



FEED YOUR FAMILY FOR £20 A WEEK

**THE
COLLAB**



**THE EVER
PROFESSIONAL**

TWOCHUBBYCUBS



INTRODUCTION

Hi everyone!

I thought I would do a quick intro to anyone new who has joined up on the back of this AMAZING collab with the twochubbycubs. My name is Lorna, and I am a mum from just outside Glasgow in Bonny Scotland. My Facebook page Feed Your Family for around £20 a week has been running for almost 8 years now.

I have a chronic heart condition and a slipped disc and had to stop working. This left my family down a wage and properly skint! At the time I had 3 kids at home – 2 teenagers and a littler one. And we had my partners daughter in the holidays. We hadn't long bought a house and I was worried sick. How was I going to pay my bills and feed all these kids? I lay awake at nights worrying myself sick. I felt like I had let my family down, so it was my responsibility to fix it! I started looking at our income and outgoings and where we could cut costs.

At that time, I was spending around £100 a week on our weekly shopping. I knew I could save money on that so began focussing on it. I wrote a meal plan, I looked at the things I usually bought and started off going down a brand. Then I looked at items like jars of sauces and tried to make them myself. I googled like a crazy person! I asked peoples advice and I watched hundreds of YouTube videos. I then looked at the meat I was buying and tried to find cheaper alternatives. I discovered you could bulk meat out with things like porridge oats and lentils. And so, I began experimenting.

I also began baking our treats instead of buying them and saved a fortune!

Then I discovered all sorts of websites selling food past it's best before date and end of line products. I also discovered Asian supermarkets where I stocked up on rice, noodles and huge bags of spices. I was so excited that first visit.

So anyway, a few friends were impressed with what I was doing and said I should share my experiences online and hence FYF was born.

The page has grown beyond my wildest dreams. I am so proud of the community we have built. The audience engage all the time and offer help and advice and support to each other. It is a lovely safe place where no question is stupid if you don't know the answer.

Like James and Paul, I have 3 books available to buy but also like the boys I have a website with almost 1000 recipes which are free for anyone to use. I also do one of these newsletters every week with 7 evening meals, the shopping list costed at 2 supermarkets and the recipe cards. These have been hugely popular with my audience, and I think you guys will love them too!

I am so excited to be working with the twochubbycubs this week. I have been following the guys on Facebook for many years now and I love them! They're obviously amazing cooks and their books are fabulous. When my audience asked for advice on cooking healthy low-fat meals, I knew exactly who I needed to help me and I am so grateful to the guys for agreeing to do this collab.

I hope this helps you all to realise that eating healthily on a budget is possible and the food doesn't have to be crap either. These recipes are ones that the whole family can enjoy!

Lorna xx



TWOCHUBBYCUBS INTRODUCTION



Hello!

When Lorna first approached us to ask whether we wanted to do a collaboration, we couldn't say no. I mean, she's from Glasgow: she could absolutely take either of us in a bare-knuckle fight. But more importantly, the work she does for helping people's pennies stretch further is both commendable and inspiring and now, more than ever, utterly vital.

Losing weight doesn't need to be an expensive business – healthy recipes do not need tonnes of one-off ingredients or complicated cooking methods. This in itself is incredibly lucky, given we're both incredibly lazy and very, very tight with money ourselves: the last time Paul pulled a fiver out of his wallet the Queen blinked.

That's why all of our recipes, whether in our three cookbooks or online at www.twochubbycubs.com, are not only easy to make but will only ever use ingredients you can buy from the supermarket. Similarly, it's why so many of our recipes lend themselves to batch cooking, freezing for later or bubbling away in a slow cooker. Oh, and just so you know: we use proper ingredients – there's no smearing Quark on an old dish-sponge and trying to convince you you're having a Swiss roll, just sayin'.

Our latest book 'DINNER TIME' (available online and in all good bookstores) (and some bad bookstores for good measure) is focused on the evening meal – the meal where everyone comes together, or the one you look forward to during the day – and each one of those meals is healthy, easy and under 500 calories. Plus, there's loads of humour (hopefully) across the pages and we almost guarantee it'll be the brightest, boldest cookbook you own.

We have included a few of our recipes from across the books in this newsletter and we hope that you enjoy them. If you do, please do take a look at our website, although we do recommend a degree of caution: the blogs that accompany the recipes can be somewhat...fruity. Perhaps you'll even be inclined to buy a book or two, and that would be marvellous indeed, but you don't need to – you'll find over 750 recipes on our website for free. Like a worrying rash after a holiday romance, we're the gift that keeps on giving. You'll also find support, laughter and all sorts of nonsense across our various social media streams – just search twochubbycubs and you'll find us.

Happy eating!
James and Paul



We like to think we're proof that our recipes work - having lost between 19 stone between us - try our slimming recipes and you'll see they work for you too!



SHOPPING LIST

INGREDIENTS

ALDI

TESCO

<input type="checkbox"/> Cauliflower	85p	85p
<input type="checkbox"/> Potatoes (2.5KG)	89P	89P
<input type="checkbox"/> Onions (1KG)	49p	49p
<input type="checkbox"/> Ginger	69p	53P
<input type="checkbox"/> Garlic	79p	30P
<input type="checkbox"/> Red Chilli's	51p	60P
<input type="checkbox"/> Coriander Leaves	53p	55P
<input type="checkbox"/> Spring Onions	39p	29P
<input type="checkbox"/> Broccoli	53p	55P
<input type="checkbox"/> Sweetheart Cabbage	55P	55P
<input type="checkbox"/> Cherry Tomatoes	50P	50P
<input type="checkbox"/> Extra Mature Cheddar (400G)	£2.29	£2.85
<input type="checkbox"/> Grand Padano Cheese (200G)	£2.19	£1.79
<input type="checkbox"/> Fat Free Greek Yoghurt (500G)	65p	65P
<input type="checkbox"/> Pork Shoulder (1.5KG)	£4.73	£6.30
<input type="checkbox"/> 6 Mixed Weight Eggs	69P	95P
<input type="checkbox"/> Passata	39p	39P
<input type="checkbox"/> Spaghetti	23p	23P
<input type="checkbox"/> Pasta	23p	23P
<input type="checkbox"/> Lentils	99p	£1.20
<input type="checkbox"/> Mustard	89p	50P
<input type="checkbox"/> Breadcrumbs	55p	85P
<input type="checkbox"/> Corned Beef	£1.79	£2.79








£22.34

£24.83

OR £20.80

IF YOU SHOP BETWEEN THE TWO STORES

MEAL PLAN MENU

Day	Creator	Meal
Sun		YOU FINK FRANK WANTS STEW?
Mon		CHEESY BROCCOLI BOMBS & MASH
Tue		PULLED PORK PASTA
Wed		SPICY DAHL SOUP
Thu		CACIO E PEPE
Fri		CREAMY MUSTARD PORK WITH CAULI MASH
Sat		CORNED BEEF BAKE

YOU FINK FRANK WANTS STEW?



This stew, from our new book 'DINNER TIME', is simplicity itself. If you're wondering, we called it 'You Fink Frank Wants Stew' simply because what recipe book doesn't improve from having a creaking references to Eastenders in it? But it's actually a wonderful dish that we picked up from our holidays: a delicious stew that uses almost nothing to make a cracking little meal that'll hurble-burble on the hob until you need it.

If you can stretch the budget a little further, diced lamb or mutton works even better. That said, we've noticed that mutton has become one of those 'fancy' ingredients that people are using now, so the price has crept up accordingly. Bah! Or baa, if you prefer.

Serve with a wodge of bread you could beat out a rug-fire with.

Oh! The peppercorns floating about? We eat them straight up – they'll soften and mellow during cooking. But if you don't fancy that level of spice, tie them up in a little 'bouquet garni' first so you can remove them at the end.

INGREDIENTS

750g pork shoulder diced into 2cm chunks

2 tablespoons flour

2 teaspoons salt

1 sweetheart cabbage

5 tablespoons whole peppercorns

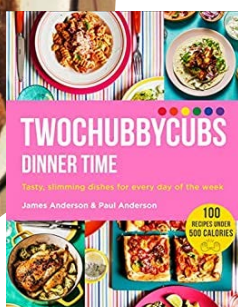
750ml vegetable stock

METHOD

- 1 Toss the diced pork with the flour and salt until well coated.
- 2 Slice the cabbage in half lengthways, then widthways into wedges.
- 3 Stuff the cabbage into a large pan, and place the pork and peppercorns on top.
- 4 Pour over the vegetable stock and bring to a simmer, then reduce to low and cover with a lid.
- 5 Cook 2-3 hours.



CALORIES
463



CHEESY BAKED BROCCOLI BOMBS



Broccoli bombs come from our blog, where you'll find this and over 750 more recipes for your perusal. At first glance you may be thinking it doesn't look like much of a meal but – and it pains us to say it – you're wrong! They're delicious, freeze well (so do double up and freeze a few for leaner times) and if you're anything like us, you'll drown them in so much gravy you won't so much need a knife and fork as a ladle and a lifebelt.

A note of caution though: they will give you the most terrific wind. That may seem unseemly to pop in a recipe intro but we're telling you this not only for your own good but for those around you. If you're a smoker, crack a window before you light up.

INGREDIENTS

- 1 Broccoli, but into florets
- 80g Mature cheddar cheese
- 1 Onion, finely chopped
- 25g Breadcrumbs
- 2 Eggs
- Salt and pepper

METHOD

- 1 Preheat the oven to 200c
- 2 Put the broccoli and onion together in a food processor and blitz until finely chopped
- 3 Tip into a bowl and add the cheese, breadcrumbs, eggs and salt and pepper
- 4 Stir well
- 5 Spray or brush a muffin tin with a bit of oil and spoon the mixture in.
- 6 Squash it down with the back of a spoon
- 7 Bake in the oven for 20-25 minutes until they look crisp
- 8 Gently lift out the tin and serve with creamy mash!



CALORIES
175pp

FROM
THE 2CC
BLOG

PORKIE PASTA



Pulling your own pork is remarkably easy – lord knows we've been doing it for years when the other has a headache – and this recipe combines delicious pulled pork with pasta and cheese and all the other good things. This is also a perfect meal to batch-cook and throw in the freezer for those days when you simply can't be chewed on to stand in front of the hob and cook. For me, those days tend to end in a 'Y'.

As a slightly cheaper alternative, the meat can be swapped for jackfruit, tins of which you can pick up in most major supermarkets. Jackfruit is a surprising little buggler: it looks as though it should taste like a Solero, it falls apart like tuna, but it cooks beautifully and adds a meaty texture and taste to a dish. Have a look!

INGREDIENTS

- 350g Pork, sliced
- 300g Pasta
- 250g Cherry Tomatoes, halved
- 1 chilli, chopped
- 200ml passata
- 1 tbsp Italian herbs
- 2 garlic cloves
- 2 tbsp Chives
- 1 tsp Sugar
- 2 Spring onions
- 1 tbsp Italian hard cheese
- 1 tbsp oil

METHOD

- 1 Put the pasta on to cook as per the packet instructions
- 2 Meanwhile add the oil to a pan on a low/med heat. Add the pork slices and fry for 3-4 minutes.
- 3 Add the chilli and tomatoes, then simmer gently for a further 3-4 minutes.
- 4 Add the Italian herbs, garlic, chives and sugar. Stir through and use the back of the spoon to crush the tomatoes to release their juice.
- 5 Add the passata and the cooked pulled pork. Stir through and simmer for 5 minutes
- 6 Drain the pasta-keep a cupful of the water. Add the pasta to the tomato sauce.
- 7 Stir through. Add the pasta water till you get the desired thickness of sauce you like.
- 8 Serve with a garnish of Spring Onion, and a generous teaspoon of grated Parmesan.



CALORIES
517

FROM
THE FYF
BLOG

SPICY DAHL SOUP



This spicy dahl soup is one of the cheapest and simplest little recipes we do – there's nothing in that ingredient list that you will struggle to find and all of them you'll certainly use again. That's our way!

This soup – from DINNER TIME – is a tip of our hats towards one of the most satisfying things we've ever had in our mouths in a layby by the side of the motorway. And those that know us will know that's a very, very long list. We had stopped by a little roadside café on our travels in Scotland and were given something close to this to warm our cockles. Hopefully it'll do the same for you.

INGREDIENTS

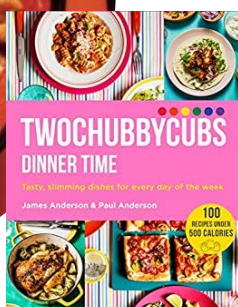
2 onions, peeled and diced
2cm piece of ginger, grated
3 cloves of garlic, crushed or grated
1 TBSP curry powder
1/4 tsp smoked paprika
300g red lentils
750ml vegetable stock
200ml passata
4 TBSP fat free Greek yoghurt
1 red chilli, sliced
Handful coriander leaves

METHOD

- 1 Spray a large pan. with a little oil and place over a medium high heat. Add the onions and cook for 4-5 minutes, stirring occasionally
- 2 Add the ginger and garlic and cook for another minute, then add the curry powder and paprika, and give a good stir.
- 3 Add the lentils along with the vegetable stock, and bring to a simmer. Cook for 10 minutes.
- 4 Add the passata and simmer for a further 10 minutes.
- 5 Serve in bowls with the Greek yoghurt, sliced chilli and coriander



CALORIES
340



CACIO E PEPE



This recipe, from our second cookbook FAST & FILLING, showcases exactly the fast and filling recipes that we aimed for in the second book. That's lucky, because we would have hated to make a mockery of the title. But look: four ingredients and two of them we know you'll have at home. Don't skip the bit about adding a bit of the pasta water though, it'll keep everything slick!

If you wanted to gussy this up you could add some very gently fried garlic, some bacon, some olives – the best recipes are those that you make your own after all!

INGREDIENTS

400g spaghetti

125g Italian hard cheese, grated

Cracked black pepper

1 TBSP curry powder

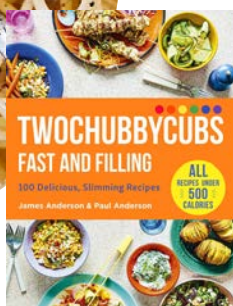
A pinch of salt

METHOD

- 1** Cook the spaghetti as per the packet instructions, then drain. (reserve half a mug of the cooking water).
- 2** Place a large frying pan over a medium-high heat and add the drained spaghetti to it.
- 3** Add about 6 tablespoons of the retained pasta cooking water and give it a good toss.
- 4** Remove from the heat, add the grated cheese, and give it one good stir.
- 5** Leave for a minute, then stir again and crack over the black pepper and salt.
- 6** Serve.



CALORIES
497



CREAMY MUSTARD PORK WITH CAULI MASH



We aren't going to lie to you right now – cauliflower mash is very much an acquired taste. To some of us (James), it's delicious and very filling and as long as you season it right, is a perfect accompaniment for a creamy dish like this mustard pork. To others (Paul), it's like someone farted on your plate and took away the good stuff. We'll leave you to pick a side.

We will give you a top tip for mash though – and please forgive us if you have heard it before – crack an egg into it and stir like mad. It'll make everything that bit more creamier and tasty, trust us.

INGREDIENTS

400g pork shoulder, sliced
2 tbsp oil
2 tbsp butter
100g extra mature cheddar, grated
4 spring onions, sliced
1 medium cauliflower
2 tbsp mustard
200ml greek yoghurt
1 garlic clove, minced or crushed
Salt and pepper to taste

METHOD

- 1 Put the cauliflower on to boil for 10-12 until soft
- 2 Add half of the oil and half of the butter into a frying pan and heat gently
- 3 Season the pork with salt and pepper. Increase the heat until HOT and then fry for 2 - 3 minutes each side. Reduce the heat to medium and cook for 8 minutes turning frequently
- 4 Take the pork out the pan and wrap in foil to rest. DO NOT wash out the frying pan
- 5 Meanwhile drain the cauliflower and mash with a fork until it resembles mashed potato. Stir in half the creme fraiche and the last of the butter. Stir well. Add in the grated cheese and stir again. Cover and keep warm.
- 6 Put the frying pan you cooked the pork in back over a medium heat and add the mustard and remaining creme fraiche. Stir until heated through and combined. It also may need a little water if it is too thick. Season to taste
- 7 Stir the spring onions into the cauliflower mash.
- 8 Serve with the sauce spooned over the pork.



CALORIES
497

FROM
THE FYF
BLOG

CORNED BEEF BAKE



This corned beef bake is one of those dinners that you can throw together and whack in the oven with hardly any effort, which is always a bonus in our book. In addition, you can customise it to your heart's content – add extra cheese, spicy beans, fried onion bits, bacon bits, more extra cheese, cheese, a bit more cheese, a handful of extra cheese – that sort of thing. Can you see where our weakness is?

If you have any leftovers, let it cool, shape into little burgers and then fry them off and serve with brown sauce. No, not red sauce, we'll have none of that funny business here thank you very much.

INGREDIENTS

700g of potatoes

One egg and a splash of milk

Plenty of salt and pepper

One large tin of corned beef

Two large onions

250g of extra mature cheddar

OPTIONAL EXTRAS

Chilli sauce, as much as you can handle

One bag of Walkers Max Flame Grilled Steak Crisps

METHOD

- 1** Make the mash by boiling chunks of potato (don't peel them) until soft and mashing it up with an egg and some milk, plus salt and pepper to taste
- 2** Whilst the mash is cooking, finely dice your onion and fry gently until golden and soft.
- 3** In a big bowl, mix the mash, corned beef, half of the cheese and more salt and pepper together, seasoning to taste
- 4** Slop into a baking dish and cover with the rest of the cheese and, if using, the crisps - but crunch the crisps up first so they go into wee tiny bits
- 5** Pop in the oven on about 170 degrees for 30 minutes, covering the top with tin foil for the first twenty minutes so the crisps don't burn.
- 6** Feel free to finish off under the grill to make it super crispy. Serve with beans if you like but we prefer just good old fashioned chilli sauce.



CALORIES
605

FROM
THE 2CC
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WE'D LOVE TO HEAR FROM YOU!

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JOIN THE COMMUNITIES

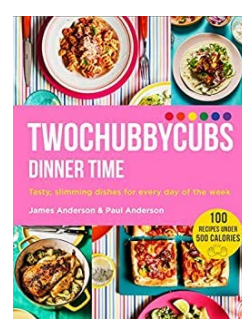
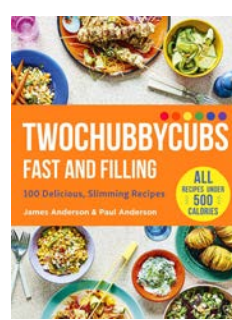


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