Food@Uni Recipe Book
Easy Eating to Support Student Life
10 easy, quick and cheap recipes to help you eat well
Classic Chilli Con Carne

Ingredients

- 2 tablespoons of sunflower oil
- 2 medium onions, sliced thinly
- 3 garlic cloves, crushed
- 2 teaspoons of ground cumin
- 2 teaspoons of paprika
- ½ teaspoon of dried chilli flakes
- Salt and pepper
- 500g of minced beef
- 1 x 400g can of chopped tomatoes
- 1 x 400g can of red kidney beans, drained
- Sour cream to serve
- Boiled rice to serve (approximately 75g per person)

Method

1. If you are using the oven, preheat it to 150.c (gas mark 2).
2. Heat the oil in a large saucepan, then fry the onion gently on a medium heat for about 10 minutes, stirring occasionally, or until softened. Add the garlic and stir for a few minutes.
3. Add the chilli flakes, cumin, paprika and a little salt and pepper. Turn the heat up, add the beef, stirring occasionally until browned. Once brown drain the fat away but not down the sink as it will solidify and block it!
4. Stir in the chopped tomatoes and a little water swirled around the empty tomato can. Use a wooden spoon to scrape up all the brown bits stuck to the pan. This adds great flavour!
5. Simmer gently, covered with a lid, for about an hour. You can do this in the oven at 150.c (gas mark 2), or on the stove on a low heat.
6. Add the red kidney beans 15 minutes before the end of cooking time. At the same time, put on the rice to boil.
7. Skim and throw away any oil from the surface. Then taste and season the chilli with salt and pepper. Serve with rice and soured cream.

Tips and Tricks

- Chilli tastes great the next day; you can make large quantities and freeze it.
- Try over a baked potato or in fajitas too.
- Increase the amount of chilli flakes if you're feeling brave.

Total cost: £3.67
Serves: 4
Prep time: 5 min
Cook time: 20 min
Ingredients

2 tablespoons of sunflower oil  
1 large onion, peeled and finely diced  
1 carrot, peeled and finely diced  
2 celery sticks, finely diced  
2 garlic cloves, crushed  
500g of minced beef  
1 glass of white wine (optional)  
2 tablespoons of tomato puree  
1 x 400g can of chopped tomato  
Salt and pepper  
400g of spaghetti  
Optional cheese topping

Method

1. In a large pan, heat the oil on a medium heat and add the onion and carrot. Stir for about 5 minutes, so that it doesn’t colour. Add the celery and cook for another 5 minutes.

2. Add the garlic and stir for a few minutes. Then add the mince to the pan (take your mince out of the fridge at least 30 minutes before making the Bolognese, as it will brown nicely at room temperature), spread it out covering the whole pan and turn up the heat. Once brown you can drain the fat away but not down the sink as it will solidify causing it to block, which will cause a lot of problems!

3. Add the wine and let it bubble away until it has almost all evaporated (optional).

4. Add the tomato paste and stir for a minute. Then add the chopped tomato, and swirl some water around the empty can and add that to the pan as well. Add a big pinch of salt and pepper. Lower the heat to let it simmer gently for about 30-40 minutes. Add more water if it looks too thick, and stir every now and then.

5. Cook the pasta in well salted water until it just has a bite to it, and drain.

6. Taste the sauce, and add more salt or pepper if necessary. Add the spaghetti, mix well, and serve with parmesan, pecorino or cheddar cheese grated on top.

Tips and Tricks

• Add a pinch of nutmeg or some dry or fresh herbs, and try cooking for longer for a richer, even more delicious sauce.
• Tastes even better the next day or the day after that heated up.
• Freeze leftover mince in portions for handy meals whenever you want.

Total cost: £5.77  
Serves: 4  
Prep time: 10 min  
Cook time: 50-60 min
Thai Green Curry

Ingredients

<table>
<thead>
<tr>
<th>1 tablespoons of sunflower oil</th>
<th>1 tin of coconut milk</th>
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<tbody>
<tr>
<td>4 skinless chicken breasts, diced</td>
<td>1 tablespoon of Thai fish sauce (nam pla)</td>
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<tr>
<td>4 tablespoons of green thai curry paste</td>
<td>1 tablespoon of soy sauce</td>
</tr>
<tr>
<td>2 tablespoons of brown sugar</td>
<td>2 fresh limes</td>
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Method

1. Put the oil, chicken, curry paste and brown sugar into a pan on a medium heat and keep stirring for about ten minutes, or until the chicken is opaque.

2. Add the coconut milk, stir well and bring to a simmer.

3. Add the fish and soy sauce. Let the curry simmer gently until the liquid has thickened a little and the chicken is cooked through. Then add the juice of one lime.

4. Taste, and add a little more sugar, fish sauce, soy or lime juice so that it’s really flavoursome.

5. Serve with boiled rice and lime wedges.

Tips and Tricks

• Thai green curry is quick to make and ridiculously tasty.

• You can use tofu or prawns instead of chicken, or throw in some veggies like green beans, baby corn or frozen peas.

• Thai green curry paste and fish sauce are available from supermarkets.

• If you’re vegetarian or can’t find fish sauce, add a little more soy sauce instead.

Total cost: £5.68
Serves: 4
Prep time: 5 min
Cook time: 25 min
Butternut Squash Risotto

Ingredients

1 butternut squash or pumpkin  
4 tablespoons of sunflower oil
2 chicken or vegetable stock cubes
1 onion, peeled and finely chopped
400g Arborio rice
100g parmesan cheese (grated)

Method

1. Before you start, heat the oven to 200°C and put the kettle on to boil.
2. Peel the squash. Then slice it in half lengthways, remove the seeds with a spoon and discard them. Cut the squash into 2cm cubes.
3. Line a baking tray with foil to make washing up easier. Put the chopped squash onto the tray with two tablespoons of sunflower oil and a generous pinch of salt and pepper. Toss it together and roast in the oven for about 30 min. Take it out when it’s soft in the centre and a little brown on the outside.
4. In the meantime, pour 1.5L boiling water into a saucepan with the two stock cubes, heat gently until the cubes dissolve and leave it on a low heat. In a large saucepan, heat two tablespoons of oil and sauté the onion gently on a medium heat for about 10 min, stirring often, until it is soft but not coloured.
5. Add the rice, and stir for about one minute until the grains are glossy from the oil. Increase the heat slightly, add in a cup of stock, and simmer gently, stirring to mix it all together. When the liquid is almost completely absorbed, add more stock and repeat these steps until the risotto looks creamy and the rice is cooked with a slight bite. You do not need to add all of the stock, but it will probably have absorbed most of it. This will take about 20 minutes.
6. Stir the roasted butternut squash and grated parmesan into the risotto. At this point you can mix in a little butter if you like.
7. Taste, and add salt or pepper if it needs any. Then serve with more parmesan grated on top.

Tips and Tricks

• Easy to make once you get the hang of it, filling, and versatile as you can chuck near enough any vegetable or meat in!
• Frozen peas stirred in at the end are a quick and easy variation, or add sliced mushrooms to the cooked onion and carry on as in the recipe above.

Total cost: £5.81
Serves: 4
Prep time: 5 min
Cook time: 25 min
Italian Sausage and Bean Stew

**Ingredients**

- 3 tablespoons of olive or sunflower oil
- 1 x 400g can of chopped tomatoes
- 8 sausages (any flavour), cut into 3 pieces
- ½ teaspoon of dried chilli flakes
- 1 glass of white wine (optional)
- 1 x 400g can of kidney beans
- 2 medium onions, peeled and sliced
- Salt and pepper

**Method**

1. Over a medium/high heat, add a tablespoon of oil to a large saucepan and then add the sausages. Colour evenly, then remove from the pan and leave to one side.

2. Add the wine to the pan, and scrape all the brown bits from the bottom of the saucepan with a wooden spoon. Then pour this liquid into a bowl and keep it on the side. (Optional)

3. Add two tablespoons of oil to the pan, and sauté the onion, stirring occasionally for about ten minutes, or until soft.

4. Add the wine back to the pan, and bubble away until the liquid has reduced by about a third.

5. Return the sausages to the pan, add the tinned tomatoes, chilli flakes and a generous pinch of salt and pepper. Simmer gently for about 15 minutes, or until the sauce has thickened.

6. Drain and rinse the kidney beans, add to the stew and heat through for a few minutes.

7. Taste and add salt and pepper if necessary. If the sauce tastes bitter, it might need a pinch of sugar too.

8. Serve either by itself, or with rice, pasta or potatoes. It tastes even better kept in the fridge and reheated the next day!

**Tips and Tricks**

- Try replacing the kidney beans with cannellini beans, and use spicy sausages for an extra kick.

**Total cost:** £2.46

**Serves:** 4

**Prep time:** 5 min

**Cook time:** 35 min
Spaghetti with Garlic, Olive Oil and Chilli

**Ingredient**

- 400g of dried spaghetti
- 5 tablespoons of olive oil
- 1 teaspoon of chilli flakes
- 6 garlic cloves, crushed
- Salt and pepper
- Handful of fresh parsley, chopped
- 50g of parmesan, grated (optional)

**Method**

1. Cook the pasta in very salty water according to the instructions on the packet. Drain when the pasta still has a bite to it.
2. Meanwhile, add the oil, crushed garlic, chilli flakes and a pinch of salt to a deep frying pan and heat gently over a low/medium heat. As soon as the garlic starts to turn golden, turn the heat off.
3. Once the pasta is cooked and drained, tip the spaghetti into the frying pan with the garlic, chilli and oil. Add the chopped parsley if you’re using it, and mix everything together for a few minutes over a low heat.
4. Put the spaghetti into bowls, and serve with ground black pepper and plenty of grated parmesan.

**Tips and Tricks**

- Add more or less chilli depending on how fiery you like your food.
- Try not to burn the garlic as it will taste bitter.
- Make sure anyone you kiss afterwards has eaten as much garlic as you!

**Total cost:** £3.86  
**Serves:** 4  
**Prep time:** 5 min  
**Cook time:** 15 min
ED Soup

Ingredients

1 onion
1 carrot
A splash of oil
1 can of chopped tomato or passata

1 vegetable stock cube
3/4 handfuls of lentils (roughly 200g)
Roughly one litre of water
Salt and pepper

Method

1. Chop up the onion and carrot into small pieces.
2. Slowly soften the carrots and onion in a little bit of oil for around 3 to 4 minutes.
3. Add the lentils, tomatoes, crumbled up stock cube and 800ml of the water.
4. Simmer for 30 minutes, stirring occasionally to ensure the lentils don’t stick and adding water throughout until the soup reaches your desired thickness.
5. The soup is ready when the vegetables are soft, then season to taste with salt and black pepper and enjoy!

Tips and Tricks

• Make this soup even healthier by adding pepper or any other vegetable that takes your fancy!
• Feeling daring? Spice your soup up with chilli or any other spice you like.

Total cost: £1.04
Serves: 4
Prep time: 5 min
Cook time: 35 min
Turkey Stir Fry

Ingredients

- 1 tablespoon of olive oil
- Salt and pepper
- 250g of turkey breast, cut into strips
- 4 tablespoons of sweet chilli sauce
- 2 peppers, cut into strips
- 1 bag/tub of beansprouts
- 1 red onion, sliced
- 1 tablespoon of lemon juice
- 1 garlic clove, crushed
- ½ bunch of coriander, chopped

Method

1. Heat the oil in a pan or wok until the oil slightly smokes.
2. Add the turkey strips and stir fry for 20-30 seconds, then add the peppers, red onion and the garlic.
3. Season with salt and pepper, and then continue to stir fry for further 30-40 seconds.
4. Add the sweet chilli sauce and cook for a further few minutes until the turkey is cooked, then add the beansprouts, lemon juice and coriander. Enjoy!

Tips and Tricks

- Best served with boiled rice or noodles.
- Add or swap any of the vegetables to suit yourself; other vegetables you could use include bok choy, broccoli, mushrooms or many more!

Total cost: £4.23
Serves: 4
Prep time: 10 min
Cook time: 10 min
Cheesy Double Corn Muffins

Ingredients

- 125g plain flour
- 170g cornmeal
- 1 teaspoon of bicarbonate of soda
- 1 teaspoon of baking powder
- 2 teaspoon of salt
- 50g margarine
- 75g grated cheddar cheese
- 2 eggs
- 225ml milk
- 200g tinned sweetcorn

Method

1. Preheat the oven to 200°C / gas mark 6 and add the muffin cases to the muffin tin.

2. Mix the flour, cornmeal, bicarbonate of soda and baking powder then use your hands to rub in the margarine to resemble breadcrumbs.

3. Stir in the cheese.

4. In a separate bowl mix the eggs and milk, then add this to the other bowl with the creamed sweetcorn.

5. Spoon the mixture into the cases and bake until golden brown, around 20-25 minutes.

Tips and Tricks

- You can remove the cheese if you prefer and replace with dried fruit like dried apricots or raisins.
- Make a batch of these at the weekend and keep in an air tight container and then enjoy them over the week!

Total cost: £1.88
Serves: 12
 Prep time: 15 min
Cook time: 25 min
Banana Bread

**Ingredients**

- 3 ripe bananas
- 110g of margarine or unsalted butter
- 225g of caster Sugar
- 285g of plain flour
- 2 eggs
- 1 teaspoon of salt
- 1 teaspoon of bicarbonate of soda
- 1 teaspoon of vanilla extract or essence
- 60ml of soured cream
- 55g-100g of dates, walnuts or chocolate chips (optional)

**Method**

1. Preheat the oven to 160°C / gas mark 3 and grease the sides of a 1kg loaf baking tin.
2. Mash the bananas in a small bowl with a fork.
3. In a separate bowl mix the margarine and sugar until light and fluffy.
4. Mix in the eggs.
5. Sift the flour, bicarbonate of soda and then add the salt into the eggs.
6. Add the bananas, vanilla, soured cream and any optional fillings, then mix well.
7. Add the mixture to the tin and bake for one hour. To test if the loaf is done, a skewer should be removed clean from the centre of the loaf.

**Tips and Tricks**

- Use ripe bananas as these contain greater levels of natural sugars which will taste much better compared to unripe bananas.

**Total cost: £2.05**

**Serves: 8**

**Prep time: 15 min**

**Cook time: 60 min**