

# Low Cost Family Meals

## Ham Hash (Serves 4)

### Here's what you'll need:

- 2 x 540g tins whole new potatoes
- 6-10 sprays of olive/rapeseed oil (enough to coat the bottom of the pan)
- 1 medium onion, chopped
- 1 pepper (any colour), de-seeded and chopped into small chunks
- 200g cooked ham cut into bite-size pieces
- 4 eggs
- Black pepper



### Here's how to make it:

1. Drain the tinned potatoes and pat dry with kitchen paper or a clean tea towel. Tip onto a board and cut into small chunks
2. Heat the oil in a large non-stick frying pan over a medium heat. Fry the potato pieces for around 6 – 8 minutes, or until they are beginning to brown in places, stirring regularly. Add the onion and peppers and gently fry until softened. Add another spray of oil to prevent sticking if needed
3. Add the ham and cook for a further 2 – 3 minutes, stirring occasionally to prevent sticking
4. Make four wells or holes in the mixture and crack an egg into each. Cover the pan with a lid, or a large piece of kitchen foil, and cook over a low-medium heat for around 5 – 7 minutes, or until the egg white is set but the yolk is still runny. Remove the lid and check the eggs every now and then. (Or if you prefer, you can cook for 3 – 4 minutes then finish under a hot grill for 5 minutes, or until the eggs are cooked to your liking)
5. Season with a little black pepper and serve

## Chicken Nuggets (Serves 4)

### Here's what you'll need:

- 3 chicken breasts or 5 chicken thighs, boneless and skinless
- 85g breadcrumbs
- 90ml water
- 1 egg whisked



### Here's how to make it:

1. Preheat the oven to 200°C/400°F/Gas mark 6
2. Cut the chicken breasts into small chunks. (Remember to wash your hands thoroughly after handling raw chicken)
3. Put the breadcrumbs into a large plastic food bag
4. Combine the egg and water in a bowl and dip each piece of chicken in the egg mixture then drop it into the breadcrumb bag. Shake until the chicken is thoroughly coated
5. Place the coated chicken on a baking tray and bake for 10 – 15 minutes turning once midway until thoroughly cooked



### Serving suggestion:

Serve with vegetables or celeriac oven chips or potato wedges (recipe over page), baked beans or a side salad

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## Potato Wedges (Serves 4)



### Here's what you'll need:

- 3 large baking potatoes or sweet potatoes
- 6 – 8 sprays of oil
- Salt and pepper to taste and seasoning of your choice

### Here's how to make it:

1. Heat the oven to 200°C/400°F/Gas mark 6
2. Bring a large pan of lightly salted water to boil.
3. Cut the potatoes into chunky wedges, then boil in the water for 7 minutes. Drain and leave to dry
5. In a bowl, coat the potatoes with the oil and seasoning then spread out on a baking tray
7. Roast for about 30 minutes, turning halfway until golden and crisp

### Serving suggestion:

Sprinkle with herbs and spices before roasting for different flavours e.g. rosemary, dried herbs or smoked paprika

# Cooking with a slow cooker

## Donner Kebab (Serves 4)

### Here's what you'll need:

- 500g lamb mince
- 1 egg
- 2 teaspoons garlic powder, 1 teaspoon of black pepper, salt, oregano, paprika, chilli powder
- 4 – 6 sprays of oil
- Tin foil

### Here's how to make it:

1. Whisk the egg slightly, then add all the ingredients into a bowl, mix thoroughly with your hands until its almost a past
2. Form into a thick sausage shape, wrap in foil (Remember to wash your hands thoroughly after handling raw egg and raw meat)
3. Make 2 balls out of foil and put in the bottom of the slow cooker, poke 2 – 4 holes in the bottom of your kebab sausage and place on top of the 2 foil balls
4. Cook on low for 6 hours with the lid on till cooked
5. Use a vegetable peeler to slice the meat

### Serving suggestion:

Serve in pitta breads with salad and a spoon of natural yoghurt

## Chinese Chicken (Serves 4)

### Here's what you'll need:

- 2 skinless boneless chicken breasts or 4 chicken thighs
- 1 medium courgette
- 1 red pepper
- 25 gram spring onion
- 5 tablespoons soy sauce
- 2 tablespoons Chinese five spice
- 1 teaspoon of coriander
- 1 tablespoon garlic paste, ginger paste
- Sprinkle of salt and pepper



### Here's how to make it:

1. Clean and thinly slice the spring onion
2. Dice the red pepper and the courgette
3. Dice the chicken breasts. (Remember to wash your hands thoroughly after handling raw egg and raw meat)
4. Put everything into the slow cooker and mix thoroughly. Cook on high for 4 hours

### Serving suggestion:

Serve with boiled rice or noodles