

A kitchen scene with a frying pan of vegetables on a stove and a large orange star graphic.

MOSSLANDS MEALS

We have challenged pupils to design some family meals that will feed a family of 4 for £5 or less. Here are the ideas the pupils have come up with.

Puttanesca-style ribbon courgetti

Ingredients

- 1tbsp rapeseed oil
- 2 cloves garlic, sliced
- 400g tin chopped tomatoes in tomato juice
- 150g pitted black olives, drained and sliced
- 25g pack basil leaves, picked and torn
- 3 large courgettes, spiralised (preferably into thin ribbons, but any courgetti is fine)

Method

1. Heat $\frac{1}{2}$ the oil in a pan over a medium setting. Add the garlic and fry for 2 mins until it starts to sizzle.
2. Add the tomatoes and olives to the pan, then simmer for 10 mins, stirring occasionally, until the sauce has reduced slightly.
3. Meanwhile, heat the rest of the oil in a large frying pan. Add the courgette ribbons and sauté for 3-5 mins until softened but still with a little 'bite'.
4. Stir the basil into the sauce, reserving a little. Spoon over the courgette 'pasta', sprinkle with pepper and the reserved basil, then serve from the frying pan.

Ingredients Cost £3.66p

Could be served with garlic baguette 64p for two from Tesco

Submitted by Year 11

Pasta Carbonara

(costings from ASDA)

Ingredients

- Tagliatelle (500g) £0.75
- Wafer thin honey roast ham £1.40
- Italian style carbonara sauce £1.35
- Sliced mushrooms £0.60
- Grower's selection broccoli £0.50

Total cost £4.50

Submitted by Year 11

Method

- Slice Broccoli and Ham
- Boil pasta and Broccoli
- Put sauce in pan and cook until hot
- Add mushrooms and ham to sauce
- Put pasta on a plate
- Pour sauce over it
- Add broccoli to the side

Guacamole-style pasta

Ingredients

- 350g penne (£1 for 500g bag)
- 250g cherry tomatoes, halved (90p)
- ½ red onion, finely chopped (10p)
- 1 lime, juiced (30p)
- 2 tbsp olive oil (£1.35 for 250ml, 13p approx. price)
- 15g fresh coriander, chopped (70p)
- 2 avocados, peeled, stoned and cut into chunks (£1.50)

Total cost £4.63

Prices from Tesco

Submitted by Year 10

Method

1 Cook the pasta in a large pan of boiling salted water for 8-10 mins until cooked. Drain well.

2 Meanwhile, toss the tomatoes, onion, lime, oil and most of the coriander into a large bowl. Season well. Tip in the drained pasta and the avocado chunks. Toss everything together before serving. Top with the remaining coriander.

Vegan green veg spaghetti

This pasta dish is sauced with a tasty kale pesto

Ingredients

- 50g almonds, chopped (70p)
- 150g sliced kale, remove the woody stems (62p)
- 200g frozen peas (12p)
- 1 clove garlic, crushed (13p)
- 2 tbsp extra virgin olive oil (13p)
- 30g basil (70p)
- Zest and juice of 1 lemon (30p)
- 250g spaghetti (50p)
- 160g tenderstem broccoli, chopped (1.50)

Total cost £4.70

All costs from Tesco

Submitted by Year 10

Method

- Soak 30g almonds, chopped, in boiling water for 10 mins, then drain.
- Wash the kale and put $\frac{1}{2}$ in a sieve over the sink with 80g frozen peas. Pour over boiling water, allow to cool, then squeeze out excess liquid.
- Process the almonds, blanched kale and peas with garlic, olive oil, basil, and the lemon zest and juice until smooth.
- Cook the spaghetti in boiling water for 6 mins.
- Add the remaining kale, 120g frozen peas and broccoli. Cook for 2-3 mins until veg is tender and pasta is al dente.
- Drain the spaghetti and veg, reserving 50ml of the cooking water. Stir in the kale pesto; thin with a little of the water, if needed.
- Divide between 4 plates and top with 20g almonds, chopped, extra basil and a drizzle of olive oil to serve.

Vegetable pasta

Ingredients

- Fusilli 500g pasta 50p
- Mushrooms = £1
- One loose red pepper = 49p
- 2 tinned tomatoes = 70p
- Courgettes = £1.19

Total = £4.53

All prices from Morrisons

Submitted by Year 10

Recipe

- Peel and prepare vegetables, place into to a frying pan
- Add pasta to boiling water
- Add oil to pan
- Fry vegetables in pan
- When the pasta is boiled, drain and add to the vegetables
- Add tinned tomatoes
- Stir altogether in pan
- Once the pasta is finished place into bowls and serve.
- You should have some lovely vegetable pasta.

Beef and lentil bolognaise

Ingredients

500g Beef mince	£2.59
390g Tin of green lentils	0.55
500g Passata	0.32
2 small white onion	0.20
1 Red pepper	0.45
Tomato puree	0.27
300g Spaghetti pasta	0.53

TOTAL PRICE £4.91 (costings from Tesco)

Teacher example

Method

1. Peel and prepare vegetables, cutting into small dice.
2. Boil the kettle
3. Fry the mince in a non stick pan, once the mince is cooked and there is no pink present add the vegetables and fry until softened.
4. Once the kettle has boiled, place the spaghetti in a sauce pan, add the boiled water and leave to boil, once boiled, turn down to simmer until soft.
5. Drain and add the tin of green lentils and the passata and stir thoroughly.
6. Add 3 table spoons of tomato puree, stir thoroughly and leave to simmer for 5 – 10 minutes. If the sauce is too thick add a little water to reach the required consistency.
7. Once the pasta is cooked, drain and split between the plates.
8. Add the sauce on top and serve and enjoy!