



Family Habits: Homemade Takeaways

Chilli beef and bean burger served with salad in a bun, with a side of corn on the cob

<https://www.nhs.uk/healthier-families/recipes/chilli-beef-and-bean-burgers/>

Cost per recipe: £4.37
Cost per burger: 85p,
Cost with sweetcorn £1.10
(Prices from Aldi. April 2022)

Prep: 15 mins
Cook: 15 mins
Serves 4



Ingredients:

- small can (about 210g) red kidney beans, drained and rinsed
- wholemeal breadcrumbs (from 1 slice of bread)
- 1 egg, beaten
- 1 small onion, quartered
- 250g lean beef mince
- 2 teaspoons mild chilli powder, or to taste
- 1 tablespoon tomato purée

To serve:

- 1 red onion, (sliced)
- 1 extra large tomato, (sliced)
- lettuce leaves
- Corn on the cob
- 4 wholemeal rolls

Method

- Chop the onion in a food processor, then add the beans, mince, breadcrumbs, chilli powder, beaten egg and tomato purée, and mix again.
- Shape the mixture into 4 patties and chill until you're ready to cook.
- Barbecue or grill for 5 to 7 minutes each side.
- Serve in the rolls, with sliced onion and tomato, and lettuce leaves. Add a corn on the cob for a complete meal.

Cheats' pizza calzone recipe

<https://www.nhs.uk/healthier-families/recipes/cheats-pizza-calzone/>

Cost per recipe: £2.51
Cost per pizza 63p
(Prices from Aldi. April 2022)

Prep: 10 mins
Cook: 10 mins
Serves 4



Ingredients

- 4 soft flour tortillas (wholewheat, if possible)
- 4 tomatoes, chopped
- 80g hard cheese, grated (reduced-fat, if possible)
- Swappable or optional
- 1 red pepper, deseeded and thinly sliced
- 1 yellow pepper, deseeded and thinly sliced
- 150g closed-cup mushrooms, sliced
- 4 handfuls mixed salad leaves
- 1 carrot, grated
- 2 celery sticks, chopped
- 3 teaspoons dried Italian mixed herbs (optional)
- 1 pinch ground black pepper (optional)

Swap tip

This is a great recipe for swapping ingredients. You can replace the toppings with any fresh, frozen or tinned veg. Use pitta breads instead of tortilla wraps. Try adding chopped tinned pineapple for a Hawaiian twist.

Method

- Preheat the grill. Arrange the peppers and mushrooms on a baking sheet and grill them for 4 to 5 minutes, turning once. Add the tomatoes and herbs, then season with black pepper. Keep warm.
- Add some torn-up basil leaves to the tomato mixture for extra flavour.
- Put a tortilla into a dry frying pan and sprinkle a quarter of the cheese over the top. Cook over a medium heat for about 30 to 40 seconds until melted.
- Add a quarter of the vegetable mixture to one side of the tortilla, then fold it in half, over the filling. Cook for a few moments, then slide it onto a warm serving plate. Keep warm.
- Repeat with the remaining tortillas. Serve with the salad leaves, grated carrot and celery.