



cheap 'n' lazy pasta

Ridiculously cheap and easy to make, this pasta takes just 15 min and makes a big filling meal for only 15p! Use as dinner, or is cheap enough for a big snack in the evening to quench your rumbling tummies...

1/4 BAG PASTA	0.05
1/2 CAN TOMATOES	0.10
PINCH OF OREGANO	
PINCH OF BASIL	
DRIED CHILLI	
SPLASH OF OIL	
TOTAL	0.15

OPTIONAL EXTRAS:	
SLICE OF BREAD	0.02
GRATED CHEESE	0.20
TOTAL WITH EXTRAS:	0.37

Easy-peasy this one! There are definitely better ways to cook a tomato sauce (see bolognaise recipe) but this one is so cheap and easy, and doesn't taste too bad either :)

First get a pan and half fill with water, salt well and bring to the boil. Then add about 1/4th of your cheap bag of pasta (the twisty stuff), and let simmer for 10 minutes. The Italians demand their pasta be 'al-dente' which means if you try one it should still have a little bite to it. Personally I like it really soft, so I leave it in a bit longer.

Now drain the pasta, and put the pan down somewhere that isn't on the heat. Add all the spices and oil, and maybe a bit more salt. Then stick

back on the heat and pour in about 1/2 of a can of chopped tomatoes.

Turn the heat down pretty low, and stir regularly for about 5 minutes, and then you're done! Spoon out into a bowl or plate (if you are lucky and have brought cheese you could even grate some on top) and maybe even have a slice of bread next to it to mop up all the juices.



the \$2 a day challenge



Spaghetti bolognese

This recipe is based on TVP vegemince, which you can buy from health food shops or good shops like Beanies :o). It's made of dried soya, and when it's cooked up tastes just as good as real mince, with all the protein and none of the saturated fat. And of course it is very cheap...

100G SPAGHETTI	0.05
1 CAN TOMATOES	0.20
1 ONION	0.15
50G DRIED TVP	0.10
PINCH OF OREGANO	
PINCH OF BASIL	
SPLASH OF OIL	
TOTAL	0.50

OPTIONAL EXTRAS:	
GRATED CHEESE	0.20
TOTAL WITH EXTRAS:	0.70

Making spaghetti bolognese is very easy. Cut up the onion into little cubes, and in a pan heat up the oil for a minute or two, then bung in the spices and onion. Stir and fry the onion for about 4 minutes until it just starts to go a wonderful golden brown. Now put in about 3/4 of a mug of the mince stuff and fry for just a minute with the onion. Stir well, and add half a mug of water, the mince will soak it all up. Stir for another minute and then plop in the tomatoes, stir and simmer for 10 minutes. Try not to mash up the tomatoes till they have been boiling for at least 10 minutes, as if they cook for a bit while still whole they will taste a bit sweeter.

Now we need to get the spaghetti on the boil, so half fill another pan

with water, and a good pinch of salt. Heat on high until boiling, then put in the spaghetti at an angle. It wont all fit in the pan, but it doesn't matter, because as the bottom of the spaghetti gets wet and goes soggy, it will curl up, and after a few minutes you should be able to push the whole long strands in. If you are super lazy or in a rush, you can just snap the spaghetti in half and throw it in, but you don't get the long stringy fun later when eating it :)

Once boiling the spaghetti will cook in about 10 minutes, and your sauce should be done at the same time: just keep stirring every now and then. Drain the spaghetti, bung on a plate and scoop the bolognese on top. Serve with optional grated cheese, a flourish, and fake Italian accent!

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