

# Student Cookbook

Quick, easy and healthy meal ideas

NOTTINGHAM  
TRENT UNIVERSITY 



# Flying the nest

Moving out of home and in to university accommodation is a really exciting time. It's a chance to meet new people, have new experiences and get a taste of real independence. You'll need to bring a few things with you when you arrive, to help your new room feel like home and to make sure that you're well prepared for university life.

Here are a few suggestions about what to bring.

- A noticeboard for important memos
- A diary/planner to keep track of assignments
- Your sports gear
- Bath and hand towels
- A laundry bag to keep your dirty clothes in one place!
- Coat hangers
- A USB stick to store projects
- Headphones to keep your flatmates happy!
- A dressing gown or blanket for cold evenings
- Photos of family and friends
- Rugs and cushions
- A duvet, pillows and sheets
- A small sewing kit for a quick fix without your Mum's help!



For an extensive list of ideas about what to bring to university, try [www.studential.com/checklist](http://www.studential.com/checklist)

# Kitting yourself out

All students living in NTU-allocated accommodation will have access to a shared kitchen-dining area, equipped with cookers, microwaves, fridge-freezers, storage facilities, a kettle, toaster, iron and ironing board.

All you need to bring are:

- pots and pans;
- crockery and cutlery;
- cooking utensils.

Kitchen packs are available at discounted rates. Visit [www.ntu.ac.uk/onlinestore](http://www.ntu.ac.uk/onlinestore) to find out more.



# Building healthy students

As a student you'll want to cook meals which are quick, easy, affordable and nutritious. Whether you've never cooked before or you're a complete masterchef, we've put together some simple recipes to get you started and inspire you. These have been suggested by our current and recent students, so they have been tried and tested many times before.

Some of the recipes allow you to freeze enough for future meals. This saves waste, saves money and saves you time as you don't have to prepare them all over again. All you need is some plastic containers and a freezer!

Key:



Number of servings



Cooking time



Vegetarian option available



Suitable for vegetarians



Suitable for freezing

A useful measuring guide when cooking for one:

1 full mug of dried pasta will serve 1 adult

1 half mug of long grain rice will serve 1 adult



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Taste NTU

Our catering outlets, Taste, are the perfect place to get anything from a hot drink and a snack to a full meal. Outlets are available on all three campuses. Take a look at what's on offer at:

[www.ntu.ac.uk/taste](http://www.ntu.ac.uk/taste)

# Mixed berry and honey smoothie



**Breakfast**



## Ingredients

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

## How to make it

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

# Leek and potato soup



**Main lunch meal**

## Ingredients

- 4 potatoes peeled and cut in quarters
- 1 leek chopped
- 1 onion chopped
- 2 vegetable stock cubes
- Dash of milk or cream
- Salt and pepper
- 1 tablespoon of olive oil

## How to make it

1. Add oil to a saucepan and cook the onion and leek. Once they are soft, add the potatoes.
2. Add 1 vegetable stock cube mixed with water following the packet instructions. Season with salt and pepper.
3. Add the second vegetable stock cube mixed with water.
4. Let the mixture in the saucepan simmer for 30-40 minutes until the potatoes have gone soft.
5. Blend and add milk or cream to thicken the soup.
6. Serve when piping hot.

## How to freeze it

Leave the rest of the soup to cool and then place in a covered container in the fridge to eat the next day, or pour the soup into a plastic container and freeze.

# Spinach and sweet potato curry



Main meal



## Ingredients

- 2 sweet potatoes, peeled and cut into chunks
- 200g spinach, washed and roughly chopped
- 4 naan bread, warmed through
- 400g tin coconut milk
- 1 onion, finely sliced
- 2-3 teaspoons madras curry paste, depending on how hot you like your curry

## How to make it

1. Fry the onions until very soft, for about 8 minutes.
2. Stir in the paste and fry for 2 minutes.
3. Add the coconut milk and sweet potatoes and cook until just tender. This should take about 10 minutes.
4. Stir through the spinach until wilted (becomes limp).
5. Serve with naan breads.

# Oven-baked red pepper risotto



Main meal



## Ingredients

- 1 tablespoon oil
- 1 onion, chopped
- 300g risotto rice
- 100ml white wine (optional, or use more stock)
- 400g can chopped tomatoes
- 200g frozen roasted peppers (or roast your own)
- 500ml vegetable stock

## How to make it

Heat oven to 200°C/400°F / Fan 180°C/360°F / Gas 6.

1. Heat the oil in an ovenproof pan, then fry the onion for a few minutes until softened.
2. Turn up the heat, tip in the rice, stir, then fry for 1 minute more.
3. Pour in the wine (if using) stirring until absorbed. Then pour in the tomatoes, peppers and 400ml of the stock. Cover and bake in the oven for 25 minutes until the rice is tender and creamy.
4. Stir in the remaining stock, season and scatter with Parmesan if you like.

*Add some chorizo or salami for a meat option*



# Spaghetti Bolognese



Main meal

## Ingredients

- 500g beef mince or Quorn™ if vegetarian
- 1 large onion, chopped and diced
- 1 jar 500g bolognese sauce (Dolmio™ or similar)
- 500g packet of quick cook dried spaghetti (or other pasta)
- 1 clove of garlic, peeled and finely chopped
- 1 tablespoon olive oil

## How to make it

1. Heat a tablespoon of olive oil in a frying pan.
2. Add the beef mince and cook for 5 minutes until brown.
3. Add the diced onion and garlic and continue to cook for a further 4-5 minutes.
4. Add the bolognese sauce, stir it in, cover and simmer for 10 minutes (stir occasionally).
5. Measure out pasta for one person place in saucepan ready to cook.
6. Meanwhile boil the kettle and add the boiling water to your pasta and cook until soft – see instructions on pack.
7. Drain the pasta and serve with the Bolognese on top.

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

## How to freeze it

Pour the remaining sauce into bowls for freezing and allow to cool. Cover with cling-film and put in the freezer. Plastic containers with sealable lids can also be used.

# Student stir-fry



Main meal



## Ingredients

- 238g pack of mini chicken fillets\*
- 1 stir-fry pack of ready chopped vegetables (350g)
- 1 sachet of fresh Chinese sauce – hoi sin, sweet chilli or similar
- 1 packet of medium egg noodles
- 1 tablespoon olive oil

## How to make it

1. Heat a tablespoon of olive oil in a wok.
2. Cut the meat into strips and cook for 7 minutes until brown.
3. Add the stir-fry pack of chopped vegetables and cook until soft.
4. Meanwhile boil the kettle, add the boiling water to your noodles and cook until soft – see instructions on pack.
5. Serve up, add sauce and enjoy!

\* You can vary this dish by using beef, pork or tofu if preferred.

# Bacon wrapped chicken with sweet potato chips

1



Main meal



## Ingredients

- 1 chicken breast (per person)
- Cheddar cheese, cut around 2-3 slices
- Smoked or unsmoked bacon, 2 slices
- 1 small sweet potato
- Olive oil to drizzle
- (Kitchen foil needed)*

## How to make it

1. Cut chicken breasts lengthways to create a pocket (but don't cut all the way through).
2. Open up and place a couple of slices of cheese inside.
3. Wrap chicken in bacon rashers (2 per breast) to seal in cheese.
4. Use kitchen foil to wrap chicken into a tight parcel and place on baking tray and cook in the oven (200°C/400°F / Gas Mark 6) for 25 minutes until cooked through.
5. Meanwhile peel the sweet potato and cut into fat chips, drizzle with olive oil, salt and pepper and place in the oven on the same baking tray as the chicken. Bake for 25 minutes, until golden and then serve.

# Chilli con carne



Main meal

## Ingredients

- 450g of lean minced beef or Quorn™
- 1 packet chilli con carne recipe mix (Schwartz™ or similar)
- 400g tin chopped tomatoes
- 400g tin red kidney beans (in water) drained and rinsed
- 1 small onion, chopped into cubes
- Rice or garlic bread

## How to make it

1. Brown the minced beef in a saucepan along with the onion. Drain the excess liquid from the beef.
2. Add the tomatoes and kidney beans to the pan.
3. Meanwhile, get a measuring jug and put the packet contents in, add the amount of water stated and stir. Then add this to the saucepan and stir it all in.
4. Cover and simmer gently for 10-15 minutes, stirring occasionally.
5. Serve with garlic bread or rice – follow instructions on packaging.

## How to freeze it

Pour the remaining chilli into bowls for freezing and allow to cool. Cover with cling-film and put in the freezer. Plastic containers with sealable lids can also be used.

# Chicken fajitas

4



Main meal



## Ingredients

- 1 tablespoon oil
- 1 chicken breast, skinless, sliced into thin strips
- 1 onion, sliced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 packet chicken fajitas seasoning mix (Old El Paso® or similar)
- 1 packet flour tortillas

## How to make it

1. Heat the oil – fry the chicken and onion for 6-7 minutes, or until the chicken is browned.
2. Stir in the peppers and add a good sprinkle of the seasoning, fry for a further 3-4 minutes, stirring occasionally.
3. Heat up your tortillas in either the microwave for 20-30 seconds or frying pan then add the mixture to the middle of the tortilla, wrap and serve.

## Hints and Tips

Add some additional extras for taste such as soured cream and grated cheese. For a change replace the chicken with beef / rump steak. Alternatively, follow directions 1-2 above and serve on a bed of tortilla chips, top with grated cheese and grill until melted. Serve with salsa and guacamole.

# Vegetable moussaka



Main meal



## Ingredients

- 2 yellow peppers, cut into chunks
- 2 red onions, cut into wedges
- 2 medium courgettes, thickly sliced
- 1 large aubergine, cut into chunks
- 1 tablespoon olive oil
- 85g / 3oz feta cheese
- 1 egg
- 200ml tub Greek yogurt
- 700g passata
- 2 tablespoons chopped fresh oregano (optional)

## How to make it

Heat oven to 200°C/400°F / Fan 180°C/350°F / Gas Mark 6.

1. Scatter the vegetables into a large roasting tin. Toss with the oil, season, then roast for 20 minutes until softened.
2. Break up the feta with a fork, then mix well with the egg, yogurt and seasoning in a bowl.
3. When the vegetables are ready, tip them into an ovenproof dish, then stir in the passata and oregano.
4. Spoon over the creamy topping, turn the oven up to 220°C/430°F / fan 200°C/400°F or Gas Mark 7. Then bake for 20 to 25 minutes until the filling is hot and the topping is beginning to brown and bubble.
5. Serve with your favourite crispy salad or garlic bread.

# Fish parcels

4



Main meal



## Ingredients

- 2 fillets of fresh white fish (any white fish, e.g. cod, skate, bream, plaice)
- 1 lemon
- ½ diced red pepper
- ½ onion or 1 stick celery
- 2 tomatoes (or handful of ripe cherry tomatoes)
- 1 teaspoon freshly ground black pepper
- Drizzle of olive oil

## How to make it

1. Cut a large piece of aluminium foil, big enough to wrap around the fish.
2. Place the diced red pepper and slices of onion or celery in the centre of the foil. Lay the fish on top.
3. Cut a lemon in half: squeeze one half over the fish, then slice the other half and place it on the fish.
4. Top with sliced tomatoes or whole cherry tomatoes. Add ground black pepper and a splash of olive oil.
5. Bring the two halves of the silver foil together, fold over and down. Twist the other ends round (like a boiled sweet wrapper).
6. Place in a moderate oven (Gas Mark 6, 200°C/400°F) for 15-20 minutes.
7. Open the foil parcel, slide the fish off onto plates and serve with potatoes and vegetables.

# Apple pie



4-6



Dessert

## Ingredients

2 or 3 large cooking apples e.g. Bramley  
50g sugar and extra for the topping  
3 tablespoons of water  
1 packet pre-made shortcrust pastry  
A few blackberries, raspberries or a sprinkle of cinnamon if required

## How to make it

Heat oven to 190°C/375°F or Gas Mark 5.

1. Peel, core and slice the apples. Place the apples in a pan with the water and sugar and simmer on a low heat for 5-10 minutes with the lid on until they are partially cooked.
2. Cut off a third of the pastry and roll out the rest, and use this to line a pie tin or oven proof plate – approximately 20-22cm round and 4 cm deep – leaving a slight overhang.
3. If there is excess water, drain the apples and place them into the pastry lined pie tin. Sprinkle the blackberries / raspberries / cinnamon on top of the apples if required.
4. Roll the remaining pastry to a circle slightly bigger than the top of the pie. Place the pastry lid over the apples pressing the edges together to seal. Trim the edge with a sharp knife and make a small cut in the centre to let out steam. Sprinkle with a little sugar.
6. Place the pie dish in the oven for about 30 minutes until golden brown. Let it sit for 5 minutes and serve with custard, cream or ice cream.