

Ingredient picking tool



Check prices and potential recipes of different ingredients at a glance.

Ingredient	Approximate price	Recipe suggestion
Salad tomatoes	Pack of six 59p	Starter: tomato or avocado bruschetta, or Greek salad
Cucumber	One whole 60p	Starter: Greek salad
White baguette	One baton 45p	Starter: all bruschetta recipes
Avocados	Pack of two £1.75 (could be split between two groups)	Starter: avocado bruschetta (guacamole), or quesadilla
Cheese	220g block £1.50	Starter: quesadilla
Greek style salad cheese	200g pack 75p	Starter: Greek salad, or courgette bruschetta
Fresh basil leaves	One bunch 70p	Starter: tomato bruschetta
Fresh mint leaves	One bunch 70p	Starter: courgette bruschetta, or Greek salad
Tortilla wraps	Eight pack 95p	Starter: quesadilla Dessert: spiced banana quesadilla
Canned mixed beans in sauce	One can 65p	Starter: quesadilla Main: veggie chilli
Pitted black olives	One jar 75p	Starter: Greek salad Main: pasta puttanesca
Courgettes	350g pack 80p	Starter: courgette bruschetta Main: ratatouille, or veggie chilli
Onions	1kg bag 85p	Starter: Greek salad, or tomato bruschetta Main: ratatouille, or veggie chilli, or potato curry, or frittata
Anchovies	50g tin 70p	Main: pasta puttanesca
Pasta	500g bag 50p	Main: pasta puttanesca, or serve with ratatouille
Easy cook long grain rice	500g bag 75p	Main: serve with veggie chilli or potato curry

Aubergine	One 70p	Main: ratatouille, or potato curry, or veggie chilli
Small potatoes	750g bag £1	Main: potato curry or frittata
Spinach	250g bag 79p	Main: potato curry, or frittata
Peppers	375g bag 91p	Main: ratatouille, or pasta puttanesca, or veggie chilli
Basics mushrooms	380g pack 82p	Main: potato curry
Curry cooking sauce (mild)	One jar from 75p	Main: potato curry
Chilli spice mix	One sachet 80p	Main: veggie chilli
Tinned chopped tomatoes	One can 35p	Main: ratatouille, or pasta puttanesca, or veggie chilli
Medium free range eggs	Six pack 85p	Main: add to the ratatouille pot, or make into a frittata Dessert: pancakes
Bananas	Five pack 90p	Dessert: spiced banana quesadilla, or topping for pancakes, or fruit salad
Canned pineapple chunks	One tin 80p	Dessert: fruit salad, or grilled pineapple skewers
Apples	520g bag 78p	Dessert: fruit salad
Canned peaches in light syrup	One can 70p	Dessert: fruit salad
Plain flour	1.5kg from 45p	Dessert: pancakes
Semi skimmed milk	One pint 50p	Dessert: pancakes
Granulated sugar	500g bag 69p	Dessert: pancakes
Ground cinnamon	Small jar 85p	Dessert: pancakes, or spiced banana quesadilla, or grilled pineapple skewers
Chocolate sauce	One bottle £1.30	Dessert: pancakes, or spiced banana quesadilla

*The ingredients have been chosen with specific recipes in mind, to offer ideas. Recipes are available online from website such as BBC Good Food or Tesco. Everyone should combine the ingredients however they like, to create their own meal.

**Prices are shown for reference, were sourced from a range of UK supermarkets, and were correct when the resource was reviewed.

***You may wish to buy seasonings and oils separately, and provide one for all the groups to share.