

READER I made it! GALLERY

FAN
FAVES

We love seeing photos of all the different PON recipes you've made. Here are just a few to inspire you...



CAMPFIRE STEW

Tom, Wiltshire
Recipe featured in the cookbook *Pinch of Nom* and on pinchofnom.com



CHEESY FAJITA ORZOTTO

Dennylee, Ayrshire
Recipe featured in the cookbook *Pinch of Nom: Comfort Food* and on pinchofnom.com



CHICKEN TANDOORI KEBABS

Georgia, Gloucestershire
Recipe featured in the cookbook *Pinch of Nom* and on pinchofnom.com



KEEMA PIE

Karen Knight, Pewsey
Recipe featured in the cookbook *Pinch of Nom: Everyday Light*



CHEESY GARLIC DOUGHBALLS

Ashley Hudson, Hampshire
Recipe featured on pinchofnom.com



DIRTY MACARONI

Rreklm, Huntingdon
Recipe featured in the cookbook *Pinch of Nom: Quick & Easy*



MONGOLIAN BEEF

Emma, Fleetwood
Recipe featured in the cookbook *Pinch of Nom: Quick & Easy*



TOAD IN THE HOLE

Kitty Kat, Southampton
Recipe featured in the cookbook *Pinch of Nom: Quick & Easy* and on pinchofnom.com



CHILLI CHICKEN MASALA

Karolina Rogers, Peterborough
Recipe featured on pinchofnom.com



CREAMY STRAWBERRY FRENCH TOAST

Georgia, Gloucestershire
Recipe featured in the cookbook *Pinch of Nom: Enjoy*



CINNAMON ROLL OATS

Leigh Waddington, Whitchurch
Recipe featured on pinchofnom.com



BEEF PAPRIKASH

Kerry T, Bristol
Recipe featured on pinchofnom.com



SAVOURY RICE

Poppy, West Sussex
Recipe featured on pinchofnom.com



STUFFED PASTA BOLOGNESE

Sally Bullimore, Hastings
Recipe featured in the cookbook *Pinch of Nom: Comfort Food*



LEMON BLUEBERRY BAKED OATS

Kerri Mayor, Leicester
Recipe featured in the cookbook *Pinch of Nom*



SAUSAGE TRAYBAKE

Leigh Waddington, Whitchurch
Recipe featured in the cookbook *Pinch of Nom: Budget*



SHAKSHUKA

Kerri Taylor, Kilver
Recipe featured in the cookbook *Pinch of Nom*



CREAMY KEY LIME PIE

Lindsay, Cornwall
Recipe featured in the cookbook *Pinch of Nom: Comfort Food*



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BUDGET

recipes

DELICIOUS,
AFFORDABLE
FOOD

Turn budget-friendly ingredients and store-cupboard staples into tasty meals for the whole family



BAKED BEAN BOLOGNESE

🕒 10 MINS 🍳 30 MINS ✖ SERVES 4

PER SERVING:

438 KCAL / 66G CARBS

200g 5% fat lean beef mince
1 large red onion, peeled and finely diced
2 carrots, peeled and finely diced
1 red pepper, deseeded and finely diced
100g mushrooms, finely chopped
1 small courgette, finely diced
1 garlic clove, peeled and crushed
2 tbsp tomato purée
400g chopped tomatoes
100g passata
410g tin of baked beans
1 beef stock cube
2 tsp Worcestershire sauce or Henderson's relish
1 pinch of mustard powder
¼ tsp Italian herbs
salt and pepper, to taste
200g dried pasta (you can use whichever shape you prefer)
low-calorie cooking spray

A bolognese is always a midweek hero, and this one comes with a thrifty twist! By adding in a tin of baked beans, we've made a smaller amount of beef mince stretch a little further. Perfect for feeding the whole family, you can hide loads of veggies in the rich, tomatoey sauce, and use up any kind of dried pasta that you've got stashed away in your cupboards. Best of all, it's on the table in just 40 minutes!

Weekly Indulgence

Heat two non-stick pans and spray liberally with low-calorie cooking spray. Add your mince to one pan and fry until browned on all sides. Add the vegetables and garlic to the second pan and fry. This should take around 5 minutes.

Once the mince is browned, add the vegetables and continue to sauté. Crumble the beef stock cube over and season with salt and pepper to taste. Continue to sauté until the vegetables are soft.

Add the tomato purée, passata, chopped tomatoes and baked beans and mix well. Simmer for 5 minutes.

Add the mustard powder, Italian herbs and Worcestershire sauce and simmer for a further 10 minutes. While the bolognese simmers, cook the pasta according to packet instructions (usually around 10-12 minutes in a pan of boiling salted water).

Serve the bolognese on top of the pasta.

TIPS:

Freeze the bolognese sauce in a freezer-proof container – it's best to cook your pasta when you're ready to reheat!



I made it! Kerry T, Bristol

FREEZE
ME

BATCH
COOK

DAIRY
FREE