

# See how \$50 can buy you a week's worth of dinner for a family of 4.

## Shopping list:

### Fruit and vegetables

- 2 onions
- 5-6 potatoes
- 1 zucchini
- 1 Pack of stir-fry veg
- 1 bulb garlic
- Carrots 1kg

### Meat/poultry/eggs

- 700g chicken
- Dozen eggs

= \$9.80

### Frozen

- Frozen spinach
- Frozen peas

=\$14.60

=\$3.60

### Pantry

- 2 tins of lentils
- 2 tins diced tomatoes
- 1 tin black beans
- 1 tin sweet corn
- 1 jar of salsa
- 1 jar of pasta sauce
- 500g spaghetti
- 500g penne
- 4 packs of 2-minute noodles
- Soy/oyster sauce
- 4 x 90g tins sweet chilli tuna
- 1kg rice

Total = \$49.40

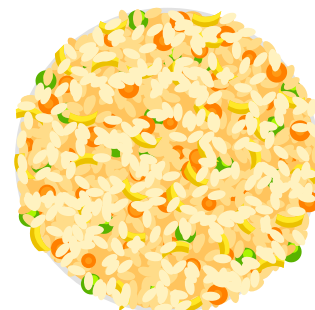
=\$21.40

## Dinner recipes:

### Fried rice (serves 8 - freeze half for later in the week)

#### Ingredients

- 3 cups rice
- 6 eggs, lightly beaten
- 1 zucchini, chopped into small pieces
- 3 carrots, finely chopped
- 1/2 cup frozen peas
- Soy sauce to taste



#### Method

- Boil rice on the stove as per instructions.
- In a frypan, cook eggs and roll into an omelette shape. Set aside for later.
- In the pan, combine all vegetables and cook until softened. Add sauce and seasonings of your choice.
- Add cooked rice and fry for 5 minutes.
- Chop up egg into small pieces and add to rice mixture, stir until combined. Serve!

### Sweet chilli tuna pasta (Serves 4)

#### Ingredients

- 500g pasta
- 4 x tins of sweet chilli tuna
- 1 cup frozen peas

#### Method

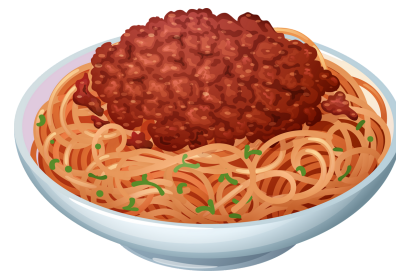
- Cook pasta as per instructions.
- In a saucepan, combine pasta, tuna and peas and cook until peas are cooked through. Serve.



## Lentil bolognese (serves 8 - freeze half for later in the week)

### Ingredients

- 2 tins of 400g lentils
- 2 tins of tomatoes
- 1 jar of pasta sauce
- 2 onions, chopped
- 1 pack of frozen spinach
- 500g spaghetti



### Method

- Cook spaghetti as per instructions.
- Saute onion with a splash of oil until soft, add in tomatoes, lentils, spinach, and pasta sauce and simmer for 10-15 mins.
- Spoon over spaghetti and serve!

## Chicken noodle stir-fry (Serves 4)

### Ingredients

- 1/4 cup soy/oyster sauce
- 4 packs of 2-minute noodles
- 2 cloves garlic, finely chopped
- 1 pack of stir-fry veg
- 700g chicken, diced



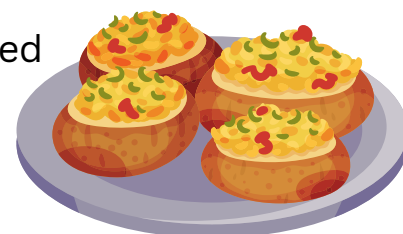
### Method

- Combine packs of noodles, discard flavourings, add boiling water, cover, and leave for 5 minutes.
- In a wok or saucepan on medium heat, add a splash of oil and cook chicken until just browned. Put aside.
- In the saucepan on high, add another splash of oil and cook veg and garlic until softened, add sauce, chicken and noodles and cook for another 5-10 minutes until combined.
- Serve.

## Baked potatoes (Serves 4)

### Ingredients

- 4 large potatoes
- 1 tin of black beans, drained
- 1 tin of sweet corn, drained
- 1 jar of salsa



### Method

- Preheat oven to 180 degrees Celsius.
- Use a fork to pierce each potato, so the steam can escape when baking, rub skin with salt and oil (optional) and bake for around 1 hour and 10 - depending on oven, some may take less or more time.
- If potato is hard in the middle, keep baking until soft.
- Once cooked, allow to cool for 10 minutes.
- Combine beans, corn and salsa in a bowl and season.
- Slice potatoes lengthways and add bean mixture and serve!