



## 'NACHO PAY DAY YET' VEGETERIAN NACHOS

### Ingredients

- Corn Chips (\$2.19)
- Tinned chilli beans (\$2.49)
- Tinned tomatoes (\$0.89)
- Tinned lentils (\$1.09)
- Sour cream (\$2.19)
- Nacho spice mix (\$1.59)



Total cost: \$10.44

Total cost per serve (4) \$2.61

### Method

- ✓ Heat a large saucepan over medium heat. Optionally, you can add a tablespoon of oil (if you have it) but the recipe doesn't call for this, especially if you have a non stick pan. Once the pan is at a comfortable heat add your chilli beans and (drained) lentils.
- ✓ Once your beans and lentils have started to heat, add the tin of tomatoes. Stir until combined with the beans and lentils
- ✓ Add the nacho spice mix into the tomato can and add the required amount of water (refer to packet) swirl it around in the can and add to your pan. Give it a bit of a stir and lower the heat so it is simmering.
- ✓ Add corn chips to a plate, and once the chilli mix is ready (this won't take long as there is no meat in this recipe) add one of your 4 servings to the chips. Add your sour cream and if you already have some at home, a little sprinkle of cheese



## 'WINNER WINNER CHICKEN SOUP DINNER'

### Ingredients

- Pasta (\$1.29)
- Condensed chicken soup (\$2.99)
- Country chicken mix (\$3.49)
- Tinned corn (\$1.19)
- Canned chicken (\$1.39)



Total cost: \$10.35

Total cost per serve (4) \$2.58

### Method

- ✓ Bring water to the boil. Remember to salt it like the ocean (aka lots) Once water is boiling add your pasta. Once the pasta is cooked, drain (keep some of the pasta water) and put to the side
- ✓ To the pasta water remaining in the pot, add the can of condensed chicken soup. Add more water (as you feel its needed) so that the soup is not as thick. In total, you will want around 4 cups of liquid
- ✓ Add half of the bag of the soup mix (if you want more soup, add double the liquid and add entire bag) Reduce to a low heat and simmer.
- ✓ Once the soup has been simmering for a while and the soup mix is tender to the touch, add the corn kernels and canned chicken and stir in. Plate and Enjoy.

## 'EASY PEEZY MAC AND CHEEZY'

### Ingredients

- Pasta (\$1.29)
- Cheese sauce mix (\$1.59)
- Broccoli and Cauliflower: \$5.49

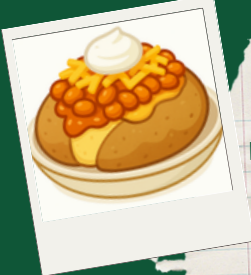
Total cost: \$8.37

Total cost per serve (3) \$2.79



### Method

- ✓ Bring water to the boil. Remember to salt it like the ocean (aka lots). Once water is boiling add bag of pasta. Once the pasta is cooked, drain (keep some of the pasta water) and put to the side.
- ✓ Add cheese sauce packet to a bowl/jug. Add 250ml of boiling water to the powder. Once all water is added stir vigorously.
- ✓ Zap some frozen broccoli and cauliflower in the microwave until no longer frozen. Add as little or as much as you would like. More veges will make this meal go further.
- ✓ Mix cooked pasta, cheese sauce and veges together to make your mac & cheese.



## 'BELLY FILLER BAKED POTATO'

### Ingredients



- Potatoes x4 (\$1.80)
- Baked beans (\$0.99)
- Cheese slices (\$3.19)
- Margarine (\$1.79)
- Sour cream (\$2.29)



Total cost: \$10.06

Total cost per serve (4) \$2.51

### Method

- ✓ There are two possible methods for baking your spud. If you have a microwave this will be the quicker option. Ensure your potato is clean, poke several holes into it with a fork and microwave on high for 3-5 minutes (or until soft). If you do not have a microwave, you will need to bake your potato in the oven for 40-50 minutes.
- ✓ Once your potato is baked, cut this open and add in salt, margarine and chopped up cheese slices. Mix around with a fork.
- ✓ Heat up baked beans in a pot or in the microwave (if you are choosing microwave, don't heat them in the can, put them in a bowl). Add to the top of your potato.
- ✓ Top with more finely chopped cheese slices and sour cream.



## WEEKNIGHT WOK STIRFRY

### Ingredients

- Udon noodles x2 (\$1.98)
- Pams stir fry mix (\$4.19)
- Lee Kum Kee stir fry sauce (\$2.39)
- Chickpeas (\$0.99)



Total cost: \$9.55

Total cost per serve (3) \$3.18

### Method

- ✓ Heat a large frying pan or wok on a medium heat. To this, add some water to the point of it sizzling. Add the frozen vegetables to the pan and let them defrost and cook.
- ✓ Once your vegetables are thawed, drain the can of chickpeas and add these to the pan.
- ✓ Boil some water in the jug, add to a big bowl and add packets of udon noodles. Put a plate on top of the bowl to contain the heat.
- ✓ Add stir fry sauce to the veges and chickpeas. Add some more water if you would like the sauce to go further. Cook until sauce thickens
- ✓ Serve stir fried vegetables on udon noodles and enjoy.



## CURRY'D AWAY (WITH SAUSAGES)

### Ingredients

- Pams beef sausages (\$7.99)
- Rice (\$2.29)
- Maggie curried sausages mix (\$1.59)
- Brown onion (\$0.29)
- Pams UHT milk (1L) (\$ 1.89)



Total cost: \$14.05

Total cost per serve (3) \$4.68

### Method

- ✓ Heat your pan on a medium heat. You can either cut your sausages into bite size pieces or leave them whole. Cook sausages until they're brown.
- ✓ Peel and chop up your brown onion into whatever size you prefer and add to the pan. Cook for around 2 mins.
- ✓ Combine  $\frac{1}{4}$  cup of milk, 1.5 cups of water and the Maggie Curry sausage mix and add to the pan. Bring it to the boil, and continue to stir.
- ✓ Simmer uncovered for 10 minutes or until sausages are cooked through.
- ✓ Serve curried sausages on cooked rice and enjoy!



## COZY PUMPKIN SOUP

### Ingredients

- 1kg of Crown pumpkin (\$3.69)
- OXO vegetable stock cubes (\$3.79)
- Pams coconut milk (\$1.39)
- Loaf of bread (\$1.39)



Total cost: \$10.26

Total cost per serve (4) \$2.56

### Method

- ✓ Chop your pumpkin up into small pieces (the smaller you cut them, the quicker they will cook) and season with whatever seasonings you have in the pantry.
- ✓ Place them into your oven (or air fryer) at 180 degrees until they are soft and cooked through.
- ✓ In a large pot on medium heat add 4 cups of water and 4 stock cubes and bring to a light boil. Once boiling, add cooked pumpkin.
- ✓ Use a big spoon, or if you have one a stick blender and mix pumpkin into liquid mixture until there are no lumps. Add can of coconut milk and stir through.
- ✓ Serve pumpkin soup with some crusty toast and enjoy!



# I CANT BELIEVE ITS NOT BOLOGNESE

## Ingredients

- Pams Lentils (\$1.09)
- Spaghetti (\$1.29)
- Carrot (\$0.30)
- Half celery (\$1.69)
- Brown onion (\$0.29)
- 10 button mushrooms (\$3)
- Tinned Tomatoes (garlic and oregano flavor) x2 (\$1.19)
- Maggi Spaghetti Bolognese mix (\$1.59)



Total cost: \$10.44

Total cost per serve (4) \$2.61

## Method

- ✓ Chop up all of your veges into small pieces. (the smaller they are, the faster they cook). Add onions, celery and carrot into pan first and cook until soft. Set the mushrooms aside for later
- ✓ Once your veges are soft, drain lentils of their liquid and add these to the pan. Lentils have a similar texture to mince when cooked, so will be used instead of meat.
- ✓ Add chopped mushrooms to vege and lentil mix and stir. Once mushrooms have browned slightly, add tinned tomatoes to mix
- ✓ Combine  $\frac{3}{4}$  cup of water with the Maggi spag bol mix and stir. Add this to the existing ingredients in the pan and bring to a boil. Once boiling, turn heat to low and let simmer for 10 minutes.
- ✓ Bring a pot of water to a boil and add packet of spaghetti. Once spaghetti is cooked, serve with 'I cant believe its not Bolognese' mix and enjoy!



## VIRAL BAKED FETA PASTA

### Ingredients

- Feta (\$5.29)
- Penne Pasta (\$1.29)
- Tinned Cherry tomatoes (\$2.69)
- Diced tomatoes with garlic and oregano (\$1.19)



Total cost: \$10.46

Total cost per serve (4) \$2.62

### Method

- ✓ Pre heat your oven to 180 degrees. In a medium sized baking dish add the unwrapped feta cheese.
- ✓ Drain your can of cherry tomatoes and scatter them around the feta in the dish. Open and add half of the can of the diced tomatoes.
- ✓ Salt and Pepper the feta and tomatoes. If you have any oil or herbs and spices already in the pantry, you can add these for an extra kick (however are not needed for the recipe) Put dish uncovered into the oven.
- ✓ Bring a pot of water to the boil and add some salt. Add penne pasta and cook to al-dente (not super hard, but not mushy, somewhere in the middle)
- ✓ Once your feta and tomatoes have browned and are sizzling, remove from oven. Add some pasta water from the pot and stir until a sauce forms. Serve over cooked penne and enjoy!

## SMOKEY PAPRIKA FETA PASTA

### Ingredients

- Feta (\$5.29)
- Fusilli Pasta (\$1.29)
- Paprika (\$1.99)
- Garlic Butter (\$3.19)



Total cost: \$11.76

Total cost per serve (4) \$2.94

### Method

- ✓ Bring a pot of salted water to a boil. Once boiling, add pasta and cook until al dente (not hard, but not mushy).
- ✓ In a pan on low-medium heat, add around half/three quarters of the butter. Let this melt and brown. Don't let it burn!
- ✓ Once the butter is melted, add paprika to taste a teaspoon at a time. (The more paprika you add, the smokier it will be.)
- ✓ Once the pasta is cooked, drain (and reserve around one cup of pasta water) and add pasta to the butter/paprika mix. Slowly add pasta water so that the sauce isn't too thick.
- ✓ Add  $\frac{3}{4}$  of the feta into the sauce. Mix until sauce becomes creamy. Serve with remaining feta crumbled on top and enjoy!