

# The Student Cookbook

Quick and affordable meals for uni students



ACCOMMODATION





# Kitting yourself out

All students living in our Halls of Residence will have access to a shared kitchen-dining area, equipped with the following: fridge, freezer, sink, microwave, kettle, oven with hob, individual lockable cupboards, furniture (bar stools) (all kitchens) and Sofa and TV (ensuite only)

All you need to bring are: pots and pans, crockery and cutlery and cooking utensils

Kitchen packs are available at discounted rates. Visit <https://www.unikitout.com/?uni=University%20of%20Wolverhampton> to find out more





# Spaghetti Bolognese

Serves 4, Approx £6.56 (why not keep and freeze the other portions for a rainy day)

Main meal



VEG



NON-VEG



## Ingredients:

12 tbsp olive oil  
400g/14oz beef mince or Quorn  
1 onion, diced  
2 garlic cloves, chopped  
100g/3½oz carrot, grated

2 x 400g tins chopped tomatoes  
400ml/14fl oz stock  
400g/14oz dried spaghetti  
salt and pepper

## Method:

### Step 1

Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.

### Step 2

Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.

### Step 3

Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.

### Step 4

When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve.

# A Salad Recipe

Serves 2, Approx £5.52 each (please note you will have ingredients spare)



Lunch meal



## Ingredients:

Iceberg lettuce  
x1 Green onion  
x1 Egg  
x5 Broccoli  
x1 Avocado  
x 2 Chicken fillets or Quorn if vegetarain

### For the dressing

Butter  
Garlic powder  
Honey  
Salad cream or mayonnaise

## Method:

1. First boil your broccoli and egg for 10 minutes. Then chop up some lettuce, avocado and spring onion and add them to a preferred bowl. Once the broccoli and egg are finished boiling, cut them into sizeable chunks and add them to the bowl.
2. Slice your chicken fillets into small pieces and fry in a pan of oil on medium heat. Once the chicken has started to brown, add salt and pepper and any other seasonings of your choice.
3. Separately in a cup melt a tablespoon of butter, honey and a pinch of onion powder together and microwave it for 12 seconds.
4. After it has melted you can now assemble the butter mixture into the bowl as well. Mix well until the butter mixture is well coated around the salad.
5. And finally add the mayonnaise/ salad cream and enjoy.



# Chicken Fajitas

Serves 4, Approx £13.45 (why not split the cost with your friend and 2 fajitas each)

Main meal



## Ingredients:

- |                                       |   |
|---------------------------------------|---|
| ½ lime                                | ½ onion                                     |
| 1 clove garlic                        | ½ green pepper                              |
| ½ green chilli                        | 1 tomato                                    |
| Small bunch of coriander              | 25g Cheddar cheese                          |
| 1 x 10ml spoon oil                    | 2 tortillas                                 |
| 1 small chicken breast (Quorn pieces) | 1 x15ml spoon guacomole or salsa (optional) |

## Method:

1. Prepare the marinade:
  - squeeze the lime;
  - peel and crush the garlic;
  - de-seed and slice the chilli;
  - chop the coriander;
  - stir everything together with the oil.
2. Cut the meat into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
  - slice the onion and green pepper;
  - chop the tomato;
  - grate the cheese.
4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Warm the tortillas in a microwave oven for 20 seconds, then lay flat on a plate.
7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then Roll up

# Leek and Potato Soup

Serves 6, Approx 99p each on the basis of meal servings.



Lunch meal



## Ingredients:

x2 large leeks  
4 medium potatoes  
x1 onion  
x2 vegetable stock cubes  
850ml water  
Salt and black pepper  
Dash of milk or cream  
1 tablespoon of olive oil

## Method:

Wash and peel the leeks and potatoes

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



# Chicken Curry

Serves 8, Approx £12.97 (why not keep and freeze the other portions for a rainy day)

Main meal



## Ingredients:

- 3 tbsp tandoori masala powder
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 250g coconut yogurt
- 2 chopped onions
- 1 pepper, cut into large chunks
- 2 chicken breasts (skinless), cut into large chunks or Quorn pieces (if vegetarian)
- 1 tsp olive oil
- Coriander
- 2 tsp hot chilli powder
- 340ml jar passata
- 80ml coconut cream
- Rice and naan bread, to serve

## Method:

### Step 1

In a very large bowl, mix half the spice mix, 1 tbsp each of the pastes, three-quarters of the yogurt and some salt. Stir in the onion wedges, peppers and chicken, then leave to marinate overnight in the fridge.

### Step 2

Fry the chopped onions in the oil until really soft. Add the remaining spice mix and pastes, the coriander stalks and chilli powder. Cook for 1 min, then stir in 100ml water and the passata. Simmer for 15 mins, then add the coconut cream and remaining yogurt. Leave chunky or blitz with a blender.

### Step 3

Heat oven to 220C/200C fan/gas 7. Spread the chicken and veg on a baking tray. Roast for 15-20 mins until cooked and slightly charred. Tip into the sauce. Serve with rice, naan, extra yogurt and coriander leaves.

# Simple Margherita Pizza

Serves 2, Approx £7.69 (why not split the cost with your friend and have half each)

Lunch meal



## Ingredients:

Olive oil for the tray  
200g plain flour  
7g packet dried yeast  
1 tsp sugar  
125ml warm water  
85ml passata  
100g mozzarella, half grated, half chopped  
2 tbsp grated parmesan or vegetarian alternative  
basil, half chopped, half left whole  
side salad, to serve

## Method:

### Step 1

Heat oven to 240C/220C fan/gas 9. Oil a 20 x 24cm baking tray. Mix the flour, yeast,  $\frac{1}{4}$  tsp salt and the sugar in a bowl, then stir in the water. Bring the mixture together, knead until smooth, then press into the oiled tray.

### Step 2

Spread passata over the dough, leaving a thin border round the edge. Season the passata, then sprinkle with the chopped basil, the mozzarella and the Parmesan, and bake for 15-20 mins or until cooked through. Scatter with the remaining basil and serve with a side salad.



# Chilli con carne

Serves 4, Approx £11.82 (why not keep and freeze the other portions for a rainy day)

Main meal



VEG



NON-VEG



## Ingredients:

500g lean minced beef or Quorn if vegetarian  
2 medium onions, chopped  
3 garlic cloves, peeled and finely chopped  
1–2 tsp hot chilli powder  
2 tsp ground cumin  
2 tsp ground coriander  
2 tbsp plain flour  
300ml beef stock, made with 1 beef stock cube  
400g can of chopped tomatoes  
400g can of red kidney beans, drained and rinsed

3 tbsp tomato purée  
1 tsp caster sugar  
1 tsp dried oregano  
1 bay leaf  
flaked sea salt  
freshly ground black pepper

## Method:

### Step 1

Place a large non-stick saucepan over a medium heat and add the beef and onions. Cook together for 5 minutes, stirring the beef and squishing it against the sides of the pan to break up the lumps. Add the garlic, 1–2 teaspoons of chilli powder, depending on how hot you like your chilli, and the cumin and coriander. Fry together for 1–2 minutes more. Sprinkle over the flour and stir well.

### Step 2

Tip the tomatoes and kidney beans into the pan and stir in the tomato purée, caster sugar, oregano and bay leaf. Season with a pinch of salt and plenty of freshly ground black pepper.

### Step 3

Bring to a simmer on the hob, then cover loosely with a lid. Reduce the heat and leave to simmer gently for 45 minutes, stirring occasionally until the mince is tender and the sauce is thick. Adjust the seasoning to taste and serve.

# Pad Thai

Serves 2-3, Approx £4.45 on the basis of two people, why not have a cooking afternoon with your flat mate?



Lunch meal



## Ingredients:

- 200g rice noodles
- 140g frozen peas
- 200g frozen prawns or Quorn
- 2 tbsp sunflower oil
- 100g beansprouts
- small bunch spring onions, sliced
- 2 beaten eggs
- 2 tbsp soy sauce
- 2 tbsp sweet chilli sauce
- small bunch coriander, leaves only

## Method:

### Step 1

Bring a pan of water to the boil, add the noodles and cook for 3 mins, adding the peas and prawns for the final min. Drain, and set aside while you heat the oil in a large frying pan.

### Step 2

Fry the noodles, prawns, peas, beansprouts and spring onions, tossing to coat in the oil for a few mins. Push everything to one side of the pan and pour in the egg. Stir until cooked, then mix everything well. Toss through the peanuts, soy and sweet chilli sauce so everything is combined. Scatter with the coriander and serve.



# Pancakes

Serves 12, Approx £7.38 (why not split the cost with your friends and have 4 each)

Breakfast/ Dessert



## Ingredients:

100g plain flour  
2 large eggs  
300ml milk  
1 tbsp sunflower or vegetable oil, plus a little extra for frying  
strawberries and blueberries, to serve (optional)  
caster sugar, to serve (optional)

## Method:

### Step 1

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter. This should be similar in consistency to single cream.

### Step 2

Set aside for 30 mins to rest if you have time, or start cooking straight away.

### Step 3

Set a medium frying pan over a medium heat and carefully wipe it with some oiled kitchen paper.

### Step 4

When hot, cook your pancakes for 1 min on each side until golden, using around half a ladleful of batter per pancake. Keep them warm in a low oven as you make the rest.

### Step 5

Serve with lemon wedges and caster sugar, or your favourite filling.

# Blended Chocolate Chip Cookie Baked Oats

Serves 1, Approx £ 10.44 (please note you will have ingredients spare to make more cookies)

Dessert



## Ingredients:

- ½ cup oats quick, minute or rolled all work!
- 1 medium egg or flax egg, see note below
- ½ teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ tablespoon maple syrup
- ½ of one medium banana see notes below for substitution
- 1 tablespoon peanut butter (optional)
- ½ teaspoon cinnamon optional
- 1 small handful chocolate chips

## Method:

### Step 1

Preheat oven to 350°F.

### Step 2

Combine all ingredients (except chocolate chips) and blend until smooth.

### Step 3

Once oats are blended, pour into a greased oven safe ceramic dish or ramekin. Top with chocolate chips (you can also stir them around a bit so they don't all cluster at the top).

### Step 4

Bake for about 20-25 minutes or until top of oats begins to brown and a toothpick inserted into the center comes out clean.

### Step 5

Pour milk or cream over your oats and enjoy!



# Lemon Drizzle Cake

Serves 10, Approx £4.44 (why not split the cost with your friend and have 5 slices each)



Dessert



10

## Ingredients:

225g unsalted butter, softened  
225g caster sugar  
4 eggs  
225g self-raising flour  
1 lemon, zested

## For the drizzle topping

1½ lemons, juiced  
85g caster sugar

## Method:

### Step 1

Heat the oven to 180C.

### STEP 2

Mix together the butter and caster sugar until pale and creamy, then add the eggs, one at a time, slowly mixing through.

### STEP 3

Sift in the self-raising flour, then add the lemon zest and mix until well combined.

### STEP 4

Line a 2 lb (about 14 x 24cm) loaf tin with greaseproof paper, then spoon in the mixture and level the top with a spoon.

### STEP 5

Bake for 45-50 mins

### STEP 6

While the cake is cooling in its tin, mix together the lemon juice and caster sugar to make the drizzle.

### STEP 7

Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping.

# Fruit Salad

Serves 7, Approx £1.38 each on the basis of meal servings.



Breakfast/ Dessert



## Ingredients:

2 kiwi	150g pineapple
1 mango	1 large orange
100g grapes	2 tsp honey (optional)
400g mixed berries	

## Method:

### Step 1

Prepare the fruit with a small serrated knife. Cut the top and bottom off the kiwi, stand it up on one of its flat surfaces and cut away the skin, keeping the knife as close to the skin as possible. Slice in half, following the core through the centre, then cut each half into slices. Put in a bowl and repeat with the other kiwi.

### Step 2

Carefully cut the skin off the mango and slice off each cheek, running your knife as close to the stone as you can. Cut each piece into slices. Remove any remaining fruit from the stone in long thin slices. Add the mango to the kiwi.

### Step 3

Top and tail the pineapple, then in a similar way to the kiwi, cut away the skin. Use your knife to go around the pineapple, taking out the divets or eyes, two to three at a time, you'll be left with a spiral pattern weaving around the outside of the fruit. Take of a circular slice, roughly 150g, quarter, remove the core then cut into chunks. Add to the bowl.

### Step 4

Halve the grapes and add to the rest of the fruit along with the berries, you may want to slice or halve strawberries if they're large. Remove the peel from the orange using the same method as the kiwi and pineapple. Holding the orange over the bowl of fruit, remove the orange segments by carefully cutting between the membrane and the fruit. The pieces should fall out into the bowl along with any juice. Squeeze the membrane over the fruit to extract the juice, add a drizzle of honey, if you like.