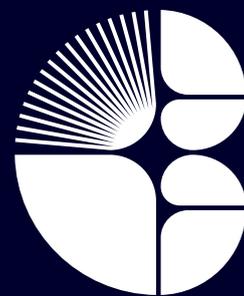


Four for Four

Family-friendly recipes on a budget



Creative Education Trust is proud to partner with chef **Alex Bond** to create four simple recipes for the family to enjoy: classic lasagne; spaghetti Bolognese, homebaked pizza; and a roast chicken dinner.

Each recipe provides four servings, and the shopping list for ingredients for all four of these recipes will cost around £15 in most major UK supermarkets. Fantastic value for a set of sit-down family meals.

We would love to see what you make. Please share your photos and comments with us on Twitter:

[@CreativeEdTrust](https://twitter.com/CreativeEdTrust)

Enjoy!

Shopping list

- 1 kg beef mince
- 3 tins of chopped tomatoes
- 1 bulb of garlic
- 6 onions
- 1 tube of tomato purée
- 1 pack of dried lasagne sheets
- 1 packet of spaghetti
- 1 pint of milk
- 1 packet of strong bread flour
- 1 pack of butter
- 2 blocks of cheese (total 700g)
- Tub of salt
- 1 dried yeast sachet (7g)
- 100g mushrooms
- 8 chicken thighs
- 800g large white potatoes
- 100 ml vegetable oil
- 1 box of stuffing (supermarket own brand)
- 1 head of broccoli
- 4 chicken stock cubes
- Tomatoes (optional)
- Peppers (optional)

About Alex

Alex Bond has been a chef for more than 20 years and has worked at many prestigious restaurants. In 2019 Alex was awarded a Michelin star for his Nottingham-based restaurant, *Alchemilla*. The restaurant also earned 4 AA Rosettes in February 2020 and a Top 50 place in *The Good Food Guide 2020*.



Please note: These recipes were written in March '21 and, at the time of writing, the cost of the ingredients was no more than £15 in a number of major UK supermarkets. Actual cost will vary.

Classic Lasagne

Ingredients

1kg beef mince
2 tins of chopped tomatoes
3 cloves of garlic, crushed
2 onions, sliced
30g tomato purée
8 dried lasagne sheets
500ml milk
80g flour
50g butter
200g grated cheese
Salt



Method

1. Preheat your oven to 180°C / 350°F / Gas mark 4
2. Fry the beef mince in a little oil on a medium to high heat until brown, then add the crushed garlic and sliced onion and cook until the onion is tender
3. Add the tomato purée to the pan and continue to cook for a further two minutes
4. Add the tinned tomatoes and a pinch of salt, and stir thoroughly. Make sure to incorporate all the fried mince on the bottom of the pan
5. Turn the heat right down and slowly simmer for an hour until rich and thick. Adjust the seasoning accordingly, then set the pan aside and work on the *béchamel* (white sauce)
6. In two separate pans: warm the milk with a pinch of salt and, in the other pan, melt the butter on a low heat. Once the butter has melted, add the flour stirring constantly for two minutes
7. Add the milk to the flour pan a little at a time, whisking vigorously at each addition until the sauce is silky smooth
8. Once all the milk is added, keep stirring and cook out the sauce for 2 minutes. Then whisk in 150g of the cheese.
9. Use half of your mince mixture* to build the lasagne in a flat-bottomed baking dish or tray. Alternate layers of dried pasta, mince and the cheese sauce, making sure your final layer is cheese sauce.
10. Top with the remaining grated cheese and cook in a preheated oven at 180 degrees until the pasta is cooked through and the top is browned beautifully.

* The other half of your mince this can be left in the fridge for up to a week or put into the freezer, and can be used for the Spaghetti Bolognese.

Spaghetti Bolognese

Ingredients

Half the cooked minced meat sauce
(see *Lasagne stage 9*)
250g spaghetti
100g cheese
Salt

Method

1. Cook the spaghetti in a large pan of boiling salted water, following the directions on the packet
2. Serve with the bolognese and top with grated cheese

Cheese, Tomato & Mushroom Pizza

Ingredients

| | | |
|-------------------------------|--------------------|----------------------------|
| 325ml lukewarm water | 80ml vegetable oil | 1 tin of chopped tomatoes |
| 7g dried yeast (1 sachet) | 2 onions | 100g mushrooms, sliced |
| 500g strong white bread flour | ½ bulb of garlic | 400g cheddar |
| 15g salt | 30g tomato puree | Sliced tomatoes (optional) |
| | | 2 peppers (optional) |

Method

1. Mix the yeast and lukewarm water and leave to stand for 3 minutes
2. Mix the flour and salt in a large bowl or straight onto your work surface
3. Make a well in the middle and add the water
4. Knead the dough until smooth and slightly elastic. Approx. 10 minutes.
5. Put the formed dough into a clean lightly oiled bowl and cover with cling film or a clean tea towel and put somewhere warm like an airing cupboard until it has doubled in size
6. Meanwhile fry the onion and garlic and a pinch of salt in the vegetable oil until soft and golden, add the tomato purée and cook for a further 2 minutes
7. Add the chopped tomatoes and turn down the heat and cook for 30 minutes until thick
8. Preheat your oven to its highest setting and insert two suitable sized trays
9. Once the dough has doubled divide into two and roll into two large thin pizzas, spread with a layer of the tomato sauce, cover with grated cheese and mushrooms or whatever toppings you like
10. Cook the pizzas on the preheated tray until the base is golden and crispy

Roast Chicken Dinner

Ingredients

8 chicken thighs
800g large white potatoes
100 ml vegetable oil
45g stuffing (supermarket own brand)
2 onions
1 head of broccoli
10g flour
4 chicken stock cubes
Salt



Method

1. Start by peeling the potatoes and cutting into large pieces
2. Place potatoes in a large pan of seasoned water and boil until the outsides are soft but the middle is still raw. Drain the potatoes in a colander and leave to cool slightly. Whilst still warm, shake the potatoes in the colander so that the edges are roughed up
3. Heat the vegetable oil in an oven at 180 degrees until hot, and carefully add the roughed-up potatoes. Cook in the oven, turning every 10 minutes
4. When golden and crispy all over, remove the potatoes from the oil and set aside. These will be reheated later
5. Make the stuffing following the instructions on the box and roll into 8 equal sized balls
6. Next, thinly slice the onion and cook over a medium heat with a little oil and salt until soft, sweet and tender. Stir in the flour and cook for a further two minutes
7. Make the chicken stock following the instructions on the packet and add to the onions whisking thoroughly to make a chicken gravy. If slightly too thick just add a touch of water. Once the gravy is made you will be ready to make your roast
8. Heat the oven to 150°C / 300°F / Gas mark 2
9. Season the chicken thighs with a little salt and pepper and roast in the oven
10. After 20 minutes, add the stuffing balls to your tray of chicken and return the potatoes to the oven. Cook for a further 15 minutes
It is important that you check your chicken is thoroughly cooked: when pierced with a skewer the juices should run clear, with no pinkness remaining inside
11. Whilst the chicken is finishing, bring a large pan of salted water to the boil and cook your broccoli for three minutes. Remove the chicken, potatoes and stuffing from the oven and serve with hot onion gravy