



JANUARY BUDGET MEALS







CHEESY MINCE BAKE

Ingredients:

- 600-gram beef mince
- 3 cup prepared tomato pasta sauce or canned chopped tomatoes
- salt and freshly ground black pepper.
- 1 kilogram, peeled.
- oil, to brush over potatoes.

Instructions:

1. Preheat oven to 180 degrees
 2. Brown ground beef in a large pan.
 3. Drain excess fat and add tomato sauce, parsley, salt, and pepper.
 4. Half-cook potatoes in boiling water, then slice.
 5. Spread half the meat sauce in a baking dish.
 6. Layer potatoes over the meat sauce.
 7. Top with remaining meat sauce and another layer of potatoes.
 8. Brush potatoes with oil.
 9. Cover dish with foil and bake for 40 minutes.
 10. Remove foil and bake for an additional 20 minutes, or until potatoes are golden brown.
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JANUARY BUDGET MEALS





BUDGET FRIENDLY CHICKEN CURRY

Feeds: 4

Ingredients:

- 1 tablespoon olive oil (R5.00)
 - 1 onion, chopped (R3.00)
 - 2 cloves garlic, minced (R2.00)
 - 1 tablespoon curry powder (R4.00)
 - 1 teaspoon ground cumin (R3.00)
 - 1/2 teaspoon ground coriander (R2.00)
 - 1/4 teaspoon ground turmeric (R2.00)
 - 1 (400g) can diced tomatoes, undrained (R15.00)
 - 4 boneless, skinless chicken breasts, cut into bite-sized pieces (R60.00)
 - 1 cup frozen peas (R10.00)
 - Salt and pepper to taste
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Instructions:

1. Heat oil in a large saucepan over medium heat.
 2. Add onion and cook until softened, about 5 minutes.
 3. Add garlic and cook for 1 minute more.
 4. Stir in curry powder, cumin, coriander, and turmeric. Cook for 1 minute more.
 5. Stir in diced tomatoes and chicken.
 6. Bring to a boil, then reduce heat and simmer for 15 minutes, or until chicken is cooked through.
 7. Stir in peas and cook for 2 minutes more.
 8. Season with salt and pepper to taste.
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Tips:

- For a spicier curry, add a pinch of chilli powder.
- Serve curry over rice with a side of naan bread, rice or pap.



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BUDGET FRIENDLY CHICKEN CURRY

Cost Breakdown:

- Oil: R2.00
- Onion: R3.00
- Garlic: R2.00
- Curry powder: R4.00
- Cumin: R3.00
- Coriander: R2.00
- Turmeric: R2.00
- Diced tomatoes: R15.00
- Chicken breasts: R60.00
- Frozen peas: R5.00
- Salt and pepper: R0.50

Total Cost: R98.50 / 4 = R24.62 per person for a family of 4

Please note that these prices are subject to change based on your location and specific grocery store.

