

Student Cookbook

Quick, easy and healthy meal ideas

NOTTINGHAM
TRENT UNIVERSITY



Flying the nest

Moving out of home and into university is an exciting time. It's a chance to meet new people, have new experiences, and get a taste for independence.

Food is a massive part of that, so we've come up with a few recipes that will help you replicate the home-cooked delights you're used to.

As a student, you'll want to cook meals that are quick, easy, affordable and nutritious. Whether you've never cooked before or you're a master chef, these simple recipes are designed to get you started and inspire you.

One of the easiest ways to help save time and money is to plan your meals. This may sound like a boring task, but it will really help you to eat nutritiously and save money.



Key:



Number of
servings



Cooking
time



Suitable for
vegetarians



Suitable for
freezing

Top tip:

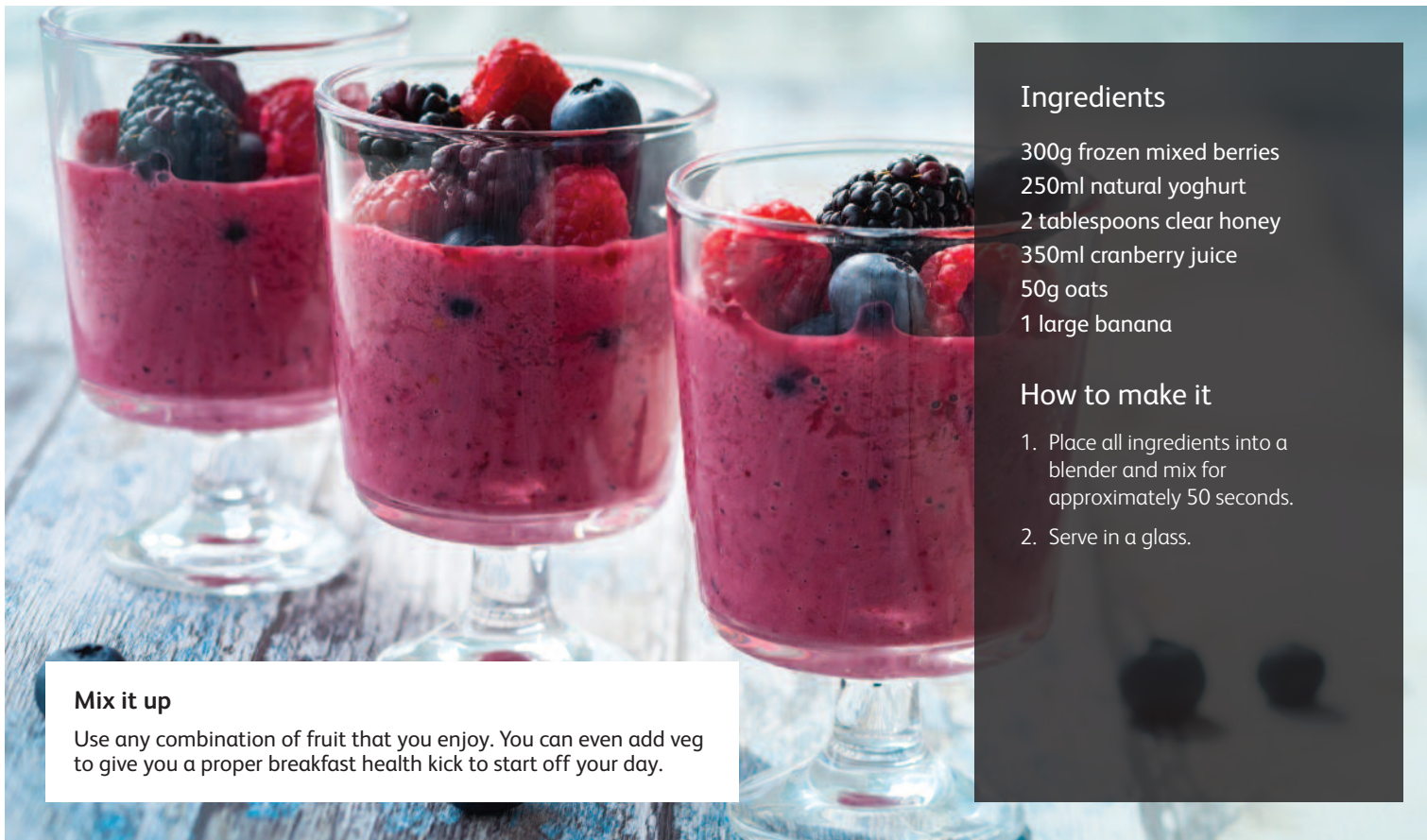
Factor in meals that are freezable – these are great value for money and will save you time.

Visit www.ntu.ac.uk/starting-at-ntu for an extensive list of ideas about what to bring to university.

Mixed berry and honey smoothie



Breakfast



Ingredients

300g frozen mixed berries
250ml natural yoghurt
2 tablespoons clear honey
350ml cranberry juice
50g oats
1 large banana

How to make it

1. Place all ingredients into a blender and mix for approximately 50 seconds.
2. Serve in a glass.

Mix it up

Use any combination of fruit that you enjoy. You can even add veg to give you a proper breakfast health kick to start off your day.

Porridge and fruit



Breakfast



Ingredients

50g porridge oats
150ml milk or water, or a mixture of both
Pinch of salt
Honey and fruit to serve

How to make it

1. Combine the porridge oats, liquid and salt in a microwaveable bowl.
2. Microwave on high for five minutes, giving it a stir halfway through.
3. Leave to stand for at least two minutes before eating.
4. Add your desired fruit on top with a drizzle of honey.

Why not try...

... a dollop of peanut butter or jam? Only a few calories, but a big burst of flavour.

Versatile vegetable soup



Light lunch



Ingredients

200g chopped raw vegetables – use a mix of veg such as onion, carrot and leek
300g diced potato
1 tablespoon olive oil

700ml stock (a stock cube dissolved in boiling water will work just as well)
A dash of crème fraîche

How to make it

1. Fry the chopped raw vegetables with the potatoes, peeled and cubed, in a little oil for a few minutes until they begin to soften.
2. Cover with the stock and simmer for 10 to 15 minutes until the veg is tender. Blend until smooth, then season.
3. Serve with a dollop of crème fraîche.

Spice it up

If you prefer your soup with a bit more bite, don't blend it, skip the crème fraîche, and add a splash of tabasco.

Chicken fajitas

4



Light lunch



On a Mexican theme

Place your filled fajitas in an oven-proof dish and cover with salsa and cheese. Bake for 20 minutes and you have enchiladas.

Ingredients

4 good-sized chicken breasts
1 packet fajita seasoning mix
1 each of red and green
peppers
1 packet tortilla wraps

Optional
Guacamole
Sour cream
Tomato salsa

How to make it

1. Heat your oven to 200°C.
2. Dice the chicken breasts into bite-size strips and coat with the fajita seasoning.
3. Chop the peppers into pieces roughly the same size as the bits of chicken.
4. Fry the peppers until slightly soft – this will take five to six minutes.
5. Add the bits of chicken breast to the pan. Fry for eight to ten minutes, or until cooked all the way through.
6. Wrap your tortillas in tin foil and warm them in the oven for three to four minutes.
7. Serve the chicken and peppers family style and dig in!

Spaghetti Bolognese

4



Main meal



Fancy something healthier?

You could use wholegrain pasta as a more nutritious alternative.

Ingredients

500g beef mince
1 large onion, chopped and diced
1 tin of chopped tomatoes

500g packet of dried spaghetti (or other pasta)
1 clove of garlic, peeled and finely chopped
1 tablespoon olive oil

How to make it

1. Heat a tablespoon of olive oil in a frying pan.
2. Add the beef mince and cook for five minutes until brown.
3. Stir in the diced onion and garlic, and continue to cook for a further four to five minutes.
4. Pour in the chopped tomatoes and stir. Then cover the pan and simmer for ten minutes, stirring occasionally.
5. Measure out pasta for one person and place in a saucepan ready to cook.
6. Meanwhile, boil the kettle and add the boiling water to your pasta and cook until soft – see instructions on pack.
7. Drain the pasta and serve with the Bolognese on top.

Optional: sprinkle with Parmesan or Cheddar cheese for extra taste.

Sweet potato and spinach curry



Main meal



Want to boost your protein intake?

Chickpeas or butterbeans are a great source of protein and fibre. Add 100g of either in the final 15 minutes of cooking.

Ingredients

2 sweet potatoes, peeled and cut into chunks
200g spinach, washed and roughly chopped
400g tin coconut milk
1 onion, finely sliced

2 to 3 teaspoons madras curry paste, depending on how hot you like your curry
4 naan bread, warmed through
250g microwave rice

How to make it

1. Fry the onions until very soft – for about eight minutes.
2. Stir in the paste and fry for two minutes.
3. Pour in the coconut milk and add the sweet potato. Leave to cook until tender – it should take around ten minutes.
4. Stir through the spinach until it goes limp.
5. Follow the instructions on the microwaveable rice packet.
6. Serve with naan bread.

Chilli con carne

4

30 mins



Main meal



Bored of rice?

Grab yourself a baking potato, put it in the microwave for seven to eight minutes, and then crisp it up in the oven for 15 minutes.

Ingredients

450g of lean minced beef or Quorn™

1 packet chilli con carne recipe mix (Schwartz™ or similar)

400g tin chopped tomatoes

400g tin red kidney beans (in water) drained and rinsed

1 small onion, chopped into cubes

Rice or garlic bread (or both!)

How to make it

1. Brown the minced beef in a saucepan along with the onion.
2. Drain the excess liquid from the beef.
3. Add the tomatoes and kidney beans to the pan.
4. Meanwhile, empty the packet of chilli con carne mix into a measuring jug. Add the required amount of water and stir. Pour this into the saucepan and stir it all in.
5. Cover and simmer gently for 10 to 15 minutes, stirring occasionally.
6. Serve with garlic bread or rice – follow the instructions on packaging.

Bangers and mash

1



Main meal



Want to put a twist on the classic?

There are some really tasty vegetarian sausages you can try. As well as being delicious, they also contain only half the fat of an average pork sausage.

Ingredients

- | | |
|--|-----------------------------------|
| 3 pork sausages | ½ a red onion, thinly sliced |
| 1 potato, unpeeled, washed and chopped into 1cm chunks | 1 clove of garlic, finely chopped |
| 2 tablespoons of extra virgin olive oil | 1 sprig of rosemary |
| | 4 teaspoons of gravy granules |

How to make it

1. Pre-heat your oven to gas mark 5 (190°C) and cook your sausages for 20 to 30 minutes.
2. Boil your potatoes until soft. Drain the water and leave the potatoes to steam.
3. Fry the garlic, rosemary and red onion for five minutes or until soft. Pour in 250ml of boiling water and the gravy granules. Stir and bring to a simmer.
4. Mash the potatoes with a bit of butter and milk. Serve with the sausages and gravy.
5. Finally, pile the mash onto a plate and sit the sausages on top. Spoon out a generous helping of gravy – enough to cover the sausages.

Easy mushroom risotto



Main meal



A Mediterranean twist

Replace the mushrooms with some roasted veg. Chop vegetables of your choice into chunks, lightly coat in oil and roast in the oven for 10 to 15 minutes. Add this in at stage 3 of the recipe.

Ingredients

- | | |
|--------------------------------|---------------------------|
| 1 tablespoon olive oil | 100g mushrooms, sliced |
| 1 bunch spring onions, chopped | 450ml hot vegetable stock |
| 150g risotto rice | 75g frozen peas |
| 1 garlic clove, chopped | |

How to make it

1. Heat the olive oil in a frying pan and fry the spring onions until soft.
2. Stir in the garlic and risotto rice for a further 2 to 3 minutes.
3. Add in the mushrooms and half of the stock, stirring well.
4. Cook for around 20 to 25 minutes, stirring often and gradually adding in the remaining stock.
5. Once the rice is tender and the risotto is creamy, add the peas and mix them in. You may need to add a bit of water to get a creamy consistency.
6. Season to taste and serve.

Stir-fry



Main meal



Make this dish as flexible as you'd like

You can vary this dish by using beef, pork, prawns or tofu.

Ingredients

238g pack of mini chicken fillets
1 stir-fry pack of ready chopped vegetables (350g)

1 sachet of fresh Chinese sauce – hoisin, sweet chilli or similar
1 packet of medium egg noodles
1 tablespoon olive oil

How to make it

1. Heat a tablespoon of olive oil in a wok.
2. Cut the meat into strips and cook for seven minutes until brown.
3. Add the stir-fry pack of chopped vegetables and cook until soft.
4. Meanwhile boil the kettle, add the boiling water to your noodles and cook until soft – see instructions on pack.
5. Serve up, add sauce and enjoy.

Salmon and asparagus parcel

2



Main meal



Catch of the day

If you're not keen on salmon, this recipe will work with most other fish – even frozen fillets.

Ingredients

- | | |
|------------------------------|---------------------------|
| 2 salmon fillets (150g each) | 1 garlic clove, crushed |
| 200g asparagus, ends trimmed | ½ lemon, thinly sliced |
| 1 tablespoon olive oil | Fresh parsley or dill |
| | 400g new potatoes, halved |

How to make it

1. Cut a large piece of aluminium foil, big enough to wrap around the fish.
2. Place half the asparagus in the centre of the foil. Lay the salmon on top with a couple of lemon slices and a sprig of parsley or dill.
3. Season with salt, pepper and a squeeze of the remaining lemon.
4. Bring the two halves of the silver foil together, then fold them over and down. Twist the other ends round, like the wrapper of a boiled sweet.
5. Place in a moderate oven (gas mark 6, 200°C/400°F) for 15 to 20 minutes.
6. Put the new potatoes into a pan of boiling water. Cover and boil until tender.
7. Unwrap the salmon and asparagus when cooked and serve.

"Cheat" carbonara



Main meal



This might sound cheesy, but...

... why not mix up some cheeses of your choice to create a scrumptiously cheesy pasta dish?

Ingredients

300g tagliatelle or pasta	4 rashers of lean bacon
150g lower-fat soft cheese with garlic and herbs	50g mushrooms
	35g grated cheese

How to make it

1. Bring a large saucepan of water to the boil. Add the tagliatelle or pasta.
2. Meanwhile, heat the oil in a wok or frying pan and add the bacon and mushrooms. Cook for five to ten minutes, depending on how you want the bacon. Remove from the heat.
3. Drain the pasta, then return it to the saucepan. Add the cream cheese and half of the grated cheese along with the fried bacon and mushrooms. Heat gently for two to three minutes. Stir constantly until the mixture cooks and thickens. Serve sprinkled with the remaining cheese.

Quick and tasty pancakes



Dessert



Sweet stuff

Top your pancakes with a dollop of chocolate spread or a drizzle of maple syrup for extra indulgence.

Ingredients

Ingredients

135g plain flour

1 teaspoon baking powder

½ teaspoon salt

2 tablespoons caster sugar

130ml milk

1 large egg, lightly beaten

2 tablespoons melted butter (allowed to cool slightly) or olive oil, plus extra for cooking

How to make it

1. Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then add the melted butter.
2. Pour the milk mixture into the flour mixture and, using a fork, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.
3. Heat a frying pan over a medium heat and add a knob of butter. Add a ladle of batter and wait until the pancake begins to bubble, then turn it over and cook until both sides are golden brown.
4. Serve with toppings of your choice.

Easy flapjacks



Dessert



Ingredients (makes 12)

- 250g jumbo porridge oats
- 125g butter
- 125g light brown sugar
- 2 to 3 tablespoons golden syrup

How to make it

1. Heat oven to gas mark 6 (200°C, or 180°C in a fan oven). Put all the ingredients in a food processor and pulse until mixed, but be careful not to over-mix them – the oats might lose their texture.
2. Lightly grease a 20cm x 20cm baking tin with butter and spoon in the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares. Bake for around 15 minutes until golden brown.

Feeling fruity?

Add in some chopped-up apricots or sultanas to give your flapjacks a fruity twist.