

JAMIE'S £1 WONDERS

RECIPES FROM THE CHANNEL 4 TV SHOW

JAMIE'S £1 WONDERS

With the cost of food and energy on the rise, *Jamie's £1 Wonders* is all about delicious recipes that won't blow the budget, coming in at less than £1 a portion.

The aim of *Jamie's £1 Wonders* is to be as useful to people as possible, with all prices correct at the time of filming (September 2022 and January 2023). We hope to arm you with the information and inspiration you need to make easy swaps, cook flexibly and make the most of the ingredients you buy, all within a budget.

Each recipe is priced at £1 or less per portion, which we've calculated based on an average of four UK supermarkets (Tesco, Asda, Sainsbury's and Morrisons). Please note that these recipes do not use higher-welfare ingredients, although we do use free-range eggs and Red Tractor-assured meat.

We've calculated the cost per portion by the amount used, rather than the whole ingredient cost, as we believe you'll already have many of the ingredients in your store cupboard/fridge/freezer. We don't include olive oil, salt or pepper in the final costings, as we think you'll have these already.

On the health front, we've kept an eye on veg portions to ensure that all of the main meals contain at least 2 portions of your 5-a-day. Plus, the majority of these recipes are classed as 'everyday', with only a couple of 'occasional' dishes. For more information on how we define 'everyday' recipes, [click here](#).

Read our [FAQs](#) for more information.

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60p PER SERVING*

- 1 leek
- olive oil
- 1 teaspoon dried mint
- 160g mature Cheddar cheese
- 50g stale bread
- 2 heaped tablespoons plain flour
- 2 teaspoons English mustard
- 1 litre semi-skimmed milk
- 300g frozen peas
- 500g frozen broccoli
- 250g dried lasagne sheets

SCRUFFY VEG LASAGNE

SWEET LEEK, BROCCOLI & PEAS

SERVES 6 | TOTAL TIME: 45 MINUTES | VEGETARIAN

- 1.** Preheat the oven to 200°C/400°F/gas 6. Put a large shallow casserole pan on a medium-high heat. Wash, trim and slice the leek (see online tip, link below) and place in the pan with 1 tablespoon of olive oil and the dried mint. Season with sea salt and black pepper, then cover and fry for 5 minutes, or until soft, stirring regularly and adding a splash of water, if needed.
- 2.** Meanwhile, coarsely grate the Cheddar and finely chop the bread to create rustic breadcrumbs, and put aside for later.
- 3.** Stir the flour into the leeks, followed by the mustard, and slowly stir in the milk to give you a loose white sauce, then add just half of the grated Cheddar and leave to blip away for a few minutes. Season to perfection with sea salt and black pepper, then stir in the frozen peas and broccoli.
- 4.** Snap in the pasta sheets, mix up really well to coat and separate, then pull some of the sheets to the top to create a top layer – use the back of a spoon to create some dips and wells.
- 5.** Toss the remaining Cheddar with the breadcrumbs, then scatter over. Finish with a drizzle of olive oil and bake for 20 minutes, or until golden and bubbling. Serve topped with an extra grating of Cheddar, if you like.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
474kcal	17.8g	8.7g	26g	54.2g	12.8g	1.3g	7g



93p PER SERVING*

- 160g frozen leaf spinach
- ½ a mug of basmati rice (150g)
- 1 onion
- 4cm piece of ginger
- 2 cloves of garlic
- 2 tablespoons tomato purée
- 1 heaped teaspoon curry powder
- vegetable oil
- 1 green chilli
- 1 small sweet potato (200g)
- 1 x 400g tin of chickpeas
- 2 tablespoons natural yoghurt

SWEET POTATO & CHICKPEA CURRY

SPINACH & FLUFFY MICROWAVE RICE

SERVES 2 | TOTAL TIME: 35 MINUTES | VEGETARIAN, GLUTEN-FREE

1. Take the spinach out of the freezer and place on a plate to start defrosting.
2. Place the rice in a 2-litre microwave-proof dish or bowl with 1 mug of water (300ml) and a pinch of sea salt and cover the bowl with a lid or a side plate. Cook in the microwave on a medium heat (400-500W) for 8 to 10 minutes (depending on the strength of your microwave), then remove and leave to steam with the lid on.
3. Meanwhile, peel the onion, ginger and garlic. Place a box grater in a microwave-proof dish and grate the onion and ginger on the coarse side, followed by the garlic on the fine side.
4. Add the tomato purée to the dish, along with the curry powder, a pinch of sea salt and 1 tablespoon of vegetable oil, and stir everything together. Prick the green chilli and sweet potato with a sharp knife, then add both to the dish and cover with a plate or lid. Set the microwave to high (800W) and cook for 10 minutes.
5. Carefully lift the dish out of the microwave and uncover. Using tongs, remove the sweet potato, place on your board and slice into 3cm chunks, then stir back into the bowl. Add the chickpeas (juice and all), along with the frozen spinach, stir together, then cover and cook in the microwave on a high heat (800W) for another 10 minutes.
6. Carefully lift the dish out of the microwave, uncover and stir everything together, breaking up the spinach with your spoon. Carefully taste (it will be hot), season to perfection with salt and black pepper, then stir in the yoghurt.
7. Remove the chilli to your board, finely slice and stir back into the curry for added heat, to your taste, then fork up the rice, to serve.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
441kcal	11.6g	1.7g	18.3g	68.1g	22.1g	1.1g	16g



73p PER SERVING*

olive oil

½ a bunch of rosemary (10g)

1 x 1kg root veg stew pack (1 small swede,
1 parsnip, 2 carrots, 1 onion)

2 large leeks

1 vegetable stock cube

1 teaspoon yeast extract

3 tablespoons tomato purée

1 x 400g tin of green lentils

900g potatoes

1 Savoy cabbage

1 tablespoon Worcestershire sauce

FRUMPY VEG PIE

ROOT VEG, SWEET LEEKS & CRISPY ROSEMARY

SERVES 6 | TOTAL TIME: 1 HOUR 25 MINUTES | DAIRY-FREE

1. Place a large casserole pan on a medium-high heat with 1 tablespoon of olive oil. Pick in the leaves from the rosemary and fry until crisp, then remove to a plate, leaving the fragrant oil behind.
2. Wash, scrub and trim all the root veg (bar the onion), then remove the purple skin from the top of the swede, leaving the rest unpeeled. Chop into 1cm chunks, transfer to the pan and season with a pinch of sea salt and a big pinch of black pepper. Fry for 10 minutes, or until golden.
3. Peel and roughly chop the onion, halve and wash the leeks, then slice them into 2cm chunks. Stir into the pan, cover, and cook for 10 minutes, or until softened.
4. Crumble the stock cube into a jug, pour in 500ml of hot water, mixing until dissolved, then stir in the yeast extract and tomato purée. Stir the stock into the veg, scraping up any sticky bits from the bottom of the pan, then simmer for 5 minutes.
5. Tip in the lentils (juice and all), along with ½ a tin's worth of water, stir and then leave to simmer for 5 to 10 minutes, or until the veg is tender.
6. Scrub, finely slice and arrange the potatoes over the stew in one even layer, so they're slightly overlapping. Use a spatula to lightly push down on the potatoes, so the gravy coats them, then cover and cook for 15 minutes on a low heat, or until the potatoes are tender.
7. Preheat the grill to high. Uncover the pan and place it under the grill for 5 to 10 minutes, or until golden and crisp.
8. Meanwhile, holding the cabbage stalk-side down, slice into six wedges, keeping it intact at the base (it'll open out like a flower as it cooks). Place it in a bowl with a large splash of water, then microwave on high for 10 minutes. It will open out once cooked, then drizzle it with 1 teaspoon of oil, season and finish with a drizzle of Worcestershire sauce.
9. Divide the veg pie between plates, sprinkle over the crispy rosemary and serve with the cabbage wedges.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
316kcal	6g	0.8g	11.8g	53g	18.5g	1.6g	11.5g



99p PER SERVING*

- 1 large sweet potato (350g)
- 1 bunch of spring onions
- 1 red pepper
- 3 cloves of garlic
- 100g frozen sweetcorn
- olive oil
- 1 teaspoon smoked paprika
- 1 x 400g tin of black beans
- 4 large tortilla wraps
- 1 x 400g tin of chopped tomatoes
- 60g mature Cheddar cheese
- red wine vinegar
- 100ml natural yoghurt
- chilli sauce, to serve

MY VEGGIE ENCHILADAS

SWEET POTATO, BLACK BEANS & CHILLI SAUCE-RIPPLED YOGHURT

SERVES 4 | TOTAL TIME: 50 MINUTES | VEGETARIAN

1. Scrub and prick the sweet potato all over with a fork and cook in the microwave on full power (800W) for 10 minutes, or until cooked through.
2. Meanwhile, trim the spring onions, slice off the green tops and set aside for later. Deseed and quarter the pepper, peel and finely slice 2 cloves of garlic.
3. Put 1 whole spring onion and 1 piece of pepper aside for later, then blister and char the rest in a large dry non-stick frying pan on a medium-high heat, adding the frozen sweetcorn after 2 minutes. Add the garlic, 1 tablespoon of olive oil and the smoked paprika, tossing regularly. Once the garlic is golden, remove the contents of the pan to a board and quickly wipe out the pan.
4. Drain the black beans (saving a splash of juice for later), then tip them into the dry hot pan and leave them to pop and go crispy, it should take about 5 minutes.
5. Roughly chop the sweet potato and add to the charred veg, chopping and mixing as you go. Drizzle over 1 tablespoon of oil and mix in most of the popped beans (saving a small handful for later), then season to perfection with sea salt and black pepper.
6. Divide the filling between the tortillas, then roll up into thin cigars, placing into an oiled snug-fitting baking dish (roughly 30cm x 20cm), with the scruffy ends tucked underneath.
7. Preheat the grill to high. Peel and finely grate the remaining garlic clove into a bowl, tip in the tomatoes, add a small pinch of salt and pepper and use a fork to mix it up, squashing the tomatoes to create a simple sauce. Pour it over the tortillas, along with a splash of the reserved bean juice. Finely grate over the cheese and grill for 5 minutes, or until golden and crispy.
8. Meanwhile, finely slice the reserved green spring onion, finely slice the pepper and place in a bowl. Season with a small pinch of salt and pepper, add 1 teaspoon of red wine vinegar and toss together with the reserved crispy beans. Ripple a good few shakes of chilli sauce through the yoghurt.
9. Serve the enchiladas with the salsa and a dollop of yoghurt – delicious!

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TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
474kcal	14g	6g	18.8g	66.8g	13g	1.8g	12.8g



80p PER SERVING*

250g self-raising flour, plus extra for dusting

olive oil

1 red onion

½ a red pepper

½ x 400g tin of chopped tomatoes

50g mature Cheddar cheese

½ a butterhead or round lettuce

1 carrot

red wine vinegar

NO-OVEN PIZZA

MELTY CHEESE, RED PEPPER & SWEET ONIONS

SERVES 2 | TOTAL TIME: 10 MINUTES | VEGETARIAN

1. Place the flour in a bowl with a pinch of sea salt, and gradually pour in up to 150ml of cold water, using a fork to stir as you go so it comes together into a ball of dough. Knead for just 1 minute on a clean flour-dusted surface, and put aside.
2. Put a 30cm frying pan on a medium-high heat with 1 tablespoon of olive oil. Peel and finely slice the onion and deseed and finely slice the pepper, adding to the pan as you go, then season with a pinch of sea salt and black pepper. Place a lid on top and fry for 2 minutes, or until golden, tossing occasionally.
3. Meanwhile, roll out the pizza dough into a round the size of the pan (just under ½cm thick).
4. When the time's up on the veg, tip them onto your board, then gently transfer the dough to the dry pan, gently pressing in your fingertips into the dough to create dimples. Cover with a lid and cook for 3 minutes on one side, then carefully flip over. Drain away some of the liquid from the tomatoes, then mash lightly with a fork and spread over the dough, leaving a 1cm gap around the edges.
5. Scatter over the cooked veg and coarsely grate over the cheese (it's nice to get a little over the edge, because as the cheese melts you'll get a gorgeous gnarly crust). Turn the heat down to medium, put the lid on and cook for a final 3 to 4 minutes, or until the cheese has melted and the base is crispy.
6. Meanwhile, shred the outer leaves of the lettuce, finely slice the stalk, and click apart the inner leaves. Trim and speed-peel the carrot, dress with 1 tablespoon each of red wine vinegar and olive oil, and toss together. Slide the pizza on to a board, then slice and serve with the salad.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
600kcal	12.6g	6g	19.9g	108.9g	12.6g	1.7g	8.1g



99p PER SERVING*

- 2 cloves of garlic
- 3 onions
- olive oil
- 600g carrots
- 1 heaped teaspoon mixed spice
- 1 x 400g tin of butter beans
- 100g feta cheese
- 1 x 375g pack of ready-rolled puff pastry
- 1 large splash of semi-skimmed milk
- 1 little gem lettuce
- red wine vinegar

GIANT VEGGIE PUFF ROLL

SWEET CARROT & FETA CHEESE FILLING

SERVES 4 | TOTAL TIME: 55 MINUTES | VEGETARIAN

- 1.** Peel and finely chop the garlic and 2½ of the onions. Place in a large non-stick frying pan on a medium heat with 2 tablespoons of olive oil. Cook for 5 minutes, stirring occasionally, until soft.
- 2.** Meanwhile, grate 500g of the carrots then add to the pan along with a pinch of sea salt and black pepper and the mixed spice. Cook for 10 minutes, or until soft and sweet, stirring regularly.
- 3.** Drain and tip in the butter beans and cook for 2 minutes, stirring constantly, then use a potato masher to squash the beans and veg until everything comes together. Crumble and mix in most of the feta, then remove from the heat and leave to cool.
- 4.** Preheat the oven to 200°C/400°F/gas 6. Unroll the pastry sheet on its paper and place on a baking sheet. Pile the filling down the centre of the pastry, shaping it into a nice, thick sausage-shape. Lightly brush one of the long sides with a small splash of milk, then use the paper to fold the pastry over and press down to secure. Trim the edges and use a fork to seal the pastry together. Brush the pastry all over with the remaining milk, then use the back of a knife to very lightly score it at 2cm intervals. Bake on the bottom shelf of the oven for 25 minutes, or until golden and puffed up.
- 5.** Speed-peel the remaining carrots, peel and finely slice the reserved onion and click apart the lettuce leaves. Crumble over the remaining feta, then toss together with 3 tablespoons of oil, 1 tablespoon of red wine vinegar and a pinch of sea salt and black pepper.
- 6.** Slice the veggie roll into four, divide between warm plates and serve with the salad.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
760kcal	42.9g	15.9g	19.1g	75g	18.1g	1.6g	14.3g



88p PER SERVING*

- 1 x 500g bag of frozen sliced mushrooms
- 1 vegetable stock cube
- olive oil
- 3 cloves of garlic
- 1 teaspoon dried thyme
- 2 small onions
- 2 sticks of celery
- ½ a bunch of flat-leaf parsley (15g)
- 300g risotto rice
- 80g mature Cheddar cheese

MUSHROOM RISOTTO

THYME, GARLIC & QUICK PARSLEY OIL

SERVES 4 | TOTAL TIME: 45 MINUTES | VEGETARIAN

1. Use a sharp knife to make a small hole in the bag of mushrooms and cook in the microwave on full power (800W) for 2 minutes, or until defrosted. Boil the kettle.
2. Pour 1 litre of boiling kettle water into a measuring jug and crumble in the stock cube, stirring until dissolved. Once the time's up on the mushrooms, pour any liquid from the bag into the jug and give it a stir (this will give your stock depth of flavour).
3. Place a large non-stick frying pan on a medium-high heat with 1 tablespoon of olive oil. Peel, finely slice and stir in the garlic for 2 minutes, or until lightly golden. Tip in the mushrooms, dried thyme and a pinch of sea salt and black pepper, and cook for 5 minutes, or until the mushrooms start to caramelize and any water has evaporated, stirring occasionally, then remove from the heat.
4. Remove the contents of the pan to a board and finely chop half of the mushroom mixture, leaving the other half chunky, and set aside.
5. Peel the onions and finely chop with the celery. Return the pan to a medium-high heat with 1 tablespoon of oil. Stir in the onions and celery, then cover and cook for 5 minutes, or until softened.
6. Tear off the leafy part of the parsley and set aside, then finely chop the stalks.
7. Once the veg has softened, stir in the rice to toast for 2 minutes. Stir in the parsley stalks and finely chopped mushroom mix and cook for 1 minute, then pour in a ladle of stock and stir in a figure-of-eight motion until it's all absorbed, popping the lid on every now and then for a couple of minutes to trap in the heat. Continue to add ladlefuls of stock until the rice is tender but still holding its shape – it should take around 15 minutes.
8. Meanwhile, roughly chop the parsley leaves and pound them in a pestle and mortar with a pinch of salt and pepper until you have a bright green pulp. Muddle in 3 tablespoons of oil, then set aside.
9. Remove the risotto from the heat, coarsely grate in most of the cheese (keeping a small handful aside for later), then stir in the reserved mushroom mixture. Cover the pan and leave to relax for 2 minutes until the risotto is creamy and oozy.
10. Divide between plates, finely grate over the remaining cheese, drizzle over a little parsley oil and serve.

CLICK FOR JAMIE'S
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ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
453kcal	15.4g	5.5g	13.5g	69.6g	3.8g	1.6g	3.6g



90p PER SERVING*

SQUASH & PANEER BHAJI FLATBREADS

MANGO CHUTNEY, CORIANDER YOGHURT & CRISPY SEEDS

SERVES 4 | TOTAL TIME: 40 MINUTES | VEGETARIAN

- 1 red onion
- 2 cloves of garlic
- 1 red chilli
- 1 bunch of coriander (30g)
- 75g paneer cheese
- 200g butternut squash
- 4cm piece of ginger
- 100g plain flour
- 1 lime
- 2 teaspoons rogan josh curry paste
- olive oil
- 250g self-raising flour
- 4 tablespoons natural yoghurt
- 1 baby gem lettuce
- 2 uncooked poppadoms
- 4 teaspoons mango chutney

1. Peel and very finely slice the onion and garlic, deseed and finely slice the chilli, finely chop the coriander stalks, reserving the leaves. Coarsely grate in the paneer. Deseed and coarsely grate the squash (reserving the seeds for later), then peel and finely grate in the ginger. Sprinkle in the plain flour and a pinch of sea salt and black pepper, then squeeze over half of the lime juice, mix in the curry paste and 25ml of water.

2. Drizzle 2 tablespoons of olive oil into a large non-stick frying pan on a medium-low heat, then roughly divide the mixture into 4 portions and place in the pan, flattening them out into rough rounds about 2.5cm thick (don't worry about wispy edges, it'll mean bonus crunch later!). Fry for 16 minutes, or until golden and cooked through, turning every few minutes.

3. Meanwhile, mix the self-raising flour with 150ml of cold water, 1 teaspoon of oil and a pinch of salt to form a dough. Split the dough into 4 equal pieces, then roll into balls and stretch them with your hands or roll out with a rolling pin to about ½cm thick. Place a large non-stick frying pan on a medium-high heat with 1 teaspoon of oil and, as it heats up, fry the reserved squash seeds until crispy, then remove to a bowl and sprinkle over a small pinch of salt. One at a time, cook the flatbreads in the pan for 2 to 3 minutes on each side, or until golden and puffed up. Wrap in a clean tea towel to keep warm.

4. Pound most of the coriander leaves to a paste in a pestle and mortar, muddle in the yoghurt, then season to taste. Very finely shred the lettuce and puff up the dry poppadoms in the microwave for 30 seconds.

5. Divide the coriander yoghurt between the flatbreads, then break over the poppadoms. Place a crispy bhaji on top of each flatbread, add a dollop of mango chutney, a few coriander leaves and the lettuce. Sprinkle over the crispy squash seeds and serve with lime wedges, for squeezing over.

CLICK FOR JAMIE'S
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ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
432kcal	13.9g	4.8g	14.2g	65.7g	10.6g	1.8g	5.4g



69p PER SERVING*

1kg floury potatoes, such as Maris Piper

80g plain flour, plus extra for dusting

4 rashers of smoked back bacon

2 cloves of garlic

200g frozen peas

150ml single cream

75g mature Cheddar cheese

SUPER-EASY GNOCCHI

WITH A SMOKY BACON & PEA SAUCE

SERVES 4 | TOTAL TIME: 40 MINUTES

1. Scrub the potatoes, then pierce with a sharp knife and cook in the microwave on high power (800W) for 15 to 20 minutes, or until cooked through, turning over halfway.
2. Once they're cool enough to handle, remove and discard the skins, then mash the potatoes using a potato ricer or masher on a large clean board. Taste and season to perfection with sea salt and black pepper, then use your hands to scrunch the flour with the potato.
3. Knead on a flour-dusted surface for a few minutes until pliable, then divide into 4 equal pieces and roll each into a sausage about 2cm thick.
4. Slice into 3cm lengths, then gently roll each piece down the back of a fork or a fine grater to add grooves, which will help your sauce to stick, or simply roll into balls.
5. Fill a large pan with boiling kettle water and place on a high heat. Meanwhile, roughly slice the bacon and place in a large non-stick frying pan on a medium-high heat with a big pinch of black pepper and cook for 3 minutes, or until golden and crisp. Finely slice and stir in the garlic, cook for 1 minute, then add a splash of water and the frozen peas. Cook for 2 minutes, or until the peas are tender, using the potato masher to squash them slightly. Stir in the cream, remove from the heat and grate and mix in most of the cheese.
6. Cook the gnocchi in the pan of boiling salted water for 2 to 3 minutes – as soon as they come up to the surface they're ready. Remove with a slotted spoon and toss into the sauce, adding splashes of starchy cooking water, if needed, to loosen.
7. Taste, season to perfection, then dish up, finely grating over the reserved cheese, to serve.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
469kcal	16.7g	9.6g	18g	65.7g	3.8g	0.7g	6.3g



77p PER SERVING*

- 4 red onions
- 800g carrots
- olive oil
- 165g plain flour
- 150ml semi-skimmed milk
- 4 large eggs
- ½ a bunch of sage (10g)
- 4 thick slices of bread (200g)
- red wine vinegar
- 1 teaspoon berry jam, such as strawberry, blackberry or redcurrant jelly
- 1 teaspoon yeast extract
- 1 vegetable stock cube
- ½ a Savoy cabbage
- 200g frozen peas

CLICK FOR JAMIE'S
TIPS & TRICKS

VEGGIE TOAD-IN-THE-HOLE

STUFFING BALLS & RED ONION GRAVY

SERVES 4 | TOTAL TIME: 55 MINUTES | VEGETARIAN

1. Preheat the oven to 200°C/400°F/gas 6. Peel 2 onions and chop diagonally into 5cm pieces, along with the carrots (there's no need to peel them). Transfer to a 30cm x 30cm roasting tray, toss with 1 tablespoon of olive oil and a pinch of sea salt and black pepper, then roast for 20 minutes. Put 1 tablespoon of olive oil into a 35cm x 25cm roasting tray, and place in the oven alongside to get hot (make sure that the shelf is lowered so the Yorkshire has room to rise).
2. Meanwhile, tip 150g of the flour into a large jug, pour in the milk, 50ml of cold water and whisk together, making sure you don't have any lumps. Once well combined, whisk through the eggs one at a time and season lightly with sea salt and black pepper.
3. Finely chop the sage leaves and remaining onions, place in a large non-stick frying pan on a medium heat with 1 tablespoon of oil and cook for 10 minutes, or until softened. Quickly run the bread under the tap to soften, then squeeze out the excess water and place in a bowl. Add just half of the sage and onion mixture and use your hands to scrunch together, then divide and roll the mixture into golf ball-sized rounds and rub with 1 tablespoon of oil.
4. Once the time's up on the carrots and onions, add the veggie stuffing balls to the tray, nestling them in between the veg, then return to the oven. Working quickly but carefully, pull the oiled tray out of the oven and pour in the batter. Turn up the heat to 220°C/425°F/gas 7 and cook for 20 minutes, or until puffed up and golden – don't be tempted to open the oven door during that time. Meanwhile, crack on with the gravy.
5. Boil the kettle. Place the onion and sage pan on a medium-high heat. Stir in 1 tablespoon of red wine vinegar, the jam, yeast extract and crumble in the stock cube. Stir in the remaining flour and cook for 1 minute, stirring constantly. Gradually pour in 500ml of boiling kettle water and simmer for 5 minutes. Season to taste, then let it bubble away until your desired consistency, stirring regularly. Strain through a sieve into a jug, if you like, then transfer to a saucepan and cover to keep warm.
6. Wash, drain and very thinly slice the cabbage (stalks and all) and place in the empty gravy pan (there's no need to clean it). Pour in 2 tablespoons of cold water, cover with a lid and leave to steam for 5 minutes, or until tender, adding the frozen peas for the final 2 minutes.
7. Remove the giant Yorkshire pud to your board, scatter over the carrots, onions and stuffing balls, then slice up and serve with the cabbage, peas and gravy.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
637kcal	19.5g	4.2g	24.5g	95.8g	25.5g	1.7g	16g



91p PER SERVING*

200g vermicelli rice noodles
 2 vegetable stock cubes
 ½ teaspoon Chinese five-spice
 4cm piece of ginger
 a few sprigs of coriander
 ½ a bunch of spring onions
 1 red chilli
 1 carrot
 100g small button mushrooms
 ½ a sweetheart cabbage
 100g frozen peas
 2 teaspoons white miso paste
 1 lime

AROMATIC VEG BROTH

WITH RICE NOODLES, FIVE-SPICE & CORIANDER

SERVES 4 | TOTAL TIME: 15 MINUTES | VEGETARIAN, VEGAN, DAIRY-FREE

1. Boil the kettle. Divide the noodles between four bowls, then cover with boiling kettle water and leave to rehydrate while you crack on with the broth.
2. Meanwhile, fill a pan with 1.5 litres of hot water from the kettle, crumble in the stock cubes and add the five-spice.
3. Peel, thinly slice and add the ginger (don't throw away the peelings – see online tip, link below). Pick the coriander leaves and place in a bowl of cold water, then finely chop the stalks and add to the broth. Trim the spring onions, chop the white halves (reserving the greens) and place in the pan. Finely slice the green spring onions lengthways and put into the bowl of water to curl up.
4. Deseed and finely slice the chilli, placing half into the broth and the other half in the bowl of cold water. Speed-peel half of the carrot into long, delicate ribbons, then stack them up, slice into matchsticks and place in the bowl of water, then roughly chop the rest and add to the broth.
5. Thinly slice the mushrooms and add to the broth. Trim, very finely shred and add the cabbage, keeping four small pretty leaves aside for later. Pour the peas into the broth pan and simmer for 2 minutes, then stir in the miso, squeeze in half the lime juice and season to perfection with sea salt and black pepper.
6. Once rehydrated, drain the noodles and divide the hot broth and veg between the bowls. Drain the garnishes, then scatter over the bowls and serve with lime wedges, for squeezing over.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
246kcal	1.7g	0.2g	8g	50.3g	4.4g	1.6g	4.9g



80p PER SERVING*

400g frozen cauliflower florets
1 leek
olive oil
2 cloves of garlic
2 slices of stale crusty white bread (100g)
20g mixed nuts
1 pinch of dried thyme
1 tablespoon plain flour
400ml semi-skimmed milk
100g mature Cheddar cheese
300g dried spaghetti

CAULIFLOWER CHEESE SPAGHETTI

WITH GARLICKY BREADCRUMBS

SERVES 4 | TOTAL TIME: 30 MINUTES | VEGETARIAN

1. Place the frozen cauliflower into a microwave-proof bowl. Trim off the white part of the leek (putting the green top aside for later), add to the bowl and cook in the microwave on high (800W) for 10 minutes, or until the cauliflower is defrosted and the leek has softened.
2. Meanwhile, place a large non-stick frying pan on a medium-high heat with 1 tablespoon of olive oil. Peel, finely slice and stir in 1 clove of garlic and cook for 2 minutes, or until golden, then very finely slice and add the green leek top. Roughly chop the bread to create rustic breadcrumbs, add to the pan and fry for 5 minutes, or until starting to crisp up, stirring occasionally. Finely chop and add the nuts, stirring until toasted, then transfer everything to a plate.
3. Return the pan to the heat with 1 teaspoon of oil. Peel, finely slice and add the remaining garlic and fry for 2 minutes, or until golden. Slice and add the softened white part of the leek, then stir through the dried thyme and softened cauliflower.
4. Stir the flour into the pan, then gradually add the milk, a ladleful at a time, stirring continuously until you have a smooth sauce. Remove from the heat, then either blitz it with a hand blender until silky smooth, or use a potato masher to mash everything together to create a rustic sauce. Grate in most of the cheese, stirring gently to combine.
5. Cook the pasta in a pan of salted boiling water according to the packet instructions, then drag it straight into the sauce, taking a little cooking water with it. Toss together, adding a splash of starchy cooking water to loosen, if needed.
6. Divide between plates, sprinkling over the crispy breadcrumbs and grating over the reserved cheese, to serve.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
550kcal	18.4g	7.7g	24.7g	75.6g	11.6g	0.7g	5.2g



CAJUN CHICKEN TRAYBAKE

SWEET ONIONS & PEPPERS, FLUFFY RICE & YOGHURT

SERVES 4 | TOTAL TIME: 1 HOUR 7 MINUTES (PREP: 7 MINUTES / COOK: 1 HOUR) | GLUTEN-FREE

92p PER SERVING*

- 2 red onions
- 3 mixed-colour peppers
- 4 chicken legs, skin on, bone-in
- 1 tablespoon Cajun seasoning
- 4 cloves of garlic
- olive oil
- red wine vinegar
- 1 mug of basmati rice (300g)
- 4 tablespoons natural yoghurt
- optional: extra virgin olive oil

1. Preheat the oven to 200°C/400°F/gas 6. Peel and halve the onions. Tear up the peppers into big chunks, discarding the seeds and stalks. Place it all in a 35cm x 25cm roasting tray with the chicken, Cajun seasoning and whole unpeeled garlic cloves. Drizzle with 1 tablespoon each of olive oil and red wine vinegar, season with black pepper and toss well, turning the chicken skin side up. Roast for 40 minutes.

2. Boil the kettle. Remove the tray from the oven and mash the soft garlic cloves into the tray juices, discarding the skins. Around the chicken, pour in 1 mug of rice and 2 mugs of boiling kettle water (600ml). Carefully cover with tin foil and return to the oven for 20 minutes, or until the rice is fluffy and the chicken pulls easily away from the bone.

3. Season to perfection, then serve with dollops of yoghurt, a pinch of black pepper, and a drizzle of extra virgin olive oil, if you like.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
633kcal	22.5g	5.9g	34.6g	77.6g	12.4g	0.5g	5.8g



99p PER SERVING*

75ml tomato ketchup
 2 tablespoons runny honey
 1 tablespoon Worcestershire sauce
 1 teaspoon smoked paprika
 red wine vinegar
 6 chicken thighs, bone in, skin on
 1.2kg potatoes
 olive oil
 750g frozen corn on the cob
 250g red cabbage
 150g carrots
 1 onion
 100g natural yoghurt

BBQ CHICKEN

CORN ON THE COB & QUICK SLAW

SERVES 6 | TOTAL TIME: 1 HOUR

1. Preheat the oven to 190°C/375°F/gas 5. Place the ketchup, honey, Worcestershire sauce, most of the smoked paprika and 1 tablespoon of red wine vinegar in a snug-fitting roasting tray and mix together. Add the chicken and toss to coat. At this point, you can either leave the tray covered in the fridge to marinate, or season with a pinch of sea salt and black pepper and set aside while you prep the potatoes.
2. Scrub and quarter the potatoes lengthways and place in another large roasting tray. Drizzle in 2 tablespoons of olive oil, season and sprinkle over a pinch of smoked paprika, tossing until coated. Arrange the potatoes skin-side down in one even layer. Place the potato tray on the middle shelf of the oven and the chicken tray on the top shelf to roast for 20 minutes.
3. Once the time's up, carefully spoon off any fat from the chicken and add to the potatoes, tossing to coat. Baste the chicken in the remaining juices, scraping up any sticky bits from the bottom of the tray. Return both trays to the oven to roast for a further 25 minutes or until the chicken pulls away easily from the bone, placing the frozen corn straight onto the bars of the bottom shelf to cook alongside.
4. Meanwhile, trim the cabbage and carrots, and peel the onion. Coarsely grate it all on a box grater. Place in a bowl with ½ a tablespoon of red wine vinegar, 1 tablespoon of oil and the yoghurt. Mix together and season to perfection.
5. Serve the chicken and potatoes alongside the slaw, rolling the corn in all the lovely chicken tray juices before plating up.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
520kcal	22.2g	5.2g	25.9g	57.7g	17.4g	1.6g	4.9g



95p PER SERVING*

ONE-PAN SPICY CHICKEN

SWEET ONIONS, PEAS & FLUFFY RICE

SERVES 6 | TOTAL TIME: 50 MINUTES | GLUTEN-FREE, DAIRY-FREE

1. Place a large casserole pan on a medium-high heat. Season the chicken thighs with a pinch of sea salt and plenty of black pepper, then place in the pan skin-side down for 10 minutes, or until browned, then use tongs to turn them over and carefully remove the chicken skin. Place it in the pan alongside the thighs, removing to a board once crisp, then roughly chop.
2. Meanwhile, peel and finely chop the onions and add to the pan. Cook for 2 minutes, or until golden, then stir in the curry paste and cook for 10 minutes.
3. Tip in the tomatoes, breaking them up with a spoon, then cook for 5 minutes, until thickened.
4. Stir in the rice to toast for 1 minute or until translucent, then pour in 2 mugs of water (600ml). Give it a stir, turn over the chicken and cover with a lid. Leave to simmer for 12 minutes, or until the rice is cooked, stirring in the peas and most of the coconut milk for the final 2 minutes. When it's blipping away in the middle starting to catch at the edges, remove from the heat. Ripple through the remaining coconut milk, then divide between plates. Sprinkle over the crispy chicken skin and serve.

1kg chicken thighs, skin on, bone in
 2 onions
 2 tablespoons tikka masala curry paste
 1 x 400g tin of plum tomatoes
 1 mug of basmati rice (300g)
 500g frozen peas
 1 x 400g tin of light coconut milk

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
590kcal	24.5g	9.2g	35.2g	60.3g	9.5g	0.9g	7.3g



£1 PER SERVING*

- 400g frozen leaf spinach
- 400g fresh or frozen chopped onion, carrot & celery mix
- 6 chicken thighs, skin on, bone in
- 3 teaspoons dried thyme
- 250g plain flour
- 125g unsalted butter (cold)
- 3 teaspoons English mustard
- 2 x 400g tins of cream of mushroom soup
- a splash of semi-skimmed milk
- 640g frozen peas

CHICKEN & VEG PIE

THYME, MUSTARD & BEAUTIFULLY FLAKY PASTRY

SERVES 8 | TOTAL TIME: 1 HOUR 10 MINUTES

1. Preheat the oven to 200°C/400°F/gas 6. Take the frozen veg out of the freezer and place on a plate to start defrosting.
2. Use a sharp knife to carefully remove the skin from the chicken thighs, then place the pieces of skin in a large non-stick frying pan on a medium heat and cook for 10 minutes, until the fat has rendered out and the skin is crisp. Meanwhile, carefully de-bone the thigh meat and chop into 2.5cm chunks (don't throw the bones away – see tip online, link below).
3. Remove the skin from the pan (leaving the rendered fat behind), then finely chop and transfer to a large plate.
4. Place the chicken thigh meat into the pan with 2 teaspoons of thyme and cook for 5 minutes, or until browned. Add the chopped veg mix and spinach, and cook for 10 minutes, stirring occasionally.
5. Put the flour in a bowl with a good pinch of sea salt. Grate in the cold butter, then rub with your fingers until it resembles breadcrumbs. Sprinkle in the remaining thyme and mix well, then pour in 3 tablespoons of cold water and mix with a fork, then bring together with your hands until it forms a dough, adding an extra splash of water, if needed. Roll into a ball, then set aside to rest.
6. Once the time's up on the veg, go in with the mustard and mushroom soup. Mix well, season with a pinch of salt and black pepper and bring to the boil, then remove from the heat, spoon into a 26cm round pie dish and set aside to cool slightly.
7. Flatten the pastry with your hands until you have a round piece of dough just bigger than the pie dish. Sprinkle over the crispy chicken skin and use a rolling pin to squash it into the pastry.
8. Brush a little milk over the rim of the dish, carefully lay over the pastry and use your hands to crimp the overhang to seal, then brush over another splash of milk (or any remaining sauce from the pan).
9. Make a small incision in the centre of the pie (so the steam can escape) and bake at the bottom of the oven for 35 minutes, or until the pastry is golden and the pie is piping hot. Cook the peas in the microwave according to the packet instructions, drain, then serve alongside the pie.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
553kcal	31.7g	12.3g	24.5g	44.2g	6.5g	2.1g	6.5g



96p PER SERVING*

- 3 onions
- 1 rasher of smoked back bacon
- olive oil
- 6 chicken thighs, skin on, bone in
- 7 carrots
- 1.2kg potatoes
- 2 teaspoons dried sage
- 2 tablespoons cranberry sauce
- 3 teaspoons English mustard
- 3 slices of stale white bread (150g)
- 1 sweetheart cabbage
- 1 heaped tablespoon plain flour
- 480g frozen peas

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY-SAVING CHICKEN ROAST

CRISPY ROAST POTATOES, GREENS & HOMEMADE GRAVY

SERVES 6 | TOTAL TIME: 1 HOUR 15 MINUTES

- 1.** Peel and thickly slice 2 onions and roughly chop the bacon. Drizzle 1 tablespoon of olive oil into a large non-stick frying pan, place on a medium heat, then add the bacon and cook, stirring, for 3 minutes. Add the sliced onions and a pinch of sea salt and black pepper, and cook for 5 minutes, then leave to cool.
- 2.** Use a sharp knife to debone the thigh meat, placing the bones in a 40cm x 30cm roasting tray. Speed-peel and add the carrots (save the peelings), and peel and quarter the remaining onion. Chuck the carrots, their peelings and the onions all in the tray with 1 teaspoon of oil, bringing the carrots and bones to the top.
- 3.** Scrub the potatoes, prick them a few times with a fork and microwave on a high heat (800W) for 15 minutes, or until starting to soften.
- 4.** Preheat the oven to 180°C/350°F/gas 4. Sprinkle a little salt and most of the sage over the chicken, cover with greaseproof paper, then bash with a rolling pin to flatten to 1.5cm thick. Remove the paper then dollop over the cranberry sauce. Spread 1 teaspoon of mustard over each slice of bread, cut in half and lay each piece over each thigh, then sprinkle over the bacon and onions.
- 5.** Roll up the thighs to seal the filling inside, then tie with string or secure with cocktail sticks and transfer to a second 40cm x 30cm roasting tin. Gently squash the potatoes with a potato masher and nestle them into the gaps. Drizzle over 2 tablespoons of oil, sprinkle with the remaining sage and a pinch of salt and pepper.
- 6.** Roast on the middle shelf of the oven for 1 hour, or until the potatoes are golden and the chicken is cooked through, basting halfway. When there's 40 minutes to go, place the bone tray on the bottom shelf to roast alongside.
- 7.** Meanwhile, trim and halve the cabbage lengthways, then slice each half into three wedges. Place them on top of the carrots and roast for 20 minutes, or until charred. Put the roasted cabbage and 1 carrot aside, then tip the remaining carrots into the chicken tray to continue roasting. Boil the kettle. Place the bone tray over a medium-low heat. Mash the carrot into the juices, then stir in the flour. Gradually pour in 750ml of boiling water, stirring and scraping up any gnarly bits from the bottom. Season to taste, then let it bubble to your desired consistency, stirring regularly. Strain through a sieve into a jug.
- 8.** When you're almost ready to serve, scatter the peas into the frying pan in a single layer, drizzle with 1 teaspoon of oil and arrange the roasted cabbage on top. Cover and place on a high heat to steam for 8 minutes, or until piping hot. Remove the string from the chicken, slice each thigh into three, take everything to the table and serve.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
556kcal	20g	4.7g	27.1g	70g	16g	1.5g	9.4g



68p PER SERVING*

- 2 rashers of smoked back bacon
- olive oil
- 3 cloves of garlic
- 2 teaspoons dried thyme
- 2 carrots
- 2 sticks of celery
- 2 onions
- 2 x 400g tins of chopped tomatoes
- 2 x 400g tins of cannellini beans
- 1 sweetheart cabbage
- 200g spaghetti
- 400g self-raising flour, plus extra for dusting
- 125g mature Cheddar cheese
- ½ x 190g jar of green pesto

SIMPLE MINESTRONE SOUP

WITH HOMEMADE CHEESY GARLIC BREAD

SERVES 8 | TOTAL TIME: 45 MINUTES

1. Finely chop the bacon and place it in a large, cold saucepan with 2 tablespoons of olive oil, then place on a medium-high heat and fry for 3 minutes, until golden. Peel, finely slice and add 2 cloves of garlic, along with the thyme, and cook for 2 minutes, stirring regularly.
2. Trim, scrub and chop the carrots and celery into 1cm chunks (there's no need to peel them), adding them to the pan as you go. Peel, roughly chop and add the onions. Season with a pinch of sea salt and black pepper and cook for 10 minutes, or until golden and softened.
3. Add the tomatoes, scrunching them in through clean hands, then the beans, juice and all, along with 3 tins' worth of water. Stir well, then cover and bring to the boil.
4. Click the outer leaves off the cabbage, then finely slice and add to the pan. Slice the cabbage in half, carefully cut out the stalk and chop into 1cm chunks, finely slice the rest and stir into the soup. Cook for 10 minutes. Bash up and add the pasta, stir and simmer for 10 minutes, or until the pasta is cooked through.
5. Meanwhile, pile the flour into a large bowl with a good pinch of salt. Make a well in the middle, pour in 250ml of cold water, then use a fork to mix until you can't move it any more. Use your clean hands to bring it together as a ball of dough, adding more flour, if needed, to stop your hands and the dough sticking. Knead on a flour-dusted surface for 5 minutes, or until smooth and elastic.
6. Divide the dough into two and, one at a time, roll out each piece on a floured surface into a rough round the same size as your pan. Grate over all the cheese into the middle of one round, leaving a 1-inch gap around the edge, then carefully place the second piece of dough on top, pinching and crimping the edges to seal.
7. Place a 30cm non-stick frying pan on a medium-high heat and, once hot, carefully lift the bread into the pan and cook for 5 minutes on each side.
8. Loosen the pesto with 1 tablespoon of oil in a bowl, then peel, finely grate and mix in the remaining clove of garlic. Once the time's up on the bread, transfer it to a board and brush on one side with the pesto mixture.
9. Taste and season the soup to perfection, then finish with a drizzle of oil, if you like. Divide between bowls and serve with the cheesy garlic bread, for dunking.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
572kcal	19.4g	5.6g	19.1g	83.9g	10.8g	1.8g	9.5g



97p PER SERVING*

500g minced pork
 1 large egg
 2 heaped teaspoons dried oregano
 50g Cheddar cheese
 100g stale bread
 olive oil
 3 carrots
 1 onion
 2 cloves of garlic
 3 red chillies
 2 x 400g tins of chopped tomatoes
 1.5kg potatoes

MEGA MEATLOAF

RICH TOMATO SAUCE, CHEDDAR CHEESE & FLUFFY MASH

SERVES 6 | TOTAL TIME: 1 HOUR | GLUTEN-FREE

- 1.** Put the pork, egg and 1 heaped teaspoon of oregano into a bowl. Grate in half the Cheddar, then sprinkle the bread with water and add to the mix. Add a good pinch of sea salt and black pepper, use your hands to scrunch it all together well, then shape into a loaf (roughly 20cm long).
- 2.** Place a large shallow casserole pan on a medium-high heat with 1 tablespoon of olive oil and the meatloaf, turning until brown on all sides.
- 3.** Meanwhile, trim and slice the carrots at an angle into rough 1cm-thick chunks, adding to the pan as you go. Peel, roughly chop and add the onion and garlic. Halve the chillies lengthways and deseed, then add them to the party, along with the chopped tomatoes and remaining oregano. Season to perfection, cover, turn down the heat to low and simmer for 20 minutes, or until the meatloaf is cooked through.
- 4.** Meanwhile, chop the potatoes into 2.5cm chunks and place in a large pan, then just cover with water, place a lid on top and cook for 10 minutes, or until cooked through. Drain, then mash well, stir in 2 tablespoons of oil and season to perfection.
- 5.** Once the time's up on the meatloaf, remove the lid, grate over the remaining Cheddar, arrange the chilli halves on top, then cover again and cook for another 2 minutes, or until the cheese has melted.
- 6.** Remove the meatloaf to a board and slice up, mashing the chillies into the sauce for added heat, if you like. Divide the mash between warm plates, spoon over the sauce, and serve with a slice of meatloaf and an extra grating of Cheddar, if you like.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
526kcal	19.3g	6g	28.2g	63.7g	11.4g	0.9g	7g



50/50 BOLOGNESE

MEAT, LENTILS, FRAGRANT VEG & ROSEMARY

SERVES 12 | TOTAL TIME: 2 HOURS 40 MINUTES

96p PER SERVING*

2 teaspoons dried rosemary or ½ a bunch of rosemary (15g)

6 rashers of smoked streaky bacon or smoked pancetta

olive oil

750g minced beef or pork

8 cloves of garlic

500g fresh or frozen chopped mixed onion, carrot & celery

5 tablespoons balsamic vinegar

3 x 400g tins of lentils

4 x 400g tins of chopped or plum tomatoes

1. Put a large deep casserole pan on a medium-high heat. Pick and finely chop the rosemary leaves, finely slice the bacon or pancetta, and place it all in the pan with 3 tablespoons of olive oil, stirring regularly, until lightly golden.

2. Stir in the mince, breaking it up with your spoon, and let it brown for 15 minutes, stirring regularly. Peel, finely chop and add the garlic, along with the chopped mixed veg, season with sea salt and black pepper and cook for another 15 minutes, still stirring regularly.

3. Stir in the balsamic, cook away, then add the lentils, juice and all. Add the tomatoes, then half-fill each of the four tins with water, swirl around and pour into the pan. Bring to the boil, then simmer on a medium-low heat for 2 hours, or until thickened, stirring occasionally.

4. Season to perfection, and enjoy as is, batching up extra portions to stash in the fridge or freezer for future meals.

SPAGHETTI BOLOGNESE

Cook 75g of dried spaghetti per portion (£0.06*) in a large pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of starchy cooking water. Heat the Bolognese (allow 150g per portion, £0.87) in the pan until hot through, then toss in the pasta, loosening with splashes of cooking water, if needed. Grate over 5g of Cheddar cheese (£0.03), to serve.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
554kcal	16.8g	6g	30.1g	74.6g	10.6g	0.5g	4.3g



£1 PER SERVING*

250g minced beef
1 heaped teaspoon ground cumin
olive oil
1 beef stock cube
1 onion
2 cloves of garlic
2 sticks of celery
1-2 mixed chillies
400g butternut squash
red wine vinegar
2 tablespoons tomato purée
1 x 400g tin of chopped tomatoes
1 x 400g tin of kidney beans
1 mug of long grain rice (300g)

MY MICROWAVE CHILLI CON CARNE

FRESH SALSA & FLUFFY MICROWAVE RICE

SERVES 4 | TOTAL TIME: 45 MINUTES | DAIRY-FREE

1. Put the beef, cumin, 2 tablespoons of olive oil, a pinch of sea salt and a big pinch of black pepper into a microwave-proof dish. Crumble in the stock cube and scrunch together with clean hands. Microwave for 10 minutes on high (800W) or until the meat is browned, breaking it up with a wooden spoon halfway.
2. Meanwhile, peel the onion and garlic, then very finely chop with the celery. Deseed and finely chop the chillies. Put a handful of the chopped veg into a small bowl for the salsa, then slice off a thin piece of squash, finely chop and add to the bowl. Stir in 1 teaspoon of red wine vinegar and a pinch of salt, and leave to pickle.
3. When the time's up on the beef, stir in the remaining chopped veg. Slice the reserved squash into 4 large pieces (there's no need to peel it) and lightly score the skin. Place the squash on top, then return to the microwave and cook for another 15 minutes on a high heat (800W).
4. Add the tomato purée and tomatoes to the dish, drain and tip in most of the beans (putting a small handful aside for later). Gently mash with a potato masher, until some of the beans are squashed into the sauce. Return to the microwave and cook for a final 20 minutes on medium-high (600-700W), or until the squash is soft. Carefully lift the dish out of the microwave and place on a heatproof surface. Use your potato masher to mash the squash, if you like, then carefully taste the chilli (it will be hot) and season to perfection. Cover to keep warm while you crack on with the rice.
5. Place the rice in a 2-litre microwave-proof dish or bowl with 2 mugs of water (600ml) and a pinch of sea salt. Cover the bowl with a lid or a side plate, sprinkle the reserved beans on top, then cook in the microwave on a high heat (800W) for 10 to 14 minutes (depending on the strength of your microwave), carefully removing the beans halfway.
6. Fluff up the rice and divide between plates, spoon over the chilli, then sprinkle with the popped beans and salsa, and serve.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
595kcal	17.9g	5.4g	27g	90.3g	12g	1.8g	8.3g



90p PER SERVING*

- 100g stale sliced white bread
- 250g minced pork
- 2 red onions
- 2 mixed-colour peppers
- olive oil
- 1 x 400g tin of green lentils
- 100g long grain rice
- 200g frozen leaf spinach
- 1 heaped teaspoon smoked paprika, plus extra to serve
- 4 tablespoons natural yoghurt

MEATBALL KEBABS

LENTILS, SWEET PEPPERS & SMOKED PAPRIKA

SERVES 4 | TOTAL TIME: 45 MINUTES

1. Place 4 wooden skewers into a tray of cold water to soak.
2. Put the bread in a shallow bowl and sprinkle with 2 tablespoons of water. Leave to soak for a couple of minutes, then squeeze out any excess water. Use clean hands to scrunch the minced pork with the bread and a pinch of sea salt and black pepper. Divide into 16 pieces, then wet your hands and roll into balls.
3. Peel and quarter the onions, then click apart into petals. Deseed the peppers and tear or chop into 3cm chunks.
4. Cut the skewers down to size, so they fit snugly in your pan. Take pride in evenly threading the onion, pepper and meatballs onto each skewer (finely chopping any veg offcuts), then rub the kebabs with 1 teaspoon of olive oil.
5. Drizzle 1 tablespoon of oil into a large non-stick frying pan on a medium-high heat, tip in the finely chopped veg, along with the lentils, 1 tin's worth of water and the rice. Cover and cook for 8 minutes, then stir in the spinach, cover, and cook for a further 5 minutes, or until the rice is cooked.
6. Meanwhile, place the kebabs in your largest non-stick frying pan on a medium-high heat and cook for 12 minutes, or until golden and cooked through, sprinkling with most of the smoked paprika when there's 2 minutes to go.
7. Divide the lentils and rice between plates and top with the kebabs. Dollop over the yoghurt, add an extra pinch of smoked paprika and drizzle over a little paprika oil from the pan, to serve.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
453kcal	9g	2.5g	26.5g	70.3g	11.1g	0.7g	4.4g



82p PER SERVING*

olive oil
1 bulb of garlic
4cm piece of ginger
1 teaspoon dried chilli flakes
2 tablespoons light soy sauce
red wine vinegar
250g minced pork
500g plain flour, plus extra for dusting
1 head of broccoli (375g)
1 small red onion
1 tablespoon runny honey
30g salted roasted peanuts

CRISPY PORK & BROCCOLI NOODLES

QUICK CHILLI OIL & BASHED-UP PEANUTS

SERVES 4 | TOTAL TIME: 20 MINUTES | DAIRY-FREE

1. Peel and finely chop the garlic and ginger, then place half in a heat-proof dish with the dried chilli, and put the rest aside for later.
2. Place a large non-stick frying pan on a high heat with 4 tablespoons of olive oil. As soon as the oil starts to shimmer, pour it into the heatproof bowl to make a fragrant oil. When the sizzling subsides, add the soy sauce and 1 tablespoon of red wine vinegar, then leave to sit – the flavour will get better and better.
3. Return the pan to a medium-low heat and add the pork, breaking it up with a wooden spoon. Cook for 5 minutes, stirring occasionally, until golden and crispy.
4. To make the noodles, pile the flour into a mixing bowl and slowly add 300ml of water to bring it together into a dough. Knead for just a couple of minutes, or until soft, shiny and elastic. On a flour-dusted surface, use a rolling pin to roll out the pasta to about 2mm thick – don't worry if it tears or looks wonky, this dough is very forgiving. Dust it well with flour, then loosely roll it up. Use a sharp knife to slice it at 2cm intervals, then toss it with your hands to separate the strands.
5. Meanwhile, pop a large pan of salted water on to boil. Cut the broccoli into mouth-sized florets, cracking open any big ones (this will help with cooking time), then finely slice the stalk. Halve the onion, finely chop and use it in 2 ways – add $\frac{3}{4}$ to the pork now, and add the remaining to a bowl with a splash of vinegar and some salt to make a quick pickle to be used as a garnish.
6. When the pork is golden, increase the heat to medium-high, and stir through the remaining ginger and garlic. Add the broccoli to the salted water and cook for 5 minutes, with the lid on, then remove with a slotted spoon.
7. Return the salted water back to the boil. Add the noodles, give them a stir and cook with the lid on for 3 minutes.
8. At the last minute, stir the honey through the pork (this will stop it burning) to give the meat sweetness and shine, then remove from the heat.
9. When the noodles are cooked, drain and toss them with the broccoli and the flavoured oil and divide between plates. Pour over the pork juices and scatter over the crispy pork bits from a height. Bash up and sprinkle over the peanuts, scatter with the quick-pickled onions, and serve straight away.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
649kcal	21.9g	4.1g	29.4g	89.4g	10.1g	1.0g	8.2g



96p PER SERVING*

160g plain flour
 2 large eggs
 770ml semi-skimmed milk
 olive oil
 2 cloves of garlic
 1 heaped teaspoon English mustard
 240g frozen leaf spinach
 250g mature Cheddar cheese
 240g smoked ham
 1 butterhead or round lettuce
 red wine vinegar

CHEESY PANCAKE STACK

CHEAT'S WHITE SAUCE, SPINACH & SMOKED HAM

SERVES 8 | TOTAL TIME: 1 HOUR

1. Preheat the oven to 180°C/350°F/gas 4.
2. Place 120g of the flour and a pinch of sea salt in a large mixing bowl. Crack in the eggs and whisk together, then gradually pour in 70ml of milk and 70ml of water, whisking as you go, then put aside.
3. Put a saucepan on a medium heat with 1 tablespoon of olive oil. Peel, finely slice and add the garlic and cook for 2 minutes, or until softened. Stir in the remaining flour and very gradually pour in the remaining milk. Stir in the mustard, frozen spinach and season with a pinch of salt and black pepper.
4. Put a 26cm frying pan on a medium heat with 1 tablespoon of oil. Add just enough batter to coat the base of the pan, gently swirling to cover. Cook until lightly golden, then flip and cook on the other side. Repeat with the remaining batter, wiping out the pan with a ball of kitchen paper and adding a tiny drizzle of oil each time – you should end up with 6 crêpes.
5. Meanwhile, grate the cheese and tear up the ham.
6. Get yourself a deep ovenproof pan, 26cm in diameter. Repeat layers of crêpe, spinach sauce, ham and cheese until you've used up all the ingredients, finishing with a layer of sauce and cheese.
7. Bake on the top shelf of the oven for 30 minutes, or until golden and bubbling, then rest for 10 minutes before serving.
8. Click apart the lettuce leaves, toss with 3 tablespoons of oil and 1 tablespoon of red wine vinegar, season with a pinch of salt and pepper and serve alongside the pancake stack.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
381kcal	23.9g	9.8g	21.6g	21.6g	6.1g	2g	1g



96p PER SERVING*

- 2 onions
- 1 red chilli
- 1 x 240g pack of kipper fillets
- olive oil
- 2 tablespoons hot curry powder
- 2 x 250g packets of cooked basmati rice
- 160g frozen peas
- 1 lemon
- 3 large eggs

ONE-PAN KEDGEREE

WITH KIPPERS, PEAS & WARMING SPICES

SERVES 4 | TOTAL TIME: 20 MINUTES | GLUTEN-FREE, DAIRY-FREE

- 1.** Peel, trim and finely slice the onions, deseed and finely slice the chilli. Separate the kippers, trimming off any fins or bones along the join so you end up with 2 fillets. Remove and finely chop the skin, then trim out and finely chop the soft bone from each fillet.
- 2.** Drizzle 1 tablespoon of olive oil into a medium non-stick frying pan on a medium heat, add the onions, curry powder and most of the chilli (keeping the rest aside for later), and tip in the kipper skin and soft bone. Cook for 5 minutes, or until softened, stirring occasionally and adding splashes of water, if needed, then add the kipper fillets to the mix, breaking them up slightly.
- 3.** Tip the rice into the pan, breaking it up with your spatula. Cook for 5 minutes, stirring regularly. When there's 2 minutes to go, tip in the frozen peas and finely grate over the lemon zest, then divide between plates.
- 4.** Quickly wipe out the pan and drizzle in 1 tablespoon of oil. Beat and pour in $\frac{1}{4}$ of the eggs, tilting the pan to spread them out evenly. Using a spatula, ease around the edges of the omelette, then cook for 1 minute, or until the eggs are just set. Fold both sides into the middle, then carefully slide onto the rice. Repeat with the remaining eggs.
- 5.** To serve, sprinkle over the reserved sliced chilli and serve with the lemon cut into wedges, for squeezing over.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
496kcal	22.3g	4.6g	25.6g	52.1g	6g	1.8g	3.9g



99p PER SERVING*

2 medium eggs
 480g frozen leaf spinach
 1.5kg potatoes
 olive oil
 1 onion
 1 carrot
 30g plain flour
 500ml semi-skimmed milk
 2 teaspoons English mustard
 80g mature Cheddar cheese
 520g frozen white fish fillets
 2 x 400g tins of baked beans

**CLICK FOR JAMIE'S
TIPS & TRICKS**

FREEZER-RAID FISH PIE

WITH A CRISPY POTATO TOP

SERVES 6 | TOTAL TIME: 1 HOUR, PLUS COOLING

1. Preheat the oven to 190°C/375°F/gas 5. Cook the eggs in a pan of boiling water for 10 minutes, until hard boiled. While they're cooking, put the frozen spinach inside a metal colander and rest it on top of the pan to defrost. Once the time's up on the eggs, transfer them to cold water to cool slightly, then peel, slice into rounds and set aside.
2. Meanwhile, scrub the potatoes, then cook them in the microwave on full power (800W) for 10 minutes, or until soft. Once cool enough to handle, halve the potatoes and leave them to steam dry.
3. Place a casserole pan on a medium-high heat with 2 tablespoons of olive oil. Peel, finely slice and add the onion, then finely slice and add the carrot (there's no need to peel it). Season with a pinch of sea salt and black pepper and cook for 5 minutes, or until softened, stirring regularly.
4. Stir the flour into the carrots and onions, then gradually add the milk, a ladleful at a time, stirring continuously until you have a smooth sauce.
5. Off the heat, add the mustard and grate in most of the cheese, stirring gently to combine. Arrange the frozen fish fillets in a single layer on top, breaking them up to fill in any gaps.
6. Pile the defrosted spinach onto a clean tea towel, then wrap it up and wring out really well to remove the excess liquid. Tip the spinach onto a board, add a pinch of salt and pepper, drizzle with 1 tablespoon of oil, then finely chop and arrange it on top of the fish, leaving a 2cm gap around the edge – this will allow the sauce to bubble up over the edges. Finish with a layer of the sliced egg.
7. Scoop the insides of the potatoes into a bowl, leaving the skins on your board. Season the skins, drizzle with 1 teaspoon of oil and pat them down slightly, before using them to line the edge of the pan, a bit like a pastry lining, tearing them as you go, if needed.
8. Season the potato insides with salt and 1 teaspoon of oil and mash, then pick up the potato using the masher and shake it on top of the pie in a rustic fashion. Fold in the potato skin edges, so they don't burn, and grate over the remaining Cheddar.
9. Bake in the oven for 30 minutes, until golden and blipping. When there's 5 minutes to go, heat the baked beans in the microwave or on the hob, then serve.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
588kcal	17.3g	5.5g	36.5g	72.3g	12.7g	1.8g	10.7g



97p PER SERVING*

- 1 potato (250g)
- 1 x 145g tin of tuna in spring water
- 2 tablespoons plain flour
- olive oil
- 80g white cabbage
- 1 small carrot
- a few sprigs of flat-leaf parsley
- red wine vinegar
- chilli sauce, to serve

QUICK FISHCAKE

CABBAGE, CARROT & PARSLEY SLAW

SERVES 1 | **TOTAL TIME: 10 MINUTES** | **DAIRY-FREE**

- 1.** Coarsely grate the potato into a clean tea towel, then drain and flake in the tuna, wrap them up, and wring out really well to remove the excess liquid. Transfer to a large bowl with the flour and toss together with a pinch of sea salt and black pepper.
- 2.** Drizzle 1 tablespoon of olive oil into a cold large non-stick frying pan, then evenly sprinkle in the mixture, using your fingers to really press it down. Place the pan on a high heat and fry for 3 minutes on one side, then flip or carefully turn out onto a plate and slide back into the pan to cook for 3 minutes on the other side, or until nicely golden and cooked through, then slide onto a serving plate.
- 3.** Meanwhile, finely shred the cabbage. Trim the carrot and speed-peel into ribbons. Finely chop the parsley (stalks and all) and place in a bowl with 1 tablespoon each of oil and red wine vinegar, then taste and season to perfection. Pile on top of the fishcake, then drizzle over 1 tablespoon of chilli sauce, to serve.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
545kcal	15.3g	2.2g	34.3g	71.9g	9.7g	1.4g	8.8g



88p PER SERVING*

1 slice of stale thick white bread (100g)

olive oil

½ a head of broccoli (180g)

2 cloves of garlic

½ a lemon

150g dried spaghetti

½ teaspoon dried chilli flakes

1 x 125g tin of mackerel in tomato sauce

30g mature Cheddar cheese

SPEEDY MACKEREL SPAGHETTI

CRISPY BREADCRUMBS, BROCCOLI & CHILLI

SERVES 2 | TOTAL TIME: 15 MINUTES

1. Roughly chop the stale bread to create rustic breadcrumbs, then place in a large non-stick frying pan on a medium-high heat with 1 tablespoon of olive oil. Cook for 3 minutes, or until crispy, stirring regularly, then tip into a bowl for later.
2. Trim the tough end off the broccoli stalk. Cut the florets into small, delicate pieces and very finely slice the remaining stalk. Peel and finely slice the garlic. Finely grate the lemon zest and put aside for later.
3. Cook the pasta in a pan of salted boiling water according to the packet instructions, adding the broccoli florets for the final 2 minutes, then drain, reserving a mugful of the starchy cooking water.
4. Meanwhile, quickly wipe out the frying pan and place it back on a medium heat with 2 teaspoons of olive oil and the dried chilli. Add the sliced broccoli stalk and fry for 5 minutes, or until lightly charred and golden, stirring regularly and adding small splashes of starchy pasta water, letting it bubble away before adding the next splash, and adding the sliced garlic for the final minute.
5. Tip in the mackerel (sauce and all), breaking it up with the back of your spoon, then add 1 tin's worth of starchy pasta water and leave to simmer for 2 minutes.
6. Add the pasta to the broccoli and mackerel and toss everything together, loosening with splashes of the starchy cooking water, if needed.
7. Off the heat, finely grate in the cheese, add a good squeeze of lemon juice, then toss together and season to perfection with sea salt and black pepper.
8. Divide between plates, sprinkling over the crispy breadcrumbs and the reserved lemon zest, to serve.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
567kcal	19.7g	6g	29.4g	71.8g	6.3g	1.2g	6.3g



57p PER SERVING*

olive oil

150ml single cream, plus extra to serve

2 large eggs

375g blackcurrant, raspberry or strawberry
jam, marmalade or golden syrup

150g self-raising flour

100g ground almonds

1 x 400g tin of ready-to-serve custard

SPEEDY SPONGE PUDDINGS

WITH JAM & CUSTARD

SERVES 6 | TOTAL TIME: 17 MINUTES | VEGETARIAN

1. Grease six microwave-safe teacups with a little olive oil.
2. In a large bowl, whisk together 100ml of olive oil with the cream, eggs and 2 tablespoons of jam. Add the flour, almonds and a pinch of sea salt, and whisk again to combine.
3. Divide the pudding mixture between the teacups, and microwave in pairs on high for 2½ to 3 minutes, or until puffed up, then carefully turn out onto plates.
4. Place the remaining jam inside a teacup and heat in the microwave for 20 seconds, then drizzle over the puddings. Dollop over the custard (you can heat it in the microwave according to packet instructions first, if you like) and serve.

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
560kcal	33.1g	6.8g	8.8g	58g	29.4g	0.4g	0.8g



79p PER SERVING*

- 100g dark chocolate
- 100g unsalted butter (cold)
- 100g caster sugar
- 1 large egg
- 4 heaped tablespoons self-raising flour
- 1 Snickers bar (or your favourite chocolate bar)
- 150ml double cream or crème fraîche, to serve

MICROWAVE CHOCOLATE PUDDINGS

WITH YOUR FAVOURITE CHOCOLATE BAR

SERVES 4 | TOTAL TIME: 10 MINUTES | VEGETARIAN

1. Snap the dark chocolate into a large mixing bowl. Cube and add the butter, then tip in the sugar.
2. Microwave in 30-second blasts on a medium heat (600W), stirring every time, until the chocolate has completely melted.
3. Crack in the egg, beat with a fork, then fold in the flour with a pinch of sea salt.
4. Divide up the mixture between 4 small microwave-proof mugs or cups. Break the chocolate bar into chunks and push into the mixture, then microwave in pairs on high (800W) for 1½ minutes, or until risen and slightly gooey in the middle.
5. Drizzle with the double cream or dollop over the crème fraîche and enjoy straight from the mugs.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
438kcal	28.2g	17.6g	5g	41.9g	33.3g	0.1g	3.5g



46p PER SERVING*

600ml double cream

1 x 397g tin of condensed milk

2 x 90g Mint Aero bars or 1 x 175g bag of
Maltesers, plus extra to serve

NO-CHURN ICE CREAM

WITH YOUR FAVOURITE CHOCOLATE BAR

SERVES 12 | TOTAL TIME: 5 MINUTES, PLUS FREEZING | VEGETARIAN

1. Place the cream in a large bowl and whisk until soft peaks form, then fold in the condensed milk. Bash up the chocolate into different sizes – small bits, big bits and dusty bits, for variety – and fold most of it into the ice-cream mixture, keeping a small handful to one side for later.
2. Line a freezer-proof container or a small loaf tin with a sheet of baking paper and pour in the mixture, making sure it goes into the corners. Sprinkle over the reserved chocolate, then freeze for at least 4 hours, or until set.
3. Once you're ready to serve, move from the freezer to the fridge (around 1 hour before you want to eat it), and gently thaw.
4. Turn it out onto a board, remove the baking paper and slice the ice cream into portions to serve. Bash up and sprinkle over a little extra chocolate to decorate, if you like.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
336kcal	27.9g	17.4g	3.2g	19.2g	19.2g	0.1g	0g



72p PER SERVING*

1kg mixed frozen berries
 2 eating apples (300g)
 100g unsalted butter (cold)
 150g plain flour
 75g rolled oats
 150g granulated sugar
 vanilla ice cream, to serve

FROZEN BERRY & APPLE CRUMBLE

WITH VANILLA ICE CREAM

SERVES 8 | TOTAL TIME: 45 MINUTES | VEGETARIAN

1. Preheat the oven to 200°C/400°F/gas 6. Tip the frozen berries into a large bowl, and place in the microwave on high (800W) for 10 minutes until defrosted. Or leave to defrost in the fridge overnight. Once defrosted, drain and reserve the excess juice (see online tip, link below).
2. Meanwhile, roughly chop apples into 1cm cubes (skin and all).
3. Cube the butter and place in a mixing bowl with the flour. Rub together with your fingertips until it resembles breadcrumbs, then stir in the oats and half of the sugar.
4. Tip the berries into a 30cm x 25cm baking dish, stir in the chopped apple and remaining sugar, tossing until the apples are well coated. Sprinkle over the crumble topping, then bake in the oven for 25 minutes, or until beautifully golden. Delicious served with scoops of vanilla ice cream.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
320kcal	11.4g	6.6g	4.1g	53.1g	32.3g	0g	5.3g



47p PER SERVING*

200g dark chocolate
150g unsalted butter (cold)
1 tablespoon golden syrup
200g gingernut biscuits
200g peanut & raisin mix
200g marshmallows

STORE-CUPBOARD FRIDGE CAKE

DRIED FRUIT, GINGERNUT BISCUITS & MARSHMALLOWS

SERVES 10 | TOTAL TIME: 20 MINUTES, PLUS SETTING | VEGETARIAN

1. Snap the chocolate into a heatproof bowl. Roughly chop and add the butter with a small pinch of sea salt, drizzle in the golden syrup, then either melt over a pan of gently simmering water or for 30-second blasts in a microwave, stirring regularly.
2. Snap or bash the biscuits into small chunks (putting a small handful of the finer bits aside for later) and roughly chop the peanuts, dried fruit and marshmallows, then tip into the melted chocolate mixture, stirring well to combine.
3. Get yourself an appropriately sized container (I used a small loaf tin – 1 litre/1lb) that will act as a mould, and line it with a sheet of baking paper, leaving plenty of extra at the edges to fold over the top. Evenly spoon the mixture into the container, then place in the fridge for 4 hours to firm up.
4. Once firm, use the baking paper to help you turn it out, then sprinkle over the reserved biscuit crumb and cut into chunky slices – this will keep for up to 5 days in an airtight container (if you can resist it for that long!).

**CLICK FOR JAMIE'S
TIPS & TRICKS**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
482kcal	28.6g	15.4g	6.9g	47.2g	30.2g	0.2g	4.4g



50p PER SERVING*

- 200ml runny honey
- 2 x 425g tins of pineapple rings in juice
- 200ml vegetable oil
- 200g self-raising flour
- 500ml natural yoghurt
- 200g desiccated coconut
- 2 large eggs
- 12 glacé cherries (60g)

PINEAPPLE UPSIDE-DOWN CAKE

GLACÉ CHERRIES & DESICCATED COCONUT

SERVES 12 | TOTAL TIME: 45 MINUTES | VEGETARIAN

- 1.** Preheat the oven to 180°C/350°F/gas 4. Place your largest non-stick frying pan on a medium-high heat with 1 tablespoon of the honey, then arrange 12 pineapple rings on top in a single layer, reserving the juice for later. (This might be a bit of a squeeze, but you'll fit them in – see the online tip linked below for what to do with any leftover pineapple.) Cook for 4 to 5 minutes on just one side, or until the honey has almost disappeared and the pineapple is starting to caramelise.
- 2.** Place the remaining honey into a large mixing bowl with the vegetable oil, flour, 200ml of yoghurt and most of the desiccated coconut. Crack in the eggs and use a spatula to mix it all together, then loosen with 2 tablespoons of the reserved pineapple juice.
- 3.** Line a 30cm x 20cm roasting tray with greaseproof paper. Arrange the pineapple rings in the tray caramelised-side down and so they're slightly overlapping, drizzling over any remaining pan juices, then place a glacé cherry in the centre of each ring. Pour over the batter, level off the top, then bake for 30 minutes, or until beautifully golden.
- 4.** Carefully turn the cake out onto a board and peel off the greaseproof. Top with a dollop of yoghurt and sprinkle over the reserved desiccated coconut, to serve.

CLICK FOR JAMIE'S
TIPS & TRICKS

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
425kcal	29.9g	12.3g	5.5g	35.6g	19.4g	0.3g	0.5g