

LEEK AND POTATO SOUP

INGREDIENTS

- 450g Potato (3 Large)
- 450g Leek (4 Leeks)
- 1 small Onion
- 1 tablespoon of Oil
- 1 can of Butterbeans
- 1 Vegetable Stock cube
- 850ml of hot water
- 125ml of Milk
- Greek Yoghurt (optional)

METHOD

- Peel and cut the potato into 1cm cubes along with one small onion. Chop the white part of the leek into rings.
- In a large pan add the oil and gently fry the onions, potato and leeks for 10 minutes on a medium heat until soft but not browning.
- Rinse 1 can of butter beans and add to the pot along with 850ml of hot water, and a stock cube. Cook on a gentle heat for 10 more minutes, until soft and cooked.
- Remove from heat and blend until smooth and creamy. Add the milk and blend again.
- Serve in bowls with a dollop of yoghurt and pepper.

SPAGHETTI BOLOGNESE

INGREDIENTS

- 1 small Onion
- 100g Carrots (1 large)
- Garlic (2 cloves)
- Beef Mince 500g
- 1 tablespoon of Oil
- 2 Cans of Chopped Tomatoes
- 1 Vegetable stock Cube
- 400g Dried Spaghetti

METHOD

- Chop the onion and carrots into 1cm cubes, and finely chop the garlic.
- Place a large pan on the stove over a high heat. Add 1 tablespoon of oil and wait a minute until the oil is hot. Then add the Beef into the hot oil, and using a cooks spoon break up the mince into small chunks.

Swap the Beef with Quorn or a Plant based mince to make the meal vegan.

- Cook until the mince is brown and cooked through, add in some pepper and a pinch of salt.
- Turn down the heat, then add in the onion and gently fry for 2 minutes. Then add the garlic and carrot and cook for a further 5 minutes.
- Add in two cans of chopped tomatoes, and 400ml of hot water with the stock cube dissolved in it.
- Reduce the heat and allow it to simmer for 30 minutes. Season to taste.
- In a large pan, boil water with a pinch of salt and cook the spaghetti following packet instructions. When the spaghetti is cooked, drain the water and add it to the Bolognese. Mix through and serve.

CAJUN CHICKEN DRUMSTICKS

INGREDIENTS

- 10 Chicken Drumsticks
- 1 tablespoon of Oil
- 1 tablespoon of Cajun Sprice
- 2 Limes (Optional)
- 1 Fresh/Frozen Mango
- 350g of Rice
- 1 Vegetable stock Cube
- 1 tin of Kidney Beans

METHOD

- Heat the oven to 200 C/fan, 180/gas mark 6.
- In a bowl mix the oil, Cajun spice, and lime juice to create a marinade.
- Add in the chicken drumsticks, and rub with the marinade. Then place the coated drumsticks onto an oven tray with a handleful of fresh or frozen mango chunks, and bake in the oven for 35 minutes.
- In a pan boil 480ml of water with the stock cube and add in the rice. Drain one tin of kidney beans and add to the rice. Place a lid on the pot and turn the heat down low.
- To check if the chicken is fully cooked, cut open one drumstick. If the juices run clear and the meat is not pink it's cooked and ready to serve with the rice and beans. When serving make sure to get all the Cajun flavoured juices as it adds flavour to the rice.

SQUASH QUESADILLAS

INGREDIENTS

- 350g Butternut Squash (1 half)
- 1 small Onion
- 1 tablespoon of Oil
- Tortilla Wraps (4 large/8 small)
- 120g Grated Cheese
- Greek Yoghurt (Optional)
- 1 Lime (Optional)

METHOD

- Peel and cut the butternut squash into 1cm cubes, and boil in a pan for 10 minutes, or until soft.
- Dice the onion and gently fry until soft and sweet. Then place in a bowl with the butternut squash, and season with salt and pepper.
- Place one wrap in the frying pan and fill half of it with a portion of the squash mixture, and a small handful of grated cheese. Flip the empty side of the wrap over on the top of the mixture and fry until golden brown.
- Flip over and fry the other side for another 2-3 minutes. When both sides are brown, remove the Quesadilla, cut in half, and serve with a dollop of yoghurt and lime juice (optional).

SAUSAGE PASTA

INGREDIENTS

- 1 small Onion
- 2 cloves of Garlic
- 6 Pork Sausages
- Tablespoon of Oil
- 2 Cans of Chopped Tomatoes
- 150ml of Milk
- 350g of dried Fusilli

METHOD

- Dice the onion, and finely chop two garlic cloves.
- Squeeze out the Pork meat from 6 Sausages.
- Fry the meat in a pan for 5-8 minutes making sure to break it up with a spoon. Then add the diced onion and garlic and fry on low to soften the onion. Season the mixture with a pinch of salt and pepper.
- Add in the two cans of chopped tomatoes and 150ml of milk. Let this simmer and cook for 10 minutes.
- Cook the pasta using the instructions on the packet.
- Mix in the pasta with the sauce and serve.

SHOPPING LIST

The ingredients list below can be added to your weekly shop. The ingredients can be used in more than one recipe making it possible for each meal to cost less than £5 per meal.

All items are available at your local Morrisons.

Meat

- Beef Mince (500g)
- 10 Chicken Drumsticks
- 6 Pork Sausages

Dairy

- 2 pints of Milk
- A small block of Cheddar cheese
- A pot of Greek Yoghurt (optional)

Cupboard

- 1 bottle of Oil (Vegetable, Sunflower, Rapeseed)
- 1 box of Vegetable stock cubes
- 1 Can of Butter beans
- 1 Can of Kidney beans
- 4 tins of Chopped Tomatoes
- 1 pack of dried Whole Wheat Spaghetti
- 1 bag of dried Fusilli
- 1 Jar of Cajun Seasoning
- Salt and Pepper
- 1 bag of Rice (Long Grain, White rice, Brown Rice)
- 1 Packet of wholegrain Tortilla Wraps

Fruit and Veg

- 1 bag of Small Onions
- 1 Garlic
- 1kg white Potatoes
- 1 large Carrot
- 1 Fresh, or bag of frozen Mango
- 1 bag of Limes (optional)
- 1 Butternut Squash, or Pumpkin

REGISTERED NUTRITIONIST BELLA JOEL HAS WORKED WITH FLASHLIGHT ST IVES TO DEVELOP A COLLECTION OF EVENING RECIPES THAT CAN FEED 4 FOR UNDER £5.

NUTRITIONAL INFORMATION

LEEK AND POTATO SOUP

	PER 100G	%RI	PER 310G SERVING	%RI
Energy(KJ)	300 kJ	4%	1173 kJ	14%
Energy(Kcal)	72 kcal	4%	280 kcal	14%
Fat	2.9 g	4%	11 g	16%
of which saturates	0.8 g	4%	3 g	15%
Carbohydrate	8.4 g	3%	33 g	13%
of which sugars	1.7 g	2%	6.6 g	7%
Fibre	1.7 g	7%	6.7 g	27%
Protein	2.2 g	4%	8.4 g	17%
Salt	0.02 g	0%	0.08 g	1%

SPAGHETTI BOLOGNESE

	PER 100G	%RI	PER 440G SERVING	%RI
Energy(KJ)	534 kJ	6%	2380 kJ	28%
Energy(Kcal)	127 kcal	6%	565 kcal	28%
Fat	2.3 g	3%	10 g	14%
of which saturates	0.7 g	4%	3 g	15%
Carbohydrate	16 g	6%	70 g	27%
of which sugars	2.2 g	2%	9.9 g	11%
Fibre	3.1 g	12%	14 g	56%
Protein	9.2 g	18%	41 g	82%
Salt	0.19 g	3%	0.85 g	14%

CAJUN CHICKEN DRUMSTICKS

	PER 100G	%RI	PER 220G SERVING	%RI
Energy(KJ)	739 kJ	9%	2379 kJ	28%
Energy(Kcal)	175 kcal	9%	565 kcal	28%
Fat	5.1 g	7%	16 g	23%
of which saturates	1.2 g	6%	3.7 g	19%
Carbohydrate	16 g	6%	50 g	19%
of which sugars	1.5 g	2%	4.8 g	5%
Fibre	1.5 g	6%	4.9 g	20%
Protein	16 g	32%	52 g	104%
Salt	0.19 g	3%	0.62 g	10%

SQUASH QUESADILLAS

	PER 100G	%RI	PER 140G SERVING	%RI
Energy(KJ)	720 kJ	9%	1324 kJ	16%
Energy(Kcal)	172 kcal	9%	316 kcal	16%
Fat	7.2 g	10%	13 g	19%
of which saturates	2.8 g	14%	5.2 g	26%
Carbohydrate	19 g	7%	35 g	13%
of which sugars	3.5 g	4%	6.4 g	7%
Fibre	3.5 g	14%	6.4 g	26%
Protein	6 g	12%	11 g	22%
Salt	0.59 g	10%	1.1 g	18%

SAUSAGE PASTA

	PER 100G	%RI	PER 410G SERVING	%RI
Energy(KJ)	401 kJ	5%	1644 kJ	20%
Energy(Kcal)	96 kcal	5%	392 kcal	20%
Fat	3.6 g	5%	15 g	21%
of which saturates	1.2 g	6%	4.7 g	24%
Carbohydrate	8.9 g	3%	37 g	14%
of which sugars	2.1 g	2%	8.7 g	10%
Fibre	1.1 g	4%	4.6 g	18%
Protein	6.2 g	12%	26 g	52%
Salt	0.24 g	4%	0.97 g	16%

CONTACT FLASHLIGHT

Flashlight is a local youth and community based organisation devoted to supporting young adults and teenagers of St Ives and the surrounding area.

to find out more visit www.flashlightstives.co.uk

Nutrition
With Bella

FLASHLIGHT PREPPED

MEALS THAT SERVE 4, FOR UNDER £5

BALANCED, QUICK,
ANDSIMPLE

