

TASTY BUDGET MEALS!

Cheese and potato bake

1 clove garlic, crushed (optional)

1 large onion

4 large potatoes

1 onion, finely chopped and fried in a tsp of oil until soft but not browned

100ml milk or double cream

6 tbsp grated mature cheddar cheese

Black pepper to taste



Boil and then mash the potatoes with 50ml milk/cream and 4 tbsp cheese.

Season with pepper.

Mix in the cooked onions and garlic.

Stir in the remaining milk or cream until well combined.

Put in a greased baking dish and sprinkle with the rest of the cheese.

Bake for 20 mins at 190°C/fan180°C/gas 5.

Chicken Pasta Bake

200g pasta cooked according to pack instructions and drained

100g cooked chicken, chopped

100g tinned or frozen peas

100g tinned or frozen sweetcorn

1-2 tsp dried or fresh basil, oregano or parsley

250ml white sauce (use half quantity of this recipe)
grated cheese for topping



Simply mix all the ingredients together, put into an oven-proof dish and sprinkle with the grated cheese. Cook for about 30 minutes at 180 C/Gas 4. Easy and delicious!

Fish Pie

Serves approx 4

- **cod, haddock or other fish steaks/fillet**
- **cheese sauce**
- **spinach, leeks or broccoli**
- **potatoes**
- **cheese**



Bake cod or haddock steaks in a covered oven proof dish - this takes about 25 mins at 180 C/Gas 4.

Meanwhile make some [cheese sauce](#) and lightly cook some spinach, leeks or broccoli.

Boil some potatoes and once cooked drain and slice into discs.

Flake the cooked fish and place in a pie dish, picking out any bones as you come across them. Spoon the vegetables on top of the fish and pour over the cheese sauce.

Place the potato discs over the mixture and grate some cheese on the top.

Place back in the oven for about 15 mins or until the cheese has melted and gone a little crispy.

Leek and Potato Soup

- **2 tbsp of butter or olive oil**
- **2 chopped leeks**
- **1 small onion, finely chopped**
- **350g/12 oz floury potatoes**
(red potatoes taste nice in this soup)
- **900mls of chicken or veg stock**
(x2 stock cubes if no fresh stock available)
- **ground pepper**
- **crusty brown granary baguettes**



Heat the butter in a large pan and then add chopped leeks and onion and cook gently until softened.

Add the potatoes to the pan (these should be peeled and cubed). Let these cook for about five minutes. Add the stock and bring to the boil then reduce the heat. Cover and simmer gently for 30 - 35 minutes until vegetable are very tender.