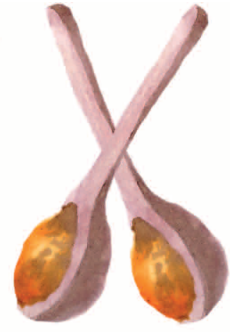




**LIVE BELOW
THE LINE**

THE



D

BREAKFAST:

A

Porridge

Y

LUNCH:

Sweet Potato & Chickpea Curry

1

DINNER:

Spanish Frittata

D

BREAKFAST:

A

Porridge

Y

LUNCH:

Spanish Frittata

2

DINNER:

Sweet Potato & Chickpea Curry

D

BREAKFAST:

A

Porridge

Y

LUNCH:

Pasta with Tomato Sauce

3

DINNER:

1 Minute Omelette



D

BREAKFAST:

A

Porridge

Y

LUNCH:

Egg-Fried-Veg-Rice

4

DINNER:

Pasta with Tomato Sauce



D

BREAKFAST:

A

Porridge

Y

LUNCH:

Egg-Fried-Veg-Rice

5

DINNER:

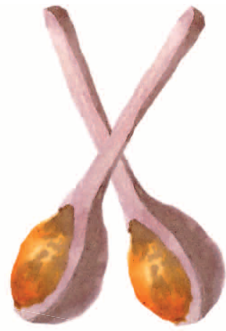
Spanish Frittata



**LIVE BELOW
THE LINE**

VARIETY IS THE SPICE OF LIFE!

THE



POTATOES
500G - £1



SALT
5P



YOU NEED TO BUY:

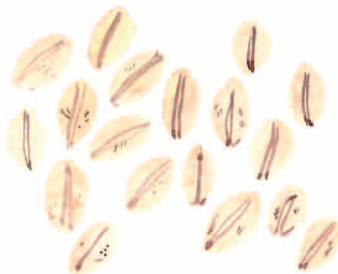
CURRY
POWDER
5P



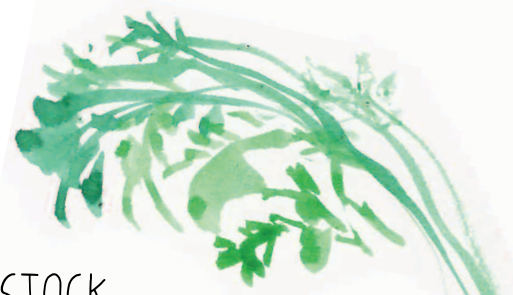
PASTA
23P



OIL
10P



STOCK
CUBES
5P



PASTA
SAUCE
22P



MIXED SPICES
10P



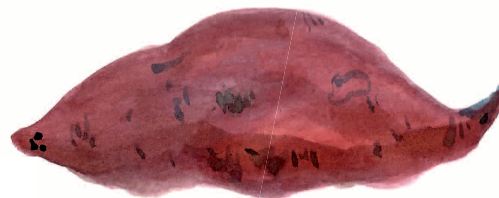
RICE
300G - 30P



PORRIDGE OATS
22NP



2 SWEET
POTATOES
35P

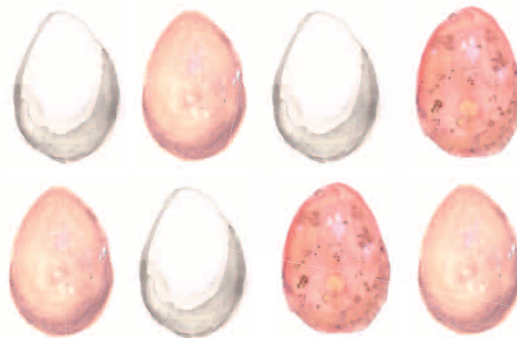


4 ONIONS
40P

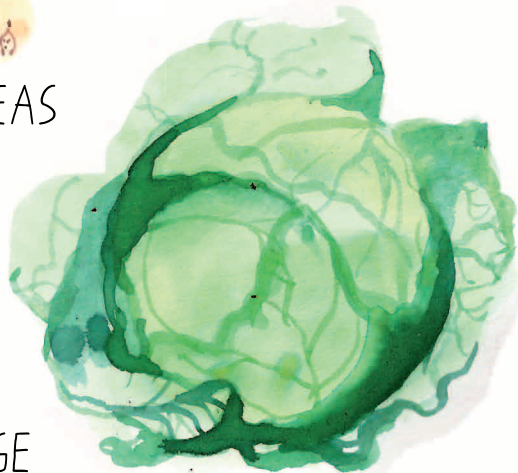
CHICKPEAS
29P

8 EGGS
£1.40

2
CARROTS
10P



1 CABBAGE
20P



**LIVE BELOW
THE LINE**

TOTAL = £5.00



SWEET POTATO AND CHICKPEA CURRY

(2 SERVINGS)

2 SWEET POTATOES



1 CAN CHICKPEAS



SALT



MIXED SPICES



OIL
1TBSP

CURRY POWDER
1TBSP



1 ONION



1. PREHEAT THE OVEN TO 180°C. ROUGHLY CHOP THE POTATOES AND BAKE FOR 20-30 MINUTES.

2. FRY THE CHOPPED ONION. ADD THE CURRY POWDER AND FRY FOR 5 MORE MINUTES. ADD 1/2 A TEASPOON OF SALT.

3. ADD THE CHICKPEAS AND STIR TOGETHER TO COAT IN THE CURRY POWDER AND ONION. ADD WATER IF NECESSARY.

4. ADD IN THE SWEET POTATO AND SIMMER UNTIL ALL FLAVOURS ARE COMBINED.



LIVE BELOW THE LINE

TOP TIP: SERVE WITH 100G OF COOKED RICE FOR A SUPER TASTY MEAL!



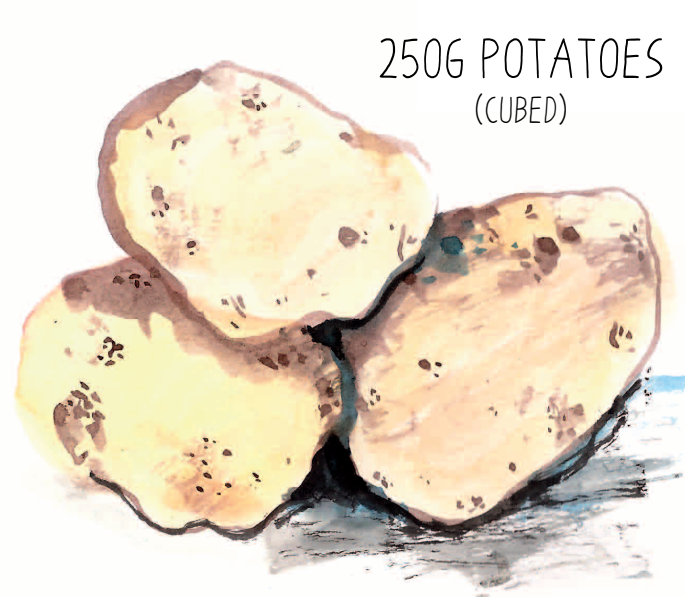
SPANISH FRITTATA (2 SERVINGS)

HEAT HALF THE OIL IN A PAN. ADD THE ONION AND POTATOES AND COOK SLOWLY, UNTIL THE POTATOES ARE COOKED AND SLIGHTLY BROWNED.

WHISK THE EGGS IN A BOWL AND ADD THE COOKED ONION AND POTATOES. STIR AND ADD SALT TO TASTE.

WIPE OUT THE PAN AND HEAT THE REMAINING OIL. FRY THE EGG MIXTURE ON VERY LOW HEAT FOR 5-8 MINUTES UNTIL THE BOTTOM IS NICELY BROWN.

FLIP THE FRITTATA AND COOK THE OTHER SIDE. TO SERVE, CUT INTO WEDGES. IT CAN BE EATEN HOT OR COLD. ENJOY!



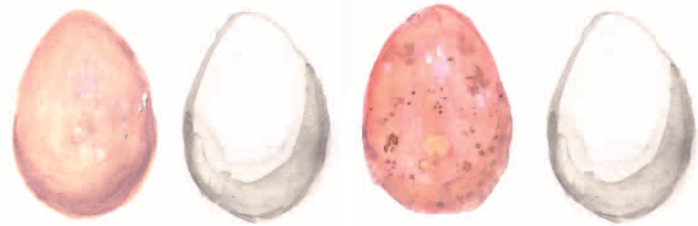
250G POTATOES
(CUBED)



1 TBSP OIL



A PINCH OF SALT



4 EGGS



HALF AN ONION
(CHOPPED)



**LIVE BELOW
THE LINE**

TOP TIP: TO FLIP THE FRITTATA WITHOUT BREAKING IT, PLACE A PLATE ON TOP OF THE FRYING PAN. TURN IT OVER SO THE FRITTATA FALLS UPSIDE DOWN ONTO THE PLATE. SIMPLE!



EGG FRIED RICE AND VEGETABLES

2 TBSP
OIL



HALF A
CABBAGE



100G COOKED RICE



1. FRY THE ONION AND CARROTS FOR 5 MINUTES, THEN ADD THE CABBAGE.
2. COOK FOR A FEW MORE MINUTES BEFORE ADDING RICE AND THE STOCK CUBE. CONTINUE TO HEAT UNTIL THE RICE IS WELL HEATED THROUGH.
3. WHISK THE EGG IN A BOWL AND POUR INTO THE PAN, STIRRING OFTEN.
4. SEASON WITH A LITTLE SALT!

1 STOCK
CUBE



SALT



1 EGG



HALF AN ONION



1 CARROT

