

Mains



Chicken Nuggets 4-6 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 15 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
4 Small Chicken Breasts	£2.20	£1.99	£2.20	£1.99
2 Slices of white bread	£0.08/100g	£0.07/100g	£0.08	£0.07
1 Large egg	£0.22 Each	£0.19 Each	£0.22	£0.19
Spray Oil	£0.80/100ml	£0.78/100ml	£0.08	£0.08
			£2.58	£2.33

Total Cost for Recipe	Price per Portion (Average)
£2.58	£0.64(4)-£0.43 (6)

Chicken Ruby 4-6 Adults (Mains)

Prep Time: 10 minutes

Cooking Time: 60 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
4 Medium Chicken Breasts	£4.10	£3.99	£4.10	£3.99
2 Onions	£0.85/kg	£0.69 (£0.23 each)	£0.22	£0.46
2 Cloves garlic	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
1 Red pepper	£0.48 pack	£0.43 pack	£0.48	£0.43
1 tsp curry powder	£0.12/10g	£0.88/100g	£0.06	£0.04
1 tsp Paprika	£0.19/10g	£1.23/100g	£0.09	£0.06
300g passata	£0.78/kg	£0.08/100g	£0.23	£0.24
1 tin green lentils	£0.60	£0.49	£0.60	£0.49
400ml Cold water	£0	£0	£0	£0
			£6.03	£5.91

Total Cost for Recipe	Price per Portion (Average)
£6.03	£1.50(4)-£1(6)

Mince mixture/Shepherd's Pie 4-6 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 25 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
400g Mince (Beef)	£2.70	£1.89	£2.70	£1.89
1 Onion	£0.85/kg	£0.69 (£0.23 each)	£0.22	£0.46
1 Garlic Clove	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
1 Carrot	£0.40/kg	£0.29/kg	£0.10	£0.05
4 Medium Mushrooms	£3.17/kg	£2/kg	£0.25	£0.20
1 tin baked beans	£0.22	£0.22	£0.22	£0.22
Beef stock cube	£0.55/100g	£0.39/100g	£0.05	£0.03
2 tbsp Tomato puree	£2.25/kg	£0.17/100g	£0.09	£0.02
2 x 400g chopped tomatoes	£0.28	£0.38	£0.56	£0.76
½ teaspoon rosemary	£0.26/10g	£0.47/20g	£0.06	£0.11
½ teaspoon thyme	£0.53/10g	£0.56/10g	£0.13	£0.14
			£4.58	£4.08

Total Cost for Recipe	Price per Portion (Average)
£4.58	£1.02(4)-£0.76(6)

Mega Pasta Bake 4-6 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 40 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
250g Dried Pasta	£0.64/kg	£0.06/100g	£0.16	£0.15
2 tin Tuna (in water)	£0.79/tin	£0.69/tin	£1.58	£1.38
1 tin chopped tomato	£0.28/tin	£0.38/tin	£0.28	£0.38
1 tsp tomato puree	£2.25/kg	£0.17/100g	£0.03	£0.01
300ml Crème fraiche	£0.31/100ml	£0.32/100ml	£0.93	£0.96
1 garlic clove	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
1 onion	£0.85/kg	£0.69 (£0.23 each)	£0.22	£0.46
300g Frozen mixed veg	£0.69/kg	£0.69/kg	£0.21	£0.21
1tbsp mixed herbs	£0.33/10g	£3.55/100g	£0.33	£0.35
200g cheese grated	£8.19/kg	£5.48/kg	£1.64	£1.10
			£5.63	£5.15

Total Cost for Recipe	Price per Portion (Average)
£5.63	£1.41(4)- £0.94(6)

Chicken Jambalaya 4-6 Adults (Mains)

Prep Time: 10 minutes

Cooking Time: 25-30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1tbsp Oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
2 onions	£0.85/kg	£0.69 (£0.23 each)	£0.44	£0.46
2 cooked sausages	£4.08/kg	£3.28/kg	£1.02	£0.82
200g chicken	£6.47/kg	£5.50/kg	£1.30	£1.10
2 celery	£0.43 a pack	£0.49 a pack	£0.11	£0.12
2 garlic cloves	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
3 mixed peppers	£0.48 (pack)	£0.43 (pack)	£0.48	£0.43
250g Long grain rice	£1.12/kg	£0.05/100g	£0.28	£0.15
2 tsp chilli powder	£0.17/10g	£1.48/100g	£0.17	£0.15
1 bay leaf	£2.34/10g	£5.63/100g	£0.23	£0.05
Chicken stock cube	£0.55/100g	£0.39/100g	£0.05	£0.03
			£4.38	£3.37

Total Cost for Recipe	Price per Portion (Average)
£4.38	£1.10 (4) £0.73 (6)

Chinese Pork 4 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
300g Pork	£6.30/kg	£5.60/kg	£1.89	£1.68
2 onions	£0.85/kg	£0.69 (£0.23 each)	£0.44	£0.46
1 pepper	£0.48 (pack)	£0.43 (pack)	£0.16	£0.14
1 stock cube	£0.55/100g	£0.39/100g	£0.05	£0.03
1 small tin pineapple natural juices	£0.80	£0.75	£0.80	£0.75
50g frozen peas	£1/kg	£0.72/kg	£0.05	£0.03
1 tsp soy sauce	£1/100ml	£0.37/100ml	£0.05	£0.01
1 tbsp cornflour	£3.50/kg	£2.98/kg	£0.03	£0.02
			£3.07	£3.12

Total Cost for Recipe	Price per Portion (Average)
£3.07	£0.77

Tasty Pasta 4-6 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 20 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
Mince Mixture	£4.58	£4.08	£4.58	£4.08
75g Dried Pasta	£0.64/kg	£0.06/100g	£0.04	£0.04
30g cheese	£8.19/kg	£5.48/kg	£0.25	£0.16
			£4.87	£4.28

Total Cost for Recipe	Price per Portion (Average)
£4.87	£1.22 (4) £0.81 (6)

Tasty chilli 4-6 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 20 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
Mince mixture	£4.58	£4.08	£4.58	£4.08
1 tsp chilli powder	£0.17/10g	£1.48/100g	£0.08	£0.07
1 tsp cumin	£0.21/10g	£1.38/100g	£0.10	£0.06
300g kidney beans	£0.33/tin	£0.49 tin	£0.33	£0.49
50g rice/per person	£1.12/kg	£0.05/100g	£0.20-£0.30	£0.20-£0.30
			£5.29-£5.39	£4.90-£5

Total Cost for Recipe	Price per Portion (Average)
£5.29-£5.39	£1.32 (4) £0.90 (6)

Turkey burgers 4 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 20 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
400g Turkey mince	£5.74/kg	£4.78/kg	£2.30	£1.90
2 bacon rashers	£5.49/kg	£5.56/kg	£0.27	£0.28
1 onion	£0.85/kg	£0.69 (£0.23 each)	£0.22	£0.23
1 slice of bread	£0.08/100g	£0.07/100g	£0.04	£0.04
			£2.83	£2.45

Total Cost for Recipe	Price per Portion (Average)
£2.83	£0.70

Pork and apple burgers 4 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 20 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
400g pork mince	£4.50/kg	£4.19/kg	£1.80	£1.68
1 medium apple	£0.89/pack	£1.39/pack	£0.15	£0.23
1 onion	£0.85/kg	£0.69 (£0.23 each)	£0.20	£0.23
1 slice of bread	£0.08/100g	£0.07/100g	£0.02	£0.01
1 egg	£1	£0.89	£0.16	£0.15
1 tbsp. Worcestershire sauce	£0.53/100ml	£0.53/100ml	£0.05	£0.05
			£2.38	£2.35

Total Cost for Recipe	Price per Portion (Average)
£2.38	£0.60

Fruit Chicken Curry 4-6 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 45 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1tbsp Vegetable oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
4 chicken breasts	£4.85	£3.99	£4.85	£3.99
1 onion	£0.85/kg	£0.69 (£0.23 each)	£0.20	£0.23
1/2tsp cinnamon	£0.25/10g	£1.23/100g	£0.06	£0.06
½ tsp turmeric	£0.21/10g	£1.23/100g	£0.05	£0.06
1 tbsp. curry power	£0.12/10g	£0.88/100g	£0.12	£0.08
25g plain flour	£0.37/kg	£0.04/100g	£0.01	£0.01
150ml chicken stock	£0.55/100g	£0.39/100g	£0.05	£0.03
275ml skimmed milk	£0.60/L	£0.60/L	£0.15	£0.15
1 cooking apple	£0.89/pack	£1.39/pack	£0.15	£0.23
1 small tin pineapple juice	£0.80	£0.75	£0.80	£0.75
1 tbsp sultanas	£1.98/kg	£1.98/kg	£0.02	£0.02
			£6.51	£5.62

Total Cost for Recipe	Price per Portion (Average)
£6.51	£1.62 (4) £1.09 (6)

Oven Omelette 4-6 Adults (Mains)

Prep Time: 10 minutes

Cooking Time: 40 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 Onion	£0.85/kg	£0.69 (£0.23 each)	£0.20	£0.23
1 tbsp. margarine	£1.70/kg	£0.17/100g	£0.09	£0.09
213g tinned vegetables x 2	£0.50	£0.50	£1	£1
5 eggs	£1	£0.89	£0.83	£0.74
150ml milk	£0.60/L	£0.60/L	£0.09	£0.09
½ tsp dried herbs	£0.33/10g	£3.55/100g	£0.08	£0.08
			£2.20	£2.23

Total Cost for Recipe	Price per Portion (Average)
£2.20	£0.55 (4) £0.37 (6)

Salmon Fish Cakes 6 Adults (Mains)

Prep Time: 20-50 minutes

Cooking Time: 20-30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
2 large potatoes	£0.25 bag	£0.11 each	£0.25	£0.22
1 tin salmon	£1.80 tin	£1.49 a tin	£1.80 tin	£1.49 a tin
½ tbsp. parsley	£0.12/10g	£0.42/100g	£0.06	£0.02
1 spring onion	£0.49 a bunch	£0.49 a bunch	£0.09	£0.09
50g plain flour	£0.37/kg	£0.04/100g	£0.02	£0.02
1 egg	£1	£0.89	£0.16	£0.15
2 slices of bread	£0.08/100g	£0.07/100g	£0.08	£0.07
			£2.46	£2.06

Total Cost for Recipe	Price per Portion (Average)
£2.46	£0.41

Pizza 4-6 Adults (Mains)

Prep Time: 10 minutes

Cooking Time: 20 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
250g self-raising flour	£0.37/kg	£0.04/100g	£0.18	£0.10
1 tbsp. olive oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.03	£0.01
1 tsp mixed herbs	£0.33/10g	£3.55/100g	£0.16	£0.18
150ml warm water	£0	£0	£0	£0
4 tbsp. tomato puree	£2.25/kg	£0.17/100g	£0.09	£0.07
2 handfuls grated cheese	£8.19/kg	£5.48/kg	£1	£0.60
Toppings	£1	£1	£1	£1
			£2.46	£1.96

Total Cost for Recipe	Price per Portion (Average)
£2.46	£0.62 (4) £0.41 (6)

Sausage Stretch 4-6 Adults (Mains)

Prep Time: 15 minutes

Cooking Time: 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
6 sausages	£4.08/kg	£3.28/kg	£2.04	£1.64
1 onion	£0.85/kg	£0.69 (£0.23 each)	£0.20	£0.23
450g frozen mixed vegetables	£0.69/kg	£0.69/kg	£0.27	£0.27
1 small tin beans	£0.29	£0.22	£0.29	£0.22
400g chopped tomatoes	£0.28/tin	£0.38/tin	£0.28	£0.38
75g pasta	£0.64/kg	£0.06/100g	£0.04	£0.04
Stock cube low salt	£0.55/100g	£0.39/100g	£0.05	£0.03
			£3.17	£2.81

Total Cost for Recipe	Price per Portion (Average)
£3.17	£0.79 (4) £0.53 (6)

Veggie Burgers 4-6 Adults (Mains)

Prep Time: 60 minutes

Cooking Time: 40 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
2 tbsp. sunflower oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.10	£0.02
2 leeks	£1.39	£1.39	£0.69	£0.69
200g mushrooms	£2.88/kg	£2/kg	£0.58	£0.40
2 large carrots	£0.40/kg	£0.29/kg	£0.20	£0.14
1 tsp curry powder	£0.12/10g	£0.88/100g	£0.06	£0.04
1tbsp soy sauce	£1/100ml	£0.37/100ml	£0.10	£0.03
1 tin kidney beans	£0.33/tin	£0.49 tin	£0.33	£0.49
1 handful of grated cheese	£8.19/kg	£5.48/kg	£0.50	£0.30
4 slices granary bread	£0.23/100g	£0.15/100g	£0.23	£0.15
			£2.79	£2.26

Total Cost for Recipe	Price per Portion (Average)
£2.79	£0.69 (4) £0.46 (6)

Fish Pie 4-6 Adults (Mains)

Prep Time: 30 minutes

Cooking Time: 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
4 medium potatoes	£0.25	£0.11 each	£0.50	£0.44
350ml milk	£0.60/L	£0.60/L	£0.21	£0.21
1 tbsp parsley	£0.12/10g	£0.42/100g	£0.12	£0.04
300g fish pie mix	£10/kg	£9.82/kg	£3	£2.95
1 400g tin tuna or salmon	£1.80 tin	£1.49 a tin	£1.80 tin	£1.49 a tin
100g frozen peas	£1/kg	£0.72/kg	£0.10	£0.07
1 small tin sweetcorn	£0.45	£0.47	£0.45	£0.47
2 tomatoes	£0.50	£0.50	£0.50	£0.50
25g cheese	£8.19/kg	£5.48/kg	£0.20	£0.13
2 tbsp plain flour	£0.37/kg	£0.04/100g	£0.03	£0.01
1 tbsp vegetable oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
			£6.96	£6.41

Total Cost for Recipe	Price per Portion (Average)
£6.96	£1.74 (4) £1.16 (6)

Lasagne 4-6 Adults (Mains)

Prep Time: 25 minutes

Cooking Time: 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
Mince Mixture	£4.58	£4.08	£4.58	£4.08
10 lasagne sheets	£5/kg	£0.14/100g	£0.50	£0.14
50g cheddar cheese	£8.19/kg	£5.48/kg	£0.40	£0.27
300ml milk	£0.60/L	£0.60/L	£0.18	£0.18
2 tbsp. plain flour	£0.37/kg	£0.04/100g	£0.03	£0.01
1 tbsp. vegetable oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
			£5.74	£4.69

Total Cost for Recipe	Price per Portion (Average)
£5.74	£1.40 (4) £0.95 (6)

One pot chicken stew 4-6 Adults (Mains)

Prep Time: 25 minutes

Cooking Time: 1hr 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
2 sticks celery	£0.43 a pack	£0.49 a pack	£0.22	£0.25
2 medium onions	£0.85/kg	£0.69 (£0.23 each)	£0.35	£0.46
2 carrots	£0.40/kg	£0.29/kg	£0.40	£0.29
3 potatoes	£0.25	£0.11 each	£0.30	£0.33
1 tbsp vegetable oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
500g skinless and boneless chicken thigh	£2.75	£6.15/kg	£2.75	£3.10
1 tbsp. plain flour	£0.37/kg	£0.04/100g	£0.01	£0.01
500ml apple juice	£0.14/100ml	£0.08/100ml	£0.70	£0.40
400g tin tomatoes	£0.28	£0.38	£0.28	£0.38
			£5.06	£5.23

Total Cost for Recipe	Price per Portion (Average)
£5.06	£1.20 (4) £0.84(6)

Salmon and Chilli Noodles 4-6 Adults (Mains)

Prep Time: 10 minutes

Cooking Time: 15-20 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
225g Egg noodles	£2.90/kg	£2.91/kg	£0.65	£0.65
1 ½ vegetable oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
1 tsp garlic	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
1 tsp chilli powder	£0.17/10g	£1.48/100g	£0.08	£0.07
1 tsp ginger	£0.16/10g	£0.99/10g	£0.08	£0.49
84g whole green beans	£3.50/kg	£3.50/kg	£0.28	£0.28
2 Peppers	£0.48 (pack)	£0.43 (pack)	£0.32	£0.28
½ bunch spring onions	£0.49 a bunch	£0.49 a bunch	£0.25	£0.25
168g salmon	£1.80 tin	£1.49 a tin	£1.80 tin	£1.49 a tin
1 tbsp. soy sauce reduced salt	£1/100ml	£0.37/100ml	£0.10	£0.03
			£3.86	£3.75

Total Cost for Recipe	Price per Portion (Average)
£3.86	£0.96(4) £0.64 (6)

Roasted veg couscous salad with feta or cheese 4-6 Adults (Mains)

Prep Time: 10 minutes

Cooking Time: 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
3 Mixed Peppers	£0.48 (pack)	£0.43 (pack)	£0.48	£0.43
1 courgette	£0.42/each	£2.30/kg	£0.42	£0.30
1 tbsp. vegetable oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
1 garlic clove	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
250g couscous	£1.60/kg	£0.35/100g	£0.48	£0.87
300ml water	£0	£0	£0	£0
1 Vegetable stock cube	£0.55/100g	£0.47 (£0.39/100g)	£0.05	£0.03
Basil leaves	£0.18/10g	£0.33/10g	£0.18	£0.33
140g feta or cheddar cheese	£5.75/kg- £8.19/kg	£5.95/kg - £5.48/kg	£0.77- £1.14	£0.83- £0.76
			£2.68-£3.05	£2.93- £3

Total Cost for Recipe	Price per Portion (Average)
£2.68-£3.05	£0.67-£0.76 (4) £0.44-£0.50 (6)