

Snacks And Light Bites



Vegetable and Lentil Soup 4-6 Adults (Snacks & Light bites)

Prep Time: 15 minutes

Cooking Time: 25-30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 Tablespoon Oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
1 Medium Onion	£0.85/kg	£0.69 (£0.23 each)	£0.11	£0.23
1 Clove Garlic	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
1 tin Chopped tomatoes (400g)	£0.28	£0.28	£0.28	£0.28
2 Small Carrots	£0.40/kg	£0.29/kg	£0.10	£0.05
1 Sweet Potato	£1.10/kg	£0.57 Each	£0.60	£0.57
200g Dried Lentils	£1.80/kg	£0.99 (1.98/kg)	£0.45	£0.48
Vegetable Stock Cube	£0.55/100g	£0.47 (£0.39/100g)	£0.05	£0.03
1 Teaspoon Mustard Powder	£1.50 (£2.64/100g)	£0.95 (£0.20/100g)	£0.13	£0.01
			£2.02	£1.86

Total Cost for Recipe	Price per Portion (Average)
£2.02	£0.50(4)-£0.34(6)

Quesadilla 1 Adult (Snacks & Light bites)

Prep Time: 10 minutes

Cooking Time: 3 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 Tortilla Wrap	£0.11 Each (£0.85)	£0.11 Each (£0.85)	£0.11	£0.11
30g Cheddar cheese	£8.19/kg	£5.48/kg	£0.27	£0.20
Mixed Salad (80G)	£0.83/100g	£0.70	£0.66	£0.70
Chicken slices	£1/100g	£0.69/100g	£0.50	£0.30
			£1.54	£1.31

Total Cost for Recipe	Price per Portion (Average)
£1.54	£1.54

Mini Pizza 6 Adults (Snacks & Light bites)*Prep Time:* 15 minutes*Cooking Time:* 25 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
6 Bread Muffins	£0.96	£0.94	£0.96	£0.94
1 tsp Tomato puree (per half muffin)	£2.25/kg	£0.17/100g	£0.15	£0.12
1 Tbsp Grated Cheese	£8.19/kg	£5.48/kg	£0.50	£0.45
Chicken	£1/100g	£0.69/100g	£0.50	£0.30
Pepper	£0.48 Each	£0.43 each	£0.48	£0.43
Spinach	£7.60/kg	£3.34/kg	£0.38	£0.17
Olives	£0.52/100g	1.62/kg	£0.25	£0.08
			£2.72	£2.49

Total Cost for Recipe	Price per Portion (Average)
£2.72	£0.45

Sandwich Selection 1 Adults (Snacks & Light bites)*Prep Time:* 10 minutes*Cooking Time:* 0 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
2 Bread Slices or Wraps	£0.04/100g or £0.11 each	£0.05/100g Or £0.07 each	£0.20 or £0.11	£0.22 or £0.07
Tuna or Turkey	£0.79 or £0.45/100g	£0.69 or £0.55/100g	£0.79 or £0.45	£0.69 or £0.55
Cumber sticks or carrot	£0.55 full or £0.05 each	£0.55 full or £0.45/kg	£0.27 or £0.05	£0.27 or £0.06
Lettuce leaves	£0.36	£0.38	£0.36	£0.38
Tomato	£0.50	£0.50	£0.50	£0.50
			£1.47 - £2.12	£1.56 - £2.06

Total Cost for Recipe	Price per Portion (Average)
£1.47 - £2.12	£1.47 - £2.12

Bacon and cheese Muffins 10 Adults (Snacks & Light bites)

Prep Time: 20 minutes

Cooking Time: 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 Onion	£0.85/kg	£0.69 (£0.23 each)	£0.11	£0.23
50g Margarine	£1.70/kg	£0.17/100g	£0.09	£0.09
6 Rashers bacon	£5.49/kg	£5.56/kg	£1.08	£1.10
1 courgette	£0.42/each	£2.30/kg	£0.42	£0.30
1 handful grated cheese	£8.19/kg	£5.48/kg	£0.81	£0.54
2 eggs	£1	£0.89	£0.32	£0.30
175ml Milk	£0.60/L	£0.60/L	£0.06	£0.06
			£2.89	£2.62

Total Cost for Recipe	Price per Portion (Average)
£2.89	£0.30

Hot Fish Sandwich 2 Adults (Snacks & Light bites)

Prep Time: 5-10 minutes

Cooking Time: 3-5 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 can Sardines in tomato sauce	£0.40	£0.36	£0.40	£0.36
4 slices bread	£0.04/100g	£0.05/100g	£0.40	£0.50
¼ tsp dried parsley	£0.91/10g	£0.42/100g	£0.45	£0.21
			£1.25	£1.07

Total Cost for Recipe	Price per Portion (Average)
£1.25	£0.63

Leek and Potato Soup 4-6 Adults (Snacks & Light bites)

Prep Time: 15 minutes

Cooking Time: 25 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 tbsp. Oil	£3.25 (£0.32/100ml)	£1.55 (£0.16 per 100ml)	£0.05	£0.01
4 large leeks	£1.39	£1.39	£1.39	£1.39
2 medium potatoes	£0.25	£0.11 each	£0.25	£0.22
1 stock cube	£0.55/100g	£0.47 (£0.39/100g)	£0.05	£0.03
3-4tbsp milk	£0.60/L	£0.60/L	£0.01	£0.01
1 tsp herbs	£0.33/10g	£3.55/100g	£0.16	£0.17
			£1.91	£1.83

Total Cost for Recipe	Price per Portion (Average)
£1.91	£0.48 (4) £0.32 (6)

Cheesy apple slaw 4 Adults (Sides and Delights)

Prep Time: 10 minutes

Cooking Time: 0 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 Large handful grated cheese	£8.19/kg	£5.48/kg	£1	£0.60
1 apple	£0.89/pack	£1.39/pack	£0.15	£0.23
4 spring onions	£0.49 a bunch	£0.49 a bunch	£0.25	£0.25
1 tbsp mayonnaise	£0.15/100ml	£0.28/100ml	£0.01	£0.02
			£1.41	£1.10

Total Cost for Recipe	Price per Portion (Average)
£1.41	£0.35

Tomato Dip 10 Adults (Sides and Delights)

Prep Time: 3 minutes *Cooking Time:* 10 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 tin Tomatoes	£0.28/tin	£0.38/tin	£0.28	£0.38
1 medium onion	£0.85/kg	£0.69 (£0.23 each)	£0.20	£0.23
1 garlic clove	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
1 tsp mixed herbs	£0.33/10g	£3.55/100g	£0.16	£0.18
Pinch chilli	£0.17/10g	£1.48/100g	£0.08	£0.07
			£0.97	£1.06

Total Cost for Recipe	Price per Portion (Average)
£0.97	£0.09

Mackerel Beetroot dip 1 Adults (Sides and Delights)

Prep Time: 10 minutes

Cooking Time: 0 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 Tin Mackerel	£0.80	£0.64	£0.80	£0.64
2 pickled baby beetroot	£0.24/100g	£0.13/100g	£0.02	£0.01
2 tbsp mayonnaise	£0.15/100ml	£0.28/100ml	£0.03	£0.05
½ clove garlic	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
¼ tsp chives	£0.43/10g	£1.18/100g	£0.10	£0.05
1 pitta	£0.08 each	£0.20 each	£0.08	£0.20
			£1.28	£1.15

Total Cost for Recipe	Price per Portion (Average)
£1.28	£1.28

Cheesy lentil Topper 4 Adults (Sides and Delights)

Prep Time: 20 minutes

Cooking Time: 5 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 carrot	£0.40/kg	£0.29/kg	£0.10	£0.05
1 onion	£0.85/kg	£0.69 (£0.23 each)	£0.20	£0.23
2 tbsp red lentils	£1.80/kg	£0.99 (1.98/kg)	£0.08	£0.09
200ml water	£0	£0	£0	£0
2 tbsp cheese	£8.19/kg	£5.48/kg	£0.20	£0.13
Spray oil	£0.80/100ml	£0.78/100ml	£0.08	£0.08
			£0.66	£0.58

Total Cost for Recipe	Price per Portion (Average)
£0.66	£0.17

Herby Cheesy Bread 6-8 Adults (Sides and Delights)

Prep Time: 15 minutes

Cooking Time: 15 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
200g self-raising flour	£0.37/kg	£0.04/100g	£0.06	£0.08
½ tsp baking powder	£0.82/100g	£0.35/100g	£0.04	£0.03
50g margarine	£1.70/kg	£0.17/100g	£0.01	£0.01
½ tsp thyme	£0.33/10g	£3.55/100g	£0.16	£0.18
1 tsp basil	£0.18/10g	£0.33/10g	£0.18	£0.33
1 small handful cheese	£8.19/kg	£5.48/kg	£0.50	£0.30
150ml water	£0	£0	£0	£0
			£0.95	£0.93

Total Cost for Recipe	Price per Portion (Average)
£0.95	£0.16 (6) £0.12 (8)

Naan Bread 4 Adults (Sides and Delights)

Prep Time: 30 minutes

Cooking Time: 10 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
200g plain flour	£0.37/kg	£0.04/100g	£0.07	£0.08
1 sachet yeast	£1	£0.59	£0.50	£0.27
1 garlic clove	£0.25	£0.79 (£0.20 each)	£0.25	£0.20
½ tsp baking powder	£0.82/100g	£0.35/100g	£0.02	£0.01
1 tsbp vegetable oil	£0.16/100ml	£0.16/100ml	£0.01	£0.01
3 tsbp plain yoghurt	£0.18/100g	£0.09/100g	£0.05	£0.02
2 tsbp milk	£0.60/L	£0.60/L	£0.01	£0.01
Sprinkle coriander	£0.53/10g	£0.67/10g	£0.05	£0.06
			£0.96	£0.66

Total Cost for Recipe	Price per Portion (Average)
£0.96	£0.24

Herby wedges 4-6 Adults (Sides and Delights)

Prep Time: 15 minutes

Cooking Time: 40 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 medium potato	£0.25	£0.11 each	£0.15	£0.11
1 tbsp sunflower oil	£0.16/100ml	£0.16/100ml	£0.01	£0.01
1 tsp mixed herbs	£0.33/10g	£3.55/100g	£0.16	£0.18
1 tbsp tomato puree	£2.25/kg	£0.17/100g	£0.02	£0.01
			£0.34	£0.31

Total Cost for Recipe	Price per Portion (Average)
£0.34	£0.08 (4) £0.05 (6)

Herby Sweet potato wedges 4-6 Adults (Sides and Delights)

Prep Time: 15 minutes

Cooking Time: 40 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
1 medium sweet potato	£0.39/1	£0.57/1	£0.39	£0.57
1 tbsp sunflower oil	£0.16/100ml	£0.16/100ml	£0.01	£0.01
1 tsp mixed herbs	£0.33/10g	£3.55/100g	£0.16	£0.18
			£0.56	£0.76

Total Cost for Recipe	Price per Portion (Average)
£0.56	£0.14 (4) £0.09 (6)

Raita Dip 2 Adults (Sides and Delights)

Prep Time: 5 minutes Cooking Time: 0 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
125g plain yoghurt	£0.18/100g	£0.09/100g	£0.23	£0.13
¼ a cucumber	£0.55	£0.59	£0.14	£0.15
1-2tsp mint sauce	£0.20/100g	£0.10/100g	£0.02	£0.01
			£0.39	£0.29

Total Cost for Recipe	Price per Portion (Average)
£0.39	£0.19

Vinaigrette Dressing 6 Adults (Sides and Delights)

Prep Time: 2 minutes Cooking Time: 0 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
3 tbsp Olive oil	£0.16/100ml	£0.16/100ml	£0.03	£0.03
1 tbsp white wine vinegar	£0.59/100ml	£0.20/100ml	£0.05	£0.02
Pinch Black Pepper	£0.86/10g	£1.19/100g	£0.01	£0.01
			£0.09	£0.06

Total Cost for Recipe	Price per Portion (Average)
£0.09	£0.02

Steamed Vegetables 1-2 Adults (Sides and Delights)

Prep Time: 5 minutes Cooking Time: 5 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
Mixed Vegetables	£1	£1	£1	£1
			£1	£1

Total Cost for Recipe	Price per Portion (Average)
£1	£0.50-£1

Simple Salad 6 Adults (Sides and Delights)

Prep Time: 20 minutes Cooking Time: 0 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
¼ lettuce	£0.50	£0.48	£0.13	£0.12
4 tomatoes	£0.75 (6 pack)	£1.19 (6 pack)	£0.50	£0.79
¼ cucumber	£0.55	£0.59	£0.14	£0.15
½ red pepper and ½ yellow	£0.48 (pack)	£0.43 (pack)	£0.16	£0.14
½ red onion	£0.85/kg	£0.69 (£0.23 each)	£0.10	£0.11
200g tin sweetcorn	£0.45	£0.47	£0.45	£0.47
1 carrot	£0.40/kg	£0.29/kg	£0.10	£0.05
2 beetroot	£3.17/kg	1.58/kg	£0.25	£0.12
			£1.83	£1.95

Total Cost for Recipe	Price per Portion (Average)
£1.83	£0.31