



Yes that sounds like a budget breaker! But I combined a couple of meat deals the other day so we got 600G of Turkey Mince, 500g of Beef mince, a decent sized Chicken and two Duck breasts for £10. It was the two year anniversary of ?Eat Well on Universal Credit? yesterday so we had a bit of a treat.

Sauce Ingredients:-

100ml of cheap Red Wine
2 Shallots, skinned and diced
2 Cloves of Garlic, minced
500ml of Chicken Stock
A knob of Butter
Salt & Pepper

Method:-

We like our Duck pink and we served with New Potatoes, Broccoli and Corn on the Cob. Not bad for less than £2 each!!!!

- (1) Fry the Shallots and then add the Garlic until the Shallots are softened.
- (2) Season with Salt & Pepper.
- (3) Add the Chicken Stock and simmer for 20 minutes.
- (4) Add the Red Wine and simmer for another 20 minutes.
- (5) Stir in the Butter and serve.

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