



circle

Supporting families in Scotland

Circle's Family Recipe Book

Brought to you by families supported by Circle's services.



Introduction



WELCOME TO CIRCLE'S FAMILY RECIPE BOOK!

This is a resource made by Circle's families, for Circle's families, to share healthy, affordable recipes, and useful tips and tricks for cooking.

The affordable recipe book has been created to help families cope with the rising food prices, and save money where possible when cooking.

We wanted to say a huge thank you to all of the parents and children who helped us create this affordable cookbook, by sharing their recipes, and sending in photos of their yummy dishes!

"Cooking with others and making suggestions for meals made me feel part of something bigger, supporting others while developing my own skills"
- Parent

What you'll find:

- ✓ Cheap recipes for under £5
- ✓ Top tips page for cooking
- ✓ Cost of ingredients and where to buy them
- ✓ Step-by-step directions for cooking
- ✓ Images of meals produced by families
- ✓ Prep time, servings and cost of total recipe



**GOT A RECIPE TO SHARE?
GET IN TOUCH!**

kirsten.wales@circle.scot



Top Tips!



Check what you've got in your cupboard already, as well as the bottom of your freezer!



Figure out when your local supermarket reduces the prices



Shop around and never go shopping when you're hungry!



Plan Ahead! Check sell by dates when making purchases to reduce waste



All supermarkets have their own top tips and ideas on their website - have a wee look !



Remember your reward card or loyalty card (or apps!)



Batch-make meals, and freeze whatever you don't eat, so you can defrost it when you don't have time to cook!



Always check your receipt

CHICKEN NOODLE SOUP



Serves : 6



Prep Time : 30 mins

£ 4.32



Ingredients:

- 1 breast of chicken- £1.35
- 8 chicken stock cubes- 65p
- ½ a bag of frozen onions (250g)- 43p
- 1 garlic clove, finely chopped- 25p
- Bag of carrots- 25p
- Soya sauce- 65p
- 2 packets of instant noodles- 80p
- 2 litres of water

ASDA

Directions:

1. Pour the stock into a pan and add the chicken breast, onion and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.
2. Put the chicken on a board and shred into bite-size pieces using a couple of forks. Return the chicken to the stock with the noodles, carrot and sauce. Simmer for 3-4 mins until the noodles are tender.
3. Ladle into bowls and serve with extra soy sauce

***Tip-** You can also use a pot noodle. Just remember you will need less stock and it comes with a little soya sauce!

LENTIL SOUP



Serves : 6



Prep Time : 10 mins

£ 4.65



Ingredients:

- 1 packet of smoked bacon- £1.55
- 6 carrots- 45p
- 4 Ham stock cubes- 65p
- Bag of potato's- £1
- Bag of lentils- £1



Directions:

1. Cut up your bacon
2. Place half a bag of lentils into a large pot, along with your chopped bacon. Add 2 stock cubes, and boil with water for around 10 minutes
3. Grate your carrots, and chop your leek and potatoes
4. add the ingredients to the pot, along with another two stock cubes and allow it to simmer for 1.5 hours
5. Allow your soup to cool, before blending and adding any herbs and a bit of salt and pepper
6. Serve and enjoy!

***TIP-** You can put any soup you don't use into freezer bags, and simply defrost once you are ready to eat it!

TOMATO SOUP



Serves : 4



Prep Time : 20 mins

£ 2.33



Ingredients:

- 2 tins of tomatoes- £1
- 8 vegetable stock cubes- 65p
- 1 bag of carrots- 25p
- ½ a bag of Frozen onions (250g)- 43p
- 2 litres of water

ASDA

Directions:

1. Melt butter over medium heat, before adding your 2 litres of water, chopped onions, tinned tomatoes, and 1/2 teaspoon of salt.
2. Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed.
3. Blend the soup, and then season to taste. The soup doesn't need to be ultra-smooth, some texture is a nice touch.

***Tip-** If you add ½ a bag of red pepper, you have Tomato & Red Pepper Soup!



circle

Supporting families in Scotland

BRUSCHETTA



Serves : 8



Prep Time : 20 mins

£ 4.46



Ingredients:

- 1 Small red onion- 26p
- 6 Garlic cloves- 25p
- 8 Leaves of fresh basil- 55p
- 9 tomatoes- 80p
- 45ml of Balsamic vinegar- £1
- Garlic Bread slices- £1.60
- 60ml olive oil

ASDA

Directions:

1. Firstly dice up the tomatoes then place them all into a sieve to drain while you prepare the rest
2. Peel and finely dice the red onion and garlic and add them to a bowl. Chop your basil leaves and add them to the bowl
3. Add the balsamic vinegar and olive oil to the bowl then add in your drained tomatoes.
4. Give the bowl a good toss to mix up all the ingredients and give them a good coating of oil and vinegar.
5. Carefully use the sieve to drain any excess oil and vinegar, give the mix a final toss then cover the bowl with cling film and place into the fridge for at least an hour to chill.
6. Once chilled, cook your garlic bread slices according to the instructions on the packet. Once ready, take a healthy dollop of the bruschetta and place on top of the garlic bread
7. Serve it up and enjoy!

MINCE & TATTIES



Serves : 4



Prep Time : 20 mins

£ 3.75



Ingredients:

- Beef Mince (500g)- £1.69
- Gravy Granules- 99p
- Stock Cubes- 65p
- Carrots- 40p
- Onion- 71p
- Potatoes- 99p



Directions:

1. Place your mince into a large pot of boiling water
2. Add 5-6 chopped carrots and 2 sliced onions
3. Add 3 tablespoons of gravy granules, and 2 stock cubes, then allow this to simmer for around 2 hours
4. Meanwhile, cut your potatoes into quarters, before peeling then boiling them for around 30 mins and cook until soft
5. Drain your potatoes, and add around 3 tablespoons of butter, and a splash of milk before mashing them
6. Serve up your mince and tatties!

SAUSAGE HOTPOT



Serves : 4



Prep Time : 30 mins

£ 4.29



Ingredients:

- 8 sausages- £1.50
- 4 Carrots- 25p
- 1 1/2 onions- 79p
- 2 beef stock pots- 95p
- Gravy Granules- 80p

ASDA

Directions:

1. Chop your onions and carrots
2. Add to a dish, along with your 8 sausages (uncooked)
3. Add boiling water, along with your 2 beef stock pots
4. Cook in the oven for 2 hours, then wait for it to cool before pouring a healthy amount of gravy over at the end to thicken
5. Serve and enjoy!



circle

Supporting families in Scotland

ROAST CHICKEN DINNER



Serves : 4



Prep Time : 30 mins

£ 6.35



Ingredients:

- Whole Medium Chicken- £3
- Bag of potatoes- £1
- Bag of Yorkshire puddings- 50p
- Green beans- 85p
- Gravy granules- 99p



Directions:

1. Wrap your chicken in tinfoil, and place it in the oven for 2 hours, at 180 Celsius
2. Whilst waiting for your chicken to cook, peel your potatoes and boil them for around half an hour until soft. Once the potatoes are ready, drain the water, and add some milk, butter and salt before mashing
3. Add your green beans into a pot of boiling water, and salt, and cook for around 10 minutes
4. Put your Yorkshire puddings in the oven for around 6-7 minutes, and take out once crispy
5. Once the chicken is cooked, serve up your plates with all the trimmings, and pour your gravy over the top
6. Serve and enjoy!

HOMEMADE PIZZAS



Serves : N/A



Prep Time : 30 mins

£ varies



Ingredients:

- Readymade pizza bases- £1.30 for 2
- Mozzarella cheese- 49p for 1
- Tomato Passata- 45p per carton
- Toppings of your choice (price varies)

Directions:

1. Take your readymade pizza bases out the box and lay on a hard, flat surface
 2. Cover your pizza bases in your tomato passata before adding on the mozzarella cheese. Try to cover all of the tomato base with your cheese
 3. Simply add the toppings of your choice- ham, sweetcorn, pepperoni, peppers, or even some pineapple!
 4. Pop your pizzas in the oven for around 15 minutes
 5. Slice up and enjoy!
- *Tip-** You could replace the pizza base with pitta breads, or wraps for a healthier option!

Pizza making was such fun to do together
- Parent

INDIAN CURRY



Serves : 4



Prep Time : 30 mins

£ 5.37



Ingredients:

- 2 Chicken breasts- £2.70
- 1 bag of rice- 50p
- 4 teaspoons of crushed garlic- 25p
- 4 teaspoons of crushed ginger- 53p
- ½ tube of tomato puree- 39p
- 1 bag of frozen onions (500g)- £1
- 2 tablespoons flora/butter
- 1 heaped teaspoon of curry powder
- 1 heaped teaspoon chilli powder
- 1 heaped teaspoon garam masala

TESCO

Directions:

1. Start by frying your garlic, ginger and onion in a pot with the butter/flora
2. Add salt, curry powder, chilli powder and puree, then blend in with a litre of water
3. Add your raw chicken breasts, and let it simmer for 30 minutes before adding the garam masala
4. In the meantime, boil your rice in a pan for around 20 minutes, and drain
5. Serve your curry and rice together and enjoy!

***Tip-** Home Bargains is the cheapest for all herbs and seasonings

 **circle**

Supporting families in Scotland

SPAGHETTI MEATBALLS



Serves : 4



Prep Time : 40 mins

£ 3.82



Ingredients:

- 1 brown onion, 10p
- 500g minced pork, £1.79
- 1 garlic, 25p
- Spaghetti Pasta, 20p
- 1 egg, from a pack of 6- 85p
- Tomato Puree- 35p
- 1 can Chopped Tomatoes, 28p

TESCO

Directions:

1. To make the sauce, heat half the oil in a pan and add the onion and sugar, and cook over medium heat for 5-7 mins, until it starts to soften, but not colour. Add the garlic to the pan and cook for 1-2 mins.
2. Remove half the onions from the pan to use in the meatballs. Add your tinned tomatoes, purée, stock cube, and 150ml boiling water and bring to the boil, then reduce the heat and simmer it, covered, for 15-20 mins.
3. To make the balls, add the reserved cooked onion and garlic to the minced pork with the breadcrumbs and egg. Add the parsley, season, then mix well.
4. Divide the mixture into 12 or 16 and shape it into balls. Place them on a board or plate, cover with clingfilm, and chill for at least 30 mins or until they've firmed up.
5. Heat the remaining oil in a pan and add half. Cook until browned on all surfaces, turning them occasionally. Brown the rest.
6. Add to the tomato sauce and simmer gently for 15-20 mins, or until they are cooked through. Turn them occasionally in the sauce.
7. Serve with linguine, tagliatelle, or spaghetti, and enjoy!

MAC N' CHEESE

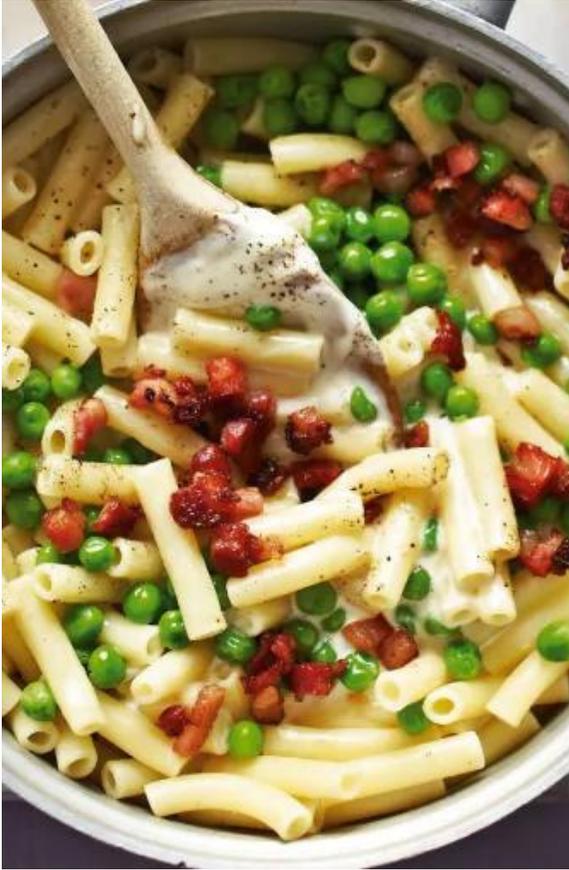


Serves : 4



Prep Time : 30 Mins

£ 3.70



Ingredients:

- Everyday Value pasta (500g)- 58p
- Frozen peas (850g)- 52p
- Bacon (500g)- 75p
- Cheddar Slices 200g- 99p
- Creme Fraiche- 95p

Sainsbury's

Directions:

1. Add the pasta to a pan of boiling, salted water and cook for 10 mins, adding the peas for the last couple of mins of cooking.
2. Meanwhile, fry the pancetta, or bacon, for about 5 mins until crispy.
3. Drain the macaroni with the peas, return it to the pan and stir in the crème fraîche, pancetta, or bacon, grated cheese and seasoning. Warm through for a min. Serve with a green salad if you like!



circle

Supporting families in Scotland

FARMHOUSE CHICKEN



Serves : 6



Prep Time : 25 mins

£ 5.53



Ingredients:

- 2kg Chicken Skin on Thighs- £3.50
- 500g carrots- 23p
- 2 leeks- 60p
- 150ml double cream- 75p
- English mustard- 45p

Sainsbury's

Directions:

1. Set the oven to 160°C/325°F/Gas Mark 3. Heat a large frying pan and add the chicken thighs, in 1 or 2 batches, skin-side down. Cook until the skin browns well, then turn them over and cook for another couple of mins. Take them out and set aside.
2. Drain off all the fat from the pan. Add the oil and when hot, add the carrots and leeks and cook for about 5 mins. Spread the veg out in a large baking dish or roasting tin. Add the sprigs of thyme and parsley. Season well. Put the chicken thighs on top. Season again and pour in 600ml boiling water - enough to almost cover the meat. Cover with foil or a lid. Cook for 30 mins, take off the foil and cook for a further 20 mins.
3. Pour the stock into a jug. Cover the chicken with foil to keep it warm. Bring 300ml of the stock to the boil in a small pan and reduce it by half. Stir in the cream or crème fraiche, whisk well and simmer for a few minutes. Add the mustards and seasoning. Serve the sauce with the chicken, along with potatoes, beans and peas, if you like.

***Tip-** Remove the skin if you like, to keep the fat content lower but it's not necessary.

TUNA & POTATO LAYER



Serves : 4



Prep Time : 25 mins

£ 3.73



Ingredients:

- Baby potatoes (1kg)- 90p
- Cheddar Cheese sauce mix (40g)- 65p
- 2 x Tuna Chunks in Brine (145g)- £1.18p
- Asda Sweetcorn in Water (198g),- 40p
- 1 pint Whole Milk- 60p

ASDA

Directions:

1. Place the new potatoes in a pan of lightly salted boiling water. Cover and simmer for 10 mins or until tender. Drain and allow to cool slightly.
2. Meanwhile, make the sauce with the milk according to pack instructions. Stir in the tuna, sweetcorn and parsley and cook over a medium heat for 3-4 minutes or until piping hot.
3. Place half the potatoes on the base of a heatproof serving dish. Pour over the tuna mixture. Place the remaining potatoes on top.
4. Sprinkle over the cheese and place under a preheated grill for 2-3 mins or until golden brown.
5. Serve with a green salad.



circle

Supporting families in Scotland

BACON & MUSHROOM RISOTTO



Serves : 4



Prep Time : 30 mins

£ 3.39



Ingredients:

- Cheese spread-£1
- Cooking bacon (500g)- 75p
- 1 onion- 20p
- Rice (1kg)- 45p
- Garden peas (850g)- 52p
- Fresh mint- 47p

Sainsbury's

Directions:

1. Heat the oil in a pan and fry the bacon for 3-4 minutes before adding the onion and sautéing for 4-5 minutes, until slightly translucent.
2. Stir in the rice and then add a ladle of stock and continue to stir until all the liquid has been absorbed.
3. Repeat with all but 2 ladles of the remaining stock until the rice is al dente.
4. Stir in the peas, chopped mint and cheese spread and continue to stir. If the risotto appears too thick, add more of the remaining stock.
5. Season according to taste.

TUNA PASTA BAKE



Serves : 4



Prep Time : 30 mins

£ 5.13



Ingredients:

- 300g pasta, dried- 80p
- 1 onion, chopped- 79p
- 1 garlic (clove), crushed- 25p
- 160g tuna- 79p
- 1 tin chopped tomatoes- 50p
- 100g cheddar cheese, grated- £2
- 2 tbsp olive oil

ASDA

Directions:

1. Cook your pasta for 2 minutes less than the instructions on the packet and drain
2. Preheat oven to 180'C/Gas mark 4
3. Use olive oil, or oil from your tuna if you have some- pour into a pan and fry some onion and garlic
4. Pour away the rest of the oil, add the tuna to the pan, and heat through and mix up for a minute
5. Add the chopped tomatoes, herbs and some black pepper - cook for 5-10 minutes
6. Add to the cooked pasta
7. Pile into an oven dish and top with grated cheese
8. Bake for 20-30 minutes before serving



Thank You!

We wanted to say a huge thank you to all the children, parents and families who helped us put together this recipe book. We've really enjoyed receiving all of your wonderful recipes, and photos of your yummy dishes.

The cost-of-living crisis, and rising food prices are having a major impact on everyone, and we are so inspired to see the way that families have come together to help each other through their participation in creating this affordable recipe book.

We hope you've enjoyed cooking our family recipes, and thank you again to everyone who took part in helping us put it together.

**'The families that we work with never cease to amaze me with their skills, willingness to support others, resilience and inspiration'
- Agnes, Family Outreach Worker**

