

One Pound Meals Delicious Food For Less

Over 80 super-simple and tasty recipes that will save you both time and money. Here is delicious food for less. So much more than cheap dinner ideas - here are meals that cost under 1 but look and taste a million dollars! Recipes for the whole family without breaking the bank, including lots of favourite and familiar storecupboard ingredients.

Cost 63p Prep time 5 mins. Cooking time 35 mins. Cals 882.

Sat fat 26g *1 chicken thigh, skin removed, deboned and diced

*Olive oil * 1 / 4 onion, sliced *Few mushrooms, sliced *2tsp

plain flour ...

When it comes to cooking delicious, homemade food for less than £1 per serving, who better to ask than the thrifty chef behind the viral Instagram account One Pound Meals, Miguel Barclay?. Miguel's Instagram is solid proof that you can eat delicious, filling and nourishing meals on a small budget.

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30 meals you can make for under £1 - Asda Good Living

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Here is delicious food for less. So much more than cheap dinner ideas – here are meals that cost under a pound but look and taste a million dollars! Recipes for the whole family without breaking the bank. Instagram chef sensation Miguel Barclay is taking the world by storm with his delicious meals that cost less than GBP1 per person.

One Pound Meals : Delicious Food for Less | Read Book Summary

Fast & Fresh One Pound Meals, Miguel's second book also became an online bestseller as OPM fans devoured his new collection of recipes. Widely covered by the print media, Miguel and his One Pound Meals revolution has been featured

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One Pound Meals delivers not only on taste but heart. It puts the love back on your kitchen table without breaking the bank. With this inspiring book, great food is not out of reach; it's actually in your fridge., Fay Ripley Delicious to eat as they were quick to prepare., The Times Cook up a storm for less., The Sun Cook yourself a bargain... genuinely delicious stuff you'll want to eat., Metro

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20 delicious recipes you can cook for under £1 You don't have to splash the cash to enjoy delicious, flavoursome and heavenly-come-back-for-seconds-kind-a-food. In fact, we're big believers that some of the tastiest meals can be made for under £1 per person, without sacrificing on flavour.

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Posh enough for Sunday lunch, this pork and apple bake is a delicious family meal that is cooked in one pan so the flavours mix and mingle making it extra tasty. Cost: £3.78 (Asda)

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