



Kitchen Tips



Cooking Tricks



Recipes

Lloyd's

Courgette and Lentil Breakfast Burritos



Serves: 8



Average price of ingredients: £6.25



Suitable for Vegetarians



Ingredients

1 courgette, diced
1 red onion, diced
1 green pepper, diced
1 can of lentils
1 tsp chilli flakes (optional)
6 eggs, beaten
250g cheddar, grated
8 tortilla wraps

Method

1. Heat a little oil in a wok/saucepan over a medium-high heat.
2. Add onion and stir.
3. When it starts to brown add pepper and courgette.
4. Drain lentils and add to the pan.
5. Add chilli flakes (optional) and season with salt and pepper.
6. Pour in the eggs and stir.
7. Evenly distribute the mixture and cheese on top of the 8 tortillas.
8. Wrap each burrito in foil individually after cooling and freeze. Defrost night before use.
9. To reheat, unwrap from foil and toast in dry pan.
10. Keep turning, until both sides are brown.

Gareth's

Aubergine, Tomatoes & Paneer Curry



Serves: 4



Average price of ingredients: £4.50



Suitable for Vegetarians



Ingredients

1 large aubergine, cubed

250g paneer cheese, cubed

200g cherry tomatoes

Tablespoon garam masala

Handful of coriander leaves

Pinch of salt

Method

1. Warm a little oil in a pan.
2. Boil water and add rice.
3. Add aubergine to the pan.
4. When it starts to brown add tomatoes.
5. As these soften, add the paneer cubes.
6. Add the garam masala.
7. Season with salt.
8. Drain the rice and once the paneer is golden, combine the two and garnish with the coriander.

Ellen's

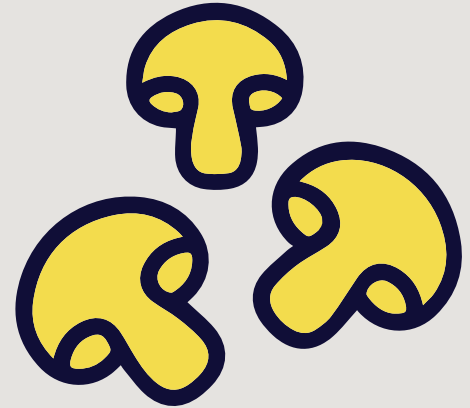
Easy Carbonara



Serves: 1-2



Average price of ingredients: £4.00



Ingredients

170g of low-fat soft cheese

200g of spaghetti

90g of bacon or pancetta

100g of mushrooms

1/2 red onion

1/2 tsp. of paprika

1 clove of garlic

1 tsp. of butter

Dash of salt

Dash of pepper

Method

1. Boil water in a pan and add pasta, keep boiling until soft.
2. Slice the mushrooms and dice the onion and garlic, and saute in a pan with the butter.
3. Cut the bacon/pancetta into small pieces and add to the pan.
4. Drain the pasta and add to the pan.
5. Add the cheese, paprika and salt/pepper seasoning, and continue stirring for 3 mins.

Bethan's

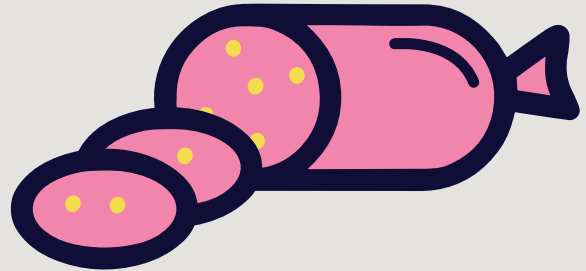
New Orleans Jambalaya



Serves: 3-4



Average price of ingredients: £6.50
(with optional ingredients £9.00)



Ingredients

1 Chorizo sausage

(Optional: 1 pack of king prawns
or 2 chicken thighs)

3 cups of rice

1 Beef stock pot

1 Tin of chopped tomatoes

3 1/2 tsp. Cajun Spice

1 Red or green bell pepper

3 Sticks of celery

1 White onion

Optional: 4 Sticks of okra

2 Cloves of garlic

1 tsp. Oregano

1 1/2 tsp. Paprika

2 Bay leaves

Method

1. Chop in small chunks all vegetables, crush garlic, and add to heated pan (with olive oil).
2. Slice entire chorizo and add to mixture.
3. Boil rice in water.
4. If adding chicken then heat the thighs wrapped in tin foil on a tray at 200°C for 25 mins.
5. Add beef stock pot over mixture.
6. If adding prawns then add to mixture.
7. Add chopped tomatoes and stir while it simmers.
8. If using chicken remove from oven and put in large bowl and tear apart with knife and fork for shredded chicken, season with pinches of salt, pepper, Cajun spice and paprika, add to mixture.
9. When simmered add spices and bay leaves.
10. If needed for moisture, add tomato paste or more water.
11. Drain rice and add to mixture, remove bay leaves before serving.

James'

Mixed Veg Curry



Serves: 2



Average price of ingredients: £5.00



Suitable for Vegans



Ingredients

1 white onion

4 salad tomatoes

1 tin chopped tomatoes

Fresh coriander

2 Cloves of Garlic

2 red chillies

1 tablespoon Garam masala

1 tsp. ginger

1/2 tsp. turmeric

3 carrots

3 white potatoes

150g frozen peas

Method

1. Dice the vegetables, chillies and crush garlic.
2. Fry onions until soft.
3. Add garlic, chillies, garam masala, turmeric and ginger.
4. Add half of the tomatoes and chopped tomatoes and blend in.
5. Then repeat with remainder.
6. Boil the potatoes, carrots and peas, then add to mixture.
7. Allow mixture to simmer and add coriander.
8. Serve with side of choice, and garnish with coriander.

Dan's

Vegetable Lasagne



Serves: 4



Average price of ingredients: £6.00



Suitable for Vegans



Ingredients

6 lasagne sheets
3/4 aubergine
1 bell pepper
3/4 courgette
Handful of mushrooms
1 1/2 tin of chopped tomatoes
1/2 white onion
2 garlic cloves
2 tablespoons of vegan spread
1/2 pint of soy milk
70g plain flour
2 tsp. wholegrain mustard
2 tsp. yeast extract
2 tsp. chilli powder
2 tsp. coriander
1 tsp. oregano
Pinch salt/pepper

Method

1. Preheat oven to 180°C and line oven dish with vegetable oil.
2. Chop vegetables into cubes and mince garlic, add to a pan with vegetable oil.
3. Add chilli powder, coriander, oregano and salt/pepper.
4. Stir in chopped tomatoes.
5. In a separate saucepan add vegan spread and let it melt on a low heat.
6. Add flour a tsp. at a time, once a thick paste has formed, add soy milk and mix for a white sauce.
7. Add yeast and mustard, stir and take off of heat.
8. Put veg mixture in dish and cover with white sauce, and then lasagne sheets, repeat until dish is full ending with white sauce.
9. Leave in oven for 40-50mins, allowing it to brown.

Bethan's

Welsh Cawl



Serves: 4



Average price of ingredients: £6.50



Ingredients

400g of diced beef (or lamb)

6 white potatoes, diced and peeled

3 carrots, diced and peeled

2 parsnips, diced and peeled

2 leeks

25 cl of red wine

1 white onion, sliced

Fresh parsley, handful

1/2 tsp. thyme

Vegetable stock

Black pepper

1 tsp. Brown Sauce

100g cheddar/caerphilly cheese

Method

1. Start frying the beef in a pan until it no longer looks pink.
2. Boil a separate big pan of water and initially add the potatoes and after 5 mins add the carrots and parsnips, after a further 5 mins add onions and leeks.
3. Once soft, drain and put back in big pan with the beef.
4. Boil water and add to vegetable stock in a jug.
5. Once stirred add to the mixture, then season with parsley, thyme, black pepper.
6. Mix in the red wine and brown sauce.
7. Leave to simmer on a lower heat for 25 mins, at 7 mins before serving add the chunks of cheese, allow to melt into the broth.
8. Serve in soup bowls with crusty bread.

Kumaran's

Spicy Casserole



Serves: 1-2



Average price of ingredients: £3.00



Suitable for Vegans



Ingredients

250g spinach

1 white onion

1 clove of garlic

1 whole dried red chilli

1 tsp. mustard seeds

1/2 tsp. cumin seeds

Salt or soy sauce

Method

1. Slice onions and chilli, wash spinach and crush garlic.
2. Heat up pan/wok with vegetable oil, stir in mustard and cumin seeds, allow mustard seeds to pop.
3. Add onions and chilli, stir until soft.
4. Add spinach and garlic, keep stirring until wilted.
5. Can be added to any side of choice – recommended rice or potatoes.

Simon's

Sweet Fowl in Porky Blankets



 Serves: 4

 Average price of ingredients: £5.00



Ingredients

2 Chicken breasts

6 strips of streaky bacon

Pineapple juice

Brown sugar

Wooden skewers

Method

1. Put wooden skewers into a large bowl and cover with water to soak.
2. Cut the chicken into cubes.
3. Place chicken in a container and fill it with pineapple juice.
4. Leave to marinate at least 4 hours, could also be done overnight.
5. Preheat oven to 190°C.
6. Cut bacon in half and wrap around a piece of chicken.
7. Role it in brown sugar and fix it onto the skewer leaving a small gap between each.
8. Arrange skewers across an oven dish so the meat is suspended, not touching the bottom.
9. Bake in oven for 20-25 mins.
10. Serve with side of choice, recommended rice, quinoa or chips.

Matt's

Cottage Cheese and Spinach Wraps



Serves: 4



Average price of ingredients: £5.00



Suitable for Vegetarians



Ingredients

1 tub of Cottage cheese

4 wraps

1 bag of spinach

1/4 of a tube of tomato paste

1 tin of chopped tomatoes

1 white onion

Handful of basil leaves

1 tsp. Oregano

1 Clove of garlic

100g of Grated cheddar cheese

Method

1. Dice the onions and garlic and fry in a pan with olive oil.
2. Once they begin to soften add the tomato paste.
3. Then add the chopped tomatoes, basil and oregano.
4. Place 4 wraps in a baking tray and spread cottage cheese and spinach over them then roll them up.
5. Pour the tomato mix over the wraps and sprinkle the cheddar cheese on top.
6. Bake at 200°C for 25-30mins and serve.

Bethan's

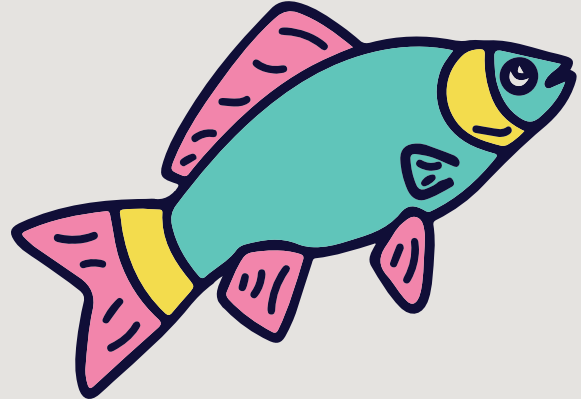
Tuna Pasta Bake



Serves: 3-4



Average price of ingredients: £5.00



Ingredients

75g of Mushrooms

1 White onion

2 Cloves of garlic

150g of Pasta

2 Tins of tuna in spring water

2 tsp. Worcester sauce

1 tin of Campbells condensed mushroom soup

1 cup of milk

1 tin of sweetcorn

Black Pepper

Method

1. Preheat oven to 190°C and boil water and add the pasta.
2. Dice the onion and garlic, slice the mushrooms and saute them in a heated pan with olive oil.
3. Drain then add the tuna
4. Once soft add then add the mushroom soup
5. Keep the tin and fill it with milk scraping the soup residue with a fork to then add to the mixture
6. Drain and add the sweetcorn
7. Season the mixture with Worcester Sauce and pepper
8. Put drained pasta in an oven dish, pour mixture over top and sprinkle cheese
9. Leave in oven for 5-7 mins and serve



Budgeting



- *How to use* -

Leftovers

Buy yourself a blender – you can use it for leftover vegetables to make a soup or broth for casseroles; If fruit is starting to go past its best before then you can use a blender with some natural yoghurt or fruit sorbet to make a smoothie.

Made too much tomato veg mix for pasta dish? This can be used with eggs of your choice to make a Spanish style breakfast.

Freeze portions of a meal and have it later in the week.

Made too much pasta, but not enough for another meal? Save it in the fridge and have it as a side portion with your dinner the next night.

Leftover chicken can be chopped up and put into a salad, sandwich or wrap.

Leftover French bread or bagels can be chopped up into small chunks and used as croutons in salads or soup.

Leftover chilli con carne can be incorporated into multiple other meals, such as lunch on a jacket potato, or in a cottage pie.

Leftover rice and veg can be used the next night as fried rice in a Chinese dinner.



- *Safety with* -
Food

Keep meat on the bottom level of a fridge if possible, in a shared fridge try placing on kitchen towelling.

Cook your eggs thoroughly – scrambled eggs should not be runny.

Wash your hands thoroughly with soap before preparing any food.

Thaw meat, poultry or fish in a fridge or microwave, not at room temperature.

Eat frozen leftovers within two months.

Do not use lighter plastic tubs in the microwave such as margarine tubs, or ready meal containers in the oven, they will melt and be a fire hazard.

Separate food in a way that can be easily defrosted for individual portions; e.g. slice bagel in half before freezing, separate sausages not keeping all six in a packet on top of each other.

Never put foil in the microwave.

Cooking frozen food in the microwave needs to leave it very hot to touch and steaming before safe to eat.

Use a separate chopping board for meat away from other food.

If you are using the microwave to defrost food then cook it straight after.



- *Naomi's* -

Sauce Tips





“

Making your own sauces is usually cheaper and healthier than buying ready-made sauces in jars, as you can control the sugar and salt content that goes into it. A tin of chopped tomatoes can cost as little as 30p, you can add in fried onions and garlic, and then season in accordance to what meal you want. If you make a big batch you can leave it plain in the fridge and season the amount you need for each meal. Such as oregano for pasta, chilli powder for chilli con carne or turmeric for curry. Plus this saves you money and prep time!

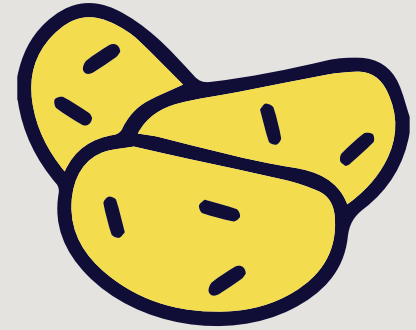
”



- *Multi-use* -

Guides

Potatoes



Elina's Potato Wedges

Ingredients

Salt and pepper

Dried rosemary

Vegetable oil

1 baking potato

Method

1. Preheat your oven to 180°C.
2. Rinse the potato, keep unpeeled.
3. Chop them into wedge size chunks at a similar size so they cook evenly.
4. Put into a bowl with a tsp. of oil, stir until covered.
5. Line a baking a tray with greaseproof and assort the potatoes on top.
6. Sprinkle over salt, pepper and rosemary.
7. Bake for 20 mins.

Creamy Mustard Mash



Ingredients

One baking potato

25g of butter or margarine

2 tsp. of wholegrain mustard

1/3 cup of milk

Method

1. Peel and then cut the potato into quarters and place in a saucepan of boiling water, let it boil for approximately 12 mins.
2. Drain and then put into a large bowl and use a masher to break down the potato.
3. Add the butter and mix with a spoon, then mash again.
4. Mix in with mustard, then mash again.
5. Add the milk and whisk to create a fluffy texture
6. Bake for 20 mins.

Roast Potatoes



Ingredients

8 Maris Piper potatoes

4 tablespoons of
unsalted butter

Olive oil

5 cloves of garlic

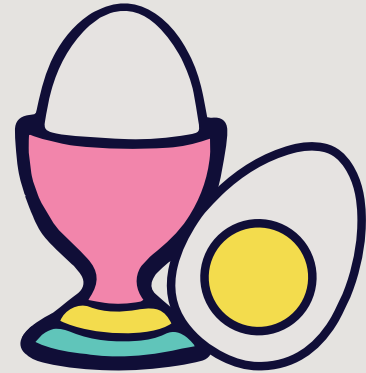
1/2 bunch of fresh sage,
or 4 tsp. of dry sage

Salt/pepper

Method

1. Preheat your oven to 180°C.
2. Peel potatoes and cut them in half, then boil in a pan of water for 10-15 mins.
3. Drain and leave for 2 mins.
4. Line baking tray with oil and butter, then evenly space out potatoes.
5. Season with salt and pepper and crushed garlic.
6. Toss the potatoes to cover and then roast for an hour.
7. Ten mins before the end sprinkle over the sage

Eggs



Scrambled Eggs

Ingredients

2 eggs

1 tsp. butter/margarine

Optional 1/3 cup of milk

Black pepper

Method

1. Heat pan and melt the butter
2. Break eggs into a jug and whisk the eggs, season with black pepper.
3. Optional choice for fluffier result add the milk and whisk in.
4. Pour into middle of the pan allowing the mixture to cover the surface.
5. Start stirring, not letting the eggs to stick to the bottom.
6. Once all liquid has solidified it is ready to serve.

Matt's Poached Eggs



Ingredients

Ripened avocado

2 eggs

4 tsp. Lemon juice

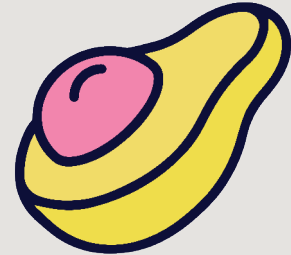
1 tsp on chilli flakes

Salt/pepper

2 Ciabatta or sour dough rolls

Method

1. Peel and mash the avocado in a bowl, then season with salt/pepper.
2. Mix in lemon juice and chilli flakes.
3. Boil a pan of water, once it starts simmering stir the water to make a whirlpool.
4. Crack the eggs in the water and leave them to cook for approximately 3 mins.
5. Toast the bread and spread the avocado mix on top, then use a slotted spoon to lift the eggs out without any water residue and place on top.
6. Season with black pepper.





- *Sustainability* -

ComplEATing

In the UK, £13 billion worth of food is thrown away rather than being eaten.

The estimated amount of household food waste in the UK is 7.3 million tonnes.

60% of wasted food could have been eaten.

The amount of avoidable household food waste or those that could have been eaten is 4.4 million tonnes.

The average household food waste per person per year is 112kgs.

19million tonnes of greenhouse gas emissions is associated with household waste.

Herb Stalks

You can use more than just the leaves! Chop them and to dips and sauces, or sprinkle on top of savoury dishes.

Pumpkin seeds

Roasted pumpkin seeds are both nutritious and delicious. They are easy to make, simply toss seeds in a bowl.

Orange and Lemon Peel

Candied peel will keep for 6-8 weeks in an airtight container.

Cauliflower Leaves

Eat more of your greens by giving the outer leaves a wash then putting them in a bowl with oil and spices. Put on a baking sheet and roast until crispy.

Leeks and Spring Onions

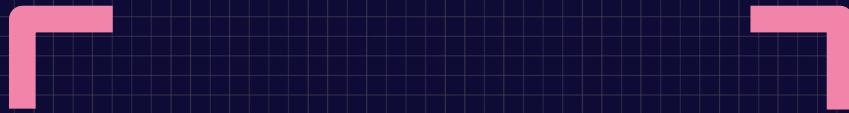
Do you always leave the white bit? Well don't – the ends are full of nutrients and packed with flavour.

Cabbage Hearts

Simply shred them into salads, soups or stews.

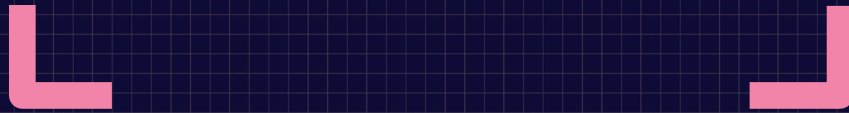
Carrot leaves

Stick them in a blender with oil, garlic and parmesan and they make a nice pesto.



- *lain's* -

Spice Bible



Herbs & Spices	Description	Cuisine	Hints & Tips
Garlic	Has a distinctive pungent, spicy flavour that mellows and sweetens considerably with cooking.	All Cuisine.	Buy a garlic crusher, makes it much easier to add to your food rather than slicing it.
Ginger	A warm, slightly spicy taste.	Asian, African, Caribbean, Mexican.	Can be used in both sweet and savoury dishes. Can also work well in cocktails or mocktails.
Thyme	Has a subtle, dry aroma and a slightly earthy and minty flavour.	Mediterranean, British, Caribbean, Mexican.	Combines well with mushrooms and poultry.
Rosemary	Has a robust pine aroma and flavour.	British.	Can get stronger the longer it cooks. Use sparingly.
Oregano	This pungent flavour is composed of earthy/musty, green, hay and minty notes.	Mediterranean, Mexican, Caribbean.	Very good to use as a seasoning of salads.
Coriander	Warm, nutty, spicy, with slight earthy undertones.	Asian, Mexican, Caribbean.	You can also buy the seeds to roast and use in a paste or marinade.

Herbs & Spices	Description	Cuisine	Hints & Tips
Basil	Peppery, strong aroma and sweet.	Mediterranean, Asian.	Tear the leaves to release the essential oils and provide more flavour. Don't cook for too long.
Parsley	Subtle peppery and lemon flavours.	Mediterranean, British.	Great as a garnish in salads and creamy pasta sauces.
Lemongrass	A sharp, savoury taste of lemon.	Asian.	Peel the outer layers of the sticks and discard as they can be very bitter and unpalatable.
Turmeric	Subtle earthy taste of ginger with slightly earthy notes.	Asian, Mexican.	Can provide an excellent orange hue to your meals.
Mint	Sweet, strong, aromatic and fresh.	Asian, Mediterranean, British.	A nice garnish in salads and tomato sauces.
Dill	Has a distinctive taste which is likened to fennel and celery.	British, Mediterranean, central European.	Works very well in fish dishes.

Herbs & Spices	Description	Cuisine	Hints & Tips
Bay Leaf	Has a slightly floral taste with hints of pepper.	British, British, Caribbean, Mediterranean, central European.	Use as a background flavour in sauces and remove before serving.
Tarragon	Has a slightly bittersweet flavour and an aroma similar to anise.	British, Central European.	Works well with chicken.
Sage	Strong earthy and woody flavour.	British, Central European.	Can overpower dishes if used liberally.
Chives	Has delicate onion flavour.	British, Central European, Mediterranean.	Use as a garnish in salads, hollandaise sauce, sandwiches.
Cumin	Has a rich, slightly bitter, spicy pungency.	Asian, Mexican, Caribbean.	Works well as a combination with coriander.
Paprika	Provides a peppery, spicy hit.	Asian, Mexican, Caribbean, European.	You can get it in three varieties: sweet, smoked and hot all have their own flavour properties.

Herbs & Spices	Description	Cuisine	Hints & Tips
Cajun	Rustic, spicy seasoning.	North American, Latin American.	Good for tomato based dishes, fish and chicken dishes, anything from Louisiana.
Nutmeg	Has a distinctive savoury and nutty aroma.	North American, European, British.	Can use in dishes such as mac and cheese for a richer taste, or topping for sweet creamy desserts
Chilli Powder	Spicy.	Asian, British.	Classic spice for the classic Chilli Con Carne, also great in stews or curries, there is the option of mild for those who don't like things spicy.
Cinnamon	Sweet, woody, fragrant.	Asian, North American.	Often enhances the taste of fruit and veg.
Vanilla	Sweet and fragrant.	British, North American.	Tastes great in any cake!



Cooking related tips provided by
Leicester Students' Union staff.