

Low Cost Family Meals

Mung Dahl with Spinach

(Serves 6)

Here's what you'll need:

- 150g mung dahl (split or husked mung beans/peas)
- 100g potatoes, halved and boiled until tender (or you can use tinned potatoes)
- 250g spinach, washed and finely chopped
- 6-10 sprays of olive/rapeseed oil (enough to coat the bottom of the pan)
- 1 teaspoon chopped fresh ginger (or 1 teaspoon ginger paste)
- 1 – 2 green chillies chopped
- ½ teaspoon cumin seeds
- ½ teaspoon turmeric
- 1 tablespoon of lime or lemon juice



Here's how to make it:

1. Rinse the dhal/split or husked mung beans/peas thoroughly in cold water three times
2. Heat the oil in a pan and fry the ginger, green chillies and cumin for about 1 minute
3. Add the dhal/split or husked mung beans/peas and spinach and cook for another 1 – 2 minutes
4. Add the turmeric and 1½ litres of water
5. Cook, uncovered on a low heat, stirring from time to time till the dhal is tender. You may need to add extra water.
6. Stir in lime juice and cooked potatoes and warm through

Serving suggestion:

Serve with white or brown boiled rice or a side salad

Mutter Paneer with a Twist

(Serves 6)

Using tofu instead of paneer cheese provides a heart-healthy twist to this classic Indian dish and also makes it dairy-free and vegan-friendly too

Here's what you'll need:

- 300g firm tofu
- 12 – 15 sprays of rapeseed oil (enough to coat the bottom of the pan)
- 1 teaspoon cumin seeds
- 1 small onion, chopped
- 1 teaspoon chopped garlic (or 1 teaspoon garlic paste)
- ½ teaspoon chopped ginger (or ½ teaspoon ginger paste)
- 2 green chillies, finely chopped
- ½ can of tinned tomatoes
- ½ teaspoon turmeric powder
- ½ teaspoon garam masala
- 100ml water
- 450g frozen peas



Here's how to make it:

1. Cut the tofu into 2cm cubes and set aside
2. In a wok or large frying pan, add the spray oil cumin seeds and onion. Cook until onions are soft
3. Add the garlic, ginger and green chillies and continue to cook for another 2 minutes
4. Add the tomatoes and turmeric, cook for 5 minutes
5. Add the tofu pieces and water. Bring to the boil then add the peas. Reduce heat and simmer for 10 minutes

Serving suggestion:

Serve with wholemeal pitta bread and a side salad

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Caribbean Rice & Peas (Serves 4)

Here's what you'll need:

- 1 tin of kidney beans in water (220g drained weight)
- 6 Spring onions
- 150g Basmati rice
- 1 medium onion, chopped
- ½ teaspoon salt
- 1 tin reduced fat coconut milk
- 1 clove garlic, chopped (or 1 teaspoon of garlic paste)
- 600ml - 700ml of water
- 4 Sprays of olive/rapeseed oil (enough to coat the bottom of the pan)



Here's how to make it:

1. Empty kidney beans into a colander or sieve and rinse with water.
2. Heat up a cooking pot (that has a lid) at low heat and spray with 4 sprays of oil spray
3. Add onions, garlic, spring onions and fry for 2 minutes or until softened
4. Stir in the rice and cook for 2 minutes, then pour in the kidney beans and reduced fat coconut milk
5. Add the water and stir for about 1 minute
6. Bring to the boil on high for 3- 4 minutes, pop on the lid then reduce the heat and simmer for 20-25 minutes or until the water has been absorbed and the rice is fluffy



Serving suggestion:

Serve with baked chicken

Red Lentil and Sweet Pepper Curry (Serves 4)

Here's what you'll need:

- 6-10 sprays of rapeseed oil (enough to coat the bottom of the pan)
- 2 onions, peeled and chopped
- 4 garlic cloves, peeled and crushed (or 4 teaspoons garlic paste)
- 1 red, 1 green and 1 yellow pepper, chopped with seeds removed
- 1 aubergine and 1 courgette chopped
- 2 large fresh tomatoes chopped
- ½ jar madras curry paste
- 300g dried red lentils
- 400g tinned chopped tomatoes
- 2 pints vegetable stock (2 stock cubes dissolved in water)
- 2 tablespoons fresh coriander, chopped (optional)
- Salt and freshly ground black pepper



Here's how to make it:

1. Spray a large saucepan with the oil and cook the onion, until soft but not brown
2. Add garlic, peppers, aubergine, courgette and fresh tomatoes to the pan and mix well
3. Stir in the curry paste so it coats the vegetables
4. Add the lentils, tinned tomatoes and vegetable stock then bring to the boil.
5. When it's boiling lower the heat and simmer for 30 minutes, or until lentils and vegetables are tender.
6. Stir occasionally to make sure it's not sticking to the pan, lower the heat more if needed. Cook until the sauce is the texture or thickness you prefer.
7. Season with salt and pepper and sprinkle the coriander on top

Serving suggestion:

Serve with rice, chapatti or pitta bread