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MEALS IN MINUTES

Top tips to save time AND money



In my recent survey of local shoppers, over half said they usually had less than 30 minutes to prepare main meals and even less for breakfast or lunch!

As if it is even possible, life seems to be getting faster with more demands on all our resources. Couple this with the increased economic pressure and our heightened awareness of the importance of

a good diet for good health, meal preparation can be a headache for those charged with the task!

Finding the time and financial resources to always prepare delicious, nutritious meals, is not easy.

Bitten off more than you can chew? No fret, here are my top tips and hints to help you squeeze into almost any grocery budget and provide healthy meals in minutes!

Tips to save you TIME and MONEY

- Make your own snacks - I purchase mixed nuts, dried fruit and lean biltong in bulk then portion out into little Tupperware or zip lock packets. The smaller portions also help with controlling extra munching and kilojoules!
- A bit of planning can go a long way. I cook in bulk so maximise my time in the kitchen as well as have meals to grab on the go in the freezer. TIP: Roasting veggies in bulk works wonders as does cooking several chicken or other lean meat fillets in bulk and then freezing them.
- While spending time in coffee shops, I have switched from lattes and cappuccinos to single espressos and water. Not only do I save on kilojoules, but a few rands too!
- I have been using a shopping list instead of spontaneous unprepared shopping.
- Have a snack before you hit the aisles. If you are hungry, everything in the store looks and smells so good that you could blow your grocery budget (and your will power) in the snack aisle!
- Cook with legumes as they stretch meat dishes and provide so much goodness....not convinced...look out for delicious recipe ideas from the recipe

book range called 'Eating for Sustained Energy' by G Steenkamp and L Delport.

- Make a personal collection of quick and easy recipes. Look for recipes with short preparation times and that use ingredients that you usually have available.
- As you dash out the front door, take something out the freezer. This can save vital preparation minutes in the evening.

A healthy hearty meal for 4 FOR LESS THAN R100!

Hot Pot (adapted from Tabitha Hume)

10 ml olive oil (R1.00)
1 onion, finely chopped (R2.00)
600g Beef goulash, cut into bite sized pieces (R45.00)
1 cup (150g) barley (R3.00)
250g sweet potato, peeled & diced (R7.50)
250g carrots (peeled and sliced) (R4.00)
400g baby marrow, sliced (R12.00)
30 ml beef stock powder (R3.00)
5 ml mustard powder (R3.00)
1 L water
Serve with 800g sliced beetroot (R12.00)

Total cost: R91.50

In a pot, heat the oil and fry the onion and meat cubes till browned. Add the remaining ingredients, cover and simmer for about 35 minutes, stirring occasionally. Serve with beetroot salad.

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INCREASE your productivity,
IMPROVE your health and help you
SUSTAIN your motivation throughout the day!

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