

Beef casserole

If you have remembered to take your meat out of the freezer, well done! If not it doesn't matter just pretend you did and no one will know.

Teaching You how to SAVE:-

Heat your 3 or 4ltr on 7 until water beads.

Brown meat.



Honey Chilli Chicken Stir Fry
11 MINUTES

Add one diced onion and fry.

Add any vegetables you want, I use potato, pumpkin, turnip, parsnip and carrot.



Chicken Filo
20 MINUTES

Put on cover and drop heat down to 4. When it whistles close vent and put on simmer. If you thawed your meat it should take about 15 minutes if you didn't it will take about 25 minutes.



10 MINUTES

Add one tin of tomatoes, $\frac{1}{2}$ cup of water.

NOTHING ELSE: No salt, stock cubes etc.

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Replace cover and leave 10 min before serving.