caudwell children
Changing Children's Lives

Carrot Dahl to feed 4

FEASTED

Ingredients

- 4 carrots
- 1 onion
- 1 small bunch coriander
- 300g of red split lentils
- 3tbls curry powder
- 4 garlic cloves
- Tomato puree
- 1 veg stock cube
- Spinach
- 800ml of water

Apple and cinnamon filo Samosa

- 2 apples
- 1 tsp ground mixed spice
- 50g sultanas
- 4 sheets filo pastry
- 25g butter

Cheapest price for the shop and recipe

ASDA				
	Pack		Needed	
ASDA crunchy and sweet carrots	8	£0.25	4	£0.13
ASDA crunchy and fragrant onions	3	£0.79	1	£0.26
ASDA aromatic and zesty coriander	30	£0.50	15	£0.25
TRS red split lentils	500	£1.50	300	£0.90
ASDA curry powder mild	80	£0.80	20	£0.20
ASDA fragrant and bold garlic	3	£0.65	1	£0.22
ASDA tomato puree	200	£0.40	100	£0.20
ASDA vegetable stock cubes	12	£0.60	1	£0.05
ASDA mild spinach	180	£0.90	90	£0.45
Silver spoon sugar 1kg	1000	£1.60	50	£0.08
Just essentials apples	5	£0.65	2	£0.26
ASDA ground mixed spice	33	£0.70	5	£0.11
ASDA smart price sultanas	500	£0.99	50	£0.10
ASDA ready rolled filo pastry	200	£1.35	200	£1.35
ASDA unsalted butter	250	£1.75	25	£0.18

Price for the shop	£13.43
Price for the recipe	£4.65

Other Prices

TESCO				
	Pack		Needed	
TESCO loose carrots	1	£0.05	4	£0.20
TESCO loose brown onion	1	£0.10	1	£0.10
TESCO fresh cut coriander	30	£0.47	15	£0.24
TESCO red split lentils	500	£1.20	300	£0.72
TESCO mild curry powder	80	£1.05	20	£0.26
TESCO loose garlic	1	£0.30	1	£0.30
Growers harvest tomato puree	200	£0.39	100	£0.20
TESCO vegetable stock cubes	10	£0.65	1	£0.07
TESCO baby spinach	250	£0.93	90	£0.33
Silver spoon caster sugar	1000	£1.60	50	£0.08
TESCO gala loose apples	1	£0.43	2	£0.86
Schwartz mixed spice	28	£1.85	5	£0.33
Growers harvest sultanas	500	£0.99	50	£0.10
Theos filo pastry	250	£1.70	200	£1.36
TESCO unsalted butter	250	£1.75	25	£0.18

Price for the shop	£13.46
Price for the recipe	£5.24

MORRISONS				
	Pack		Needed	
MORRISONS carrots	8	£0.45	4	£0.23
MORRISONS brown onion	6	£1.15	1	£0.19
MORRISONS bunched coriander	100	£1.35	15	£0.20
MORRISONS red split lentils	500	£1.35	300	£0.81
Schwartz mild curry powder	85	£1.95	20	£0.46
MORRISONS garlic	4	£0.99	1	£0.25
MORRISONS tomato puree	200	£0.45	100	£0.23
MORRISONS vegetable stock cube	12	£0.89	1	£0.07
MORRISONS spinach	220	£1.95	90	£0.49
Silver spoon caster sugar	500	£1.15	50	£0.12
MORRISONS royal gala apples	6	£0.65	2	£0.63
MORRISONS mixed spice	28	£0.70	5	£0.18
MORRISONS saver sultanas	500	£0.99	50	£0.10
MORRISONS filo pastry	200	£1.35	200	£1.35
MORRISONS unsalted butter	250	£1.75	25	£0.22

Price for the shop	£18.29
Price for the recipe	£5.39

Prices accessed on: 24/08/22

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