



## Courgette and pea Pilaf



### Ingredients

- 1 onion
- Garlic 2 cloves
- 300g long grain rice
- 1 vegetable stock cube
- zest and juice of 1 lemon
- 100g peas
- Thyme sprig
- 1 courgette diced
- 1 carrot chopped
- 2 tblsp crème fraiche (optional)
- 30g parmesan (optional)

## Cheapest price for the recipe

ALDI				
	Pack		Needed	
Natures Pick Onions	1000	£0.65	100	£0.07
Natures Pick Garlic Pack	4	£0.79	0.5	£0.10
ALDI Everyday Essentials Long Grain Rice	1000	£0.45	300	£0.14
Quixo Vegetable Stock Cubes	12	£0.47	1	£0.04
ALDI Everyday Essentials Lemons	4	£0.50	1	£0.13
Four Seasons Garden Peas	900	£0.65	100	£0.07
Natures Pick Potted Thyme	1	£0.67	0.5	£0.34
Natures Pick Courgettes	30	£1.15	150	£0.35
Natures Pick Carrots	500	£0.24	50	£0.02
Cowbelle British Crème Fraiche	300	£0.99	45	£0.15
Emporium Grana Padano	200	£2.19	30	£0.33
Price for the shop		£8.75		
Price for the recipe		£1.72		

## Cheapest price for the shop

TESCO				
	Pack		Needed	
Tesco Loose Brown Onions	1	£0.10	1	£0.10
Tesco Loose Garlic	1	£0.30	0.5	£0.15
Tesco Easy Cook Long Grain Rice	1000	£1.35	300	£0.41
Tesco Vegetable Stock Cubes	10	£0.65	1	£0.07
Tesco Loose Lemon	1	£0.30	1	£0.30
Growers Harvest Peas	900	£0.55	100	£0.06
Tesco Pot of Thyme	1	£1.30	0.3	£0.39
Tesco Loose Courgette	1	£0.40	1	£0.40
Tesco Loose Carrot	1	£0.05	1	£0.05
Tesco Crème Fraiche	300	£0.99	45	£0.15
Tesco Grated Pecorino	50	£1.30	30	£0.78
Price for the shop			£7.29	
Price for the recipe			£2.85	

## Other Prices

ASDA				
	Pack		Needed	
ASDA Brown Onions	3	£0.79	1	£0.26
ASDA Garlic	3	£0.65	0.5	£0.11
Just Essentials Long Grain Rice	1000	£0.45	300	£0.14
ASDA Vegetable Stock Cubes	12	£0.60	1	£0.05
ASDA Lemon	1	£0.30	1	£0.30
ASDA Frozen Peas	1000	£1.00	100	£0.10
ASDA Growing Thyme	1	£0.65	0.5	£0.33
ASDA Loose Courgette	1	£0.56	1	£0.56
ASDA Carrots	500	£0.25	50	£0.03
ASDA Crème Fraiche	300	£1.15	45	£0.17
Just Essentials Hard Cheese	170	£1.50	30	£0.26
Price for the shop			£8.75	
Price for the recipe			£1.72	

MORRISONS				
	Pack		Needed	
Morrisons Brown Onions	4	£0.99	1	£0.25
Morrisons Garlic Pack	4	£0.99	0.5	£0.12
Morrisons Easy Cook Long Grain Rice	1000	£1.39	300	£0.42
Morrisons Vegetable Stock Cube	12	£0.80	1	£0.07
Morrisons Unwaxed Lemon Pack	4	£0.69	1	£0.17
Morrisons British Garden Peas	500	£0.65	100	£0.13
Morrisons Fresh Thyme	1	£0.89	0.5	£0.45
Morrisons Courgette Pack	3	£1.25	1	£0.42
Morrisons Carrots	500	£0.39	50	£0.04
Morrisons Crème Fraiche	300	£1.20	45	£0.18
Greenside Deli Grated Italian Hard Cheese	120	£1.70	30	£0.43
Price for the shop		£8.75		
Price for the recipe		£1.72		

**Prices accessed on: 05/08/22**

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