

SAVE *with* JAMIE

THIS DOCUMENT CONTAINS COSTINGS THAT CORRESPOND TO ALL OF THE RECIPES FROM SAVE WITH JAMIE

Where possible, all recipe costings are based on prices taken from Tesco.com or Sainsburys.co.uk, and if not, are from Waitrose.com or our local butcher and fishmonger. Following smart tips such as growing your own herbs, visiting markets for cheaper veg and bulk-buying store cupboard ingredients will save you even more money.

Costings displayed here from Save with Jamie may differ slightly from those shown on the accompanying TV series Jamie's Money Saving Meals due to recipe variations between printed and filmed recipes.

Costs are for information purposes and act as a guide only. Prices may vary from those published – all products comply with our food standards taking into account higher-welfare products and other guidelines, and prices are correct as of May-August 2013.

All ingredients have been costed per measurement used, with the view that the book will teach you how to shop smart, cook clever and waste less in order to use and store your excess ingredients for future meals.

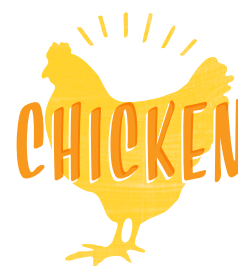
Mothership and leftover recipes have been costed according to the weight of meat eaten, and are based on the assumption that all cooked meat will be used in recipes. Salmon mothership and leftover costings are based on buying a side of salmon on offer.



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PAGE	RECIPE	SERVES	TOTAL PRICE	PRICE PER PORTION
24	GRATED RAINBOW SALAD, SESAME FETA FRITTERS	4	£3.14	£0.79
26	MEXICAN FILLED OMELETTE	4	£5.40	£1.35
28	SICILIAN SQUASH & CHICKPEA STEW	4 to 6	£4.45	£0.74
30	PUFFY PEA 'N' POTATO PIE	6	£3.47	£0.58
32	HUNGOVER NOODLES	4	£6.84	£1.71
34	SQUASH & SPINACH PASTA ROTOLO	4 to 6	£5.14	£0.86
36	MY SAG ALOO	6	£3.22	£0.54
38	VEGGIE KORMA, MOCK CAULIFLOWER PILAU	4	£4.29	£1.07
42	SWEET FENNEL SOUP, FRENCH TOAST CROUTONS	4	£4.95	£1.24
46	ROASTED SQUASH – 4 EXCITING WAYS	-	-	-
	– SQUASH FRITTERS	6	£1.59	£0.27
	– SQUASH HOUMOUS	6 to 8	£3.34	£0.42
	– SQUASH RIGATONI	4	£2.09	£0.52
	– SQUASH BRUSCHETTA	2 to 4	£2.20	£0.55
48	BAKED ONION IN THE HOLE	4	£2.66	£0.67
50	REALLY TASTY CHARRED ASIAN SALAD	4 to 6	£8.22	£1.37
52	GIANT VEG RÖSTI, POACHED EGGS, SPINACH & PEAS	4	£3.18	£0.80
54	ZOMBIE BRAIN (MAGNIFICENT WHOLE-ROASTED CELERIAC, MUSHROOM SAUCE & BARLEY)	6	£7.12	£1.19
56	SWEET POTATO & SPINACH FRITTATA	4 to 6	£4.17	£0.70
58	AUBERGINE DAAL, HANDMADE CHAPATIS	6	£3.76	£0.63
60	PAPPA ALLE ZUCCHINE (COURGETTE & BREAD SOUP)	4	£2.93	£0.73
62	THE BEST CAULIFLOWER & BROCCOLI CHEESE	8 as a side	£3.63	£0.45
64	BBQ BAKED BEANS, SMASHED SWEET POTATOES	6	£8.77	£1.46
66	BEETROOT FRITTERS, DRESSED LENTILS & LEAVES	4	£3.20	£0.80
68	HAPPY FRUMPY MINISTRONE	6	£4.56	£0.76
72	SIMPLE TOMATO PASTA – 4 FANTASTIC WAYS	-	-	-
	– ARRABBIATA	4	£1.85	£0.46
	– PEPERONATA	4	£3.22	£0.81
	– CAPONATA	4	£2.14	£0.54
	– PUTTANESCA	4	£4.81	£1.20
74	OKONOMIYAKI (EPIC SAVOURY JAPANESE PANCAKE)	6	£4.86	£0.81











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PAGE	RECIPE		SERVES	TOTAL PRICE	PRICE PER PORTION
78	MOTHERSHIP SUNDAY ROAST CHICKEN		4 plus leftovers	£7.33	£1.83
80	SINGAPORE NOODLES		4	£7.88	£1.97
82	FRENCHIE SALAD		4	£5.37	£1.34
84	HUMBLE CHICKEN STEW – 4 WAYS		-	-	-
	– CHICKEN PIE		6	£7.73	£1.29
	– CHICKEN LASAGNE		4	£8.49	£2.12
	– CHICKEN STEW & MASH		4	£7.35	£1.84
	– CHICKEN STEW & DUMPLINGS		4	£7.50	£1.88
86	ROAST CHICKEN & SWEET PEA RISOTTO		4	£4.36	£1.09
88	SMOKIN' CHICKEN CHOWDER		6	£4.59	£0.77
90	QUICK CHINESE WRAP		1	£1.65	-
92	CHICKEN & SPINACH CANNELLONI		6	£6.02	£1.00
96	JFC (JAMIE'S FRIED CHICKEN)		4	£12.92	£3.23
98	CHICKEN & CHORIZO PAELLA		4 to 6	£7.76	£1.29
100	HIT 'N' RUN TRAYBAKED CHICKEN		4	£7.12	£1.78
102	STICKY CHICKEN, CHINESE NOODLES		4	£6.38	£1.60
104	PUKKA YELLOW CURRY		4	£8.46	£2.12
106	CHICKEN WINGS, GANGNAM-STYLE		4	£4.55	£1.14
110	MEXICAN CAESAR SALAD		4	£11.12	£2.78
112	DELICIOUS CHICKEN LIVER BOLOGNESE		6	£5.23	£0.87
114	MY JEWISH PENICILLIN, OMELETTE RIBBONS		6	£6.71	£1.12

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PAGE	RECIPE		SERVES	TOTAL PRICE	PRICE PER PORTION
118	MOTHERSHIP SUNDAY ROAST BRISKET		6 plus leftovers	£10.69	£1.78
120	BEEF RENDANG		6	£10.53	£1.76
122	SPICED BEEF TAGINE		6	£8.89	£1.48
124	PULLED BEEF SALAD, KICK-ASS CROUTONS		6	£6.58	£1.10
126	HUMBLE BRISKET STEW – 4 WAYS		-	-	-
	– BRISKET STEW & YORKIES		6	£7.05	£1.18
	– BRISKET HOTPOT		6	£6.16	£1.03
	– BRISKET STEW & JACKET SPUDS		6	£8.91	£1.49
	– BRISKET PUFF PASTRY PIE		6	£6.77	£1.13
128	BEEF NOODLE SOUP		4	£8.13	£2.03
132	KOREAN STIR-FRIED RICE		4	£6.14	£1.54
134	SLOPPY BRISKET PO' BOY		4	£5.76	£1.44
138	MEXICAN BEEF CHILLI		8	£14.58	£1.82
140	MINCE & ONION PIE, CREAM CHEESE PASTRY		6	£6.29	£1.05
142	MEATBALLS ALLA NORMA		4	£5.05	£1.26
144	CHINESE BEEF & TOFU		6	£5.42	£0.90
146	SNAKE IN THE HOLE		4 to 6	£5.22	£0.87
150	SECRET STEAK & CHIPS, GARLICKY GREEN BEANS		4	£8.24	£2.06
152	SEARED BRITISH BEEF CARPACCIO		4	£5.83	£1.46

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PAGE	RECIPE		SERVES	TOTAL PRICE	PRICE PER PORTION
156	MOTHERSHIP SUNDAY ROAST PORK		8 plus leftovers	£13.69	£1.71
160	AMERICAN HOT PIZZA PIE		8 to 10	£7.58	£0.95
162	BANH MI		4	£6.39	£1.60
164	DIM SUM PORK BUNS		8	£6.61	£0.83
166	SLOW-ROASTED PORK RAGU		6	£5.63	£0.94
168	CRISPY PORK TACOS		6	£9.86	£1.64
170	BBQ PULLED PORK, WAFFLES & SLAW		4	£5.63	£1.41
172	PULLED PORK PEPPERS, EASY BAKED RISOTTO		4	£7.19	£1.80
174	JERKED BBQ RIBS		6	£22.58	£3.76
178	PORK MEATLOAF, SPAGHETTI SAUCE		6	£8.46	£1.41
180	SAUSAGE PANZANELLA		4	£6.86	£1.72
182	PIRI PIRI PORK BELLY		6	£10.98	£1.83
186	SPICED SAUSAGE CASSOULET		4	£7.02	£1.76
188	SMOKED HAM HOCKS, PARSLEY SAUCE		6 to 8	£11.87	£1.98







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PAGE	RECIPE		SERVES	TOTAL PRICE	PRICE PER PORTION
194	MOTHERSHIP SUNDAY ROAST LAMB		6 plus leftovers	£15.39	£2.57
196	BAD BOY BBQ BURRITOS		4	£7.65	£1.91
198	HAPPY & HEARTY SCOTTISH BROTH		6	£6.56	£1.09
200	PUNCHY CRUNCHY LAMB NOODLE SALAD		6	£10.45	£1.74
202	LOVELY LAMB PIE		8	£9.06	£1.13
204	CRISPY MOROCCAN LAMB PASTILLA		4	£7.28	£1.82
206	INCREDIBLE LAMB BIRYANI		6	£7.00	£1.17
210	SIZZLING LAMB KOFTAS		4	£5.88	£1.47
212	KING OF ALL BURGERS		4	£5.27	£1.32
214	CYPRIOT LAMB KEBABS		4	£8.13	£2.03

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PAGE	RECIPE		SERVES	TOTAL PRICE	PRICE PER PORTION
218	MOTHERSHIP ROAST SALMON		6 plus leftovers	£11.41	£1.90
220	TASTY SALMON TACOS		6	£7.27	£1.21
224	SALMON – 4 BEAUTIFUL WAYS		-	-	-
	– SALMON & SCRAMBLED EGGS		2	£2.27	£1.14
	– SIMPLE SALMON SARNIE		1	£1.33	-
	– SALMON-TOPPED JACKET SPUDS		4	£5.74	£1.44
	– SILKY SALMON TAGLIATELLE		4	£3.91	£0.98
226	SALMON FILO PIE		6	£8.99	£1.50
228	KINDA VIETNAMESE SALMON SALAD		4	£6.24	£1.56
230	SWEET PEA FISH PIE		8	£9.85	£1.23
232	FANTASTIC FISH TIKKA CURRY		4	£7.15	£1.79
234	SWEET & SOUR FISH BALLS		6	£15.19	£2.53
238	CAJUN SALMON & PRAWN FISHCAKES		6	£8.90	£1.48
240	JOOLS' SWEET PEA & PRAWN PASTA SHELLS		4	£4.06	£1.02
242	GRILLED GARLIC MUSSELS, SWEET TOMATO SOUP		4	£5.09	£1.27
244	CARBONARA OF SMOKED MACKEREL		4	£3.31	£0.83
248	MY FAVOURITE SICILIAN SARDINE SPAGHETTI		4	£6.40	£1.60
250	TROUT AL FORNO		4	£10.37	£2.59
252	MUSSEL PASTA E FAGIOLI		6	£7.17	£1.20
254	TUNA MELT PIADINA		2 to 4	£3.68	£0.92
256	PORTUGUESE FISH STEW		4 to 6	£11.91	£1.99
258	SMOKY KIPPER PÂTÉ		6	£5.16	£0.86

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PAGE	RECIPE	SERVES	TOTAL PRICE	PRICE PER PORTION
260-1	SIMPLE TASTY DISHES FOR UNDER £1 PER PORTION	-	-	-
	– CHEDDAR & PEA OMELETTE	1	£0.88	-
	– LEMON & BASIL SPAGHETTI	1	£0.87	-
	– MUSHROOMS ON TOAST	1	£0.76	-
	– SPINACH & ONION QUESADILLA	1	£0.63	-
262-3	SIMPLE TASTY DISHES FOR AROUND £1 PER PORTION	-	-	-
	– PAPPAL POMODORO	2	£1.62	£0.81
	– CARROT, ORANGE & GINGER SOUP	2	£1.31	£0.66
	– LEEK & POTATO SOUP	2	£2.32	£1.16
	– BRITISH CARBONARA	2	£1.79	£0.90