

# Inspiring recipes

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# Tuna and mayo pasta

*“If you're broke and need something tasty and warm then, my friends, tuna, pasta and mayo recipe is just the thing and it's way healthier than instant sodium filled ramen, although I enjoy them to.”*

**Submitted by student Craig W.**

## **Ingredients:**

- Tinned tuna (either in olive oil or spring water)
- Shaped pasta.
- Helmann's mayonnaise for the win.
- ½ red onion
- Bell pepper of choice



## Method

- While your pasta is cooking chop finely in a small dice a red onion, and a bell pepper of your choice.
- Then empty the tuna out into a bowl and season, add the veggies and then add mayo until its loose but not runny. Squeeze in a fresh lemon or lime to taste.
- Once pasta is cooked drain and either use the oil from the tuna or butter and coat the pasta so its flavoured and so it doesn't stick.
- Then spoon in the tuna mix and combine thoroughly. Taste, season if needed and serve.

Tastes great, feels good and is cheap. Plus is healthy.

# Barbecue bean pie

*“This is a nice, easy recipe that is meat-free and can be batch-cooked and frozen for up to 3 months.*

*Batch cook the sauce on its own to provide a base for many dishes; veggie Bolognese or lasagna would work.”*

**Submitted by student Louise B.**

## **Ingredients (sauce):**

- 2 teaspoons of oil
- 3 finely chopped onions
- 3 garlic cloves crushed or 2 tsp lazy garlic
- 3 tins chopped tomatoes
- 500g pack of passata
- 300g red lentils
- 750ml boiling water
- 2 tsp of sugar or honey to take away the bitterness of the tinned tomatoes



# Barbecue bean pie

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## Method

- Put the oil in a deep pan, add the garlic and onions cook for about 2 minutes. Then add all the other ingredients and cook for between 30 minutes and an hour to get the consistency you like.

For the topping of this pie

- Cook 1 kg of potatoes until soft
- Mash and add butter or milk to taste. You do not have to add these if you do not want to it just makes the mash silkier.

To turn the sauce into chilli add red beans and/or minced beef

Serve with rice

For bolognese add mushrooms and cook pasta

For lasagna, add pasta sheets (no need to cook first) and cheese sauce made any way you like it.

# Chocolate cake

*“This can also be cooked in the microwave on High for about 10 min. Make sure a skewer comes out clean.”*

**Submitted by student Arran A.**

## Ingredients

- 2½ cups flour
- 1 rounded tsp baking powder
- 1 level tsp bicarbonate of soda
- pinch of salt
- 3 tbsp cocoa powder
- 1 cup sugar
- 1 tsp vanilla essence
- 1 tbsp vinegar
- 5 tbsp oil of melted butter
- 1 cup warm water





## Method

1. Sift all the dry ingredients together in a mixing bowl
2. Make three holes, one small, one medium and one large
3. In the small hole put the vanilla essence, in the medium hole the vinegar and in the large hole the butter or oil.
4. Pour over the warm water
5. Mix well
6. Pour into a lined cake tin
7. Bake at 180 °C for 35 - 40 min or until a skewer comes out clean.
8. Allow to cool then decorate as you desire or just dig in!



# Homemade muesli

*“Moving from the UK to South America means my favourite branded muesli while available is much more expensive, so I decided to make my own. I just mix oats with two types of nuts, two types of seeds and two types of dried fruit - no cooking required.”*

**Submitted by student Kevin W.**

## Ingredients

- 750g rolled oats
- 125g chopped almonds
- 125g chopped cashews
- 125g sunflower seeds
- 125g sesame seeds
- 125g raisins
- 250g dried cranberries
- 60g semi-skimmed milk powder



## Method

- Mix everything thoroughly in a large bowl then store in a suitable container as you would other breakfast cereals.

*“For my ideal pre-study breakfast (I study best in the mornings), I add fresh blueberries and semi-skimmed milk, but you could use milk alternatives or your favourite yoghurt. Indeed, mix and match your own nuts, seeds and fruit, **taking care with allergies** if sharing.*

*I find it quite therapeutic to visit my favourite downtown market stall whenever I need to top up my ingredients, chatting with ‘Mona the owner’ in my broken Spanish. And for an indulgent evening treat, try mixing some muesli with Greek-style natural yoghurt, honey, fresh blueberries (again) and broken chocolate biscuits - super!”*

# Pistachio pesto pasta

*“This is my go-to dish when I want to inspire myself or friends / family with a surprisingly tasty, quick, vegan meal.”*

**Submitted by Rafa (SHL)**

## Ingredients

- 400g pasta (tagliatelle)
- 100g pistachios (no shells)
- 2 garlic cloves
- 3 tbsp nutritional yeast
- 2 bunches of fresh basil
- 1 handful of fresh mint
- 1 pinch of chilli flakes
- 1 lime (juice only)
- 200ml extra virgin olive oil
- salt + black pepper



## Method

- Cook the pasta in salted boiling water until al dente, then drain and reserve the pasta water.
- Add the pesto ingredients to a food processor including 1/2 tsp salt and a generous pinch of ground black pepper. Process until smooth.
- When the pasta has finished cooking, add 3 tbsp of the pasta water to make the pesto a bit more liquid.
- Combine the pasta and the pesto. We like to top with freshly ground black pepper and a few basil and mint leaves. Enjoy!



# Slow cooker chilli

## Ingredients

- 500g beef mince (or pork-beef mix mince)
- 1 diced onion
- 2 diced bell peppers
- 1 thinly sliced fresh chili (with seeds for extra kick)
- 4 sliced/ crushed cloves garlic
- 1 can chopped tomatoes
- 1 can red kidney beans
- 200ml beef stock
- 2 tbsp ground cumin
- 2 tbsp ground coriander
- 2 tbsp smoked paprika
- 1 tsp dried chili flakes
- onion/beef gravy granules to thicken (you can also use cornstarch if you would prefer)



*“This is comfort food all the way. Easy to do and requires very little preparation. A game saver for a cold / busy day.”*

**Submitted by student Arran A.**

## Method

1. Put everything except the gravy granules / cornstarch in the slow cooker in the morning. I normally do this by 8am.
2. Turn the slow cooker on to medium until around lunch time and then give it a stir and turn the slow cooker down to low for the rest of the day.
3. Before eating, add the gravy granules or cornstarch to thicken to your liking.
4. Serve on rice with sour cream and cheese or make a lovely big plate of nachos with it. You can leave out the fresh chili and the chili flakes if you're not a fan of spicy food.

# Lemon, garlic, chilli chicken pasta

## Ingredients

- 1 pack of boneless, skinless chicken thighs
- 1 tbsp vegetable oil
- 3 thinly sliced fresh chillis (leave the seeds in for an extra kick)
- 4 large cloves garlic - thinly sliced or crushed
- 2 medium sized leeks - sliced
- 2 courgettes - large dice
- 1 diced red bell pepper
- 3 lemons zest and juice
- 200 ml chicken stock
- Cornstarch to thicken
- Salt and pepper to taste



*“You can use chicken breasts if you prefer but be careful when frying it that it doesn’t go dry. I would suggest not taking it to the brown state but make sure that the flesh is just cooked as you will be adding it back into the pan later.”*

**Submitted by student Arran A.**



# Lemon, garlic, chilli chicken pasta

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## Method

1. Roughly chop the chicken thighs into bite size pieces. I use scissors for this, it's much easier than a knife. Make sure to check for any little bits of bone or gristle that may have been missed by the deboners.
2. Fry the chicken in the vegetable oil on a high heat until it just starts to brown then remove from the pan.
3. Add the leeks, courgettes, garlic, chili, bell pepper and lemon zest to the pan and sauté over a medium heat until just softened and starting to brown.
4. Add back the cooked chicken along with the lemon juice and stock. Bring to the boil and simmer for 5 minutes. Thicken to your liking with cornstarch and add salt and pepper to your taste. I think it's best with a large crack of black pepper in, but that's just me.
5. Serve with whatever pasta you love the most. I normally choose tagliatelle.

# Peanut butter & banana smoothie

*“This is a great one for those who are not good with breakfast or need refuelling midmorning.”*

**Submitted by student Arran A.**

## Ingredients

- 1 ½ bananas
- 2 heaped dessert spoons peanut butter (smooth or crunchy, that's up to you)
- 3 heaped dessert spoons oats
- Glug of maple syrup (You can use honey, but it's sometimes not as sweet.)
- Milk (it doesn't have to be cool juice, this works well with oat milk too!)



## Method

- Put everything in a blender and blend until smooth. It is a thick smoothie, and you can alter the proportions to your liking.
- If you want it extra cold, slice up and freeze the banana beforehand. Don't worry about the discolouration of the frozen banana, it's totally fine to still use.

# German apple cake

## Ingredients

- 1 Lemon - juice and zest
- 225g self raising flour
- 175g softened butter
- 100g caster sugar
- 3 eggs
- 1.25kg cooking apples - peeled, cored and sliced
- 3 rounded tbsp apricot jam
- 3 rounded tbsp caster sugar

## Topping

- 50g pecan nuts - roughly chopped
- 50g demerara sugar



**Submitted by student Arran A.**

## Method

1. Preheat the oven to 180 °C. Grease a 30x20x4cm cake tin or dish.
2. Beat together the flour, butter, caster sugar (100g), lemon rind and eggs until smooth
3. Spread half the mix on the base of your tin/dish.
4. Arrange the apple slices evenly over the mix. Sprinkle with caster sugar (3 tbsp), drizzle over the lemon juice and dot with the apricot jam.
5. Spread the remaining mixture over the top.
6. Put in the oven for 10 minutes. Remove from the oven and carefully smooth the cake mixture more evenly over the top of the apples. Sprinkle over the chopped pecans and demerara sugar.
7. Return to the oven for a further 30 minutes or until golden brown.
8. Allow to cool, then serve with creme fraiche or cream.

## A few tips:

- You may need to cover with tin foil for the 30 min bake, depending on your oven. The top can burn before the cake is cooked if your oven runs a little hot.
- When spreading the mixture over the apples, go more for dolloping it on evenly and then spread it more evenly after the 10 min.
- You can comfortably use more apricot jam if you like it sweeter.
- If you want a really crunchy top then use more demerara and pecans.
- It doesn't have to be cooking apples. This will work with any apple. Cooking apples just retain their structure better.
- It works wonderfully as a traybake!



# Garlic herby mushrooms on toast

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Fried in fry-light and lightly seasoned with salt, served on buttered wholemeal bread.



**Submitted by student Laura H.**



# Beef & broccoli in oyster sauce

**Submitted by student Laura H.**

## **Ingredients**

- ½ head of broccoli, chopped into florets, stalk thinly sliced
- 1 onion, finely sliced
- 250g lean beef stir-fry strips, visible fat removed
- 2 garlic cloves, crushed
- 3cm-piece fresh root ginger, peeled and grated
- 60ml oyster sauce
- Juice of ½ lime
- 1 red chilli, finely sliced de-seeded for less spice)



# Beef & broccoli in oyster sauce

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## Method

1. Spray a large, non-stick wok or frying pan with cooking spray and put over a medium-high heat. Stir-fry the broccoli and onion for 4-5 minutes until softening and a little coloured.
2. Turn up the heat, add the beef and stir-fry for 2 minutes. Add the garlic and ginger, stir-fry for 1 minute, then add the oyster sauce and 60ml of water. Cook for 2-3 minutes until the beef and veg are well coated and the sauce is bubbling.
3. Add the lime juice, then put everything on a serving dish. Scatter with the chilli and serve straight away.

# Tomato soup

## Ingredients

- 2 Tbsp Oil (I use Olive oil)
- 1 Large Onion, chopped
- 8oz Carrots - diced or just chopped
- 6oz Red Lentils
- 1.5 Pints Veg stock (I use 6 Veg Oxo in 1.5 pints water)
- 2 x 14oz cans chopped tomatoes
- 3 potatoes, chopped into smallish chunks
- Salt/Pepper to taste

*“This is something my Mum used to cook way back and I still regularly make this recipe. It is a tomato soup, well broth I suppose as it is quite thick. It has the simplest ingredients but is so tasty!”*



**Submitted by student Chris C.**

## Method

1. Heat the oil in a large saucepan and cook the onion until soft (don't brown).
2. Add carrots and cook for 1 minute, then stir in the Lentils.
3. Add the stock, Tomatoes and Potatoes, bring to the boil, then cover and simmer very gently for one hour, or until everything is tender.
4. Personal note- Stir frequently as the lentils catch!!
5. Serve with some grated cheese over the top and I think fresh, crusty bread and butter is essential. Then get on with that TMA!

*“Quick to make, it makes four good portions. So, if it's just for you, you could have it more than once if you're stuck into a long, TMA-only weekend. No need to waste time cooking other than the first day and a lovely, warming, comforting meal to keep you going.”*



# Brownies

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## Ingredients

100g butter/margarine

100g chocolate (milk or dark)

300g sugar

Dash of vanilla

2 eggs

25g cocoa (add more if you want)

125g strong plain bread flour



**Submitted by student Jay**

Pre-heat the oven to gas mark 4/180 C/350 F

## 1. Method

2. Melt the butter/marg in the microwave or over a pan of hot water, add in the chocolate so that it also melts (allow this mixture to cool)
3. Whisk until light and fluffy the eggs, sugar and vanilla. Then add the chocolate/butter mixture to the eggs/sugar and vanilla. Add in the flour and mix, then add the cocoa.
4. Line a square/rectangle baking dish and pour the mixture into the pan.
5. Add in hits of personal flair- peanut butter, toasted nuts, chocolate chips, cocoa nibs, marshmallows, raspberries..
6. Cook for about 25 (ish) minutes until done, the top should crack a bit, the middle will be gooey and fudge-like..
7. Put in the fridge to cool (helps keep them soft)

# Scones

## Ingredients

- 600 g of self raising flour
- 200 g of margarine
- 75 g sugar
- 125 ml (g) of milk approx.
- (makes 9 large scones)



## For fruit scones

Submitted by Margaret

- 200 g dried fruit OR
- 200g of glace cherries cut in quarters
- **Oven**
- 200 C





## Method

1. Preheat the oven to 200 °C.
2. Put grease proof paper on a roasting tin
3. If making fruit cones weigh fruit into a separate bowl and cut glace cherries into quarters if using them
4. Sieve flour then sugar into a bowl
5. Add margarine and cover with flour and sugar
6. Use your thumb and first two fingers to rub into a crumb
7. Add dried fruit
8. Add the milk gradually until sticky (might be a bit more or less than the 125 ml)
9. Pick up a ball and put on the paper
10. Put in oven for 20- 25 mins until bottoms are light brown. Turn tray round after 15 mins
11. If eating the next day give 20 s in micro wave and 5 mins in oven or 2 mins either side in air fryer
12. They freeze very well