



Eat Well

A collection of recipes from staff and students at the University of Aberdeen



Introduction



Ruth Taylor
Vice Principal (Education)

2020 marks 525 years since the foundation of the University of Aberdeen. From that day until now the University remains dedicated to supporting the health and wellbeing of both its staff and students, something that plays an important role in supporting the pursuit of academic excellence.

This book, which is made up entirely by contributions from our staff and student community, is a clear representation of our international diversity and is full of recipes and ideas to help you create a variety of tasty and nutritional meals.

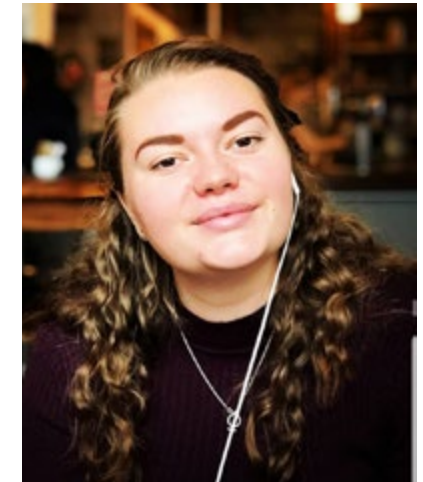


Whether you are busy with essays and exams, lecture plans and marking, or juggling the pressures of daily life it is important to eat a healthy balanced diet. My top tips are to take some time to plan your meals, particularly during busy periods; and to cook double what you need and freeze the leftovers for another day. The final chapter – recipes for a healthy life - has some great advice on things you can do to look after other aspects of your wellbeing.

I hope you enjoy preparing some of these delicious recipes – I know that I will! Don't forget to share pictures of your creations on social media #UoAEats

When I first moved into Halls as a first year, my experience of living independently and providing for myself was limited. Now, three years later, cooking has become incredibly important to me. By learning to eat well-balanced and regular meals, my mental health greatly improved and I am able to handle uni life much better. Cooking with and for my friends has also become one of my favourite things to do – there is nothing like all of us coming together to eat, whether I cook for them or we do a potluck!

I was delighted to be able to create this recipe book during my **Intern +** placement with the Student Experience team. I think it demonstrates how much the university cares about the wellbeing of both staff and students and is an example of the active steps being taken to support us. Food is a key element of wellbeing, providing physical, mental and social benefits and I hope that, like me, cooking will become a key part of your life.



Tilda Nilsson
Business Management and International Relations Student

Index

Section 1: BeWell Resources

Section 2: Cupboard Basics

- Sweet Potato[↗]
- Ramen Noodles[↗]
- Pasta[↗]
- Eggs[↗]
- Pulses[↗]
- Oats[↗]

Section 3: Quick and Easy Dinners

- Saucy Salmon[↗]
- Chicken Quesadillas[↗]
- Tomato Pasta[↗]
- Tuna Pasta[↗]

Section 4: Library-approved Foods

- Almond Energy Balls[↗]
- Bulgur Wheat Salad[↗]
- Sweet Potato Salad[↗]
- Chicken & Avocado Wrap[↗]
- Beetroot Salad[↗]

Section 5: Budget Friendly Meals

- Huevos Rancheros[↗]
- Butternut Squash Chilli[↗]
- Greek Kritharotto[↗]
- Curry Risotto[↗]
- Creamy Mushroom Gnocchi[↗]

Section 6: Bake Sale

- Praise the Lard Chocolate Cake[↗]
- Welsh Cakes[↗]
- Granny's Tablet[↗]
- Carrot Cake[↗]
- Sweet Potato Brownie[↗]
- Chocolate Oat Balls[↗]
- Banana Bread[↗]

Section 7: Less-waste Cooking

- Stuffed Mushrooms[↗]
- Chocolate Mousse[↗]
- Vegan Pesto & Pea Risotto[↗]
- Toast Pizza[↗]
- Bread and Butter Pudding[↗]

Section 8: Comfort Foods

- Kichdi[↗]
- One-Pot Spicy Veg Rice[↗]
- Tomato Soup[↗]
- Beef Stronganoff[↗]
- Ramen Noodle Soup[↗]

Section 9: Freezer Friendly

- Butternut & Chickpea Curry[↗]
- Spinach Lasagne[↗]
- Black Bean Hotpot[↗]
- Lentil Dhal[↗]

Section 10: Potluck Dinners

- Salsa & Guacamole[↗]
- Fakeaway Chicken Kebab[↗]
- Vegetable Pies[↗]
- Vegetable Quiche[↗]
- Kale Flatbread[↗]
- Zucchini Boats[↗]

Section 11: Recipe for a Healthy Life

We've got your wellbeing covered

Whether you are looking for resources to help you maintain positive wellbeing or you need support and guidance, there are a variety of resources and support services available for both staff and students.

Staff



Students



The University of Aberdeen has a zero-tolerance approach towards all forms of sexual violence and harassment. We are committed to providing safe and welcoming campuses for our community. The online reporting system is available should you wish to report an incident, and there are various forms of support available to you as well, regardless of your decision to report.

Online **report.**
Real **support.**

Use the **confidential online reporting tool**

if you have witnessed or have been affected by any form of sexual violence or harassment.

abdn.ac.uk/reportsupport

UNIVERSITY OF ABERDEEN
ABERDEEN UNIVERSITY STUDENTS' ASSOCIATION

A dark blue banner with a white box containing the text 'Online report. Real support.' Below this, it says 'Use the confidential online reporting tool' and 'if you have witnessed or have been affected by any form of sexual violence or harassment.' The URL 'abdn.ac.uk/reportsupport' is provided. At the bottom, there are logos for the University of Aberdeen and the Aberdeen University Students' Association.

BeWell
PUTTING YOUR WELLBEING FIRST

UNIVERSITY OF ABERDEEN

SOCIALISE
HEALTHY EATING
MANAGE STRESS
EXERCISE
HOBBIES
MENTAL HEALTH

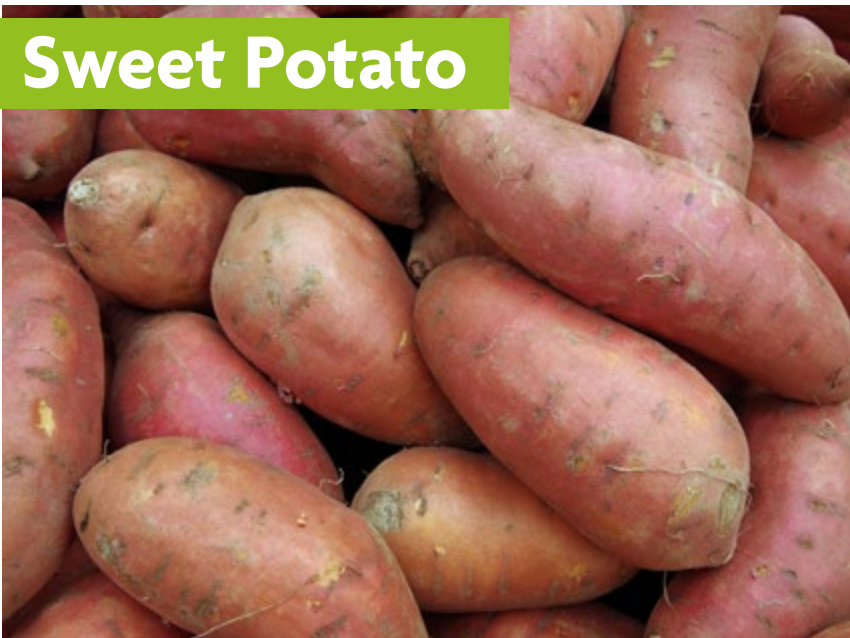
A dark blue banner with the 'BeWell' logo and tagline 'PUTTING YOUR WELLBEING FIRST' on the left and the University of Aberdeen logo on the right. Below the logo is a row of six circular icons: a blue circle with two heads, a green circle with a chef's hat, a teal circle with a brain, a green circle with a person running, a purple circle with puzzle pieces, and a blue circle with a brain and gears. Below each icon is a corresponding label: SOCIALISE, HEALTHY EATING, MANAGE STRESS, EXERCISE, HOBBIES, and MENTAL HEALTH.



Cupboard Basics

In order to cook wholesome, nutritious food every day, it is a good idea to have a well-stocked cupboard full of good quality basics. Here are a few of our favourites.

Sweet Potato



Highly Nutritious - sweet potatoes are a great inexpensive and versatile source of fibre, vitamins, and minerals.

Why not try:

- Bake: Set oven to 200°C. Line a baking sheet with foil, prick the skin of the potato and bake until tender, (roughly 45 mins). For speedier version try it in the microwave (10 – 15mins). Top with your favourite baked potato topping.
- Try it for breakfast (yes you read right!). Fruit such as berries and banana slices, chia seeds, nut butter, cookie butter, hemp seeds, maple syrup, agave, granola go great with sweet potato – a cheap, nutritious and filling start to the day!
- Cut the sweet potato into fries and mix with some oil, cayenne, salt and pepper. Bake in the oven at 200°C for 20 minutes.

A cheap and quick base for lots of delicious recipes.

Why not try:

- Once cooked and drained add a halved soft-boiled egg for extra protein OR why not drop a raw egg into the broth while the noodles are cooking – instant poached egg.
- Spice up your broth by adding hot sauce, soy sauce or other flavourings.
- Throw in any leftover veggies or meat to keep from tossing them in the bin. Sustainable and filling – win win!
- Fry some veggies – any combination will do (carrots, water chestnuts, mushrooms, pak choi, mini corn, sugar snap peas), add noodles and flavour packet for a quick and easy stir fry (for a low-sodium option, skip the flavour packet and make your own broth using vegetable scraps and spices such as ginger, and star anise).

Noodles



Pasta



For a simple fibre boost switch from regular pasta to wholewheat.

Why not try:

- Upgrade your pesto pasta by adding veggies such as broccoli, artichokes, sugar snap peas, peas, and some feta!
- For a quick dinner, mix pasta with a sauce of choice, put into an oven dish, top with cheese and bake at 180°C until the cheese is bubbling (Keep any leftovers for next day lunch)
- Upgrade any classic pasta dishes with veggies! Grate carrots and add to your spag bol, add some spinach to your mac and cheese, or switch your readymade tomato sauce for home made using some chopped tomatoes and herbs.

Poached, scrambled, baked or fried – eggs are a great source of protein.

Why not try:

- Omelette: mix 2-3 eggs with a splash of milk, grated cheese, salt and pepper. Fry on low heat in a buttered pan until it starts to solidify. Add toppings of your choice (ham, sausage, veggies, etc), fold and plate. Serve with salad for a perfect balanced meal.
- Muffins: Mix eggs with salt and pepper, pour into a muffin tin, add your favourite toppings (peppers, ham, cheese, spinach), and bake in the oven for 20 minutes on 180C for breakfast muffins on the go.
- Pancakes: Mash a banana and mix with two eggs, some baking powder and vanilla. Fry in a pan and serve with maple syrup and fresh fruit for a quick and delicious banana pancake breakfast!

Eggs



Pulses



Another cheap and low fat source of protein.

Why not try:

- Lentils: add to soups, lasagne or tomato dish to make them go further.
- Beans: Add them to your meals or make them the star of the show with some classic baked beans on toast! Top tip: mix a tin of white beans with some sundried tomatoes, garlic, herbs of your choice and a bit of oil in a blender for a protein-rich and delicious sandwich spread!
- Bulgur or quinoa: These pulses can easily replace most pasta or rice in your dishes and they taste great. Boil them in some vegetable stock and use in your warm meals, or add them to your cold salads.

Oats are rich in fibre and provide slow-release energy, which helps you to stay fuller for longer.

Why not try:

- Mix 1 part oats, 1 part milk or yogurt (or dairy free alternative) with your choice of fruit, spices nuts and grains. Leave in the fridge overnight for a ready to go nutritious start to the day.
- Throw a handful of oats into any mince dish – bolognese, cottage pie or chilli or meatballs – added nutrition and can stretch the meal for a left over lunch!
- Simmer chopped apple in apple juice, then add oats and spices for a quick apple crumble dessert.

Oats





Quick and Easy Dinners

Whether you're busy writing an essay or have just come home from a long day at work, sometimes a quick and low-effort meal is what's needed. This chapter contains a collection of recipes for quick and easy meals (all 30 minutes or less) that will fill you up and leave you nourished.



Saucy Salmon

Ingredients

2 tsp butter
2x salmon fillets
150g mushrooms, chopped (Dealer's choice, I use chestnut mushrooms)
1 clove crushed garlic
2 tbsp creme fraiche
large handful of baby spinach leaves
1 tsp mixed herbs
30g cheddar, grated

Method

- Melt half of the butter in a frying pan over a medium heat. When bubbling, lay in the salmon fillets. Cook the fish for about 8 minutes, turning regularly.
- While the fish is cooking, melt the remaining butter in another pan over a medium to high heat. When bubbling, chuck in the mushrooms and stir-fry for 2 minutes until they get a bit of colour. Add the garlic and fry for 1 minute before pouring in 1 tablespoon of water and the creme fraiche. Work the creme fraiche in the pan until it melts, then reduce the heat a little so that the sauce is just simmering.
- Add the spinach and let it wilt into the sauce. Sprinkle in the herbs and the cheddar, again stirring everything together to help melt the cheese.
- By now the fish should be cooked through, plate it up and pour over the mushroom sauce.
- If you're feeling fancy, serve with a squeeze of lemon juice.

Recipe by

Calum Ross

Graphic Designer, Online Education



“ I love mushrooms. I make this sauce for anything really, it goes really well with chicken too! ”



Chicken Quesadillas

Ingredients

4 large flour tortillas
2 tbsp sunflower oil
150g grated cheddar cheese
1 skinless chicken breast
1 tsp Cajun seasoning

1/2 red onion (halved and sliced)
1/2 green, yellow and red pepper
(seeded and sliced)
Salt and pepper

Method

- Slice the chicken breast into thin strips and place in a bowl, add a tbsp of oil and the Cajun seasoning and mix well.
- Mix the sliced peppers and red onion in a separate bowl and leave to one side.
- Heat 1 tbsp of the olive oil in a frying pan over high heat. Add the chicken to the pan and sauté over medium-high heat until done, about 4 minutes per side.
- Add in the onions and peppers and cook until the peppers are cooked, 3 to 4 minutes. Remove from the heat and set aside.
- In a separate frying pan add a small amount of oil and place on a medium heat and lay a flour tortilla in to the pan. Then build the quesadillas by laying grated cheese on the bottom tortilla, and then arranging the chicken and cooked peppers. Top with a little more grated cheese and top with a second tortilla.
- When the tortilla is golden on the first side, carefully flip the quesadilla to the other side. Continue cooking until the second side is golden. Repeat with the remaining tortillas and filling.
- Cut each quesadilla into wedges. Serve with the salsa, sour cream and guacamole.

Recipe by

Dene Cummings
Chef (Cocina Mexicana)

Tomato Pasta



Ingredients

- 2 cloves of garlic
- 1/2 red onion
- Tomato passata or 3-5 large, fresh tomatoes (for homemade tomato passata)
- 4-5 chestnut mushrooms (or other seasonal veggies)
- 1 tin of kidney beans
- 1 small can of sweet corn
- Balsamic vinegar
- Chili powder
- Oregano

Recipe by

Ava Bratejka Lindberg
1st year English & Creative Writing

Method

- Cut the fresh tomatoes into smaller pieces and put on a pan with a light layer of water covering the bottom.
- Let them simmer until they are soft and warm. Then, put the tomatoes in a blender with the spices, and you've got yourself a homemade tomato passata.
- Chop garlic, onions and mushrooms.
- Bring water to boil and add salt.
- Heat up oil in a pan on medium to high heat - add the spices to the oil.
- Let garlic, onion, and mushrooms fry until the onion comes off as clear. Add a splash of balsamic vinegar (this is the key to a perfect tasting tomato sauce).
- Add tomato, beans, and corn.
- Add pasta to boiling water and cook until pasta is tender.
- Pour your tomato sauce over the pasta and enjoy.

Ingredients

- 1 tin of tuna
- 1 tin tomatoes
- 1 cup of pasta per person
- Oregano half tsp, fresh if possible
- salt and pepper

To garnish:

- Mozzarella balls
- Grated parmesan
- Chopped salad leaves
- 3 or 4 chopped tomatoes
- Red onion chopped
- Pine nuts, and various tiny nuts from the forest (or supermarket) crushed
- Pesto or dressing of your choice

Method

- Put your pasta on to cook. Don't over cook it as it will be mixed with other ingredients. Take it off the hob, drain it, and mix in the tins of tomatoes and tuna, seasoning and herbs. Leave it on the gas longer. If using gluten free pasta, don't leave this on the hob too long. If using wheat pasta, you can leave this to accumulate the flavours for around 10-15 mins.
- Take it off the hob and garnish with whatever you prefer. Meanwhile make the salad up and serve.

Recipe by

Janet Flowers
Digital Marketing Officer

Tuna Pasta





Library-Approved Foods

This collection of filling, nutritional and odor free recipes will provide inspiration for any lunchbox. Whether you are planning a day in the library or the office these recipes are sure to keep your tummy, the librarians and your office-mates happy!



Almond Energy Balls



Ingredients

200g almonds
400g medjool dates
4 tbsp raw cacao powder
2 ½ tbsp almond butter
2 tbsp coconut oil

Recipe by

Melanie Viney

**2nd year MSc Person-centred
Counselling**

Method

- Begin by placing the almonds in the food processor and pulsing until they are nicely crushed.
- Add the medjool dates and coconut oil and pulse until it's fully mixed.
- Add the almond butter and cacao and then mix again in the food processor.
- Take a tablespoon of the mixture and roll into a ball. Continue doing this until the mixture has finished.
- Place the rolled balls into the freezer for an 1 hour, then remove. Store in an airtight container in the fridge.

Ingredients

150g bulgur wheat
1 veg stock cube
1 red onion
1 red pepper
100g feta cheese
100g broccoli

Method

- Add 300ml of water and the stock cube to a pot and bring to boil.
- Add the bulgur wheat and lower the heat to a simmer.
- Cover and let simmer for 8-10 mins, until the stock has absorbed.
- Chop the onion and pepper, drain the broccoli, crumble the feta. Mix with the bulgur wheat and eat hot or cold

Recipe by

Tilda Nilsson

**4th year Business Management and
International Relations**

Bulgur Wheat Salad





Sweet Potato Salad



Ingredients

1 sweet potato
 1-2 avocados
 2 handfuls of chopped kale
 Half a block of feta cheese
 A handful of pumpkin seeds
 Olive oil
 Lemon or lime
 Salt and pepper

Recipe by

Eleonora Wenner
4th year Politics and International Relations

Method

- Cut the sweet potato in half and drizzle on olive oil, salt and pepper. Bake in the oven for 30- 40 minutes on 200°C or microwave for 15 minutes.
- While the sweet potato is cooking, dice the avocado and feta, and roast the pumpkin seeds in a dry pan until they are golden.
- Take out the sweet potato and dice. Mix everything together with a drizzle of olive oil, lemon or lime juice, and salt and pepper to taste.
- Can be eaten with the sweet potato hot or cold.

Ingredients

Tortilla
 Avocado
 Crème fraiche, sour cream, mayonnaise or Greek yoghurt (optional)
 Chicken breast or thigh fillet (or store bought cooked chicken)
 Red onion, chopped
 Lemon
 Lettuce
 Basil (optional)
 Coriander (optional)
 Salt and pepper

Recipe by

Mariam Hassan
4th year Economics and Politics

Method

- Mash the avocado with lemon juice, basil, coriander, salt and pepper and dairy of your choice. Mix in chopped red onion.
- Fry and shred the chicken.
- Spread the avocado mix onto the tortilla and add chicken and lettuce. Fold and enjoy!

Top tip: Store the components separately and combine when you are ready to eat for non-soggy tortillas!

Chicken & Avocado Wrap





Beetroot Salad

Ingredients

3-4 beetroot (depending on size),
peeled, larger ones cut in halve
200g feta
2tbsp lemon juice
1-2tbsp extra virgin olive oil
1/2tsp fennel seeds and 1tsp dried
(or fresh) dill (use any spices or
herbs you like)
Salt and pepper
White wine or cider vinegar

Method

- Place beetroot in a pot, cover with water and boil for 25 minutes until tender.
- In the meantime: crumble feta into ovenproof dish. Add lemon juice olive oil spices and herbs and give it a quick toss. Place on highest level of oven under the grill at 200c for 5-10minutes or until golden brown. Take out and set aside to cool.
- When beetroot are done take them out of water and set aside to cool to room temp. Cut into 1-2cm cubes. Mix with roast feta, season to taste with salt and pepper and vinegar.

Recipe by

Lea Berndorf

4th year Politics and International Relations



Budget Friendly Meals

You don't need to spend a fortune to create delicious and nutritious meals every day of the week. These cheap recipes are perfect even for the end of the month!



Huevos Rancheros

Ingredients

Huevos rancheros base

16ml olive oil
80g white onion diced
80g red pepper diced
40g courgette diced
6g garlic chopped
2g cayenne pepper
3g ground cumin
1g chilli powder
3g red chilli diced
200g passata
80g black eyed beans

Scrambled tofu or 2 eggs

320g tofu
1g ground Turmeric
2g maldon sea salt

Corn salsa

200g sweetcorn
80g tomato
60g red onion diced
1g maldon salt
3g garlic chopped
16ml olive oil
1 lime juiced

To finish

6" corn tortillas
½ avocado
1 x lime wedge
Coriander
Chipotle sauce

Recipe by

Mark Donovan
Executive Chef,

Method

- First make the seared corn salsa by heating a frying pan until smoking then add the corn in small batches until blackened and seared.
- Once all the corn is blackened add the tomato, onion, salt, garlic, olive oil and fresh lime juice then stir through the chopped coriander and place to one side.
- Next create the base for the Huevos Rancheros. To do this begin by heating a large based frying pan and add the olive oil.
- Then sauté the onion, red pepper and courgette until slightly softened then add the garlic and continue to cook for 5 minutes.
- Add the spices and dice chilli and cook out.
- Add the cooked black eye beans and passata cook for a further 10 – 15 minutes on a low heat.
- Season with salt and pepper keep warm until you are ready to assemble the final dish.
- Next fry to eggs or make the scrambled tofu by draining the tofu and whisking to scramble it in a bowl adding the turmeric and salt then mix. Heat a little oil in a pan and on a low heat add the tofu mix and cook gently. Once done set aside ready to assemble the final dish.
- To finish the Huevos Rancheros place the base mix on top of two warmed corn tortillas.
- Top with scrambled tofu, corn salsa, avocado slices, lime wedge and chipotle sauce
- Finish with coriander sprigs.



Butternut Squash Chilli

Ingredients

500g butternut squash	4 cloves of garlic
1 rounded teaspoon cayenne pepper, plus extra for sprinkling	1 bunch of fresh coriander (30g)
1 heaped tsp ground cumin, plus extra for sprinkling	1 fresh red chilli
1 tsp ground cinnamon, plus extra for sprinkling	1 fresh green chilli
olive oil	1 veggie stock cube
1 large onion	2 x 400 g tins of beans, such as kidney, black, pinto, cannellini etc. Whatever your preference!
1 red pepper	2 x 400g tins of quality chopped Tomatoes and a heaped tbsp of tomato puree
1 yellow pepper	

Recipe by

Petra Barber

Assistant Director, Estates and Facilities

Method

- Preheat the oven to 200°C
- Peel and chop the butternut squash into bite-sized chunks, then place onto a baking tray. Don't chop the squash too small, as it will shrink a bit when you roast it.
- Sprinkle with a pinch each of cayenne, cumin, cinnamon, sea salt and black pepper, drizzle with oil then toss to coat. Roast for 40 minutes, or until golden and tender.
- Peel and roughly chop the onion. Halve, deseed and roughly chop the peppers, then peel and finely chop or mince/grate the garlic.
- Pick the coriander leaves, finely chopping the stalks. Deseed and finely chop the chillies.
- Meanwhile, heat 2 tablespoons of oil in a large pan over a medium-high heat, add the onion, peppers and garlic, and cook for 5 minutes.
- Add the coriander stalks, chilli and spices, and cook for a further 5 to 10 minutes, or until softened, stirring occasionally.
- Drain and add the beans. Tip in the tomatoes, then stir well. Add veggie stock cube.
- Bring to the boil, then reduce to medium-low and leave to tick away for 25 to 30 minutes, or until thickened and reduced – keep an eye on it, and add a splash of water to loosen, if needed.
- Stir the roasted butternut squash through the chilli with most of the coriander leaves, then taste and adjust the seasoning, if needed.
- Scatter over the remaining coriander, and serve!





Greek Kritharotto



Ingredients

1 red onion finely chopped
 1 clove of garlic finely chopped
 1/3 cup olive oil
 1500g uncooked orzo
 1 1/2 cup vegetable broth
 500g mushrooms chopped
 1/4 cup of white wine
 6 cherry tomatoes halved
 Grated parmesan
 Chopped fresh parsley
 Salt & pepper

Recipe by

Athina Veloudou

Student Experience Administrator

Method

- Heat 1/2 of the olive oil in a deep pan (I usually use a wok) and sauté the onion until soft. Once the onions are softer add the garlic to sauté.
- Add the orzo and increase heat and stir for about 1 minute.
- Start adding the broth with a ladle and stir until the liquid is absorbed. Continue this process for about 5-7 minutes.
- Add the mushrooms and cherry tomatoes, the wine with a pinch of salt and continue stirring. Once the liquids are absorbed, continue adding the broth, continuing the process for 2-3 minutes.
- Try tasting the orzo, it should be soft with bit of a bite in the center.
- Add a bit more broth while stirring.
- Remove from heat, (add the parmesan) and the rest of olive oil and stir for about 2 minutes.
- Serve immediately with freshly ground pepper and sprinkle with some chopped parsley.

Ingredients

200g rice
 1 can coconut milk
 Curry powder
 Turmeric
 Carrot, peas, whatever veg you have to use up
 200g cooked chicken (optional)

Method

- Cook rice (spice water with salt and curry and turmeric if you like).
- Cut up your veg and cook in a pan with salt, pepper, curry powder and turmeric.
- Pour can of coconut milk on veg mix and bring to boil
- When boiling mix rice in it and bring to simmer.
- Add cooked chicken and serve.

Recipe by

Eden Hubara

4th year Sociology

Curry Risotto





Creamy Mushroom Gnocchi

Ingredients

300g chestnut mushrooms
1 onion
2-3 garlic cloves
100g spinach
200g celery (optional)
500g gnocchetti
300ml creme fraiche
60g peanut butter
25g fresh parsley

Recipe by

Natalie Campbell

3rd year English and Creative Writing

Method

- Peel onion, cut in half and thinly slice.
- Chop mushrooms into approx. 2cm chunks.
- Peel and crush or dice garlic.
- Chop celery into 2cm chunks.
- Finely chop the parsley.
- Heat frying pan on medium heat without oil. Add gnocchetti and cook until golden and crisp on the outside, turning occasionally to ensure even colouring. Remove gnocchetti from pan and place pan back on heat, adding a splash of oil.
- Add onion and garlic to frying pan and cook until onion is soft, approx. 5 minutes
- Add mushroom and celery to frying pan, cook until mushrooms are soft, approx. 10 minutes
- Return gnocchetti to pan and stir to combine with vegetables
- Turn heat down to low then add creme fraiche and peanut butter. Stir briskly until combined with gnocchetti and vegetables.
- Add the spinach and stir until wilted.
- Add half the parsley, salt and pepper to taste.
- Serve and sprinkle the remaining parsley on each plate as garnish.





Bake Sale

Bake sales are a great way to raise money and do something with your friends/colleagues. Here are some of your tried and tested hits!



Ingredients for the cake

1 ¾ cup all-purpose flour
 ¾ cup cocoa powder
 1 ½ tsp baking powder
 1 ½ tsp baking soda
 1 tsp salt
 2 cups sugar
 2 large eggs
 1 cup whole milk
 ½ cup lard
 1 tbsp bourbon

Method

- Preheat the oven to 190°C
- Spray a standard 1" rimmed oven tray with cooking spray and line with parchment.
- In a large bowl, whisk together the flour, cocoa, baking powder, baking soda, salt and sugar until combined.
- Whisk in the eggs, milk and bourbon until well blended.
- Melt the lard in a microwave - Whisk in the liquid lard gradually.
- Add the boiling water and mix well.
- Pour the batter into the prepared oven and carefully transfer to the preheated oven.
- Bake for 15 minutes until the top is firm a toothpick inserted just off centre comes out clean.
- Cool completely on a wire rack.

Recipe by

Matthew Geldart

4th year Christian Studies

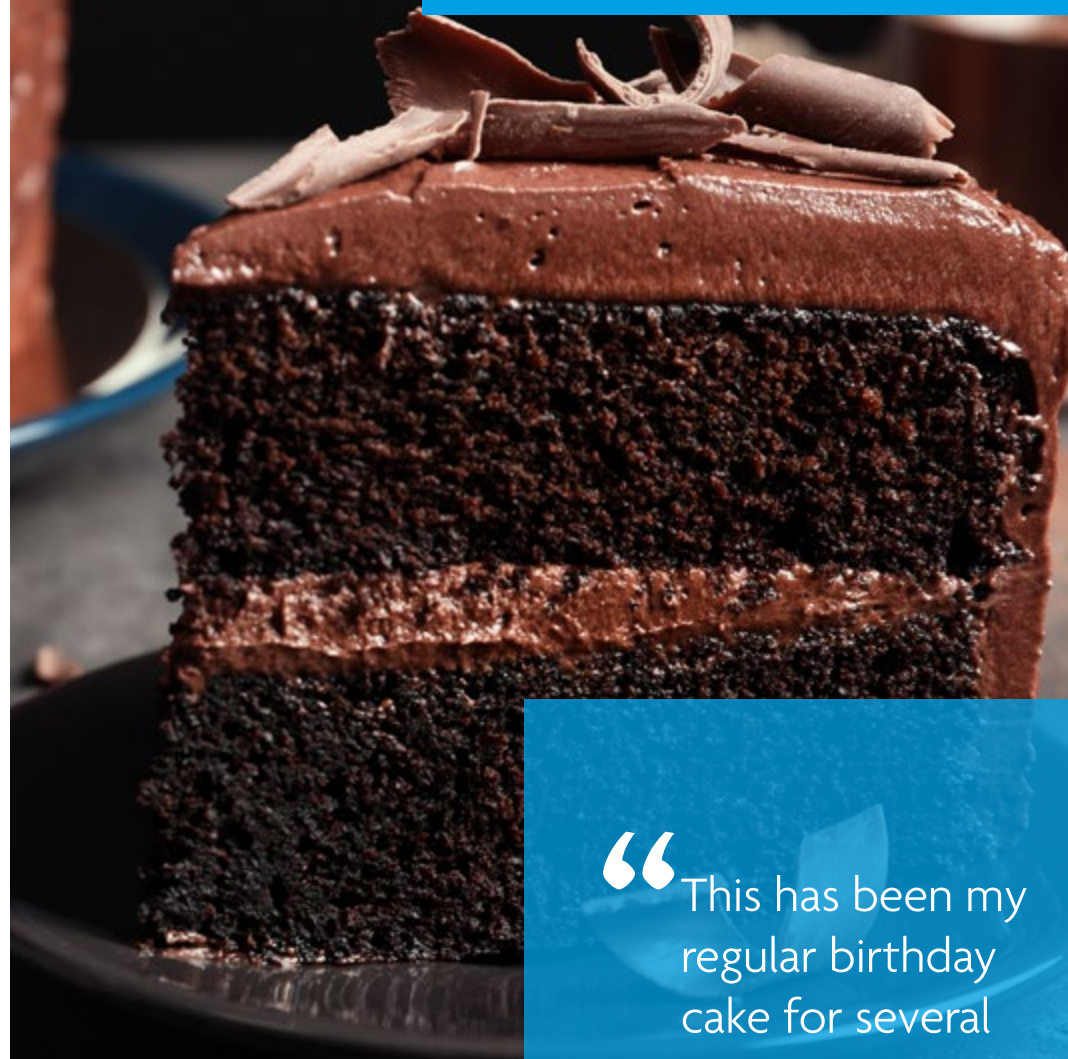
Ingredients for the ganache

For the sour cream ganache:
 1 ½ lbs bittersweet chocolate (64%+ cacao), finely chopped
 4 cups sour cream, room temperature (32 ounces)
 1 Tablespoon bourbon

For the sour cream ganache:

- Melt the chocolate and add the room temperature sour cream (the temperature is important – if the sour cream is too cold, it will cause the chocolate to seize and stiffen) and stir with a spatula until smooth.
- Stir in the bourbon and set aside.
- To assemble the cake: with a sharp knife, cut the cake away from the pan sides if necessary and slide the cake, parchment side down, onto a work surface.
- Cut the cake, width-wise, into three even slices.
- Layer the cake slices on top of each other with ganache between each layer.
- Use the remaining ganache to evenly coat the top and sides.

Praise the Lard Chocolate Cake



“This has been my regular birthday cake for several years.”



Welsh Cakes



Ingredients

265 g all-purpose flour
1½ tsp baking powder
½ tsp (total) cinnamon, nutmeg, all-spice
130g cold butter
90g caster sugar
75g currants
1 medium egg
1 tbsp milk

Recipe by

Claire Bayliss

**1st year Advanced Restorative
Dental Practice**

Method

- Sift the flour, baking powder and all-spice into a bowl. Add the butter and rub it in with your fingers until the mixture forms breadcrumbs. Stir in the sugar and currants, then the egg, then add enough milk to form a firm dough.
- Roll out the dough to a 10mm thickness. cut rounds using a 7.5cm cutter, repeat until all used up - you may end up with a cute baby welsh cake.
- Place large heavy-based frying pan over a low-medium heat.
- Cook the Welsh cakes, in batches, for 3-4 minutes on each side, adjusting the heat if necessary so they are golden brown on the outside and cooked right through.
- Remove and cool.

Ingredients

1kg granulated sugar
60g unsalted butter
1 cup full fat milk
1 tin (400g) condensed milk
2 teaspoons vanilla essence

Method

- Put butter in large heavy bottomed pan and melt.
- Add milk and sugar and melt slowly stirring continuously until sugar has fully dissolved.
- Add condensed milk and bring to boil. Keep stirring to avoid it burning and boil for approx 20 minutes.
- Remove from heat and whisk until it thickens.
- Add vanilla essence and beat this in.
- Pour into greased & lined baking tray and leave to harden. Cut into squares with sharp knife.

Recipe by

Gillian Mackintosh

**Director of Academic Services
& Online Education**

Granny's Tablet





Carrot Cake

Ingredients

2 eggs
140ml vegetable oil
200g light brown sugar
300g grated carrots
100g raising
75g chopped walnuts (or add more raisins if not using nuts)
180g self-raising flour
1 pinch salt
1 tsp ground cinnamon
1 tsp mixed spice
1/2 tsp bicarbonate of soda
1/2 tsp freshly grated nutmeg

Optional cream cheese topping:

1 orange
110g unsalted butter softened
225g cream cheese
480g icing sugar

- Beat the butter and cream cheese together until smooth
- Add icing sugar and mix
- Add the zest of the orange.

Method

- Beat the eggs, add vegetable oil, sugar, carrots, walnuts and raisins and mix well.
- Sift in the dry ingredients and fold together (don't worry if you think the final mix is quite wet, it does start off quite runny!)
- Pour mix into cake tin (square or round) 18-22 cm depending on how deep you want your cake.
- Bake at 150C for 1 hour 15 minutes checking at 1 hour.
- Alternatively pour into muffin cases and bake for 30-45 minutes.

Recipe by

Emma Durrant

1st year Digital Marketing Leadership



“Great to have with a cup of tea while having a study break!”



Sweet Potato Brownie



Ingredients

500g sweet potato (baked and scooped out)
 200g chopped dates
 80g maple syrup
 100g ground almonds
 2g maldon sea salt
 120g coco powder
 6g baking powder
 50ml coconut oil
 100ml Alpro rice original
 100g dark chocolate

Recipe by

Doug Shewan

Chef Manager, Campus Services

Method

- Preheat oven 180°C.
- Place the sweet potato flesh in food processor bowl and blend with the dates.
- Add the remainder of ingredients except the chocolate.
- Gently melt the chocolate over a pan of hot water.
- Once the chocolate has slightly cooled fold it into the mixture.
- Oil and line a baking tin and then pour the mix in.
- Bake in oven for 40 – 45 minutes.
- Remove and cool on wire rack before eating.

Ingredients

150g salted butter
 150g of sugar
 3 tbsp of cacao powder
 1 tsp of vanilla extract
 2 tbsp of cold coffee
 400g of oats
 Coconut shaving sprinkles to coat the balls in

Method

- Mix the butter and sugar, don't be scared to get your hands in there.
- Then mix in the cacao, vanilla, coffee and oats.
- Form smaller round balls and roll them in the coconut shavings (or anything else you fancy).
- Leave in the fridge for 15 min or more to set. If not eating right after that, store in fridge or freezer.

Recipe by

Annie Bertilsson

4th Year Sociology

Chocolate Oat Balls



Banana Bread



Ingredients

1/2 cup butter
1 cup sugar
2 eggs
1 tsp vanilla
1 3/4 cups flour
1 tsp baking soda
1 tsp salt
1 cup mashed ripe banana
1/2 cup sour cream

Method

- In a bowl, melt butter and mix in sugar, eggs and vanilla.
- In a separate bowl, mix flour, baking soda and salt.
- Add the mixtures together and stir.
- Gradually add in the sour cream and bananas.
- Bake in a well-greased bread loaf pan at 180°C for 45-50 minutes or until a knife inserted in to the center comes out clean.

Top Tip

You can try adding more bananas and sour cream for an even moister cake. You can also add chocolate chips for an extra sweet treat.

Recipe by

Amy Bryzgel

Professor in Film and Visual Culture





Less-waste Cooking

Did you know you could do your part for the environment simply by making some small changes to your cooking habits? Go meat-less a few days a week, eat seasonally, and preserve your vegetable scraps to make broth and lessen food waste are just some of the many ways in which you can eat more sustainably!



Stuffed Mushrooms



Ingredients

1 can chickpeas (save the chickpea water for your chocolate mouse recipe)
1 cup grated/ finely chopped veg (peppers, carrot, courgette, spinach, kale)
1/4 cup finely chopped red onions
3-4 scallions chopped
1/2 tsp garlic powder
1/2 tsp smoked paprika
1tsp mixed herbs
2 tbsp vegan mayo
Salt and black pepper to taste
1/4 cup raw nuts chopped
1/4 cup bread crumbs
2 tps extra virgin olive oil (optional)
4 portobello mushrooms
Vegan cheese

Method

- Clean mushrooms, Pat dry. Brush olive oil all over and place with tops down in a baking dish. Sprinkle a little salt, pepper and thyme on them.

For the stuffing:

- Blitz all the stuffing ingredients taste and adjust salt and seasoning. Add a few tps of water if the mixture feels too crumbly.
- Stuff the mushrooms and bake in the oven at 180°C for 30-40 minutes.

Ingredients

1 cup /240 ml aquafaba (liquid from 400g can of chickpeas)
140 g dark (70%) vegan chocolate
A generous splash of plant milk (optional)
20 g / 1 heaped tsbp white caster sugar (optional)
1 tsp vinegar or lemon juice (optional)

Method

- Melt the chocolate and milk in a glass bowl. Place the bowl over a pan of hot water and allow the chocolate and the milk to heat up slowly.
- Once melted, gently whisk together and allow to cool.
- Drain the chickpea water into a large glass bowl and add 1tsp vinegar or lemon juice.
- Using an electric whisk, whip the chickpea water into stiff peaks (10-15 mins) then start adding sugar, bit by bit, whipping the whole time.
- Once slightly cooled fold the melted chocolate into whipped aquafaba.
- Pour into 4 serving glasses and chill in the fridge for minimum 3 hours for the mousse to set.

Recipes by

Karen Scaife

Student Engagement Manager

Chocolate Mousse



Vegan Pesto & Pea Risotto



Pesto Dressing

200g pine kernels
10g garlic chopped
Pinch sea salt
100ml olive oil
40g fresh basil
60g vegan parmesan

Risotto

20g vegetable stock
30ml olive oil
120g shallots
10g chopped garlic
300g risotto rice
100g vegan parmesan
Pinch salt
100g green beans
100g frozen peas
40g baby spinach
25g fresh rocket

Method

- First make the pesto by toasting the pine kernels in a hot pan.
- Place the pine kernels into a food blender and add garlic, salt and half the fresh basil.
- Blend until smooth then add the basil and olive oil.
- Continue to blend until smooth and mixed then fold in parmesan. Place to one side until required.
- Mix the vegetable stock base with 580ml warm water and bring to the boil and keep warm.

For the risotto:

- In a deep pan add oil and heat.
- Sauté shallots until soft and translucent then add the garlic and cook for another 3 – 4 minutes.
- Tumble in the rice and coat with the shallot mix.
- Slowly add ladles of stock until all is absorbed then add the vegan parmesan and stir through adding the seasoning keep warm.
- Add a little more stock if the risotto start to dry out.
- Blanch the greens beans and cut into thirds and add to the mix then add the peas and stir.
- Fold through the spinach and some pesto and serve with fresh rocket.

Recipe by

Judita Paskovaite
Chef (Roots)



Toast Pizza



Ingredients

2 slices of bread (use up the rest of your bread by making the bread and butter pudding below!)

- 1 tin chopped tomatoes
- 1 medium onion (diced)
- 2 slices of back bacon (diced) or ham/pepperoni, whatever you have in your fridge to use up
- Sprinkle of dried mixed herbs
- 1 garlic clove
- Cheddar cheese (sliced)
- Salt and pepper

Method

- In a pan, cook the onions and bacon.
- Add the mixed herbs, garlic and stir.
- Add the tin of chopped tomatoes.
- Simmer for 5-10 minutes.
- Add salt and pepper to taste.
- Toast the bread.
- Spoon the tomato mixture onto the toast, add slices of cheese and grill until the cheese is melted.

Ingredients

8 slices of bread
25g butter, plus extra for greasing
50g sultanas
2 tsp cinnamon powder
350ml whole milk
50ml double cream
2 free-range eggs
25g granulated sugar
Nutmeg, grated, to taste

Method

- Grease an oven dish with butter.
- Spread each slice of bread with butter, then cut into triangles.
- Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas. Sprinkle with a little cinnamon, then repeat.
- Warm the milk and cream in a pan.
- Crack the eggs into a bowl, add three quarters of the sugar and lightly whisk.
- Add the warm milk and cream mixture and stir well.
- Pour the custard over the layered bread and sprinkle with nutmeg and sugar.
- Leave to stand for 30 minutes.
- Place the dish into the oven and bake for 30-40 minutes.

Recipes by

Caitlin Anderson

**Graphics and Marketing Assistant,
Student Experience**

Bread and Butter Pudding





Comfort Foods

Sometimes all you need is a pick me up in the form of a delicious meal. This chapter contains the best comfort foods our students and staff like to cuddle up with!



Ingredients

125g rice (raw)	150g cauliflower
100g split green gram	7-8 cashew
1 onion medium size	8-10 raisins
2-3 garlic cloves	2-3 tsp oil
¼ th inch ginger	1 tsp cumin seeds
1 potato medium size	2-3 dry red chilli (whole)
1 sweet potato medium size	1 bay leaf
1 tomato medium size	1/2 tsp garam masala powder
50g beans	salt - to taste
1 carrot medium size	1/2 tsp turmeric powder
50g green peas	1 lemon halved

Method

- Soak rice and split green gram for about 3 - 4 hours in water.
- Gently heat ghee/butter in a pressure cooker, add cumin seeds, bay leaf, dry red chilli (whole) and sauté. Add onion and fry till it turns golden brown. Add ginger, garlic and sauté until fragrant. Add cashew and raisins.
- Add the cut pieces of potato, tomato, carrot, beans, green peas, cauliflower and fry for 4-5 minutes. Add salt and turmeric powder while frying these vegetables and mix well.
- Add the pre-soaked rice and moong dal and mix. Add 4 cups of water and mix well. Add garam masala powder. Close the lid and cook on a medium heat until 2 whistles are given out.
- Open the lid when the pressure reduces completely. The kichdi is ready. Serve it hot. Fresh lime juice can be added to the kichdi before eating.
- Serve with omelette, yogurt and mango pickle, optional.
- This recipe can also be cooked in a deep frying pan rather than a pressure cooker.

Recipe by

Koushik Biswas

2nd year MSc Clinical Nutrition (online)



One-Pot Spicy Veg Rice



Ingredients

- 1 tablespoon olive oil (optional)
- 1 medium onion , chopped finely
- 3 medium carrots , chopped into small pieces
- 4 cloves garlic , chopped finely
- 2 large bell peppers , cut into large chunks
- 150g frozen peas (or chopped green beans)
- 150g cherry tomatoes
- 2 tsp ground turmeric
- 1 tsp chili flakes, or a small fresh chili chopped
- 1 tsp smoked paprika
- 250g uncooked long grain rice
- 600ml water

Recipe by

Delaine Lorio

**4th year International Relations
and Legal Studies**

Method

- Heat the olive oil in a large pan over a medium heat.
- Saute the onions until translucent.
- Add the carrots, garlic and bell peppers and continue cooking for a few minutes.
- Add the rice, tomatoes, peas, spices, seasoning and water.
- Cook until the liquid starts to bubble, give it a real good stir, turn down low, cover with a lid and cook until the rice is tender and the liquid has been absorbed, stirring occasionally. If it gets to the stage where the water is absorbed and the rice isn't quite tender, you can boil a kettle and add another ¼ cup or so of water to finish it off.
- Serve immediately.

Ingredients

- 2oz butter or oil
- 1 tsp mixed herbs
- 1 pint milk
- 1 onion chopped 1 tin tomato puree 1 tin chopped tomatoes
- 1 pint stock
- 2oz rice
- 2 bay leaves
- Selection of mixed herbs

Method

- Fry the onions until soft.
- Add the tomatoes, puree and mixed herbs.
- Simmer until well pulped.
- Add other ingredients, bring to the boil and slowly and simmer for one hour.
- The bay leaves and mixed herbs are optional but add more flavour. Remove bay leaves before eating.

Recipe by

Carol Baverstock

Head of Admissions



Tomato Soup



Beef Stroganoff

Ingredients

500g diced beef
1 large onion
3 garlic cloves or garlic puree (1tbsp)
200ml passata
150ml double cream
2 tbsp mustard
3 tbsp salt
1 tsp pepper
1/4 cup parsley and spring onions
100g mushrooms (if preferred)
Cooked rice

Method

- Fry the beef with 1 table spoon of oil, add salt and pepper.
- Fry until the beef starts to brown.
- Add mustard and diced onion.
- Add spring onions.
- Add mushrooms if preferred.
- When both onions look cooked add the passata.
- Let it cook for another 15mins on low heat.
- Add double cream.
- Add more salt and pepper if needs be.

For the rice

- Fry rice and oil (1 tbsp)
- Add boiling water (1 inch over rice)
- Add salt 1 tbsp.

Recipe by

Aline Cavani

BA Childhood Practice



“ Estrogonofe is a famous brazilian dish that feeds the rich, the poor and everyone in between. ”



Ramen Noodle Soup

Ingredients

700ml vegetable stock
3 garlic cloves, halved
4 tbsp soy sauce plus extra to season
1 tsp worcestershire sauce (optional)
1 thumb-sized piece of ginger sliced
½ tsp chinese five spice
1 pinch of chilli powder
1 tsp white sugar (optional)
375g udon noodles
400g sliced cooked tofu
100g cornflour for tofu
2 tsp sesame oil

For the garnish

100g pak choi or spinach
1 tbsp sweetcorn
4 boiled eggs, peeled and halved
1 sheet dried nori, finely shredded
2 sliced spring onions
1 sprinkle of sesame seeds

Method

- Mix 700ml vegetable stock, 3 halved garlic cloves, 4 tbsp soy sauce, 1 tsp Worcestershire sauce, a sliced thumb-sized piece of ginger, ½ tsp Chinese five spice, pinch of chilli powder and 300ml water in a stockpot. or large saucepan, bring to the boil, then reduce the heat and simmer for 5 mins.
- Taste the stock – add 1 tsp white sugar or a little more soy sauce to make it sweeter or saltier to your liking.
- Cook 375g noodles following the pack instructions, then drain and set aside.
- Slice 400g sliced cooked tofu, chicken, prawn, pork, and fry in 2 tsp sesame oil until just starting to brown, then set aside.
- Divide the noodles between four bowls. Top each with a quarter of the meat, 25g spinach, 1 tbsp sweetcorn and two boiled egg halves each.
- Strain the stock into a clean pan and then bring to the boil once again.
- Divide the stock between the bowls, then sprinkle over 1 shredded nori sheet, sliced spring onions or shallots and a sprinkle of sesame seeds. Allow the spinach to wilt slightly before serving.

Recipe by

Doug Shewan

Chef Manager, Campus Services





Freezer Friendly

It's all in the planning – if you know you have a busy time coming up, get ahead of yourself by spending a day or two cooking up a storm to fill up your freezer. On days when food is the last thing on your mind, these freezer friendly recipes can be heated up in minutes, keeping you from having to get a take away. Good for your body and your wallet!

Top tip: if you get bored of constantly eating the same things, organise a leftover lunch box swap with your friends.

Butternut & Chickpea Curry



Green Curry Paste

2 - 3 cm peeled fresh ginger
1 garlic clove, peeled and diced
1/2 red onion, roughly diced
hand-sized bunch of coriander
(stalks and leaves)
4 tbsp water

Ingredients

1 butternut squash, diced
400g chickpeas, rinsed
400ml can of coconut milk
Rice
Fresh chilli
Lime
Soy sauce (choose tamari sauce
for a gluten free option)

Method

- Put all the ingredients for the green curry paste into a blender and whizz until smooth.
- Pan fry the green curry paste for 2 minutes over a low heat. You can use a small amount of coconut oil for this or even a tablespoon of water will work for the more health conscious.
- Add the butternut and the chickpeas to the pan. Stir to coat everything in the green curry paste.
- Add the coconut milk.
- Bring to a simmer and cook for 15 minutes, lid on.
- Serve with rice.
- Top with fresh chilli, lime and soy sauce if desired.

Recipe by

Keri Kent

Clinical Nutrition MSc



Spinach Lasagne

Ingredients

900g packet of frozen leaf spinach
1 large onion, finely chopped
2 garlic cloves, crushed
Mushrooms or red pepper, chopped
1 vegetable stock pot
180g cream cheese
Grated nutmeg
Lasagne sheets
Cheddar cheese for grating
Salt and pepper (and chilli if you like)

Method

- Put the spinach into a pan and defrost.
- Once defrosted and warmed, add the nutmeg, some salt and pepper to taste, and the cream cheese. Mix together well.
- In another pan, gently fry the onions and garlic until they are soft.
- If you want to add other vegetables, do so at this point.
- Add the stock, pepper, chilli if you want to, and simmer.
- Put the lasagne together: a layer of onion sauce, a layer of spinach, a layer of lasagne, finishing with a top layer of lasagne.
- Grate cheese on the top.
- Bake for around 40 minutes until the lasagne is cooked.

Recipe by

Ruth Taylor

Vice Principal (Education)



“My friend Sarah gave me this recipe when we were students. It's delicious and you can make it your own!

”



Black Bean Hotpot



Ingredients

Black beans (I use a bag from Sainsbury's)
 1 large onion
 3 garlic cloves
 1 tin chopped tomatoes
 1 tbsp worcester sauce
 Chipotle hot sauce (I use half a bottle for a full bag black beans) - use as much as you want depending on how spicy you like it
 1 vegetable stock cube
 Salt and pepper to taste
 200g light Philadelphia

Recipe by

Michaela Catchpole
Digital Marketing Officer

Method

- Soak the black beans in a large bowl of cold water overnight.
- Cook the beans for 50 mins in stock.
- Fry the onions and garlic in a separate pan until soft and turning golden.
- Add in the tomatoes, Worcester sauce and chipotle sauce. Stir until combined.
- Drain the beans (leaving a little stock left in a mug) and add them to the mix. Add the extra stock if required.
- Melt in a dollop of Philadelphia to make it creamy.

Ingredients

1 cauliflower
 100g dried Red Lentils
 4 large Salad Tomatoes
 2 onions
 3 garlic Cloves
 1 inch of fresh Ginger
 1 heaped tbsp curry powder
 1 pinch of chilli flakes (or fresh chilli)
 2 heaped tsp turmeric
 2 heaped tsp garam masala
 2 heaped tsp cumin
 1 handful of spinach (Optional)

Recipe by

Kirsty Bain
Student Experience

Method

- Preheat oven to 200°C.
- Cut cauliflower and place in baking tray with olive oil and sprinkle of curry powder. Roast in oven for 30 minutes.
- Chop onion, garlic, ginger and tomatoes.
- Cook lentils according to packet instructions.
- Add olive oil to pan with all of the spices and chilli flakes and cook for a minute.
- Add onion, garlic and ginger to pan and cook for 5-10 minutes.
- Add in the diced up tomatoes along with a splash of water and season.
- Bring to boil and simmer for 10 minutes until tomatoes start to soften.
- Add cooked lentils, spinach and roasted cauliflower to the pan and stir.
- Serve with Naan or Flat Breads.



Lentil Dhal



Potluck Dinners

Cooking together or sharing a meal with friends is a fantastic way to socialise. In this section we have gathered recipes that would make a fantastic shared potluck. Why not gather some friends and each make one recipe from this chapter for the ultimate potluck!



Salsa



Ingredients

4 tomatoes
½ red onion
Small bunch of coriander
Juice and zest of ½ a lime
Hot sauce to taste. (We used Cholula original)
Sunflower oil
Salt and black pepper to taste

Method

- Finely dice the red onion and tomatoes, shred the coriander and place in a bowl. Add the zest of half a lime along with its juice.
- Add a teaspoon of oil and a few shakes of the hot sauce, as little or as much, as you like. Add a pinch of salt and pepper and stir well. Taste and adjust the season or heat to your taste.

Ingredients

1 avocado
Juice and zest of ½ a lime
Hot sauce
Small bunch coriander
Salt and pepper to taste

Method

- Half the avocado and remove the stone. Scrape the flesh out into a bowl with a spoon.
- Crush the avocado with the back of a fork until it becomes smooth with small chunks then add in the zest and juice of the lime along with a few shakes of the hot sauce and the finely shredded coriander. Mix well and season to taste.

Recipes by

Morag Beedie

Graphics and Marketing Manager.

Student Experience

Guacamole





Fakeaway Chicken Kebab

Ingredients

10 boneless skinless chicken thighs or 4 chicken breasts chopped into large pieces

200 g plain yoghurt

1 tbsp garam masala

1 tsp paprika

1 tsp cumin

1 tsp garlic powder or clove garlic

1 tsp salt

pinch of cinnamon

juice of 1 lemon

large baking potato

3 wooden skewers

Pitta bread and salad to serve

Method

- Mix all ingredients (except chicken and potato) together in a large bowl or dish.
- Add chicken and mix well to coat all chicken pieces.
- Cover the chicken and leave to marinate for at least 2 hours (or overnight for maximum flavour).
- Cut one side off the potato to make a flat base, then insert the 3 skewers into the potato so they are parallel with each other with the points facing upwards.
- Put chicken pieces onto skewers to form a stack of chicken pieces.
- Carefully stand the stack of chicken upright on a baking tray and transfer to the oven.
- Bake for 1.5 hours at 180°C.
- Remove from oven and slice into pitta bread served with your favourite salad and sauces.

Top Tip:

Soak the skewers for 10 min in hot water to stop them burning.

Recipe by

John Barrow

Senior Lecturer

Vegetable Pies

Ingredients

1kg all purpose flour
500g butter
2 tsp salt
2 tbs sugar
4 eggs
1/2 cup water
1 tsp baking powder

For the filling:

1 cup chopped carrots
1 cup green peas
2 medium- size chopped red oino
1 cup chopped green and red bell peppers
1 tsp grated ginger
1 tsp thyme
1/2 tsp garlic powder
1 cup chopped leek
1 tbs vegetable oil
1 tbs corn starch
1/2 tsp curry powder
1 seasoning cube

Method

- Combine flour together with salt, sugar, baking powder in one bowl.
- Rub butter into the flour mixture until flaky.
- Add in beaten eggs and mix, gradually introduce water, and knead.
- Put the dough in the fridge to rest.
- Use a tbs of vegetable oil to fry onions.
- Add in the rest of the vegetables and spices (thyme, ginger, garlic, salt, seasoning cube, curry) and cook for about 5 minutes.
- Mix cornstarch in a 1/4 cup of cold water and pour into the vegetables and mix and cook for 2 minutes.
- Divide the dough into small balls and flatten out on a floured surface.
- Scoop spoonfuls of the veggies and place in the center of the rolled out dough.
- Close from one edge to another, with a fork, seal the edges.
- Place the pies on a baking sheet and brush them with some egg white.
- Bake in a preheated of 180°C for 20 minutes.
- Remove, allow to cool. Enjoy!

Recipe by

Alexander Acheampong
AUSA Welfare Officer



Vegetable Quiche

Ingredients

4 eggs
1 pot of cream cheese (Ricotta preferably, otherwise Philadelphia or Creme fraiche)
1 bag grated cheddar
1 broccoli
1 bag of spinach
1 container brown champions
1 onion
2 medium sized garlic cloves
red paprika powder (hot or sweet goes well; go for smoked Spanish paprika powder if you can - that's simply the best)
chili powder
turmeric powder
salt & pepper
butter
round cake baking tin

Method

- Chop the onions in small pieces and fry them in oil until they are nicely glazed.
- Chop the broccoli and the mushrooms and fry them with the onion, then add chopped garlic.
- Add the spinach last to the pan and wait until the leaves have steamed nicely, and the liquid of the mushrooms is mostly evaporated. Salt the vegetables (~1 teaspoon) and add a little pepper. Take the pan off the heat.
- In a mixing bowl: Put the 4 eggs and the cup of creme cheese (Ricotta). Add at least half the bag of grated cheddar (it's going to be nice and cheese the more you add), and mix it well with the creme cheese and the eggs. Add a teaspoon of turmeric, chili and paprika powder and mix well.
- Make sure the vegetables are not boiling hot before adding them to the cheese mixture in the bowl. Mix the vegetables well with the cheese.
- Butter a baking tin - best use a 28cm diameter round cake baking tin.
- Fill the mixture into the baking tin and bake it for 30-40 minutes at 200°C.

Recipe by

Teresa Grohmann

Philosophy in Medical Science (PGR)



Kale Flatbread

Ingredients

2-3 handfuls of chopped kale (no stems)
1 clove of garlic
1/2 tsp crushed chili
1/2 tsp rosemary
1/2 tsp thyme
1/2 tsp marjoram
1/2 tsp basil
3 tbsp water
6-7 sundried tomatoes + oil from the jar
1 tortilla
Hummus (optional)

Method

- Put the kale in a pan with a bit of oil from the sundried tomatoes jar, and fry for 2-3 minutes.
- In the meantime, chop the garlic and add to the pan along with your choice of spices and herbs.
- Add the water to the pan to soften the kale. Slice the sundried tomatoes and add to the pan. Fry for a minute and then put onto a plate or in a bowl.
- Pour a bit more oil on to the pan and fry the tortilla on one side. Flip it, and while it is frying on the other side, spread the hummus onto the tortilla, add your kale mix, and fold in half.
- Eat it like a taco, and enjoy!

Recipe by

Julia Aronsson
4th year Sociology



Zucchini Boats

Ingredients

4 medium zucchini
1/2 diced bell pepper
2 cups tomato sauce
1/2 cup finely diced onion
1 tsp minced garlic
1/2 cup shredded cheese
2 tbsp olive oil
1 tsp parsley

Method

- First, preheat the oven at 180°C. Rinse the zucchini under cold, running water. Scrub away any dirt.
- Bring a pot half-full of water to a boil and place the zucchini whole in the pot for 2 minutes.
- Remove the zucchini from the pot and pat it dry with paper towels.
- To make the boats, first cut off the ends and then half zucchini lengthwise. Take a tbsp and carefully start hollowing out the zucchini. It is important to leave some flesh around the hollowed bit, so the zucchini can hold the filling.
- Fill a baking dish to one-quarter with equal amounts of water and oil. Add the zucchini in the baking dish.
- For the filling, start by heating olive oil in a skillet over medium heat. Add the onions and sauté for a few minutes, until golden. Add the bell pepper, garlic, and tomato sauce and season with salt and pepper.
- Continue cooking the filling for ten minutes.
- Lastly, pour the filling evenly in the zucchini boats. If you like, top off with shredded cheese and pine nuts. Bake for forty minutes, or until the cheese is golden brown. Add parsley before serving.

Recipe by

Ana Prundaru

LLM International Trade Law



“ Not only are zucchini versatile and delicious, they are also loaded with potassium and vitamin C! ”

Recipes for a Healthy Life

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear” - Buddha

Eat Well

Eating a healthy diet can do a lot to improve your mood, energy levels and sense of wellbeing. There is no single food that provides us with all the nutrients we need so we need to eat a balanced diet. The main nutrients we need are proteins, carbohydrates, fats, vitamins, minerals, fibre and fluid. We all need different amounts of energy pending on our body types and how active we are. As a guide females should aim to eat around 2000Kcals per day and males should aim to eat around 2500Kcals per day. It is also advised that we drink no more than 14 units of alcohol each week and have at least 3 alcohol free days.

Get more advice and information:



Be Active

Participation in regular physical activity can increase self-esteem and reduce stress and anxiety. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

Get more advice and information:



Sleep Well

Sleep plays a vital role in good health and wellbeing throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. Its is recommended that we aim to get 7-8hrs sleep per night to help us feel more alert, positive and productive.

Get more advice and information:



Worklife /Studylife Balance

It is vital to separate out your personal and university life. Both are important but neither should be neglected to protect yourself from a burn out. You only get one life so live it to the fullest.

Mental Wellbeing

Mental health can mean different things to different people. In general, it involves the way in which we deal with everyday stresses, how we make decisions and set goals, our relationships with others and how we view ourselves. Regardless of how good our mental health is, we can all experience feelings of stress, anxiety and depression from time to time. Learning ways that we can improve the way we think and feel will help us to cope better.

Get more advice and information:



The Rowett Institute of Nutrition and Health

The Rowett Institute of Nutrition and Health has helped shape nutrition research informing the food we eat over the last 100 years. Some research involves studying the relationship between diet and health which is done by human nutrition studies for which we need volunteers. Visit our website to see some of the recipes used in our studies.



Health and Wellbeing Top Tips

Introducing some of these great top tips into your daily routine will help improve your every day health and wellbeing



Eat Well

- Eat lots of fruit and veg
- Eat a portion of oily fish a week
- Cut down on saturated fats and sugar
- Don't skip breakfast



Be Active

- Walk or cycle to university
- Get off the bus a few stops early
- Take advantage of the ASV discount
- Take the stairs instead of the lift



Mental Wellbeing

- Spend time with friends and family
- Maintain hobbies and interests
- Ask for help when you need it
- Practice mindfulness exercises



Sleep Well

- Avoid caffeine before bed
- Establish a relaxing bedtime routine
- Minimise screen usage before bed



Work/Study Balance

- Avoid unnecessary long hours
- Take breaks from your computer
- Only work at home in a certain area to draw a line between work & leisure

Wellbeing Checklist

Your Health and Wellbeing is important, to you and to us!



Take some time to think about today.



Consider one difficult thing that happened during your day. Acknowledge that difficulty and let it go.



Think about three things that went well.



Are you ok? Remember you have a support system in your friends, family and the University.



Now switch your attention to home - rest and recharge.



Check out the website for all the latest bewell events, news and information.

abdn.ac.uk/bewell

Want your recipe included in the next edition of
The UoA Way cook book? Get in touch!

studentlife@abdn.ac.uk

Keep up to date with all the latest news and
offers by following our social channels:

  **StudentLifeUoA**