



4 WEEK



COOKING FROM SCRATCH CHALLENGE



SQUARE
FOOD FOUNDATION

ABOUT



We've put together this meal plan to make it easier for you and your family to cook, eat and spend time together.

It's unrealistic to expect anyone to cook from scratch every single day so we've based our plan on cooking three days in every week. You can pick and choose. Make lunch one day and dinner the next or go all in and follow the plan to the letter! We've chosen some of our favourite Square Food recipes as well as new ones too.

Most recipes feed four people (2 adults and 2 children) but are easy to scale up or down. Some recipes ask you to cook more than you need and use the leftovers in another recipe.

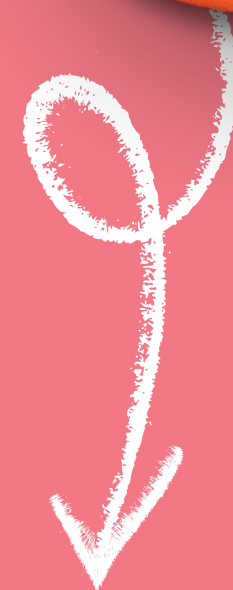
We've included a list of ingredients to have in your storecupboard, plus a separate shopping list for each week. Stocking up your storecupboard is an investment but it's one that will save you money and time over the weeks and months.

Don't forget to get your kids involved! Whilst it might seem more trouble than it's worth, it's a fantastic way to make them feel valued, a good opportunity to talk about your day together AND, it's likely to encourage them to try new foods if they've made it themselves.

Above all, we want you to see cooking not as a chore but a chance to bring your family together and enjoy time at the table.

Don't forget to let us know how you get on. You can post pictures and comments on our Facebook page [@squarefoodfoundation](https://www.facebook.com/squarefoodfoundation)

Enjoy!



LET'S COOK

STORECUPBOARD ESSENTIALS

We've put together a list of basic ingredients that you'll need to have in your storecupboard. Check to see what you've got already - then add the rest to your week one shopping list and you're ready to go!

SPICES

Ground Cumin
Cumin seeds
Ground coriander
Paprika
Turmeric
Oregano
Nutmeg
Cinnamon
Bay leaves
Chinese five spice
Chilli powder or chilli flakes

ONIONS & GARLIC

2 bulbs garlic
1 bag brown onions
(you'll need around 20 to
cook all the recipes)

TIN & JARS

6 x 400g can chopped tomatoes
1 x 400ml can coconut milk
Small jar tahini
2 x 400g cans cannellini or haricot beans
2 x 400g cans black beans
2 x 400g cans chickpeas
Small jar red pesto
Small jar sun blush tomatoes

OILS & CONDIMENTS

English mustard
Worcestershire sauce
Ketchup
Mayonnaise
500ml olive oil
500ml vegetable oil
Small bottle sesame oil
Small bottle soy sauce
Pack vegetable stock cubes
Pack beef stock cubes
Tube tomato puree

DRIED

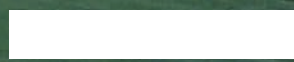
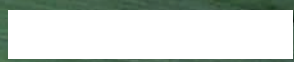
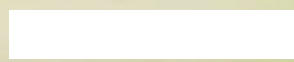
1kg self raising flour
1kg strong bread flour
1kg plain flour
Cornflour
Small pot dried yeast
Baking powder
Bicarbonate of soda
Salt and pepper
1kg basmati rice
500g long grain rice
Small bag caster sugar
Small bag soft dark brown sugar
500g spaghetti
500g macaroni or penne pasta
250g Couscous
75g Raisins
500g red lentils
150g egg noodles

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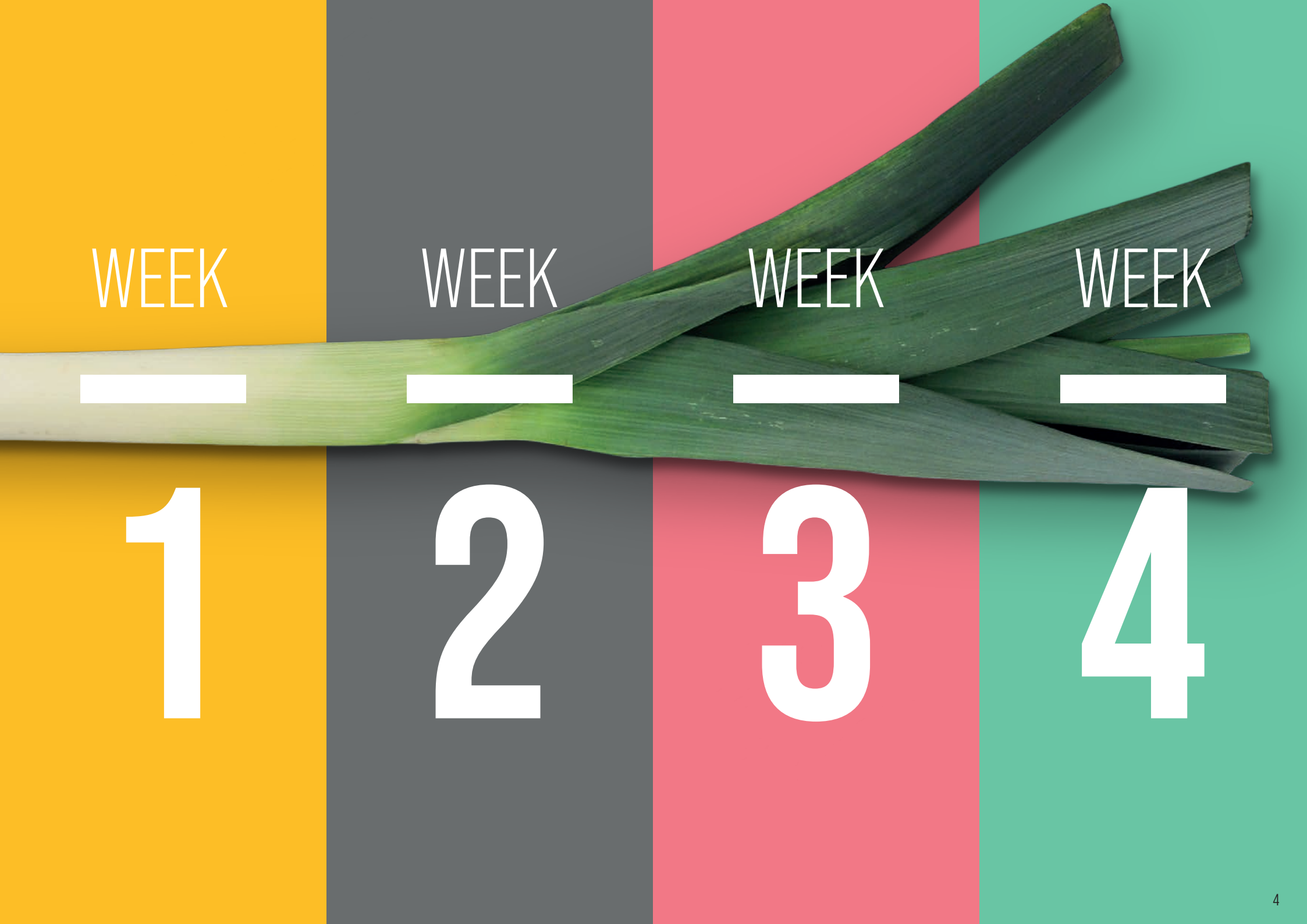


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WEEK

1

DAY 1

LUNCH

Savoury muffins with
crunchy vegetable batons

DINNER

Cauliflower cheese with baked
Hasselback potatoes and peas

LEFTOVER INSTRUCTIONS

Save leftover cauliflower cheese
for soup tomorrow and,
if there's time make the dough
for tomorrow's lunch.

SHOPPING LIST

1 pack streaky bacon
1kg beef mince

3 eggs
300g butter
500g cheddar cheese
50g goats cheese
1 litre milk
200ml buttermilk or plain yogurt
500g bag frozen peas

DAY 2

Cauliflower cheese soup
with bread rolls

Bolognese with pasta and
vegetables

Make extra Bolognese for the
cottage pie next week and
freeze. Make extra rolls to put in
the freezer for another day.

Small bunch chives
1 red chilli
5 carrots
1 head celery
3 red peppers
3 sweet potatoes
1 small swede
1 head broccoli
1 bunch spring onions
1 leek
Small bunch thyme
6 Maris Piper potatoes
1 kg cauliflower

DAY 3

Cheese and vegetable
pasties with salad

Black bean
chilli and rice

Save leftover chilli to make
quesadillas.



WEEK 1

These strong flavours work well together, but you can always play around with the combinations.

Try spring onions instead of red, pancetta instead of bacon, and any strong cheese in place of the cheddar.

Makes 12

Cost per recipe £3.86 / 32p per muffin

Recipe by Hugh Fearnley-Whittingstall



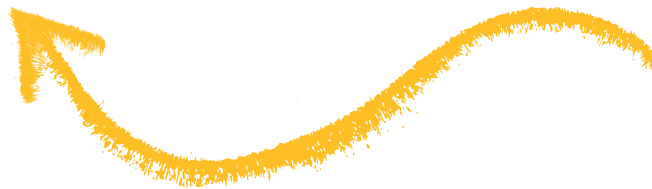
RED ONION, CHEDDAR & BACON MUFFINS

INGREDIENTS

1 tsp oil	2 eggs
100g streaky bacon, cut into 1cm pieces	80g unsalted butter, melted and cooled
1 red onion, finely diced	200ml buttermilk or plain yogurt
250g wholemeal self-raising flour	1 tbsp finely chopped chives (optional)
2 tsp baking powder	150g cheddar cheese grated
½ tsp bicarbonate of soda	Vegetables (carrots, pepper, celery)
¼ tsp salt	peeled and chopped into batons, to serve

WHAT TO DO

- 1 Heat the oven to 200C/400F/gas mark 6 and line a muffin tin with 12 paper cases.
- 2 Warm the oil over a medium heat and fry the bacon in it until just crisp. Lift the bacon from the pan with a slotted spoon and drain on kitchen paper.
- 3 In the same fat, sauté the onion until just softened, about five minutes, then set aside to cool.
- 4 In a large bowl, whisk together the flour, baking powder, bicarbonate of soda and salt. In a jug, whisk the eggs, butter and buttermilk or yogurt, stir them into the flour mixture with a spatula until just combined, then fold in the cooled bacon, onion, chives, if using, and two-thirds of the cheese until just evenly distributed.
- 5 Spoon or scoop the mixture into the muffin tin, sprinkle on the rest of the cheese, and bake for about 18 minutes, until the tops are golden and a toothpick inserted into the centre of a muffin comes out clean.
- 6 Serve with crunchy vegetable batons on the side!



WEEK 1

Serves 4

Cost per recipe £4.63

Cost per serving £1.16



CAULIFLOWER CHEESE

INGREDIENTS

1 large or 2 small cauliflowers,
(approximately 1kg total weight),
leaves removed and broken into small pieces
500ml milk
60g plain flour

50g butter
250g strong cheddar, grated
1 tsp English mustard
A grating of nutmeg

WHAT TO DO

- 1 Bring a large saucepan of water to the boil, then add the cauliflower pieces, and cook for 5 mins - lift out a piece to test, it should be tender but not mushy.
- 2 Drain the cauliflower, then tip into an ovenproof dish. Heat oven to 220C/200C fan/gas 7.
- 3 Put the saucepan back on the heat and add the milk, flour and butter.
- 4 Keep whisking fast as the butter melts and the mixture comes to the boil - the flour will disappear, and the sauce will begin to thicken. Whisk for 2 mins while the sauce bubbles and becomes nice and thick.
- 5 Turn off the heat, stir in most of the grated cheddar cheese, the mustard and the nutmeg and pour over the cauliflower. Scatter over the remaining cheese.
- 6 Put in the oven and bake for 20 mins until bubbling and the cauliflower is tender. Serve with Hasselback potatoes (see next page for recipe!) and peas.
- 7 Don't forget to save around 500g cooked cauliflower cheese if you want to make the cauliflower cheese soup for lunch tomorrow!



WEEK 1

These are a great alternative to roast potatoes and bring something a little different to the meal.

My children like to refer to them as hedgehog potatoes.

In terms of quantities, I would suggest half a medium sized potato for a younger child and two halves for an older child or adult. This can of course change depending on appetite.

Serves 4

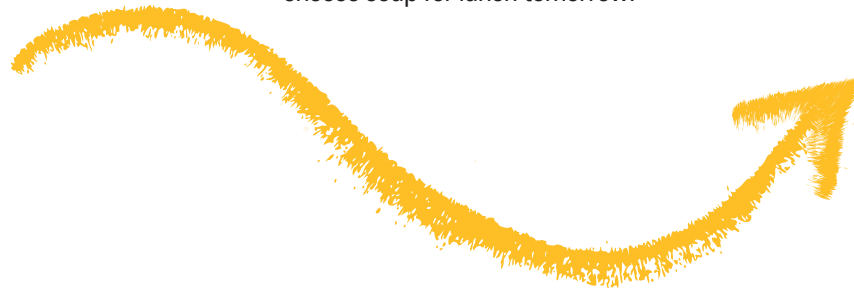
Cost per recipe £0.89

Cost per serving £0.22

HASSELBACK POTATOES

INGREDIENTS 4-6 medium potatoes, scrubbed
(choose a variety that roasts well like Maris Piper)
120ml olive oil

- WHAT TO DO**
- 1 Heat the oven to 200C/180C fan/Gas 6. Make fine cuts widthways across the potato. Don't cut all the way through to the bottom - stop cutting when you're about 3/4 of the way down. Sprinkle each potato with some flaked sea salt, black pepper and drizzle over some olive oil.
 - 2 Massage the oil into the cuts of the potato as you go. Repeat with each potato.
 - 3 Roast on the bottom shelf of the oven for 1 hr-1 hr 15 mins until golden and tender.
 - 4 If you are serving these alongside the cauliflower cheese make sure to put them in the oven 40 minutes before you add the cauliflower cheese to be baked. This will mean it should all be ready at the same time.
 - 5 Save a couple of potatoes to make the cauliflower cheese soup for lunch tomorrow!



WEEK 1

This is more of a loose recipe as you may have more or less cauliflower cheese leftover. The idea is that it is a lovely way of using up leftover food that can be turned into a delicious lunch the next day.

If you don't have a lot leftover then you can add in some extra cauliflower and a little more cheddar. The potatoes will add lovely body and flavour.

Serves 4

Cost per recipe £0.48

Cost per serving £0.12

LEFTOVER CAULIFLOWER CHEESE SOUP

INGREDIENTS

knob of butter

1 large onion, finely chopped

Approximately 500g leftover cauliflower cheese

2 leftover hasselback potatoes, chopped

500ml vegetable stock

200ml milk

WHAT TO DO

- 1 Heat the butter in a large saucepan.
- 2 Add the chopped onion and cook until softened, about 10 mins, stirring often.
- 3 Add the leftover cauliflower cheese, potatoes, stock and milk. Season with salt and pepper.
- 4 Bring to the boil, then reduce the heat and leave to simmer for about 10 minutes.
- 5 Whizz in a food processor or crush with a potato masher until you get a creamy, thick soup.
- 6 Top up with more milk to thin if needed.
- 7 Serve with bread rolls.



WEEK 1

These rolls can be served alongside soup or eaten as a sandwich. We often make double the quantity and either freeze the dough or make extra rolls that can then be used for other lunches or popped in the freezer when cool.

Makes 12 rolls

Cost per recipe £0.29 or 7p per roll



BREAD ROLLS

INGREDIENTS

500g strong white bread flour
1 ½ tsp salt
300ml lukewarm water
2tsp dried yeast
2tsp sugar

WHAT TO DO

- 1 Mix the flour and salt together in a big mixing bowl.
- 2 Mix the water, yeast, and sugar together in a jug until the yeast and sugar have dissolved.
- 3 Pour the water mixture into the flour and stir well with a spoon. Continue to mix until you get a soft sticky dough.
- 4 Turn the dough out onto the work surface, (putting the bowl to one side) and knead for 10 minutes until smooth and elastic.
- 5 You may need to add a tiny bit more flour if it is very sticky but remember wetter is better. You can always wash your hands afterwards.
- 6 Put the dough back into the bowl and cover with a tea-towel. Now, leave to rise until doubled in size; in a warm place in the Wintertime and in a cool place (but not the fridge) in the Summer. This will take between 1-2 hours.
- 7 Turn the dough on to the work surface again. Shape the dough gently into a long sausage and then cut the sausage into 12 equal-sized lumps
- 8 Make the lumps into smooth, evenly shaped rolls by rolling each in the palm of your hand.
- 9 Grease a baking tray with a little oil and place the rolls on the tray. Leave for a further 40 minutes.
- 10 Preheat the oven to 200°C.
- 11 Once the rolls have had their second rise, transfer the tray to the oven and bake for 20 mins in the oven until golden.
- 12 The rolls should make a hollow sound when the base is given a sharp tap. Leave to cool on a cooling rack.



WEEK 1

The good old faithful Bolognese is a dish that can be made in big batches to be frozen and used in numerous other recipes such as cottage pie, chilli con carne and lasagne.

Serves 4

(with leftovers for another recipe)

Cost per recipe £6.71

(including storecupboard ingredients)

Cost per serving £1.68

SPAGHETTI BOLOGNESE

INGREDIENTS

2 rashers of smoked streaky bacon
2 medium onions
2 cloves of garlic
2 carrots
2 sticks of celery
Olive oil

2 heaped teaspoons dried oregano
1kg good-quality minced beef, pork
or (even better!) a mixture of the two
2 x 400g tins of chopped tomatoes
Salt & pepper
75g dried spaghetti or penne per person

WHAT TO DO

- 1 Finely slice the bacon and then peel and finely chop the onions, garlic, carrots, and celery.
- 2 Place a large pan on a medium to high heat. Add 2 lugs of olive oil, the sliced bacon and oregano and cook and stir until the bacon is lightly golden.
- 3 Add the vegetables to the pan and stir every 30 seconds for around 7 minutes or until softened and lightly coloured.
- 4 Stir in the minced meat breaking it up with your spoon and cook, stirring, until brown.
- 5 Add the tinned tomatoes and fill one of the empty tins with water and add to the pan. Stir in a good pinch of salt and pepper and bring to the boil. Turn the heat right down and simmer with a lid on and slightly askew for 1 hour, stirring every now and again
- 6 Take the lid off and cook for another 30 minutes, stirring occasionally. Keep an eye on the sauce as it cooks, and if you think it's starting to dry out, add a splash of water.
- 7 Remove the Bolognese from the heat. Taste and season with a little more salt and pepper if needed.



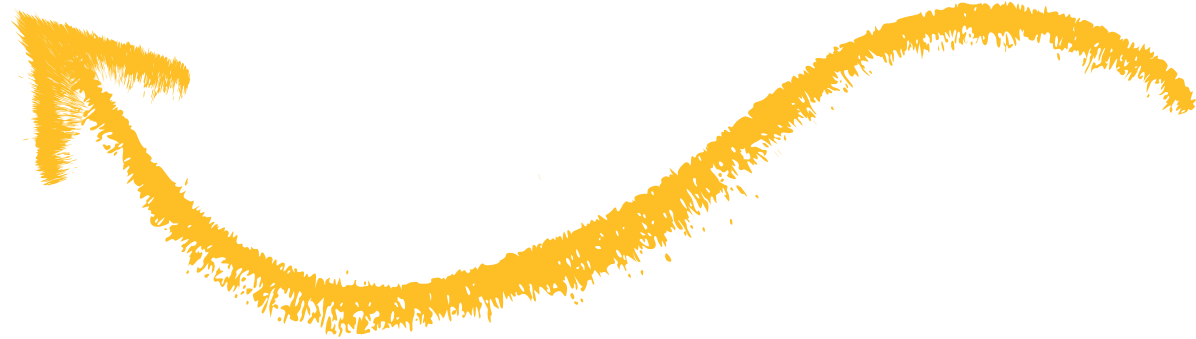
WEEK 1

SPAGHETTI BOLOGNESE [CONTINUED]

- TO SERVE**
- 8 Bring a large pan of salted water to the boil
 - 9 Add the pasta, stir briefly and cook according to instructions on the packet. Drain the pasta over a bowl, reserving the cooking water.
 - 10

Add half the Bolognese sauce* to the cooked, drained pasta and mix well, adding a little of the reserved cooking water to loosen, if needed. Divide between plates and sprinkle with a little grated cheese.

*** Save the other half of the Bolognese sauce for next week's cottage pie. Leave to cool then scoop into a freezer bag or freezerproof container. You can keep it in the freezer for up to three months.**



WEEK 1

Pasties are good to make in bulk and freeze half for a quick lunch or supper another time. When you go to the effort of making something from scratch, it's worth doubling up to make the most of the time you invest.

As a side note if making the pastry seems like a step too far, it is totally fine to buy ready rolled pastry – try to get the all-butter version if you can

Makes 4 pasties

Cost per recipe £1.73

Cost per pasty £0.43

VEGETABLE & GOATS CHEESE CORNISH PASTIES

INGREDIENTS

FOR THE PASTRY

240g plain flour
pinch of salt
120g chilled butter, diced
3-5 tbsp chilled water

FOR THE FILLING

½ sweet potato
1 medium sized carrot
1 stick celery, trimmed
100g swede
100g potato
1 leek
1 onion
30g goats cheese
30g grated cheddar cheese
a little mixture of
chopped fresh thyme
Salt & pepper

WHAT TO DO

- 1 Making the pastry:** Sift flour and salt in a mixing bowl. Add the butter to the flour and use your fingertips to rub it in until the mixture resembles breadcrumbs.
- 2** Sprinkle water evenly over the mixture and mix lightly until dough comes together. Add a little more water, 1tsp at a time, if the mixture is too dry. Bring mixture together and knead lightly on a floured surface. Wrap the dough in clingfilm and chill for about 30 minutes.
- 3 Making the filling:** First chop the onion, celery, and leek quite fine and put them in a pan with a little olive oil or butter and cook over a low heat until soft. Meanwhile, peel and dice the root vegetables into ½ cm cubes and add to the pan.
- 4** Toss the vegetables together and season lightly with salt and pepper. Leave to cook over a low heat until the vegetables are soft. Add the herbs and remove to a bowl to cool. To get ahead, follow the recipe up to the end of step 4 the night before and store in the fridge until you're ready to use!
- 5 To assemble the pasties:** Make 4 x 80g balls out of the pastry and roll them into flat discs, 15cm diameter.
- 6** Put some vegetable mix in the middle of each disc and then a little crumbled goats cheese and grated cheddar on top of the vegetables. Moisten the edges around the mixture, then fold the disc over and press the edges together. To get that traditional pastry crust, roll the pressed-together edge in towards the middle to form a ridge.
- 7** Brush with a little milk and egg mixture and bake at 185C for 35-40 minutes or until golden brown.
- 8** Serve with a green salad or crunchy vegetable batons.



WEEK 1

Cook-along with Square Food!

You can find our video with step by step instructions for this recipe at squarefoodfoundation.co.uk/cookalong

Cost per recipe £2.79

Cost per serving £0.70

BLACK BEAN CHILLI & RICE

INGREDIENTS

2 large onions, finely diced	2 sweet potatoes peeled and diced into 2cm chunks	Handful fresh coriander
2tbsp vegetable oil	2 peppers, sliced into strips	2 spring onions sliced diagonally
2 cloves garlic, finely chopped	2 x 400g cans black beans	
2 red chillies, finely chopped	2 x 400g cans chopped tomatoes	
2tsp ground cumin	2 bay leaves	
2tsp ground coriander	salt and pepper	
2tsp cinnamon	300g rice	
2tsp paprika		

WHAT TO DO

- 1 Prepare your vegetables. Heat the oil in a large saucepan and add the onions. Add 3 pinches of salt.
- 2 Cook the onions until soft, which will take about 15 minutes on a high heat, stirring often.
- 3 While the onions are cooking, put the rice in a bowl of cold water and leave to soak for about 30 minutes.
- 4 Add the garlic, chilli and spices to the onions and stir for another 2 minutes. Add the pepper and sweet potato and stir them until they are well coated in the spices. Add the beans, bay leaves and tomatoes and simmer for 20 minutes.
- 5 While the chilli is cooking, prepare the rice. Drain the rice in a sieve and put in a saucepan with 600ml water and a teaspoon of salt. Bring to the boil and then simmer for 8-9 minutes, until the water has been absorbed. Turn off the heat and leave the rice to steam with a lid on for 5 minutes. Fluff with a fork to separate the grains.
- 6 Taste and add pepper and more salt if you think it needs it.
- 7 Divide the chilli into two. Serve half with the rice and scatter the coriander and spring onions over the top. Leave the other half to cool, then store in the fridge and use to make black bean quesadillas tomorrow!



WEEK



2

DAY 1

LUNCH Black bean chilli
quesadillas

DINNER Vegetable pilaff

**LEFTOVER
INSTRUCTIONS** Cook off extra rice for
tomorrows lunch

SHOPPING LIST

- 1 x red onion
- 1 x red chilli
- 1 x lime
- Pack (8) flour tortilla wraps
- 2kg Maris piper potatoes
- Eggs x 3
- 1 head broccoli
- 500g frozen peas
- 1 x lemon
- 500g natural yogurt
- 100g beansprouts
- 1 x leek
- 200g cheddar cheese
- 1 small carrot

DAY 2

Egg fried rice

Cottage pie with
broccoli and peas

Use the leftover Bolognese in the
freezer to make the cottage pie

- ½ a stick of celery
- 1 x leek
- 200g streaky bacon
- 1 bag spinach
- 1 x spring greens
- 1 sweet potato
- 1 red pepper
- 100g butter
- Small bunch coriander
- Bunch spring onions
- 500g beef mince
- 100ml milk
- Savoy cabbage

DAY 3

Homemade Hummus with quick
flatbreads and veg batons

Double stuffed Jacket potatoes
with homemade baked beans

You can use the filling from the
potatoes to make some potato
cakes for the freezer



WEEK 2

Cook-along with Square Food!

You can find our video with step by step instructions for this recipe at squarefoodfoundation.co.uk/cookalong

Serves 4

Cost per recipe £1.30

Cost per serving £0.33

BLACK BEAN CHILLI QUESADILLAS

INGREDIENTS

Leftover black bean chilli from the night before
100g cheddar cheese grated
2 spring onions, finely sliced
8 flour tortilla wraps

WHAT TO DO

- 1 Remove the leftover chilli from the fridge to bring to room temperature.
- 2 Put a good spoonful of chilli in the centre of a flour tortilla wrap and spread to the edges. Top with a small handful of cheddar and some sliced spring onions.
- 3 Top with a second tortilla wrap. Put the wrap 'sandwich' carefully into a frying pan and cook over a low heat until golden. Flip carefully and repeat until the other side is golden.
- 4 Repeat with the remaining wraps!
- 5 Serve with salad and a dollop of yogurt or sour cream.

WEEK 2

This dish works with all manner of vegetables and can be changed depending on what's in season and therefore best value. Here is a recipe that uses spring vegetables.

Serves 4

Cost per recipe £2.37

Cost per serving £0.59

VEGETABLE PILAFFF

INGREDIENTS

50g butter	1 bay leaf
2 onions, peeled, halved and finely sliced	250g basmati rice
2 cloves garlic	450ml vegetable stock
1 tsp cumin seeds	100g frozen peas/ broad beans
1 tsp ground coriander	100g spinach
1 tsp ground turmeric	1 handful spring greens finely chopped

TO SERVE

1 handful chopped coriander
1 lime split into quarters
A dollop of natural yogurt

WHAT TO DO

- 1 Heat the butter in a large, deep, lidded frying pan. Add the onion with a good pinch of salt and cook over a medium heat, stirring, until really golden and caramelised. This can take up to 30 minutes, so be patient. It should be soft enough that you are able to squash a piece of onion between your fingers.
- 2 Stir in the garlic and cook for 2 minutes then stir in the spices and bay leaf and cook for 1 minute.
- 3 Add the rice and stir until coated in all the spices. Stir in the stock, put on a lid, and cook on a low heat for 15 minutes, stirring in the peas, spring greens and spinach for the final 3 minutes. You want to keep the lid on after the cooking time for about 10-15 minutes to allow everything to steam and to ensure the rice is nice and fluffy.
- 4 Sprinkle with fresh coriander and serve simply on its own with a little natural yogurt and a squeeze of lime.

WEEK 2

Egg-fried rice is easy to prepare and tastes great as a meal on its own. For the best result, make sure the rice is cooked and cooled beforehand so it won't stick together when frying.

You can add all kinds of different vegetables and also leftover chicken, pork and frozen prawns to make this a hearty mid-week meal.

Serves 4

Cost per recipe £2.03

Cost per serving £0.51

Cook-along with Square Food!
You can find a video with step by step instructions for this recipe at squarefoodfoundation.co.uk/cookalong

EGGY RICE

INGREDIENTS

1 egg	100g/4oz frozen peas
2 tsp sesame oil	(defrosted - rinse under warm water to do this quickly)
2 tbsp vegetable oil	4 spring onions, finely chopped
200g/7oz long-grain rice (uncooked weight)	100g/4oz beansprouts (optional)
cooked and cooled quickly	1-2 tsp soy sauce
	Ground white pepper

WHAT TO DO

- 1 Cook the rice according to instructions on the packet. Once cooked, tip into a large shallow dish and cool quickly.
- 2 Beat together the egg and sesame oil and put to one side. Heat the vegetable oil in a wok or large frying pan. When it's shimmering and almost smoking, add the cooked, cooled rice and stir-fry for about 3-4 minutes until completely heated through.
- 3
- 4 Add the peas, spring onions and beansprouts, if using.
Stir-fry, turning the rice constantly around the pan, for about 3 minutes. Season well with soy sauce and pepper, then push to one side of the pan.
- 5
- 6 Pour the beaten egg mixture into the other side and leave for about 10 seconds so it begins to set. Using a chopstick, briskly swirl around the egg to break it up and then toss around with the rice.
Stir-fry for a further minute and serve straight away.

WEEK 2

Serves 4

Cost per recipe £4.47

Cost per serving £1.12



COTTAGE PIE

INGREDIENTS FOR THE MINCE

Leftover Bolognese sauce from the freezer
1tbsp plain flour
1tbsp ketchup
2tbsp Worcestershire sauce
1 bay leaf
600ml beef stock (made with 1 stock cube)
125g frozen peas

INGREDIENTS FOR THE MASH

1kg potatoes, peeled and chopped into equal size pieces
100ml milk
50g butter
Broccoli, to serve

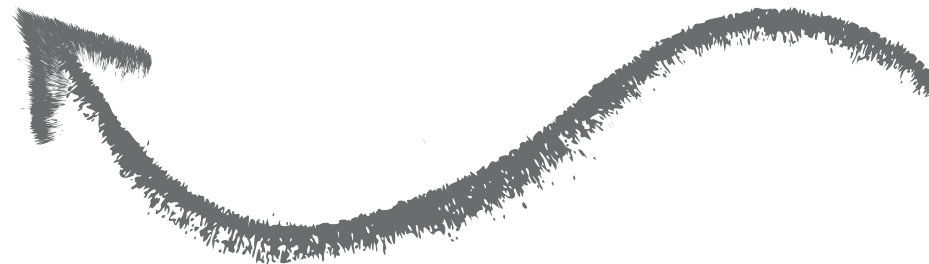
- WHAT TO DO**
- 1 The night before, defrost the leftover Bolognese sauce in the fridge.
 - 2 Add the defrosted mince to a large pan. Stir in the plain flour, ketchup, Worcestershire sauce and bay leaf. Increase the heat and cook for a few minutes.
 - 3 Add enough beef stock to loosen the mixture to a thick, soupy consistency. You might not need all of it!
 - 4 Bring to a simmer and cook, until piping hot through, for about 10-15mins. By this time, the gravy should be thick and coating the meat - if it is too thick, add a little more stock or keep simmering if it's too watery.
 - 5 Season well, stir through the peas and remove the bay leaf.



WEEK 2

COTTAGE PIE (CONTINUED)

- 6 Meanwhile, make the mash. Put the peeled, chopped potatoes in a large saucepan and cover with plenty of cold water. Add a pinch of salt and bring to the boil, then turn down the heat and simmer until tender.
- 7 Drain well, then allow to steam-dry for a few mins. Mash well with the milk and butter, and season with some salt and pepper.
- 8 Spoon the meat into an ovenproof dish. Pipe or spoon on the mash to cover and using a fork make a few lines on the top of the potatoes to make it go extra crispy.
- 9 Heat the oven to 220C/200C fan/gas 7 and cook for 25-30 mins, or until the topping is golden.
- 10 Serve with broccoli or other vegetables.



WEEK 2

Serves 4

Cost per recipe £2.16

Cost per serving £0.54

HOMEMADE HUMMUS WITH QUICK FLATBREADS & VEG BATONS

INGREDIENTS FOR HUMMUS

2 x 400g cans chickpeas
(drained and liquid reserved)
2 cloves garlic very finely minced
6 tbsp tahini

Juice of ½-1 Lemon
Salt, pepper
1/2 tsp each paprika and ground cumin (optional)
3 tbsp extra virgin olive oil

WHAT TO DO

- 1 Drain the chickpeas into a colander over a bowl to keep the liquid. Transfer the chickpeas to a food processor.
- 2 Add tahini, garlic, about 1 teaspoon salt, a little black pepper, and the cumin and paprika if using.
- 3 Blend in a food processor or use a stick blender to mix to a smooth paste.
- 4 Now add the lemon juice to taste and a really good slug of olive oil. Mix well and taste. You may need more salt and sometimes a little of the reserved chickpea water to make it more creamy. This will keep in the fridge for up to three days.
- 5 Serve with sticks of carrot, cucumber, red pepper or any other vegetable you fancy.
- 6 Also delicious dipped into homemade flatbread or pitta.



WEEK 2

Makes 12

Cost per recipe £0.43

Cost per serving £0.11



HOMEMADE HUMMUS WITH QUICK FLATBREADS & VEG BATONS (CONTINUED)

EASY YOGURT FLATBREADS – ADAPTED FROM A JAMIE OLIVER RECIPE

INGREDIENTS FOR QUICK FLATBREADS

350g self-raising flour, plus extra for dusting
1 tsp baking powder
350g natural yoghurt
Pinch salt
Roughly chopped herbs (optional)

- WHAT TO DO**
- 1 Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
 - 2 Dust a clean work surface with flour, then tip out the dough. Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together).
 - 3 Put the dough into a flour-dusted bowl and cover with a plate, then set aside.
 - 4 Dust a clean work surface and rolling pin with flour, divide the dough in half, then divide each half into 6 equal-sized pieces (roughly the size of a golf ball). You should have 12 balls!
 - 5 With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
 - 6 Place a frying pan on a high heat, then once hot, cook each flatbread for 1 to 2 minutes on each side, or until puffed up, turning with tongs.

WEEK 2

Serves 4

Cost per recipe £3.47

Cost per serving £0.87

DOUBLE STUFFED JACKET POTATOES

INGREDIENTS

1 baking potato per person	2 rashers of bacon per person (optional)
1 tbsp olive oil	1 leek, finely sliced
1 large handful of savoy cabbage/kale per person	1 onion, finely chopped
	30g cheddar cheese per person

WHAT TO DO

- 1 Preheat the oven to 190C/170C Fan/Gas 5.
- 2 Prick the potatoes all over with a fork. Drizzle them with a little olive oil and a pinch of salt. Rub this into the potatoes. Cook in the hot oven for 45 minutes to 1 hour and 20 minutes, depending on how large your potatoes are (keep checking!).
- 3 Blanch the cabbage: cut into bite size pieces, put in a bowl and cover with boiling water from the kettle. After five minutes, drain well.
- 4 If using, chop the bacon into pieces and fry gently until crispy. Add the finely chopped onion and leek and sweat over a low heat for 10 minutes until soft and sweet. Add the cabbage to the pan and stir to combine.
- 5 Grate the cheese. When the potatoes are cooked, remove from the oven and cut in half. Use a spoon to carefully scoop out the inside of the potato, being careful not to break the skin.
- 6 Put the flesh in a bowl, mash the potato flesh with a fork and then mix in most of the cheese, and all the cabbage, onion and bacon. Gently scoop this mixture back into the potato skins and sprinkle with a little extra cheese.
- 7 Cook in the oven for 10 -15 minutes or until the cheese is bubbling and golden. Serve either with a big green salad or with some delicious homemade baked beans (recipe on next page).

WEEK 2

Serves 4

Cost per recipe £1.95

Cost per serving £0.49

HOMEMADE BAKED BEANS

INGREDIENTS

2 x 400g cans haricot, cannellini (or other beans, well-drained)	½ a stick of celery, finely chopped
2 tbsp oil	400g chopped tinned tomatoes
1 onion finely chopped	2 ½ tbsp tomato ketchup
1 garlic clove, crushed	1 tsp dark brown sugar
1 small carrot, peeled and finely chopped	1 ½ tsp cornflour
	100ml water

WHAT TO DO

- 1 Drain the beans.
- 2 Heat the oil in a medium pan over a moderate heat and add the onion. Fry gently until soft, then add the garlic, carrot and celery. Turn the heat right down and cook until well softened; about 10-15 minutes.
- 3 Add the tomatoes and ketchup and stir together. Season well and simmer for 10 minutes, then blitz with a stick blender until smooth. Mix the cornflour to a paste with a little water then whisk into the pan, followed by the water.
- 4 Simmer and stir well until smooth.
- 5 Now add the drained beans and continue to simmer gently for 30 minutes or so. Check for seasoning.
- 6 These beans will keep in the fridge for up to three days. They do NOT freeze well.

WEEK

3

DAY 1

LUNCH Sweetcorn fritters with
couscous and tzatziki

DINNER Homemade Pizza

**LEFTOVER
INSTRUCTIONS** Make double batches of dough and
fritters for the freezer. The extra
dough can be used to make rolls or
flatbreads for tomorrow's lunch.

SHOPPING LIST

- 3 corn on the cobs or
350g tinned sweetcorn
- 12 x eggs
- 300g grated mozzarella
- 1 bunch coriander
- 1 x sweet potato
- 1 pack sausages
- 1 x savoy cabbage
- 2 sticks celery
- 50g ginger
- 2 carrots
- 2 x potatoes
- 100g butter
- 1 bunch spring onions

DAY 2

Spiced lentil and
vegetable soup

Toad in the hole with greens
and gravy

Make double quantities of soup
and use half to make the base of
tomorrow's curry.

- 1x lemon
- 2 heads little gem lettuce
- 1 red pepper
- 1 bunch basil
- 250g couscous
- 75g raisins
- Small bunch parsley
- Small bunch mint
- One cucumber
- 500g yogurt
- 200ml milk
- 1 red chilli
- 1 cauliflower

DAY 3

Potato Frittata and salad

Leftover vegetable curry
with fluffy rice



WEEK 3

Serves 4

Cost per recipe £1.44

Cost per serving £0.36

SWEETCORN FRITTERS

INGREDIENTS

150g plain flour

¼ tsp baking powder

½ tsp sea salt

1 tsp ground coriander

½ tsp ground cumin

1 tsp sweet paprika

1 egg, lightly beaten

1 tsp lemon juice

350g corn kernels, cut from 3 large corn cobs

4 spring onions, thinly sliced

3 tbsp chopped coriander

2 tbsp olive oil

WHAT TO DO

- 1 To prepare the fritters, place the flour, baking powder, salt, coriander, cumin and paprika in a bowl.
- 2 Add the egg, lemon juice and 125ml of water and beat to a smooth batter.
- 3 Add the corn, spring onion and chopped coriander and stir to combine.
- 4 Heat a frying pan on a medium heat and put in a good drizzle of oil.
- 5 Fry off the fritters in batches dolloping a good spoonful of mixture in the hot pan.
- 6 When golden brown on both sides, serve immediately with a wedge of lime and some yogurt.



WEEK 3

Serves 4

Cost per recipe £1.38

Cost per serving £0.35

COUSCOUS WITH MINT AND RAISINS

INGREDIENTS

250g couscous
4tbsp olive oil
75g raisins
2tbsp lemon juice
2tbsp flat-leaved parsley, finely chopped
2tbsp mint, finely chopped
Salt and pepper

WHAT TO DO

- 1 Measure the couscous into a large bowl with a teacup. Pour over exactly the same volume of boiling water.
- 2 Cover the bowl with cling film and leave to stand for 10 mins then fluff up the grains with a fork.
- 3 Put the raisins in a small bowl and pour over just enough boiling water from the kettle to cover. Leave the raisins for 5-10 minutes to plump up.
- 4 Drain the raisins and add them to the couscous with the lemon juice, herbs and remaining oil. Season with salt and pepper to taste.
- 5 You can make this salad a day ahead. Cover and refrigerate but bring back to room temperature before you serve.



WEEK 3

Serves 4

Cost per recipe £1.59



TZATZIKI

INGREDIENTS

1 crisp cucumber
500g Greek yoghurt
1 heaped tbsp chopped mint plus a sprig to serve
Juice of a lemon
2 cloves garlic, peeled and chopped into a paste
Salt & pepper
Olive oil

WHAT TO DO

- 1 Cut cucumber into 10 cm sections. Cut each section into small slices.
- 2 Cut each slice into strips then cut across into tiny dice.
- 3 Put cucumber, garlic, mint and yoghurt into a bowl. Add pinch of salt and pepper.
- 4 Squeeze in lemon juice to taste. Add more salt and pepper if needed.
- 5 Spoon into serving dish. Drizzle over a spoon of olive oil and decorate with sprig of mint.



WEEK 3

Makes 4 pizzas

Cook-along with Square Food!
You can find our video with step
by step instructions for this recipe
at [squarefoodfoundation.co.uk/
cookalong](http://squarefoodfoundation.co.uk/cookalong)

Cost per recipe £0.92

Cost per serving £0.23

HOME-MADE PIZZA (DOUGH RECIPE)

INGREDIENTS FOR THE PIZZA

1 tsp dried yeast

500g strong bread flour

10g salt

350g water

A little oil to grease your oven tray

One batch tomato sauce (see next page)

300g grated mozzarella

Your choice of pizza toppings -

ham, mushrooms, olives - whatever you like!

WHAT TO DO FOR THE DOUGH

- 1** Put the salt, flour and yeast in a large bowl. Add the water. Holding the bowl with one hand, use the other hand to mix the ingredients together for 2-3 minutes until a dough starts to form.
- 2** Lift the dough onto the work surface. Even though the dough will feel quite soft and wet, don't add any flour to the surface – it will come together as you work it, trapping the air inside.
- 3** To work the dough, stretch the front of the dough towards you, then lift back over itself in an arc (to trap the air), still stretching it forwards and sideways and tucking it in around the edges. Keep repeating. As you work the dough, it will start to come together in your hands. Keep going until it starts to come cleanly away from the work surface, begins to look silky and feel smooth.
- 4** On a lightly floured work surface, form the dough into a ball. Turn the ball over and stretch and tuck the edges underneath. Put the dough in a floured mixing bowl, cover with a tea towel and rest in a warm place for around 1hr until roughly double in size.
- 5** Preheat the oven to the 200C/Fan 180C/Gas 5. Divide the dough into four balls.
- 6** Roll out each ball on a floured surface and transfer to a greased baking sheet. Spread over a couple of tbsp of tomato sauce (see next page) and add your toppings. Cook for 10-12 minutes or until the cheese has melted and the crust is crisp!



WEEK 3

This is a delicious sauce that you can use for so many things including cottage pie, pasta sauce, pizza sauce...

Cook-along with Square Food!
You can find our video with step by step instructions for this recipe at squarefoodfoundation.co.uk/cookalong

HOME-MADE PIZZA [SAUCE RECIPE]

INGREDIENTS FOR THE TOMATO SAUCE

1 onion	3 tablespoons vegetable or olive oil
1 stick celery	1 tsp dried herbs (oregano is nice)
1 medium sized carrot	½ tsp salt
2 cloves garlic	¼ tsp pepper
400g tinned chopped tomatoes	

WHAT TO DO FOR TOMATO SAUCE

- 1** Chop the onion, celery and carrot into very small cubes; as small as you can make them. Then do the same with the garlic.
- 2** Heat the oil in a pan over a low heat. Add the onion, carrot and celery and cook gently, stirring now and then until soft. This might take about 10 minutes.
- 3** Add the garlic. Fry gently for a minute or two until it smells good.
- 4** Tip in the chopped tomatoes and bring to a gentle simmer.
- 5** Add the dried herbs, salt and pepper, stir well and let the sauce simmer very gently for about 45 minutes. Keep an eye on it; you may need to add a little water from time to time so that the sauce doesn't boil down too much.

WEEK 3

A hearty meal for 6

This is a vegetable soup with spices in it. You could use other vegetables – eg celeriac, swede, parsnip – to the ones I have indicated.

The spices are important; they really do bring depth and sparkle to even quite dull vegetables. But if you don't have all the spices, just use the ones you have or curry powder or paste will do fine as well. Note: if you buy spices, buy the whole seeds not the powders - and invest in a pestle and mortar. It will become one of your favourite kitchen friends.

Cost per serving £0.42

Cost per recipe £2.49

SPICED LENTIL AND VEGETABLE SOUP

INGREDIENTS

2 sticks celery	300g butternut squash or sweet potato
2 carrots, peeled	2 potatoes scrubbed clean
1 large white onion, peeled	150g red lentils
2tbsp olive oil	1/2 tin coconut milk (freeze the remaining half tin)
3 cloves garlic, peeled and finely chopped	500ml water
½ tsp chilli powder or flakes	Vegetable oil
1tsp cumin seeds, coriander seeds,	Large bunch freshly chopped coriander
1tsp turmeric powder	2tsp salt
3tsp freshly grated ginger	

WHAT TO DO

- 1 Dice all the vegetables separately quite small – 1cm
- 2 Heat the oil in a large pan. Add the diced celery, carrot and onion and fry over a low heat until very soft. This can take 15-20 minutes but it's worth it.
- 3 Add the garlic, spices and ginger and cook for a few minutes longer, stirring well
- 4 Now add the diced potatoes, sweet potato or squash, lentils, coconut milk, 500ml water and the salt and bring to a gentle simmer. Simmer gently for 1 hour or until all the vegetables and lentils are soft. You may need to add a little more water. If so adjust the seasoning accordingly.
- 5 Stir in the chopped coriander just before serving.
- 6 Store leftover soup in the fridge overnight and use in tomorrow's recipe for lentil and coconut curry.

WEEK 3

Serves 4

Cost per recipe £4.34

Cost per serving £1.09

TOAD IN THE HOLE WITH ONION GRAVY AND GREENS

INGREDIENTS FOR THE TOAD IN THE HOLE

140g plain flour
Pinch salt and pepper
200ml milk
4 large eggs
(you should have 5 leftover
from last week's recipe)

6tsp vegetable oil
A sprig of rosemary
(broken into small pieces)
Six pork sausages (about 340g)

- WHAT TO DO**
- 1 Preheat oven to 220C/200C fan/Gas 7).
 - 2 Make the toad in the hole batter. Take out 2 tablespoons of flour and set aside for the onion gravy. Sift the remaining flour into a large bowl with salt and pepper.
 - 3 Make a well in the middle of the flour. Mix the milk and eggs into a small bowl and beat together lightly with a fork.
 - 4 Pour 1/2 the egg mixture into the well in the flour. Use a wooden spoon to gradually whisk it. As the mixture thickens, pour in the rest of the mixture a little at a time and whisk until you have a smooth batter. Add the rosemary and leave to rest for 30 minutes (it will taste better!).
 - 5 Pour the batter into a jug. Put 1/2tsp oil into each hole in a 12-hole muffin tin or all the oil into a roasting tin (25x30cm).
 - 6 Put the tin in the oven for 5min to heat up. Put a sausage into each hole in the tin or all of the sausages spread out in the roasting tin.
 - 7 Return the tin to the oven for about 15min until sausages are golden brown. Remove the tin from the oven, pour the batter into the muffin holes about 3/4 full or add all of the batter into the one roasting dish. Put tins straight into oven (12-14min for the muffin tin or 15-20 minutes if using one roasting tin) until the batter has puffed up and is golden brown and crispy.
 - 8 Leave to cool for 1min before removing from tin and serve straightaway.



WEEK 3

Serves 4

Cost per recipe £4.34

Cost per serving £1.09

TOAD IN THE HOLE WITH ONION GRAVY AND GREENS [CONTINUED]

INGREDIENTS FOR ONION GRAVY

20g butter
2 onions, finely sliced
2 garlic cloves, finely chopped
2tbsp flour
[reserved from the batter ingredients]
250ml chicken, beef or veg stock

INGREDIENTS FOR CABBAGE/ SPRING GREENS

25g butter
400g spring greens or savoy cabbage
[finely sliced]
Salt

- WHAT TO DO**
- 9** For the gravy, melt the butter in a wide, shallow pan over a medium heat. Add the onion and garlic, then cook over a medium-low heat until golden and soft, stirring regularly. Add a splash of water any time it looks too dry.
 - 10** Once golden and soft, put a lid on and cook for another 10 minutes or so over a low heat. The onions should be falling apart and a lovely deep brown colour, but not burning.
 - 11** Stir in the reserved flour and cook, stirring for a couple of minutes then add the stock and season well to taste. Cook, stirring, for 15 minutes more, or until the gravy is soft, sticky and delicious.
 - 12** To cook the cabbage, add the butter and the sliced greens /cabbage to a saucepan and heat gently. Add a splash of water and cook until the greens are tender. Finish with a small knob of butter and a pinch of salt.

WEEK 3

Serves 4

Frittata is traditionally made with leftovers; any cooked vegetables, leftover ends of cheese, a rasher of bacon or a slice of ham – and always with fresh herbs.

Cost per recipe £2.63

Cost per serving £0.66

POTATO FRITTATA

INGREDIENTS

2 medium sized well-scrubbed potatoes
(leave the skin on) chopped into small cubes
7 large free-range eggs
½ an onion, finely sliced
50g frozen peas

A small bunch of basil or parsley or chives or any other fresh herb
Extra virgin olive or vegetable oil
100g cheddar or other cheese, grated
½ tsp salt
½ tsp pepper

WHAT TO DO

- 1 Pre-heat the oven to 170C/150C fan/Gas 3
- 2 Put the chopped potatoes in a saucepan and add enough cold water to cover. Bring to the boil and simmer until just tender. Drain well.
- 3 While the potatoes are cooking, thinly slice the onion and fry in a little oil until soft and just coloured.
- 4 Put the cooked onions, potatoes, frozen peas and grated cheese in a bowl.
- 5 In another large bowl, whisk the eggs and add the salt and pepper, and then add the potato mixture and stir well.
- 6 Pour 1tbsp oil into an ovenproof frying pan (with a metal handle not a plastic one) and set over a high heat.
- 7 When it is almost smoky hot and the whole surface of the inside of the pan is oily, carefully pour in the egg mixture. It will immediately start to bubble. With a fork, draw the mixture from the edges of the pan into the middle so that it all begins to cook evenly.
- 8 After a minute, turn the heat down and cook for 2 further minutes. Then put the frying pan in the oven.
- 9 After 10 minutes take the pan out of the oven (WITH AN OVEN CLOTH) and see if it's cooked; press it gently here and there with your finger; it might still be a bit runny inside. Pop it back in the oven if it needs more cooking. It should take no more than 15 minutes.
- 10 Have a clean chopping board ready. When the frittata is cooked, using the oven cloth and holding the pan with both hands, gently but quickly flip it upside down onto the board and lift the pan away. Hey presto – a beautiful, golden brown frittata! Lovely with a green or tomato salad.

WEEK 3

Serves 4

Cost per recipe £1.75

Cost per serving £0.44

WARNING: Rice should always be kept either HOT or COLD – never lukewarm for any length of time. So either serve piping hot – no longer than 20 minutes after you've finished cooking, or refrigerate quickly.

LEFTOVER VEGETABLE CURRY WITH RICE

INGREDIENTS

1tbsp oil	1 tsp ground cumin
1 onion, peeled and finely sliced	½ of the base recipe from the lentil and coconut soup
1 red chilli, seeds removed and finely chopped	½ head cauliflower, chopped into bite-sized florets
1 red pepper, seeds removed and chopped into 2cm pieces	300g basmati rice
	Salt

WHAT TO DO

- 1 Heat the oil in a pan. Add the onions, chilli and peppers and fry gently until the onions are very soft.
- 2 Add the cumin and cook for one minute to toast. Add the leftover soup and cauliflower florets.
- 3 Bring to a simmer and cook over a gentle heat until the cauliflower is tender and the sauce is nice and thick. Add a splash of water if needed. Taste and add seasoning.
- 4 Whilst the curry is cooking, cook the rice according to the instructions on the packet.
- 5 Once the rice is cooked and the curry is cooked, divide among plates and enjoy!



WEEK



4

DAY 1

LUNCH

Leek and cheese potato cakes with a fried egg

DINNER

Chicken Singapore noodles

LEFTOVER INSTRUCTIONS

Peel and cook extra potatoes for the fishcakes tomorrow

DAY 2

Roasted tomato puff pastry tart

Tuna & Sweetcorn Fishcakes with Coleslaw

Make extra fishcakes for the freezer

DAY 3

Butternut Squash Soup

Mac + Cheese with broccoli and cauliflower

If there is extra soup it can be frozen for another time

SHOPPING LIST

6 x eggs
1 red pepper
1 yellow pepper
1 pack puff pastry
100g chicken breasts
1 x bunch spring onion
1kg potatoes
1 x butternut squash
400g cheddar cheese
250g tin tuna
1 x tin sweetcorn
1 x small white cabbage,
1 x carrot
small bunch flat-leaf parsley

1 ball mozzarella cheese
small bunch basil
50g mushrooms
1 x lemon
568ml Milk
3 leeks
100g ginger
150g egg noodles
50g beansprouts
Small bunch chives
Small cauliflower
3 tomatoes on the vine
1 pack puff pastry (ready-rolled)
Handful baby tomatoes



WEEK 4

Serves 4

Cost per recipe £3.15

Cost per serving £0.79

LEEK & CHEESE POTATO CAKES WITH A FRIED EGG

INGREDIENTS

3 leeks	150g cheddar, feta or other cheese, crumbled
30g butter	Butter for frying
1tbsp oil	4 eggs
600g warm mashed potato	

WHAT TO DO

- 1 Remove the tough outer layer from the leeks and chop off the dark green tops.
- 2 Finely slice the leeks and rinse well in a colander.
- 3 Heat half the butter with the oil in a large pan and add the sliced leeks. Cook over a gentle heat until very soft but not brown. Set aside to cool for five minutes.
- 4 Mix the cooked leeks into the mashed potato and add the crumbled cheese.
- 5 Shape into small patties and transfer to a plate. Chill in the fridge until firm.
- 6 Preheat the oven to 180C/160 fan/Gas 4
- 7 Heat the remaining butter in a large frying pan and fry the patties in batches for around 5 minutes on each side or until golden. Lift onto a baking sheet and transfer to the oven for 10 mins until cooked through.
- 8 Wipe out the pan and add 2tbsp oil. Crack the eggs into the pan (do one or two at a time if your pan is small) and cook over a gentle heat, spooning the oil over the top of the egg to seal the yolk.
- 9 Serve the potato cakes straight from the oven with a fried egg on top!

WEEK 4

Serves 4

This is a really quick and easy dinner. It's best to get all your ingredients ready before you start as you do have to work quite quickly!

Cook-along with Square Food!
You can find our video with step by step instructions for this recipe at squarefoodfoundation.co.uk/cookalong

Cost per recipe £2.41

Cost per serving £0.60

CHICKEN SINGAPORE NOODLES

INGREDIENTS

100g chicken breast, chopped into strips	1 red onion, peeled and sliced
3 tbsp dark soy sauce	1 red pepper, sliced
2 garlic cloves, peeled and finely chopped	1 tsp curry powder
Small lump fresh ginger, peeled and grated	½ tsp Chinese five spice powder
150g fine egg noodles	3 spring onions, sliced
2 tbsp oil	Small handful beansprouts
50g mushrooms, sliced	

WHAT TO DO

- 1 Marinate the chicken strips in 2tbsp of the soy sauce, one chopped garlic clove and half the grated ginger for at least one hour (or in the fridge overnight).
- 2 Fill a large saucepan two thirds full of water and put it on a high heat. Once the water starts to boil, carefully add the noodles. Give them a stir every now and then so that they don't stick together. They will only take a few minutes to cook. When they're ready, drain them and leave to one side.
- 3 Place a large frying pan over a high heat. Add the oil. When the oil is hot, add the sliced mushrooms and stir-fry them until they are golden brown. Then add the onion and cook until golden, keep stirring!
- 4 Lift the chicken from its marinade (don't throw away the marinade) and add to the pan. Cook over a medium-high heat until cooked through.
- 5 Then add the pepper and cook until it begins to soften. Add a splash of water to loosen any of the delicious bits stuck to the bottom of your pan!
- 6 Sprinkle in the curry powder and Chinese five spice and add the remaining garlic, ginger and the sliced spring onions and stir.
- 7 Stir in the marinade from the chicken and add the beansprouts. Mix in the drained noodles. Mix together with two forks until the noodles are coated. Serve immediately!

WEEK 4

Serves 4

Cost per recipe £3.40

Cost per serving £0.85

EASY TOMATO PUFF PASTRY TART

INGREDIENTS

1 pack fresh ready-rolled puff pastry
(all-butter is best if you can find it)

2 heaped tbsp pesto

3 medium vine tomatoes, sliced

40g sun-dried tomatoes, roughly chopped

A handful baby plum tomatoes, halved

125g mozzarella ball, torn

Salt & pepper

A few basil leaves roughly torn

WHAT TO DO

- 1 Preheat the oven to 200C/fan 180C/gas 6.
- 2 Unroll the puff pastry and use a small sharp knife to score a border 2cm from the edge. Don't cut all the way through.
- 3 Prick the centre of the pastry all over with a fork, place on a baking sheet and bake in the oven for 15 minutes.
- 4 Spread the pesto over the centre of the pastry. Arrange the vine tomatoes, sun-dried tomatoes and halved baby tomatoes on the pastry.
- 5 Scatter over the torn mozzarella and season with salt and freshly ground black pepper.
- 6 Return to the oven for 10 minutes.
- 7 Scatter with a few fresh basil leaves and serve.



WEEK 4

Serves 4

Cook-along with Square Food!
You can find our video with step
by step instructions for this recipe
at [squarefoodfoundation.co.uk/
cookalong](https://squarefoodfoundation.co.uk/cookalong)

Cost per recipe £4.52
Cost per serving £1.13

TUNA & SWEETCORN FISHCAKES WITH COLESLAW

INGREDIENTS FOR THE FISH CAKES

450g potatoes, peeled
Salt and pepper
Small bunch chives
2 tbsp mayonnaise
2 x 185g tuna, drained
1 x 198g can sweetcorn, drained
2 eggs, beaten
100g dried breadcrumbs
Sunflower oil, for frying

WHAT TO DO TO MAKE THE FISH CAKES

- 1 Put a pan of salted water on a high heat. Chop the potatoes into quarters. When the water's boiling, add the potatoes and cook until they are really tender.
- 2 Drain the potatoes and allow to steam-dry. Once they are dry, tip into a bowl, season with salt and pepper, and mash well.
- 3 Chop the chives and add to the potato along with the mayonnaise, tuna and sweetcorn. Give it a good stir. Shape the mixture into 8 cakes and pop them in the fridge for around 20 minutes, until they are cold and firm.
- 4 Get two shallow dishes ready. Put the beaten eggs in one of the dishes and the breadcrumbs in the other dish. Dip each cake first into the egg, letting any excess drip off. Then coat each one in the breadcrumbs.
- 5 Pop them in the fridge again for 15 mins.
- 6 Heat a little of the oil in a pan and gently fry the cakes for 2-3 mins on each side until golden.

INGREDIENTS FOR THE COLESLAW

1 large carrot
450g white cabbage
1 onion
Small bunch parsley
2 tbsp olive oil
Juice of ½ lemon
2-3tbsp mayo
Salt and pepper

WHAT TO DO TO MAKE THE COLESLAW

- 1 Peel and grate the carrot, and thinly slice the cabbage and onion.
- 2 Finely chop the parsley. Put everything into a mixing bowl.
- 3 Add the olive oil, lemon juice and mayo, season with salt and pepper and give it a good mix with your hands!
- 4 When everything's ready, plate up and enjoy.

WEEK 4

Serves 4

Cost per recipe £1.42

Cost per serving £0.36

BUTTERNUT SQUASH SOUP

INGREDIENTS

2 tbsp olive oil

1 medium onion, finely diced

2 garlic cloves, finely chopped

A thumb-sized piece root ginger
(peeled and finely grated)

300g red lentils

2 pints hot vegetable stock/water made with 1 stock cube

300g (or half) butternut squash

(peeled, cored and cut into 1cm cubes)

Salt and freshly ground black pepper

WHAT TO DO

- 1 Prepare all your vegetables (top tip: use a teaspoon to scrape the skin off the ginger!)
- 2 Warm a saucepan with the olive oil and add the onion, garlic, ginger and a pinch of salt. Cook gently until lovely and soft but with no colour. The longer you leave this the better the soup will be (we suggest 15 minutes).
- 3 Add the butternut squash cubes. Continue cooking for another 10 minutes keeping a close eye on it and stirring occasionally to stop it from sticking.
- 4 Add the red lentils and stock/water and simmer for 20 minutes or until the squash and lentils are tender. Add a little more liquid if it has thickened too much.
- 5 Season to taste and serve either blitzed into a smooth soup with a stick blender or as it is.
- 6 Delicious served with homemade bread rolls.

WEEK 4

Serves 4

Cook-along with Square Food!
You can find our video with step
by step instructions for this recipe
at [squarefoodfoundation.co.uk/
cookalong](https://squarefoodfoundation.co.uk/cookalong)

Cost per recipe £3.35

Cost per serving £0.84

MAC 'N' CHEESE WITH BROCCOLI & CAULIFLOWER

INGREDIENTS

250g macaroni	1 (560ml) pint milk
75g cauliflower broken into florets	250g cheddar
75g broccoli broken into florets	1 tsp thyme leaves
40g butter	50g breadcrumbs
40g flour	
1 tsp mustard powder	

WHAT TO DO

- 1 Preheat the oven to 180C/160C (fan)/gas mark 4.
- 2 Cook the pasta in boiling salted water for 7 minutes, then add the cauliflower and broccoli and cook for a further 3 minutes.
- 3 Meanwhile, melt the butter until it starts foaming, stir in flour and mustard powder to make a smooth paste called a roux. Cook for up to 2 minutes, this will stop it tasting floury.
- 4 Gradually add the milk, a little at a time, waiting until it's incorporated before you add the next batch. You should end up with a silky white sauce. Taste and adjust the seasoning with some salt.
- 5 Turn the heat down to its lowest setting, grate in most of the cheese and stir well.
- 6 Drain the pasta and vegetables carefully over the sink with a colander and then add them to the prepared cheese sauce. Pour the pasta and cheese sauce into a baking dish and sprinkle over the breadcrumbs, thyme leaves and any remaining cheese.
- 7 Bake for 20 minutes or until bubbling and golden on the top.
- 8 Serve with a green salad!



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