

# LUNCH AT HOME

QUICK AND EASY  
BUDGET-FRIENDLY IDEAS



# TORTILLA

## INGREDIENTS

540G TIN OF NEW POTATOES  
6 EGGS  
½ ONION, CHOPPED  
½ LEEK, CHOPPED  
1 TSP OIL & THE SAME OF  
BUTTER  
2 GARLIC CLOVES, CHOPPED  
1 PINCH MIXED HERBS  
1 PINCH CHILLI FLAKES  
1 HANDFUL OF PARSLEY,  
CHOPPED  
SALT AND PEPPER TO SEASON

## METHOD

HEAT THE OIL AND BUTTER ON A LOW HEAT, ADD THE ONION AND LEEK AND FRY UNTIL SOFT.

DRAIN AND SLICE THE TINNED POTATOES IN HALF.

ADD THE GARLIC TO THE PAN AND STIR AND LAY THE POTATOES FLAT ON TOP OF THE ONION AND LEEK.

HEAT FOR A FEW MINUTES THEN SPRINKLE OVER THE HERBS AND SEASONING.

BREAK THE EGGS INTO A BOWL AND MIX WITH A FORK THEN POUR OVER THE POTATOES.

ADD THE PARSLEY AND COOK FOR A FEW MINUTES UNTIL YOU SEE THE SIDES BEGIN TO SET.

PLACE UNDER THE GRILL AND ALLOW THE TOP TO SET UNTIL IT IS GOLDEN BROWN.

LET COOL FOR A FEW MINUTES THEN SLICE INTO SECTIONS AND SERVE.

# EGG WRAPS

## INGREDIENTS

2 EGGS  
1 TSP MIXED HERBS OR CHILLI  
POWDER  
1 TSP WATER.

## METHOD

BEAT WELL AND THEN POUR INTO A LARGE FRYING PAN TO MAKE A VERY THIN OMELETTE.

FILL WITH WHATEVER YOU LIKE AND EAT.

# STUFFED PEPPERS

## INGREDIENTS

4 PEPPERS, LIDS TAKEN OFF &  
SEEDS REMOVED  
200G COUS COUS  
8 SPRING ONIONS FINELY  
CHOPPED  
HANDFUL OF DRIED APRICOTS  
CHOPPED  
JUICE OF ONE LEMON & SOME  
CHICKEN STOCK

## METHOD

COVER THE COUS COUS IN HOT STOCK & LEMON  
JUICE, WAIT UNTIL ABSORBED (USUALLY ABOUT 5-10  
MINUTES) MIX IN THE SPRING ONIONS & APRICOTS,  
PILE INTO THE PEPPERS & BAKE FOR 15-20 MINS 180C.

# QUICK SALMON LINGUINE

## INGREDIENTS

2 SALMON STEAKS  
2 VEG STOCK CUBES  
200G SPAGHETTI OR LINGUINE  
200G SOFT CHEESE WITH GARLIC  
AND HERBS  
150G BABY SPINACH  
150G MIXED VEG  
SQUIRT OF LEMON JUICE

## METHOD

COOK THE SALMON STEAKS AND BREAK UP WITH A FORK.

COOK LINGUINE IN VEG STOCK.

ADD THE MIXED VEG FOR THE LAST 5 MINUTES.  
DRAIN AND KEEP A BIT OF STOCK BACK.

MIX THE SALMON IN WITH LINGUINE, A BIT OF THE  
STOCK AND THE SOFT CHEESE.

STIR IN THE SPINACH, HEAT THROUGH UNTIL THE  
SPINACH HAS WILTED.

ADD A SQUIRT OF LEMON JUICE AND SERVE.

# ITALIAN CHICKEN NOODLE SOUP

## INGREDIENTS

1 CHICKEN BREAST  
1 RED PEPPER ,CHOPPED  
2 TSP GARLIC, CHOPPED  
2 PINCHES BLACK PEPPER  
100ML MILK  
1 TBSP CORNFLOUR  
300G PASTA  
500ML CHICKEN STOCK  
100G BABY SPINACH  
100G GRATED PARMESAN  
CHEESE  
1 TSP DRIED ITALIAN HERBS

## METHOD

ADD THE CHICKEN, PEPPERS, STOCK, 1/2,TSP OF HERBS AND 1 TSP OF GARLIC TO YOUR SLOW COOKER.

COOK ON HIGH FOR 3 HRS OR LOW FOR 6 HOURS. REMOVE THE CHICKEN AND SHRED USING 2 FORKS TO PULL APART THEN RETURN IT TO THE SLOW COOKER.

ADD THE REMAINING HERBS, GARLIC, BLACK PEPPER, PASTA, SPINACH, AND 3/4 OF THE PARMESAN.

MIX THE CORNFLOUR AND MILK AND ADD TO THE POT.

CONTINUE COOKING FOR 20-30 MINS.

SEASON TO TASTE.

ADD THE REMAINING CHEESE TO GARNISH AND SERVE WITH CRUSTY BREAD.

# HUMMUS

## INGREDIENTS

1 TIN CHICKPEAS, DRAINED  
2 TBSP TAHINI PASTE OR PEANUT  
BUTTER  
4 TBSP NATURAL YOGURT  
1/2 TSP GROUND CUMIN  
JUICE OF HALF A LEMON OR  
1TBSP BOTTLED LEMON JUICE  
1 CLOVE OF GARLIC  
1 TSP SALT  
SMALL HANDFUL OF FRESH  
CORIANDER (OPTIONAL)

## METHOD

ADD IT ALL IN A BLENDER OR FOOD PROCESSOR  
AND BLITZ UNTIL SMOOTH.  
  
SERVE WITH TOASTED PITTA, BREADSTICKS, OR  
CARROT AND CUCUMBER BATONS.

# HOMEMADE BEEF AND TOMATO POT NOODLE

## INGREDIENTS

2 NESTS OF NOODLES  
500ML BEEF STOCK  
50G FROZEN PEAS  
50G FROZEN SWEETCORN  
1 TSP BOVRIL  
1 TBSP TOMATO PUREE  
1 TSP CHILLI POWDER  
(OPTIONAL)

## METHOD

IN A PAN, ADD THE NOODLE NESTS WITH BEEF STOCK AND COOK FOR 10 MINS.

ADD IN THE FROZEN PEAS, AND FROZEN CORN, BOVRIL, AND TOMATO PUREE. FEEL FREE TO ADD CHILLI POWDER HERE TOO.

COOK FOR 5 MINS MORE AND THEN SERVE.

# HOMEMADE FALAFEL

## INGREDIENTS

1 TIN OF CHICKPEAS, DRAINED  
2 TBSP OF FLOUR,  
2 TBSP OF OIL,  
2 TBSP CURRY POWDER,  
FRESH PARSLEY  
SEASONING

## METHOD

ADD ALL THE INGREDIENTS TO A BLENDER OR  
FOOD PROCESSOR.

BLITZ UNTIL SMOOTH.

ROLL INTO BALLS AND COOK IN THE OVEN (15  
MINS 200C) OR AIR FRYER (11 MINUTES 200C).

SERVE WITH A YOGHURT BASED DIP.



# EGGS BENEDICT

## INGREDIENTS

1 PACK HOLLANDAISE SAUCE MIX  
2 MUFFINS, SLICED.  
4 SLICES OF THICK CUT HAM, OR  
BACON, OR SMOKED SALMON  
4 EGGS  
4 TSP CHIVES

## METHOD

### PERFECT POACHED EGG:

IN THE SMALLEST SAUCEPAN YOU HAVE, ADD 3 INCHES OF BOILING WATER AND 1 TEASPOON VINEGAR (WHITE OR MALT) AND BOIL. TURN HEAT TO MEDIUM.

ONCE THE WATER IS 'JUST' BUBBLING (NOT VIOLENT, JUST THE ODD BUBBLE RISING) CRACK AN EGG INTO A SMALL BOWL (CHECK THE YOLK IS INTACT AND NO SHELL). STIR THE WATER TO CREATE A SWIRL/VORTEX. DROP THE EGG IN THE MIDDLE.

GENTLY SIMMER FOR ABOUT 2- 2 AND A HALF MINS.

REMOVE WITH A SLOTTED SPOON.

## PREPARATION

TOAST HALF A MUFFIN.

ADD THE HAM / BACON / SMOKED SALMON.

ADD POACHED EGG ON TOP.

POUR OVER THE HOLLANDAISE SAUCE.

ADD CHIVES ON TOP AND SERVE IMMEDIATELY.

# CHILLI, RED PEPPER, TOMATO, AND SPINACH FLATBREAD

## INGREDIENTS

### DOUGH

1 TBSP MELTED BUTTER  
6 TBSP SELF-RAISING FLOUR  
½ TSP SALT  
½ TSP PEPPER  
COLD WATER

### FILLING

11 RED PEPPER, CHOPPED  
1 TBSP CHOPPED TOMATOES  
¼ TSP CHILLI FLAKES  
50G BABY SPINACH

## METHOD

### DOUGH:

ADD THE MELTED BUTTER, FLOUR, THE JUICE OFF YOUR PEPPER MIX, SALT AND PEPPER, AND ENOUGH COLD WATER TO MAKE A SOFT DOUGH.

CUT TO 4 BALLS.

FLOUR YOUR SURFACE.

ROLL INTO CIRCULAR BALLS ABOUT 2MM THICK, THEN OVER ONE HALF ADD 1/4 OF YOUR FILLING.

FOLD OVER THE DOUGH, QUICK ROLL TO SEAL. COOK IN A DRY HOT FRYING PAN FOR ABOUT 3-4 MINS EACH SIDE.

### FILLING:

ADD THE FILLING INGREDIENTS INTO A BOWL.

MICROWAVE FOR 2-3 MINS UNTIL SCALDING HOT.

# CARAMELISED ONION STUFFED FLATBREAD

## INGREDIENTS

1 ONION, SLICED  
1 TSP SUGAR  
6 TBSP SELF RAISING FLOUR  
½ TSP SALT  
2 TBSP OIL  
COLD WATER.

## METHOD

FRY THE ONION IN ½ TBSP OF OIL UNTIL BROWN,  
ADD PINCH SUGAR.

FRY FOR 2 MINS, SET ASIDE.

## DOUGH:

ADD THE FLOUR, SALT, AND. OIL TO A BOWL.  
MIX IN ENOUGH COLD WATER TO MAKE A  
DOUGH.

GIVE IT A GOOD MIX UP.

CUT TO 4 BALLS.

FLOUR YOUR SURFACE.

ROLL INTO CIRCULAR BALLS ABOUT 2MM THICK,  
THEN OVER ONE HALF ADD 1/4 OF YOUR FILLING.

FOLD OVER THE DOUGH, QUICK ROLL TO SEAL.  
COOK IN A DRY HOT FRYING PAN FOR ABOUT 3-  
4 MINS EACH SIDE.

*THESE ARE DELICIOUS COLD BUT CAN BE  
REHEATED FOR A MINUTE IN THE MICROWAVE,  
UNDER THE GRILL OR IN THE AIR FRYER.*

# BLACK PUDDING TARTS WITH GOATS CHEESE AND ONION RELISH

## INGREDIENTS

1 PACK OF READY ROLLED PUFF PASTRY  
4 BLACK PUDDING SLICES  
150G GOATS' CHEESE  
4 TSP ONION RELISH  
1 EGG

## METHOD

ROLL OUT THE PUFF PASTRY AND CUT INTO SQUARES.

MARK A SMALLER SQUARE INSIDE THE PASTRY ABOUT 1CM FROM THE EDGE SO YOU GET A RIM THEN PRICK THE INSIDE WITH A FORK TO PREVENT IT FROM RISING.

BREAK THE EGG AND MIX THEN SPREAD THE EGG WASH OVER THE EDGES OF THE PASTRY.

BAKE IN THE OVEN FOR 15 MINS AT 200°C.

FRY THE BLACK PUDDING FOR 3 MINS ON EACH SIDE.

## ASSEMBLE THE TART:

REMOVE PASTRY FROM THE OVEN.

CRUMBLE THE GOAT'S CHEESE OVER, TOP WITH BLACK PUDDING, A LITTLE MORE CHEESE THEN ADD A TSP OF RELISH.

SERVE WITH A SIDE SALAD.

# BEETROOT SALAD

## INGREDIENTS

1 PACK OF BEETROOT  
1 GRATED CARROT  
1/2 CHOPPED ONION  
2 TBSP BALSAMIC GLAZE

## METHOD

SIMPLY DICE THE VEG UP REALLY SMALL AND  
ADD TO A BOWL.  
  
ADD THE BALSAMIC GLAZE AND MIX THROUGH.  
  
THIS WILL KEEP IN THE FRIDGE FOR 3 DAYS.

# AIR FRIED FETA PASTA

## INGREDIENTS

2 PACKS OF CHERRY TOMATOES  
5 TABLESPOONS OIL  
200G SALAD CHEESE (SUCH AS FETA)  
1 TSP DRIED OREGANO  
SALT AND PEPPER, TO TASTE  
250G PASTA  
1 GARLIC CLOVE, MINCED  
1 HANDFUL FRESH BABY SPINACH  
5G CHOPPED FRESH BASIL

## METHOD

PREHEAT YOUR AIR FRYER TO 180°C.

TOSS THE CHERRY TOMATOES WITH 3/4 OF THE OIL.

PLACE THE SALAD CHEESE IN THE MIDDLE OF THE BASKET, DRIZZLE IT WITH THE REMAINING OIL, AND SPRINKLE WITH SALT, PEPPER, AND DRIED OREGANO.

COOK FOR ABOUT 30 MINUTES. STIR THE TOMATOES AND CHEESE EVERY 10 MINUTES, UNTIL THE TOMATOES HAVE BURST, AND THE CHEESE IS NICELY BROWNED.

WHILE THE TOMATOES AND CHEESE ARE COOKING, PREPARE THE PASTA ACCORDING TO THE PACKAGE DIRECTIONS. RESERVE 1 CUP OF PASTA WATER BEFORE DRAINING.

REMOVE THE CHEESE AND TOMATO MIXTURE FROM THE AIR FRYER AND STIR IN THE MINCED GARLIC UNTIL EVERYTHING COMBINES INTO A CREAMY SAUCE.

IN A LARGE BOWL, COMBINE THE COOKED PASTA WITH THE SAUCE, ADDING THE FRESH BABY SPINACH AND CHOPPED BASIL. IF THE SAUCE SEEMS TOO THICK, ADD SOME OF THE RESERVED PASTA WATER TO LOOSEN IT UP.

SEASON THE PASTA DISH WITH ADDITIONAL SALT AND PEPPER TO TASTE.