

# 10 Budget-Friendly Family Meals Under \$5 a Serve



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5 minutes



Every time we go grocery shopping it seems like the prices are only getting higher. Families with many mouths to feed—each with their own tastes and quirks—probably feel the shock of these rising costs even more. If you're all out of cooking ideas for next week, we're here to help.

We've compiled a list of our favourite budget-friendly family meals that are super delicious, and of course healthy. In this list you'll also find an average cost per serve for each meal, helping you forecast your grocery spending heading into next week. We also have a few select dishes from culinary couple Magdalena Roze and Darren Robertson.

There's a dish in here for everyone, including the picky eaters!

## 1. Egg, Mushroom & Pesto Tart



Name a better combo than cheese and eggs. This ooey gooey Egg, Mushroom, and Pesto Tart will soon become a healthy household staple. It's rich, it's filling, and it's super easy to make requiring just a few simple, cheap, and flavourful ingredients.

Not a big fan of veggies? Sprinkle in a few chopped bacon bits to transform this dish into a savoury meaty delight.

**Cost Per Serve: \$2.17**

## **2. Tuna Mornay With Eggs**



This Tuna Mornay is a great meal on seafood dinner nights. It combines a creamy mornay sauce atop a bed of rice, tuna, healthy veggies, and eggs. Panko crumbs add just the right crunch too.

Strapped for time? Throw those rice sachets in the microwave! No rice at home? Swap it out for your favourite pasta instead.

**Cost Per Serve: \$4.87**

**3. Egg-Stuffed Meatloaf**





The family-favourite Meatloaf. This version stuffs our favourite nutrient-rich ingredient in the centre: the egg. Serve with a side of hearty roast veg and dinner's sorted.

This dish is also great for weekend meal preppers. Slice individual portions and freeze for up to 1 month.

**Cost Per Serve: \$4.60**

## **4. Quick Shakshuka**



We're speeding to the dinner table when shakshuka's on the menu! This dish is practically made for speedy chefs who can't be bothered spending long hours standing over the kitchen stove. This cheap and filling meal combines eggs, tomatoes, lentils and more, and tastes great at breakfast, lunch, or dinner time.

**Cost Per Serve: \$3**

## **In The Kitchen With Magdalena & Darren**

The following recipes come from the unique minds of the culinary duo, Magdalena Roze and Darren Roberston.

Passionate about wholefoods and cooking, Magdalena loves creating healthy meals loved by children and parents alike. Critically-acclaimed chef and restaurant owner, Darren Roberston aspires to create perfection in every dish. Together in the kitchen, they've dreamed up the following amazing, budget-friendly recipes.

### **5. Asparagus, Egg and Goat's Cheese Tart**





This Asparagus, Egg, and Goat's Cheese Tart will have everyone coming back for seconds, and possibly thirds! A mouth-watering cheese filling brings together every element—from asparagus to egg—together in all the right ways. This tart pairs well with a light, healthy salad.

**Cost Per Serve: \$4.21**

**6. Scrambled Egg Tacos**



How can you go wrong with scrambled eggs? This cheap and interesting take on tacos swaps out a traditional meat/fish protein for bouncy beautiful ribbons of scrambled eggs.

Tacos are usually jam-packed with tons of ingredients, sauces, beans and more. This recipe is pared down, focusing on a few, strong, delicious elements. A dinner that fits in perfectly with our busy lives.

**Cost Per Serve: \$4.56**

## **7. Bird's Nest**



This delicious dish is great to try when you feel like having a bit of fun with your food. Or if you have a budding young chef in the family, try this one together!

A soft-boiled egg sits within a nutritious nest of smashed peas, feta, mint, and more. Top it off with a squeeze of lemon and enjoy!

**Cost Per Serve: \$3.25**

**8. Soft Polenta Eggs**





This soft polenta is positively perfection. A fibrous, filling meal that uses just a few simple, cheap, quality ingredients. A sprinkle of parmesan gives this dish a nice sharp kick at the end.

**Cost Per Serve: \$4.49**

## **9. Crispy Fried Tandoori Eggs**



This recipe is made for spice lovers. Green Yoghurt balances out this spicy meal of crispy friend tandoori eggs. If you prefer a bit more flavour and less heat though, swap the red chili for a milder chili.

**Cost Per Serve: \$4.87**

**10. Egg Schnitzel Sandwich**





We love this fun take on the schnitzel sandwich. Eggs are the star of the show, accompanied by a slaw that is truly divine. For the best crispy outside layer, we recommend using panko bread crumbs.

**Cost Per Serve: \$3.49**

## Make Budget-Friendly Meals With Eggs

Eggs are one of the most versatile foods in the supermarket. They're also one of the cheapest superfoods available. With 23 vitamins and nutrients in every egg, incorporating them more into your meals is not only good for your budget, it's also good for your health. For more cooking inspo check out our [Recipes](#).