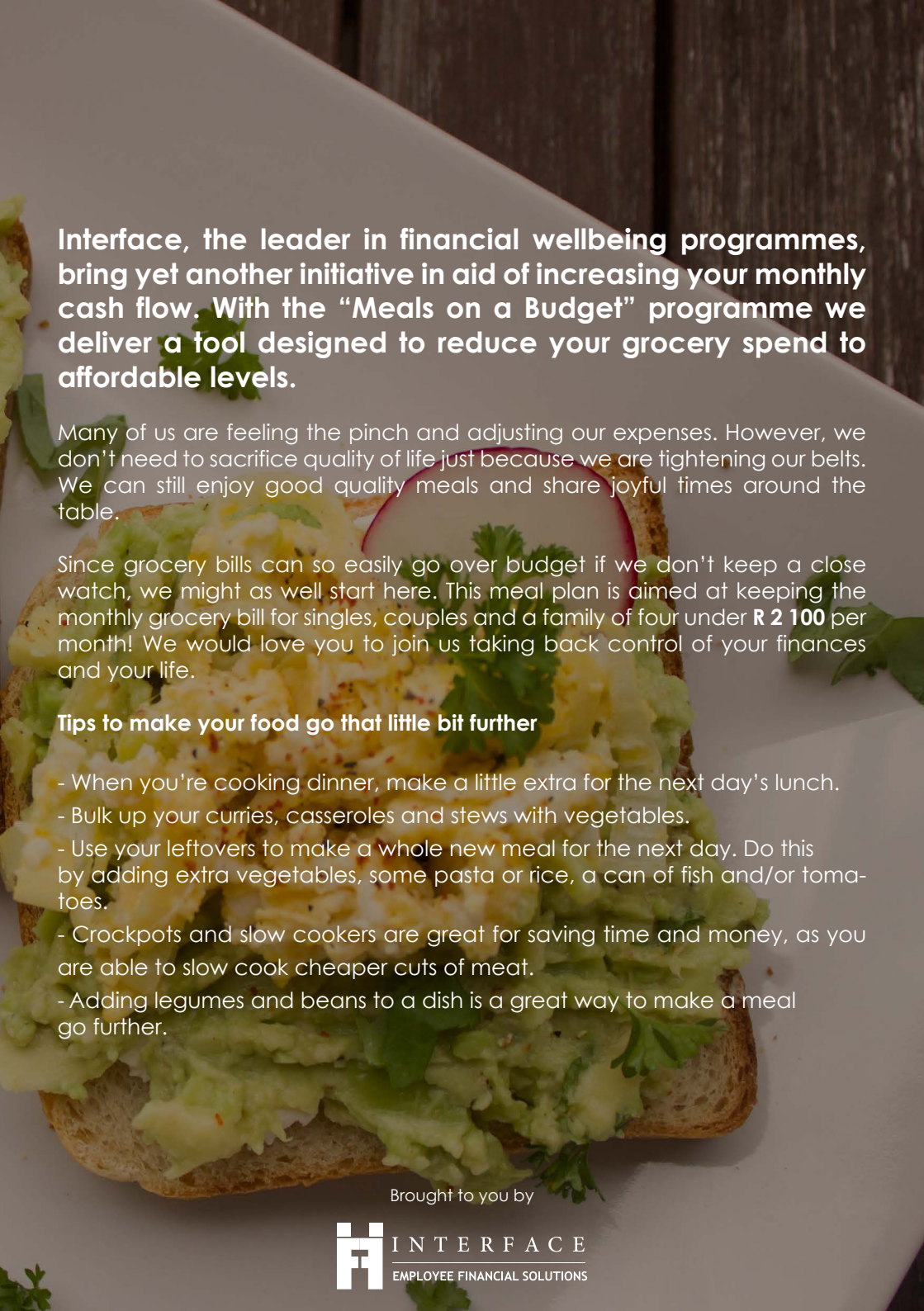
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EMPLOYEE FINANCIAL SOLUTIONS



**“Easy & tasty  
meals that make  
your food budget  
go further”**



**Interface, the leader in financial wellbeing programmes, bring yet another initiative in aid of increasing your monthly cash flow. With the “Meals on a Budget” programme we deliver a tool designed to reduce your grocery spend to affordable levels.**

Many of us are feeling the pinch and adjusting our expenses. However, we don't need to sacrifice quality of life just because we are tightening our belts. We can still enjoy good quality meals and share joyful times around the table.

Since grocery bills can so easily go over budget if we don't keep a close watch, we might as well start here. This meal plan is aimed at keeping the monthly grocery bill for singles, couples and a family of four under **R 2 100** per month! We would love you to join us taking back control of your finances and your life.

#### **Tips to make your food go that little bit further**

- When you're cooking dinner, make a little extra for the next day's lunch.
- Bulk up your curries, casseroles and stews with vegetables.
- Use your leftovers to make a whole new meal for the next day. Do this by adding extra vegetables, some pasta or rice, a can of fish and/or tomatoes.
- Crockpots and slow cookers are great for saving time and money, as you are able to slow cook cheaper cuts of meat.
- Adding legumes and beans to a dish is a great way to make a meal go further.

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# Breakfast



Breakfast is often called 'the most important meal of the day', and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.

Many studies have shown the health benefits of eating breakfast. It improves your energy levels and ability to concentrate and can help with better weight management, reduced risk of type 2 diabetes and heart disease in the long term.

Despite the benefits of breakfast for your health and wellbeing, many people often skip it, for a variety of reasons. The good news is there are plenty of ways to make it easier to fit breakfast into your day.

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### Cinnamon Porridge

Ingredients	Method
1 ¼ Cups mealie meal - R20 (2.5kg) 1 Tsp salt - R15 (1kg) 2 Cups water 2 Cups full cream milk - R12 (1L) 2 Tbsp butter - R26 (1kg) 1 Tsp cinnamon - R19 (40g) 2 Tbsp brown sugar - R15 (1kg)	<ol style="list-style-type: none"> <li>Mix the mealie meal, salt and water with a fork in a large microwave safe bowl. Microwave on high for 5 minutes.</li> <li>Add the milk and mix well. Microwave for another 5 minutes.</li> <li>Add the butter &amp; mix. Sprinkle the sugar &amp; cinnamon over the porridge &amp; serve.</li> </ol>
Cost per Serving = <b>R 26.75</b>   x4 Serving for = <b>R 107.00</b>	



### Peanut Butter Porridge

Ingredients	Method
1 ¼ cups mealie meal - R20 (2.5kg) 1 tsp salt - R15 (1kg) 2 cups water 2 cups full cream milk - R12 (1L) 4 tsp peanut butter - R25 (400g) Sugar, to taste	<ol style="list-style-type: none"> <li>Mix the mealie meal, salt and water with a fork in a large microwave-safe bowl. Microwave on high for 5 minutes.</li> <li>Add the milk and mix well. Microwave for another 5 minutes, stirring frequently. Mix in the peanut butter and add sugar to taste.</li> </ol>
Cost per Serving = <b>R 18.00</b>   x4 Serving for = <b>R 72.00</b>	



### Peanut Butter & Jam Oats

Ingredients	Method
4 cups water 2 cups oats - R19 (500g) 1 tsp cinnamon - R19 (40g) 2 tbsp brown sugar - R15 (1kg) 2 tbsp peanut butter - R26 (1kg) Jam, for topping - R19 (290g)	<ol style="list-style-type: none"> <li>Mix the water, oats, cinnamon and sugar in a large mixing bowl and microwave on high for 3 to 5 minutes, giving it a stir every minute or so.</li> <li>Stir in the peanut butter just before you are done and cook for an extra 30 seconds.</li> <li>Separate into 4 bowls and top with a teaspoon of jam.</li> </ol>
Cost per Serving = <b>R 24.50</b>   x4 Serving for = <b>R 98.00</b>	



### Cinnamon French Toast

Ingredients	Method
4 eggs - R16 (½ Dozen) ½ cup milk - R12 (1L) 1 tsp vanilla - R7.50 (40ml) 8 slices wholewheat bread - R15 (Loaf) 1 dash cinnamon - R7	<ol style="list-style-type: none"> <li>In a shallow dish, whisk together the eggs, milk and vanilla. One at a time, soak a slice of bread in the egg mixture, then cook it in a lightly greased nonstick pan on medium heat until browned on both sides. Repeat with the remaining slices of bread.</li> <li>Sprinkle with cinnamon before serving with butter.</li> </ol>
Cost per Serving = <b>R 14.38</b>   x4 Serving for = <b>R 57.5</b>	



## Banana & Oat Flapjacks

Ingredients	Method
1 ½ cups oats - R30 (1kg) 2 Tsp baking powder - R23 (200g) ½ Tsp cinnamon - R19 (40g) box 2 Rpe bananas - R17 (750g) 2 Tbsp brown sugar - R15 (1kg) 1 Egg - R16 (½ Dozen) 1 Cup water 1 Tsp vanilla essence R7.50 (40ml) Pinch of salt – R8 (500g)	<ol style="list-style-type: none"> <li>Put all the ingredients into a blender and blend until smooth. If the mixture looks a little thick, add a splash of water.</li> <li>Heat a non-stick pan over medium heat with a dash of oil.</li> <li>Pour ¼ cup of the mixture into the pan, cook on one side for about 1.5 minutes, then turn and cook on the other side for about 1 minute (or until golden brown on both sides).Gluten-free</li> </ol>
<b>Cost per Serving = R 33.87   x4 Serving for = R 135.50</b>	



## Ala King Breakfast

Ingredients	Method
20g Butter - R65 (200g) 10ml Olive oil - R60 (250ml) ½ Green pepper; <i>finely chopped</i> (R10) 1 Onion; <i>finely chopped</i> (R10) 3 Steamedchicken breasts; <i>slided</i> (R60) 2 Mushrooms; <i>quartered</i> (R25) 1 Tbsp flour - R25 (1kg) 150ml Milk - R12 (1L) 3ml Salt - R15 (1kg) 2ml Black pepper 150ml Cream (R25) 250ml Chicken stock cube - R5 salad, to serve (optional)	<ol style="list-style-type: none"> <li>Melt the butter over medium-high heat and stir in the diced bell pepper, onion, celery, and mushrooms. Reduce the heat and cover for about 6 minutes, just until the veggies have softened.</li> <li>To thicken the sauce, sprinkle the flour over the vegetables and stir for about 1 minute. Then, add the chicken broth one big splash at a time, stirring until completely mixed and smooth after each addition.</li> <li>Once all of the broth has been incorporated, add the remaining seasoning and simmer until slightly thickened.</li> <li>Lastly, stir the frozen peas and the cream, and bring the mixture back to a simmer. Allow it to simmer for about 5 minutes more, then stir in the chicken. If the chicken is added cold, you'll need to keep the sauce over heat until it is warmed through. Stir every so often, to ensure it doesn't scald. Then, serve and enjoy!</li> </ol>
<b>Cost per Serving = R 52.00   x6 Serving for = R 312.00</b>	



## Frittata: Spinach & Tomatoes

Ingredients	Method
6 eggs - R16 (½ Dozen) 400g Cheese - R85 (1kg) 1 Cup spinach - R10 ½ Pack cherry - R15 (250g) Salt and pepper - R8 (500g) ¾ Cup ilk - R12 (1L)	<ol style="list-style-type: none"> <li>Preheat oven to 180 . Use spray and cook. Beat eggs with salt and pepper- add milk and cheese.</li> <li>Add spinach and tomato to the casserole- add milk mixture and take 10-12 minutes until light and fluffy-cut into pieces or pizza pieces.</li> </ol>
<b>Cost per Serving = R 36.50   x4 Serving for = R 146.00</b>	





### Carrot Cake Oats

#### Ingredients

1½ Cups full fat milk - R12 (1L)  
1 Tsp ground cinnamon - R25 (100g)  
¼ Tsp - R19 (40g)  
Ground ginger - R29 (125g)  
Dash ground nutmeg, to taste  
Pinch of salt - R15 (1kg)  
1 Cup finely grated carrot - R10 (500g)  
2 Apples, finely grated - R25 (1kg)  
120g Oats - R19 (500g)  
4 Tsp brown sugar - R15 (1kg)  
1 Tsp vanilla essence - R15 (1kg)

#### Method

1. In a medium-sized pot over medium heat, stir together the milk, cinnamon, ginger, nutmeg, and salt.
2. Stir in the grated carrot, apples and oats. Bring to a low boil and then reduce the heat to medium to simmer. Cook, uncovered, for about 8 to 11 minutes, stirring frequently until thickened. Remove from the heat and stir in the sugar and vanilla extract.

Cost per Serving = **R 46.00** | x4 Serving for = **R 184.00**



### Egg Muffins

#### Ingredients

6 Eggs - R16 (½ Dozen)  
2 Tbsp milk - R12 (1L)  
Pepper - R5  
Spring onion as required - R5  
Chopped tomatoes as required - R5  
Onion as required - R5  
Cheese as required - R85 (1kg)  
Green chillies - R2  
Fresh coriander - R5  
You can add chicken or other lean meats, spinach, ricotta cheese, bell peppers, and lots more as per your taste.  
6 Eggs beaten with 2 tbsp milk, black pepper to taste

#### Method

1. Preheat oven at 200C
2. Grease your muffin tin
3. Add vegetables of your choice along with cheese (if you choose), pour beaten egg mixture on it.
4. Place muffin pan on the center rack of a preheated oven and bake for 20-25 minutes or until muffins are light brown, puffy, and the eggs are set.
5. Let muffins cool for a few minutes before removing from the muffin pan or cups.
6. Loosen gently with knife if they seem to be sticking. Eat immediately or let cool completely and store in plastic bag in refrigerator or freezer. The Egg Muffins can be reheated in the microwave.

Cost per Serving = **R 35.00** | x4 Serving for = **R 140.00**



### Ham & Cheese Sandwich

#### Ingredients

4 slices rye bread - R19  
2 Tbsp mayonnaise - R18  
2 Tbsp dijon mustard - R25  
2 Tsp honey - R35  
6 Slices Swiss cheese - R20  
6 Slices ham - R15  
8 Slices dill pickle - R20

#### Method

1. Spread one side of each slice of bread with mayonnaise. In a small bowl, stir to combine mustard and honey.
2. On 2 of the 4 slices, spread the mustard mixture on the opposite side of the mayo. Top with 3 slices of cheese and 3 slices of ham per sandwich. Add 4 slices of pickle each, then top with remaining slice of bread, mayo side out.
3. Heat a large skillet over medium heat. Add sandwiches and cook until bread is golden and cheese is melted, 3 minutes per side.

Cost per Serving = **R 26.00** | x6 Servings for = **R 152.00**



## Mabele Soft Porridge

Ingredients	Method
1 Cup Mabele - R22 (1Kg) 4 Cups water Salt to taste Butter - R44 (1Kg) Sugar - R22 (2Kg) Milk - R12 (1L)	<ol style="list-style-type: none"> <li>1. Place water and salt into a pot and boil</li> <li>2. Mix mabele in a dish with cold water making smooth but firm mixture</li> <li>3. Add the mixture to the boiling water and stir for a minute</li> <li>4. Allow to cook for further 15 minutes</li> </ol>
Cost per Serving = <b>R 12.50</b>   x4 Serving for = <b>R 100.00</b>	



## Cereal

Ingredients	Method
Milk - R12 (1L) Cereal - R48 (500g) Raspberries - R33 (110g) Pears - R26 (1kg)	<ol style="list-style-type: none"> <li>1. Add cereal, pears &amp; raspberries into a bowl</li> <li>1. Add milk</li> <li>2. Add sugar for taste (optional)</li> <li>3. Enjoy.</li> </ol>
Cost per Serving = <b>R 7.43</b>   x16 Serving for = <b>R 119.00</b>	



## Pancakes

Ingredients	Method
Pancake Mix - R18 Milk - R12 (1L)	Follow the pack instructions, heat up a large pan. Pour in small portions of the mixture into the pan so that it does not fill the whole pan, leave each side for about three minutes and flip over to the other side until golden brown. Use a spatula to turn each side and a toothpick to check whether it is done or not. Squeeze some maple syrup on top, while the pancakes are still warm.
Cost per Serving = <b>R 5.00</b>   x6 Servings for = <b>R 30.00</b>	



## Pilchards Sandwich Spread

Ingredients	Method
Pilchard - R20 (410g) Mayonnaise - R27 (375g) Brown bread - R15 (700g) Crisp lettuce head - R15	Debone the pilchards. Put in a bowl and mix in the mayonnaise.  On the slices of bread, spread your mixture and add as much lettuce as you desire.
Cost per Serving = <b>R 19.25</b>   x4 Servings for = <b>R 77.00</b>	



### Pre-Packed Microwave Scramble

Ingredients	Method
1 Slice ham, diced - R4 1 Green pepper chopped - R2 (30g) 1 Chopped onion - R2 (15g) Strong cheddar, grated - R3 (30g) ¼ Teaspoon small of butter 2 Eggs - R16 (½ Dozen) Salt and pepper	<ol style="list-style-type: none"> <li>1. Pack everything except the eggs into an airtight container (can be refrigerated for up to 5 days so you can use when you need them).</li> <li>2. Once you are ready to cook it, pour everything into a coffee mug, add the eggs and microwave in short bursts of 15-30 seconds at a time, stirring every time to make sure the egg is not overcooked.</li> </ol>
Cost per Serving = <b>R 6.75</b>   x4 Servings for = <b>R 27.00</b>	



### Oats

Ingredients	Method
salt - R15 (1kg) Sugar - R22 (2Kg) Milk - R12 (1L) Jungle Oats - R35 (1kg)	<ol style="list-style-type: none"> <li>1. Place the milk, water and salt into a pot, then bring to the boil.</li> <li>2. Stir in the oats, then bring to a simmer. Cover, then cook for 10 minutes, stirring often until the oats is cooked through.</li> <li>3. Remove from the heat, serve drizzled with honey and scattered with toasted almonds.</li> </ol>
Cost per Serving = <b>R 21.00</b>   x4 Servings for = <b>R 84.00</b>	



### 5 Ingredients Bread

Ingredients	Method
<b>BREAD</b> 3 Cups flour - R10.50 (750ml) 1 Tsp Bicarbonate of soda - R2 (5 ml) 1 Tsp castor sugar - R22 (1kg) 1 Egg; <i>lightly beaten</i> - R16 (½ Dozen) 300 ml buttermilk - R13 <b>BUTTER</b> Butter- R10 (100g) 1 Clove garlic, minced - R15 3 Sprigs, fresh thyme - R10 Small handful of fresh coriander - R10 1 clove garlic, minced 3 sprigs, fresh thyme - R10 Small handful of fresh coriander - R10	Preheat the oven to 180 °C and line a loaf tin with baking paper. <ol style="list-style-type: none"> <li>1. Bread Sift the flour and bicarbonate of soda into a large bowl with sugar and a pinch of salt.</li> <li>2. Make a well in the middle in the flour mixture. Pour in the egg and buttermilk and fold using your hands until the mixture just comes together. Add more buttermilk if necessary.</li> <li>3. Turn out on a well-floured surface. Lightly knead the dough for a few seconds before putting it in the prepared loaf tin. Bake for 15 minutes.</li> <li>4. Lower the temperature to 160 °C and bake for 30 more minutes or until cooked through. Allow to cool.</li> <li>5. Butter In a bowl beat the butter, garlic, thyme and coriander until well incorporated.</li> </ol>
Cost per Serving = <b>R 21.41</b>   x6 Servings for = <b>R 128.50</b>	







# Lunch

Lunch is an important meal for everyone. It provides energy and nutrients to keep the body and brain working efficiently through the afternoon. A packed lunch made at home can be a healthy and delicious choice and gives you control over the foods and ingredients included.

Dietary surveys have shown that most people need to cut down on their intake of saturated fat, salt and sugar, and increase consumption of dietary fibre, fruits, vegetables and oily fish. Packing a healthy lunch each day is a great way to help you meet these goals and can also save you money.

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### Noodles & Beef stir fry

Ingredients	Method
4 Packs noodles - R6 (packet) 2 Tablespoon butter - R26 (1kg) Beef cut into strips - R54( 400g) 1 Teaspoon curry - R14 (50g ) Mixed vegetables of your choice - R13	<ol style="list-style-type: none"> <li>1. Boil your noodles in a pot</li> <li>2. Fry your beef in a pan with butter until cooked</li> <li>3. Add your curry, salt to taste and mixed vegetables</li> </ol> Mix your Noodles and beef stir fry dish and simmer for 5 mins.
<b>Cost per Serving = R 12.50   x8 Servings for = R 100</b>	



### Cheesy Baked Potato

Ingredients	Method
1 Big Potato - R8 1 Tablespoon olive oil - R6 1 Cup cheddar Cheese - R85 (1kg)	<ol style="list-style-type: none"> <li>1. Wash potato and make small whole with a fork</li> <li>2. Rub potato with olive oil</li> <li>3. Place on baking tray sprayed with cooking spray</li> <li>4. Bake for 1 hour or till tender</li> <li>5. Cut a cross on top of the potato</li> <li>6. Open the potato by squeezing the ends</li> <li>7. Stuff the opening with cheese</li> <li>8. Put back to oven for 2 minutes and serve</li> </ol>
<b>Cost per Serving = R 24.75   x4 Servings for = R 99.00</b>	



### Tuna & Mayo Sandwich

Ingredients	Method
3 Tbsp tuna - R5 2 Slices bread plain or toasted - R2 ¼ Green pepper - R2 ¼ Tomato - R2 ¼ Onion - R2 2 Tbsp Mayonaise - R5	Cut pepper, tomato, onion into strips, add the tuna, add mayo and spread over bread
<b>Cost per Serving = R 18.00   x4 Servings for = R 72.00</b>	





## Chicken Burrito Bowl

Ingredients	Method
Chicken breasts; strips - R44 (400g) 1 Tsp salt - R15 (1kg) Pinch of cayenne pepper 1 Tsp cumin seeds - R20 (50g) 1 Tsp curry powder - R14 (50g) 2 Tsp vegetable oil - R18 (500g) 4 Cups cooked white rice - R14 (500g) 2 Onions, sliced - R16 (1kg) 2 Green peppers, sliced - R17(2s) 2 Cup cooked sugar beans - R19 (500g)	<ol style="list-style-type: none"> <li>1. In a large bag or bowl, combine the chicken, seasoning and spices with 1 tsp oil. Marinate in the fridge for 20 minutes or up to 48 hours.</li> <li>2. Heat a large pan to medium-high heat. Saute the chicken strips for 5 to 7 minutes or until fully cooked.</li> <li>3. Remove from pan and rest for 10 minutes. In the same pan, add the remaining oil along with the sliced peppers and onions.</li> <li>4. Saut�e for 3-4 minutes. Divide the rice, chicken, peppers and beans between 2 bowls</li> </ol>
Cost per Serving = <b>R 29.50</b>   x6 Servings for = <b>R 177.00</b>	



## Tuna Muffins

Ingredients	Method
1 Tin of tuna, drained - R15 (170g) � Onion, diced - R16 (1kg ) � Cup bread crumbs � Tsp cayenne pepper Salt and pepper, to taste 2 Large eggs; beaten - R16 (� Dozen)	<ol style="list-style-type: none"> <li>1. Preheat the oven to 180�C. Spray a muffin tin with cooking spray.</li> <li>2. Place the tuna, onion, bread crumbs and spices in a bowl and mix well. Add the eggs and stir until well combined.</li> <li>3. Place � cup of the mixture in each muffin tin cup and smooth down. Bake for 15 minutes, allow to cool for a few minutes, then remove each muffin from the tin.</li> </ol>
Cost per Serving = <b>R 11.75</b>   x4 Servings for = <b>R 47.00</b>	



## Rolled French Toast

Ingredients	Method
10 Slices sandwich bread - R13 Sausage link, cooked - R25 3 Eggs - R16 (� Dozen) 1 Tsp milk - R12 (1L) � Tsp cinnamon - R14 (85g) � Tsp vanilla extract - R20.00 (100ml)	<ol style="list-style-type: none"> <li>1. Roll each slice of bread flat with a rolling pin. Carefully cut off the crusts.</li> <li>2. Place sausage at the edge of the bread, and roll up.</li> <li>3. In a bowl, combine eggs, milk, cinnamon, and vanilla.</li> <li>4. Dip each roll-up in egg mixture, and pan fry in a buttered skillet until all sides are golden brown.</li> </ol>
Cost per Serving = <b>R 25.00</b>   x4 Servings for = <b>R 100.00</b>	



### Fried Chicken

Ingredients	Method
Chicken at room temperature - R37 (1kg) 5 cups of plain flour - R14.39 (500g) 4 Tbsp of paprika - R20 (100ml) 2 Tbsp of white pepper & garlic powder - R14 (55g) 1 Tbsp of ground ginger, mustard powder, salt & black pepper - R14 (55g) ½ Tbsp oregano and thyme - R12 (20g) ¼ Tbsp of sea salt - R9(500g) ¾ Cup milk - R12 (1L)	<ol style="list-style-type: none"> <li>combine the flour and seasonings together, and then use three parts of a mix to one part of self-raising flour;</li> <li>Give the chicken an egg wash(mix egg white and milk) before rolling it in the seasoned flour mix and frying it in a deep fryer or hot oil at 162.5C for five to six minutes;</li> <li>Finally, place in a preheated 80C oven for 5-10 minutes, and give the chicken a final 90-second fry before serving.</li> </ol>
Cost per Serving = <b>R 22.00</b>   x6 Servings for = <b>R 132.39</b>	



### Tuna salad

Ingredients	Method
Tin tuna, drained - R15 (425g) 1 Small cucumber; <i>diced</i> - R9 6 Gherkins, chopped - R15 Capers, chopped - R20 (100g) Feta, crumbled - R20 (100g) 1 Small red onion; <i>chopped</i> - R15 (1kg) 1 Tbsp Olive or avocado oil - R56 (250ml) 1 Tbsp lemon juice - R15 (250ml) <b>For The Dressing (R30)</b> Greek yoghurt (125ml) Sour cream (60ml) 1 Garlic clove; <i>crushed</i> Handful parsley; <i>chopped</i> Gem lettuce, to serve	<ol style="list-style-type: none"> <li>Combine the tuna, cucumber, gherkins, capers, feta and onion. Drizzle the oil and lemon juice over. Season.</li> <li>For the dressing, whisk together all the ingredients. Season.</li> <li>Serve the tuna salad in gem lettuce cups. Drizzle with the creamy dressing.</li> </ol>
Cost per Serving = <b>R 32.50</b>   x6 Servings for = <b>R 195.00</b>	



### Potato Fritters

Ingredients	Method
2 Potatoes peeled & grated - R17(1kg) 1 Onion grated - R16 (1kg) 2 Eggs - R16 (½ Dozen) 3 Tbsp flour - R14.40 (500g) 1 Pinch salt & pepper to taste - R9 (150g) Pinch of turmeric Dried parsley - R11 (20g)	<ol style="list-style-type: none"> <li>Combine potatoes, carrots, and onion with eggs in a bowl</li> <li>Add flour slowly until mixture comes together</li> <li>Add salt and pepper or aromt Fry in a pan</li> </ol>
Cost per Serving = <b>R 13.90</b>   x6 Servings for = <b>R 83.40</b>	



## Bean & Potato Fry

Ingredients	Method
<p>30ml Margarine R30 30ml Cooking oil R19(500ml) 4 Large potatoes, unpeeled &amp; par-boiled until tender but firm R17(1kg) 1 Medium onion, peeled then sliced into half-rings R16(1kg) 2 Cheese Grillers with onion, thinly sliced R52(320g) 1 Can baked beans in tomato sauce R10(450g) 30ml Mustard Sauce R28(500ml) Salt and freshly ground black pepper to taste R9 Fresh dhanias for garnish R15(55g) Milk - R12 (1L)</p>	<ol style="list-style-type: none"> <li>1. Cut the pre-cooked potatoes into 1cm cubes. In a large frying pan, heat the oil and margarine together. Toss in the cubed potato and onion, and cook over medium heat, shaking the pan rather than stirring to keep the ingredients loose, until the potato crisps somewhat.</li> <li>2. Add in the sausage slices and heat through well.</li> <li>3. Add the baked beans, sweet mustard sauce, with salt and pepper to taste. Shake the pan to combine ingredients and allow to heat and bubble.</li> <li>4. Sprinkle on a handful of chopped dhanias, and serve immediately.</li> </ol>
<p>Cost per Serving = <b>R 34.66</b>   x6 Servings for = <b>R 208.00</b></p>	



## Easy Chicken Pie

Ingredients	Method
<p>Cooked shredded chicken R70(500ml) 1 Can of Mixed-Vegies, drained R13 1 Flat leaf parsley, chopped R5(45ml) 1 Can of Cream of Chicken Soup R18 Salt and coarsely ground pepper to taste 1 roll ready-made puff pastry R11 1 egg - R16 (½ Dozen) 1 Tbsp water</p>	<ol style="list-style-type: none"> <li>1. Mix the chicken, Mixed Vegetables and parsley together in a bowl.</li> <li>2. Stir in the Cream of Chicken Soup.</li> <li>3. Season to taste.</li> <li>4. Unroll the pastry on a lightly floured surface and cut into even-sized rectangles. Whisk the egg with the water and brush the surface of the pastry with the egg wash.</li> <li>5. Place a spoonful of chicken mixture onto each rectangle and fold the pastry over in half. Press together the open edges with a fork and place the pies on a baking sheet lined with baking paper.</li> <li>6. Brush the tops with the remaining egg wash.</li> <li>7. Bake the pies in an oven preheated to 180 °C for 20 - 25 minutes or until the pastry is crisp and golden.</li> <li>8. Serve immediately.</li> </ol>
<p>Cost per Serving = <b>R 33.25</b>   x4 Servings for = <b>R 133.00</b></p>	





### Chicken salad in a jar

Ingredients	Method
2 Tbsp mayonnaise 1 Large tomato, cubed R3 2 cups lettuce, shredded R11 ¼ onion, sliced - R3 2 grated carrots - R5 Cooked chicken, cubed - R33,00 (200g) Salt and pepper, to taste	<ol style="list-style-type: none"> <li>1. In a jar, layer the ingredients in the order listed above so that the tomatoes are sitting in the mayonnaise at the bottom, creating a barrier for the lettuce and onions.</li> <li>2. Prior to eating, shake the jar, dispersing the dressing and mixing the ingredients.</li> </ol>
Cost per Serving = <b>R 13.75</b>   x4 Servings for = <b>R 55.00</b>	



### Chicken Macaroni Salad

Ingredients	Method
2 Cup dry elbow macaroni - R15 (500g) 1 Cup chicken; cooked <i>shredded</i> - R20 (85g) ¼ Cup carrots; <i>grated</i> - R10(500g) ¼ Cup chives; <i>chopped</i> - R12( 20g) ¾ Cup diced dill pickles - R10 ¼ Cup finely diced red bell pepper - R10 ¾ Cup finely diced celery - R20 (300ml) ¾ Cup finely chopped black olives - R18 ½ Cup mayonnaise - R22.50 (750ml)	<ol style="list-style-type: none"> <li>1. In a large pot of boiling lightly salted water, cook macaroni according to package instructions. Drain and rinse under cold water to cool. Set aside.</li> <li>2. In a small bowl, combine mayonnaise, milk, vinegar, mustard, sugar, salt and pepper, and whisk until smooth.</li> <li>3. Place cooled macaroni in a large mixing bowl, pour dressing and toss. Stir in chicken, carrots, chives, pickles, bell pepper, celery and olives (you can always add more of any ingredient if you feel it's needed). Serve immediately or refrigerate until serving. Enjoy!</li> </ol>
Cost per Serving = <b>R 34.37</b>   x4 Servings for = <b>R 137.50</b>	



### Macaroni & Cheese

Ingredients	Method
2-3 Cups, cooked macaroni macaroni sauce - R13 (500g) Cream cheese, soft - R28 (250g) ¼ Cup sour cream 1 Cup cottage cheese - R28 (250g) ¾ Cup shredded cheddar or Mozzarella cheese - R20	<ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees. Lightly grease a 9 x 13 baking dish.</li> <li>2. In a mixing bowl, combine cream cheese, sour cream and cottage cheese. Beat until smooth.</li> <li>3. Layer bottom of baking dish with 1/2 with cooked macaroni</li> <li>4. Spoon cheese mixture over macaroni. Then, add a layer with 1/2 of macaroni sauce. Repeat layers.</li> <li>5. Top off final layer with cheddar cheese. Bake uncovered for 30 minutes or cheese is melted and bubbly</li> </ol>
Cost per Serving = <b>R 22.25</b>   x4 Servings for = <b>R 89.00</b>	



## Peri Peri livers

Ingredients	Method
Oil - R15 Salt - R15 (1kg) Onion - R5 Spices - R5 Livers - R20	<ol style="list-style-type: none"> <li>1. Chop onion and put into pot with oil.</li> <li>2. Fry for a couple of mins then add chicken livers.</li> <li>3. Put spices and salt, cook for 20mins.</li> </ol>
Cost per Serving = R 15.00   x4 Servings for = R60.00	



## Winter Vegetable Pie

Ingredients	Method
Serves 6 Preparation: 20 min Chilling: 30 min Cooking: 50 min Butternut, cubed - R30 (250g) 5 Turnips, cubed - R8 5 Carrots, chopped - R6 3 Leeks, chopped - R13 2 Tbsp Cooking Oil - R5 (30ml) ½ Tsp nutmeg - R15 (50g) 4 Sweet potatoes, cubed - R15 (1kg) <b>Sauce</b> Butter - R9.50 (40g) 1 Onion, chopped - R5 Flour - (40g) Milk - R12 (1L) Pinch of nutmeg - R15 (50g) Cheddar cheese, grated - R85 (1kg) 4 thyme sprigs, chopped Salt and pepper <b>Pastry</b> ½ Flour - R14 (500g) 2 Tbsp oil - R5 (30 ml) Butter - (25g) 1 Tbsp Water - 15 ml Pinch of salt <b>Assembly</b> ½ Cup grated cheddar cheese 1 Egg; whisked R16 (½ Dozen)	Preheat the oven to 180 °C. <ol style="list-style-type: none"> <li>1. Arrange the butternut, turnips, carrots and leeks on a baking sheet. Drizzle the oil over and rub the vegetables to make sure they're well coated with oil. Season with the nutmeg. Roast for 10 minutes, add the sweet potatoes and roast for another 10 minutes.</li> <li>2. Sauce: Melt the butter in a frying pan over medium heat, add the onion and cook for 5 minutes, stirring. Stir in the flour until smooth then add the milk a little at a time, using a whisk to incorporate and remove lumps. Season with the nutmeg, salt and pepper. Simmer for 5 minutes, then stir in the cheese and thyme. Set aside.</li> <li>3. Pastry: Sift the flour and salt into a bowl. Using your fingertips, rub the oil and butter into the flour. Sprinkle about 15 ml (1 T) water over and mix the pastry with your hands until a smooth dough forms. Cover with clingfilm and chill in the fridge for 30 minutes.</li> <li>4. Assembly: Preheat the oven to 200 °C.</li> <li>5. Mix the vegetables with the sauce and transfer to 23 cm ovenproof dish. Sprinkle the remaining cheese on top.</li> <li>6. Roll out the pastry on a lightly floured surface so it's a little bigger than the dish. Cut out a circle to form a pastry lid for the dish. Roll it onto the rolling pin then roll it onto the dish. Seal the edges. Make a hole in the centre of the pastry lid to let steam out, and brush the pastry with whisked egg.</li> <li>7. Put the dish on a baking sheet and bake for 25 minutes or until the pastry is golden.</li> </ol>
Cost per Serving = R 42.25   x6 Servings for = 253.00	









# Supper

Supper is important for supplying energy and nutrients for body needs. Regular dietary intake is important to ensure the body gets the energy and nutrients needed to function normally. Dinner completes food intake that may be inadequate during the day as consumption of vegetables, fruits and milk.

Apart from biological importance, dinner is also important to fulfill psychological and social functions. If parents work during the day, dinner is important to bring warmth among family members. This is because dinner time may be the only time to be with other family members. For psychological functions, dinner may be one of the ways to relieve your mind after a day of confronting various problems, especially for those who work.

Brought to you by





### Simple Savoury Mince Pasta

Ingredients	Method
Minced meat - R68 (500g) 1 onion - R10 1 Tsp crushed garlic Sprig of thyme 1 Can tomatoes - R15 2 Tbsp Tomato paste - R5 (30ml) 2 Tbsp oil - R5 (30ml) 1 Packet Pasta Sauce for Mince - R17	<ol style="list-style-type: none"> <li>1. Heat onions and garlic in saucepan until lightly brown.</li> <li>2. Add mince and cook for 5min.</li> <li>3. Add thyme, tomatoes and tomato paste and cook for further 5min.</li> <li>4. Mix the Pasta Sauce for Mince with 250ml water.</li> <li>5. Add mixture to your mince.</li> <li>6. Simmer for 5 min.</li> <li>7. Season to taste.</li> <li>8. Serve with a pasta of your choice</li> </ol>
Cost per Serving = <b>R 30.00</b>   x4 Servings for = <b>R120.00</b>	



### Curried Mince & Roti

Ingredients	Method
Buy readymade roti from the bakery R6  3 Tablespoons olive oil 1 Onion - R3 1 Each robots pepper - R12.50 Lean beef mince - R20.00 (250g) Frozen mix vegetables - R9.00 Salt, black pepper, curry powder & beef stock	<ol style="list-style-type: none"> <li>1. Heat oil in a pan and fry onion peppers and curry powder for 5 minutes</li> <li>2. Add mince and cook for 5 minutes adding salt and black pepper fill brown</li> <li>3. Dissolve beef stock in a ¼ cup of warm water and add on your mince</li> <li>4. Bring to boil and reduce heat to simmer cooking for 15 minutes</li> <li>5. Add frozen vegetables and cook for 5 minutes</li> <li>6. Warm roti and fill with the curried mince</li> </ol>
Cost per Serving = <b>R 12.62</b>   x4 Servings for = <b>R50.50</b>	



### Baked Hake

Ingredients	Method
1 Hake removed scales - R45 2 Spoons plain yoghurt - R10 1 Tsp turmeric - R5 1 Tsp paprika - R5 ½ Tsp Mixed herbs - R5 Crushed garlic - R5 Aromat - R5 Potatoes - R 5 All mixed and rubbed on the fish and marinate for +- 1hr or even more	Place in foil, add a tsp of olive oil to rub on your foil to avoid the fish from sticking Set oven to 200 degrees, and bake the fish covered for +-25 minutes Uncover the fish and grill for +- 10 minutes but avoid drying out the fish  Serve with potato wedges or salads
Cost per Serving = <b>R 21.25</b>   x4 Servings for = <b>R85.00</b>	



## Lentil & Boiled Egg Briedie

Ingredients	Method
1 ½ Cups dried lentils - R15 (400g) 6 Eggs - R16 (½ Dozen) 1 Tbsp oil - R19 2 Onions, finely chopped - R16 1½ Tsp cumin 1 Tsp coriander - R12 (30g) 2 Chopped chillies - R11 (50g) 1 Tomato, finely chopped 4 Medium potatoes, peeled & cut into quarters - R23 (1kg) ½ Tsp salt; to taste - R15 (1kg)	<ol style="list-style-type: none"> <li>1. Soak the lentils overnight. Place the lentils in a pot covered with water and cook until the lentils are half cooked. Drain and set aside. In a separate pot boil the eggs.</li> <li>2. Fry the onions in the oil in a heavy-based pot until golden brown. Add the spices and chillies and sauté on low for 3 minutes. Stir in the tomato, lentils, potatoes and salt and let all this simmer until the potatoes are soft and the lentils are cooked. Check the mixture every 5 minutes, and add a splash of water if necessary.</li> <li>3. Halve the boiled eggs, add them to the pot and serve as is, or with fluffy white rice if you like.</li> </ol>
Cost per Serving = <b>R 31.75</b>   x4 Servings for = <b>R127.00</b>	



## Beef and Potato Pie

Ingredients	Method
Potatoes - R18 (1kg) ¼ Cup of milk - R12 (1L) 2 Tbsp oil - R34 (2L) Beef mince - R50 (400g) 1 Large onion, chopped - R16 (1kg) 4 Carrots, chopped - R10 packet 1 Clove garlic, minced - R15 (20g) punnet 1 Beef stock cube - R5 2 Tbsp tomato paste - R5 (30ml)	<ol style="list-style-type: none"> <li>1. Preheat the oven to 180°C. Boil the potatoes in a pot of water until soft. Mash them with the milk and plenty of salt and pepper.</li> <li>2. Heat the oil in a pan and brown the mince. Remove the mince and set aside. Add the vegetables to the pan and cook for 5 minutes. Once the vegetables are cooked, add the mince back to the pan and stir in the beef stock, tomato paste and origanum. Simmer for 15 minutes.</li> <li>3. Layer the mince in an oven-proof dish and top with the mashed potato.</li> <li>4. Bake for 30 minutes, or until the potato is golden brown and crispy.</li> </ol>
Cost per Serving = <b>R 41.25</b>   x4 Servings for = <b>R165.00</b>	



## Samp & Beef Stew

Ingredients	Method
Samp - R25.00(1Kg) Original aromat - R15.00(250g ) Beef - R120.00 Vegetable stock - R19.50	<p><b>Rinse samp</b>            Put in pot and boil for two hours, add aromat stir, then dish is ready to be served</p> <p><b>Beef stew:</b>            Coat beef in flour and pepper mixture            Heat oil in a pot and add half the beef , once beef is browned add vegetable stock, salt to the pot and allow to cook for about two hours, then ready to be served.</p>
Cost per Serving = <b>R44.87</b>   x4 Servings for = <b>R179.50</b>	





### Sesame Chicken & Salad

Ingredients	Method
8 Chicken pieces - R42 1 Egg - R3 1 Cup flour - R5 Butter - R16 (125g) 1 Tsp crushed garlic - R3 Sesame seeds - R6 8 Potatoes - R18 (1kg) 1 Lettuce - R15 (pack) 1/2 cucumber - R7.50 1 red pepper - R8 Salt & Pepper	<ol style="list-style-type: none"> <li>Preheat oven to 180                          Steam chicken with some salt and pepper for about 15 minutes. Allow to cool.</li> <li>Dip chicken into flour, add to the beaten egg (add salt &amp; pepper &amp; sesame seeds to this mixture), add to the crumbs, add a bit more sesame seed to the top and pour melted butter - bake for 35 - 45 minutes until golden brown.</li> <li>Add salt and pepper to potatoes and add to the chicken tray to bake.</li> </ol> <p><b>Green salad</b>                      Chop lettuce, cucumber and pepper - mix together - add salt and pepper or salad dressing</p>
Cost per Serving = <b>R 30.87</b>   x4 Servings for = <b>R123.50</b>	



### Breast Chicken Pie

Ingredients	Method
3 Tbsp oil - R18 (500ml) 1 Large chicken breast - R44 (400g) Salt and pepper, to taste - R8 (500g) 3 Carrots cubed - R9 (1kg) 2 Potatoes cubed - R18 (1kg) 1 Large onion, diced - R16 (1kg) 1 Cup frozen peas - R20 1½ Tbsp flour - R14 (500g) ½ Cup of milk - R12 (1L) 1 Chicken stock cube - R5 Frozen puff pastry - R18 (200g)	<ol style="list-style-type: none"> <li>Preheat the oven to 180°C. Season the chicken with salt and pepper and cube. Sauté the chicken in a pan with a little of the oil, low and slow until it cooks through a little more than halfway. Add the vegetables and cook until the chicken is cooked through.</li> <li>Remove the chicken and vegetables and reserve. Add 2 tbsp of oil to the pan and heat slightly. Stir in the flour and cook for 2 minutes. Whisk in the milk to make a creamy sauce, then whisk in the chicken stock. Return the chicken and vegetables to the pan and season with more salt and pepper, cooking for 5 minutes.</li> <li>Scoop the filling into 4 individual ramekins and set aside. Cut the puff pastry into fun shapes using large cookie cutters and place on top of each pie.</li> <li>Place the pies in the oven and bake for about 30 minutes, or until the crust looks golden and delicious. Serve the pies with a salad.</li> </ol>
Cost per Serving = <b>R 30.83</b>   x4 Servings for = <b>R185.00</b>	



### Fruits Smoothie

Ingredients	Method
1 Apple R6.56 1 Banana - R17 (750g) 1 Cup milk - R12 (1L)	Peel the fruits cut them into pieces and blend them together with milk
Cost per Serving = <b>R 8.89</b>   x4 Servings for = <b>R 35.56</b>	



## Boerewors Meatballs

Ingredients	Method
Boerewors mince - R30 (500g) Mozzarella cheese, grated - R85 (1kg) 3 Onions, finely sliced - R16 (1kg) Spaghetti, cooked - R13 (500g) Sauce - Sauces Steakhouse - R28 2 Onions, finely chopped - R16 (kg) 4 Garlic cloves, crushed - R15 (20g) 2 Tins chopped tomatoes - R6 (400g) 2 Tbsp Tomato paste - R4 (30ml) 2 Tbsp sugar - R22 (2Kg) Salt and Black pepper A handful of parsley, chopped - R10	<ol style="list-style-type: none"> <li>1. Combine the mince, cheese and onions. Mix well. With wet hands form the mixture into golf ball-sized meatballs and fry in a large frying pan until golden brown.</li> <li>2. Sauce: Sauté the onions until soft and translucent then add the garlic and sauté for a further 30 seconds before adding the tomatoes, tomato paste and sugar.</li> <li>3. Lower the heat and allow to simmer for 15 minutes uncovered until the sauce has thickened. Season to taste then add the meatballs.</li> <li>4. Serve the meatballs and sauce over cooked spaghetti. Garnish with parsley.</li> </ol>
Cost per Serving = <b>R 40.83</b>   x6 Servings for = <b>R245.00</b>	



## Brown Rice And Cabbage Stew

Ingredients	Method
Brown rice - R22 Cabbage - R10 Sausages - R35 Baby Potatoes - R9 Carrots - R9 Red pepper - R8 Celery - R6	<ol style="list-style-type: none"> <li>1. Cook rice as per instruction on the pack. Chop carrots, onions and cabbage. But of course, if you want to save some time, buy pre- chopped veggies.</li> <li>2. Fry sausages set aside once done. Add the onion, carrots, and garlic and cook for about 5 to 8 minutes. And then, just scoot the vegetables off to one side of the stockpot and add the sausages and all the spices.</li> <li>3. Add the stock and diced tomatoes, cover, and bring soup to a full boil. Once it's boiling, add the cabbage, cover the pot and cook 40 minutes and serve with brown rice.</li> </ol>
Cost per Serving = <b>R 24.75</b>   x4 Servings for = <b>R99.00</b>	



## Cottage Pie

Ingredients	Method
Potatoes - R17 (1kg) Mince - R50 Cheese - R85 (1kg) Margarine - R30 (500g) Milk - R12 (1L) Potatoes Salt & Pepper	<ol style="list-style-type: none"> <li>1. Boil your potatoes until they can be mashed, add salt and pepper and a little margarine and a cup of milk to mash your potatoes.</li> <li>2. Fry your mince once all done, grate your, then your mashed potatoes, then your grated cheese, mix the layers then cover it and put it in the oven for 15-20 minutes</li> </ol>
Cost per Serving = <b>R32.33</b>   x6 Servings for = <b>R 194.00</b>	



### Spaghetti & Meatball

Ingredients	Method
Spaghetti - R9 (300g) Lean beef mince - R25 (500g) Barbecue Spice - R10 (10ml) Freshly chopped parsley - R12 (15ml) 1 Onion, finely chopped - R1.50 1 Egg - R16 (½ Dozen) 2 Tbsp oil - R5 (30ml) 1 Onion, chopped - R1.50 2 Garlic cloves, crushed - R3.00 1 Red pepper chopped - R1.50 1 Tin diced tomatoes - R8 (410g)	<ol style="list-style-type: none"> <li>1. Preheat the oven to 180 c.</li> <li>2. Mix beef mince, barbecue spice, parsley, onion and egg together. Roll into golf ball size balls and arrange in a greased casserole dish.</li> <li>3. Bake uncovered for 10 minutes.</li> <li>4. In a saucepan heat the oil and fry the onions, garlic and peppers until soft. Add the tomatoes and seasoning and bring to the boil.</li> <li>5. Pour the hot sauce over the meatballs. Cover with a lid or foil and return to the oven for 20 minutes.</li> <li>6. While the meatballs are cooking. Bring a large pot of salted water to the boil. Add the spaghetti and cook for about 10 minutes or until soft but still firm. Drain</li> </ol>
Cost per Serving = <b>R 23.12</b>   x4 Servings for = <b>R92.5</b>	



### Potatoes & Steak

Ingredients	Method
2 Tablespoons oil - R18 (500ml) 1 Onion (thinly sliced) - R16 (1kg) 1 ¼ Cups heavy cream - R30 (250ml) Grated nutmeg - R15 (500g) 1 ¾ Potatoes - R18 (1kg) 4 Sirloin steaks - R130 20 Cherry tomatoes - R15 (250g) Mixed herbs - R21 (18g)	<ol style="list-style-type: none"> <li>1. Preheat the oven to 325°F. Heat 1 tbsp of the oil in a small saucepan on medium heat. Sauté the onion for 2-3 mins, until softened. Add the cream and season with salt and a pinch of nutmeg. Bring to a simmer.</li> <li>2. Arrange the potato slices in an 8-inch square baking dish. Pour the cream mixture over the top. Bake for 40 mins, until golden.</li> <li>3. Season the steaks with salt and black pepper. Heat remaining 1 tbsp oil in a large skillet on high heat. Cook the steaks for 3-4 mins on each side. Transfer to a serving platter. Cover with foil and let stand for 5 mins. Add the tomatoes to the skillet and sauté on medium heat for 1 min. Season with salt and black pepper.</li> <li>4. Arrange the steaks and potato gratin on serving plates. Top with the tomatoes and arugula.</li> </ol>
Cost per Serving = <b>R65.75</b>   x4 Servings for = <b>R263.00</b>	



# Weights & Measures

## Kitchen Measures

- 1 Tbsp = 15 ml
- 1 Tsp = 5 ml
- 3 Tsp = 1 Tbsp (NZ)
- 1 Cup = 250 ml
- ½ Cup = 125ml
- 4 Cups = 1 litre

## Abbreviations

- Tbsp tablespoon
- Tsp teaspoon
- °C degrees Celsius
- g grams
- mg milligrams

# Five simple steps to eating for a healthy heart

1. Eat plenty of vegetables and fruit
2. If choosing meat, make it lean; include fish as an alternative
3. Choose low-fat milk
4. Replace butter with margarines and healthy oils
5. Reduce salt; check sodium on food labels

# Squeezing More Out Of Your Food Budget

- Write a shopping list – and stick to it – and know your budget.
- Take a calculator or use self-scanners to help keep track of your spend.
- Use the cheapest supermarkets, fruit stores or butcheries in the area.
- Watch out for specials and be aware that local convenience stores and service stations often charge extra for the convenience.
- Cheaper fruit and vegetables can always be found at local markets.
- Branded products don't necessarily mean better quality. Give supermarket's own brands a try as they could well be made by the same manufacturer.
- Look for best value by checking the price per 100g or litre.
- Reduce the amount of convenience, processed and snack foods you buy



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