# Winterguide

Mid-Week Meal Savers

#### MONDAY

#### Macaroni carbonara

PREP TIME 10 min TOTAL TIME 30 min COST PER SERVE \$2.06

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Bring a little light to dark winter nights, with these cost-saving recipes that will warm everyone up!

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## Winter

#### Comfort food time

It may be cold outside, but we are blowing away the winter blues with these comforting winter recipes that will not only warm you up but satisfy your craving for rich hearty meals.

While these cost-cutting recipes are saving you time, jump on over to Cookidoo® and rate your favourites, we would love to know what is keeping you cosy this winter.

#### TUESDAY

#### Plaited pork pie

PREP TIME 20 min
TOTAL TIME 40 min
COST PER SERVE \$2.72

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Serve with your favourite steamed winter veg



A few quick steps and this pie is in the oven and soon to become a family favourite.

#### **INGREDIENTS**

3 spring onions/shallots, trimmed and cut into pieces 500 g pork sausages, removed from casings

- 1 tsp dried thyme
- 1 tsp dried parsley
- 20 g Worcestershire sauce
- 375 g puff pastry (25 x 40 cm sheet)
- 1 egg, lightly beaten

tomato sauce, to serve

#### **PREPARATION**

- 1. Preheat oven to 220°C. Set aside a baking tray (30 x 40 cm).
- 2. Place spring onion into mixing bowl and chop 3 sec/speed 6. Scrape down sides of mixing bowl.
- **3.** Add sausage meat, thyme, parsley and Worcestershire sauce and mix **5 sec/♀/speed 4**.
- **4.** Place puff pastry (25 x 40 cm) onto a sheet of baking paper and transfer onto baking tray. Place sausage mixture down the centre of pastry (approx. 8 cm in width and 30 cm in length). Cut pastry on either side of filling into strips (2 cm wide). Fold up top and bottom ends of pastry to enclose ends and sides of filling. Carefully, place one cut strip of pastry over filling, alternating from one side to another, to enclose filling (ensure each end of pastry is tucked under previous strip). Brush with egg and bake for 20 minutes (220°C) or until golden brown. Allow to cool slightly before serving with tomato sauce.

#### WEDNESDAY

### Chicken, spinach and leek risotto

When you are after that all-in-one, lick your plate clean kind of dish that warms the winter chills.

PREP.TIME 15 min
TOTAL TIME 30 min
COST PER SERVE \$3.35

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#### TIP

Swap out and save: Leek for onion or fresh thyme for dried thyme



# Serve with your favourite crusty bread

# THURSDAY Barley, bacon and chorizo soup

Four steps is all it takes to get this hearty soup on the table.

PREPTIME 10 min
TOTAL TIME 50 min
COST PER SERVE \$2.18
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# one time Save fora lifetime

It's the little things that, together, make a huge impact and, especially at this time of year, every little bit helps. Simply swapping out some everyday staples from store-bought to Thermomix®-made can see you stack up the savings over time. And you're not only saving on groceries, there's also the bonus of choosing the quality of your ingredients and side-stepping additives, preservatives or any other hidden nasties.

#### Here's a sneak peek of the everyday savings below.

Head over to our website to try our digital calculator and see how much you could save on your monthly grocery bill.

Then just choose one or two things to swap out and start stacking up the savings.

	STORE-BOUGHT	THERMOMIX° MADE	WEEKLY SAVING (PER UNIT)
Alternative Milk (1 litre)	\$3.00	\$0.27	\$2.73
<b>Yoghurt</b> (1 litre)	\$6.50	\$4.39	\$2.11
Cafe-style Muffin (1 muffin)	\$6.80	\$0.61	\$6.19
Cheese Scroll (1 scroll)	\$3.90	\$0.46	\$3.44
Homemade Soup (1 litre)	\$6.80	\$3.56	\$3.24
Everyday Bread (1 loaf)	\$5.00	\$2.93	\$2.07
<b>Take-away Pizza</b> (1 pizza)	\$24.00	\$4.58	\$19.42
<b>Wraps/Tortillas</b> (8 tortillas)	\$2.20	\$0.17	\$2.03
Muesli Bars (1 bar)	\$0.92	\$0.79	\$0.13
Gluten-free Bread (1 loaf)	\$9.95	\$8.39	\$1.50

Our price comparisons are based on the full advertised prices at a major supermarket or comparable "takeaway" products from a number of food outlets or national franchises as at 20 May 2025. Prices listed exclude common pantry items. Prices are only for indicative comparison, and do not represent actual savings. Prices do not account for sales or promotions and may vary according to location, date, and other factors.

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