

■ Budget-Friendly Family Dinners

Simple, nourishing, and affordable recipes from Spoon & Sky — created to bring calm and structure to busy family evenings.

Cheesy Veggie Bake

Ingredients: Mixed chopped vegetables, 1 cup cooked pasta, 1 cup grated cheese, 1 cup white sauce, breadcrumbs. Steps: 1. Preheat oven to 180°C. 2. Mix veggies, pasta, sauce, and half the cheese in a baking dish. 3. Top with breadcrumbs and remaining cheese. 4. Bake for 20 minutes until golden. Serve with: Side salad or reheat next day as a wrap filling.

One-Pan Tomato Pasta

Ingredients: 250g pasta, 2 cups chopped tomatoes, 2 cloves garlic, 1 tbsp olive oil, basil, salt, pepper. Steps: 1. Add all ingredients to a deep pan with 3 cups water. 2. Simmer 15 minutes, stirring until pasta is cooked and sauce thickens. Serve with: Grated cheese or pack leftovers cold for lunch boxes.

Salmon Fishcakes

Ingredients: 1 tin salmon, 2 boiled potatoes, 1 egg, breadcrumbs, herbs. Steps: 1. Mash potatoes, flake salmon, and mix with egg and herbs. 2. Form patties, coat in breadcrumbs. 3. Pan-fry until golden on both sides. Serve with: Peas and mash or in lunch wraps next day.

Lentil Shepherd's Pie

Ingredients: 1 cup lentils, 2 carrots, 1 onion, 1 cup stock, 2 cups mashed potatoes. Steps: 1. Cook lentils with chopped veg and stock until soft. 2. Spoon into dish, top with mash, bake 20 minutes. Serve with: Steamed veg or freeze portions for later.

Chicken or Chickpea Wrap Mix

Ingredients: 1 cup shredded cooked chicken or chickpeas, 2 tbsp mayo or yogurt, herbs. Steps: 1. Mix ingredients together and chill. 2. Use as filling for wraps, sandwiches, or stuffed pitas. Serve with: Veg sticks or crackers.

Hidden-Veg Fried Rice

Ingredients: 2 cups cooked rice, 1 egg, 1 cup mixed chopped veg, soy sauce. Steps: 1. Sauté vegetables, add egg, then mix in rice and soy sauce. 2. Stir-fry 5 minutes. Serve with: Leftover curry or as a lunchbox main.

Slow-Cooker Veggie Curry

Ingredients: 2 cups chopped mixed veg, 1 tin coconut milk, 2 tbsp curry paste, 1 cup lentils. Steps: 1. Combine all ingredients in slow cooker. 2. Cook on low for 4–5 hours or until tender. Serve with: Rice, naan, or freeze portions for future dinners.

With warmth & simplicity, Lily Luz — Spoon & Sky Studios