

Our easy to make recipes

The Recipe Booklet

Vol. 1

Tasty, healthy, low-prep meal ideas for students



Welcome to

The Recipe Booklet

These meals have been made entirely with students in mind. We have brought together key voices to compile cheap, nutritious, and easy-to-make recipes for students to boost their confidence when cooking independently.

Brought to you by



Eat More Good Stuff

Gemma Whitelock has lots of experience encouraging people to try (and fall in love) with her vegan recipes and has a passion for education.



BISHOP GROSSETESTE
STUDENTS' UNION

BGSU

Bishop Grosseteste Students' Union is proud to support students in developing their skills both in and out of the kitchen.



CELT

The Centre for Enhancement in Learning and Teaching based at Bishop Grosseteste University assist students daily in improving their personal wellbeing and bringing their focus back to their education.



LiNCHigher

LiNCHigher work with students and young people across Lincolnshire, enabling them to reach their full potential and focus on their future.

Each of these organisations aim to provide young people with an easy-to-follow recipe booklet to get them cooking independently, cooking with friends, and even cooking for their families.

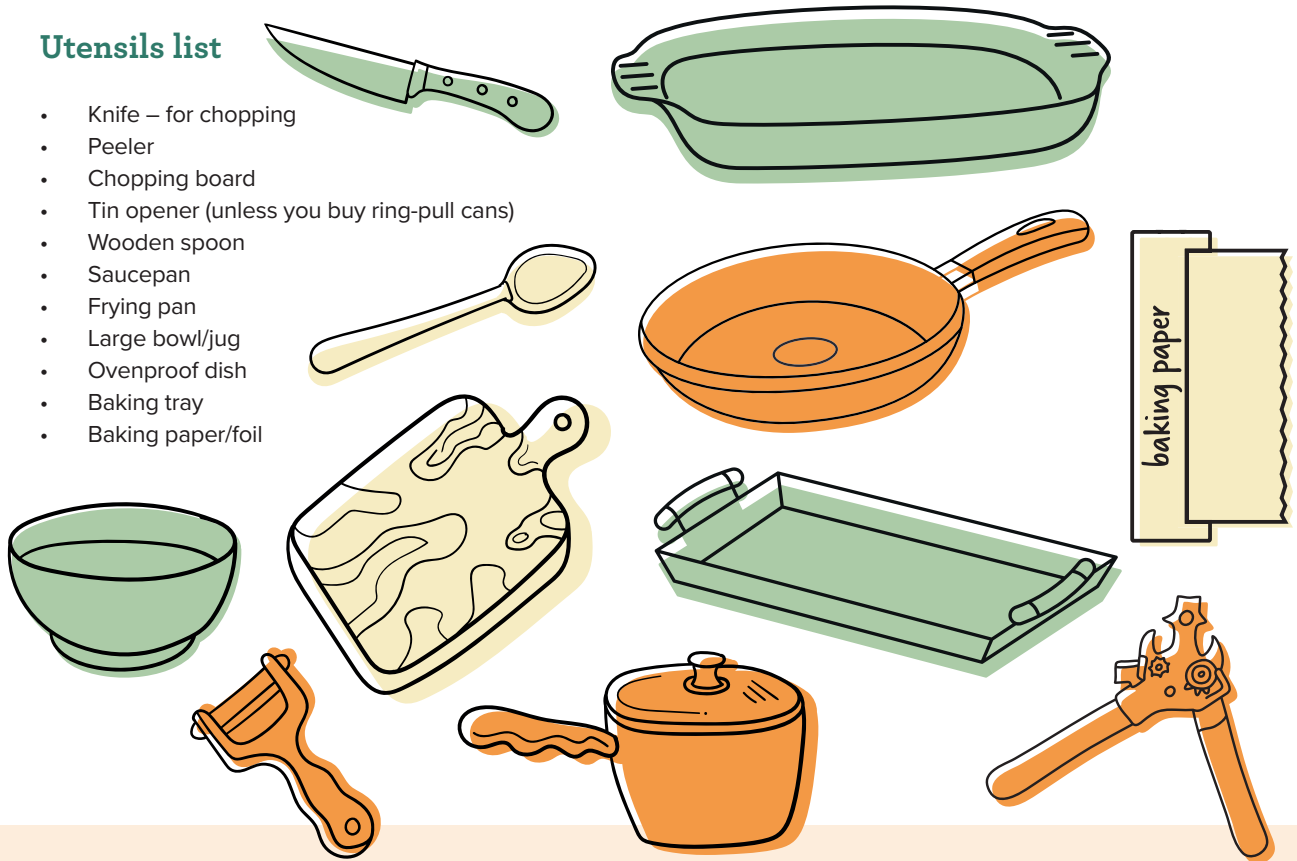
By eating filling and nutritious meals, we hope that young people are able to focus on their education and achieve great things.

Utensils

Here are some of the key utensils we used to create these recipes. Keep your utensils simple and consider which of them have multiple uses!

Utensils list

- Knife – for chopping
- Peeler
- Chopping board
- Tin opener (unless you buy ring-pull cans)
- Wooden spoon
- Saucepan
- Frying pan
- Large bowl/jug
- Ovenproof dish
- Baking tray
- Baking paper/foil

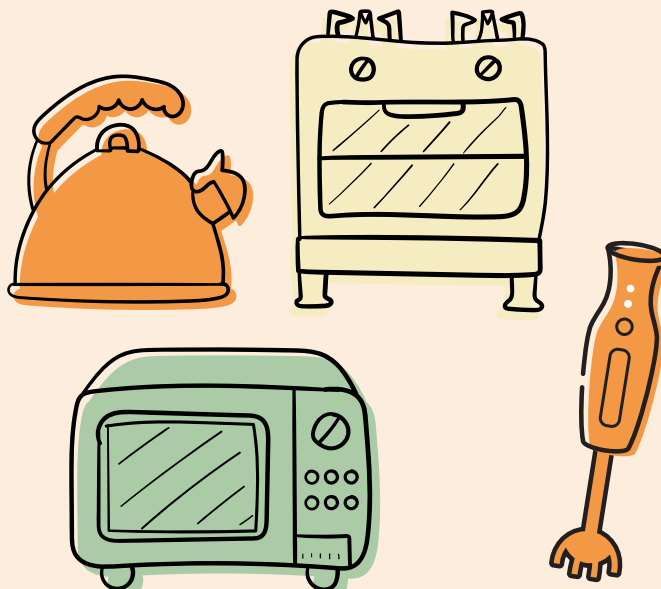


Kitchen Appliances

These are the key kitchen appliances we recommend being comfortable using.

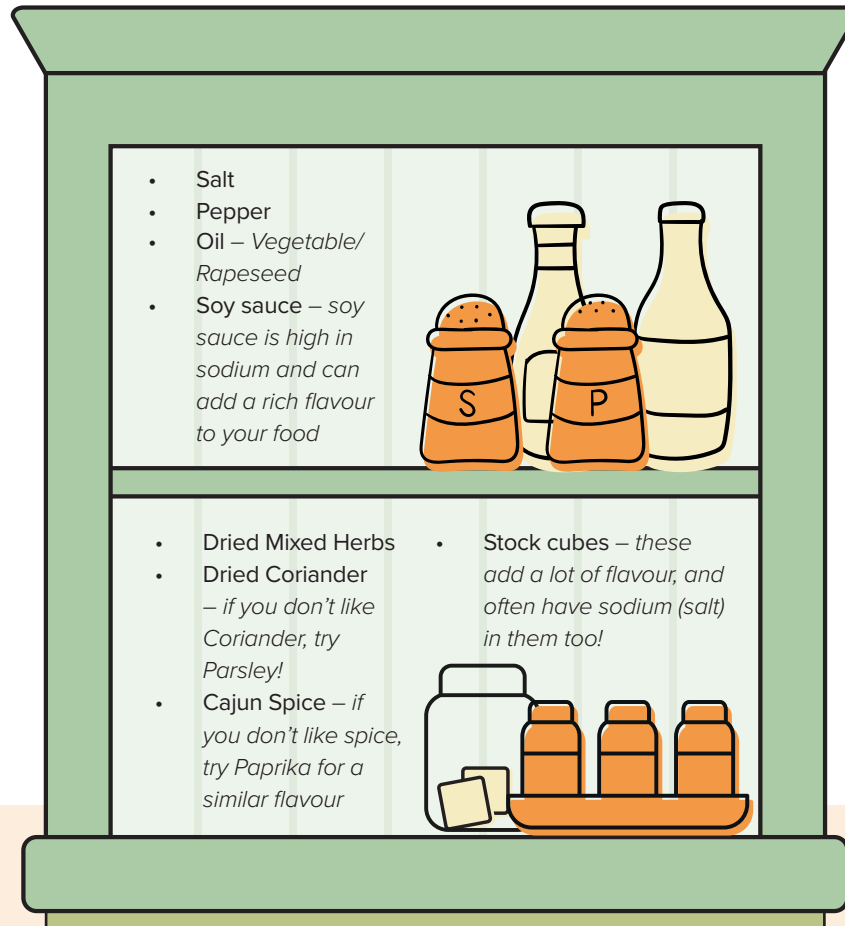
Kitchen Appliances list

- Oven
- Hob
- Kettle
- Microwave
- Grill – if you're not confident using the grill, use your oven!
- Stick blender – this is a great tool, and fairly cheap to buy. Alternatives include a food processor, you can buy mini ones for smaller servings, or stretch your use of a smoothie blender!



Super Ingredients

Thinking about the absolute basics to have in your kitchen at all times?



Cost

We have aimed to create affordable meals, each of these meals can provide 4 servings. To buy all of the ingredients needed to feed 4 people for one week's evening meals, this would cost just under £45! (Accurate pricing July 2023).

To buy each of the ingredients for the individual recipes, and serve 4 people, we have provided an indication of cost:



Mexican Bean Soup with Garlic Bread



4 portions of veg per serving | Perfect to fight those winter colds | A good batch prep recipe 

YOU WILL NEED:



2 Cans of Kidney Beans

*(Pinto beans, or
black beans also
work well for this
recipe.)*



1 Large Can of Sweetcorn



1 Vegetable Stock Cube



2-3 Teaspoons of Cajun Spice Mix



1 Red Onion



1 Teaspoon of Finely Chopped Garlic *(2 cloves)*



2 Heaped Tablespoons of Tomato Puree



1-2 Teaspoons of Dried Coriander



2 Tablespoons of Margarine



4 'Part Baked' mini Baguettes



600mls of boiling water

HOW TO DO IT:

1. First, preheat the oven to 200 °c and slice your baguettes lengthways to create your garlic bread slices.

To prepare your garlic butter, pop your margarine into a small bowl along with your garlic and a good pinch of your dried coriander.

Mash together with a fork before then buttering each bread slice.

Oven bake for about 10 minutes (or until your breads turn golden.)

2. While your garlic breads are baking, peel and finely dice your onion and pop into a large saucepan with a splash of vegetable oil.

Gently fry for a few minutes until the onions take on a little colour before then adding your beans and sweetcorn (with the liquid) as well as your Cajun spice, tomato puree and your stock cube crumbled in.

Mix well then gradually add around 600mls of boiling water.

3. Allow to come to a bubble before removing from the heat and using a stick blender to turn your spicy bean mix into a thick textured soup.
4. Add the rest of the dried coriander to your soup and then serve with your hot garlic breads.



Recipe Tips:

You can easily make this soup go a little further by adding a bit more boiling water and making it a bit thinner.

Recipe Tips:

Why not try using your thick soup as an alternative to a chilli dip with nachos? Or even as a smooth hidden veggie sauce for a meaty chilli?

High
in Fibre!

*Good source of
protein and fibre*



Recipe Swaps:

You can easily switch the peas for frozen edamame or even add some chicken/prawns to your noodles if you're after something a little more fancy. The noodles are also yummy with a sprinkle of chopped cashew nuts or sesame seeds for some extra crunchy plant-based protein too.



Oriental Broccoli Noodles

3 portions of veg per serving | Perfect to fight those winter colds | Ready in 15 minutes

YOU WILL NEED: Fresh Chilli (optional)



1 Good Sized Broccoli



1 Large Carrot



4 x Smart Price Instant Noodles



½ Teaspoon of Black Pepper



1 Onion



1 Can of Peas (or a cup of frozen peas)



1 Heaped Teaspoon of Chopped Garlic (2 cloves)



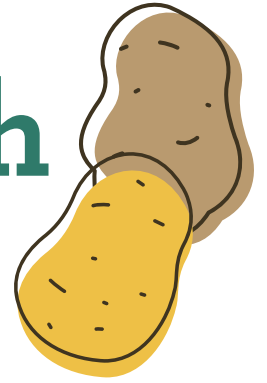
2 Teaspoons of Finely Chopped Ginger



HOW TO DO IT:

1. First, pop your noodles into a saucepan of boiling water and allow to soak for about 10 minutes. You will need to use a fork to separate the noodles after they have been soaking for a few minutes.
2. Whilst your noodles are soaking, peel and chop your onion and carrot into thin strips. Place into a frying pan with a little vegetable oil. Wash and chop your broccoli into small chunks before adding to the pan with your other veggies along with your garlic, pepper and ginger. Stir fry on a medium to high heat for about 10-15 minutes until your broccoli turns a juicy green colour and allows a fork to easily be pierced through the thickest part of the stalk.
3. Next add your peas to the pan (in the water) as well as your soy sauce. Stir well whilst gradually adding your soaked noodles to the pan. It is best if some of the water comes with the noodles as it helps to create a sauce for your meal. Stir well as you go.
4. Add your chilli, finely sliced, if you want it a bit hotter. Continue to stir fry for about 5 minutes to allow the flavours to combine before serving.

Jacket Potato with Carrot Houmous and Salad



4 portions of veg per serving | Packed with vitamin C | Good filling comfort food £ £

YOU WILL NEED:



4 Baking Potatoes



4 Cloves of Garlic (*finely Minced*)



1 Can of Butter Beans



Half a Cucumber (*diced*)



1 Good Sized Onion



40mls Rapeseed Oil



½ Teaspoon of Pepper



4 Good Sized Carrots



1 Bag of Baby Leaf Spinach

HOW TO DO IT:

1. Place your potatoes in the microwave for 5 minutes each, this will speed up the cooking process. After they have been zapped, rub with a little oil and a sprinkle of salt before placing on a baking tray. Oven bake at 200°C for about 50-60 minutes until the skins are golden and crispy and you can pop a knife through easily.
2. Whilst your potatoes are cooking, wash and finely dice your carrots. Peel your onion and chop into chunks. Lay out your veggies onto a lined baking tray. Add a drizzle of oil and sprinkle of pepper. Roast in the oven alongside your potatoes for about 30 minutes until your carrots are cooked through.
3. When your carrots are cooked, remove from the oven. Save 4 tablespoons of your roasted veggies for plating up – Tip the rest of your cooked carrot and onion (with their cooking oil) into a large bowl along with your drained butter beans, rapeseed oil, minced garlic and a good pinch of salt. Use a stick blender to create a thick orange dip. Check your seasoning at this stage and add a little more salt/pepper to taste along with a splash of water if you prefer a slightly looser-textured houmous.
4. To serve, slice your cooked potatoes down the centre and fluff up the middle with a fork. Then top with your creamy orange houmous, a tablespoon of your saved roasted veggies on top and your baby leaf spinach and cucumber on the side.



15 mins

Low in salt!



Recipe Tips:

The houmous is also fab on sandwiches with some baby leaf spinach or with some crusty fresh garlic bread too.



Recipe Swaps:

The cooked burgers are a nice alternative to a falafel in a wrap for lunch too – Just add a squidge of mayo or even add some mango chutney for a fruity twist.



Curried Chickpea Burgers, Chips & Slaw



4 portions of veg per serving | Perfect as a healthier 'fakeaway' 🍷

YOU WILL NEED:



**1 Can
of Chickpeas**



2 Onions



**2 Heaped Teaspoons
of Curry Powder Mix**
*(a medium spiced curry
powder works really well)*



**2-3 Baking
Potatoes**



**1 Packet
of Brown
Microwavable Rice**



3 Carrots



Bread Buns



**1 Small White or
Savoy Cabbage**

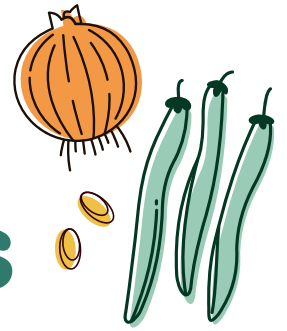


**3-4 Tablespoons
of Mayonnaise**

HOW TO DO IT:

1. First, wash and chop your potatoes into chips. If you zap your potatoes in the microwave for about 3-4 minutes, this just speeds up the oven baking. Then, lay your zapped potatoes out onto a lined baking tray and pop on a light drizzle of oil. Bake in a 200°C oven for about 40-50 minutes (or until cooked through and a little crisp.)
2. Whilst your chips are baking, prepare your slaw. Prepare and finely shred one of your onions, and your cabbage, then grate 1 of your carrots. Pop all of your sliced onions into a bowl with boiling water. Allow to sit for about 10 minutes. This just helps to take the edge off the onion in your finished slaw. After 10 minutes, drain most of the water off and stir all your veggies through your mayonnaise. This should give you a thin slightly creamy sauce to coat your crunchy veggies. Allow to sit in the fridge until serving.
3. To make your burgers, peel and finely dice your remaining onion and then grate your last 2 carrots. Pop into a bowl along with your drained chickpeas, your brown rice and your curry spice mix. Mix well and then use a stick blender to pulse a couple of times and create a rough textured mixture. Try not to create a fully puréed mix or the burgers will not hold together well when cooked - ideally, you still need a few bits of the veggies in tact within the textured paste. Take handful-sized amounts to shape into 4 burgers. Pop onto a lightly oiled and lined baking tray. Add to the hot oven alongside your chips for about 25 minutes (or until they turn crisp on the outside.)
4. Serve your burgers in bread buns with your cooked chips and crunchy slaw. Or alternatively, just enjoy 'bread free' for a lighter meal option.

Cottage Pie with Stir Fried Greens



4 portions of veg per serving | Perfect to batch cook and freeze | Packed with filling pulses & peas **£££**

YOU WILL NEED:



1 Can of Green Lentils



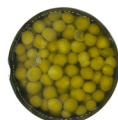
150g Mushrooms



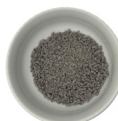
1 Onion



1 Large Carrot



1 Can of Peas
(or a cup of frozen peas)



3 Tablespoons of Gravy Granules



4 Baking Potatoes



Nutritional Yeast *(Optional – This is a fab ingredient to add flavour and extra vitamins to your mash)*



1 Good Sized Spring Cabbage – Finely shredded
(or a bag of chopped Kale)



1 Heaped Tablespoon of Marmite *(this is optional but it does give an awesome ‘meaty’ taste as well as some good B12)*

HOW TO DO IT:

1. First, wash and chop your potatoes into small chunks. Pop them into a pan of boiling water and gently simmer on a medium heat for about 15 minutes or until softened. When cooked, drain and mash, then stir in your nutritional yeast. Allow to sit with a lid on to keep warm until later.
2. While your potatoes are cooking, peel your onion and carrot before finely dicing with your mushrooms. Place your diced veggies into a saucepan with a splash of vegetable oil and gently stir fry for about 5-10 minutes until the carrots and onions start to soften.
3. Next add your green lentils, peas and their water into the pan along with your marmite and gravy mix. Stir well to blend all of the ingredients together. Bring to a bubble before turning the heat off. If your gravy is a bit thick, add a splash of boiling water to loosen it up a little.
4. Empty your green lentil mix into a large casserole dish and top with your mashed potatoes. Use a fork to create ridges in the top before popping under the grill to crisp up the surface.
5. Finally, wash and finely shred your cabbage greens. Stir fry with a little oil for about 5-10 minutes before serving with your crispy topped cottage pie.

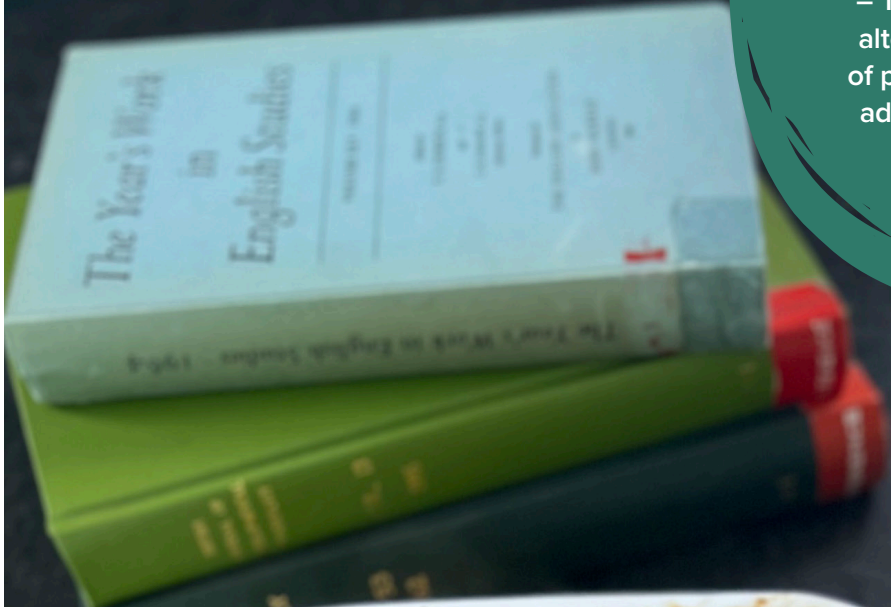


Recipe Swaps:

You can easily switch the green lentils for a cup full of meaty mince or even veggie mince if you prefer – The lentils provide a plant-based alternative, which are naturally full of protein and provide filling fibre to add to that ‘comfort food feel’ of a classic cottage pie.

Recipe Swaps:

If you aren't keen on mushrooms, try REALLY finely mincing them before adding into the pan, they will just blend into the sauce and become hidden in the other textures.





Recipe Tips:

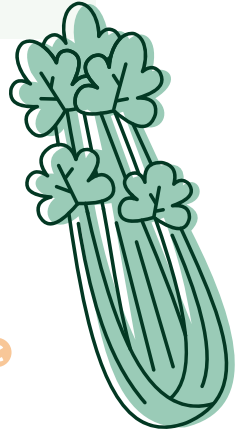
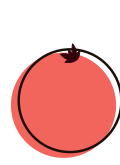
If you use a full 500g packet of pasta with the sauce it will give you approx. 6 portions of food. Perfect to batch cook and save in portion pots in the fridge or freezer for another meal.


Recipe Swaps:

You can easily switch the dried soya mince for a meat version. The dried soya mince is a good cheap alternative to create a 'meaty' texture.

Plant Powered Bolognese

15 mins



3.5 portions of veg per serving | Perfect as a batch cook recipe | Ready in 15 minutes  

YOU WILL NEED:



1 Cup of Dried Soya Protein



1 Large Carrot



1 Teaspoon of Black Pepper



1-2 Tablespoons of Marmite (Optional)
– It gives an awesome ‘meaty’ taste as well as some good B12)



2 Heaped Teaspoon of Chopped Garlic (4 cloves)



1 Onion



2 Heaped Teaspoons of Italian/Mixed Herbs



500g of Passata



2 Sticks of Celery



Nutritional Yeast (Optional ingredient to be added in at stage 4 – A fab ingredient to add depth of flavour)



1 Can of Plum Tomatoes



500g of Pasta

HOW TO DO IT:

1. First, pop your pasta on to cook following the instructions on the packet. Note: The sauce for this recipe will comfortably go with the full 500g to allow you extra portions to spread to another meal if needed.
2. While your pasta is cooking, pop your soya protein in a bowl with 2 cups of boiling water. Allow to sit for 10-15 minutes to rehydrate.
3. Next peel and finely dice your onion, carrot and celery. Pop your diced veggies into a saucepan with a little vegetable oil and stir fry on a medium to high heat for about 5-10 minutes until the onions start to turn translucent.
4. Then add your garlic, pepper, herbs, nutritional yeast, plum tomatoes, passata and marmite into the pan. Mix well and use a wooden spoon to roughly break up the tomatoes in the sauce.
5. Add your rehydrated soya mince to the pan. Mix well and then allow to gently bubble for about 10 minutes. Your sauce should now be a rich red colour and should have thickened a little.
6. When your pasta is cooked, drain and add to the sauce mixture. Stir well to fully coat the spaghetti with the tomato sauce before serving in large bowls.

Mexican Bean Cous Cous with Salsa



4 portions of veg per serving | Packed with Vitamin C | Good filling comfort food  

YOU WILL NEED:



2 Cans of Kidney Beans
(Pinto beans, or black beans also work well for this recipe.)



2 Cups of Cous Cous



1 Large Can of Sweetcorn



1 Vegetable Stock Cube



2-3 Teaspoons of Cajun Spice Mix



2 Red Onions



4 Large Salad Tomatoes



2 Teaspoons of Dried Coriander



1 Lime



A Good Pinch of Salt



Fresh Chilli (Optional)

HOW TO DO IT:

1. First, pop 1 litre of boiling water into a large bowl and break up your stock cube into it. Stir well until the cube dissolves. Then add your cous cous. Cover over with a tin or some tin foil. Allow to soak for about 15 minutes so that the grains rehydrate.
2. While your cous cous is rehydrating, peel and finely dice your onion and tomatoes. Pop half of your onion pieces into a small bowl with your diced tomatoes, salt and half of your coriander. Add a little of your lime zest and a squeeze of lime juice. Mix well and allow to sit until serving.
3. Put your other diced onions into a non stick frying pan with a splash of vegetable oil. Stir fry for a few minutes until the onions start to soften a bit. Next, add your Cajun Spice Mix and your canned beans (drained.) Continue to cook for about 5-10 minutes, stirring frequently to ensure that the veggies don't stick to the pan and that the chilli flavours coat all of the ingredients. If you notice your veggies starting to catch a little, you can add a splash of water to prevent them from sticking (try not to add too much liquid though at this stage!)
4. Your cous cous should now be rehydrated. Take your veggies off the heat and empty the contents of your cous cous bowl into the pan. Add in your drained sweetcorn at this stage along with the final teaspoon of dried coriander. Stir well to evenly distribute the ingredients.
5. Serve your Mexican cous cous in generous portions with a generous spoonful of your fresh salsa on the side, a sprinkle of sliced fresh chilli and a squeeze of lime juice for an extra tang.



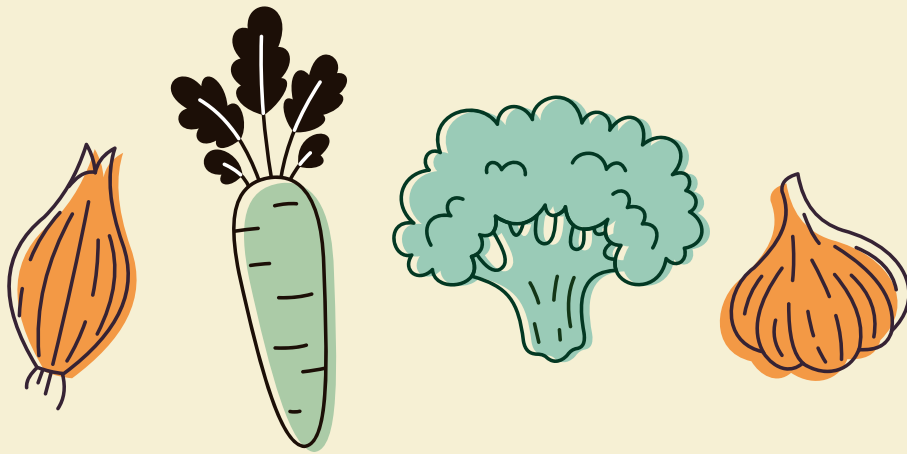
Recipe Tips:

You can easily freeze the beany cous cous part of this recipe in portions ready for future meals – then just serve with some freshly diced salsa once defrosted and reheated.



The Recipe Booklet

Vol. 1



Written and produced
with thanks to

