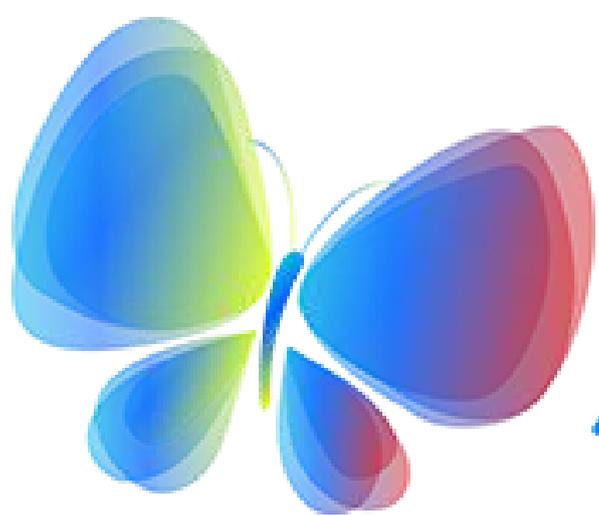


Pathware
TRANSFORMING LIVES

Pathwaze Gourmet on a Budget Recipies 2025



Pathware
TRANSFORMING LIVES

PATHWAZE
SUPPORTED ACCOMMODATION



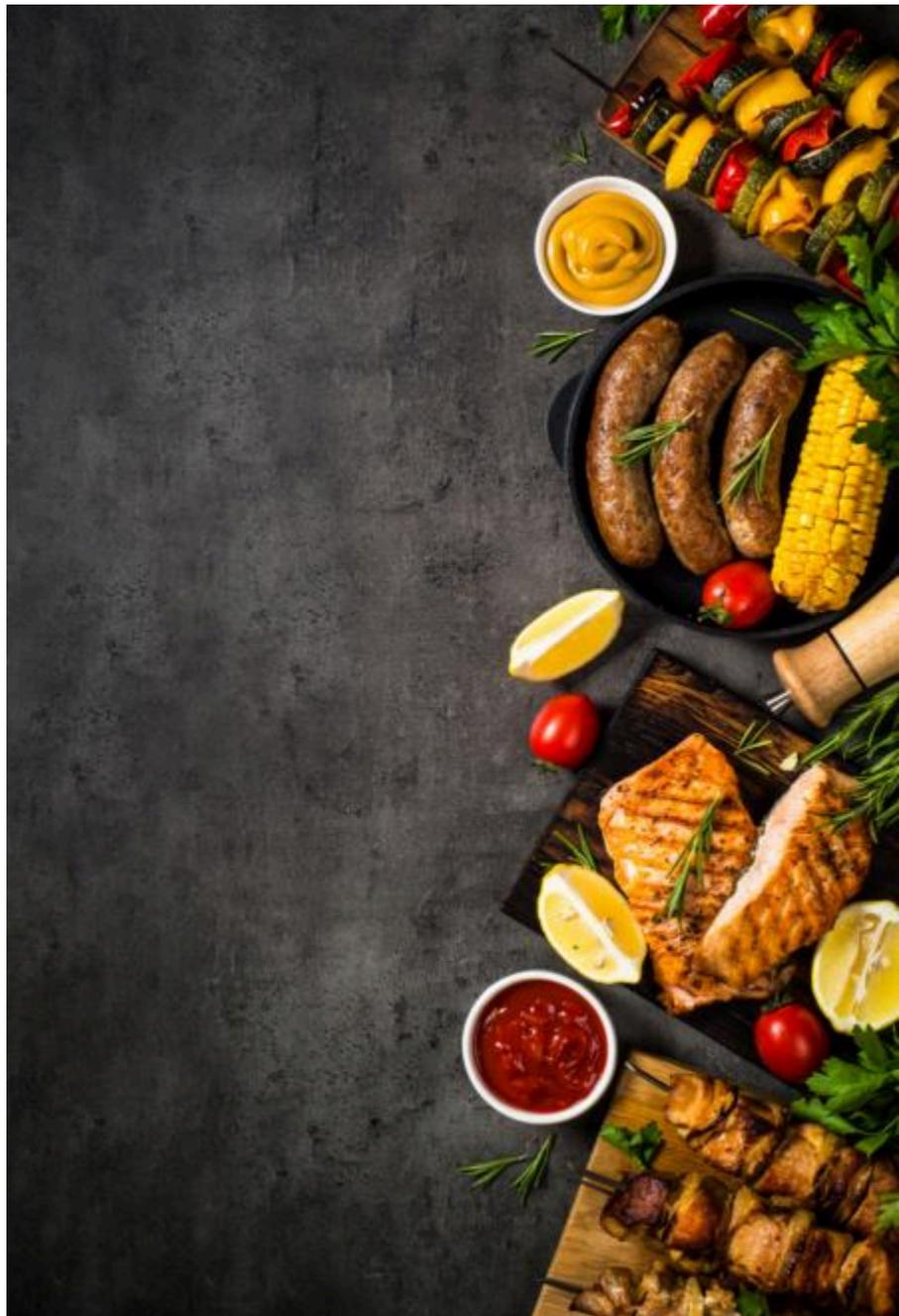
Budget Cooking for Men

October 2025

Easy and affordable
recipes for Pathwaze
Service Users cooking on
a budget

Presented by

Presented to



Executive Summary: Easy and Affordable Cooking for Men



A **guide** for men seeking to cook on a budget. It outlines simple yet **delicious recipes** for breakfast, lunch, and dinner, designed to be both affordable and easy to prepare. Our aim is to empower individuals with the skills and confidence to create meals at home without breaking the bank, fostering healthier eating habits and culinary skills in the process.

The key principles highlighted include **budget-friendly ingredients** and straightforward cooking techniques. We emphasize the importance of meal planning and utilizing seasonal produce to maximize savings.

Consider going to your local market late in the afternoon - prices normally drop. Also your local shops at the end of the day reduce the prices of items near their sell by date.

Foods banks are also options to receive canned items and fresh produce.

Be creative - make your pound go further.

Breakfast Recipes: Quick and Easy Options

Simple breakfast dishes that are not only easy to prepare but also budget-friendly. From classic scrambled eggs to hearty oatmeal, there's something for everyone to enjoy.

Find your local market - you can usually purchase fruits and vegetables cheaper... visit Lidl and Aldi for reasonably priced ingredients.

Find out when they reduce the prices of products...just ask the staff.

Oatmeal with Banana & Cinnamon

Ingredients: 1/2 cup rolled oats, 1 cup water, 1/4 tsp cinnamon, 1/2 banana (sliced), 1 tbsp honey (optional)

Instructions:

- a. **Combine oats and water in a saucepan.**
- b. **Bring to a boil, then reduce heat and simmer for 5 minutes, stirring occasionally.**
- c. **Stir in cinnamon.**
- d. **Top with sliced banana and honey (if using).**

Sweeeettt

Pancakes Ingredients

5–7 pancakes | Costs: £0.94) (not including fillings) | Time taken: 15–20 mins 300g plain flour (£0.15) Two eggs (£0.30) 200ml milk mixed with 75ml water (£0.13) 50g butter (£0.36)

Optional fillings (Nutella, fresh fruit, lemon juice, sugar, etc.)

1. **Measure the flour into a mixing bowl. Make a little pit in the middle of the flour and break the eggs into it.**
2. **Whip the mixture together in the bowl until smooth.**
3. **Slowly mix in the water and milk mixture**
4. **Heat the butter in a pan – melt– add about two tablespoons of it to the batter and stir.**
5. **Pan on a medium heat and pour some of the batter in – cook for 1 min – flip. Flip a few more time until cooked to your liking – cook the rest.**



Breakfast Recipes: Quick and Easy Options

Scrambled Eggs on Toast

Ingredients: 2 eggs, 1 tbsp milk, salt & pepper, 2 slices of bread

Instructions:

- a. **Whisk eggs and milk together with salt and pepper.**
- b. **Melt a little butter or oil in a pan over medium heat.**
- c. **Pour in egg mixture and cook, stirring occasionally, until set.**
- d. **Toast bread.**
- e. **Serve scrambled eggs on toast.**



Breakfast Burrito

Ingredients: 1 tortilla, 2 eggs, 1/4 cup black beans, 1/4 cup salsa, cheese (optional)

Instructions:

- a. **Scramble eggs.**
- b. **Warm tortilla.**
- c. **Fill tortilla with eggs, black beans, salsa, and cheese (if using).**
- d. **Wrap and enjoy!**



Peanut Butter Toast with Apple Slices

Ingredients: 2 slices of bread, 2 tablespoons peanut butter, 1/2 apple (sliced)

Instructions:

Toast bread.

**Spread peanut butter on toast.
Top with apple slices or use Banana**



Yogurt with Berries & Granola

Ingredients: 1 cup yogurt (plain or flavored), 1/2 cup berries (fresh or frozen), 1/4 cup granola

Instructions:

Layer yogurt, berries, and granola in a bowl.

Enjoy!



Avocado Toast:

Whole grain toast spread with mashed avocado, a pinch of salt, and a squeeze of lime.

Top with a poached or fried egg for added protein.



Lunch Recipes: Affordable Meals for Busy Days

This photo collage features **simple and delicious** lunch recipes that are budget-friendly. Each dish is quick to prepare, ensuring you can enjoy a satisfying meal even on your busiest days.



Lunch Recipes: Affordable Meals : Pathwaze

Tuna Salad Sandwich

Ingredients: 1 can tuna (in water or oil, drained), 2
tbsp mayonnaise, 1 tbsp celery (chopped), salt &
pepper, 2 slices of bread

Instructions:

**Combine tuna, mayonnaise, celery, salt, and pepper in
a bowl.**

Spread tuna salad on bread.

Enjoy!



Black Bean Soup

Ingredients: 1 can black beans (drained and
rinsed), 1 cup vegetable broth, 1/4 onion
(chopped), 1 clove garlic (minced), cumin,
chili powder

Instructions:

**Low Cook onion and garlic in a pot in oil.
Add black beans, vegetable broth, cumin, and
chili powder.**

Simmer for 15 minutes.

**Blend with an immersion blender or in a
regular blender (carefully!).**

Grilled Cheese Sandwich

Ingredients: 2 slices of bread, 1–2 slices of cheese,
butter

Instructions:

Butter one side of each slice of bread.

**Place one slice of bread (buttered side down) in a
pan over medium heat.**

**Top with cheese and the other slice of bread (buttered
side up).**

Cook until golden brown and cheese is melted.



Lunch Recipes: Affordable Meals : Pathwaze

Baked Potato with Toppings

Ingredients: 1 medium baking potato, 1 tbsp butter, 2 tbsp grated cheese

Directions

**Bake potato in oven or microwave until soft
Top with your favourite topping**



Egg Fried Rice

Ingredients: 2 Cups, Cold Cooked Rice
Garlic Vegetable Oil Soy Sauce 2 Eggs –
beaten

Instructions:

**Heat oil, stir fry garlic /veggies – place to
side**

**Scramble Eggs – add salt pepper –mix
seasoning**

**Add cooked rice, soy sauce and stir fry for
3–4 mins**



Lentil Soup

Ingredients: 1 cup Dried Lentils (200g), 3 cups
of vegetable broth, 2 celery stalks and medium
carrots –diced, s1 medium onion chopped, 2
cloves of garlic –minced and 1 cup of canned
tomatoes

Directins

**Cook in oil – onions, garlic, carrots, salt and
pepper to taste, and celery in a pot**

**Add lentils, vegetable broth and diced
tomatoes**

Simmer for 30 mins. or until lentils are tender



Lunch Recipes

Chicken and Rice

Ingredients:

Chicken thighs or drumsticks, rice, chicken broth, onion, vegetables, salt, pepper, garlic

Instructions:

Season Chicken –then Brown chicken in a pot. Remove chicken and cook onion and garlic in oil low heat.

Add rice , vegetables and chicken broth.

Place chicken back in the pot.

Simmer until rice is cooked and chicken is tender.



Pizza (Homemade or Frozen)

Ingredients: Pizza dough or frozen pizza, tomato sauce, cheese, toppings

Instructions:

Prepare pizza dough or buy a frozen pizza.

Top with tomato sauce, cheese, and your favorite toppings.

Bake according to package directions or until crust is golden brown and cheese is melted.



Quesadilla

Ingredients: 1 tortilla, cheese, any leftover cooked vegetables or meat

Instructions:

Sprinkle cheese and other fillings on one half of the tortilla.

Fold the tortilla in half.

Cook in a pan over medium heat until golden brown and cheese is melted.



Satisfying and Simple Dinner Recipes



Satisfying and Simple Dinner Recipes



Spaghetti with Tomato Sauce

Ingredients: Spaghetti, jarred tomato sauce, ground beef (optional), garlic, onion oil

Instructions:

Cook spaghetti according to package directions.

Brown ground beef (if using) in a pan.

Add oil garlic and onion to the pan and cook on low heat until softened.

Stir in tomato sauce and simmer for 10 minutes.

Serve sauce over spaghetti.

Chili

Ingredients:

Ground beef, canned diced tomatoes, kidney beans, chili powder, onion, garlic, oil

Instructions:

Brown ground beef in a pot.

Add oil onion and garlic and cook until softened on a low heat

Stir in diced tomatoes, kidney beans, and chili powder.

Simmer for 30 minutes.



Chicken Stir-Fry

Ingredients:

Chicken breast (cut into cubes), frozen vegetables, soy sauce, rice oil

Instructions:

Cook rice according to package directions. Stir-fry chicken in a pan until cooked through. Add frozen vegetables and soy sauce and cook until vegetables are tender.

Serve over rice.



Pasta Agli e Olie

Ingredients

Pasta ,Garlic, Olive Oil, red pepper flakes and salt

Cook the pasta cook on a low heat the garlic in olive oil, add red pepper flakes and toss with the pasta...

Simple with flavour



Creamy One-Pot Tomato Pasta

Ingredients

Pasta, Oil or Butter, Garlic, Chopped tomatoes, dried herbs, Milk, Water, Saly

Heat Oil or butter in a pot, add garlic add canned tomatoes, herbs and water..stir well

Add Pasta stir when Pasta is soft and sauce is thick, add milk and salt to taste.



One Pot Vegan Lentil & Rice Stew

Ingredients

Dried Lentils, ½ cup rice, 1 small onion, 1 clove of garlic 1 carrot 1 tsp cumin or curry powder 1 tbsp of oil 3 cups of water

Heat oil, add onions, garlic cook down add chopped carrots , rice, lentil, spices and water boil.. after 20-25 mins stir and when rice and lentil soft add salt and pepper serve hot with herbs or lemon juice



Satisfying and Simple Salads

Cabbage & Carrot Slaw (No Mayo)

Ingredients:

**¼ small cabbage (shredded) 1 large carrot (grated)
2 tbsp vinegar (apple cider or white) 1 tbsp sugar
(or honey) Salt & pepper to taste**

Instructions:

Shred cabbage and grate carrot.

In a bowl, mix vinegar, sugar, salt, and pepper.

Toss veggies in the dressing and let sit for 10 mins before serving.



Basic Garden Salad

Ingredients:

**1 head of lettuce (or pre-washed bagged lettuce) 1 cucumber 2 tomatoes 1 small red onion (optional) Salt & pepper to taste
Olive oil & vinegar (or lemon juice)**

Instructions:

Chop lettuce, cucumber, and tomatoes into bite-sized pieces.

Thinly slice red onion if using.

Toss everything in a bowl.

Drizzle with olive oil, vinegar (or lemon juice), salt, and pepper.

Mix well and serve.



Salad Dressings

French Dressing

1 small garlic clove finely diced , 1-2 tsp Dijon Mustard, 1-2 tbsp white or red wine vinegar, 6 tbsp extra virgin oil

Lemon Dressing

**6 tbsp virgin olive oil
½ - 1 lemon juiced**



Healthy Swaps

SWAP White Bread for Brown Bread



SWAP Crisp for Vegetable sticks, nuts, seeds, fruit and yoghurt, and homemade baked crisps



Swap Ultra processed meats for Eggs, Cheese, Beans and Fish



SWAP Deep Fried chips for homemade baked potato chips, carrot chips



SWAP Sugar –sweetened drink 4 WATER



SWAP
Make that
change

Healthy
Choices





Pathwaze – supporting you to independent living

Thanks for giving these recipes a go.

Cooking for yourself is a solid skill to have – no one can take it from you. Be proud of every meal you make.

Now that you're here, feel free to make these recipes your own. Try a new spice or a different veg. Have fun with it.

And if you feel like it, cook one for someone else. Sharing food is a simple way to connect.

Keep it up.

Team Pathwaze



www.pathwaze.org.uk
e:info@pathwaze.org.uk